# Refuse:

		<u>A</u>	mount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.90		1	A	1		91.09		
Energy	kcal	69		0	NC	4		79		
Energy	kj	290		0	NC	4		330		
Protein (N x 6.25)		1.50		1	A	1		1.71		
Total lipid (fat)	g	0.10		1	A	1		0.11		
Ash	g	0.90		1	A	1		1.03		
Carbohydrate, by difference	g	17.60		0	NC	4		20.06		
Fiber, total dietary	g	5.3		1	A	1		6.0		
Sugars, total	g	8.55		1	A	1		9.75		
Sucrose	g	0.05		1	A	1		0.06		
Glucose (dextrose)	g	4.50		1	A	1		5.13		
Fructose		3.80		1	A	1		4.33		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.20		1	A	1		0.23		
Galactose		0.00		1	A	1		0.00		
Starch										
Minerals:										
Calcium, Ca	ma	8		1	A	1		9		
Iron, Fe	-	1.61		1	A	1		1.84		
Magnesium, Mg	-	24		1	A	1		28		
Phosphorus, P		47		1	A	1		54		
Potassium, K		304		1	A	1		347		
Sodium, Na	mg	20		1	A	1		22		
Zinc, Zn	mg	0.31		1	A	1		0.36		
Copper, Cu	mg	0.057	7	1	A	1		0.065		
Manganese, Mn	mg	0.182	2	1	A	1		0.207		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	54.1		1	A	1		61.7		
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE										
Vitamin B-12	nicg	100		4	•	4		114		
Vitamin A, IU		100 5		1 1	A A	1		114		
Vitamin A, RAEVitamin E (alpha-tocopherol)		5		1	A	1		6		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D	-									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.014	1	1	A	1		0.016		
Fatty acids, total monounsaturated.		0.01-	-	-		-		3.010		
Fatty acids, total molounsaturated										
Fatty acids, total trans										
Cholesterol										
Phytosterols										
Carotenoids:										
·	mca	60		1	A	1		68.400		
Carotene, beta		0		1	A	1		0.000		
Carotene, alpha Cryptoxanthin, beta		U		_	•	_		0.000		

NDB No. 09427 Abiyuch, raw

## Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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 = 114g: .5 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100	) grams	of edib	le portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	94.30		0		1		228.21	28.48	
Energy	kcal	23		0	NC	4		56	7	
Energy		96				4		233	29	
Protein (N x 6.25)	g	0.40		0		1		0.97	0.12	
Total lipid (fat)	g	0.30		0		1		0.73	0.09	
Ash		0.20		0		1		0.48	0.06	
Carbohydrate, by difference	g	4.80		0	NC	4		11.62	1.45	
Fiber, total dietary	g	0.3		0		4		0.7	0.1	
Sugars, total	g	4.50		0	T	4		10.89	1.36	
Starch	g									
N. 6.										
Minerals:	ma	10		•		1		24	3	
Calcium, Ca		10 0.50		0 0		1 1		24 1.21	3 0.15	
Iron, Fe	-	12		0		1		29	0.15 4	
Magnesium, Mg Phosphorus, P		9		0		1		29	3	
Potassium, K		9 97		0		1		235	29	
Sodium, Na		3		0		1		7	1	
Zinc, Zn		0.10		0		4		0.24	0.03	
Copper, Cu		0.086	5	0		4		0.208	0.026	
Manganese, Mn		0.000		·		-		0.200	0.020	
Selenium, Se		0.1		0	CAZN	4		0.2	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1600.0		0		1		3872.0	483.2	
Thiamin		0.020		0		1		0.048	0.006	
Riboflavin	_	0.060		0		1		0.145	0.018	
Niacin	-	0.400		0		1		0.968	0.121	
Pantothenic acid	_	0.205		0		1		0.496	0.062	
Vitamin B-6		0.004	ŀ	0		1		0.010	0.001	
Folate, total		14		0	_	4		34	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		14		0		4		34	4	
Folate, DFE		14		0	NC -	4		34	4	
Vitamin B-12		0.00		0 0	Z	7		0.00	0.00	
Vitamin A, IU		509		-		1		1232	154	
Vitamin A, RAE		25 0		0 0		1 7		62 0	8	
Retinol	-	0.18		0	Z BFSN	4		0.43	0 0.05	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.18		U	BFSN	4		0.43	0.05	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFSN	4		3.3	0.4	
<u>Lipids:</u>										
Fatty acids, total saturated	_	0.068		0		4		0.165	0.021	
4:0	_	0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.000	,	0		4		0.000	0.000	
13:0	-	0.000	•	0		4		0.005	0 001	
14:0	-	0.002	-	U		4		0.005	0.001	
15:0		0.046	,	0		4		0 116	0.014	
16:0		0.048	,	U		4		0.116	0.014	
17:0		0.016	:	0		4		0.039	0.005	
18:0		0.016	,	U		4		0.039	0.005	
20:0 22:0	_									
/ / U	9									

	Amo	unt in 100 grams Number		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean St		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.000	0		4		0.100	0.005	
Fatty acids, total monounsaturatedg	0.082	0		4		0.198	0.025	
14:1g 15:1g								
16:1 undifferentiated	0.001	0		4		0.002	0.000	
17:1g	0.001	· ·		-		0.002	0.000	
18:1 undifferentiated	0.081	0		4		0.196	0.024	
20:1	0.000	0		4		0.000	0.000	
22:1 undifferentiated	0.000	0		4		0.000	0.000	
24:1 c	0.000	v		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.090	0		4		0.218	0.027	
18:2 undifferentiated	0.046	0		4		0.111	0.014	
18:3 undifferentiated	0.044	0		4		0.106	0.013	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg		-		_				
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	305	0	BNA	4		739.071	92.231	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	BNA	4		0.000	0.000	
Lycopene mcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	17	0	BFSN	4		40.152	5.011	

# **Common Measures:**

Measure 1 = 242g: 1 cup Measure 2 = 30.2g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 20% 18% seed, 2% stem end

		<u>A</u> 1	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numl	er				easures of food		
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	-	91.41	:		1		89.58	4.39		
Energy	kcal	32	(	) NC	4		31	2		
Energy	kj	134			4		131	6		
Protein (N x 6.25)	g	0.40	(	)	1		0.39	0.02		
Total lipid (fat)	g	0.30	(	)	1		0.29	0.01		
Ash	g	0.20		)	1		0.20	0.01		
Carbohydrate, by difference		7.69	(	) NC	4		7.54	0.37		
Fiber, total dietary		1.1		)	4		1.1	0.1		
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	12	(	١	1		12	1		
Iron, Fe	-	0.20	(	)	1		0.20	0.01		
Magnesium, Mg	-	18	1		1		18	1		
Phosphorus, P		11	(		1		11	1		
Potassium, K		146			1		143	7		
Sodium, Na		7	3.470		1		7	0		
Zinc, Zn		0.10	(		4		0.10	0.00		
Copper, Cu		0.086			4		0.084	0.004		
Manganese, Mn		0.000	,		•		0.001	0.001		
Selenium, Se		0.6	(	CAZN	1 4		0.6	0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1677.6	44.711 8		1		1644.0	80.5		
Thiamin		0.020			1		0.020	0.001		
Riboflavin	mg	0.060	) (	1	1		0.059	0.003		
Niacin	mg	0.400	) (	1	1		0.392	0.019		
Pantothenic acid	mg	0.309	) (	)	1		0.303	0.015		
Vitamin B-6	mg	0.009	) (	1	1		0.009	0.000		
Folate, total	mcg	14	(	1	4		14	1		
Folic acid	mcg	0	(	Z	7		0	0		
Folate, food		14	(	)	4		14	1		
Folate, DFE	mca DFE	14	(	NC	4		14	1		
Vitamin B-12		0.00			7		0.00	0.00		
Vitamin A, IU		767	216.610		1		752	37		
Vitamin A, RAE		38	10.831		1		38	2		
Retinol		0	10.031		7		0	0		
Vitamin E (alpha-tocopherol)		Ū	`	_	,		v	U		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.068	3 (	,	4		0.067	0.003		
4:0		0.000			4		0.000	0.003		
6:0	_	0.000			1		0.000	0.000		
8:0	-	0.000			т <u>.</u> Л		0.000	0.000		
10:0		0.000			1					
					4		0.000	0.000		
12:0	-	0.000	,	•	4		0.000	0.000		
13:0	-	0.00								
14:0	-	0.002	2 (	1	4		0.002	0.000		
15:0							_			
16:0		0.048	3	1	4		0.047	0.002		
17:0										
18:0		0.016	5 (	)	4		0.016	0.001		
20:0										
22:0	g									
24:0	g									

	Ar	mount in 100 gram	s of edib	le portio	<u>n</u>	Amount in edible portion of common			
		Number of Date		Source	Confidence	<u>m</u>	easures of food	•	
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.082	0		4		0.080	0.004		
14:1	0.002	·		•		0.000	0.004		
15:1									
16:1 undifferentiated	0.001	0		4		0.001	0.000		
17:1g									
18:1 undifferentiated	0.081	0		4		0.079	0.004		
20:1g	0.000	0		4		0.000	0.000		
22:1 undifferentiatedg	0.000	0		4		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.090	0		4		0.088	0.004		
18:2 undifferentiatedg	0.046	0		4		0.045	0.002		
18:3 undifferentiatedg	0.044	0		4		0.043	0.002		
18:4g	0.000	0		4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		4		0.000	0.000		
20:5 n-3g	0.000	0		4		0.000	0.000		
22:5 n-3g	0.000	0		4		0.000	0.000		
22:6 n-3g	0.000	0		4		0.000	0.000		
Fatty acids, total trans9									
Cholesterolmg	0	0	Z	7		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeine mg									
Theobrominemg									

## **Common Measures:**

Measure 1 = 98g: 1 cup

Measure 2 = 4.8g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	<u>ırams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duratinatan											
Proximates: Water	a	87.93	0.316	10		1		218.07	27.26		
Energy	-	47	*****	0	NC	4		117	15		
Energy		197		Ū	110	4		488	61		
Protein (N x 6.25)	-	0.06	0.006	10		1		0.15	0.02		
Total lipid (fat)		0.11	0.028	8		1		0.27	0.03		
Ash		0.22	0.004	31		1		0.55	0.07		
Carbohydrate, by difference		11.68		0	NC	4		28.97	3.62		
Fiber, total dietary		0.1		0		4		0.2	0.0		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	_	7	1.455	8		1		17	2		
Iron, Fe		0.37	0.034	11		1		0.92	0.11		
Magnesium, Mg		3	0.304	3		1		7	1		
Phosphorus, P	_	7	1.734	3		1		17	2		
Potassium, K		119 3	2.208 0.711	32 11		1 1		295 7	37 1		
Sodium, Na		0.03	0.711	2		1		0.07	0.01		
Zinc, Zn Copper, Cu		0.03	•	2		1		0.055	0.007		
Manganese, Mn		0.022		2		1		0.033	0.035		
Selenium, Se		0.113	0.045	4	A	1		0.2	0.0		
	9	V. <u>-</u>	0.043	•		-		3.2	0.0		
Vitamins:											
Vitamin C, total ascorbic acid		41.6		1		1		103.2	12.9		
Thiamin		0.021		9		1		0.052	0.007		
Riboflavin		0.017	0.011	5		1		0.042	0.005		
Niacin	_										
Pantothenic acid						_					
Vitamin B-6		0.030		0		1		0.074	0.009		
Folate, total		0	0.046	3	_	1		0	0		
Folic acid	_	0	0.046	0	z	7		0	0		
Folate, food		0 0	0.046	3 0	NG.	1 4		0 0	0		
Folate, DFE		0.00		0	NC Z	4 7		0.00	0 0.00		
Vitamin B-12 Vitamin A, IU	IIICG	1		1	Z	1		2	0.00		
Vitamin A, IU Vitamin A, RAE		0		1		1		0	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.01		0	_	1		0.02	0.00		
Tocopherol, beta		0.01		Ü		-		0.02	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
<u>Lipids:</u>				•		_					
Fatty acids, total saturated		0.019	•	0		1		0.047	0.006		
4:0	-										
6:0	-										
8:0 10:0											
12:0											
13:0											
14:0		0.001		0		1		0.002	0.000		
15:0		0.001	•	3		-		3.002	0.000		
16:0		0.015	i	0		1		0.037	0.005		
17:0		0.015		3		-		3.037	0.003		
18:0		0.002	<u>.</u>	0		1		0.005	0.001		
20:0	-	0.002	•	•		-		3.003	0.001		
22:0	-										
24:0	-										

	<u>An</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9 14:1	0.005		0		1		0.012	0.002		
17:1	0.004		0		1		0.010	0.001		
Fatty acids, total polyunsaturatedg	0.033		0		1		0.082	0.010		
18:2 undifferentiated	0.028		0		1		0.069	0.009		
18:3 undifferentiated       .g         18:4	0.006		0		1		0.015	0.002		
Cholesterolmg Phytosterolsmg	0		0	Z	7		0	0		

#### **Common Measures:**

Measure 1 = 248g: 1 cup Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09016
Apple juice, canned or bottled, unsweetened, without added ascorbic acid

		<u>A</u> 1	mount in 100 g	rams (	ot ear	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				me	easures of food	
				Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.93	0.316	10		1		218.07	27.26	230.38
Energy	kcal	47		0	NC	4		117	15	123
Energy	kj	197				4		488	61	515
Protein (N x 6.25)	g	0.06	0.006	10		1		0.15	0.02	0.16
Total lipid (fat)	g	0.11	0.028	8		1		0.27	0.03	0.29
Ash	g	0.22	0.004	31		1		0.55	0.07	0.58
Carbohydrate, by difference	g	11.68		0	NC	4		28.97	3.62	30.60
Fiber, total dietary	g	0.1		0		4		0.2	0.0	0.3
Sugars, total	g	10.90		1		1		27.03	3.38	28.56
Sucrose	g	1.70		1		1		4.22	0.53	4.45
Glucose (dextrose)	g	2.50		1		1		6.20	0.78	6.55
Fructose		5.60		1		1		13.89	1.74	14.67
Lactose										
Maltose										
Galactose										
Starcii	9									
Minerals:										
Calcium, Ca	mg	7	1.455	8		1		17	2	18
Iron, Fe	mg	0.37	0.034	11		1		0.92	0.11	0.97
Magnesium, Mg	mg	3	0.304	3		1		7	1	8
Phosphorus, P	mg	7	1.734	3		1		17	2	18
Potassium, K	mg	119	2.208	32		1		295	37	312
Sodium, Na	mg	3	0.711	11		1		7	1	8
Zinc, Zn	mg	0.03		2		1		0.07	0.01	0.08
Copper, Cu	mg	0.022	2	2		1		0.055	0.007	0.05
Manganese, Mn	mg	0.113	3	2		1		0.280	0.035	0.29
Selenium, Se	mcg	0.1	0.045	4	A	1		0.2	0.0	0.3
Vitamins:			0.450			_				
Vitamin C, total ascorbic acid		0.9	0.179	8		1		2.2	0.3	2.4
Thiamin	-	0.021		9		1		0.052	0.007	0.05
Riboflavin	_	0.017		5		1		0.042	0.005	0.04
Niacin	-	0.100		1		1		0.248	0.031	0.26
Pantothenic acid	_	0.063		0		4		0.156	0.020	0.16
Vitamin B-6		0.030		0		1		0.074	0.009	0.07
Folate, total		0	0.046	3		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		0	0.046	3		1		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		1		1		1		2	0	3
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		0		1		0.02	0.00	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	0.0
Lipids:						_				_
Fatty acids, total saturated		0.019		0		1		0.047	0.006	0.05
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	_	0.000		0		1		0.000	0.000	0.00
10:0	g	0.000		0		1		0.000	0.000	0.00
12:0	g	0.000	)	0		1		0.000	0.000	0.00
13:0	g									
14:0	g	0.001	L	0		1		0.002	0.000	0.00

		<u>Aı</u>	mount in 10	0 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 Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.015		0		1		0.037	0.005	0.039
17:0 18:0		0.002		0		1		0.005	0.001	0.005
20:0	g	0.002		Ū		-		0.003	0.001	0.005
24:0Fatty acids, total monounsaturated	g	0.005		0		1		0.012	0.002	0.013
15:1 16:1 undifferentiated	g g	0.000		0		1		0.000	0.000	0.000
17:1 18:1 undifferentiated	•	0.004		0		1		0.010	0.001	0.010
20:1	•	0.000		0		1		0.000	0.000	0.00
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.00
24:1 c	_									
Fatty acids, total polyunsaturated		0.033		0		1		0.082	0.010	0.08
18:2 undifferentiated		0.028		0		1		0.069	0.009	0.07
18:3 undifferentiated	g	0.006		0		1		0.015	0.002	0.01
18:4	g	0.000		0		1		0.000	0.000	0.00
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.00
20:5 n-3	g	0.000		0		1		0.000	0.000	0.00
22:5 n-3	g	0.000		0		1		0.000	0.000	0.00
22:6 n-3	g	0.000		0		1		0.000	0.000	0.00
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine		0.0		0	z	7		0.0	0.0	0.0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:	y	U		U		,		U	U	U
Carotene, beta	mcg	0		0	BNA	4		1.082	0.135	1.143
Carotene, alpha	mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BNA	4		0.812	0.101	0.857
Lycopene	mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin		16		0	BFSN	4		39.974	4.997	42.230

#### **Common Measures:**

Measure 1 = 248g: 1 cup Measure 2 = 31.0g: 1 fl oz

Measure 3 = 262g: 1 drink box (8.45 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09018

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid

		<u>Aı</u>	mount in 100 gr	ams of e	dible	portio	<u>n</u>	Amount in	edible portion of	of common
			Nun	nber				m	easures of food	
					iv S	ource	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	de (	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.90		0		1		210.08	26.28	
Energy	kcal	47		0 1	NC	4		112	14	
Energy		197				4		470	59	
Protein (N x 6.25)	g	0.14	0.016	4		1		0.33	0.04	
Total lipid (fat)	g	0.10	0.007	3		1		0.24	0.03	
Ash		0.32	0.016	4		1		0.76	0.10	
Carbohydrate, by difference	g	11.54		0 1	NC.	4		27.58	3.45	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	10.93		0 B	FSN	4		26.12	3.27	
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	6	0.762	4		1		14	2	
Iron, Fe	-	0.26	0.054	4		1		0.62	0.08	
Magnesium, Mg		5	0.433	4		1		12	1	
Phosphorus, P		7	0.676	4		1		17	2	
Potassium, K	-	126	7.348	4		1		301	38	
Sodium, Na		7	2.684	4		1		17	2	
Zinc, Zn	mg	0.04	0.006	4		1		0.10	0.01	
Copper, Cu	mg	0.014	0.003	4		1		0.033	0.004	
Manganese, Mn		0.063	0.013	4		1		0.151	0.019	
Selenium, Se	mcg	0.1		0 BF	SN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.6		2		1		1.4	0.2	
Thiamin		0.003	0.001	3		1		0.007	0.001	
Riboflavin		0.015		3		1		0.036	0.004	
Niacin		0.038		3		1		0.091	0.011	
Pantothenic acid	-	0.063	0.017	3		1		0.151	0.019	
Vitamin B-6		0.033	0.002	3		1		0.079	0.010	
Folate, total	mcg	0	0.074	4		1		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	0	0.074	4		1		1	0	
Folate, DFE	mcg_DFE	0		0 N	C	4		1	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0			C	4		0	0	
Retinol		0			Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.01		0 BF	SN	4		0.02	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0 BF	SN	4		0.0	0.0	
viamini it (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.018		0		1		0.043	0.005	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1 1		0.000 0.000	0.000 0.000	
12:0 13:0	-	0.000	•	U		1		0.000	0.000	
14:0	-	0.000	1	0		1		0.000	0.000	
15:0	-	0.000		•		-		3.000	0.000	
16:0	-	0.016	i	0		1		0.038	0.005	
17:0		0.010		-		-		0.050	0.005	
18:0	-	0.002		0		1		0.005	0.001	
20:0	-			-				2		
22:0	-									
24:0	-									

NDB No. 09018

Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid

	Ar	nount in 100 grai	ns of edi	ble portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.002	C		1		0.005	0.001		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	C		1		0.000	0.000		
17:1g									
18:1 undifferentiatedg	0.002	C		1		0.005	0.001		
20:1g	0.000	C		1		0.000	0.000		
22:1 undifferentiatedg	0.000	C		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.031	C		1		0.074	0.009		
18:2 undifferentiatedg	0.027	C		1		0.065	0.008		
18:3 undifferentiatedg	0.004	C		1		0.010	0.001		
18:4g	0.000	C		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	C		1		0.000	0.000		
20:5 n-3g	0.000	C		1		0.000	0.000		
22:5 n-3g	0.000	C		1		0.000	0.000		
22:6 n-3g	0.000	C		1		0.000	0.000		
Fatty acids, total transg									
Cholesterolmg	0	C	Z	7		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	C		7		0.0	0.0		
Caffeine mg	0	C		7		0	0		
Theobrominemg	0	C	Z	7		0	0		
Carotenoids:									
Carotene, betamcg	0	C	BFSN	4		0.000	0.000		
Carotene, alphamcg	0	C	BFSN	4		0.000	0.000		
Cryptoxanthin, betamcg	0	C	BFSN	4		0.000	0.000		
Lycopenemcg	0	C	BFSN	4		0.000	0.000		
Lutein + zeaxanthin mcg	16	C	BFSN	4		38.619	4.831		

### **Common Measures:**

Measure 1 = 239g: 1 cup Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09411 Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid

		<u>Aı</u>	mount in 100 gra	ms of ed	ible portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
				ata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	a	87.90		0	1		210.08	26.28	
Energy	-	47		0 NC			112	14	
Energy		197			4		470	59	
Protein (N x 6.25)	=	0.14	0.016	4	1		0.33	0.04	
Total lipid (fat)		0.10	0.007	3	1		0.24	0.03	
Ash		0.32	0.016	4	1		0.76	0.10	
Carbohydrate, by difference		11.54	0.020	0 NC			27.58	3.45	
Fiber, total dietary		0.1		0	4		0.2	0.0	
Sugars, total		0.1		·	-		V.2	0.0	
Starch	_								
Starcii	9								
<u>Minerals:</u>									
Calcium, Ca	-	6		4	1		14	2	
Iron, Fe	mg	0.26	0.054	4	1		0.62	0.08	
Magnesium, Mg		5		4	1		12	1	
Phosphorus, P	mg	7		4	1		17	2	
Potassium, K	mg	126		4	1		301	38	
Sodium, Na	-	7		4	1		17	2	
Zinc, Zn		0.04		4	1		0.10	0.01	
Copper, Cu		0.014		4	1		0.033	0.004	
Manganese, Mn		0.063		4	1		0.151	0.019	
Selenium, Se	mcg	0.1		0 BFSI	1 4		0.2	0.0	
/itamins:									
Vitamin C, total ascorbic acid	ma	25.0		1	1		59.8	7.5	
Thiamin		0.003		3	1		0.007	0.001	
Riboflavin		0.015		3	1		0.036	0.004	
Niacin		0.038		3	1		0.091	0.011	
Pantothenic acid	_	0.063		3	1		0.151	0.019	
Vitamin B-6		0.033		3	1		0.079	0.010	
Folate, total	-	0		4	1		1	0.010	
Folic acid		0		0 z	7		0	0	
Folate, food		0		4	1		1	0	
Folate, DFE	mca DFF	0		0 NC	4		1	0	
Vitamin B-12		0.00		0 Z	7		0.00	0.00	
Vitamin A, IU		0.00		0	4		0.00	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū		0 2	,		v	U	
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
• • • •	/3								
<u>Lipids:</u>									
Fatty acids, total saturated		0.018		0	1		0.043	0.005	
4:0									
6:0	-								
8:0									
10:0									
12:0									
13:0									
14:0									
15:0				_			_	_	
16:0		0.016	i	0	1		0.038	0.005	
17:0									
18:0	g	0.002		0	1		0.005	0.001	
20:0	-								

NDB No. 09411
Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid

		An	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number of Data		Source	Confidence	<u>m</u>	easures of food	_	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.002		0		1		0.005	0.001		
14:1											
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	0.002		0		1		0.005	0.001		
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.031		0		1		0.074	0.009		
18:2 undifferentiated	g	0.027		0		1		0.065	0.008		
18:3 undifferentiated	g	0.004		0		1		0.010	0.001		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3											
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0		
Phytosterols	mg										

#### **Common Measures:**

Measure 1 = 239g: 1 cup Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09410 Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

		<u>Aı</u>	mount in 100 gr	ams of e	dible port	<u>ion</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>1</u>	
			of D	Data Der	iv Sourc	e Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Co	de Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	57.00		0	1		120.27			
Energy	kcal	166		0 1	NC 4		350			
Energy	kj	695			4		1465			
Protein (N x 6.25)	g	0.51	0.058	4	1		1.08			
Total lipid (fat)	g	0.37	0.024	3	1		0.78			
Ash	g	1.12	0.055	4	1		2.36			
Carbohydrate, by difference	g	41.00		0 1	NC 4		86.51			
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	20	2.709	4	1		42			
Iron. Fe.	-	0.91	0.192	4	1		1.92			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	17	1.538	4	1		36			
Phosphorus, P		25	2.401	4	1		53			
Potassium, K	-	448	26.115	4	1		945			
Sodium, Na	_	25	9.540	4	1		53			
Zinc, Zn	mg	0.13	0.020	4	1		0.27			
Copper, Cu	mg	0.050	0.009	4	1		0.106			
Manganese, Mn	mg	0.225	0.047	4	1		0.475			
Selenium, Se	mcg	0.4		0 BF	SN 4		0.8			
Vitamins:										
Vitamin C, total ascorbic acid	ma	88.9		1	1		187.6			
Thiamin	_	0.011	0.003	3	1		0.023			
Riboflavin	_	0.011		3	1		0.114			
Niacin		0.135		3	1		0.285			
Pantothenic acid		0.223		3	1		0.471			
Vitamin B-6	-	0.116		3	1		0.245			
Folate, total	-	1	0.264	4	1		2			
Folic acid		0			z 7		0			
Folate, food		1	0.264	4	1		2			
Folate, DFE		1		0 N	C 4		2			
Vitamin B-12		0.00		0	z 7		0.00			
Vitamin A, IU		0		3	1		0			
Vitamin A, RAE		0	0.000	3	1		0			
Retinol	mcg	0		0	z 7		0			
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.060	1	0	1		0.127			
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0		0.001		0	1		0.002			
13:0	g									
14:0		0.002		0	1		0.004			
15:0	g									
16:0	g	0.050	ı	0	1		0.106			
17:0	-									
18:0	-	0.008		0	1		0.017			
20:0	-									
22:0	~									

NDB No. 09410
Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid

	Amount i			edible portion			
		Number of Data Der	riv Source C	onfidence	<u>m</u>	easures of food	
Nutrients and Units	Mean Std. E	rror Points Cod	de Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.015	0	1		0.032		
14:1g 15:1g							
16:1 undifferentiated	0.001	0	1		0.002		
17:1	0.014	0	1		0.030		
20:1g 22:1 undifferentiatedg							
24:1 cg Fatty acids, total polyunsaturatedg	0.108	0	1		0.228		
18:2 undifferentiatedg	0.089	0	1		0.228		
18:3 undifferentiatedg	0.019	0	1		0.040		
18:4							
20:5 n-3							
Fatty acids, total trans	0	0 :	z 7		0		

#### **Common Measures:**

Measure 1 = 211g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09017 Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid

		<u>Aı</u>	mount in 100	grams	ot edib	ie portio	<u>on</u>	Amount in edible portion of common			
			N	umbei	r			m	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	57.00		0		1		120.27			
Energy	kcal	166		0	NC	4		350			
Energy	kj	695				4		1465			
Protein (N x 6.25)		0.51	0.058			1		1.08			
Total lipid (fat)		0.37	0.024	3		1		0.78			
Ash		1.12	0.055			1		2.36			
Carbohydrate, by difference		41.00		0	NC	4		86.51			
Fiber, total dietary		0.4		0		4		0.8			
Sugars, total	_	38.83		0	BFSN	4		81.94			
Starch	g										
Minerals:											
Calcium, Ca	mg	20	2.709	4		1		42			
Iron, Fe	-	0.91	0.192	4		1		1.92			
Magnesium, Mg		17	1.538			1		36			
Phosphorus, P		25	2.401			1		53			
Potassium, K		448	26.115			1		945			
Sodium, Na		25	9.540			1		53			
Zinc, Zn		0.13	0.020			1		0.27			
Copper, Cu		0.050				1		0.106			
Manganese, Mn		0.225	0.047	4 0	DEGN	1 4		0.475			
Selenium, Se	fileg	0.4		U	BFSN	4		0.8			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	2.1		2		1		4.4			
Thiamin	-	0.011	0.003	3		1		0.023			
Riboflavin		0.054				1		0.114			
Niacin		0.135				1		0.285			
Pantothenic acid		0.223				1		0.471			
Vitamin B-6	-	0.116				1		0.245			
Folate, total		1	0.264	4	_	1		2			
Folic acid		0		0	Z	7		0			
Folate, food		1 1	0.264	<b>4</b> 0	110	1 4		2 2			
Folate, DFE		0.00		0	NC Z	7		0.00			
Vitamin B-12 Vitamin A, IU		0.00		3	Z	1		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		Ö		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.04		0	BFSN	4		0.08			
Tocopherol, beta	ma			_		_					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0			
Lipids:											
Fatty acids, total saturated	a	0.060	)	0		1		0.127			
4:0		0.000		0		1		0.000			
6:0	·····	0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0	-	0.000		0		1		0.000			
12:0		0.001		0		1		0.002			
13:0											
14:0		0.002	2	0		1		0.004			
15:0											
16:0		0.050	)	0		1		0.106			
17:0											
18:0	g	0.008	3	0		1		0.017			
20:0	g										
22:0	g										
24:0	g										

	<u>An</u>	nount in 10	00 grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.015		0		1		0.032		
14:1g	0.013		Ū		-		0.032		
15:1g									
16:1 undifferentiated	0.001		0		1		0.002		
17:1g									
18:1 undifferentiated	0.014		0		1		0.030		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.108		0		1		0.228		
18:2 undifferentiatedg	0.089		0		1		0.188		
18:3 undifferentiatedg	0.019		0		1		0.040		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	BFSN	4		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin mcg	57		0	BFSN	4		121.162		

### **Common Measures:**

Measure 1 = 211g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<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	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	82.28	0.694	6		1		167.85			
Energy	kcal	67		0	NC	4		137			
Energy	kj	280				4		572			
Protein (N x 6.25)	g	0.18	0.008	6		1		0.37			
Total lipid (fat)	g	0.43	0.030	6		1		0.88			
Ash	g	0.27	0.007	6		1		0.55			
Carbohydrate, by difference	g	16.84		0	NC	4		34.35			
Fiber, total dietary	g	2.0		0		4		4.1			
Sugars, total	g	14.84		0	0	4		30.27			
Starch	g										
<i>r</i> : 1											
Minerals:	ma	4	0.321	6		1		8			
Calcium, Ca	_	0.24	0.321	6		1		8 0.49			
Magnesium, Mg	_	3	0.013	6		1		6			
Phosphorus, P		6	0.128	6		1		12			
Potassium, K	-	70	2.011	6		1		143			
Sodium, Na	-	3	0.380	6		1		6			
Zine, Zn	-	0.05	0.007	6		1		0.10			
Copper, Cu		0.051		6		1		0.104			
Manganese, Mn		0.165	0.021	6		1		0.337			
Selenium, Se		0.3		0	BFZN	4		0.6			
7*4											
<u>/itamins:</u>				_		_					
Vitamin C, total ascorbic acid	_	0.2	0.074	6		1		0.4			
Thiamin	-	0.009		6		1		0.018			
Riboflavin	-	0.010		6		1		0.020			
Niacin		0.081 0.032		6 6		1 1		0.165			
Pantothenic acid Vitamin B-6	-	0.032		6		1		0.065 0.090			
	-	0.044	0.004	6		1		0.090			
Folic acid		0	0.013	0	z	7		0			
Folate, food		0	0.013	6	2	1		0			
Folate, DFE		0	0.013	0	NC	4		0			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		56	6.678	6	_	1		114			
Vitamin A, RAE		3	0.334	6		1		6			
Retinol		0	0.001	0	z	7		0			
Vitamin E (alpha-tocopherol)		0.21		0	BFZN	4		0.43			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4		1.1			
inida.											
ipids:	<b>a</b>	0.070		0		1		0.143			
Fatty acids, total saturated		0.000		0		1		0.143			
4:0 6:0		0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0	-	0.000		0		1		0.002			
13:0		0.001		Ū		-		0.002			
14:0		0.002		0		1		0.004			
15:0		2		-		_		0.004			
16:0		0.058		0		1		0.118			
17:0		2.000		-		_		0.110			
18:0	-	0.009	ı	0		1		0.018			
20:0	-			-		_					
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.017		0		1		0.035		
14:1	_									
15:1	-			_		_				
16:1 undifferentiated	-	0.001		0		1		0.002		
17:1	-	0.016		•						
18:1 undifferentiated		0.016		0		1		0.033		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c		0.100		0		1				
Fatty acids, total polyunsaturate		0.126						0.257		
18:2 undifferentiated		0.104		0		1		0.212		
18:3 undifferentiated		0.022		0		1		0.045		
18:4		0.000	1	0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		0		1		0.000		
20:4 undifferentiated		0.000				1		0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0				0.000		
22:5 n-3	-	0.000		0		1		0.000		
22:6 n-3		0.000	1	U		1		0.000		
Fatty acids, total trans		0		0	z	7		•		
Cholesterol	_	U		U	z	,		0		
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.002		0		1		0.004		
Threonine		0.007		0		1		0.014		
Isoleucine	g	0.007		0		1		0.014		
Leucine	-	0.011		0		1		0.022		
Lysine	g	0.011		0		1		0.022		
Methionine		0.002		0		1		0.004		
Cystine		0.002		0		1		0.004		
Phenylalanine		0.005	i	0		1		0.010		
Tyrosine		0.003	1	0		1		0.006		
Valine	-	0.008		0		1		0.016		
Arginine	-	0.006	i	0		1		0.012		
Histidine	-	0.003		0		1		0.006		
Alanine	-	0.007		0		1		0.014		
Aspartic acid		0.032		0		1		0.065		
Glutamic acid		0.019	ı	0		1		0.039		
Glycine	• • • • • • • • • • • • • • • • • • • •	0.007		0		1		0.014		
Proline		0.006		0		1		0.012		
Serine	-	0.007		0		1		0.014		
Hydroxyproline										
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	<u>mg</u>	0		0	Z	7		0		
<b>Carotenoids:</b>										
Carotene, beta	mca	24		0	BNA	4		49.850		
Carotene, alpha	_	0		0	BNA	4		0.000		
Cryptoxanthin, beta		18		0	BNA	4		37.388		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		18		0	BFZN	4		36.312		

### **Common Measures:**

Measure 1 = 204g: 1 cup slices

NDB No. 09008

Apples, canned, sweetened, sliced, drained, heated

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
				mber				<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	82.36	0.527	6		1		168.01		
Energy	kcal	67		0	NC	4		137		
Energy	kj	280				4		572		
Protein (N x 6.25)	g	0.18	0.000	6		1		0.37		
Total lipid (fat)	g	0.49	0.035	6		1		1.00		
Ash	g	0.27	0.005	6		1		0.55		
Carbohydrate, by difference	g	16.70		0	NC	4		34.07		
Fiber, total dietary	g	1.7		0		4		3.5		
Sugars, total	g	15.00		0	0	4		30.60		
Starch	g									
Minovola										
Minerals:	ma	4	0.233	6		1		8		
Calcium, Ca Iron, Fe		0.23	0.233	6		1		0.47		
Magnesium, Mg		2	0.132	6		1		4		
Phosphorus, P		5	0.132	6		1		10		
Potassium, K		68	2.752	6		1		139		
Sodium, Na		3	0.557	6		1		6		
Zinc, Zn		0.03	0.002	6		1		0.06		
Copper, Cu	-	0.053		6		1		0.108		
Manganese, Mn		0.153		6		1		0.312		
Selenium, Se		0.3		0	BFZN	4		0.6		
·	•••••									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.4	0.000	6		1		0.8		
Thiamin		0.009		6		1		0.018		
Riboflavin		0.010		6		1		0.020		
Niacin		0.073		6		1		0.149		
Pantothenic acid	-	0.031		6		1		0.063		
Vitamin B-6	-	0.044		6		1		0.090		
Folate, total		0	0.052	6	_	1		1		
Folic acid		0		0	Z	7		0		
Folate, food		0	0.052	6	***	1		1		
Folate, DFE		0		0	NC -	4		1		
Vitamin B-12	mcg	0.00		0	Z	7 1		0.00		
Vitamin A, IU		51	6.826	6		_		104		
Vitamin A, RAE		3 0	0.341	6 0		1 7		5 0		
Retinol		0.21		0	Z BFZN	4		0.43		
Vitamin E (alpha-tocopherol)	-	0.21		U	BFZN	4		0.43		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	BFZN	4		1.1		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.080		0		1		0.163		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.001		0		1		0.002		
13:0	-			_		_				
14:0	=	0.002		0		1		0.004		
15:0		_		_		_				
16:0		0.066		0		1		0.135		
17:0	-			_		_				
18:0	-	0.010		0		1		0.020		
20:0	-									
22:0	a									

		<u>Aı</u>	nount in 10	00 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 l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.020		0		1		0.041		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002		
17:1	-									
18:1 undifferentiated	g	0.019		0		1		0.039		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	dg	0.144		0		1		0.294		
18:2 undifferentiated		0.119		0		1		0.243		
18:3 undifferentiated	g	0.025		0		1		0.051		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	_									
,										
Amino Acids:										
Tryptophan	g	0.002		0		1		0.004		
Threonine	g	0.006		0		1		0.012		
Isoleucine	g	0.007		0		1		0.014		
Leucine	g	0.011		0		1		0.022		
Lysine	g	0.011		0		1		0.022		
Methionine	g	0.002		0		1		0.004		
Cystine	g	0.002		0		1		0.004		
Phenylalanine	g	0.005		0		1		0.010		
Tyrosine	g	0.003		0		1		0.006		
Valine	g	0.008		0		1		0.016		
Arginine	g	0.006		0		1		0.012		
Histidine	g	0.003		0		1		0.006		
Alanine	-	0.006		0		1		0.012		
Aspartic acid		0.031		0		1		0.063		
Glutamic acid		0.018		0		1		0.037		
Glycine		0.007		0		1		0.014		
Proline		0.006		0		1		0.012		
Serine		0.007		0		1		0.014		
Hydroxyproline				-		=				
Others:				_		_				
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	g	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	22		0	BNA	4		45.399		
Carotene, alpha	_	0		0	BNA	4		0.000		
Cryptoxanthin, beta		17		0	BNA	4		34.049		
Lycopene		0		0	BFZN	4		0.000		
L 3 сорене	mcg	18		0	BFZN	4		36.312		

### **Common Measures:**

Measure 1 = 204g: 1 cup slices

NDB No. 09007

Apples, canned, sweetened, sliced, drained, unheated

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<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 Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	79.36		2		1		153.16			
Energy	kcal	74		0	NC	4		143			
Energy	kj	310				4		598			
Protein (N x 6.25)	g	0.28		0		1		0.54			
Total lipid (fat)	g	0.12		0		1		0.23			
Ash	g	0.33		0		1		0.64			
Carbohydrate, by difference		19.91		0	NC	4		38.43			
Fiber, total dietary		2.6		0		4		5.0			
Sugars, total											
Starch											
Survii											
<u>Minerals:</u>											
Calcium, Ca	_	4		0		1		8			
Iron, Fe	-	0.43		0		1		0.83			
Magnesium, Mg		5		0		1		10			
Phosphorus, P	-	12		0		1		23			
Potassium, K		136		0		1		262			
Sodium, Na	-	26		0		1		50			
Zinc, Zn		0.06		0		1		0.12			
Copper, Cu		0.058		0		1		0.112			
Manganese, Mn		0.027		0		1		0.052			
Selenium, Se	mcg	0.4		0	BFSN	4		0.8			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.6		2		1		1.2			
Thiamin	_	0.008		2		1		0.015			
Riboflavin	-	0.029		2		1		0.015			
Niacin		0.140		2		1		0.270			
Pantothenic acid		0.080		2		1		0.154			
Vitamin B-6		0.054		2		1		0.104			
Folate, total		0	0.04			1		0.101			
Folic acid		0	0.0-	0	z	7		Ö			
Folate, food		0	0.04		_	1		0			
Folate, DFE		0	0.0-	0	NC	4		Ö			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		19		2		1		37			
Vitamin A, RAE		1		2		1		2			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		Ü		Ū		,		Ü			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitanini ix (phynoquinone)	9										
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.020		0		1		0.039			
4:0											
6:0											
8:0											
10:0											
12:0											
13:0				_		_					
14:0		0.001		0		1		0.002			
15:0		_				_					
16:0		0.017		0		1		0.033			
17:0	-										
18:0	-	0.003		0		1		0.006			
20:0	-										
22:0	_										

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	0.005		0		1		0.010			
14:1	g										
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	0.005		0		1		0.010			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.036		0		1		0.069			
18:2 undifferentiated	g	0.030		0		1		0.058			
18:3 undifferentiated	g	0.006		0		1		0.012			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	-	0.003		0		1		0.006			
Threonine	-	0.010		0		1		0.019			
Isoleucine	-	0.011		0		1		0.021			
Leucine		0.017		0		1		0.033			
Lysine		0.018		0		1		0.035			
Methionine	-	0.003		0		1		0.006			
Cystine		0.004		0		1		0.008			
Phenylalanine		0.008		0		1		0.015			
Tyrosine		0.005		0		1		0.010			
Valine		0.013		0		1		0.025			
Arginine	-	0.009		0		1		0.017			
Histidine	-	0.004		0		1		0.008			
Alanine	-	0.010		0		1		0.019			
Aspartic acid	-	0.049		0		1		0.095			
Glutamic acid		0.029		0		1		0.056			
Glycine	-	0.011		0		1		0.021			
Proline	-	0.010		0		1		0.019			
Serine	-	0.011		0		1		0.021			
Hydroxyproline	g										

### **Common Measures:**

Measure 1 = 193g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> :	mount in 100	<u>0 grams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.00		0		1		1.80			
Energy	kcal	346		0	NC	4		208			
Energy	kj	1448				4		869			
Protein (N x 6.25)	g	1.32		0		1		0.79			
Total lipid (fat)	g	0.58		0		1		0.35			
Ash	g	1.57		0		1		0.94			
Carbohydrate, by difference	g	93.53		0	NC	4		56.12			
Fiber, total dietary	g	12.4		0		4		7.4			
Sugars, total	g	81.13		0	0	4		48.68			
Starch	g										
Minerals:											
Calcium, Ca	ma	19		0		1		11			
Iron. Fe.	-	2.00		0		1		1.20			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22		0		1		13			
Phosphorus, P		55		0		1		33			
Potassium, K	-	640		ō		1		384			
Sodium, Na		124		0		1		74			
Zinc, Zn		0.29		0		1		0.17			
Copper, Cu	mg	0.271	L	0		1		0.163			
Manganese, Mn	mg	0.128	3	0		1		0.077			
Selenium, Se	mcg	1.8		0	BFSN	4		1.1			
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.2		2		1		1.3			
Thiamin	_	0.046	:	2		1		0.028			
Riboflavin	_	0.130		2		1		0.078			
Niacin		0.680		2		1		0.408			
Pantothenic acid	_	0.432		2		1		0.259			
Vitamin B-6	-	0.280		2		1		0.168			
Folate, total	_	1		2		1		1			
Folic acid		0		0	z	7		0			
Folate, food		1		2		1		1			
Folate, DFE		1		0	NC	4		1			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		81		2		1		49			
Vitamin A, RAE		4		2		1		2			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.75		0	BFSN	4		0.45			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	4.3		0	BFSN	4		2.6			
Lipids:											
Fatty acids, total saturated	g	0.095	5	0		1		0.057			
4:0		0.000	)	0		1		0.000			
6:0	g	0.000	)	0		1		0.000			
8:0	g	0.000	)	0		1		0.000			
10:0	g	0.000	)	0		1		0.000			
12:0	g	0.002	2	0		1		0.001			
13:0											
14:0	g	0.003	3	0		1		0.002			
15:0	g										
16:0	g	0.079	•	0		1		0.047			
17:0	g										
18:0	-	0.012	2	0		1		0.007			
20:0	-										
22:0	-										
24:0	g										

		<u>Aı</u>	mount in 100	grams	of edil	Amount in edible portion of common				
			N	lumber	•			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	0.024		0		1		0.014		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.001		
17:1	-									
18:1 undifferentiated	-	0.022		0		1		0.013		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated	•	0.000	)	0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.171		0		1		0.103		
18:2 undifferentiated		0.141		0		1		0.085		
18:3 undifferentiated	_	0.030		0		1		0.018		
18:4	-	0.000	)	0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000	1	0		1		0.000		
Fatty acids, total trans						_		_		
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.012		0		1		0.007		
Threonine		0.047		0		1		0.028		
Isoleucine	-	0.052		0		1		0.031		
Leucine	_	0.081		0		1		0.049		
Lysine	g	0.082		0		1		0.049		
Methionine		0.013	1	0		1		0.008		
Cystine		0.018		0		1		0.011		
Phenylalanine		0.037		0		1		0.022		
Tyrosine		0.025	i	0		1		0.015		
Valine		0.061		0		1		0.037		
Arginine	g	0.042		0		1		0.025		
Histidine	g	0.021		0		1		0.013		
Alanine		0.047		0		1		0.028		
Aspartic acid		0.230	1	0		1		0.138		
Glutamic acid		0.137		0		1		0.082		
Glycine		0.052		0		1		0.031		
Proline		0.045	i	0		1		0.027		
Serine	_	0.054		0		1		0.032		
Hydroxyproline	_									
	-									
Others:	_			_		_		• •		
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	35		0	BNA	4		21.207		
Carotene, alpha	-	0		0	BNA	4		0.000		
Cryptoxanthin, beta	mcg	27		0	BNA	4		15.905		
Lycopene	mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin	mcg	25		0	BFSN	4		15.181		

### **Common Measures:**

Measure 1 = 60g: 1 cup

NDB No. 09009

Apples, dehydrated (low moisture), sulfured, uncooked

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> :	Amount in 100 grams of edible portion					Amount in edible portion of common		
			N	lumber				<u>me</u>	easures of food	<u>l</u>
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	а	78.76		0		1		220.53		
Energy		83		0	NC	4		232		
Energy		347				4		972		
Protein (N x 6.25)		0.20		0		1		0.56		
Total lipid (fat)		0.07		0		1		0.20		
Ash		0.24		0		1		0.67		
Carbohydrate, by difference		20.73		0	NC	4		58.04		
Fiber, total dietary		1.9		0		4		5.3		
Sugars, total										
Starch										
Suici										
Minerals:										
Calcium, Ca		3		0		1		8		
Iron, Fe		0.31		0		1		0.87		
Magnesium, Mg		3		0		1		8		
Phosphorus, P	-	8		0		1		22		
Potassium, K		98		0		1		274		
Sodium, Na		19		0		1		53		
Zinc, Zn		0.04	_	0		1		0.11		
Copper, Cu		0.042		0		1		0.118		
Manganese, Mn		0.020	J	0		1		0.056		
Selenium, Se	Tricg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.5		
Thiamin	-	0.006	6	0		1		0.017		
Riboflavin	-	0.018	3	0		1		0.050		
Niacin		0.121	L	0		1		0.339		
Pantothenic acid		0.054	4	0		1		0.151		
Vitamin B-6		0.047	7	0		1		0.132		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	16		0		1		45		
Vitamin A, RAE		1		0		1		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.011	L	0		1		0.031		
4:0		0.011	-	·		-		0.031		
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0										
15:0	-									
16:0		0.009	9	0		1		0.025		
17:0										
18:0		0.001	L	0		1		0.003		
20:0				-						
22:0										
24:0										

		<u>Aı</u>	nount in 10			ole portio	Amount in edible portion of common			
Nutrients and Units				Number				measures of food		
		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.003		0		1		0.008		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.003		0		1		0.008		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.020		0		1		0.056		
18:2 undifferentiated	g	0.017		0		1		0.048		
18:3 undifferentiated	g	0.004		0		1		0.011		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:				_						
Tryptophan	-	0.002		0		1		0.006		
Threonine	-	0.007		0		1		0.020		
Isoleucine	-	0.008		0		1		0.022		
Leucine		0.012		0		1		0.034		
Lysine		0.013		0		1		0.036		
Methionine	-	0.002		0		1		0.006		
Cystine		0.003		0		1		0.008		
Phenylalanine		0.006		0		1		0.017		
Tyrosine		0.004		0		1		0.011		
Valine		0.009		0		1		0.025		
Arginine	-	0.006		0		1		0.017		
Histidine	-	0.003		0		1		0.008		
Alanine	-	0.007		0		1		0.020		
Aspartic acid	-	0.035		0		1		0.098		
Glutamic acid		0.021		0		1		0.059		
Glycine	-	0.008		0		1		0.022		
Proline	-	0.007		0		1		0.020		
Serine	-	0.008		0		1		0.022		
Hydroxyproline	g									

# **Common Measures:**

Measure 1 = 280g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100	grams		edible portion				
			N	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	84.13		1		1		214.53		
Energy	kcal	57		0	NC	4		145		
Energy	kj	238				4		608		
Protein (N x 6.25)	g	0.22		0		1		0.56		
Total lipid (fat)	g	0.07		0		1		0.18		
Ash	g	0.26		0		1		0.66		
Carbohydrate, by difference	g	15.32		0	NC	4		39.07		
Fiber, total dietary	g	2.0		0		4		5.1		
Sugars, total	g	13.32		0	0	4		33.97		
Starch										
	_									
Minerals:		_		_		_		•		
Calcium, Ca	-	3		0		1		8		
Iron, Fe		0.33		0		1		0.84		
Magnesium, Mg		4		0		1		10		
Phosphorus, P	-	9		0		1		23		
Potassium, K	-	105		0		1		268		
Sodium, Na	_	20		0		1		51		
Zinc, Zn		0.05		0		1		0.13		
Copper, Cu		0.044		0		1		0.112		
Manganese, Mn		0.021	_	0		1		0.054		
Selenium, Se	mcg	0.3		0	BFSN	4		0.8		
itamins:										
Vitamin C, total ascorbic acid	mg	1.0	0.20	3 3		1		2.6		
Thiamin	mg	0.006	0.00	2 3		1		0.015		
Riboflavin	mg	0.019	0.00	1 3		1		0.048		
Niacin	mg	0.129	0.03	2 3		1		0.329		
Pantothenic acid		0.057	0.00	1 3		1		0.145		
Vitamin B-6	mg	0.050	0.00	7 3		1		0.128		
Folate, total	mcg	0		1		1		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		1		1		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		17	6.17	2 3		1		43		
Vitamin A, RAE		1	0.30	9 3		1		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.12		0	BFSN	4		0.31		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4		1.8		
inide										
.ipids: Fatty acids, total saturated	a	0.012	•	0		1		0.031		
4:0		0.012		0		1		0.001		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0		0.000	•	Ū		-		3.000		
14:0		0.000	)	0		1		0.000		
15:0		0.000	-	,		-		0.000		
16:0		0.010	)	0		1		0.026		
17:0		0.010	-	,		-		0.020		
18:0	-	0.002	•	0		1		0.005		
20:0	-	0.002	-	J		-		0.003		
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 10	00 grams	Amount in edible portion of common						
				Number	•			measures of food		
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.003		0		1		0.008		
14:1	-									
15:1 16:1 undifferentiated	-	0.000		0		1		0.000		
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		U		1		0.000		
18:1 undifferentiated		0.003		0		1		0.008		
	-	0.003		0		1		0.008		
20:1 22:1 undifferentiated				0		1				
	-	0.000		U		1		0.000		
24:1 c		0.022		0		1		0.056		
Fatty acids, total polyunsaturat		0.022		0		1		0.056 0.046		
18:2 undifferentiated				0		1				
18:3 undifferentiated		0.004		0		1		0.010 0.000		
18:4		0.000		U		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		0		1		0.000		
		0.000		0		1				
20:5 n-3	-			0		1		0.000 0.000		
22:5 n-3	-	0.000		0		1				
22:6 n-3		0.000		U		1		0.000		
Fatty acids, total trans		0		0	z	7		0		
CholesterolPhytosterols		U		U	4	,		U		
Phytosterois										
Amino Acids:										
Tryptophan	g	0.002		0		1		0.005		
Threonine	g	0.008		0		1		0.020		
Isoleucine	g	0.008		0		1		0.020		
Leucine	g	0.013		0		1		0.033		
Lysine	g	0.013		0		1		0.033		
Methionine	g	0.002		0		1		0.005		
Cystine	g	0.003		0		1		0.008		
Phenylalanine	g	0.006		0		1		0.015		
Tyrosine	g	0.004		0		1		0.010		
Valine	g	0.010		0		1		0.026		
Arginine	g	0.007		0		1		0.018		
Histidine	g	0.003		0		1		0.008		
Alanine	g	0.008		0		1		0.020		
Aspartic acid	g	0.037		0		1		0.094		
Glutamic acid	g	0.022		0		1		0.056		
Glycine	g	0.008		0		1		0.020		
Proline	g	0.007		0		1		0.018		
Serine	g	0.009		0		1		0.023		
Hydroxyproline										
Others:	σ.	0.0		^		7		0.0		
Alcohol, ethyl				0	-	7				
Caffeine		0		0	z z	7		0		
Theobromine	9	U		U	z	,		0		
Carotenoids:										
Carotene, beta	mcg	7		0	BNA	4		18.916		
Carotene, alpha	mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta	mcg	6		0	BNA	4		14.187		
Lycopene	mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin		4		0	BFSN	4		10.556		

### **Common Measures:**

Measure 1 = 255g: 1 cup

NDB No. 09012

Apples, dried, sulfured, stewed, without added sugar

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Nutrients and Units			<u>Aı</u>	mount in 100	Amount in edible portion of common						
Nutrients and Units				Nı	ımber	r					
Nutrients and Units							Source	Confidence			
Water	Nutrients and Un	its	Mean	-					Measure 1	Measure 2	Measure 3
Water	Proximates:										
Exergy		g	31.76	0.902	22		1		27.31	2.03	
Protect (N N o 25)	Energy	kcal	243		0	NC	4		209	16	
Total Ippd [fan	Energy	kj	1017				4		874	65	
Ash. 9 1 1.10 0.031 38 1 0.95 0.07 Carbolydrane, by difference 9 65.89 0 NC 4 55.67 4.22 Fiber, total detainy 9 8.7 0 NC 4 7.5 0.6 Supers, total 9 9 57.19 0 0 4 49.18 3.66 Surch. 9	Protein (N x 6.25)	g	0.93	0.024	38		1		0.80	0.06	
Carbolydran, by difference	Total lipid (fat)	g	0.32	0.065	8				0.28	0.02	
Fiber, total dictary 9 8.7 0 4 4 7.5 0.6 Sugars, total 9 57.19 0 0 4 4 49.18 3.66 Surch 9 57.19 0 0 4 4 49.18 3.66 Surch 9 5 57.19 0 0 4 4 49.18 3.66 Surch 9 5 57.19 0 0 4 4 49.18 3.66 Surch 9 5 57.19 0 0 4 4 49.18 3.66 Surch 9 5 57.19 0 0 4 5 57.19 5 57.19 5 57.10				0.031							
Signs, violation   0						NC					
Minerahs											
Minerals:   Calcium, Ca.	• ,		57.19		0	0	4		49.18	3.66	
Tablemin Ca	Starch	g									
Iron, Fe.	Minerals:										
Magnesium Mg	Calcium, Ca	mg	14	0.648	37		1		12	1	
Phosphoros P.	Iron, Fe	mg									
Potassium K.	2 , 2			0.766	37						
Sodium Na											
Zinc, Zn.         mg         0.20         0.017         21         1         0.154         0.012           Copper, Cu.         mg         0.191         0.009         37         1         0.154         0.012           Mangames, Mn.         mg         0.090         0.012         19         1         0.077         0.006           Selentum, Sc.         mg         1.3         0         BFSN         4         1.1         0.17         0.006           Vitamin C, total ascorbic acid.         mg         3.9         0.471         11         1         3.4         0.2           Thamm.         mg         0.000         0.000         17         1         0.000         0.000           Niacin.         mg         0.159         0.006         18         1         0.137         0.010           Niacin.         mg         0.125         0.06         18         1         0.137         0.010           Niacin.         mg         0.125         1         1         0.077         0.059           Patatothenic acid.         mg         0.125         1         1         0.108         0.008           Polaci, total	*										
Copper, Cu	*	-									
Manganese, Mn.         mg         0.090         0.012         19         1         0.077         0.006           Selenium, Sc.         mcg         1.3         0.012         19         1         0.077         0.006           Yitamins         w         w         w         w         w         w         w         w         w         w         w         w         w         w         w         x         w         x         w         x <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>											
Scientium, Sc.   mog   1.3   0   BFSN   4   1.1   0.1											
Vitamins:         Vitamin C, total ascorbic acid.         mg         3.9         0.471         11         1         3.4         0.2           Thlamin.         mg         0.000         0.000         17         1         0.000         0.000           Riboflavin.         mg         0.159         0.006         18         1         0.137         0.010           Niacin.         mg         0.245         0         4         0.211         0.016           Pantothenic acid.         mg         0.245         0         4         0.211         0.016           Vitamin B-6         mg         0.125         1         1         0.108         0.008           Folate, total         mG9         0         2         7         0				0.012		BFSN					
Vitamin C, total ascorbic acid											
Thiamin.							_				
Riboflavin	· · · · · · · · · · · · · · · · · · ·	-									
Niamin											
Pantothenic acid											
Vitamin B-6         mg         0.125         1         1         0.108         0.008           Folate, total         mcg         0         0         4         0         0           Folate, total         mcg         0         0         Z         7         0         0           Folate, food         mcg         0         0         X         4         0         0           Folate, DFE         mcg DFE         0         NC         4         0         0           Vitamin A, IV         IU         0         0.000         16         1         0         0           Vitamin A, RAE         mcg RAE         0         AS         1         0         0           Retinol         mcg         0         2         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.53         1         A         1         0.46         0.03           Tocopherol, delta         mg         0.02         1         A         1         0.046         0.00           Tocopherol, delta         mg         0.07         1         A         1         0.06         0.00		-									
Folate, total		_					1				
Folicacid		_	0		0		4		0	0	
Folate, DFE			0		0	Z	7		0	0	
Vitamin B-12.         mcg         0.00         0.00         16         1         0.00         0.00           Vitamin A, IU         IU         0         0.000         16         1         0         0           Vitamin A, RAE.         mcg_RAE         0         0         As         1         0         0           Retinol.         mcg         0         0         2         7         0         0         0           Vitamin E (alpha-tocopherol).         mg         0.53         1         A         1         0.46         0.03           Tocopherol, beta         mg         0.02         1         A         1         0.02         0.00           Tocopherol, gamma         mg         0.02         1         A         1         0.06         0.00           Tocopherol, delta         mg         0.00         0         1         A         1         0.06         0.00           Vitamin K (phylloquinone)         mcg         3.0         0         BFSN         4         2.6         0.2           Lipids:         Fatty acids, total saturated         g         0.052         0         1         0.045         0.003           4:	Folate, food	mcg	0		0		4		0	0	
Vitamin A, IU         IU         0         0.000         16         1         0         0           Vitamin A, RAE         meg Retion         0         0         AS         1         0         0           Retinol         meg         0         0         2         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.53         1         A         1         0.46         0.03           Tocopherol, beta         mg         0.02         1         A         1         0.06         0.00           Tocopherol, delta         mg         0.07         1         A         1         0.06         0.00           Vitamin D         IU         IU         IU         Vitamin K (phylloquinone)         mcg         3.0         0         BFSN         4         2.6         0.2           Lipids:         Faty acids, total saturated         g         0.052         0         1         0.045         0.03           4-0         g         0.000         0         1         0.0045         0.003           4-0         g         0.000         0         1         0.000         0.000           8-0 </td <td></td> <td></td> <td></td> <td></td> <td>0</td> <td>NC</td> <td></td> <td></td> <td></td> <td>-</td> <td></td>					0	NC				-	
Vitamin A, RAE         mcg_RAE         0         0         AS         1         0         0           Retinol.         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol).         mg         0.53         1         A         1         0.46         0.03           Tocopherol, beta.         mg         0.02         1         A         1         0.02         0.00           Tocopherol, gamma.         mg         0.07         1         A         1         0.06         0.00           Tocopherol, delta.         mg         0.00         1         A         1         0.06         0.00           Vitamin D.         mcg         3.0         0         BFSN         4         2.6         0.2           Lipids:           Faity acids, total saturated.         g         0.052         0         1         0.045         0.003           4:0.         g         0.000         0         1         0.004         0.000         0.000           4:0.         g         0.000         0         1         0.000         0.000         0.000         0.000         0.000						Z					
Retinol.         mcg         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.53         1         A         1         0.46         0.03           Tocopherol, beta.         mg         0.02         1         A         1         0.06         0.00           Tocopherol, gamma         mg         0.00         1         A         1         0.06         0.00           Tocopherol, delta         mg         0.00         1         A         1         0.06         0.00           Tocopherol, delta         mg         0.00         1         A         1         0.00         0.00           Tocopherol, gamma         mg         0.00         1         A         1         0.00 </td <td></td> <td></td> <td></td> <td>0.000</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>				0.000							
Vitamin E (alpha-tocopherol)         .mg         0.53         1         A         1         O.46         0.03           Tocopherol, beta.         .mg         0.02         1         A         1         0.02         0.00           Tocopherol, gamma         .mg         0.07         1         A         1         0.06         0.00           Tocopherol, delta         .mg         0.00         1         A         1         0.00         0.00           Vitamin D.         .IU											
Tocopherol, beta					-				-	•	
Tocopherol, gamma mg 0.07 1 A 1 0.06 0.00 Tocopherol, delta mg 0.00 1 A 1 0.00 0.00 Vitamin D. UU Vitamin K (phylloquinone) mcg 3.0 0 BFSN 4 2.6 0.2  Lipids:  Fatty acids, total saturated g 0.000 0 1 0.000 0.000 6:0. g 0.000 0 1 0.000 0.000 8:0. g 0.000 0 1 0.000 0.000 10:0. g 0.000 0 1 0.000 0.000 10:0. g 0.000 0 1 0.000 0.000 12:0. g 0.001 0 1 0.000 0.000 13:0. g 14:0. g 0.001 0.000 1 0.000 15:0. g 16:0. g 0.001 0 1 0.001 0.000 15:0. g 16:0. g 0.001 0 1 0.001 0.000 17:0. g 18:0. g 0.007 0 1 0.006 0.000 17:0. g 18:0. g 0.007 0 1 0.006 0.000											
Tocopherol, delta         mg         0.00         1         A         1         0.00         0.00           Vitamin D.         IU         Vitamin K (phylloquinone).         mcg         3.0         0         BFSN         4         2.6         0.2           Lipids:           Fatty acids, total saturated.         g         0.052         0         1         0.045         0.003           4:0.         g         0.000         0         1         0.000         0.000           6:0.         g         0.000         0         1         0.000         0.000           8:0.         g         0.000         0         1         0.000         0.000           10:0.         g         0.000         0         1         0.000         0.000           12:0.         g         0.001         0         1         0.001         0.000           15:0.         g         0.043         0         1         0.037         0.003           17:0.         g         0.007         0         1         0.006         0.000           18:0.         g         0.007         0         1         0.006         0.000 <td>-</td> <td></td>	-										
Vitamin D.         IU           Vitamin K (phylloquinone)         mcg         3.0         0 BFSN 4         2.6         0.2           Lipids:         Fatty acids, total saturated         g         0.052         0         1         0.045         0.003           4:0.         g         0.000         0         1         0.000         0.000           6:0.         g         0.000         0         1         0.000         0.000           8:0.         g         0.000         0         1         0.000         0.000           10:0.         g         0.001         0         1         0.000         0.000           12:0.         g         0.001         0         1         0.001         0.000           13:0.         g         0.001         0         1         0.001         0.000           15:0.         g         0.043         0         1         0.037         0.003           17:0.         g         0.007         0         1         0.006         0.000           20:0.         g         0.007         0         1         0.006         0.000											
Lipids:       Fatty acids, total saturated.     g     0.052     0     1     0.045     0.003       4:0.     g     0.000     0     1     0.000     0.000       6:0.     g     0.000     0     1     0.000     0.000       8:0.     g     0.000     0     1     0.000     0.000       10:0.     g     0.001     0     1     0.001     0.000       12:0.     g     0.001     0     1     0.001     0.000       13:0.     g     0.001     0     1     0.001     0.000       15:0.     g     0.043     0     1     0.037     0.003       17:0.     g       18:0.     g     0.007     0     1     0.006     0.000       20:0.     g											
Fatty acids, total saturated       9       0.052       0       1       0.045       0.003         4:0       9       0.000       0       1       0.000       0.000         6:0       9       0.000       0       1       0.000       0.000         8:0       9       0.000       0       1       0.000       0.000         10:0       9       0.001       0       1       0.001       0.000         12:0       9       0.001       0       1       0.001       0.000         13:0       9       0.001       0       1       0.001       0.000         15:0       9       0.043       0       1       0.037       0.003         17:0       9         18:0       9       0.007       0       1       0.006       0.000         20:0       9	Vitamin K (phylloquinone)	mcg	3.0		0	BFSN	4		2.6	0.2	
4:0	Lipids:										
6:0.       g       0.000       0       1       0.000       0.000         8:0.       g       0.000       0       1       0.000       0.000         10:0.       g       0.000       0       1       0.000       0.000         12:0.       g       0.001       0       1       0.001       0.000         13:0.       g       0.001       0       1       0.001       0.000         15:0.       g       0.043       0       1       0.037       0.003         17:0.       g         18:0.       g       0.007       0       1       0.006       0.000         20:0.       g	Fatty acids, total saturated	g	0.052	!	0		1		0.045	0.003	
8:0       9       0.000       0       1       0.000       0.000         10:0       9       0.000       0       1       0.000       0.000         12:0       9       0.001       0       1       0.001       0.000         13:0       9       0.001       0       1       0.001       0.000         15:0       9       0.043       0       1       0.037       0.003         17:0       9       0.007       0       1       0.006       0.000         20:0       9       0.007       0       1       0.006       0.000											
10:0.       g       0.000       0       1       0.000       0.000         12:0.       g       0.001       0       1       0.001       0.000         13:0.       g       0.001       0       1       0.001       0.000         15:0.       g       0.043       0       1       0.037       0.003         17:0.       g       0.007       0       1       0.006       0.000         20:0.       g					-						
12:0.     g     0.001     0     1     0.001     0.000       13:0.     g       14:0.     g     0.001     0     1     0.001     0.000       15:0.     g       16:0.     g     0.043     0     1     0.037     0.003       17:0.     g       18:0.     g     0.007     0     1     0.006     0.000       20:0.     g											
13:0											
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$			0.001	-	U		1		0.001	0.000	
15:0		-	0 001		0		1		0 001	0.000	
16:0			0.001	-	J		1		0.001	0.000	
17:0		-	0.043	3	0		1		0.037	0.003	
18:0g 0.007 0 1 0.006 0.000 20:0g		_			-		•				
		_	0.007	•	0		1		0.006	0.000	
22·0 g	20:0	g									
J	22:0	g									

		<u>A</u> 1	mount in 10		Amount in edible portion of common measures of food					
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.013	3	0		1		0.011	0.001	
14:1	g									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001	-	0		1		0.001	0.000	
17:1	-									
18:1 undifferentiated	-	0.012		0		1		0.010	0.001	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000	)	0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		0.093		0		1		0.080	0.006	
18:2 undifferentiated		0.077		0		1		0.066	0.005	
18:3 undifferentiated		0.016		0		1		0.014	0.001	
18:4	-	0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000	)	0		1		0.000	0.000	
Fatty acids, total trans						_		_	_	
Cholesterol	_	0		0	z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.009	)	0		1		0.008	0.001	
Threonine		0.033		0		1		0.028	0.002	
Isoleucine	-	0.037		0		1		0.032	0.002	
Leucine		0.057		0		1		0.049	0.004	
Lysine	=	0.058		0		1		0.050	0.004	
Methionine		0.009		0		1		0.008	0.001	
Cystine		0.012		0		1		0.010	0.001	
Phenylalanine		0.026		0		1		0.022	0.002	
Tyrosine		0.017		0		1		0.015	0.001	
Valine	-	0.043		0		1		0.037	0.003	
Arginine	-	0.029		0		1		0.025	0.002	
Histidine		0.015		0		1		0.013	0.001	
Alanine		0.033		0		1		0.028	0.002	
Aspartic acid		0.162		0		1		0.139	0.010	
Glutamic acid		0.102		0		1		0.083	0.016	
Glycine	-	0.037		0		1		0.032	0.002	
Proline		0.037		0		1		0.032	0.002	
Serine	=	0.038		0		1		0.033	0.002	
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •	0.050	•	Ū		-		0.055	0.002	
Trydroxypromic	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha	_	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin		18		0	BFSN	4		15.308	1.139	
Luteni + zeaxdiitiiii	9	10		U	DE SIN	7		13.300	1.139	

### **Common Measures:**

Measure 1 = 86g: 1 cup Measure 2 = 6.4g: 1 ring NDB No. 09011

Apples, dried, sulfured, uncooked

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 gr	ams of e	dible portion	<u>on</u>		edible portion	
			Nun	nber			<u>m</u>	easures of food	1
			of E	ata Der	v Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water		87.16	0.152	6	1		179.55		
Energy	kcal	47		0 N	C 4		97		
Energy	kj	197			4		405		
Protein (N x 6.25)		0.29	0.022	6	1		0.60		
Total lipid (fat)	g	0.33	0.032	6	1		0.68		
Ash		0.23	0.006	6	1		0.47		
Carbohydrate, by difference	g	12.00			C 4		24.72		
Fiber, total dietary	g	1.9		0	4		3.9		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	5	0.416	6	1		10		
Iron, Fe.	-	0.19	0.034	6	1		0.39		
Magnesium, Mg	-	3	0.155	6	1		6		
Phosphorus, P		8	0.285	6	1		16		
Potassium, K	_	76	2.374	6	1		157		
Sodium, Na	-	3	0.399	6	1		6		
Zinc, Zn	mg	0.05	0.011	6	1		0.10		
Copper, Cu	mg	0.065	0.005	6	1		0.134		
Manganese, Mn	mg	0.146	0.016	6	1		0.301		
Selenium, Se	mcg	0.2		0 BF	SN 4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.4	0.060	6	1		0.8		
Thiamin	-	0.014		6	1		0.029		
Riboflavin	-	0.011		6	1		0.023		
Niacin		0.043		6	1		0.089		
Pantothenic acid		0.057		6	1		0.117		
Vitamin B-6	-	0.032		6	1		0.066		
Folate, total	_	1	0.037	6	1		1		
Folic acid		0		0 z	7		0		
Folate, food		1	0.037	6	1		1		
Folate, DFE		1		0 N	2 4		1		
Vitamin B-12		0.00		0 z	7		0.00		
Vitamin A, IU	IU	20	3.757	6	1		41		
Vitamin A, RAE	mcg_RAE	1	0.188	6	1		2		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Ilicy								
Lipids:									
Fatty acids, total saturated	g	0.053		0	1		0.109		
4:0									
6:0	_								
8:0									
10:0									
12:0		0.001		0	1		0.002		
13:0									
14:0		0.001		0	1		0.002		
15:0	_						_		
16:0	_	0.044		0	1		0.091		
17:0	_			_	_		_		
18:0	_	0.007		0	1		0.014		
20:0	_								
22:0									

		<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>	easures or roou	
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.013		0		1		0.027		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.012		0		1		0.025		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.095		0		1		0.196		
18:2 undifferentiated	g	0.079		0		1		0.163		
18:3 undifferentiated	g	0.017		0		1		0.035		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.003		0		1		0.006		
Threonine		0.010		0		1		0.021		
Isoleucine	-	0.011		0		1		0.023		
Leucine	-	0.018		0		1		0.037		
Lysine	-	0.018		0		1		0.037		
Methionine	-	0.003		0		1		0.006		
Cystine		0.004		0		1		0.008		
Phenylalanine		0.008		0		1		0.016		
Tyrosine		0.005		0		1		0.010		
Valine		0.013		0		1		0.027		
Arginine		0.009		0		1		0.019		
Histidine		0.005		0		1		0.010		
Alanine	-	0.010		0		1		0.021		
Aspartic acid	-	0.050		0		1		0.103		
Glutamic acid		0.030		0		1		0.062		
Glycine	-	0.011		0		1		0.023		
Proline	-	0.010		0		1		0.021		
Serine	-	0.012		0		1		0.025		
Hydroxyproline	-	0.012		Ü		-		0.023		
ттушолургонне	9									

## **Common Measures:**

Measure 1 = 206g: 1 cup slices

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 gr	rams of	f edib	le portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u>L</u>
			of l	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		86.85	0.154	6		1		150.25		
Energy		48		0	NC	4		83		
Energy	kj	201				4		347		
Protein (N x 6.25)		0.28	0.013	6		1		0.48		
Total lipid (fat)		0.32	0.052	6		1		0.55		
Ash		0.24	0.012	6		1		0.42		
Carbohydrate, by difference		12.31		0	NC	4		21.30		
Fiber, total dietary		1.9		0		4		3.3		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.487	6		1		7		
Iron, Fe.	-	0.18	0.033	6		1		0.31		
Magnesium, Mg	-	3	0.326	6		1		5		
Phosphorus, P		8	0.242	6		1		14		
Potassium, K	mg	77	2.092	6		1		133		
Sodium, Na	mg	3	0.302	6		1		5		
Zinc, Zn	mg	0.05	0.015	6		1		0.09		
Copper, Cu	mg	0.058	0.004	6		1		0.100		
Manganese, Mn		0.169	0.031	6		1		0.292		
Selenium, Se	mcg	0.2		0 :	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1	0.030	6		1		0.2		
Thiamin	-	0.013		6		1		0.022		
Riboflavin		0.011		6		1		0.019		
Niacin		0.042	0.011	6		1		0.073		
Pantothenic acid		0.054	0.004	6		1		0.093		
Vitamin B-6	mg	0.034	0.001	6		1		0.059		
Folate, total	mcg	1	0.060	6		1		1		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	1	0.060	6		1		1		
Folate, DFE		1		0	NC	4		1		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		34	6.509	6		1		59		
Vitamin A, RAE		2	0.326	6		1		3		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	<u>mg</u>									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
Lipids:										
Fatty acids, total saturated	g	0.053	1	0		1		0.092		
4:0										
6:0										
8:0										
10:0		_		_		_				
12:0		0.001		0		1		0.002		
13:0						_		_		
14:0		0.001		0		1		0.002		
15:0	_					_				
16:0	_	0.044		0		1		0.076		
17:0	_			•		_				
18:0	_	0.007		0		1		0.012		
20:0	_									
22:0	g									

		<u>Ar</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number		Source	Confidence	<u></u>	<u>easures or 100a</u>	
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.013		0		1		0.022		
14:1	g									
15:1										
16:1 undifferentiated	-	0.001		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.012		0		1		0.021		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.095		0		1		0.164		
18:2 undifferentiated		0.078		0		1		0.135		
18:3 undifferentiated	g	0.017		0		1		0.029		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.003		0		1		0.005		
Threonine		0.010		0		1		0.017		
Isoleucine	-	0.011		0		1		0.019		
Leucine	-	0.017		0		1		0.029		
Lysine	_	0.017		0		1		0.029		
Methionine	-	0.003		0		1		0.005		
Cystine		0.004		0		1		0.003		
Phenylalanine		0.008		0		1		0.014		
Tyrosine		0.005		0		1		0.009		
Valine		0.003		0		1		0.003		
Arginine		0.013		0		1		0.016		
Histidine		0.009		0		1		0.010		
Alanine	_	0.010		0		1		0.017		
	_	0.010		0		1		0.017		
Aspartic acidGlutamic acid		0.048		0		1		0.050		
Glycine	-	0.029		0		1		0.019		
Proline	-	0.011		0		1		0.019		
	-					1				
Serine	-	0.011		0		1		0.019		
Hydroxyproline	y									

## **Common Measures:**

Measure 1 = 173g: 1 cup slices

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09003 Apples, raw, with skin

Malus sylvestris

Includes USDA commodity food A343

Refuse: 8% Core and stem

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbei	r			m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
rationto ana ome	•	moun	otal Ello					mododio i		ououro
Proximates:										
Water		85.56	0.241	38	A	1		106.95	94.12	181.39
Energy	kcal	52		0	NC	4		65	57	110
Energy	kj	218		0	NC	4		272	240	462
Protein (N x 6.25)	g	0.26	0.019	29	A	1		0.33	0.29	0.56
Total lipid (fat)	g	0.17	0.011	35	A	1		0.22	0.19	0.37
Ash	g	0.19	0.018	29	A	1		0.24	0.21	0.40
Carbohydrate, by difference	g	13.81		0	NC	4		17.26	15.19	29.28
Fiber, total dietary	g	2.4	0.276	29	A	1		2.9	2.6	5.0
Sugars, total	g	10.39	0.112	25	A	1		12.99	11.43	22.03
Sucrose	g	2.07	0.049	25	A	1		2.58	2.27	4.38
Glucose (dextrose)	g	2.43	0.031	25	A	1		3.03	2.67	5.15
Fructose		5.90	0.059	25	A	1		7.37	6.48	12.50
Lactose		0.00	0.000	25	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	25	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	25	A	1		0.00	0.00	0.00
Starch	g	0.05	0.000	10	A	1		0.07	0.06	0.11
Minerals:	ma		0.240	26				7	6	10
Calcium, Ca		6 0.12	0.340	26	A A	1 1		, 0.15	6 0.14	13 0.26
Iron, Fe.		5	0.009	16 26		1		0.15 6	0.14 6	11
Magnesium, Mg	_	11	0.073 0.337	23	A A	1		6 14	12	24
Phosphorus, P		107	2.211	26	A	1		134	118	24
Potassium, K		107	0.071	6	A	1		2	118	3
Sodium, NaZinc, Zn		0.04	0.004	26	A	1		0.05	0.04	0.08
Copper, Cu		0.04		13	A	1		0.03	0.030	0.05
Manganese, Mn		0.027		26	A	1		0.034	0.039	0.03
Selenium, Se		0.0	0.000	7	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	4.6	0.470	3	A	1		5.7	5.0	9.7
Thiamin		0.017	0.002	23	A	1		0.022	0.019	0.03
Riboflavin	-	0.026	0.004	20	A	1		0.032	0.028	0.05
Niacin	_	0.091	0.006	13	A	1		0.114	0.100	0.19
Pantothenic acid	_	0.061	0.012	23	A	1		0.076	0.067	0.12
Vitamin B-6	mg	0.041	0.001	23	A	1		0.051	0.045	0.08
Folate, total		3	0.611	23		1		4	3	6
Folic acid		0		0	z	7		0	0	0
Folate, food	mcg	3	0.611	23		1		4	3	6
Folate, DFE		3		0	NC	4		4	3	6
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, IU		54	3.108	14	A	1		68	60	115
Vitamin A, RAE		3	0.155	14	A	1		3	3	6
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.18		10	A	1		0.23	0.20	0.39
Tocopherol, beta		0.00		10	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00		10	A	1		0.00	0.00	0.00
Tocopherol, delta	-	0.00		10	A	1		0.00	0.00	0.00
Vitamin D						_			0.00	0.00
Vitamin K (phylloquinone)		2.2	0.079	20	A	1		2.8	2.4	4.7
Lipids:										
Fatty acids, total saturated	g	0.028	3	0	NC	4		0.036	0.031	0.06
4:0		0.000	)	0		1		0.000	0.000	0.00
6:0		0.000	)	0		1		0.000	0.000	0.00
8:0	_	0.000	)	0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0	_	0.000		1		1		0.001	0.001	0.00
	-									
13:0	9									

	<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>on</u>		edible portion of	f common
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
1/0	0.004								0.050
16:0g 17:0g	0.024		4		1		0.029	0.026	0.050
18:0g	0.003		4		1		0.004	0.004	0.007
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	0.007		0	NC	4		0.009	0.008	0.016
14:1g	0.007		U	NC	4		0.009	0.008	0.016
15:1g									
16:1 undifferentiatedg	0.000		1		1		0.001	0.001	0.001
17:1g									
18:1 undifferentiatedg	0.007		4		1		0.009	0.008	0.015
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiatedg 24:1 cg	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.051		0	NC	4		0.064	0.057	0.109
18:2 undifferentiated	0.043		4		1		0.053	0.047	0.090
18:3 undifferentiated	0.009		4		1		0.011	0.010	0.019
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0		1		0.000	0.000	0.000
20:5 n-3	0.000		0		1 1		0.000 0.000	0.000 0.000	0.000
22:5 n-3g 22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	0.000		Ū		-		0.000	0.000	0.000
Cholesterolmg	0		0	z	7		0	0	0
Phytosterolsmg	12		0		1		15	13	25
Amino Acids:									
Tryptophang	0.001		0	A	1		0.001	0.001	0.002
Threonineg	0.006		0	A	1		0.008	0.007	0.013
Isoleucineg	0.006		0	A	1		0.007	0.006	0.012
Leucineg	0.013		0	A	1		0.016	0.014	0.027
Lysineg	0.012		0	A	1		0.015	0.013	0.026
Methionine	0.001		0	A	1		0.001	0.001	0.002
Cystine	0.001 0.006		0	A A	1 1		0.001 0.008	0.001 0.007	0.002 0.013
Tyrosine9	0.000		0	A	1		0.003	0.007	0.013
Valineg	0.012		0	A	1		0.015	0.013	0.025
Arginine	0.006		0	A	1		0.007	0.006	0.012
Histidineg	0.005		0	A	1		0.006	0.005	0.010
Alanineg	0.011		0	A	1		0.014	0.012	0.024
Aspartic acidg	0.070		0	A	1		0.087	0.077	0.148
Glutamic acidg	0.025		0	A	1		0.031	0.027	0.052
Glycine	0.009 0.006		0 0	A A	1 1		0.011 0.008	0.009 0.007	0.018 0.013
Serine	0.000		0	A	1		0.008	0.007	0.013
Hydroxyproline	0.010		Ŭ		-		0.013	0.012	0.022
Others: Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0.0		0	z	7		0	0.0	0.0
Theobromine mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, betamcg	27	1.66	52 14	A	1		34.179	30.078	57.968
Carotene, alphamcg	0	0.00	00 14	A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	11	0.92		A	1		13.264	11.673	22.496
Lycopene mcg	0	0.00		A	1		0.000	0.000	0.000
Lutein + zeaxanthinmcg	29	1.13	32 14	A	1		36.846	32.424	62.490

NDB No. 09003 Apples, raw, with skin

**Common Measures:** 

Measure 1 = 125g: 1 cup, quartered or chopped

Measure 2 = 110g: 1 cup slices

Measure 3 = 212g: 1 large (3-1/4" dia) (approx 2 per lb)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 15% 8% core and stem, 7% skin

		<u>A</u>	mount in 100 g	rams	of edit	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	86.67	0.110	6	A	1		95.34	110.94	
Energy		48		0	NC	4		53	61	
Energy		200		0	NC	4		220	257	
Protein (N x 6.25)		0.27	0.051	4	A	1		0.30	0.35	
Total lipid (fat)		0.13	0.021	5	A	1		0.14	0.16	
Ash		0.17	0.028	4	A	1		0.19	0.22	
Carbohydrate, by difference		12.76	0.000	0 4	NC	4 1		14.03 1.4	16.33	
Fiber, total dietary		1.3	0.090		A	1			1.6	
Sugars, total		10.10	1.059 0.109	4 4	A	1		11.11	12.92	
Sucrose	9	0.82			A			0.90	1.04	
Glucose (dextrose)		3.25 6.03	0.546 0.409	4 4	A A	1 1		3.58	4.16	
Fructose				4	A A	1		6.63	7.72	
Lactose	9	0.00	0.000	4	A A	1		0.00 0.00	0.00	
Maltose	9					1			0.00	
Galactose	9	0.00	0.000	4	A	1		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	5	0.678	4	A	1		6	6	
Iron, Fe	mg	0.07	0.004	163		1		0.08	0.09	
Magnesium, Mg	mg	4	0.280	4	A	1		5	5	
Phosphorus, P	mg	11	0.811	4	A	1		13	15	
Potassium, K		90	7.728	4	A	1		99	115	
Sodium, Na		0	0.025	85		1		0	0	
Zinc, Zn		0.05	0.009	4	A	1		0.06	0.06	
Copper, Cu		0.031		164	_	1		0.034	0.040	
Manganese, Mn		0.038	0.005	<b>4</b> 0	A BFZN	1 4		0.042 0.0	0.049 0.0	
Selenium, Se	111Cg	0.0		U	DF ZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		1		4.4	5.1	
Thiamin	_	0.019		4	A	1		0.021	0.024	
Riboflavin	-	0.028		4	A	1		0.031	0.036	
Niacin	_	0.091		6		1		0.100	0.116	
Pantothenic acid	-	0.071		4	A	1		0.078	0.091	
Vitamin B-6		0.037		4	A	1 1		0.041	0.048	
Folate, total		0	0.056	6	_	7		0	1 0	
Folic acidFolate, food	fileg	0	0.056	0 6	Z	1		0 0	1	
Folate, DFE		0	0.036	0	NC	4		0	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		38	1.162	4	A	1		42	49	
Vitamin A, RAE		2	0.058	4	A	1		2	2	
Retinol		0	0.050	0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.05		2	A	1		0.05	0.06	
Tocopherol, beta		0.01		2	A	1		0.01	0.01	
Tocopherol, gamma		0.00		2	A	1		0.00	0.00	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)		0.6	0.045	4	A	1		0.6	0.7	
Lipids:										
Fatty acids, total saturated	a	0.021	l	0	NC	4		0.023	0.026	
4:0		0.000		0	140	1		0.023	0.026	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.001	
13:0	_	0.000	-	J		-		0.000	0.001	
14:0	-	0.000	)	0		1		0.000	0.001	
15:0	_	2.000		-		-		3.000	3.001	

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portic	o <u>n</u>	Amount in	edible portion of	common
				Number					easures of food	
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	0.017		0		1		0.019	0.022	
17:0	g									
18:0	-	0.002		0		1		0.003	0.003	
20:0										
22:0										
24:0	-	0.005		0	NC	4		0.006	0 007	
Fatty acids, total monounsaturated		0.005	1	U	NC	4		0.006	0.007	
15:1										
16:1 undifferentiated	-	0.000	ı	0		1		0.000	0.001	
17:1	-									
18:1 undifferentiated	g	0.005	i	0		1		0.005	0.006	
20:1	g	0.000	1	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000	ı	0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.037		0	NC	4		0.041	0.048	
18:2 undifferentiated		0.031		0		1		0.034	0.039	
18:3 undifferentiated		0.007		0		1 1		0.007	0.008	
18:420:2 n-6 c.c.		0.000	'	U		1		0.000	0.000	
20:2 n-o c,c										
20:4 undifferentiated	-	0.000	ı	0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000	ı	0		1		0.000	0.000	
22:6 n-3	g	0.000	1	0		1		0.000	0.000	
Fatty acids, total trans	9									
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.001		0	A	1		0.001	0.001	
Threonine	_	0.006		0	A	1		0.007	0.008	
Isoleucine	-	0.006		0	A	1		0.007	0.008	
Leucine	-	0.014		0	A	1		0.015	0.017	
Lysine Methionine		0.013 0.001		0	A A	1 1		0.014	0.017 0.001	
Cystine		0.001		0	A	1		0.001 0.001	0.001	
Phenylalanine		0.001		0	A	1		0.001	0.001	
Tyrosine		0.001		0	A	1		0.001	0.001	
Valine	_	0.012		0	A	1		0.014	0.016	
Arginine	g	0.006	;	0	A	1		0.006	0.007	
Histidine	g	0.005	i	0	A	1		0.006	0.007	
Alanine		0.012		0	A	1		0.013	0.015	
Aspartic acid		0.074		0	A	1		0.081	0.094	
Glutamic acid	-	0.026		0	A	1		0.029	0.033	
Glycine		0.009		0	BFPN	4		0.010	0.011	
Proline	_	0.006		0	A	1		0.007	0.008	
Serine		0.011		0	A	1		0.012	0.014	
Hydroxyproline	9									
Others:				_		_				
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	
Caffeine		0		0	z z	7 7		0 0	0 0	
Theobromine  Carotenoids:	ina	U		U	Z	,		U	U	
Carotene, beta	mca	17	0.9	00 4	A	1		18.480	21.504	
Carotene, alpha		0	0.0		A	1		0.000	0.000	
Cryptoxanthin, beta		13	0.5		A	1		13.860	16.128	
Lycopene		0	0.0		A	1		0.000	0.000	
Lutein + zeaxanthin	mcg	18	0.3	00 4	A	1		19.580	22.784	

NDB No. 09004

Apples, raw, without skin

**Common Measures:** 

Measure 1 = 110g: 1 cup slices

Measure 2 = 128g: 1 medium (2-3/4" dia) (approx 3 per lb)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	nount in 100 gr	ams of e	dible porti	<u>on</u>		edible portion	
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
			of E	Data Der	v Source	e Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	85.47	0.311	6	1		146.15		
Energy	kcal	53		0 1	C 4		91		
Energy	kj	222			4		379		
Protein (N x 6.25)	g	0.26	0.015	6	1		0.44		
Total lipid (fat)	g	0.36	0.052	6	1		0.62		
Ash	g	0.28	0.012	6	1		0.48		
Carbohydrate, by difference	g	13.64		0 1	C 4		23.32		
Fiber, total dietary	g	2.4		0	4		4.1		
Sugars, total	g	11.01		0 BE	SN 4		18.82		
Starch	g								
#:									
Minerals:	ma	5	0.382	6	1		9		
Calcium, Ca	_	0.19	0.382	6	1		9 0.32		
Magnesium, Mg	_	3	0.029	6	1		0.32 5		
Phosphorus, P		8	0.406	6	1		14		
Potassium, K	-	88	5.548	6	1		150		
Sodium, Na	-	1	0.135	6	1		2		
Zinc, Zn	-	0.04	0.006	6	1		0.07		
Copper, Cu		0.035		6	1		0.060		
Manganese, Mn		0.118		6	1		0.202		
Selenium, Se		0.3		0 BF			0.5		
•									
<u>/itamins:</u>				_					
Vitamin C, total ascorbic acid	_	0.2	0.115	6	1		0.3		
Thiamin	-	0.016		6	1		0.027		
Riboflavin	-	0.012		6	1		0.021		
Niacin		0.095		6	1		0.162		
Pantothenic acid	-	0.046		6	1		0.079		
Vitamin B-6	-	0.044		6	1		0.075		
Folate, total		1	0.033	6	1		1		
Folic acid		0		0 2			0		
Foliate, food		1	0.033	6	1		1		
Folate, DFE		1		0 N			1		
Vitamin B-12		0.00	0.674	0 2	7 1		0.00		
Vitamin A, IU		44 2	9.674	6			75		
Vitamin A, RAE		0	0.484	6 0 z	1 7		<b>4</b> 0		
Retinol		0.05		0 z			0.08		
Vitamin E (alpha-tocopherol)		0.05		U BF	5N 4		0.08		
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.6		0 BF	SN 4		1.1		
<u> ipids:</u>									
Fatty acids, total saturated		0.058		0	1		0.099		
4:0		0.000		0	1		0.000		
6:0	-	0.000		0	1		0.000		
8:0	-	0.000		0	1		0.000		
10:0	-	0.000		0	1		0.000		
12:0		0.001		0	1		0.002		
13:0		0 000		0	4		0.000		
14:0		0.002		0	1		0.003		
15:0		2 2 2 2		0					
16:0		0.048		0	1		0.082		
17:0	-	0 007		0	1		0.010		
18:0	-	0.007		0	1		0.012		
20:0	-								
22:0 24:0	-								

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	-	0.014		0		1		0.024			
14:1	g										
15:1	_										
16:1 undifferentiated	_	0.001		0		1		0.002			
17:1											
18:1 undifferentiated	_	0.014		0		1		0.024			
20:1	-	0.000		0		1		0.000			
22:1 undifferentiated	•	0.000		0		1		0.000			
24:1 c											
Fatty acids, total polyunsaturated		0.104		0		1		0.178			
18:2 undifferentiated		0.086		0		1		0.147			
18:3 undifferentiated		0.018		0		1		0.031			
18:4	-	0.000		0		1		0.000			
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	-	0.000		0		1		0.000			
20:5 n-3		0.000		0		1		0.000			
22:5 n-3	_	0.000		0		1		0.000			
22:6 n-3		0.000		0		1		0.000			
Fatty acids, total trans											
Cholesterol	_	0		0	Z	7		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0			
Caffeine	mg	0		0	Z	7		0			
Theobromine	mg	0		0	Z	7		0			
Carotenoids:											
Carotene, beta		19		0	BNA	4		32.832			
Carotene, alpha	mcg	0		0	BNA	4		0.000			
Cryptoxanthin, beta		14		0	BNA	4		24.624			
Lycopene	mcg	0		0	BFSN	4		0.000			
Lutein + zeaxanthin		19		0	BFSN	4		33.180			

## **Common Measures:**

Measure 1 = 171g: 1 cup slices

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 gr	ams of	edib	le portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u> </u>
			of I	Data D	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.63	0.115	6		1		143.87		
Energy	kcal	56		0	NC	4		95		
Energy	kj	234				4		398		
Protein (N x 6.25)	g	0.28	0.022	6		1		0.48		
Total lipid (fat)	g	0.42	0.067	6		1		0.71		
Ash	g	0.26	0.005	6		1		0.44		
Carbohydrate, by difference	g	14.41		0	NC	4		24.50		
Fiber, total dietary	g	2.8		0		4		4.8		
Sugars, total	g	11.61		0	0	4		19.74		
Starch	g									
Minerals:										
Calcium, Ca	ma	5	0.386	6		1		9		
Iron, Fe	_	0.17	0.014	6		1		0.29		
Magnesium, Mg	_	3	0.399	6		1		5		
Phosphorus, P		8	0.531	6		1		14		
Potassium, K	-	93	2.222	6		1		158		
Sodium, Na	-	1	0.218	6		1		2		
Zinc, Zn	mg	0.04	0.009	6		1		0.07		
Copper, Cu	mg	0.046	0.005	6		1		0.078		
Manganese, Mn	mg	0.142	0.021	6		1		0.241		
Selenium, Se	mcg	0.3		0 E	BFZN	4		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3	0.041	6		1		0.5		
Thiamin	_	0.017		6		1		0.029		
Riboflavin	-	0.011		6		1		0.019		
Niacin	-	0.061		6		1		0.104		
Pantothenic acid		0.046		6		1		0.078		
Vitamin B-6	-	0.046	0.004	6		1		0.078		
Folate, total	-	1	0.051	6		1		1		
Folic acid		0		0	Z	7		0		
Folate, food		1	0.051	6		1		1		
Folate, DFE		1		0	NC	4		1		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	40	10.694	6		1		68		
Vitamin A, RAE	mcg_RAE	2	0.535	6		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.05		0 I	BFSN	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.7						1 1		
Vitamin K (phylloquinone)	rricg	0.7		0 E	BFSN	4		1.1		
<u>lipids:</u>										
Fatty acids, total saturated	g	0.068		0		1		0.116		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.001		0		1		0.002		
13:0										
14:0	g	0.002		0		1		0.003		
15:0										
16:0		0.056		0		1		0.095		
17:0	-									
18:0	-	0.009		0		1		0.015		
20:0	-									
22:0	α .									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number of Data		Source	Confidence	<u>III</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	·dg	0.017		0		1		0.029		
14:1	_									
15:1 16:1 undifferentiated	-	0.001		0		1		0.002		
17:1										
18:1 undifferentiated	_	0.016		0		1		0.027		
20:1	_	0.000		0 0		1 1		0.000		
22:1 undifferentiated 24:1 c	•	0.000		U		1		0.000		
Fatty acids, total polyunsaturated		0.122		0		1		0.207		
18:2 undifferentiated		0.101		0		1		0.172		
18:3 undifferentiated	g	0.021		0		1		0.036		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.003		0		1		0.005		
Threonine		0.010		0		1		0.017		
Isoleucine	g	0.011		0		1		0.019		
Leucine	g	0.017		0		1		0.029		
Lysine		0.018		0		1		0.031		
Methionine		0.003		0		1		0.005		
Cystine		0.004		0		1		0.007		
Phenylalanine		0.008 0.005		0		1 1		0.014 0.009		
Tyrosine Valine	-	0.003		0		1		0.009		
Arginine		0.009		0		1		0.015		
Histidine		0.004		0		1		0.007		
Alanine	-	0.010		0		1		0.017		
Aspartic acid		0.049		0		1		0.083		
Glutamic acid	g	0.029		0		1		0.049		
Glycine	g	0.011		0		1		0.019		
Proline	g	0.010		0		1		0.017		
Serine	-	0.011		0		1		0.019		
Hydroxyproline	<u>.</u> 9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	<u>m</u> g	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	-	17		0	BNA	4		29.673		
Carotene, alpha		0		0	BNA	4		0.000		
Cryptoxanthin, beta	-	13		0	BNA	4		22.255		
Lycopene		0 21		0	BFSN BFSN	4 4		0.000 34.893		
Lutein + zeaxanthin	iircā	21		U	DESN	4		34.893		

## **Common Measures:**

Measure 1 = 170g: 1 cup slices

NDB No. 09006

Apples, raw, without skin, cooked, microwave

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

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 Vinerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	kcalkjgggggggg	79.58 76 318 0.18 0.18 0.14 19.91			Deriv	1 4 4	Confidence Code	Measure 1  202.93 194 811	Measure 2	Measure (
Proximates: Water. Energy. Energy. Protein (N x 6.25). Total lipid (fat). Ash. Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch.  Minerals: Calcium, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P.	kcalkjgggggggg	79.58 76 318 0.18 0.18 0.14 19.91	0.340 0.008 0.048	39 0 38 39 39 0	Code	1 4 4		202.93 194 811	Measure 2	Measure (
Proximates: Water. Energy. Energy. Protein (N x 6.25). Total lipid (fat). Ash. Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch.  Minerals: Calcium, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P.	kcalkjgggggggg	79.58 76 318 0.18 0.18 0.14 19.91	0.340 0.008 0.048	39 0 38 39 39 0		1 4 4 1	Code	202.93 194 811	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 Magnesium, Mg Phosphorus, P	kcalkjgggggggg	76 318 0.18 0.18 0.14 19.91	0.008 0.048	0 38 39 39 0	NC	4 4 1		194 811		
Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Winerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P	kcalkjgggggggg	76 318 0.18 0.18 0.14 19.91	0.008 0.048	0 38 39 39 0	NC	4 4 1		194 811		
Energy	kj g g g g g g g	318 0.18 0.18 0.14 19.91	0.048	38 39 39 0	NC	4 1		811		
Protein (N x 6.25)	g g g g g g g	0.18 0.18 0.14 19.91	0.048	39 39 0		1				
Total lipid (fat)	g g g g g g	0.18 0.14 19.91	0.048	39 39 0				0 40		
Ash	g g g g g	0.14 19.91		39 0				0.46		
Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch.  Minerals: Calcium, Ca. Iron, Fe. Magnesium, Mg Phosphorus, P	g g g g mg	19.91	0.008	0		1		0.46		
Fiber, total dietary  Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P	g g g mg					1		0.36		
Sugars, total	g g mg	1.2		0	NC	4		50.77		
Starch	g mg mg					4		3.1		
Ainerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P	mg mg									
Calcium, Ca	mg									
Calcium, Ca	mg									
Iron, Fe	mg	4	0.189	40		1		10		
Magnesium, Mg		0.35	0.029	43		1		0.89		
Phosphorus, P	mg	3	0.079	27		1		8		
• '		7	0.444	27		1		18		
Potassium, K	-	61	1.948	37		1		156		
Sodium, Na	-	28	4.467	9		1		71		
Zinc, Zn	mg	0.04	0.003	31		1		0.10		
Copper, Cu	mg	0.043	0.002	31		1		0.110		
Manganese, Mn	mg	0.075	0.016	10		1		0.191		
Selenium, Se	mcg	0.3		2	A	1		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.7	0.149	30		1		4.3		
Thiamin	_	0.013		36		1		0.033		
Riboflavin		0.013		51		1		0.033		
Niacin		0.188		31		1		0.479		
Pantothenic acid		0.052		9		1		0.133		
Vitamin B-6	-	0.026		7		1		0.066		
Folate, total	-	1	0.015	9		1		2		
Folic acid		0		0	Z	7		0		
Folate, food		1	0.015	9		1		2		
Folate, DFE		1		0	NC	4		2		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		11	1.202	23		1		28		
Vitamin A, RAE		1	0.060	23		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.030		0		1		0.077		
4:0										
6:0										
8:0	g									
10:0	g									
12:0		0.001		0		1		0.003		
13:0	g									
14:0	g	0.001		0		1		0.003		
15:0	g									
16:0	g	0.025		0		1		0.064		
17:0	-									
18:0	g	0.004		0		1		0.010		
20:0	g									
22:0	g									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
				Number		0	0 5 - 1	1111	easures or roou	
Nutrients and Unit	ts	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.007		0		1		0.018		
14:1	g									
15:1										
16:1 undifferentiated	-									
17:1	g									
18:1 undifferentiated		0.007		0		1		0.018		
20:1	g									
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated	g	0.054		0		1		0.138		
18:2 undifferentiated	g	0.045		0		1		0.115		
18:3 undifferentiated	g	0.009		0		1		0.023		
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	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.002		0		1		0.005		
Threonine	g	0.007		0		1		0.018		
Isoleucine	-	0.007		0		1		0.018		
Leucine	g	0.011		0		1		0.028		
Lysine	g	0.011		0		1		0.028		
Methionine	g	0.002		0		1		0.005		
Cystine	g	0.002		0		1		0.005		
Phenylalanine	g	0.005		0		1		0.013		
Tyrosine		0.003		0		1		0.008		
Valine		0.008		0		1		0.020		
Arginine	g	0.006		0		1		0.015		
Histidine		0.003		0		1		0.008		
Alanine	g	0.007		0		1		0.018		
Aspartic acid		0.032		0		1		0.082		
Glutamic acid	-	0.019		0		1		0.048		
Glycine	-	0.007		0		1		0.018		
Proline	g	0.006		0		1		0.015		
Serine		0.007		0		1		0.018		
Hydroxyproline	g									

# **Common Measures:**

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

	_		41 WILLS	or can	ole portio	<u>'11</u>	Amount in	edible portion	of common
		Ni	ımber				me	easures of food	<u>[</u>
					Source	Confidence			
its	Mean				Code	Code	Measure 1	Measure 2	Measure
_		0.340							
			0	NC					
					_				
		0.008							
				NC					
					_				
					_				
g	7.50		1		1		19.13		
g									
g									
ma	4	0 189	40		1		10		
			37		1				
	3	0.436	43		1		8		
	0.04	0.003	31		1		0.10		
	0.043	0.002	31		1		0.110		
mg	0.075	0.016	10		1		0.191		
mcg	0.3		2	A	1		0.8		
-					_				
_					_				
					_				
					_				
-									
		0.015							
		0.015		4					
	_	0.013	-	NC	_		<del>-</del>		
					_				
-		1 202		4					
	0	0.000	0	z	7		0		
			1		1				
	0.00		1	A	1		0.00		
	0.00		1	A	1		0.00		
	0.00		1	A	1		0.00		
	0.6		2	A	1		1.4		
			0		1		0.077		
	0.000	)	0		1		0.000		
g	0.000		0		1		0.000		
~	0.000	)	0		1		0.000		
g									
g	0.000		0		1		0.000		
g g			0 0		1 1		0.000 0.003		
g	0.000	L	-						
	g	g 79.58 kcal 76 kj 318 g 0.18 g 0.18 g 0.14 g 19.91 g 1.2 g 16.50 g 4.70 g 4.30 g 7.50 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9	Std. Error Points   Std.	g 79.58 0.340 39    Kcal 76 0     kj 318     g 0.18 0.048 39   g 0.14 0.008 38   g 0.14 0.008 39   g 19.91 0     g 1.2 0     g 1.2 0     g 4.30 1     g 9 9 9     g 9 0.044 0.003 31     mg 0.043 0.002 31     mg 0.043 0.002 31     mg 0.043 0.002 31     mg 0.044 0.003 31     mg 0.045 0.003 1     mg 0.013 0.000 36     mg 0.018 0.028 0.001 51     mg 0.026 0.003 9     mg 0.027 0 0     mg 0.00 0 0     IU 11 1.202 23     mg 0.005 2 0.003 9     mg 0.006 23     mg 0.007 1     mg 0.007 1     mg 0.008 1     mg 0.009 0     mg	Std. Error   Points   Code	Of Data   Derivation   Code   Code   Code   Code   Code		State	State

	<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion o	f common
			Number		_		1115	easures or roou	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.025		0		1		0.064		
17:0g									
18:0g	0.004		0		1		0.010		
20:0g									
22:0g									
24:0g	0 007		0		1		0.010		
Fatty acids, total monounsaturatedg 14:1g	0.007		0		1		0.018		
15:1g									
16:1 undifferentiatedg	0.000		0		1		0.000		
17:1g									
18:1 undifferentiatedg	0.007		0		1		0.018		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg	_				_				
Fatty acids, total polyunsaturatedg	0.054		0		1		0.138		
18:2 undifferentiated	0.045		0		1 1		0.115		
18:3 undifferentiatedg 18:4g	0.009		0 0		1		0.023		
20:2 n-6 c.cg	0.000		U		1		0.000		
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Amino Acids:									
Tryptophan9	0.002		0		1		0.005		
Threonineg	0.007		0		1		0.018		
Isoleucineg	0.007		0		1		0.018		
Leucine	0.011		0		1 1		0.028		
Lysine	0.011 0.002		0		1		0.028 0.005		
Cystine	0.002		0		1		0.005		
Phenylalanine	0.005		0		1		0.013		
Tyrosineg	0.003		0		1		0.008		
Valineg	0.008		0		1		0.020		
Arginineg	0.006		0		1		0.015		
Histidineg	0.003		0		1		0.008		
Alanineg	0.007		0		1		0.018		
Aspartic acid	0.032		0		1		0.082		
Glutamic acidg	0.019		0		1		0.048		
Glycine	0.007		0		1 1		0.018		
Proline	0.006 0.007		0 0		1		0.015 0.018		
Serineg Hydroxyprolineg	0.007		U		1		0.018		
Others:	2 2		•		_				
Alcohol, ethylg	0.0		0 0		7 7		0.0		
Caffeine mg Theobromine mg	0		0	z z	7		0		
Carotenoids:	U		U	4	,		U		
<u> </u>	F		^	DMA	4		10 040		
Caratana alaha mcg	5 0		0	BNA BNA	4 4		12.240 0.000		
Carotene, alphamcg Cryptoxanthin, betamcg	4		0	BNA	4		9.180		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	18		0	BFZN	4		45.390		

NDB No. 09020

Applesauce, canned, sweetened, without salt

**Common Measures:** 

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	r			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.35	0.243	10		1		215.57		
Energy	=	43		0	NC	4		105		
Energy		180				4		439		
Protein (N x 6.25)		0.17	0.012	18		1		0.41		
Total lipid (fat)		0.05	0.012	18		1		0.12		
Ash		0.15	0.005	10		1		0.37		
Carbohydrate, by difference		11.29		0	NC	4		27.55		
Fiber, total dietary		1.2		0		4		2.9		
Sugars, total										
Starch										
Minerals:		_						_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	3	0.082	19		1		7		
Iron, Fe		0.12	0.013	10		1 1		0.29		
Magnesium, Mg		3	0.068	18		_		7		
Phosphorus, P	-	7 75	0.461	18		1 1		17		
Potassium, K	_	75 2	3.143 0.397	18 16		1		183 5		
Sodium, NaZinc, Zn		0.03	0.397	9		1		0.07		
Copper, Cu		0.03		9		1		0.063		
Manganese, Mn		0.020		0		1		0.183		
Selenium, Se		0.3		0	BFZN	4		0.7		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		21.2	4.346	7		1		51.7		
Thiamin		0.013		4		1		0.032		
Riboflavin		0.025		9		1		0.061		
Niacin	_	0.188		0		1		0.459		
Pantothenic acid		0.095		3		1		0.232		
Vitamin B-6	-	0.026	i	0		1		0.063		
Folate, total		1		0	_	1		1		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	1		0		1		1		
Folate, DFE		1		0	NC	4		1		
Vitamin B-12		0.00	F 606	0	Z	7		0.00		
Vitamin A, IU		29	5.696	3		1		71		
Vitamin A, RAE		1 0	0.285	3 0	z	1 7		4 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		0.008		0		1		0.020		
4:0										
6:0										
8:0										
10:0										
12:0 13:0										
14:0 15:0										
		0.007		0		1		0.017		
16:0 17:0		0.007		J		1		0.017		
18:0		0.001		0		1		0.002		
		0.001		J		_		0.002		
20:0 22:0	-									
7.7. U										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.002		0		1		0.005		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.002		0		1		0.005		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.014		0		1		0.034		
18:2 undifferentiated	g	0.012		0		1		0.029		
18:3 undifferentiated	g	0.003		0		1		0.007		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	-	0.002		0		1		0.005		
Threonine	_	0.006		0		1		0.015		
Isoleucine	_	0.006		0		1		0.015		
Leucine		0.010		0		1		0.024		
Lysine		0.010		0		1		0.024		
Methionine	_	0.002		0		1		0.005		
Cystine		0.002		0		1		0.005		
Phenylalanine		0.005		0		1		0.012		
Tyrosine		0.003		0		1		0.007		
Valine		0.008		0		1		0.020		
Arginine	-	0.005		0		1		0.012		
Histidine	_	0.003		0		1		0.007		
Alanine	_	0.006		0		1		0.015		
Aspartic acid	-	0.028		0		1		0.068		
Glutamic acid		0.017		0		1		0.041		
Glycine	-	0.006		0		1		0.015		
Proline	g	0.006		0		1		0.015		
Serine	g	0.007		0		1		0.017		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	nount in 100 g	ırams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	88.35	0.243	10		1		215.57			
Energy	kcal	43		0	NC	4		105			
Energy	kj	180				4		439			
Protein (N x 6.25)	g	0.17	0.012	18		1		0.41			
Total lipid (fat)	g	0.05	0.012	18		1		0.12			
Ash	g	0.15	0.005	10		1		0.37			
Carbohydrate, by difference	g	11.29		0	NC	4		27.55			
Fiber, total dietary	g	1.2		0		1		2.9			
Sugars, total	g	10.09		0	0	4		24.62			
Starch	g										
Minerals:											
Calcium, Ca	ma	3	0.082	19		1		7			
Iron, Fe	_	0.12	0.002	10		1		0.29			
Magnesium, Mg	_	3	0.068	18		1		7			
Phosphorus, P		7	0.461	18		1		17			
Potassium, K	-	75	3.143	18		1		183			
Sodium, Na	-	2	0.397	16		1		5			
Zinc, Zn	-	0.03	0.003	9		1		0.07			
Copper, Cu	mg	0.026	0.002	9		1		0.063			
Manganese, Mn	mg	0.075		0		1		0.183			
Selenium, Se	mcg	0.3		0	BFZN	4		0.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.2	0.061	3		1		2.9			
Thiamin	_	0.013		4		1		0.032			
Riboflavin	-	0.015		9		1		0.061			
Niacin	-	0.188		0		1		0.459			
Pantothenic acid	_	0.095		3		1		0.232			
Vitamin B-6	-	0.026		0		1		0.063			
Folate, total	-	1		0		1		1			
Folic acid		0		0	z	7		0			
Folate, food		1		0		1		1			
Folate, DFE		1		0	NC	4		1			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		29	5.696	3		1		71			
Vitamin A, RAE		1	0.285	3		1		4			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFZN	4		0.51			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.6		0	BFZN	4		1.3			
Lipids:											
Fatty acids, total saturated	q	0.008		0		1		0.020			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0	-	0.000		0		1		0.000			
12:0	-	0.000		0		1		0.000			
13:0											
14:0		0.000		0		1		0.000			
15:0	g										
16:0		0.007		0		1		0.017			
17:0	g										
18:0	g	0.001		0		1		0.002			
20:0	g										
22:0	g										
24:0	g										

		<u>Aı</u>	mount in 100	0 grams	of edil	ole portic	<u>on</u>		edible portion of	of common
			ļ	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		0.002		0		1		0.005		
15:1 16:1 undifferentiated	-	0.000		0		1		0.000		
17:1 18:1 undifferentiated	-	0.002		0		1		0.005		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	•									
Fatty acids, total polyunsaturat		0.014		0		1		0.034		
18:2 undifferentiated		0.012		0		1		0.029		
18:3 undifferentiated		0.003		0		1		0.007		
18:4	=	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.002		0		1		0.005		
Threonine		0.006		0		1		0.015		
Isoleucine	-	0.006		0		1		0.015		
Leucine	-	0.010		0		1		0.024		
Lysine	g	0.010		0		1		0.024		
Methionine		0.002		0		1		0.005		
Cystine	g	0.002		0		1		0.005		
Phenylalanine	g	0.005		0		1		0.012		
Tyrosine	g	0.003		0		1		0.007		
Valine	g	0.008		0		1		0.020		
Arginine	g	0.005		0		1		0.012		
Histidine	g	0.003		0		1		0.007		
Alanine	g	0.006		0		1		0.015		
Aspartic acid	g	0.028		0		1		0.068		
Glutamic acid	g	0.017		0		1		0.041		
Glycine	g	0.006		0		1		0.015		
Proline	g	0.006		0		1		0.015		
Serine	-	0.007		0		1		0.017		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:										
	mca	13		0	BNA	4		30.877		
Carotene, beta		0		0	BNA	4		0.000		
Cryptoxanthin, beta		9		0	BNA	4		23.158		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		18		0	BFZN	4		43.432		
Lutem - Zearanunn	g	10		U	- E 2M	-		-3.432		

## **Common Measures:**

Measure 1 = 244g: 1 cup

NDB No. 09019

Applesauce, canned, unsweetened, without added ascorbic acid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	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	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	84.87	0.033	177		1		213.02	26.65		
Energy	kcal	56		0	NC	4		141	18		
Energy	kj	234				4		588	74		
Protein (N x 6.25)	g	0.37	0.011	73		1		0.93	0.12		
Total lipid (fat)	g	0.09	0.004	50		1		0.23	0.03		
Ash	g	0.29	0.006	56		1		0.73	0.09		
Carbohydrate, by difference	g	14.39		0	NC	4		36.12	4.52		
Fiber, total dietary	g	0.6		0		4		1.5	0.2		
Sugars, total	g										
Starch	g										
Ainavale.											
<u>finerals:</u> Calcium, Ca	ma	7	0.226	56		1		18	2		
Iron, Fe	-	0.38	0.226	68		1		0.95	0.12		
Magnesium, Mg	-	5	0.016	57		1		13	2		
Phosphorus, P		9	0.213	61		1		23	3		
Potassium, K	•	114	2.540	45		1		286	36		
Sodium, Na	_	3	0.457	45		1		8	1		
Zinc, Zn	-	0.09	0.002	46		1		0.23	0.03		
Copper, Cu		0.073	0.003	46		1		0.183	0.023		
Manganese, Mn	mg	0.032		0		4		0.080	0.010		
Selenium, Se	mcg	0.2		0	FLA	4		0.5	0.1		
itamins:											
Vitamin C, total ascorbic acid	ma	54.4	7.739	44		1		136.5	17.1		
Thiamin	-	0.009		89		1		0.023	0.003		
Riboflavin		0.014		101		1		0.035	0.004		
Niacin		0.260		84		1		0.653	0.082		
Pantothenic acid		0.096		0		4		0.241	0.030		
Vitamin B-6	_	0.022		0		4		0.055	0.007		
Folate, total	_	1	0.246	5		1		3	0		
Folic acid		0		0	z	7		0	0		
Folate, food		1	0.246	5		1		3	0		
Folate, DFE		1		0	NC	4		3	0		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU		1316	17.479	262		1		3303	413		
Vitamin A, RAE		66	0.874	262		1		165	21		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	q	0.006		0		1		0.015	0.002		
4:0											
6:0											
8:0	g										
10:0	g										
12:0	g										
13:0	g										
14:0	g										
15:0	g										
16:0	g	0.005		0		1		0.013	0.002		
17:0	g										
18:0	g	0.001		0		1		0.003	0.000		
20:0	g										
22:0	a										

	An	nount in 100 grams	of edible porti	<u>on</u>		edible portion	_
		Number			<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	0.038	0	1		0.095	0.012	
14:1	0.000	·	_		0.055	0.012	
15:1g							
16:1 undifferentiatedg							
17:1g							
18:1 undifferentiatedg	0.038	0	1		0.095	0.012	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated9	0.017	0	1		0.043	0.005	
18:2 undifferentiatedg	0.017	0	1		0.043	0.005	
18:3 undifferentiatedg							
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiated							
20:5 n-3							
22:6 n-3							
Fatty acids, total transg							
Cholesterolg	0	0	z 7		0	0	
Phytosterolsmg	<u> </u>	<u> </u>	- ,		•	•	

#### **Common Measures:**

Measure 1 = 251g: 1 cup Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	nount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımber	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.87	0.033	177		1		213.02	26.65	
Energy	kcal	56		0	NC	4		141	18	
Energy	kj	234				4		588	74	
Protein (N x 6.25)	g	0.37	0.011	73		1		0.93	0.12	
Total lipid (fat)	g	0.09	0.004	50		1		0.23	0.03	
Ash		0.29	0.006	56		1		0.73	0.09	
Carbohydrate, by difference	g	14.39		0	NC	4		36.12	4.52	
Fiber, total dietary		0.6		0		1		1.5	0.2	
Sugars, total	g	13.79		0	0	4		34.61	4.33	
Starch	g									
Minerals:										
Calcium, Ca	ma	7	0.226	56		1		18	2	
Iron, Fe	_	0.38	0.016	68		1		0.95	0.12	
Magnesium, Mg	_	5	0.095	57		1		13	2	
Phosphorus, P		9	0.213	61		1		23	3	
Potassium, K	-	114	2.540	45		1		286	36	
Sodium, Na	mg	3	0.457	45		1		8	1	
Zinc, Zn	mg	0.09	0.002	46		1		0.23	0.03	
Copper, Cu	mg	0.073	0.003	46		1		0.183	0.023	
Manganese, Mn	-	0.032		0		4		0.080	0.010	
Selenium, Se	mcg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.6	0.026	184		1		1.5	0.2	
Thiamin	_	0.009		89		1		0.023	0.003	
Riboflavin	-	0.014		101		1		0.035	0.004	
Niacin		0.260	0.016	84		1		0.653	0.082	
Pantothenic acid	_	0.096		0		4		0.241	0.030	
Vitamin B-6	-	0.022		0		4		0.055	0.007	
Folate, total	mcg	1	0.246	5		1		3	0	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	1	0.246	5		1		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1316	17.479	262		1		3303	413	
Vitamin A, RAE		66	0.874	262		1		165	21	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.31		0	BFYN	4		0.78	0.10	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.2		0	BFYN	4		2.9	0.4	
vitamin K (pnylloquinone)	Illeg	1.2		U	DFIN	4		2.9	0.4	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.006		0		1		0.015	0.002	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0										
14:0		0.000		0		1		0.000	0.000	
15:0										
16:0		0.005		0		1		0.013	0.002	
17:0	-			-		_				
18:0	-	0.001		0		1		0.003	0.000	
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 100 grams		le portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.038	0		1		0.005	0.010	
Fatty acids, total monounsaturated9	0.038	U		1		0.095	0.012	
14:1g 15:1g								
15:1	0.000	0		1		0.000	0.000	
17:1g	0.000	· ·		_		0.000	0.000	
18:1 undifferentiated	0.038	0		1		0.095	0.012	
20:1g	0.000	0		1		0.093	0.000	
22:1 undifferentiated	0.000	0		1		0.000	0.000	
24:1 c	0.000	v		-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.017	0		1		0.043	0.005	
18:2 undifferentiated	0.017	0		1		0.043	0.005	
18:3 undifferentiated	0.000	0		1		0.000	0.000	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	786	0	BNA	4		1972.609	246.773	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, beta mcg	7	0	BNA	4		18.574	2.324	
Lycopenemcg	0	0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin mcg	14	0	BFYN	4		34.481	4.314	

## **Common Measures:**

Measure 1 = 251g: 1 cup Measure 2 = 31.4g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 6% Pits

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common					
			Nun	<u>m</u>	easures of food	<u>!</u>			
			of D	Data Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	74.33	0.191	8	1		182.85		
Energy	_	96	0.191	0 NO			236		
Energy		402		O NO	4		988		
Protein (N x 6.25)		0.55	0.044	4	1		1.35		
Total lipid (fat)		0.04	0.044	1	1		0.10		
Ash		0.23	0.040	4	1		0.57		
Carbohydrate, by difference		24.85	0.040	0 NO			61.13		
Fiber, total dietary		1.6		0	4		3.9		
Sugars, total		1.0		·	•		3.3		
Starch	_								
Minerals:									
Calcium, Ca	mg	8	1.050	4	1		20		
Iron, Fe	-	0.62	0.035	4	1		1.53		
Magnesium, Mg	mg	8	0.400	4	1		20		
Phosphorus, P		15	1.150	4	1		37		
Potassium, K		126	11.500	4	1		310		
Sodium, Na		13	1.900	4	1		32		
Zinc, Zn		0.10		0	1		0.25		
Copper, Cu		0.064		0	1		0.157		
Manganese, Mn		0.050	)	0	1		0.123		
Selenium, Se	mcg								
Vitamins: Vitamin C, total ascorbic acid	ma	2.4	0.389	8	1		5.9		
Thiamin		0.016		4	1		0.039		
Riboflavin	-	0.022		4	1		0.054		
Niacin		0.340		4	1		0.836		
Pantothenic acid		0.092		0	1		0.226		
Vitamin B-6		0.054		0	1		0.133		
Folate, total	-	2		0	1		4		
Folic acid		0		0 z	7		0		
Folate, food		2		0	1		4		
Folate, DFE	mcg_DFE	2		0 NC	4		4		
Vitamin B-12		0.00		0 z	7		0.00		
Vitamin A, IU		1471	110.940	15	1		3619		
Vitamin A, RAE	mcg_RAE	74	5.547	15	1		181		
Retinol		0		0 <b>z</b>	7		0		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
	Ilog								
Lipids: Fatty acids, total saturated	a	0.003	3	0	1		0.007		
4:0		0.003	•	-	-		3.007		
6:0									
8:0									
10:0									
12:0									
13:0	g								
14:0									
15:0	g								
16:0	g	0.002	?	0	1		0.005		
17:0	g								
18:0	g								
20:0									
22:0									
24:0	g								

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common				
				Number				<u>m</u>	easures of food		
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.017		0		1		0.042			
14:1											
15:1											
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated		0.017		0		1		0.042			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.008		0		1		0.020			
18:2 undifferentiated	g	0.008		0		1		0.020			
18:3 undifferentiated	g										
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.010		0		1		0.025			
Threonine	g	0.020		0		1		0.049			
Isoleucine	g	0.017		0		1		0.042			
Leucine	g	0.032		0		1		0.079			
Lysine	g	0.038		0		1		0.093			
Methionine	g	0.003		0		1		0.007			
Cystine	g	0.002		0		1		0.005			
Phenylalanine		0.023		0		1		0.057			
Tyrosine	g	0.013		0		1		0.032			
Valine	g	0.020		0		1		0.049			
Arginine		0.021		0		1		0.052			
Histidine	g	0.009		0		1		0.022			
Alanine	g	0.027		0		1		0.066			
Aspartic acid		0.126		0		1		0.310			
Glutamic acid		0.056		0		1		0.138			
Glycine		0.017		0		1		0.042			
Proline	g	0.033		0		1		0.081			
Serine	-	0.032		0		1		0.079			
Hydroxyproline	g										

#### **Common Measures:**

Measure 1 = 246g: 1 cup, whole, without pits

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 10	<u>0 grams</u>		edible portion				
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	86.30		1		1		213.16		
Energy	kcal	49		0	NC	4		121		
Energy	kj	205				4		506		
Protein (N x 6.25)	g	0.60		0		1		1.48		
Total lipid (fat)	g	0.10		1		1		0.25		
Ash	g	0.50		1		1		1.24		
Carbohydrate, by difference	g	12.50		0	NC	4		30.88		
Fiber, total dietary	g	1.6		0		4		4.0		
Sugars, total	g									
Starch										
	_									
<u>Minerals:</u>				_		_				
Calcium, Ca	-	10		1		1		25		
Iron, Fe	-	0.30		1		1		0.74		
Magnesium, Mg		6		1		1		15		
Phosphorus, P	-	12		1		1 1		30		
Potassium, K	-	140 2		1 1		1		346 5		
Sodium, Na	-			1		1		0.20		
Zinc, Zn		0.08 0.040	,	1		1		0.20		
Copper, Cu		0.040		0		1		0.128		
Manganese, Mn		0.052	<u>-</u>	U		1		0.126		
Selenium, Se	Tricg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	4.0		1		1		9.9		
Thiamin		0.020	)	1		1		0.049		
Riboflavin	mg	0.020	)	1		1		0.049		
Niacin	mg	0.600	)	1		1		1.482		
Pantothenic acid	mg	0.092	2	0		1		0.227		
Vitamin B-6		0.054	l	0		1		0.133		
Folate, total		2		0		1		4		
Folic acid		0		0	Z	7		0		
Folate, food		2		0		1		4		
Folate, DFE		2		0	NC	4		4		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		1271		0		1		3139		
Vitamin A, RAE		64		0		1		157		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
Lipids:										
Fatty acids, total saturated	g	0.007	7	0		1		0.017		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0										
13:0										
14:0										
15:0	_									
16:0		0.006	5	0		1		0.015		
17:0										
18:0		0.001	L	0		1		0.002		
20:0										
22:0	a									

	<u>Ar</u>	mount in 10			Amount in edible portion of common measures of food					
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.043		0		1		0.106		
14:1						_		0.1200		
15:1	-									
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		0.043		0		1		0.106		
20:1		0.015		•		_		0.1200		
22:1 undifferentiated	_									
24:1 c	-									
Fatty acids, total polyunsaturated		0.020		0		1		0.049		
18:2 undifferentiated		0.020		0		1		0.049		
18:3 undifferentiated		0.020		•		_		0.045		
18:4										
20:2 n-6 c.c.										
20:3 undifferentiated	•									
20:4 undifferentiated	•									
20:5 n-3	•									
22:5 n-3	•									
22:6 n-3	-									
Fatty acids, total trans	•									
Cholesterol		0		0	z	7		0		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.011		0		1		0.027		
Threonine	g	0.022		0		1		0.054		
Isoleucine	g	0.018		0		1		0.044		
Leucine	g	0.035		0		1		0.086		
Lysine	g	0.042		0		1		0.104		
Methionine	g	0.003		0		1		0.007		
Cystine	g	0.002		0		1		0.005		
Phenylalanine	g	0.025		0		1		0.062		
Tyrosine	g	0.014		0		1		0.035		
Valine	g	0.022		0		1		0.054		
Arginine	g	0.023		0		1		0.057		
Histidine		0.010		0		1		0.025		
Alanine		0.030		0		1		0.074		
Aspartic acid	g	0.137		0		1		0.338		
Glutamic acid		0.061		0		1		0.151		
Glycine	-	0.019		0		1		0.047		
Proline		0.036		0		1		0.089		
Serine	g	0.034		0		1		0.084		

#### **Common Measures:**

Measure 1 = 247g: 1 cup, halves

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.69

Food Group: 09 Fruits and Fruit Juices

NDB No. 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids

Refuse: 0%

		<u>Ai</u>	mount in 100 gr		edible portion of					
			Nun	nber				<u>me</u>	easures of food	ı
			of E	Data D	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	77.56	0.087	217		1		200.10	186.14	31.02
Energy	-	83		0	NC	4		214	199	33
Energy		347		•		4		896	833	139
Protein (N x 6.25)	<del>-</del>	0.53	0.009	162		1		1.37	1.27	0.21
Total lipid (fat)		0.08		105		1		0.21	0.19	0.03
Ash		0.37		130		1		0.95	0.89	0.15
Carbohydrate, by difference		21.47		0	NC	4		55.39	51.53	8.59
Fiber, total dietary		1.6		0		4		4.1	3.8	0.6
Sugars, total		19.87		0	0	4		51.26	47.69	7.95
Starch	-								21100	
<u> Minerals:</u>										
Calcium, Ca		9	0.193			1		23	22	4
Iron, Fe	-	0.30	0.011			1		0.77	0.72	0.1
Magnesium, Mg		7		135		1		18	17	3
Phosphorus, P		12		130		1		31	29	5
Potassium, K		140		95		1		361	336	56
Sodium, Na	-	4		107		1		10	10	2
Zinc, Zn		0.11		58		1 1		0.28	0.26	0.0
Copper, Cu		0.078 0.051		58 0		1		0.201 0.132	0.187 0.122	0.0
Manganese, Mn		0.051			BFYN	4		0.132	0.122	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1	0.074	225		1		8.0	7.4	1.2
Thiamin		0.020	0.000	138		1		0.052	0.048	0.0
Riboflavin	mg	0.022	0.000	133		1		0.057	0.053	0.0
Niacin	<u>mg</u>	0.376	0.015	134		1		0.970	0.902	0.1
Pantothenic acid	mg	0.092		0		1		0.237	0.221	0.0
Vitamin B-6	mg	0.054		0		1		0.139	0.130	0.0
Folate, total	mcg	2	0.113	3		1		4	4	1
Folic acid		0		0	Z	7		0	0	0
Folate, food		2	0.113	3		1		4	4	1
Folate, DFE		2		0	NC	4		4	4	1
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU		1230		276		1		3173	2952	492
Vitamin A, RAE		62	1.514	276		1		159	148	25
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.60		0 1	BFYN	4		1.54	1.43	0.2
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.2		0 1	BFYN	4		5.7	5.3	0.9
<u> ipids:</u>										
Fatty acids, total saturated	g	0.005	i	0		1		0.013	0.012	0.0
4:0		0.000		0		1		0.000	0.000	0.0
6:0	g	0.000		0		1		0.000	0.000	0.0
8:0	g	0.000		0		1		0.000	0.000	0.0
10:0	g	0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0										
14:0		0.000		0		1		0.000	0.000	0.0
15:0				_						
16:0		0.005	i	0		1		0.013	0.012	0.0
17:0	-			_				_		
18:0	-	0.001		0		1		0.003	0.002	0.0
20:0	-									
22:0										

		<u>A</u> 1	mount in 10		Amount in edible portion of common measures of food					
				Number				<u>me</u>	easures of 1000	
Nutrients and Un	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		0.000		•		-1				0.010
Fatty acids, total monounsaturat	g	0.033		0		1		0.085	0.079	0.013
15:1		0.000		0				0.000	0.000	0.000
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
18:1 undifferentiated		0.033		0		1		0.085	0.079	0.013
20:1	-	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	•									
Fatty acids, total polyunsaturate		0.015		0		1		0.039	0.036	0.006
18:2 undifferentiated	g	0.015		0		1		0.039	0.036	0.006
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg									
A A										
Amino Acids:	~	0.000		•				0.000	2 222	
Tryptophan		0.009		0		1 1		0.023	0.022	0.004
Threonine	-	0.019		0				0.049	0.046	0.008
Isoleucine		0.016		0 0		1 1		0.041	0.038	0.006
Leucine	-	0.031 0.037		0		1		0.080	0.07 <b>4</b> 0.089	0.012 0.015
Lysine		0.037		0		1		0.095 0.008	0.089	0.015
Methionine		0.003		0		1		0.005	0.007	0.001
Cystine		0.002		0		1		0.003	0.003	0.001
Phenylalanine		0.022		0		1		0.031		
Tyrosine	=			0		1		0.049	0.029 0.046	0.005
Valine		0.019 0.021		0		1		0.049	0.046	0.008
Arginine		0.009		0		1		0.034	0.030	0.008
Histidine		0.009		0		1		0.023	0.022	0.010
Aspartic acid	-	0.122		0		1		0.315	0.062	0.010
Glutamic acid		0.054		0		1		0.139	0.130	0.022
Glycine	-	0.016		0		1		0.041	0.038	0.002
Proline		0.032		0		1		0.083	0.038	0.013
Serine	-	0.032		0		1		0.080	0.074	0.013
Hydroxyproline	-	0.031		U		_		0.080	0.074	0.012
11ydroxypronne	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	<u>m</u> g	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	735		0	BNA	4		1895.118	1762.900	293.817
Carotene, alpha	-	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta		7		0	BNA	4		17.844	16.599	2.767
Lycopene		0		0	BFYN	4		0.000	0.000	0.000
Lutein + zeaxanthin		26		0	BFYN	4		67.848	63.114	10.519

#### **Common Measures:**

Measure 1 = 258g: 1 cup, halves Measure 2 = 240g: 1 cup, whole

Measure 3 = 40g: 1 apricot half with liquid

Apricots, canned, heavy syrup pack, with skin, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 6% Pits

		<u>Aı</u>	mount in 100 g	rams	ot ear	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> e	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	77.66	0.124	115		1		200.36		
Energy	-	83		0	NC	4		214		
Energy		347		Ū	110	4		896		
0,7	·=	0.51	0.014	58		1		1.32		
Protein (N x 6.25)		0.09	0.014	42		1		0.23		
Total lipid (fat)		0.09	0.010	58		1		0.23		
Ash			0.010		170					
Carbohydrate, by difference		21.45		0	NC	4		55.34		
Fiber, total dietary		1.6		0		4		4.1		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.199	65		1		23		
Iron, Fe	-	0.43	0.026	66		1		1.11		
Magnesium, Mg		8	0.181	61		1		21		
Phosphorus, P		13	0.320	66		1		34		
Potassium, K	mg	134	4.523	65		1		346		
Sodium, Na		11	1.022	63		1		28		
Zinc, Zn		0.10	0.003	32		1		0.26		
Copper, Cu		0.065	0.003	32		1		0.168		
Manganese, Mn		0.051		0		1		0.132		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.8	0.104	173		1		7.2		
Thiamin		0.019		62		1		0.049		
Riboflavin		0.013		66		1		0.059		
Niacin		0.416		59		1		1.073		
Pantothenic acid		0.092		0		1		0.237		
Vitamin B-6		0.054		0		1		0.139		
Folate, total	_	2		0		1		4		
Folic acid		0		0	z	7		0		
Folate, food		2		0	_	1		4		
Folate, DFE	mca DFF	2		0	NC	4		4		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		1240	37.667	-	-	1		3199		
Vitamin A, RAE	mca RAF	62	1.883			1		160		
Retinol		0	1.005	0	z	7		0		
Vitamin E (alpha-tocopherol)		-		-	_	•		-		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
* * * *	-									
Lipids:		0.000		•		-		0.015		
Fatty acids, total saturated		0.006	,	0		1		0.015		
4:0										
6:0	-									
8:0										
10:0 12:0										
13:0										
14:0										
15:0										
16:0		0.005		0		1		0.013		
		0.005	•	U		-		0.013		
17:0		0.001		0		1		0.003		
18:0		0.001		U		1		0.003		
20:0										
22:0 24:0										

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.037		0		1		0.095		
14:1										
15:1										
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated		0.037		0		1		0.095		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.017		0		1		0.044		
18:2 undifferentiated	g	0.017		0		1		0.044		
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										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.009		0		1		0.023		
Threonine	g	0.018		0		1		0.046		
Isoleucine	g	0.016		0		1		0.041		
Leucine	g	0.030		0		1		0.077		
Lysine	g	0.036		0		1		0.093		
Methionine	g	0.003		0		1		0.008		
Cystine	g	0.002		0		1		0.005		
Phenylalanine	g	0.021		0		1		0.054		
Tyrosine	g	0.012		0		1		0.031		
Valine	g	0.019		0		1		0.049		
Arginine		0.020		0		1		0.052		
Histidine	g	0.008		0		1		0.021		
Alanine	g	0.025		0		1		0.065		
Aspartic acid	g	0.117		0		1		0.302		
Glutamic acid	g	0.052		0		1		0.134		
Glycine	g	0.016		0		1		0.041		
Proline	g	0.031		0		1		0.080		
Serine	g	0.029		0		1		0.075		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 258g: 1 cup, whole, without pits

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>n</u>		edible portion	
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Proximates:										
Water	g	77.56		0	BD	4		169.86	141.16	
Energy	kcal	83		0	NC	4		182	151	
Energy	kj	347		0	NC	4		760	632	
Protein	g	0.64		0	BD	4		1.40	1.17	
Total lipid (fat)	g	0.11		0	BD	4		0.24	0.20	
Ash	g	0.38		0	BD	4		0.83	0.69	
Carbohydrate, by difference	g	21.31		0	NC	4		46.66	38.78	
Fiber, total dietary	g	2.7		0	BD	4		5.8	4.8	
Sugars, total	g	18.65		0	0	4		40.84	33.94	
Starch										
	_									
<u>Minerals:</u>										
Calcium, Ca	-	10		0	BD	4		22	18	
Iron, Fe		0.30		0	BD	4		0.66	0.55	
Magnesium, Mg		7		0	BD	4		16	13	
Phosphorus, P		13		0	BD	4		29	24	
Potassium, K	-	143		0	BD	4		313	260	
Sodium, Na		4		0	BD	4		9	7	
Zinc, Zn		0.11		0	BD	4		0.25	0.21	
Copper, Cu		0.097	7	0	BD	4		0.212	0.176	
Manganese, Mn										
Selenium, Se	mcg	0.1		0	BFZN	4		0.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0	BD	4		6.7	5.6	
Thiamin		0.021	L	0	BD	4		0.047	0.039	
Riboflavin		0.024	l	0	BD	4		0.052	0.043	
Niacin	mg	0.376	5	0	BD	4		0.823	0.684	
Pantothenic acid										
Vitamin B-6		0.055	5	0	BD	4		0.121	0.100	
Folate, total		2		0	BD	4		4	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0	BD	4		4	3	
Folate, DFE		2		0	NC	4		4	3	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		2924		0	AS	1		6404	5322	
Vitamin A, RAE	mcg RAE	146		0	AS	1		320	266	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.89		0	BFZN	4		1.95	1.62	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.3		0	BFZN	4		7.2	6.0	
Lipids:	a	0.007	,			4		0.015	0 012	
Fatty acids, total saturated						4		0.015	0.013	
4:0		0.000				4		0.000	0.000	
6:0	_	0.000				4		0.000	0.000	
8:0	-	0.000				4		0.000	0.000	
10:0	_	0.000				4		0.000	0.000	
12:0	-	0.000	,			4		0.000	0.000	
13:0	_	0.000						0 000	2 222	
14:0	-	0.000	,			4		0.000	0.000	
15:0										
16:0		0.007	•			4		0.015	0.013	
17:0										
18:0		0.001	L			4		0.002	0.002	
20:0	-									
22:0	_									
24:0	a									

		An	nount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.045				4		0.099	0.082		
14:1		0.043				-		0.033	0.082		
15:1	-										
16:1 undifferentiated		0.000				4		0.000	0.000		
17:1						_					
18:1 undifferentiated	-	0.045				4		0.099	0.082		
20:1		0.000				4		0.000	0.000		
22:1 undifferentiated	-	0.000				4		0.000	0.000		
24:1 c	•										
Fatty acids, total polyunsaturated	-	0.021				4		0.046	0.038		
18:2 undifferentiated		0.021				4		0.046	0.038		
18:3 undifferentiated	g	0.000				4		0.000	0.000		
18:4	g	0.000				4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000				4		0.000	0.000		
20:5 n-3	g	0.000				4		0.000	0.000		
22:5 n-3	g	0.000				4		0.000	0.000		
22:6 n-3	g	0.000				4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0				7		0	0		
Phytosterols	<sub>.</sub> mg										
Others:											
Alcohol, ethyl	.g	0.0				7		0.0	0.0		
Caffeine	.mg	0		0	Z	7		0	0		
Theobromine	.mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	<u>m</u> cg	1746	513.66	7 8	A	1		3824.178	3178.084		
Carotene, alpha	mcg	0		2	A	1		0.000	0.000		
Cryptoxanthin, beta	mcg	16		2	A	1		36.008	29.924		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	39		2	A	1		85.958	71.435		

## **Common Measures:**

Measure 1 = 219g: 1 cup, halves Measure 2 = 182g: 1 cup, whole

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 gr	ams of ed	lible portion	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	<u> </u>
					v Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	86.62	0.102	7	1		211.35	31.18	
Energy		48	0.202	0 N			117	17	
Energy		201		•	4		490	72	
		0.63	0.023	8	1		1.54		
Protein (N x 6.25)		0.63	0.023	7	1		0.10	0.23 0.01	
Total lipid (fat)		0.04	0.013	7	1		0.10	0.01	
Ash		12.34	0.014	0 N			30.11		
Carbohydrate, by difference				0 N	4		30.11	4.44	
Fiber, total dietary		1.6						0.6	
Sugars, total		10.74		0 0	4		26.21	3.87	
Starch	g								
Minerals:									
Calcium, Ca	mg	12	0.535	8	1		29	4	
Iron, Fe	-	0.30	0.040	8	1		0.73	0.11	
Magnesium, Mg		10	0.221	6	1		24	4	
Phosphorus, P		20	0.954	6	1		49	7	
Potassium, K	-	165	8.920	7	1		403	59	
Sodium, Na		4	0.367	7	1		10	1	
Zinc, Zn		0.11	0.018	6	1		0.27	0.04	
Copper, Cu		0.054	0.010	6	1		0.132	0.019	
Manganese, Mn		0.052	!	0	1		0.127	0.019	
Selenium, Se	mcg	0.1		0 BFY	N 4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	4.9	0.236	8	1		12.0	1.8	
Thiamin		0.018		6	1		0.044	0.006	
Riboflavin		0.019		6	1		0.044	0.007	
Niacin		0.344		3	1		0.839	0.124	
Pantothenic acid	-	0.092		0	4		0.224	0.033	
Vitamin B-6		0.054		0	4		0.132	0.019	
Folate, total	-	2		0	4		4	1	
Folic acid		0		0 z	7		0	0	
Folate, food		2		0	4		4	1	
Folate, DFE	mca DFF	2		0 NO			4	1	
Vitamin B-12		0.00		0 z	7		0.00	0.00	
Vitamin A, IU		1691	153.659	7	1		4126	609	
Vitamin A, RAE		85	7.683	, 7	1		206	30	
Retinol		0	7.005	, 0 z	7		0	0	
Vitamin E (alpha-tocopherol)		0.60		0 BFY			1.45	0.21	
Tocopherol, beta		0.00		V DE			1.45	0.21	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		2.2		0 BFY	N 4		5.4	0.8	
Lipids:	~	0.003		^			0 007	0 001	
Fatty acids, total saturated		0.003		0	1 1		0.007	0.001	
4:0		0.000		0	1		0.000	0.000	
6:0		0.000		-			0.000	0.000	
8:0		0.000		0	1 1		0.000	0.000	
10:0	-	0.000		0	1		0.000 0.000	0.000	
12:0	_	0.000	•	U	1		0.000	0.000	
13:0 14:0	_	0.000		0	1		0 000	0 000	
		0.000	•	U	1		0.000	0.000	
15:0	-	0.002	•	0	1		0 005	0 001	
16:0		0.002		U	1		0.005	0.001	
17:0	-	0.000		0	1		0 000	0.000	
18:0	-	0.000	•	U	1		0.000	0.000	
20:0 22:0	-								

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	0.017		0		1		0.041	0.006		
14:1	g										
15:1											
16:1 undifferentiated	-	0.000		0		1		0.000	0.000		
17:1	-										
18:1 undifferentiated	_	0.017		0		1		0.041	0.006		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated.		0.007		0		1		0.017	0.003		
18:2 undifferentiated		0.007		0		1		0.017	0.003		
18:3 undifferentiated		0.000		0		1		0.000	0.000		
18:4	_	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol	-	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.011		0		1		0.027	0.004		
Threonine		0.023		0		1		0.056	0.008		
Isoleucine	_	0.019		0		1		0.046	0.007		
Leucine		0.037		0		1		0.090	0.013		
Lysine	_	0.044		0		1		0.107	0.016		
Methionine		0.003		0		1		0.007	0.001		
Cystine		0.002		0		1		0.007	0.001		
Phenylalanine		0.026		0		1		0.063	0.009		
Tyrosine		0.015		0		1		0.037	0.005		
Valine	_	0.023		0		1		0.056	0.003		
Arginine	_	0.024		0		1		0.059	0.009		
ū		0.010		0		1		0.033	0.004		
Histidine		0.010		0		1		0.024	0.004		
Alanine		0.031		0		1		0.076	0.011		
	_	0.145		0		1		0.354	0.052		
Glutamic acid	-	0.064		0		1		0.156			
Glycine Proline				0		1		0.046	0.007		
	• • • • • • • • • • • • • • • • • • • •	0.038 0.036		0		1		0.093	0.014 0.013		
Serine	-	0.036		U		1		0.088	0.013		
11yuloxypioiiile	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
<u>Carotenoids:</u>											
Carotene, beta	mca	1010		0	BNA	4		2464.024	363.544		
Carotene, alpha		0		0	BNA	4		0.000	0.000		
Cryptoxanthin, beta		10		0	BNA	4		23.201	3.423		
Lycopene		0		0	BFYN	4		0.000	0.000		

## **Common Measures:**

Measure 1 = 244g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

Apricots, canned, juice pack, with skin, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 gr	ams of e	dible porti	<u>on</u>	Amount in	edible portion	of common
			Num	nber			<u>m</u>	easures of food	<u></u>
					v Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3
n : .									
Proximates: Water	а	82.56	0.135	104	1		208.88	33.02	
Energy	=	63			- IC 4		159	25	
Energy		264			4		667	105	
Protein (N x 6.25)		0.53	0.016	56	1		1.34	0.21	
Total lipid (fat)	-	0.05		10	1		0.13	0.02	
Ash		0.37		25	1		0.94	0.15	
Carbohydrate, by difference		16.49		0 1	rc 4		41.72	6.60	
Fiber, total dietary		1.6		0	4		4.0	0.6	
Sugars, total		14.89		0	0 4		37.67	5.96	
Starch									
Minerals:									
Calcium, Ca	_	11		28	1		28	4	
Iron, Fe.		0.39		37	1		0.99	0.16	
Magnesium, Mg		8		36	1		20	3	
Phosphorus, P	-	13		28	1		33	5	
Potassium, K		138 4		19 19	1 1		349 10	55 2	
Sodium, Na	-	0.11	0.418	0	1		0.28	0.04	
Zinc, Zn Copper, Cu		0.11		0	1		0.28	0.04	
Manganese, Mn		0.079		0	1		0.132	0.032	
Selenium, Se		0.032		0 BF			0.132	0.0	
Scientini, Sc	g	0.1		0 21			0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.7	0.087	165	1		6.8	1.1	
Thiamin		0.016		36	1		0.040	0.006	
Riboflavin	mg	0.020	0.001	31	1		0.051	0.008	
Niacin	-	0.304		31	1		0.769	0.122	
Pantothenic acid		0.092		0	1		0.233	0.037	
Vitamin B-6	_	0.054		0	1		0.137	0.022	
Folate, total		2		0	1		4	1	
Folic acid		0		0 2			0	0	
Folate, food	mcg	2		0	1		4	1	
Folate, DFE		2		0 N			4	1	
Vitamin B-12		0.00		0 z			0.00	0.00	
Vitamin A, IU		1322	30.399 1		1		3345	529	
Vitamin A, RAE		66	1.520		1		167	26	
Retinol		0		0 2			0	0	
Vitamin E (alpha-tocopherol)		0.60		0 BF	YN 4		1.51	0.24	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		2.2		0 BF	YN 4		5.6	0.9	
<u>Lipids:</u>									
Fatty acids, total saturated		0.003		0	1		0.008	0.001	
4:0		0.000		0	1		0.000	0.000	
6:0		0.000		0	1		0.000	0.000	
8:0		0.000		0	1		0.000	0.000	
10:0	-	0.000		0	1		0.000	0.000	
12:0	-	0.000	•	0	1		0.000	0.000	
13:0	-	0 000		0	1		0 000	0.000	
14:0		0.000	•	U	1		0.000	0.000	
15:0	-	0 003		0	1		0 000	0 001	
16:0		0.003	•	J	1		0.008	0.001	
17:0	-	0.000		0	1		0.000	0.000	
18:0 20:0	-	0.000	•	5	1		0.000	0.000	
22:0	-								
	u								

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	
				Number of Data	Deriv		Confidence		easures of food	•
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ıtedg	0.021		0		1		0.053	0.008	
14:1	_									
15:1 16:1 undifferentiated	_	0.000	1	0		1		0.000	0.000	
17:1	_	0.000		·		_		0.000	0.000	
18:1 undifferentiated	g	0.021	•	0		1		0.053	0.008	
20:1	g	0.000	)	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000	)	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturate	edg	0.010		0		1		0.025	0.004	
18:2 undifferentiated		0.010		0		1		0.025	0.004	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4		0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000 0.000	0.000 0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3	_	0.000		0		1		0.000	0.000	
Fatty acids, total trans	_	0.000	•	·		-		0.000	0.000	
Cholesterol		0		0	z	7		0	0	
Phytosterols	-									
	_									
Amino Acids:	_					_				
Tryptophan		0.009		0		1 1		0.023	0.004	
Threonine	_	0.019		0 0		1		0.048 0.040	0.008 0.006	
Isoleucine	_	0.016 0.031		0		1		0.040	0.006	
Lysine	_	0.031		0		1		0.094	0.012	
Methionine		0.003		0		1		0.008	0.001	
Cystine		0.002		0		1		0.005	0.001	
Phenylalanine		0.022		0		1		0.056	0.009	
Tyrosine		0.012		0		1		0.030	0.005	
Valine	_	0.019	)	0		1		0.048	0.008	
Arginine	-	0.021		0		1		0.053	0.008	
Histidine	g	0.009	1	0		1		0.023	0.004	
Alanine	_	0.026	i	0		1		0.066	0.010	
Aspartic acid		0.122	!	0		1		0.309	0.049	
Glutamic acid		0.054		0		1		0.137	0.022	
Glycine	g	0.016	;	0		1		0.040	0.006	
Proline	g	0.032	!	0		1		0.081	0.013	
Serine	g	0.031		0		1		0.078	0.012	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	<u>.</u>									
<u> </u>	mca	789		0	BNA	4		1997.392	315.793	
Carotene, beta		789		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		7		0	BNA	4		18.807	2.973	
Lycopene		0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin		26		0	BFYN	4		66.533	10.519	

### **Common Measures:**

Measure 1 = 253g: 1 cup, halves

Measure 2 = 40g: 1 apricot half with liquid

Apricots, canned, light syrup pack, with skin, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	_
			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	92.36	0.122	42		1		224.43	33.25	
Energy	kcal	27		0	NC	4		66	10	
Energy	kj	113				4		275	41	
Protein (N x 6.25)	g	0.71	0.020	10		1		1.73	0.26	
Total lipid (fat)	g	0.16	0.027	8		1		0.39	0.06	
Ash	g	0.38		0		1		0.92	0.14	
Carbohydrate, by difference	g	6.39		0	NC	4		15.53	2.30	
Fiber, total dietary	g	1.6		0		4		3.9	0.6	
Sugars, total	g	4.79		0	0	4		11.64	1.72	
Starch	g									
Ain anala.										
Minerals:	ma	8	0.467	9		1		19	3	
Calcium, Ca	_	8 0.32	0.40/	0		1		0.78	0.12	
Magnesium, Mg	_	7	0.760	8		1		17	3	
Phosphorus, P		13	1.564	9		1		32	5 5	
Potassium, K	•	192	9.989	37		1		467	69	
Sodium, Na		3	0.161	37		1		7	1	
Zine, Zn	_	0.11	0.202	0		1		0.27	0.04	
Copper, Cu		0.082		0		1		0.199	0.030	
Manganese, Mn		0.053		0		1		0.129	0.019	
Selenium, Se		0.1		0	BFYN	4		0.2	0.0	
•	-									
<u>'itamins:</u>			0.161			_				
Vitamin C, total ascorbic acid	_	3.4	0.161	19		1		8.3	1.2	
Thiamin	_	0.021		0		1		0.051	0.008	
Riboflavin		0.023		0		1		0.056	0.008	
Niacin		0.395		0		1		0.960	0.142	
Pantothenic acid	-	0.092		0		1		0.224	0.033	
Vitamin B-6	-	0.054		0		1		0.131	0.019	
Folate, total		2 0		0	z	1 7		<b>4</b> 0	1	
Folic acid		2		0	Z	1		4	0 1	
Folate, food		2		0	NC	4		4		
Folate, DFE		0.00		0	NC Z	7		0.00	1 0.00	
Vitamin A, IU		1959		0	NC	4		4761		
Vitamin A, IU	IU	98		0	NC	4		238	705 35	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.60		0	BFYN	4		1.45	0.21	
Tocopherol, beta		0.00		Ū	Drin	-		1.45	0.21	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.2		0	BFYN	4		5.4	0.8	
<u>ipids:</u>						_				
Fatty acids, total saturated		0.011		0		1		0.027	0.004	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1 1		0.000	0.000	
12:0		0.000		U		1		0.000	0.000	
13:0		0 000		0		1		0.000	0 000	
14:0		0.000		U		1		0.000	0.000	
15:0		0 010		0		1		0.004	0.004	
16:0		0.010		0		1		0.024	0.004	
17:0	-	0 001		0		1		0.003	0 000	
18:0	-	0.001		U		1		0.002	0.000	
20:0	-									
22:0 24:0	-									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion of	
				Number	•			<u>m</u>	easures of food	
Nutrients and Units	5	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.069		0		1		0.168	0.025	
15:1	-									
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1	-									
18:1 undifferentiated	-	0.069		0		1		0.168	0.025	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.031		0		1		0.075	0.011	
18:2 undifferentiated		0.031		0		1		0.075	0.011	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.013		24		1		0.032	0.005	
Threonine		0.026		24		1		0.063	0.009	
Isoleucine	-	0.022		24		1		0.053	0.009	
Leucine	-	0.042		24		1		0.102	0.015	
Lysine	-	0.049		24		1		0.119	0.018	
Methionine		0.004		24		1		0.010	0.001	
Cystine		0.002		24		1		0.015	0.001	
Phenylalanine		0.030		24		1		0.003	0.011	
Tyrosine		0.017		24		1		0.041	0.006	
Valine	-	0.026		24		1		0.063	0.009	
Arginine	-	0.028		24		1		0.068	0.010	
Histidine		0.012		24		1		0.029	0.004	
Alanine	-	0.012		24		1		0.029	0.013	
Aspartic acid	-	0.163		24		1		0.396	0.013	
Glutamic acid		0.072		24		1		0.175	0.039	
Glycine		0.022		24		1		0.053	0.028	
Proline		0.043		24		1		0.104	0.015	
Serine	-	0.043		24		1		0.104	0.015	
Hydroxyproline	-	0.041		47		-		3.100	0.013	
Trydroxypromic	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	<u>mg</u>	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	1170		0	BFYN	4		2842.988	421.183	
Carotene, alpha	-	0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta	-	11		0	BFYN	4		26.769	3.966	
Lycopene		0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin		26		0	BFYN	4		63.903	9.467	
Lutem - Zearanullii	!i~g	20		v	DE IN	7		55.905	J. 407	

### **Common Measures:**

Measure 1 = 243g: 1 cup, halves

Measure 2 = 36g: 1 apricot half with liquid

Apricots, canned, water pack, with skin, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 6% Pits

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	93.43	0.292	5		1		212.09		
Energy	kcal	22		0	NC	4		50		
Energy	kj	92				4		209		
Protein (N x 6.25)	g	0.69		1		1		1.57		
Total lipid (fat)	g	0.03		1		1		0.07		
Ash	g	0.38		1		1		0.86		
Carbohydrate, by difference	g	5.48		0	NC	4		12.44		
Fiber, total dietary		1.1		0		4		2.5		
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	_	8		1		1		18		
Iron, Fe	-	0.54		1		1		1.23		
Magnesium, Mg		9		1		1		20		
Phosphorus, P	-	16	_	1		1		36		
Potassium, K	-	154	6.205	3		1		350		
Sodium, Na	-	11	0.697	3		1		25		
Zinc, Zn		0.11		0		1		0.25		
Copper, Cu		0.068		0		1		0.154		
Manganese, Mn		0.053	1	0		1		0.120		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8	0.279	3		1		4.1		
Thiamin	_	0.020		0		1		0.045		
Riboflavin		0.024		0		1		0.054		
Niacin		0.437		0		1		0.992		
Pantothenic acid		0.092		0		1		0.209		
Vitamin B-6		0.054		0		1		0.123		
Folate, total		2		0		1		4		
Folic acid		0		0	z	7		0		
Folate, food		2		0		1		4		
Folate, DFE		2		0	NC	4		4		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		1810		1	_	1		4109		
Vitamin A, RAE		91		1		1		205		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		-		-	_	•		**************************************		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		0.002		0		1		0.005		
4:0	-									
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0										
15:0	-			^		_				
16:0		0.002		0		1		0.005		
17:0										
18:0										
20:0										
22:0										
24:0										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.013		0		1		0.030		
14:1										
15:1										
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated		0.013		0		1		0.030		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.006		0		1		0.014		
18:2 undifferentiated	g	0.006		0		1		0.014		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.012		0		1		0.027		
Threonine	g	0.025		0		1		0.057		
Isoleucine	g	0.021		0		1		0.048		
Leucine	g	0.040		0		1		0.091		
Lysine	g	0.048		0		1		0.109		
Methionine	g	0.003		0		1		0.007		
Cystine	g	0.002		0		1		0.005		
Phenylalanine	g	0.028		0		1		0.064		
Tyrosine	g	0.016		0		1		0.036		
Valine	g	0.025		0		1		0.057		
Arginine		0.027		0		1		0.061		
Histidine	g	0.011		0		1		0.025		
Alanine	g	0.034		0		1		0.077		
Aspartic acid	g	0.157		0		1		0.356		
Glutamic acid		0.069		0		1		0.157		
Glycine		0.021		0		1		0.048		
Proline	g	0.041		0		1		0.093		
Serine	_	0.039		0		1		0.089		
Hydroxyproline										

### **Common Measures:**

Measure 1 = 227g: 1 cup, whole, without pits

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>!</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		63.60		2		1		158.36		
Energy	kcal	126		0	NC	4		314		
Energy	kj	527				4		1313		
Protein (N x 6.25)	g	1.93		0		1		4.81		
Total lipid (fat)	g	0.24		0		1		0.60		
Ash	g	1.61		0		1		4.01		
Carbohydrate, by difference	g	32.62		0	NC	4		81.22		
Fiber, total dietary	g									
Sugars, total	g									
Starch										
	_									
<u>Minerals:</u>						_				
Calcium, Ca	_	24		0		1		60		
Iron, Fe	_	2.48		0		1		6.18		
Magnesium, Mg		25		0		1		62		
Phosphorus, P	-	62		0		1		154		
Potassium, K	-	728		0		1		1813		
Sodium, Na	_	5		0		1		12		
Zinc, Zn		0.39	_	0		1		0.97		
Copper, Cu		0.227		0		1		0.565		
Manganese, Mn		0.145	•	0		1		0.361		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.1		2		1		17.7		
Thiamin	_	0.013	3	2		1		0.032		
Riboflavin	_	0.067	,	2		1		0.167		
Niacin		1.630	)	2		1		4.059		
Pantothenic acid		0.468	3	2		1		1.165		
Vitamin B-6		0.161		2		1		0.401		
Folate, total		2		2		1		4		
Folic acid		0		0	z	7		0		
Folate, food		2		2		1		4		
Folate, DFE		2		0	NC	4		4		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		4407		2		1		10973		
Vitamin A, RAE		220		2		1		549		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>	_		_							
Fatty acids, total saturated		0.017	<i>'</i>	0		1		0.042		
4:0	-									
6:0	-									
8:0										
10:0 12:0										
13:0										
14:0	-									
15:0	-									
16:0	-	0.015	<b>,</b>	0		1		0.037		
17:0		0.010	-	Ū		-		0.037		
18:0		0.002	•	0		1		0.005		
		0.002	-	U		-		0.005		
20:0										
22:0	9 g									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	q	0.105		0		1		0.261		
14:1										
15:1										
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated		0.105		0		1		0.261		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.047		0		1		0.117		
18:2 undifferentiated	g	0.047		0		1		0.117		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.034		0		1		0.085		
Threonine	g	0.070		0		1		0.174		
Isoleucine	g	0.059		0		1		0.147		
Leucine	g	0.113		0		1		0.281		
Lysine	g	0.134		0		1		0.334		
Methionine	g	0.010		0		1		0.025		
Cystine	g	0.006		0		1		0.015		
Phenylalanine	g	0.080		0		1		0.199		
Tyrosine	g	0.045		0		1		0.112		
Valine	g	0.070		0		1		0.174		
Arginine	g	0.075		0		1		0.187		
Histidine	g	0.032		0		1		0.080		
Alanine	g	0.095		0		1		0.237		
Aspartic acid	g	0.442		0		1		1.101		
Glutamic acid	g	0.195		0		1		0.486		
Glycine	g	0.060		0		1		0.149		
Proline	g	0.116		0		1		0.289		
Serine	g	0.111		0		1		0.276		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 249g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<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 Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.50		0		1		8.93		
Energy	kcal	320		0	NC	4		381		
Energy	kj	1339				4		1593		
Protein (N x 6.25)	g	4.90		0		1		5.83		
Total lipid (fat)	g	0.62		0		1		0.74		
Ash	g	4.09		0		1		4.87		
Carbohydrate, by difference	g	82.89		0	NC	4		98.64		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
M:										
<u>Minerals:</u> Calcium, Ca	ma	61		0		1		73		
Iron, Fe	_	6.31		0		1		7.51		
Magnesium, Mg	-	63		0		1		7.31		
Phosphorus, P		157		0		1		187		
Potassium, K	-	1850		0		1		2202		
Sodium, Na	-	13		0		1		15		
Zinc, Zn	-	1.00		0		1		1.19		
Copper, Cu		0.576	5	0		1		0.685		
Manganese, Mn	mg	0.369	)	0		1		0.439		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	9.5		2		1		11.3		
Thiamin	_	0.043	1	2		1		0.051		
Riboflavin	-	0.148		2		1		0.176		
Niacin		3.580		2		1		4.260		
Pantothenic acid		1.067		2		1		1.270		
Vitamin B-6		0.520		2		1		0.619		
Folate, total		4		2		1		5		
Folic acid		0		0	z	7		0		
Folate, food		4		2		1		5		
Folate, DFE		4		0	NC	4		5		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		12669		2		1		15076		
Vitamin A, RAE		633		2		1		754		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	0.043	3	0		1		0.051		
4:0	g									
6:0	g									
8:0										
10:0										
12:0										
13:0	-									
14:0	-									
15:0	-	2 22-	,	_				• • • •		
16:0		0.037	•	0		1		0.044		
17:0		2 22-		^				0.000		
18:0		0.005	)	0		1		0.006		
20:0										
22:0	g g									

		<u>Aı</u>	mount in 10			<u>on</u>		edible portion o	of common	
					Deriv	Source Code	Confidence Code			
Nutrients and Units	s 	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.268		0		1		0.319		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.268		0		1		0.319		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.121		0		1		0.144		
18:2 undifferentiated		0.121		0		1		0.144		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.087		0		1		0.104		
Threonine		0.176		0		1		0.209		
Isoleucine	-	0.151		0		1		0.180		
Leucine	-	0.288		0		1		0.343		
Lysine		0.339		0		1		0.403		
Methionine		0.024		0		1		0.029		
Cystine	-	0.016		0		1		0.019		
Phenylalanine	g	0.203		0		1		0.242		
Tyrosine		0.114		0		1		0.136		
Valine		0.179		0		1		0.213		
Arginine	g	0.190		0		1		0.226		
Histidine		0.081		0		1		0.096		
Alanine	-	0.241		0		1		0.287		
Aspartic acid		1.122		0		1		1.335		
Glutamic acid	-	0.495		0		1		0.589		
Glycine		0.151		0		1		0.180		
Proline	-	0.293		0		1		0.349		
Serine		0.281		0		1		0.334		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 119g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<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>[</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	68.45		0	1		184.82		
Energy	kcal	113		0 NC	4		305		
Energy	kj	473			4		1277		
Protein (N x 6.25)	g	1.17		0	1		3.16		
Total lipid (fat)	g	0.15		0	1		0.41		
Ash		0.98		0	1		2.65		
Carbohydrate, by difference		29.26		0 NC	4		79.00		
Fiber, total dietary	g	4.1		0	4		11.1		
Sugars, total									
Starch									
Minerals:	m~	1.5		^	_		4.1		
Calcium, Ca	-	15		0	1 1		41		
Iron, Fe		1.52 15		0 0	1		4.10 41		
Magnesium, Mg				-	1				
Phosphorus, P Potassium, K	•	38 443		0 0	1		103 1196		
Sodium, Na		3		0	1		8		
Zinc, Zn	_	0.24		0	1		0.65		
Copper, Cu		0.138	3	0	1		0.373		
Manganese, Mn		0.088		0	1		0.238		
Selenium, Se									
·	•								
Vitamins:				_					
Vitamin C, total ascorbic acid		1.4		0	1		3.8		
Thiamin		0.005		0	1		0.014		
Riboflavin		0.027		0	1		0.073		
Niacin		0.853		0	1		2.303		
Pantothenic acid		0.191		0	1		0.516		
Vitamin B-6	-	0.103 0	3	0 0	1 1		0.278		
Folate, total		0		0 0 z	7		0 0		
Folic acid		0		0 <u>2</u> 0	1		0		
Folate, food	mcg DEE	0		0 0 NC	4		0		
Vitamin B-12		0.00		0 KC	7		0.00		
Vitamin A, IU		2139		0 2	1		5775		
Vitamin A, RAE		107		0	1		289		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)		·		_	•		·		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Tinia									
<u>Lipids:</u>	~	0.010	,	^			0 007		
Fatty acids, total saturated		0.010	)	0	1		0.027		
4:0 6:0									
8:0									
10:0									
12:0									
13:0									
14:0									
15:0	-								
16:0		0.009	•	0	1		0.024		
17:0							,		
18:0		0.001	L	0	1		0.003		
20:0									
22:0									
24:0									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
				Number of Data		Source	Confidence	<u></u>	easures or roou	
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.064		0		1		0.173		
14:1		0.004		·		-		0.173		
15:1										
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		0.064		0		1		0.173		
20:1	-									
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated	_	0.029		0		1		0.078		
18:2 undifferentiated		0.029		0		1		0.078		
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	0		0	Z	7		0		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	g	0.021		0		1		0.057		
Threonine	g	0.042		0		1		0.113		
Isoleucine	g	0.036		0		1		0.097		
Leucine	g	0.069		0		1		0.186		
Lysine	g	0.081		0		1		0.219		
Methionine	g	0.006		0		1		0.016		
Cystine	g	0.004		0		1		0.011		
Phenylalanine		0.049		0		1		0.132		
Tyrosine	g	0.027		0		1		0.073		
Valine	g	0.043		0		1		0.116		
Arginine	g	0.045		0		1		0.122		
Histidine		0.019		0		1		0.051		
Alanine	g	0.058		0		1		0.157		
Aspartic acid	g	0.269		0		1		0.726		
Glutamic acid		0.119		0		1		0.321		
Glycine		0.036		0		1		0.097		
Proline	g	0.070		0		1		0.189		
Serine	g	0.067		0		1		0.181		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 270g: 1 cup, halves

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<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	75.56		1		1		188.90		
Energy	kcal	85		0	NC	4		213		
Energy	kj	357		0	NC	4		892		
Protein (N x 6.25)	g	1.20		0	BFSN	4		3.00		
Total lipid (fat)	g	0.18		0	BFSN	4		0.45		
Ash	g	0.91		0	BFSN	4		2.27		
Carbohydrate, by difference	g	22.15		0	NC	4		55.38		
Fiber, total dietary	g	2.6		0	BFSN	4		6.5		
Sugars, total.	g	19.57		0	0	4		48.93		
Starch	g									
Minerals:	ma	10		^	PEGN	4		40		
Calcium, Ca	_	19 0.94		0 0	BFSN	4 4		48 2.36		
Iron, Fe	_	0.94 11		0	BFSN BFSN	4		2.36 29		
Magnesium, Mg Phosphorus, P		25		0	BFSN	4		63		
Potassium, K	-	411		0	BFSN	4		1027		
Sodium, Na	-	411		0	BFSN	4		9		
Zinc, Zn	-	0.14		0	BFSN	4		0.34		
Copper, Cu		0.14		0	BFSN	4		0.304		
Manganese, Mn		0.083		0	BFSN	4		0.208		
Selenium, Se		0.8	•	0	BFSN	4		1.9		
Selemani, Se				-		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.3		0	BFSN	4		0.9		
Thiamin	-	0.005		0	BFSN	4		0.014		
Riboflavin	mg	0.026		0	BFSN	4		0.066		
Niacin	<u>mg</u>	0.915	5	0	BFSN	4		2.289		
Pantothenic acid	-									
Vitamin B-6		0.051	=	0	BFSN	4		0.127		
Folate, total		3		0	BFSN	4		9		
Folic acid		0		0	Z	7		0		
Folate, food		3		0	BFSN	4		9		
Folate, DFE		3		0	NC	4		9		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		1275		0	NC	4		3187		
Vitamin A, RAE		64		0	NC	4		159		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		1.53		0	BFSN	4		3.83		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.		1.1		0	BFSN			2.7		
Vitamin K (phylloquinone)	Ilicy	1.1		U	BESN	4		2.1		
<u>lipids:</u>										
Fatty acids, total saturated	g	0.006	5	0	BFSN	4		0.015		
4:0	g	0.000	)	0	BFSN	4		0.000		
6:0	g	0.000	)	0	BFSN	4		0.000		
8:0	g	0.000	)	0	BFSN	4		0.000		
10:0	g	0.000	)	0	BFSN	4		0.000		
12:0	g	0.000	)	0	BFSN	4		0.000		
13:0	g									
14:0	g	0.000	)	0	BFSN	4		0.000		
15:0										
16:0		0.006	5	0	BFSN	4		0.015		
17:0										
18:0		0.000	)	0	BFSN	4		0.000		
20:0	g									
22:0	g									
24:0	g									

Nutrients and Units			<u>Ar</u>	nount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
Nutrients and Units									<u>m</u>	easures of food	
1-1	Nutrients and U	nits	Mean	Std. Error					Measure 1	Measure 2	Measure 3
1-1											
16-1 undifferentiated	· ·		0.026		0	BFSN	4		0.066		
17-1											
181 undifferentiated			0.000		0	BFSN	4		0.000		
201		_	0.006		•	DEGM			0.000		
22-1 undifferentiated		-									
241		_									
Fathy soids, total polyunstruted.		•	0.000		U	DF 3N	*		0.000		
18.2 undifferentiated.   9			0.026		0	BFSN	4		0.066		
18.3 undifferentiated.   9   0.000   0   BFSN   4   0.000											
18-4						BFSN	4				
203 undifferentiated			0.000		0	BFSN	4				
20-1 undifferentiated	20:2 n-6 c,c	g									
20.5 n-3	20:3 undifferentiated	g									
22.5 n.3	20:4 undifferentiated	g	0.000		0	BFSN	4		0.000		
22-6 n-3.   9   0.000   0   BFSN   4   0.000     Fatty acids, lotal trans.   9   0   0   Z   7     Phytosterols.   mg   0   0   Z   7     Phytosterols.   mg   0   0   Z   7     Phytosterols.   mg   0   0   EFSN   4     Typtophan   9   0.026   0   BFSN   4   0.014     Threonine   9   0.026   0   BFSN   4   0.056     Louine   9   0.022   0   BFSN   4   0.056     Louine   9   0.037   0   BFSN   4   0.033     Lysine   9   0.029   0   BFSN   4   0.013     Methomine   9   0.005   0   BFSN   4   0.013     Cystine   9   0.007   0   BFSN   4   0.013     Cystine   9   0.007   0   BFSN   4   0.013     Cystine   9   0.002   0   BFSN   4   0.017     Phenylalanine   9   0.022   0   BFSN   4   0.055     Tyrosine   9   0.014   0   BFSN   4   0.055     Tyrosine   9   0.014   0   BFSN   4   0.059     Histidine   9   0.028   0   BFSN   4   0.069     Arginine   9   0.023   0   BFSN   4   0.059     Histidine   9   0.033   0   BFSN   4   0.097     Asparic acid   9   0.031   0   BFSN   4   0.028     Glutamia caid   9   0.031   0   BFSN   4   0.028     Glutamia caid   9   0.025   0   BFSN   4   0.066     Glycine   9   0.025   0   BFSN   4   0.066     Glycine   9   0.025   0   BFSN   4   0.066     Froline   9   0.025   0   BFSN   4   0.066     Glycine   9   0.025   0   BFSN   4   0.066     Glycine   9   0.025   0   BFSN   4   0.066     Glycine   9   0.025   0   BFSN   4   0.066     Froline   9   0.025   0   BFSN   4   0.066     Glycine   9   0.025   0   BFSN   4   0.076     Serine   9   0.031   0   BFSN   4   0.076     Fyroline   9   0.031   0   BFSN   4   0.076     Carfeine   mg   0   0   Z   7   0     Carfeine   mg   0   0   Z   7   0     Carfeine   mg   0   0   EFSN   4   0.000     Cypoxanthin, beta   meg   0   0   BFSN   4   0.000     Cypoxanthin, beta   meg   0   0   BFSN   4   0.000	20:5 n-3	g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.	22:5 n-3	g	0.000		0	BFSN	4		0.000		
Cholesterol.   mg   mg   mg   mg   mg   mg   mg   m	22:6 n-3	g	0.000		0	BFSN	4		0.000		
Phytosterols	Fatty acids, total trans	g									
Amino Acids:   Tryptophan			0		0	Z	7		0		
Tryptophan.	Phytosterols	mg									
Tryptophan.	Amino Acids:										
Threonine		q	0.006		0	BFSN	4		0.014		
Isoleucine						BFSN					
Lysine		-			0	BFSN	4				
Methionine         9         0.005         0         BFSN         4         0.013           Cystine         9         0.007         0         BFSN         4         0.017           Phenylalanine         9         0.022         0         BFSN         4         0.055           Tyrosine         9         0.014         0         BFSN         4         0.035           Valine         9         0.028         0         BFSN         4         0.069           Arginine         9         0.023         0         BFSN         4         0.059           Histidine         9         0.027         0         BFSN         4         0.059           Histidine         9         0.017         0         BFSN         4         0.041           Alanine         9         0.017         0         BFSN         4         0.041           Alanine         9         0.0331         0         BFSN         4         0.097           Aspartic acid         9         0.035         0         BFSN         4         0.166           Glycine         9         0.025         0         BFSN         4         0.072     <					0	BFSN	4				
Cystine         9         0.007         0         BFSN         4         0.017           Phenylalanine         9         0.022         0         BFSN         4         0.055           Tyrosine         9         0.014         0         BFSN         4         0.035           Valine         9         0.028         0         BFSN         4         0.069           Arginine         9         0.023         0         BFSN         4         0.059           Histidine         9         0.017         0         BFSN         4         0.041           Alanine         9         0.039         0         BFSN         4         0.097           Aspartic acid         9         0.331         0         BFSN         4         0.828           Glutamic acid         9         0.066         0         BFSN         4         0.166           Glycine         9         0.025         0         BFSN         4         0.166           Glycine         9         0.021         0         BFSN         4         0.072           Serine         9         0.031         0         BFSN         4         0.077 </td <td>Lysine</td> <td>g</td> <td>0.029</td> <td></td> <td>0</td> <td>BFSN</td> <td>4</td> <td></td> <td>0.073</td> <td></td> <td></td>	Lysine	g	0.029		0	BFSN	4		0.073		
Phenylalanine	Methionine	g	0.005		0	BFSN	4		0.013		
Tyrosine         9         0.014         0         BFSN         4         0.035           Valine         9         0.023         0         BFSN         4         0.069           Arginine         9         0.023         0         BFSN         4         0.059           Histidine         9         0.017         0         BFSN         4         0.041           Alanine         9         0.039         0         BFSN         4         0.097           Aspartic acid         9         0.031         0         BFSN         4         0.828           Glutamic acid         9         0.066         0         BFSN         4         0.166           Glycine         9         0.025         0         BFSN         4         0.062           Proline         9         0.0290         0         BFSN         4         0.0726           Serine         9         0.031         0         BFSN         4         0.077           Hydroxyproline         9         0         0         2         7         0           Carliene         mg         0         0         2         7         0	Cystine	g	0.007		0	BFSN	4		0.017		
Valine         9         0.028         0         BFSN         4         0.069           Arginine         9         0.023         0         BFSN         4         0.059           Histidine         9         0.017         0         BFSN         4         0.041           Alanine         9         0.039         0         BFSN         4         0.097           Aspartic acid         9         0.331         0         BFSN         4         0.828           Glutamic acid         9         0.066         0         BFSN         4         0.166           Glycine         9         0.025         0         BFSN         4         0.166           Glycine         9         0.025         0         BFSN         4         0.062           Proline         9         0.290         0         BFSN         4         0.726           Serine         9         0.031         0         BFSN         4         0.077           Hydroxyproline         9         0         0         7         0         0           Carlie         9         0         0         2         7         0	Phenylalanine	g	0.022		0	BFSN	4		0.055		
Arginine         9         0.023         0         BFSN         4         0.059           Histidine         9         0.017         0         BFSN         4         0.041           Alanine         9         0.039         0         BFSN         4         0.097           Aspartic acid         .9         0.331         0         BFSN         4         0.828           Glutamic acid         .9         0.066         0         BFSN         4         0.166           Glycine         .9         0.025         0         BFSN         4         0.062           Proline         .9         0.290         0         BFSN         4         0.726           Serine         .9         0.031         0         BFSN         4         0.077           Hydroxyproline         .9         0         0         BFSN         4         0.077           Others:           Alcohol, ethyl         .9         0         0         Z         7         0           Carfeine         .mg         0         0         Z         7         0           Carotenoids:         .mg         0         0         BFSN <td>Tyrosine</td> <td>g</td> <td>0.014</td> <td></td> <td>0</td> <td>BFSN</td> <td>4</td> <td></td> <td>0.035</td> <td></td> <td></td>	Tyrosine	g	0.014		0	BFSN	4		0.035		
Histidine	Valine	g	0.028		0	BFSN	4		0.069		
Alanine         g         0.039         0         BFSN         4         0.097           Aspartic acid         g         0.331         0         BFSN         4         0.828           Glutamic acid         g         0.066         0         BFSN         4         0.166           Glycine         g         0.025         0         BFSN         4         0.062           Proline         g         0.290         0         BFSN         4         0.726           Serine         g         0.031         0         BFSN         4         0.077           Hydroxyproline         g         0         0.031         0         BFSN         4         0.077           Hydroxyproline         g         0         0         7         0.0         0           Caffeine         mg         0         0         Z         7         0         0           Caffeine         mg         0         0         Z         7         0         0           Carotenoids:         BFSN         4         1911.940         4         1911.940           Carotene, beta         mcg         0         BFSN         4         0.00	Arginine	g	0.023		0	BFSN	4		0.059		
Aspartic acid	Histidine	g	0.017		0	BFSN	4		0.041		
Glutamic acid         g         0.066         0         BFSN         4         0.166           Glycine         g         0.025         0         BFSN         4         0.062           Proline         g         0.290         0         BFSN         4         0.726           Serine         g         0.031         0         BFSN         4         0.077           Hydroxyproline         g         0         0         7         0.0           Carleine         mg         0         0         z         7         0           Caffeine         mg         0         0         z         7         0           Theobromine         mg         0         z         7         0           Carotene, beta         mg         0         z         7         0           Carotene, beta         mcg         765         0         BFSN         4         1911.940           Carotene, alpha         mcg         0         BFSN         4         0.000           Cryptoxanthin, beta         mcg         0         BFSN         4         0.000           Lycopene         mcg         0         BFSN	Alanine	g	0.039		0	BFSN	4		0.097		
Glycine         g         0.025         0 BFSN 4         0.062           Proline         g         0.290         0 BFSN 4         0.726           Serine         g         0.031         0 BFSN 4         0.077           Hydroxyproline         g         0.00         0 BFSN 4         0.077           Hydroxyproline         g         0.0         0 7         0.0           Caffeine         mg         0 0 Z 7         0 0           Caffeine         mg         0 Z 7         0           Theobromine         mg         0 Z 7         0           Carotene, beta         mg         0 BFSN 4         1911.940           Carotene, alpha         mcg         0 BFSN 4         0.000           Cryptoxanthin, beta         mcg         0 BFSN 4         0.000           Lycopene         mcg         0 BFSN 4         0.000	Aspartic acid	g	0.331		0	BFSN	4		0.828		
Proline	Glutamic acid	g	0.066			BFSN	4		0.166		
Serine         g         0.031         0 BFSN         4         0.077           Hydroxyproline         g         0.031         0 BFSN         4         0.077           Others:           Alcohol, ethyl         g         0.0         7         0.0           Caffeine         mg         0         0 Z 7         0           Theobromine         mg         0         0 Z 7         0           Carotene, beta         mcg         765         0 BFSN         4         1911.940           Carotene, alpha         mcg         0         0 BFSN         4         0.000           Cryptoxanthin, beta         mcg         0         BFSN         4         0.000           Lycopene         mcg         0         BFSN         4         0.000	2				-		4				
Hydroxyproline       g         Others:         Alcohol, ethyl       g       0.0       0       7       0.0         Caffeine       mg       0       0       z       7       0         Theobromine       mg       0       0       z       7       0         Caroteneide:       mg       0       0       z       7       0         Carotene, beta       mcg       0       BFSN       4       1911.940         Carotene, alpha       mcg       0       BFSN       4       0.000         Cryptoxanthin, beta       mcg       0       BFSN       4       0.000         Lycopene       mcg       0       BFSN       4       0.000	Proline	g					4				
Others:           Alcohol, ethyl.         g         0.0         7         0.0           Caffeine.         mg         0         z         7         0           Theobromine.         mg         0         z         7         0           Carotenelodis:         Carotene, beta.         mcg         765         0         BFSN         4         1911.940           Carotene, alpha.         mcg         0         0         BFSN         4         0.000           Cryptoxanthin, beta.         mcg         0         BFSN         4         0.000           Lycopene.         mcg         0         0         BFSN         4         0.000		_	0.031		0	BFSN	4		0.077		
Alcohol, ethyl.       g       0.0       0       7       0.0         Caffeine.       mg       0       0       z       7       0         Theobromine.       mg       0       0       z       7       0         Carotene, beta.       mcg       765       0       BFSN       4       1911.940         Carotene, alpha.       mcg       0       0       BFSN       4       0.000         Cryptoxanthin, beta.       mcg       0       0       BFSN       4       0.000         Lycopene.       mcg       0       0       BFSN       4       0.000	Hydroxyproline	g									
Alcohol, ethyl.       g       0.0       0       7       0.0         Caffeine.       mg       0       0       z       7       0         Theobromine.       mg       0       0       z       7       0         Carotene, beta.       mcg       765       0       BFSN       4       1911.940         Carotene, alpha.       mcg       0       0       BFSN       4       0.000         Cryptoxanthin, beta.       mcg       0       0       BFSN       4       0.000         Lycopene.       mcg       0       0       BFSN       4       0.000	Others:										
Caffeine         mg         0         0         z         7         0           Theobromine         mg         0         0         z         7         0           Carotene, beta         mcg         0         BFSN         4         1911.940           Carotene, alpha         mcg         0         BFSN         4         0.000           Cryptoxanthin, beta         mcg         0         BFSN         4         0.000           Lycopene         mcg         0         BFSN         4         0.000		g	0.0		0		7		0.0		
Theobromine         mg         0         0         z         7         0           Carotenoids:         Carotene, beta         mcg         765         0         BFSN         4         1911.940           Carotene, alpha         mcg         0         0         BFSN         4         0.000           Cryptoxanthin, beta         mcg         0         0         BFSN         4         0.000           Lycopene         mcg         0         0         BFSN         4         0.000			0		0	z	7		0		
Carotenoids:           Carotene, beta			0		0		7		0		
Carotene, beta         mcg         765         0         BFSN         4         1911.940           Carotene, alpha         mcg         0         0         BFSN         4         0.000           Cryptoxanthin, beta         mcg         0         0         BFSN         4         0.000           Lycopene         mcg         0         0         BFSN         4         0.000											
Carotene, alpha         mcg         0         0         BFSN         4         0.000           Cryptoxanthin, beta         mcg         0         0         BFSN         4         0.000           Lycopene         mcg         0         0         BFSN         4         0.000		med	765		0	DECH	A		1011 040		
Cryptoxanthin, beta         mcg         0         0         BFSN         4         0.000           Lycopene         mcg         0         0         BFSN         4         0.000											
Lycopene mcg											
7.1.											

## **Common Measures:**

Measure 1 = 250g: 1 cup, halves

Apricots, dried, sulfured, stewed, without added sugar

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	<u>.</u>
							Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	30.89	0.293	4	A	1		40.16	1.08	
Energy	kcal	241		0	NC	4		313	8	
Energy	kj	1009		0	NC	4		1312	35	
Protein (N x 6.25)		3.39	0.112	3	A	1		4.41	0.12	
Total lipid (fat)	g	0.51	0.045	3	A	1		0.66	0.02	
Ash		2.57		1	A	1		3.34	0.09	
Carbohydrate, by difference		62.64		0	NC	4		81.43	2.19	
Fiber, total dietary		7.3	0.092	5	A	1		9.5	0.3	
Sugars, total		53.44	2.302	3	A	1		69.47	1.87	
Sucrose	g	7.89	0.385	3	A	1		10.25	0.28	
Glucose (dextrose)		33.08	1.868	3	A	1		43.00	1.16	
Fructose		12.47	0.215	3	A	1		16.21	0.44	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	0.35	0.227	3	A	1		0.45	0.01	
<u>linerals:</u> Calcium, Ca	ma	55	4.367	3	A	1		71	2	
Iron, Fe		2.66	0.624	3	A	1		3.46	0.09	
Magnesium, Mg		32	3.602	3	A	1		42	1	
Phosphorus, P		71	8.003	3	A	1		92	2	
Potassium, K		1162	61.451	3	A	1		1510	41	
Sodium, Na		10	0.930	33		1		13	0	
Zinc, Zn		0.39	0.045	3	A	1		0.50	0.01	
Copper, Cu		0.343	0.055	3	A	1		0.446	0.012	
Manganese, Mn		0.235	0.032	3	A	1		0.306	0.008	
Selenium, Se	mcg	2.2		0	BFSN	4		2.9	0.1	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		1.0	0.226	3	A	1		1.3	0.0	
Thiamin		0.015		3	A	1		0.020	0.001	
Riboflavin		0.074		3	A	1		0.097	0.003	
Niacin	-	2.589		3	A	1		3.365	0.091	
Pantothenic acid	-	0.516		2	A	1		0.670	0.018	
Vitamin B-6		0.143		3 3	A	1 1		0.186	0.005	
Folate, total		10 0	0.067	0	A Z	7		13 0	0 0	
Folic acid		10	0.067	3	A.	1		13	0	
Folate, foodFolate, DFE		10	0.007	0	NC	4		13	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		3604		2	A	1		4685	126	
Vitamin A, RAE		180		2	A	1		234	6	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		4.33	0.089	3	A	1		5.63	0.15	
Tocopherol, beta		0.05	0.000	3	A	1		0.07	0.00	
Tocopherol, gamma		0.08	0.007	3	A	1		0.10	0.00	
Tocopherol, delta		0.01	0.000	3	A	1		0.02	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.1	0.250	3	A	1		4.0	0.1	
ipids:	0	0.017	7	0	NC	4		0 001	0 001	
Fatty acids, total saturated				0 3	NC	1		0.021	0.001	
4:0		0.000			A	1		0.000	0.000	
6:0		0.000		3 3	A A	1		0.000	0.000	
8:0		0.000		3	A	1		0.000 0.000	0.000	
10:0	_	0.000		3	A A	1			0.000	
12:0		0.000	, 0.000	3	A	1		0.000	0.000	
13:0	9									
14:0	0	0.000	0.000	3	A	1		0.000	0.000	

	<u>Ar</u>	mount in 100 gra		ble portic	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean	of D Std. Error Poin	ata Deriv nts Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.017	0.000	3 A	1		0.021	0.001	
17:0g	0.000	0.000	3 A	1		0.000	0.000	
18:0g	0.000		3 A	1		0.000	0.000	
20:0g	0.000		3 A	1		0.000	0.000	
22:0g	0.000		3 A	1		0.000	0.000	
24:0g	0.000		3 A	1		0.000	0.000	
Fatty acids, total monounsaturated	0.074		0 NC	4		0.097	0.003	
14:1g	0.000	0.000	3 A	1		0.000	0.000	
15:1g								
16:1 undifferentiatedg	0.000	0.000	3 A	1		0.000	0.000	
17:1g			_	_				
18:1 undifferentiatedg	0.074		3 A	1		0.097	0.003	
20:1g	0.000		3 A	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0.000	3 A	1		0.000	0.000	
24:1 cg	0.074		0 170					
Fatty acids, total polyunsaturated9	0.074		0 NC	4		0.097	0.003	
18:2 undifferentiated	0.074		3 A 3 A	1 1		0.097	0.003	
18:3 undifferentiatedg	0.000		3 A 3 A	1		0.000 0.000	0.000	
18:4g	0.000	0.000	3 A	1		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0.000	3 A	1		0.000	0.000	
20:5 n-3	0.000		3 A	1		0.000	0.000	
20:5 n-3g	0.000		3 A	1		0.000	0.000	
22:6 n-3g	0.000		3 A	1		0.000	0.000	
Fatty acids, total trans	0.000	0.000	<i></i>	-		0.000	0.000	
Cholesterolmg	0		0 z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.016		0 A	1		0.021	0.001	
Threonineg	0.073		0 A	1		0.095	0.003	
Isoleucineg	0.063		0 A	1		0.082	0.002	
Leucine9	0.105		0 A	1		0.136	0.004	
Lysine9	0.083		0 A	1		0.108	0.003	
Methionineg	0.015		0 A	1		0.019	0.001	
Cystineg	0.019		0 A	1		0.025	0.001	
Phenylalanineg	0.062		0 A	1		0.081	0.002	
Tyrosineg	0.039		0 A	1		0.051	0.001	
Valine	0.078		0 A	1		0.102	0.003	
Arginineg	0.066		0 A	1		0.086	0.002	
Histidineg	0.047		0 A	1		0.061	0.002	
Alanineg	0.110		0 A	1		0.142	0.004	
Aspartic acid	0.937		0 A	1		1.218	0.033	
Glutamic acidg	0.188		0 A	1		0.244	0.007	
Glycineg	0.070		0 A	1		0.091	0.002	
Proline	0.821		0 A 0 A	1 1		1.067	0.029	
Serine	0.087		0 A	1		0.113	0.003	
Hydroxyproline9								
Others:	2.2		^	_				
Alcohol, ethylg	0.0		0	7 7		0.0	0.0	
Caffeine mg	0		0 Z			0	0	
Theobrominemg	0		0 z	7		0	0	
<u>Carotenoids:</u>								
Carotene, beta mcg	2163		2 A	1		2811.250	75.688	
Carotene, alpha mcg	0		2 A	1		0.000	0.000	
Cryptoxanthin, beta mcg	0		2 A	1		0.000	0.000	
Lycopene mcg	0		2 A	1		0.000	0.000	
Lutein + zeaxanthin mcg	0		2 AS	1		0.000	0.000	

Apricots, dried, sulfured, uncooked

**Common Measures:** 

Measure 1 = 130g: 1 cup, halves

Measure 2 = 3.5g: 1 half

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100	<u>grams</u>	ot edik	oie portio	<u>on</u>	Amount in	edible portion of	of common
			ı	Number				m	easures of food	_
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	73.30		0		1		177.39		
Energy	-	98		0	NC	4		237		
Energy		410		U	NC	4		992		
		0.70		0		1		1.69		
Protein (N x 6.25) Total lipid (fat)		0.10		0		1		0.24		
Ash		0.80		0		1		1.94		
Carbohydrate, by difference		25.10		0	NC	4		60.74		
Fiber, total dietary		23.10		0	NC	4		5.3		
Sugars, total				-		_				
Starch	_									
Minerals:										
Calcium, Ca	mg	10		0		1		24		
Iron, Fe	mg	0.90		0		1		2.18		
Magnesium, Mg	mg	9		0		1		22		
Phosphorus, P	mg	19		0		1		46		
Potassium, K		229		0		1		554		
Sodium, Na	-	4		0		1		10		
Zinc, Zn		0.10		0		1		0.24		
Copper, Cu		0.064		0		1		0.155		
Manganese, Mn		0.050	)	0		1		0.121		
Selenium, Se	mcg	0.4		0	BFZN	4		1.0		
Vitamins: Vitamin C, total ascorbic acid	ma	9.0		0		1		21.8		
Thiamin		0.020	`	0		1		0.048		
Riboflavin	-	0.020		0		1		0.048		
Niacin.		0.800		0		1		1.936		
Pantothenic acid		0.200		0		1		0.484		
Vitamin B-6		0.060		0		1		0.145		
Folate, total	-	2		0		4		4		
Folic acid		0		0	z	7		0		
Folate, food		2		0		4		4		
Folate, DFE		2		0	NC	4		4		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		1680		0		1		4066		
Vitamin A, RAE		84		0		1		203		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids: Fatty acids, total saturated	a	0.007	7	0		1		0.017		
4:0		0.007		0		1		0.017		
6:0	-	0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0	-	,,,,,		-		•				
14:0		0.000	)	0		1		0.000		
15:0										
16:0		0.006	5	0		1		0.015		
17:0										
18:0		0.001	L	0		1		0.002		
20:0										
22:0										
24:0										

		<u>Aı</u>	mount in 100		of edik	ole portio	<u>n</u>		edible portion of easures of food	
				umber		_		<u> </u>	easures or roou	•
Nutrients and Uni	ts	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	<b>a</b>	0.044		0		1		0.106		
Fatty acids, total monounsaturated	g	0.044		U		1		0.106		
15:1	g	0.000		0		1		0.000		
17:1	-	0.044		0		1		0.106		
20:1		0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	-	0.000		U		_		0.000		
Fatty acids, total polyunsaturated		0.020		0		1		0.048		
18:2 undifferentiated		0.020		0		1		0.048		
18:3 undifferentiated	-	0.020		0		1		0.000		
18:4	-	0.000		0		1		0.000		
20:2 n-6 c.c	-	0.000		Ū		-		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		1		0.000		
20:5 n-3	-	0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3	-	0.000		0		1		0.000		
Fatty acids, total trans		0.000		Ū		-		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols										
Amino Acids:										
Tryptophan	a	0.008		0		1		0.019		
Threonine		0.024		0		1		0.019		
Isoleucine	-	0.024		0		1		0.048		
Leucine		0.020		0		1		0.048		
Lysine		0.039		0		1		0.119		
Methionine		0.049		0		1		0.007		
		0.003		0		1		0.007		
CystinePhenylalanine		0.002		0		1		0.063		
Tyrosine		0.020		0		1		0.036		
Valine	-	0.013		0		1		0.058		
Arginine		0.024		0		1		0.053		
Histidine		0.022		0		1		0.033		
Alanine		0.013		0		1		0.082		
Aspartic acid	-	0.034		0		1		0.380		
Glutamic acid		0.137		0		1		0.191		
GlycineGlycine		0.020		0		1		0.048		
Proline	<del>-</del>	0.020		0		1		0.123		
Serine		0.031		0		1		0.123		
Hydroxyproline	_	0.042		J		-		0.102		
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine		0.0		•	-	•				
Theobromine	-									

### **Common Measures:**

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

NDB No. 09021 Apricots, raw Prunus armeniaca

Includes USDA commodity food A386

Refuse: 7% Pits

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r				easures of food		
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	86.35		26		1		133.84	142.48	30.22	
Energy		48		0	NC	4		74	79	17	
Energy	kj	201				4		311	331	70	
Protein (N x 6.25)		1.40	0.336	22		1		2.17	2.31	0.49	
Total lipid (fat)		0.39	0.170	5		1		0.60	0.64	0.14	
Ash		0.75	0.054	32		1		1.16	1.24	0.26	
Carbohydrate, by difference		11.12		0	NC	4		17.24	18.35	3.89	
Fiber, total dietary		2.0	0.408	5	A	1		3.0	3.2	0.7	
Sugars, total		9.24		0	AS	1		14.32	15.24	3.23	
Sucrose	g	5.87	0.659	7	A	1		9.11	9.69	2.06	
Glucose (dextrose)		2.37	0.553	7	A	1		3.67	3.90	0.83	
Fructose		0.94	0.271	7	A	1		1.45	1.54	0.33	
Lactose	g	0.00		0	Z	7		0.00	0.00	0.00	
Maltose	g	0.06		1	A	1		0.09	0.10	0.02	
Galactose		0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	mg	13	1.071	21	A	1		21	22	5	
Iron, Fe.		0.39	0.018	21	A	1		0.60	0.64	0.14	
Magnesium, Mg		10	0.233	21	A	1		16	17	4	
Phosphorus, P	mg	23	0.424	21	A	1		36	38	8	
Potassium, K	mg	259	4.464	21	A	1		402	428	91	
Sodium, Na	mg	1	0.036	18		1		2	2	0	
Zinc, Zn	mg	0.20	0.011	21	A	1		0.30	0.32	0.07	
Copper, Cu		0.078		21	A	1		0.121	0.129	0.02	
Manganese, Mn		0.077		21	A	1		0.120	0.128	0.02	
Selenium, Se	mcg	0.1	0.089	21	A	1		0.2	0.2	0.0	
Vitamins:											
Vitamin C, total ascorbic acid		10.0	0.161	4		1		15.5	16.5	3.5	
Thiamin	-	0.030		0		1		0.047	0.050	0.01	
Riboflavin	-	0.040		0		1 1		0.062 0.930	0.066 0.990	0.01 0.21	
Niacin Pantothenic acid	_	0.800		0		1		0.372	0.396	0.21	
Vitamin B-6	-	0.240		1		1		0.372	0.396	0.08	
Folate, total		9	1.450	4		1		13	14	3	
Folic acid		0	1.430	0	z	7		0	0	0	
Folate, food	mca	9	1.450	4	_	1		13	14	3	
Folate, DFE		9	2.100	0	NC	4		13	14	3	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		1926	638.531	8	A	1		2985	3178	674	
Vitamin A, RAE		96	31.927	8	A	1		149	159	34	
Retinol		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.89		0	NR	4		1.38	1.47	0.31	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	3.3		1	A	1		5.1	5.4	1.2	
Lipids:											
Fatty acids, total saturated	g	0.027	•	0		1		0.042	0.045	0.00	
4:0	g	0.000	)	0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000	)	0		1		0.000	0.000	0.00	
10:0		0.000	)	0		1		0.000	0.000	0.00	
12:0	g	0.000	)	0		1		0.000	0.000	0.00	
13:0	g										
14:0	_	0.000		0		1		0.000	0.000	0.00	

	An	nount in 100		Amount in edible portion of common measures of food						
Nutrients and Unit	s	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.024		4		1		0.037	0.040	0.008
17:0	-					_				
18:0 20:0	-	0.003		4		1		0.005	0.005	0.001
22:0	-									
24:0										
Fatty acids, total monounsaturated		0.170		0		1		0.264	0.281	0.060
14:1	g									
15:1										
16:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
17:1	-	0.450				_			0.004	
18:1 undifferentiated	-	0.170 0.000		<b>4</b> 0		1 1		0.264 0.000	0.281 0.000	0.060 0.000
20:1 22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c		0.000		Ū		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.077		0		1		0.119	0.127	0.027
18:2 undifferentiated		0.077		4		1		0.119	0.127	0.027
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated	-			_		_				
20:4 undifferentiated		0.000		0		1 1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000 0.000	0.000 0.000	0.000 0.000
22:5 n-3 22:6 n-3	-	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	-	0.000		Ū		-		0.000	0.000	0.000
Cholesterol		0		0	z	7		0	0	0
Phytosterols		18		0		1		28	30	6
Amino Acids:										
Tryptophan		0.015		12		1		0.023	0.025	0.005
Threonine	-	0.047		12		1		0.073	0.078	0.016
Isoleucine	-	0.041		12 12		1 1		0.064 0.119	0.068 0.127	0.014 0.027
Leucine		0.077 0.097		12		1		0.119	0.127	0.027
Lysine Methionine		0.006		12		1		0.130	0.010	0.002
Cystine		0.003		12		1		0.005	0.005	0.001
Phenylalanine	-	0.052		12		1		0.081	0.086	0.018
Tyrosine	-	0.029		12		1		0.045	0.048	0.010
Valine		0.047		12		1		0.073	0.078	0.016
Arginine		0.045		12		1		0.070	0.074	0.016
Histidine	-	0.027		12		1		0.042	0.045	0.009
Alanine	-	0.068		12		1		0.105	0.112	0.024
Aspartic acid		0.314		12		1		0.487	0.518	0.110
Glutamic acid		0.157		12		1		0.243	0.259	0.055
Glycine		0.040		12 12		1 1		0.062	0.066	0.014
ProlineSerine		0.101 0.083		12		1		0.157 0.129	0.167 0.137	0.035 0.029
Hydroxyproline		0.003		12		-		0.129	0.137	0.029
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	z	7		0	0	0
Carotenoids:										
Carotene, beta	_	1094	346.05		A	1		1695.266	1804.638	382.802
Carotene, alpha		19	10.69		A	1		29.450	31.350	6.650
Cryptoxanthin, beta Lycopene		104 0	64.17	8 8 0	A Z	1 7		161.954 0.000	172.403 0.000	36.570 0.000
Lutein + zeaxanthin		89		2	A	1		137.950	146.850	31.150
Eutem - Zearandilli	y	0,5		-		-			3 . 0 5 0	31.130

NDB No. 09021 Apricots, raw

## **Common Measures:**

Measure 1 = 155g: 1 cup, halves Measure 2 = 165g: 1 cup, sliced Measure 3 = 35g: 1 apricot

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 24% Seed and skin

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
	- <del></del>		J.G. =1101 · ·								
Proximates:											
Water	g	72.33	2.170	33	A	1		166.35	125.12	21.70	
Energy	kcal	167		0	NC	4		383	288	50	
Energy	kj	697		0	NC	4		1604	1207	209	
Protein (N x 6.25)		1.96	0.158	30	A	1		4.50	3.39	0.59	
Total lipid (fat)		15.41	0.630	31	A	1		35.45	26.66	4.62	
Ash		1.66	0.138	30	A	1		3.82	2.87	0.50	
Carbohydrate, by difference		8.64		0	NC	4		19.88	14.95	2.59	
Fiber, total dietary		6.8	1.014	21	A	1		15.7	11.8	2.1	
Sugars, total		0.30	0.098	11	A	1		0.69	0.52	0.09	
Sucrose		0.06	0.043	9	A	1		0.13	0.10	0.02	
Glucose (dextrose)	g	0.08	0.035	9	A	1		0.17	0.13	0.02	
Fructose	g	0.08	0.019	9	A	1		0.19	0.14	0.03	
Lactose	g	0.00	0.000	9	A	1		0.00	0.00	0.00	
Maltose	g	0.00	0.000	9	A	1		0.00	0.00	0.00	
Galactose		0.08	0.014	8	A	1		0.19	0.14	0.02	
Starch	g	0.11	0.000	4	A	1		0.25	0.19	0.03	
Minerals:											
Calcium, Ca	ma	13	0.662	24	A	1		29	22	4	
Iron, Fe	-	0.61	0.122	24	A	1		1.40	1.05	0.18	
Magnesium, Mg		29	1.702	12	A	1		67	51	9	
Phosphorus, P		54	1.886	12	A	1		125	94	16	
Potassium, K		507	34.404	24	A	1		1166	877	152	
Sodium, Na		8	1.360	18	A	1		17	13	2	
Zinc, Zn		0.68	0.034	12	A	1		1.56	1.17	0.20	
Copper, Cu	mg	0.170	0.044	12	A	1		0.392	0.295	0.051	
Manganese, Mn		0.149	0.007	12	A	1		0.344	0.259	0.045	
Selenium, Se	mcg	0.4	0.068	5	A	1		0.9	0.7	0.1	
Vitamins:											
Vitamin C, total ascorbic acid	-	8.8	0.588	16	A	1		20.3	15.2	2.6	
Thiamin	-	0.075		12	A	1		0.172	0.129	0.022	
Riboflavin	-	0.143		12	A	1		0.328	0.247	0.043	
Niacin	-	1.912		12	A	1		4.397	3.307	0.573	
Pantothenic acid		1.463		12	A	1		3.366	2.532	0.439	
Vitamin B-6		0.287	7 0.054 12.026	11	A	1		0.659	0.496	0.086	
Folate, total		89	12.026	20	A Z	1 7		204	153	27	
Folic acid		0 89	12.026	0 20	Z A	1		0 204	0	0	
Folate, food			12.026	0		4			153	27	
Folate, DFE Vitamin B-12		89 0.00		0	NC Z	7		204 0.00	153 0.00	27 0.00	
Vitamin A, IU		147		0	AS	1		338	254	44	
Vitamin A, RAE		7		0	AS	1		17	13	2	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		1.97	0.249	22	A	1		4.54	3.41	0.59	
Tocopherol, beta		0.04	0.010	9	A	1		0.09	0.07	0.01	
Tocopherol, gamma		0.32	0.133	18	A	1		0.73	0.55	0.10	
Tocopherol, delta		0.02	0.005	9	A	1		0.05	0.04	0.01	
Vitamin D											
Vitamin K (phylloquinone)		21.0	0.766	8	A	1		48.2	36.3	6.3	
Lipids:											
Fatty acids, total saturated		2.126	5	0	NC	4		4.889	3.677	0.638	
4:0	g										
6:0											
8:0		0.001		7	A	1		0.002	0.002	0.000	
10:0		0.000		8	A	1		0.000	0.000	0.000	
12:0		0.000	0.000	8	A	1		0.000	0.000	0.000	
13:0	_			_	_	_					
14:0	_	0.000		8	A	1		0.000	0.000	0.000	
15:0	g	0.000	0.000	8	A	1		0.000	0.000	0.000	

		<u>Ar</u>	mount in 100	Amount in edible portion of common						
			N	lumber				<u>m</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	2.075			A	1		4.773	3.590	0.623
17:0	_	0.000			A	1		0.000	0.000	0.000
18:0		0.049			A	1		0.113	0.085	0.015
20:0		0.000			A A	1 1		0.000 0.000	0.000 0.000	0.000
22:0 24:0	•	0.000			A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated		9.799		0	NC	4		22.537	16.952	2.940
14:1		0.000			A	1		0.000	0.000	0.000
15:1		0.000	0.000	8 0	A	1		0.000	0.000	0.000
16:1 undifferentiated	_	0.698	0.039	9 8	A	1		1.606	1.208	0.210
17:1	g	0.010	0.00	L 8	A	1		0.023	0.017	0.003
18:1 undifferentiated	g	9.066	0.474	4 8	A	1		20.851	15.684	2.720
20:1	g	0.025	0.002	2 8	A	1		0.057	0.043	0.007
22:1 undifferentiated		0.000	0.000	0 4	A	1		0.000	0.000	0.000
24:1 c				_		_				
Fatty acids, total polyunsaturated.		1.816		0	NC	4		4.177	3.142	0.545
18:2 undifferentiated		1.674			A	1		3.851	2.897	0.502
18:3 undifferentiated		0.125		0	A	1		0.288	0.217	0.038
18:3 n-6 c,c,c	-	0.015	0.000	0 4	A	1		0.034	0.026	0.004
18:3i		0.000	0.000	0 4	A	1		0.000	0.000	0.000
18:4 20:2 n-6 c.c.	_	0.000			A	1		0.000	0.000	0.000
20:3 undifferentiated	••••••	0.000			A	1		0.000	0.000	0.005
20:3 thdifferentiated		0.010	0.002	_ 0	A	-		0.037	0.020	0.005
20:3 n-6	-									
20:4 undifferentiated		0.000	0.000	8 0	A	1		0.000	0.000	0.000
20:4 n-3	_									
20:4 n-6										
20:5 n-3	g	0.000	0.000	0 4	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000	0.000	0 4	A	1		0.000	0.000	0.000
22:6 n-3	g	0.000	0.000	0 4	A	1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol	_	0		0	Z	7		0	0	0
Phytosterols					_	_		_	_	•
Stigmasterol		2 5	0.000		A A	1 1		3 12	3 9	0 2
Campesterol		76	5.583		A	1		176	132	23
Beta-sitosterol	1119	76	5.56.	5 6	A	1		1/6	132	23
Amino Acids:										
Tryptophan	g	0.025		0	A	1		0.057	0.043	0.007
Threonine	g	0.072		0	A	1		0.165	0.124	0.021
Isoleucine		0.083		0	A	1		0.190	0.143	0.025
Leucine	-	0.141		0	A	1		0.323	0.243	0.042
Lysine	-	0.129		0	A	1		0.297	0.223	0.039
Methionine		0.037		0	A	1		0.085	0.064	0.011
Cystine		0.027		0	A A	1 1		0.062	0.046	0.008
Phenylalanine		0.228		0	A	1		0.524	0.394	0.068
Tyrosine		0.048 0.105		0	A	1		0.110 0.241	0.082 0.181	0.014 0.031
Valine Arginine		0.103		0	A	1		0.199	0.150	0.031
Histidine		0.048		0	A	1		0.111	0.084	0.014
Alanine		0.106		0	A	1		0.245	0.184	0.032
Aspartic acid		0.232		0	A	1		0.533	0.401	0.069
Glutamic acid	-	0.282		0	A	1		0.648	0.487	0.084
Glycine		0.102		0	A	1		0.234	0.176	0.031
Proline		0.096		0	A	1		0.222	0.167	0.029
Serine	g	0.112		0	A	1		0.258	0.194	0.034
Hydroxyproline	-									
Carotenoids:										
Carotene, beta	mcg	63	8.97	L 29	A	1		145.015	109.077	18.915
Carotene, alpha		24	13.419		A	1		54.280	40.828	7.080
Cryptoxanthin, beta										
		27	19.44	4 25	A	1		61.653	46.374	8.042
Lycopene		27 0	19.444		A A	1 1 1		61.653 0.000 623.385	46.374 0.000	8.042 0.000

Avocados, raw, California

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

#### **Common Measures:**

Measure 1 = 230g: 1 cup, pureed

Measure 2 = 173g: 1 fruit without skin and seeds

Measure 3 = 30g: 1 NLEA serving

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 33% Seed and skin

		<u>A</u>	mount in 100	grams	s or ean	ole portio	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			me	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	78.81	2.47	4 7	A	1		181.26	239.58	
Energy	kcal	120		0	NC	4		276	364	
Energy	kj	501		0	NC	4		1153	1524	
Protein (N x 6.25)	g	2.23	0.17	0 4	A	1		5.14	6.79	
Total lipid (fat)	g	10.06	0.90	6 4	A	1		23.13	30.57	
Ash	g	1.08	0.14	0 4	A	1		2.48	3.28	
Carbohydrate, by difference	g	7.82		0	NC	4		17.99	23.78	
Fiber, total dietary	g	5.6	0.83	6 6	A	1		13.0	17.2	
Sugars, total	g	2.42		1	A	1		5.57	7.36	
Sucrose	g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)	g	2.17		1	A	1		4.99	6.60	
Fructose	g	0.25		1	A	1		0.58	0.76	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose		0.00		1	A	1		0.00	0.00	
Galactose										
Starch										
Minorala.										
<u>Minerals:</u>	ma	10	0.87			1		24	31	
Calcium, Ca	_	0.17	0.87		A A	1		0.38	0.51	
Iron, Fe		24	3.46		A	1		55	73	
Phosphorus, P		40	5.34		A	1		92	122	
Potassium, K		351	73.28		A	1		807	1066	
Sodium, Na	-	2	0.47		A	1		5	7	
Zinc, Zn		0.40	0.00		A	1		0.92	1.22	
Copper, Cu	ma	0.311			A	1		0.715	0.945	
Manganese, Mn.		0.095			A	1		0.218	0.288	
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.4	3.62	8 4	A	1		40.1	53.0	
Thiamin		0.021	0.00	54	A	1		0.048	0.064	
Riboflavin	mg	0.053		0 4	A	1		0.122	0.162	
Niacin	•	0.672			A	1		1.546	2.043	
Pantothenic acid		0.931			A	1		2.140	2.829	
Vitamin B-6		0.078			A	1		0.179	0.236	
Folate, total		35	7.52		A	1		81	107	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		35	7.52		A	1		81	107	
Folate, DFE		35		0	NC	4		81	107	
Vitamin B-12	-	0.00	10.24	0	z	7		0.00	0.00	
Vitamin A, IU		140 7	19.34		A	1 1		321	425	
Vitamin A, RAE		0	0.96	, 4 0	A Z	7		16 0	21 0	
Retinol Vitamin E (alpha-tocopherol)		2.66		1	Z A	1		6.12	8.09	
		0.08		1	A	1		0.18	0.24	
Tocopherol, beta		0.39		1	A	1		0.18	1.19	
Tocopherol, gamma Tocopherol, delta		0.39		1	A	1		0.90	0.00	
Vitamin D		0.00		-		-		0.00	0.00	
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	1.960	)	0	NC	4		4.509	5.960	
4:0										
6:0										
8:0	-									
10:0	-									
12:0	-									
13:0	-									
14:0	-									

		<u>Aı</u>	nount in 10	00 grams	<u>on</u>	Amount in	edible portion of	of common		
				Number					easures of food	
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	1.905		2		1		4.381	5.791	
17:0	-									
18:0	_	0.055		2		1		0.128	0.169	
20:0	_									
22:0	_									
Fatty acids, total monounsaturated.	-	5.513		0	NC	4		12.681	16.761	
14:1		3.313		U	NC	*		12.001	10.761	
15:1										
16:1 undifferentiated	-	0.825		2		1		1.896	2.507	
17:1	_	0.020		_		_		1.050	2.507	
18:1 undifferentiated	-	4.689		2		1		10.784	14.254	
20:1	•									
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		1.676		0	NC	4		3.855	5.096	
18:2 undifferentiated	g	1.580		2		1		3.634	4.803	
18:3 undifferentiated	g	0.096		2		1		0.221	0.293	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	_									
20:5 n-3	_									
22:5 n-3	_									
22:6 n-3	_									
Fatty acids, total trans		•			_	_		•	•	
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	Illy									
Amino Acids:	~	0.000		•	DEDM			0.065	0.006	
Tryptophan		0.028		0 0	BFPN BFPN	4 4		0.065	0.086	
Threonine	_	0.082		0		4		0.188 0.217	0.248 0.286	
Isoleucine	_	0.09 <b>4</b> 0.160		0	BFPN BFPN	4		0.217	0.286	
Leucine	_	0.147		0	BFPN	4		0.339	0.487	
Lysine Methionine		0.147		0	BFPN	4		0.097	0.128	
Cystine		0.031		0	BFPN	4		0.070	0.128	
Phenylalanine		0.260		0	BFPN	4		0.598	0.790	
Tyrosine		0.054		0	BFPN	4		0.125	0.165	
Valine		0.120		0	BFPN	4		0.275	0.364	
Arginine		0.099		0	BFPN	4		0.228	0.301	
Histidine	_	0.055		0	BFPN	4		0.127	0.167	
Alanine		0.121		0	BFPN	4		0.279	0.369	
Aspartic acid		0.264		0	BFPN	4		0.608	0.803	
Glutamic acid		0.321		0	BFPN	4		0.739	0.977	
Glycine		0.116		0	BFPN	4		0.267	0.353	
Proline		0.110		0	BFPN	4		0.253	0.334	
Serine	_	0.128		0	BFPN	4		0.294	0.389	
Hydroxyproline										
Carotenoids:										
Carotene, beta	mca	53	7.5	27 4	A	1		120.865	159.752	
Carotene, alpha		27	6.7		A	1		61.864	81.768	
Cryptoxanthin, beta		36	14.2		A	1		82.179	108.619	
Lycopene	<u>m</u> cg									
Lutein + zeaxanthin	mcg									

#### **Common Measures:**

Measure 1 = 230g: 1 cup, pureed

Measure 2 = 304g: 1 fruit without skin and seeds

NDB No. 09039 Avocados, raw, Florida

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Persea americana

Refuse: 26% Seed and skin

		<u>A</u>	mount in 100 gı	ams or	<u>n</u>		edible portion			
			Nur	nber				<u>m</u>	easures of food	<u>l</u>
			of I	Data De	riv S	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	73.23	1.898	40	A	1		109.85	168.44	106.92
Energy	-	160	2.000	0	NC	4		240	368	234
Energy		670		0	NC	4		1005	1541	978
Protein (N x 6.25)		2.00	0.136	34	A	1		2.99	4.59	2.91
Total lipid (fat)		14.66	0.542	35	A	1		21.99	33.72	21.41
Ash		1.58	0.118	34	A	1		2.37	3.63	2.31
Carbohydrate, by difference		8.53		0	NC	4		12.79	19.62	12.45
Fiber, total dietary		6.7	0.879	27	A	1		10.0	15.4	9.7
Sugars, total		0.66	0.019	12	A	1		0.99	1.52	0.96
Sucrose		0.06	0.037	10	A	1		0.09	0.14	0.09
Glucose (dextrose)	s a	0.37	0.030	10	A	1		0.55	0.85	0.54
Fructose	g	0.12	0.016	10	A	1		0.19	0.28	0.18
Lactose	g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose		0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose		0.10	0.014	8	A	1		0.16	0.24	0.15
Starch		0.11	0.000	4	A	1		0.16	0.25	0.16
									***	
<u>Minerals:</u>										
Calcium, Ca	_	12	0.583	29	A	1		18	28	18
Iron, Fe		0.55	0.105	29	A	1		0.82	1.26	0.80
Magnesium, Mg		29	1.542	17	A	1		43	66	42
Phosphorus, P		52	1.622	16	A	1		79	121	77
Potassium, K		485	31.316	29	A	1		728	1116	708
Sodium, Na	-	7	1.173	23	A	1		10	16	10
Zinc, Zn		0.64 0.190	0.029 0.039	17 17	A A	1 1		0.96 0.285	1.47 0.437	0.93 0.27
Copper, Cu		0.190		17	A	1		0.285	0.437	0.27
Manganese, Mn Selenium, Se		0.142	0.068	5	A	1		0.6	0.326	0.20
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.0	0.505	20	A	1		15.0	23.0	14.6
Thiamin	mg	0.067	0.002	16	A	1		0.101	0.155	0.09
Riboflavin	mg	0.130	0.008	16	A	1		0.195	0.300	0.19
Niacin	mg	1.738	0.081	16	A	1		2.607	3.998	2.53
Pantothenic acid	mg	1.389	0.301	16	A	1		2.083	3.194	2.02
Vitamin B-6	mg	0.257	0.046	15	A	1		0.386	0.592	0.37
Folate, total	mcg	81	10.343	24	A	1		122	187	119
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	81	10.343	24	A	1		122	187	119
Folate, DFE	mcg_DFE	81		0	NC	4		122	187	119
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	146		0	AS	1		219	336	213
Vitamin A, RAE		7			AS	1		11	17	11
Retinol	-	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	2.07	0.214	23	A	1		3.10	4.76	3.02
Tocopherol, beta	mg	0.05	0.009	10	A	1		0.07	0.10	0.07
Tocopherol, gamma	mg	0.33	0.114	19	A	1		0.49	0.76	0.48
Tocopherol, delta		0.02	0.004	10	A	1		0.03	0.04	0.03
Vitamin D		21.0	0.766	8	A	1		31.5	48.2	30.6
Vitamin K (phylloquinone)	<u>.</u> 11109	21.0	0.700	o	Α	1		31.3	40.2	30.0
Lipids:	a	2.126	•	0	NC	4		2 100	4 000	3.10
Fatty acids, total saturated				0	MC	1		3.188	4.889	0.00
4:0	-	0.000		0		1		0.000	0.000	0.00
6:0				7	7	1		0.000	0.000	
8:0		0.001			A A	1		0.002	0.002	0.00
10:0	-	0.000			A A	1		0.000	0.000	0.00
12:0	-	0.000	, 0.000	0	A	1		0.000	0.000	0.00
13:0	y									
14:0	a	0.000	0.000	8	A	1		0.000	0.000	0.00

		<u>A</u>	mount in 10	0 grar	ns of edi	ble portio	<u>on</u>		edible portion	
				Numb	er			<u>m</u>	easures of food	_
				of Da	ta Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	2.075	0.1	04 8	A	1		3.113	4.773	3.030
17:0	-	0.000				1		0.000	0.000	0.000
18:0	-	0.049				1		0.074	0.113	0.072
20:0	-	0.000				1		0.000	0.000	0.000
22:0	-	0.000				1		0.000	0.000	0.000
24:0		0.000				1		0.000	0.000	0.000
Fatty acids, total monounsaturated		9.799		0		4		14.698	22.537	14.306
14:1		0.000				1 1		0.000	0.000	0.000
15:1		0.000 0.698				1		0.000	0.000	0.000
16:1 undifferentiated		0.010				1		1.048 0.015	1.606 0.023	1.020 0.015
18:1 undifferentiated		9.066				1		13.598	20.851	13.236
20:1	-	0.025				1		0.037	0.057	0.036
22:1 undifferentiated	-	0.000				1		0.000	0.000	0.000
24:1 c	-	0.000		-		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		1.816	5	0	NC	4		2.724	4.177	2.652
18:2 undifferentiated		1.674	0.0	63 8	A	1		2.512	3.851	2.445
18:3 undifferentiated		0.125	5	0	A	1		0.188	0.288	0.183
18:3 n-6 c,c,c		0.015	0.0	00 4	A	1		0.022	0.034	0.022
18:3i	g									
18:4	g	0.000	0.0	00 4	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	0.0	00 8	A	1		0.000	0.000	0.000
20:3 undifferentiated	g	0.016	0.0	02 8	A	1		0.024	0.037	0.024
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	-	0.000	0.0	00 8	A	1		0.000	0.000	0.000
20:4 n-3										
20:4 n-6										
20:5 n-3		0.000				1		0.000	0.000	0.000
22:5 n-3		0.000				1		0.000	0.000	0.000
22:6 n-3		0.000	0.0	00 4	A	1		0.000	0.000	0.000
Fatty acids, total trans		0		0	Z	7		0	0	0
CholesterolPhytosterols	-	U		U		,		U	U	U
Stigmasterol		2	0.0	00 6	A	1		2	3	2
Campesterol	ma	5	0.1			1		8	12	7
Beta-sitosterol.		76	5.5			1		115	176	112
	5									
Amino Acids:				_						
Tryptophan		0.025		0				0.038	0.058	0.037
Threonine		0.073		0	BFPN			0.110	0.168	0.107
Isoleucine		0.084		0				0.126	0.194	0.123
Leucine		0.143 0.132		0				0.215 0.197	0.330 0.303	0.209 0.192
Lysine Methionine		0.132		0				0.056	0.087	0.192
Cystine		0.027		0				0.041	0.063	0.040
Phenylalanine		0.023		0				0.349	0.534	0.339
Tyrosine		0.049		0				0.073	0.112	0.071
Valine		0.107		0				0.160	0.246	0.156
Arginine	-	0.088		0				0.133	0.203	0.129
Histidine		0.049		0				0.074	0.113	0.072
Alanine	-	0.109		0	BFPN	1 4		0.163	0.250	0.158
Aspartic acid		0.236	5	0	BFPN	1 4		0.354	0.543	0.345
Glutamic acid		0.287	1	0	BFPN	1 4		0.431	0.661	0.419
Glycine		0.104	l	0	BFPN	1 4		0.156	0.239	0.152
Proline	g	0.098	3	0	BFPN	1 4		0.147	0.226	0.144
Serine	g	0.114	Į	0	BFPN	1 4		0.171	0.263	0.167
Hydroxyproline	g									
Others:										
Alcohol, ethyl	.g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine		0		0		7		0	0	0
Carotenoids:										
Carotene, beta	mca	62	7.7	15 3:	3 A	1		92.370	141.634	89.907
Carotono, octa	9	<b>~-</b>				-				

	<u>A</u>	mount in 100 g	grams umbei		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error P				Confidence Code	Measure 1	Measure 2	Measure 3	
Carotene, alphamcg Cryptoxanthin, betamcg	24 28	11.540 16.722		A A	1		36.092 <b>4</b> 2.082	55.342 64.526	35.130 40.960	
Lycopene mcg Lutein + zeaxanthin mcg	0 271	0.000 16.660	7 16	A A	1 1		0.000 <b>4</b> 06.556	0.000 623.385	0.000 395.714	

#### **Common Measures:**

Measure 1 = 150g: 1 cup, cubes Measure 2 = 230g: 1 cup, pureed Measure 3 = 146g: 1 cup, sliced

### **Footnotes**

1 Based on 86% California and 14% Florida varieties.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0		1		3.00	0.19	
Energy	kcal	346		0	NC	4		346	21	
Energy	kj	1448				4		1448	90	
Protein (N x 6.25)	g	3.89		0		1		3.89	0.24	
Total lipid (fat)	g	1.81		0		1		1.81	0.11	
Ash	g	3.02		0		1		3.02	0.19	
Carbohydrate, by difference	g	88.28		0	NC	4		88.28	5.47	
Fiber, total dietary		9.9		0	BFSN	4		9.9	0.6	
Sugars, total	g	47.30		0	BFSN	4		47.30	2.93	
Starch	g									
Minerals:										
Calcium, Ca	ma	22		0		1		22	1	
Iron, Fe	_	1.15		0		1		1.15	0.07	
Magnesium, Mg	_	108		0		1		108	7	
Phosphorus, P		74		0		1		74	5	
Potassium, K	•	1491		0		1		1491	92	
Sodium, Na		3		0		1		3	0	
Zinc, Zn	mg	0.61		0		1		0.61	0.04	
Copper, Cu	mg	0.391	=	0		1		0.391	0.024	
Manganese, Mn	mg	0.574	Į.	0		1		0.574	0.036	
Selenium, Se	mcg	3.9		0	BFSN	4		3.9	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.0		0		1		7.0	0.4	
Thiamin	_	0.180	1	0		1		0.180	0.011	
Riboflavin	-	0.180		0		1		0.240	0.015	
Niacin	-	2.800		0		1		2.800	0.174	
Pantothenic acid	_		•	·		-		2.000	V	
Vitamin B-6	_	0.440	)	0		4		0.440	0.027	
Folate, total	_	14		0		4		14	1	
Folic acid		0		0	z	7		0	0	
Folate, food		14		0		4		14	1	
Folate, DFE		14		0	NC	4		14	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	248		0	BFSN	4		248	15	
Vitamin A, RAE		12		0	NC	4		12	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.39		0	BFSN	4		0.39	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.0		0	BFSN	4		2.0	0.1	
Lipids:										
Fatty acids, total saturated	g	0.698	3	0		1		0.698	0.043	
4:0		0.000	)	0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0	-	0.001		0		1		0.001	0.000	
10:0	g	0.005	<b>i</b>	0		1		0.005	0.000	
12:0	g	0.006	5	0		1		0.006	0.000	
13:0	g									
14:0	g	0.013	3	0		1		0.013	0.001	
15:0										
16:0	g	0.473	3	0		1		0.473	0.029	
17:0	g									
18:0	g	0.023	3	0		1		0.023	0.001	
20:0	g									
22:0	g									
24:0	а									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of	of common
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and L	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.153	3	0		1		0.153	0.009	
14:1 15:1										
16:1 undifferentiated	g	0.045	i .	0		1		0.045	0.003	
17:1 18:1 undifferentiated	_	0.102	<u> </u>	0		1		0.102	0.006	
20:1	_	0.000	)	0		1		0.000	0.000	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated		0.337	,	0		1		0.337	0.021	
18:2 undifferentiated		0.211		0		1		0.211	0.013	
18:3 undifferentiated		0.126	5	0		1		0.126	0.008	
18:4	g	0.000	)	0		1		0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000	)	0		1		0.000	0.000	
20:5 n-3	g	0.000	)	0		1		0.000	0.000	
22:5 n-3	g	0.000	)	0		1		0.000	0.000	
22:6 n-3	_	0.000	)	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	-									
Amino Acids:										
Tryptophan		0.454		_		_				
Threonine		0.171		1		1		0.171	0.011	
Isoleucine	_	0.167		1		1		0.167	0.010	
Leucine	_	0.359		1		1		0.359	0.022	
Lysine	_	0.162		1 1		1 1		0.162	0.010	
Methionine		0.074		1		1		0.074	0.005	
Cystine		0.063		1		1		0.063	0.004	
Phenylalanine		0.201						0.201	0.012	
Tyrosine	_	0.121		1		1		0.121	0.008	
Valine	_	0.282		1		1		0.282	0.017	
Arginine		0.176		1		1		0.176	0.011	
Histidine	_	0.333		1		1		0.333	0.021	
Alanine		0.222		1		1		0.222	0.014	
Aspartic acid		0.503		1		1		0.503	0.031	
Glutamic acid		0.399		1		1		0.399	0.025	
Glycine	_	0.190		1		1		0.190	0.012	
Proline	<del>-</del>	0.229		1		1		0.229	0.014	
Serine		0.226	•	1		1		0.226	0.014	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	101		0	BFSN	4		100.665	6.241	
Carotene, alpha		96		0	BFSN	4		96.427	5.978	
Cryptoxanthin, beta		0		0	BFSN	4		0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	
- 1	mcg	84		0	BFSN	4		83.780	5.194	

### **Common Measures:**

Measure 1 = 100g: 1 cup Measure 2 = 6.2g: 1 tbsp NDB No. 09041

Bananas, dehydrated, or banana powder

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 36% Skin

		<u>A</u>	mount in 100 gi	rams of	edib	Amount in 100 grams of edible portion  Number							
			Nur	nber				<u>m</u>	easures of food	<u> </u>			
			of I	Data De	eriv	Source	Confidence						
Nutrients and Unit	s	Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	-	74.91	0.286	20	A	1		168.56	112.37	60.68			
Energy		89		0	NC	4		199	133	72			
Energy		371		0	NC	4		835	556	300			
Protein (N x 6.25)	g	1.09	0.022	12	A	1		2.46	1.64	0.89			
Total lipid (fat)	g	0.33	0.067	19	A	1		0.74	0.49	0.27			
Ash	g	0.82	0.030	12	A	1		1.85	1.23	0.67			
Carbohydrate, by difference	g	22.84		0	NC	4		51.39	34.26	18.50			
Fiber, total dietary	g	2.6	0.129	13	A	1		5.7	3.8	2.1			
Sugars, total	g	12.23	1.034	8	A	1		27.52	18.35	9.91			
Sucrose	g	2.39	0.546	8	A	1		5.38	3.59	1.94			
Glucose (dextrose)	g	4.98	0.806	8	A	1		11.20	7.47	4.03			
Fructose	g	4.85	0.658	8	A	1		10.91	7.27	3.93			
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00			
Maltose		0.01	0.014	8	A	1		0.03	0.02	0.01			
		0.00	0.000	8	A	1		0.00	0.00	0.00			
Galactose		5.38	0.564	8	A	1		12.11	8.07	4.36			
Starcii	9	3.30	0.504	Ū		-		12.11	0.07	4.50			
<u> Minerals:</u>													
Calcium, Ca	mg	5	0.047	45	A	1		12	8	4			
Iron, Fe	mg	0.26	0.001	42	A	1		0.57	0.38	0.2			
Magnesium, Mg	mg	27	0.475	45	A	1		61	41	22			
Phosphorus, P	mg	22	0.171	45	A	1		49	32	18			
Potassium, K	mg	358	1.911	45	A	1		806	537	290			
Sodium, Na	mg	1	0.395	45	A	1		2	1	1			
Zinc, Zn	mg	0.15	0.001	45	A	1		0.34	0.23	0.1			
Copper, Cu	mg	0.078	0.011	45	A	1		0.177	0.118	0.0			
Manganese, Mn	mg	0.270	0.007	45	A	1		0.607	0.404	0.23			
Selenium, Se	mcg	1.0	0.289	31	A	1		2.2	1.5	0.8			
Vitamins:													
Vitamin C, total ascorbic acid	-	8.7	0.434	8	A	1		19.6	13.1	7.1			
Thiamin	-	0.031		12	A	1		0.069	0.046	0.0			
Riboflavin	-	0.073		12	A	1		0.164	0.109	0.0			
Niacin	_	0.665		12	A	1		1.497	0.998	0.5			
Pantothenic acid		0.334	0.010	12	A	1		0.752	0.501	0.2			
Vitamin B-6	mg	0.367	0.010	12	A	1		0.826	0.551	0.2			
Folate, total		20	0.472	11	A	1		46	30	16			
Folic acid		0		0	Z	7		0	0	0			
Folate, food	mcg	20	0.472	11	A	1		46	30	16			
Folate, DFE	mcg_DFE	20		0	NC	4		46	30	16			
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0			
Vitamin A, IU	IU	64		0	AS	1		144	96	52			
Vitamin A, RAE	mcg_RAE	3		0	AS	1		7	5	3			
Retinol	mcg	0		0	Z	7		0	0	0			
Vitamin E (alpha-tocopherol)	mg	0.10	0.054	15	A	1		0.23	0.15	0.0			
Tocopherol, beta	mg	0.00	0.000	15	A	1		0.00	0.00	0.0			
Tocopherol, gamma		0.02	0.015	15	A	1		0.05	0.03	0.0			
Tocopherol, delta		0.01	0.010	15	A	1		0.02	0.02	0.0			
Vitamin D													
Vitamin K (phylloquinone)	mcg	0.5	0.075	6	A	1		1.2	0.8	0.4			
Lipids:	C.	0 110	•	0	NC	4		0.050	0.160	0.0			
Fatty acids, total saturated		0.112			INC			0.252	0.168	0.0			
4:0	-	0.000		0		1 1		0.000	0.000	0.0			
6:0		0.000						0.000	0.000	0.0			
8:0		0.000		0		1		0.000	0.000	0.0			
10:0	-	0.001		4		1		0.002	0.001	0.0			
12:0	-	0.002	!	4		1		0.004	0.002	0.0			
13:0	-	_		_		_		_	_				
14:0	a	0.002	)	4		1		0.006	0.004	0.0			

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	o <u>n</u>	Amount in	edible portion of	f common
				Number					easures of food	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	_	0.102		5		1		0.230	0.154	0.083
17:0	-	0.005		5		1		0.011	0.007	0.004
18:0 20:0	-	0.005	1	5		1		0.011	0.007	0.004
22:0										
24:0										
Fatty acids, total monounsaturated	g	0.032		0	NC	4		0.072	0.048	0.026
14:1	g									
15:1	-									
16:1 undifferentiated		0.010	1	5		1		0.022	0.015	0.008
17:1	_	0.000		-				0.050	0.000	0.010
18:1 undifferentiated	-	0.022		5 0		1 1		0.050 0.000	0.033 0.000	0.018 0.000
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c		0.000		•		-		2.000	3.000	3.000
Fatty acids, total polyunsaturated		0.073		0	NC	4		0.164	0.109	0.059
18:2 undifferentiated		0.046	i	5		1		0.103	0.069	0.037
18:3 undifferentiated		0.027		5		1		0.061	0.041	0.022
18:4	g	0.000	1	0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-					_				
20:4 undifferentiated	-	0.000		0 0		1 1		0.000	0.000	0.000 0.000
20:5 n-3 22:5 n-3	_	0.000		0		1		0.000 0.000	0.000 0.000	0.000
22:6 n-3	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans		0.000		·		-		0.000	0.000	0.000
Cholesterol		0		0	z	7		0	0	0
Phytosterols		16		0		1		36	24	13
Amino Acids:										
Tryptophan	g	0.009	ı	0	A	1		0.020	0.013	0.007
Threonine	-	0.028		0	A	1		0.063	0.042	0.023
Isoleucine	_	0.028		0	A	1		0.063	0.042	0.023
Leucine	-	0.068		0	A	1		0.153	0.102	0.055
Lysine Methionine		0.050		0 0	A A	1 1		0.112 0.018	0.07 <b>4</b> 0.012	0.040 0.007
Cystine		0.009		0	A	1		0.018	0.012	0.007
Phenylalanine		0.049		0	A	1		0.111	0.074	0.040
Tyrosine		0.009		0	A	1		0.020	0.013	0.007
Valine		0.047		0	A	1		0.106	0.070	0.038
Arginine	-	0.049	ı	0	A	1		0.111	0.074	0.040
Histidine	g	0.077		0	A	1		0.174	0.116	0.063
Alanine	g	0.040	1	0	A	1		0.090	0.060	0.032
Aspartic acid		0.124		0	A	1		0.279	0.186	0.100
Glutamic acid		0.152		0	A	1		0.343	0.229	0.123
Glycine		0.038		0	A	1		0.084	0.056	0.030
Proline	-	0.028		0 0	A A	1 1		0.063 0.090	0.0 <b>4</b> 2 0.060	0.023 0.032
Serine		0.040		Ū	•	-		0.090	0.060	0.032
	9									
Others:	~			•		-		0.0		
Alcohol, ethyl	-	0.0 0		0 0	z	7 7		0.0	0.0	0.0 0
Theobromine		0		0	z z	7		0	0	0
Carotenoids:	9	v		v	_	,		v	Ü	v
Carotene, beta	mcg	26	2.1	67 10	A	1		58.575	39.050	21.087
Carotene, alpha		25	4.4		A	1		56.109	37.406	20.199
Cryptoxanthin, beta		0	0.0	00 6	A	1		0.000	0.000	0.000
Lycopene		0	0.0		A	1		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	22	2.5	20 6	A	1		48.750	32.500	17.550

NDB No. 09040 Bananas, raw

## **Common Measures:**

Measure 1 = 225g: 1 cup, mashed Measure 2 = 150g: 1 cup, sliced

Measure 3 = 81g: 1 extra small (less than 6" long)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 gr	rams o	f edib	le portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u> e	easures of food	<u> </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	75.06	0.434	3		1		192.15		
Energy	kcal	92		0	NC	4		236		
Energy	kj	385				4		985		
Protein (N x 6.25)	g	1.31	0.060	3		1		3.35		
Total lipid (fat)	g	0.14	0.012	3		1		0.36		
Ash	g	0.39	0.009	3		1		1.00		
Carbohydrate, by difference	g	23.10		0	NC	4		59.14		
Fiber, total dietary	g	3.4		0		4		8.7		
Sugars, total	g	19.70		0	0	4		50.43		
Starch	g									
<i>r</i> : 1										
Minerals:	ma	21	1.050	3		1		54		
Calcium, Ca	-	0.65	0.070	3		1		1.66		
Magnesium, Mg	-	17	0.666	3		1		44		
Phosphorus, P		14	0.000	3		1		36		
Potassium, K		99	6.119	3		1		253		
Sodium, Na	_	3	0.333	3		1		8		
Zinc, Zn	-	0.18	0.007	3		1		0.46		
Copper, Cu		0.133		3		1		0.340		
Manganese, Mn.		0.697		3		1		1.784		
Selenium, Se		0.3		0	BFYN	4		0.6		
7*4										
<u>/itamins:</u>			0.460			_				
Vitamin C, total ascorbic acid	-	2.8	0.462	3		1		7.2		
Thiamin	_	0.027		3		1		0.069		
Riboflavin	_	0.039		3		1		0.100		
Niacin	-	0.287		3		1		0.735		
Pantothenic acid	_	0.151		3		1		0.387		
Vitamin B-6	_	0.036		3		1		0.092		
Folate, total		27 0	1.317	3 0		1 7		68 0		
Folic acid		27	1.317		Z	1		68		
Folate, food		27	1.31/	3 0	NC	4		68		
Folate, DFE					NC Z	7		0.00		
Vitamin A, IU		0.00 219	9.539	0 3	Z	1		561		
Vitamin A, RAE		11	0.477	3		1		28		
Retinol		0	0.4//	0	z	7		28 0		
Vitamin E (alpha-tocopherol)		0.78			BFYN	4		2.00		
Tocopherol, beta		0.78		U	DEIN	-		2.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		13.3		0	BFYN	4		34.0		
	······································									
<u> Lipids:</u>										
Fatty acids, total saturated		0.005		0		4		0.013		
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		0.000		0		4		0.000		
15:0		2 222		•				0.000		
16:0		0.003		0		4		0.008		
17:0	_	0.001		0		4		0.000		
18:0	_	0.001		0		4		0.003		
20:0	_									
7.7:0	u									

		<u>An</u>	nount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
				Number of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.014		0		4		0.036		
14:1	-									
15:1 16:1 undifferentiated		0.000		0		4		0.000		
17:1	_	0.000		U		4		0.000		
18:1 undifferentiated	-	0.013		0		4		0.033		
20:1	-	0.013		0		4		0.033		
22:1 undifferentiated		0.001		0		4		0.003		
24:1 c		0.000		Ü		-		0.000		
Fatty acids, total polyunsaturated	-	0.080		0		4		0.205		
18:2 undifferentiated		0.053		0		4		0.136		
18:3 undifferentiated	-	0.027		0		4		0.069		
18:4	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3	g	0.000		0		4		0.000		
22:5 n-3	g	0.000		0		4		0.000		
22:6 n-3		0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	131		0	BNA	4		336.384		
Carotene, alpha	-	0		0	BNA	4		0.000		
Cryptoxanthin, beta		0		0	BNA	4		0.000		
Lycopene		0		0	BFYN	4		0.000		
Lutein + zeaxanthin	mcg	79		0	BFYN	4		201.536		

## **Common Measures:**

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.21	0.468	3		1		124.14	419.27	
Energy	kcal	64		0	NC	4		97	326	
Energy	kj	268				4		404	1366	
Protein (N x 6.25)	g	1.18	0.050	3		1		1.78	6.02	
Total lipid (fat)	g	0.43	0.040	3		1		0.65	2.19	
Ash		0.51	0.064	3		1		0.77	2.60	
Carbohydrate, by difference	g	15.67		0	NC	4		23.66	79.92	
Fiber, total dietary		5.0		0		4		7.6	25.5	
Sugars, total		10.67		0	0	4		16.11	54.42	
Starch	g									
Minerals:										
Calcium, Ca	ma	29	4.594	3		1		44	148	
Iron, Fe	-	0.80	0.068	3		1		1.21	4.08	
Magnesium, Mg	-	22	2.149	3		1		33	112	
Phosphorus, P		30	3.284	3		1		45	153	
Potassium, K	_	140	13.000	3		1		211	714	
Sodium, Na	mg	1	0.333	3		1		2	5	
Zinc, Zn	mg	0.25	0.018	3		1		0.38	1.28	
Copper, Cu	mg	0.120	0.015	3		1		0.181	0.612	
Manganese, Mn	-	1.223	0.429	3		1		1.847	6.237	
Selenium, Se	mcg	0.4		0	BFZN	4		0.6	1.9	
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.1	0.865	3		1		4.7	15.8	
Thiamin	-	0.029		3		1		0.044	0.148	
Riboflavin	-	0.046		3		1		0.069	0.235	
Niacin	-	1.207	0.163	3		1		1.823	6.156	
Pantothenic acid	-	0.151	0.023	3		1		0.228	0.770	
Vitamin B-6	mg	0.061	0.003	3		1		0.092	0.311	
Folate, total	mcg	34	3.043	3		1		51	173	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		34	3.043	3		1		51	173	
Folate, DFE	mcg_DFE	34		0	NC	4		51	173	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		114	23.755	3		1		172	581	
Vitamin A, RAE		6	1.188	3		1		9	29	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.17		0	BFZN	4		1.76	5.96	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D	_									
Vitamin K (phylloquinone)		19.8		0	BFZN	4		29.9	101.0	
vitamin ik (phynodumone)	9	23.0		·		-			101.0	
<u>Lipids:</u>										
Fatty acids, total saturated		0.015		0		4		0.023	0.077	
4:0		0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0	_	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000	•	0		4		0.000	0.000	
13:0		0 000		0		4		0 000	0 000	
14:0		0.000	•	U		4		0.000	0.000	
15:0 16:0		0.010	1	0		Δ		0.015	0.051	
17:0		0.010	•	J		*		0.013	0.051	
18:0	_	0.002	,	0		4		0.003	0.010	
20:0	_	0.002	•	J		-		3.003	0.010	
22:0	_									
24:0	_									

	<u>Am</u>	ount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
		Number	•			<u>m</u> .	easures of food	
Nutrients and Units	Mean S	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.041	0		4		0.062	0.209	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.038	0		4		0.057	0.194	
20:1g	0.003	0		4		0.005	0.015	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.245	0		4		0.370	1.250	
18:2 undifferentiatedg	0.163	0		4		0.246	0.831	
18:3 undifferentiatedg	0.082	0		4		0.124	0.418	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	68	0	BNA	4		103.284	348.840	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	BNA	4		0.000	0.000	
Lycopene mcg	0	0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	118	0	BFZN	4		177.425	599.250	

### **Common Measures:**

Measure 1 = 151g: 1 cup, unthawed Measure 2 = 510g: 1 package (18 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 4% Caps and spoiled berries

		<u>A</u>	mount in 100	grams	s or ear	ne portio	<u>on</u>	Amount in edible portion of common			
			N	lumbe	r				easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	g	88.15	0.776	5 5	A	1		126.93			
Energy	-	43		0	NC	4		62			
Energy		181		0	NC	4		261			
Protein (N x 6.25)		1.39	0.059	5	A	1		2.00			
Total lipid (fat)		0.49	0.041		A	1		0.70			
Ash		0.37	0.021		A	1		0.53			
Carbohydrate, by difference		9.61	0.021	. 0	NC	4		13.84			
		5.3	1 121			1		7.6			
Fiber, total dietary			1.131		A						
Sugars, total		4.88	0.685		A	1		7.03			
Sucrose		0.07	0.000		A	1		0.10			
Glucose (dextrose)	g	2.31	0.296		A	1		3.33			
Fructose		2.40	0.369	4	A	1		3.46			
Lactose	g	0.00	0.000	4	A	1		0.00			
Maltose	g	0.07	0.000	4	A	1		0.10			
Galactose		0.03	0.027	4	A	1		0.04			
Starch		0.00		2	A	1		0.00			
Minerals:											
Calcium, Ca		29	6.736		A	1		41			
Iron, Fe		0.62	0.080		A	1		0.90			
Magnesium, Mg		20	1.259		A	1		29			
Phosphorus, P	mg	22	0.785		A	1		32			
Potassium, K		162		2	A	1		233			
Sodium, Na	mg	1		2	A	1		1			
Zinc, Zn	mg	0.53	0.036		A	1		0.76			
Copper, Cu	mg	0.165			A	1		0.238			
Manganese, Mn	mg	0.646	0.230		A	1		0.930			
Selenium, Se	mcg	0.4		2	A	1		0.5			
Vitamins:		01.0		•		-		20.0			
Vitamin C, total ascorbic acid		21.0		0		1		30.2			
Thiamin	_	0.020			A	1		0.029			
Riboflavin	_	0.026			A	1		0.038			
Niacin		0.646			A	1		0.930			
Pantothenic acid	-	0.276			A	1		0.398			
Vitamin B-6		0.030			A	1		0.044			
Folate, total		25	2.011	. 5	A	1		36			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		25	2.011	. 5	A	1		36			
Folate, DFE	mcg_DFE	25		0	NC	4		36			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	214	39.416	4	A	1		308			
Vitamin A, RAE		11	1.971	. 4	A	1		15			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)	mg	1.17	0.053	5	A	1		1.68			
Tocopherol, beta		0.04	0.004	5	A	1		0.05			
Tocopherol, gamma		1.34	0.105	5 5	A	1		1.92			
Tocopherol, delta		0.90	0.109		A	1		1.29			
Vitamin D											
Vitamin K (phylloquinone)		19.8	2.080	5	A	1		28.5			
Lipids:											
Fatty acids, total saturated	g	0.014	Į.	0	NC	4		0.021			
4:0		0.000	)	0	BFFN	4		0.000			
6:0		0.000		0	BFFN	4		0.000			
8:0	-	0.000		0	BFFN	4		0.000			
10:0		0.000		0	BFFN	4		0.000			
12:0	-	0.000		0	BFFN	4		0.000			
13:0	_	2.200		•		-		3.000			
14:0	-	0.000	)	0	BFFN	4		0.000			
15:0	-	0.000	•	J	DEEN	-		0.000			

		<u>Aı</u>	mount in 10	0 grams Number		ole portic	<u>on</u>		edible portion o	of common
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.012		0	BFFN	4		0.017		
17:0 18:0		0.003		0	BFFN	4		0.004		
20:0	g	0.003		U	DIIN	4		0.004		
24:0 Fatty acids, total monounsaturated	ig	0.047		0	NC	4		0.068		
15:1	g	0.000		0	BFFN	4		0.000		
17:1	•									
18:1 undifferentiated	•	0.044		0	BFFN	4		0.063		
20:1		0.004		0	BFFN	4		0.005		
22:1 undifferentiated	-	0.000		0	BFFN	4		0.000		
24:1 c		0.280		0	NC	4		0.404		
Fatty acids, total polyunsaturated.		0.280		0	BFFN	4		0.404 0.268		
18:2 undifferentiated	_	0.186		0	BFFN	4		0.268		
18:3 undifferentiated	-	0.094		0	BFFN	4				
18:4	-	0.000		U	BFFN	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-	0.000		0	BFFN	4		0.000		
20:4 undifferentiated 20:5 n-3		0.000		0	BFFN	4		0.000		
20.5 n-3		0.000		0	BFFN	4		0.000		
22:6 n-3		0.000		0	BFFN	4		0.000		
Fatty acids, total trans	-	0.000		·	DEFIN	-		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols		·		•	_	•		·		
-										
Others:	~	0.0		•		-				
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine	-	0		0	Z Z	7 7		0 0		
Theobromine  Carotenoids:	IIIG	U		U	z	,		U		
	ma-	100	22.	F0 .	_	_		104 500		
Carotene, beta	-	128	23.6		A	1		184.680		
Carotene, alpha	-	0	0.0		A	1		0.000		
Cryptoxanthin, beta		0	0.0		A	1		0.000		
Lycopene		0	0.0		A	1		0.000		
Lutein + zeaxanthin	mcg	118	11.2	69 4	A	1		169.200		

#### **Common Measures:**

Measure 1 = 144g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	<b>a</b>	90.90		0	т	4				
Water Energy	-	38		0	NC	4				
Energy		158		0	NC	4				
Protein		0.30		0	Т	4				
Total lipid (fat)	-	0.60		0	T	4				
Ash		0.40		0	T	4				
Carbohydrate, by difference		7.80		0	NC	4				
Fiber, total dietary		0.1		0	0	4				
Sugars, total		7.70		0	0	4				
Starch				·	·	-				
Starcii	9									
Minerals:										
Calcium, Ca	-	12		0	T	4				
Iron, Fe		0.48		0	BFSY	4				
Magnesium, Mg		21		0	T	4				
Phosphorus, P		12		0	Т	4				
Potassium, K		135 1		0 0	BFSY	4				
Sodium, Na		0.41		0	T BFSY	4 4				
Zinc, Zn		0.41	i	0	BFSY	4				
Copper, Cu Manganese, Mn		0.114	•	U	BFSI	-				
Selenium, Se		0.3		0	BFSN	4				
Scientini, Sc	9	0.5		·	DION	•				
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.3		0	BFSY	4				
Thiamin	-	0.012		0	BFSY	4				
Riboflavin	-	0.018		0	BFSY	4				
Niacin		0.446	5	0	BFSY	4				
Pantothenic acid										
Vitamin B-6		0.021	=	0	BFSY	4				
Folate, total		10		0	BFSY	4				
Folic acid		0		0	Z	7				
Folate, food		10		0 0	BFSY	4 4				
Folate, DFE		10 0.00		0	NC Z	4 7				
Vitamin B-12 Vitamin A, IU		123		0	BFSY	4				
Vitamin A, IUVitamin A, RAE	mca PAF	8		0	BFSN	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)		0.90		0	BFSN	4				
Tocopherol, beta		0.30		Ū	DESI	-				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		15.2		0	BFSN	4				
<u>Lipids:</u>	_			•						
Fatty acids, total saturated		0.018		0	BFFN	4				
4:0	_	0.000		0	BFFN BFFN	4				
6:0	_	0.000		0		4				
8:0	_			0	BFFN	4				
10:0 12:0	-	0.000		0	BFFN BFFN	4				
13:0	-	0.000	•	U	DEEN	-				
14:0		0.000	)	0	BFFN	4				
15:0	_	0.000	•	Ü	DE E N	-				
16:0		0.014	Į	0	BFFN	4				
17:0				•	,	-				
18:0		0.003	3	0	BFFN	4				
20:0				-						
22:0	_									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fetter with total management of the	0.058		0	BFFN	4				
Fatty acids, total monounsaturatedg 14:1g	0.056		U	DEFN	4				
14:1g 15:1g									
16:1 undifferentiatedg	0.000		0	BFFN	4				
17:1g	0.000		·	DIII	-				
18:1 undifferentiated	0.054		0	BFFN	4				
20:1g	0.004		0	BFFN	4				
22:1 undifferentiated	0.000		0	BFFN	4				
24:1 c	0.000		·	2221	-				
Fatty acids, total polyunsaturated9	0.344		0	BFFN	4				
18:2 undifferentiated	0.229		0	BFFN	4				
18:3 undifferentiatedg	0.115		0	BFFN	4				
18:4g	0.000		0	BFFN	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4				
20:5 n-3g	0.000		0	BFFN	4				
22:5 n-3g	0.000		0	BFFN	4				
22:6 n-3g	0.000		0	BFFN	4				
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	74		0	BFSY	4				
Carotene, alphamcg	0		0	BFSY	4				
Cryptoxanthin, betamcg	0		0	BFSY	4				
Lycopenemcg	0		0	BFSY	4				
Lutein + zeaxanthinmcg	68		0	BFSY	4				

## **Common Measures:**

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 gr	ams of e	edibl	e portio	<u>n</u>		edible portion	
			Nun	nber				<u>m</u>	easures of food	<u>l</u>
			of I	Data De	riv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints Co	de	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.78	0.570	3		1		196.56		
Energy	kcal	88		0	NC	4		225		
Energy		368				4		943		
Protein (N x 6.25)		0.65	0.054	3		1		1.66		
Total lipid (fat)		0.33	0.037	3		1		0.84		
Ash	g	0.17	0.006	3		1		0.44		
Carbohydrate, by difference	g	22.06		0	NC	4		56.47		
Fiber, total dietary	g	1.6		0 B	FYN	4		4.2		
Sugars, total		20.46		0	0	4		52.38		
Starch										
Minerals:		_	0 = 4 5	•		_		10		
Calcium, Ca	-	5	0.546	3		1		13		
Iron, Fe.	-	0.33	0.061	3		1		0.84		
Magnesium, Mg		4 10	0.153	3		1 1		10 26		
Phosphorus, P Potassium, K	•	10 40	0.733 5.568	3 3		1		26 102		
Potassium, K Sodium, Na	_	40 3	0.882	3		1		8		
Zinc, Zn	-	0.07	0.009	3		1		0.18		
Copper, Cu		0.053		3		1		0.136		
Manganese, Mn		0.203		3		1		0.520		
Selenium, Se		0.1	0.013		FYN	4		0.2		
•						_		**-		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	1.1	0.208	3		1		2.8		
Thiamin	_	0.034		3		1		0.087		
Riboflavin	_	0.053		3		1		0.136		
Niacin		0.113		3		1		0.289		
Pantothenic acid	_	0.089		3		1		0.228		
Vitamin B-6	_	0.036		3		1		0.092		
Folate, total		2	0.120	3		1		4		
Folic acid		0			Z	7		0		
Folate, food		2	0.120	3		1		4		
Folate, DFE		2			NC.	4		4		
Vitamin B-12		0.00			Z	7		0.00		
Vitamin A, IU		36			NC.	4		93		
Vitamin A, RAE		2			NC.	4		5		
Retinol		0			Z	7		0		
Vitamin E (alpha-tocopherol)		0.38		0 BI	FYN	4		0.97		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		6.4		1	A	1		16.4		
	9	0		-		-				
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.027		0		4		0.069		
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		0.000		0		4		0.000		
15:0				•						
16:0		0.016		0		4		0.041		
17:0	-			•						
18:0	-	0.006		0		4		0.015		
20:0	-									
22:0										

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	_	edible portion o	f common
				Number	-			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.047	•	0		4		0.120		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.001	•	0		4		0.003		
17:1										
18:1 undifferentiated	-	0.045		0		4		0.115		
20:1		0.000	)	0		4		0.000		
22:1 undifferentiated	g	0.000	1	0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.144	ŀ	0		4		0.369		
18:2 undifferentiated		0.086	i	0		4		0.220		
18:3 undifferentiated	g	0.058	1	0		4		0.148		
18:4	g	0.000	1	0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000	)	0		4		0.000		
20:5 n-3	g	0.000	)	0		4		0.000		
22:5 n-3	g	0.000	)	0		4		0.000		
22:6 n-3	g	0.000	)	0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.003	1	0		1		0.008		
Threonine		0.018		0		1		0.046		
Isoleucine	-	0.020		0		1		0.051		
Leucine	-	0.039		0		1		0.100		
Lysine	-	0.012		0		1		0.031		
Methionine		0.012		0		1		0.026		
Cystine		0.007		0		1		0.018		
Phenylalanine		0.023		0		1		0.059		
Tyrosine		0.008		0		1		0.020		
Valine	-	0.027		0		1		0.069		
Arginine	-	0.027		0		1		0.084		
Histidine	-	0.033		0		1		0.084		
Alanine	-	0.028		0		1		0.026		
Aspartic acid		0.028		0		1		0.072		
Glutamic acid		0.031		0		1		0.131		
		0.081		0		1		0.207		
Glycine		0.027		0		1		0.069		
Proline	-	0.024		0		1		0.051		
Serine		0.020	•	U		1		0.051		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
· <u></u>	mea	22		0	BFYN	4		55.621		
Carotene, beta Carotene, alpha		0		0	BFYN	4		0.000		
, 1	-	0		0	BFYN	4		0.000		
Cryptoxanthin, beta		0		0	BFYN	4		0.000		
Lycopene		53		0	BFYN	4		136.644		
Lutein + zeaxanthin	tinca			<u> </u>	DEIN	4		130.044		

### **Common Measures:**

Measure 1 = 256g: 1 cup

NDB No. 09052

Blueberries, canned, heavy syrup, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.40	0.322	3		1		178.02	219.82	
Energy	kcal	81		0	NC	4		186	230	
Energy	kj	339				4		779	962	
Protein (N x 6.25)	g	0.40	0.055	3		1		0.92	1.14	
Total lipid (fat)	g	0.13	0.033	3		1		0.30	0.37	
Ash	g	0.12	0.044	3		1		0.28	0.34	
Carbohydrate, by difference	g	21.95		0	NC	4		50.49	62.34	
Fiber, total dietary	g	2.2		0	FLA	4		5.1	6.3	
Sugars, total		19.72		0	0	4		45.36	56.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	6	0.058	3		1		14	17	
Iron, Fe	-	0.39	0.049	3		1		0.90	1.11	
Magnesium, Mg	-	2	0.961	3		1		5	6	
Phosphorus, P		7	0.736	3		1		16	20	
Potassium, K	•	60	9.368	3		1		138	170	
Sodium, Na	-	1	0.437	3		1		2	3	
Zinc, Zn	mg	0.06	0.007	3		1		0.14	0.17	
Copper, Cu	mg	0.039	0.002	3		1		0.090	0.111	
Manganese, Mn	-	0.262	0.107	3		1		0.603	0.744	
Selenium, Se	mcg	0.2		0	FLA	4		0.4	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0	0.000	3		1		2.3	2.8	
Thiamin	-	0.020		3		1		0.046	0.057	
Riboflavin	-	0.052		2		1		0.120	0.148	
Niacin	=	0.253	0.050	3		1		0.582	0.719	
Pantothenic acid	-	0.125	i	0		1		0.288	0.355	
Vitamin B-6	-	0.059	ı	0		1		0.136	0.168	
Folate, total	mcg	7		0		1		15	19	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	7		0		1		15	19	
Folate, DFE	mcg_DFE	7		0	NC	4		15	19	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	49		0	FLA	4		113	140	
Vitamin A, RAE		2		0	NC	4		6	7	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.52		0	FLA	4		1.19	1.47	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		17.7		^				40.6	F0 1	
Vitamin K (phylloquinone)	nicg	17.7		0	FLA	4		40.6	50.1	
Lipids:										
Fatty acids, total saturated	g	0.011		0		4		0.025	0.031	
4:0	g	0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0										
14:0		0.000		0		4		0.000	0.000	
15:0										
16:0		0.006		0		4		0.014	0.017	
17:0	_	_		_		_		_	_	
18:0	_	0.002		0		4		0.005	0.006	
20:0	g									
22:0										

		<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common measures of food					
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.018		0		4		0.041	0.051	
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	_	0.000		0		4		0.000	0.000	
17:1	_									
18:1 undifferentiated		0.018		0		4		0.041	0.051	
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		0.057		0		4		0.131	0.162	
18:2 undifferentiated		0.034		0		4		0.078	0.097	
18:3 undifferentiated		0.023		0		4		0.053	0.065	
18:4	_	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		4		0.000	0.000	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.002		0		1		0.005	0.006	
Threonine		0.011		0		1		0.025	0.031	
Isoleucine	-	0.012		0		1		0.028	0.034	
Leucine	_	0.023		0		1		0.053	0.065	
Lysine	_	0.007		0		1		0.016	0.020	
Methionine		0.006		0		1		0.014	0.017	
Cystine	_	0.004		0		1		0.009	0.011	
Phenylalanine		0.014		0		1		0.032	0.040	
Tyrosine		0.005		0		1		0.012	0.014	
Valine	_	0.017		0		1		0.039	0.011	
Arginine	-	0.020		0		1		0.046	0.057	
Histidine		0.006		0		1		0.014	0.017	
Alanine		0.017		0		1		0.039	0.048	
Aspartic acid		0.017		0		1		0.071	0.088	
Glutamic acid		0.049		0		1		0.113	0.139	
Glycine		0.016		0		1		0.037	0.045	
Proline		0.015		0		1		0.035	0.043	
Serine	• • • • • • • • • • • • • • • • • • • •	0.012		0		1		0.028	0.034	
Hydroxyproline	-	0.012		Ū		-		0.020	0.034	
Trydroxypromic	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	30		0	FLA	4		68.069	84.050	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		73		0	FLA	4		167.224	206.486	

### **Common Measures:**

Measure 1 = 230g: 1 cup, thawed Measure 2 = 284g: 1 package (10 oz) NDB No. 09055

Blueberries, frozen, sweetened

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100 gr	rams of	edib	le portio	<u>n</u>		edible portion o	f common
			Nur	nber				<u>m</u>	easures of food	
			of I	Data De	eriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poi	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.59	0.573	3		1		134.21	490.97	
Energy		51		0	NC	4		79	289	
Energy	kj	213				4		331	1210	
Protein (N x 6.25)		0.42	0.045	3		1		0.65	2.38	
Total lipid (fat)	g	0.64	0.018	3		1		0.99	3.63	
Ash	g	0.18	0.018	3		1		0.28	1.02	
Carbohydrate, by difference	g	12.17		0	NC	4		18.86	69.00	
Fiber, total dietary	g	2.7		0		4		4.2	15.3	
Sugars, total	g	8.45		0	BFSN	4		13.10	47.94	
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	8	2.486	3		1		12	45	
Iron, Fe		0.18	0.076	3		1		0.28	1.02	
Magnesium, Mg		5	0.731	3		1		8	28	
Phosphorus, P		11	2.351	3		1		17	62	
Potassium, K	-	54	1.202	3		1		84	306	
Sodium, Na	-	1	0.167	3		1		2	6	
Zine, Zn		0.07	0.012	3		1		0.11	0.40	
Copper, Cu		0.033	0.007	3		1		0.051	0.187	
Manganese, Mn	mg	0.147	0.087	3		1		0.228	0.833	
Selenium, Se	mcg	0.1		0 E	BFSN	4		0.2	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.5	2.366	3		1		3.9	14.2	
Thiamin	-	0.032		3		1		0.050	0.181	
Riboflavin	-	0.032		3		1		0.057	0.210	
Niacin	-	0.520		3		1		0.806	2.948	
Pantothenic acid		0.125		3		1		0.194	0.709	
Vitamin B-6		0.059		3		1		0.091	0.335	
Folate, total		7	1.257	3		1		10	38	
Folic acid		0		0	Z	7		0	0	
Folate, food		7	1.257	3		1		10	38	
Folate, DFE		7		0	NC	4		10	38	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	46		0	NC	4		71	260	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4	13	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.48		0 E	BFSN	4		0.75	2.73	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		16.4						05.5	20.1	
Vitamin K (phylloquinone)	riicg	16.4		0 E	BFSN	4		25.5	93.1	
Lipids:										
Fatty acids, total saturated	g	0.053	3	0		4		0.082	0.301	
4:0	g	0.000	)	0		4		0.000	0.000	
6:0	g	0.000	)	0		4		0.000	0.000	
8:0	g	0.000	)	0		4		0.000	0.000	
10:0	g	0.000	)	0		4		0.000	0.000	
12:0	-	0.000	)	0		4		0.000	0.000	
13:0	-									
14:0		0.000	)	0		4		0.000	0.000	
15:0	-	_		_		_				
16:0	_	0.031	-	0		4		0.048	0.176	
17:0						_				
18:0		0.011	-	0		4		0.017	0.062	
20:0	-									
22:0	g									

		<u>A</u>	mount in 100 gran		ble portio	<u>n</u>		edible portion of easures of food	
			Numb of Da	er ta Deriv	Source	Confidence	<u></u>	easures or roou	ı
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
24:0	g								
Fatty acids, total monounsaturated		0.091	. 0		4		0.141	0.516	
15:1	g	0.002	0		4		0.003	0.011	
17:1 18:1 undifferentiated	g	0.087			4		0.135	0.493	
20:1 undifferentiated	g	0.000			4 4		0.000 0.000	0.000 0.000	
24:1 c Fatty acids, total polyunsaturated	g	0.279			4		0.432	1.582	
18:2 undifferentiated	g	0.167 0.112	. 0		4		0.259	0.947	
18:4 20:2 n-6 c,c	g	0.000	0		4		0.000	0.000	
20:3 undifferentiated	g	0.000			4		0.000	0.000	
20:5 n-3 22:5 n-3 22:6 n-3	g	0.000	0		4		0.000	0.000 0.000 0.000	
Fatty acids, total trans	g	0	0		7		0	0.000	
Phytosterols		·	·	_	·		·	·	
Amino Acids: Tryptophan	g	0.002	. 0		1		0.003	0.011	
Threonine	_	0.012 0.013			1 1		0.019 0.020	0.068 0.074	
Leucine	_	0.025 0.008			1 1		0.039 0.012	0.142 0.045	
Methionine	-	0.007 0.004			1 1		0.011 0.006	0.040 0.023	
Phenylalanine Tyrosine		0.015 0.005			1 1		0.023 0.008	0.085 0.028	
Valine		0.018 0.022			1 1		0.028 0.034	0.102 0.125	
Histidine		0.00 <i>6</i> 0.018			1 1		0.009 0.028	0.034 0.102	
Aspartic acidGlutamic acid		0.033 0.052			1 1		0.051 0.081	0.187 0.295	
Glycine		0.017 0.015			1 1		0.026 0.023	0.096 0.085	
SerineHydroxyproline		0.013	0		1		0.020	0.074	
Others: Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine Theobromine	mg	0	0	Z	, 7 7		0	0	
Carotenoids:	_						-		
Carotene, beta	mcg	28 0	0	BFSN	4		42.677 0.000	156.114 0.000	
Cryptoxanthin, betaLycopene	mcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	68	0	BFSN	4		104.844	383.525	

### **Common Measures:**

Measure 1 = 155g: 1 cup, unthawed

NDB No. 09054 Blueberries, frozen, unsweetened

Measure 2 = 567g: 1 package (20 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 2% Stems and spoiled berries

		<u>A</u>	mount in 100 g	rams	or ear	ole portic	<u>on</u>	Amount in edible portion of common			
			Nu	mber					easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	84.21	0.672	12	A	1		122.10	338.51	57.26	
Energy		57		0	NC	4		83	231	39	
Energy		240		0	NC	4		348	966	163	
Protein (N x 6.25)		0.74	0.019	12	A	1		1.07	2.96	0.50	
Total lipid (fat)		0.33	0.018	12	A	1		0.48	1.34	0.23	
Ash		0.24	0.005	12	A	1		0.34	0.95	0.16	
Carbohydrate, by difference		14.49	0.104	0	NC	4		21.01	58.24	9.85	
Fiber, total dietary		2.4	0.124	4	A	1		3.5	9.8	1.7	
Sugars, total		9.96	0.550	8	A	1 1		14.44	40.03	6.77	
Sucrose		0.11 4.88	0.000	8 8	A	1		0.16 7.08	0.44	0.07 3.32	
Glucose (dextrose)					A A	1			19.63		
Fructose		4.97	0.276	8 8		1		7.20	19.96	3.38	
Lactose	9	0.00	0.000	8	A A	1		0.00	0.00	0.00	
Maltose			0.000	8	A	1			0.00	0.00	
Galactose		0.00				1		0.00	0.00		
Starch	9	0.03	0.027	4	A	1		0.04	0.11	0.02	
Minerals:											
Calcium, Ca	mg	6	0.785	12	A	1		9	26	4	
Iron, Fe	mg	0.28	0.011	12	A	1		0.40	1.12	0.1	
Magnesium, Mg	mg	6	0.197	12	A	1		8	23	4	
Phosphorus, P		12	0.508	12	A	1		17	48	8	
Potassium, K		77	5.450	6	A	1		112	311	53	
Sodium, Na		1	0.353	6	A	1		1	3	0	
Zinc, Zn		0.16	0.017	12	A -	1		0.23	0.63	0.13	
Copper, Cu		0.057 0.336		12 8	A A	1 1		0.083	0.229 1.350	0.03	
Manganese, Mn Selenium, Se		0.336	1	2	A	1		0. <b>4</b> 87 0.2	0.5	0.22	
Vitamins:											
Vitamin C, total ascorbic acid	mg	9.7		4	A	1		14.1	39.0	6.6	
Thiamin	-	0.037		12	A	1		0.054	0.150	0.02	
Riboflavin	-	0.041		12	A	1		0.060	0.166	0.02	
Niacin	• • • • • • • • • • • • • • • • • • • •	0.418		12	A	1		0.607	1.682	0.28	
Pantothenic acid		0.124		12	A	1		0.180	0.500	0.08	
Vitamin B-6		0.052		12	A	1		0.076	0.210	0.03	
Folate, total	• • • • • • • • • • • • • • • • • • • •	6 0	0.123	12 0	A Z	1 7		9	25 0	4	
Folic acid		6	0.123	12	Z A	1		0 9	25	0 4	
Folate, foodFolate, DFE		6	0.123	0	NC	4		9	25 25	4	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		54		0	AS	1		78	217	37	
Vitamin A, RAE		3		0	AS	1		4	11	2	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.57	0.097	4	A	1		0.82	2.28	0.39	
Tocopherol, beta		0.01	0.000	4	A	1		0.02	0.06	0.01	
Tocopherol, gamma		0.36	0.048	4	A	1		0.52	1.45	0.24	
Tocopherol, delta		0.03	0.009	4	A	1		0.04	0.12	0.02	
Vitamin D											
Vitamin K (phylloquinone)	mcg	19.3	1.546	8	A	1		28.1	77.8	13.2	
Lipids:	_			_						<u>.</u> -	
Fatty acids, total saturated		0.028		0	BFFN	4		0.041	0.114	0.0	
4:0		0.000		0	BFFN	4		0.000	0.000	0.00	
6:0	-	0.000		0	BFFN	4		0.000	0.000	0.0	
8:0		0.000		0	BFFN	4		0.000	0.000	0.0	
10:0	_	0.000		0	BFFN	4		0.000	0.000	0.00	
12:0	-	0.000	1	0	BFFN	4		0.000	0.000	0.00	
13:0	-	0.000		^	D==			0.000	0.000	2 2	
14:0 15:0	-	0.000	•	0	BFFN	4		0.000	0.000	0.00	

Nutrients and Units		<u>Ar</u>	nount in 10	0 grams	of edib	le portic	o <u>n</u>	Amount in edible portion of comm				
Nutrients and Units				Number					measures of food			
170.	Nutrients and Uni	Nutrients and Units							Measure 1	Measure 2	Measure 3	
170.												
18.0	16:0	g	0.017		0	BFFN	4		0.024	0.067	0.011	
200		-										
22.0		-	0.005		0	BFFN	4		0.007	0.020	0.003	
24-0												
Fath seads, total monounsaturated												
151			0.047		0	BFFN	4		0.068	0.187	0.032	
151.	-								0.000	0.20.		
17-1												
1811 undifferentiated	16:1 undifferentiated	g	0.002		0	BFFN	4		0.002	0.007	0.001	
201		_										
221 undifferentiated.		_										
24-1   C.		_										
Fatty acids, total polyumesturated.			0.000		U	BFFN	4		0.000	0.000	0.000	
18.2 undifferentiated.   9   0.088   0   BFFN   4   0.128   0.355   0.060   18.3 undifferentiated.   9   0.000   0   BFFN   4   0.000   0.00			0 146		0	BFFN	4		0 212	0.589	0 100	
Standifferentiated												
Rs.											0.040	
202 n c c			0.000		0	BFFN	4		0.000	0.000	0.000	
20.4 undifferentiated												
205 n-3.   9   0.000   0   BFFN   4   0.000   0.000   0.000	20:3 undifferentiated	g										
Part		_									0.000	
Part		_										
Fatty acids, total trans		_										
Choicsterol.   mg   mg   mg   mg   mg   mg   mg   m			0.000		0	BFFN	4		0.000	0.000	0.000	
Physosterols			0		0	7.	7		0	0	0	
Namino Acids:   Tryptophan			v		ŭ	-	•		Ü	v	Ü	
Tryptophan	,											
Threonine         9         0.020         0         DA         1         0.029         0.080         0.013           Isoleucine         9         0.023         0         DA         1         0.034         0.093         0.013           Leucine         9         0.013         0         DA         1         0.064         0.177         0.030           Lysine         9         0.012         0         DA         1         0.019         0.053         0.09           Methionine         9         0.012         0         DA         1         0.018         0.049         0.00           Cystine         9         0.008         0         DA         1         0.011         0.031         0.055           Phenylalanine         9         0.026         0         DA         1         0.011         0.031         0.055           Valine         9         0.026         0         DA         1         0.013         0.055         0.08           Valine         9         0.031         0         DA         1         0.045         0.124         0.021           Arginine         9         0.031         0         DA							_					
Soleucine												
Leucine		_										
Lysine		-										
Methionine         .9         0.012         0         DA         1         0.018         0.049         0.008           Cystine         .9         0.008         0         DA         1         0.011         0.031         0.005           Phenylalanine         .9         0.009         0         DA         1         0.038         0.106         0.018           Tyrosine         .9         0.009         0         DA         1         0.038         0.105         0.006           Valine         .9         0.003         0         DA         1         0.045         0.124         0.021           Arginine         .9         0.031         0         DA         1         0.045         0.124         0.021           Arginine         .9         0.011         0         DA         1         0.045         0.124         0.021           Arginine         .9         0.011         0         DA         1         0.046         0.150         0.022           Histidine         .9         0.031         0         DA         1         0.045         0.124         0.021           Aspartic acid         .9         0         0.051		-			0							
Phenylalanine         g         0.026         0         DA         1         0.038         0.166         0.018           Tyrosine         g         0.009         0         DA         1         0.013         0.035         0.006           Valine         g         0.031         0         DA         1         0.045         0.124         0.021           Arginine         g         0.037         0         DA         1         0.054         0.150         0.025           Histidine         g         0.011         0         DA         1         0.016         0.044         0.007           Alanine         g         0.031         0         DA         1         0.045         0.124         0.021           Aspartic acid         g         0.057         0         DA         1         0.045         0.124         0.021           Glycine         g         0.091         0         DA         1         0.045         0.124         0.022           Glycine         g         0.031         0         DA         1         0.045         0.124         0.021           Proline         g         0.032         0         DA <td>J</td> <td></td> <td></td> <td></td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.008</td>	J				0						0.008	
Tyrosine.         9         0.009         0         DA         1         0.013         0.035         0.006           Valine.         9         0.031         0         DA         1         0.045         0.124         0.021           Arginine.         9         0.037         0         DA         1         0.054         0.150         0.025           Histidine.         9         0.011         0         DA         1         0.016         0.044         0.007           Alanine.         9         0.031         0         DA         1         0.045         0.124         0.021           Aspartic acid.         9         0.057         0         DA         1         0.045         0.124         0.021           Aspartic acid.         9         0.057         0         DA         1         0.083         0.230         0.039           Glycine.         9         0.091         0         DA         1         0.083         0.230         0.036           Glycine.         9         0.021         0         DA         1         0.045         0.124         0.021           Proline.         9         0.022         0	Cystine	g	0.008		0	DA	1		0.011	0.031	0.005	
Valine         9         0.031         0 DA         1         0.045         0.124         0.021           Arginine         .9         0.037         0 DA         1         0.054         0.150         0.025           Histidine         .9         0.011         0 DA         1         0.016         0.044         0.007           Alanine         .9         0.031         0 DA         1         0.045         0.124         0.021           Aspartic acid         .9         0.057         0 DA         1         0.083         0.230         0.039           Glutamic acid         .9         0.091         0 DA         1         0.132         0.367         0.062           Glycine         .9         0.031         0 DA         1         0.045         0.124         0.021           Proline         .9         0.028         0 DA         1         0.045         0.124         0.021           Proline         .9         0.022         0 DA         1         0.040         0.111         0.019           Serine         .9         0.022         0 DA         1         0.032         0.088         0.015           Hydroxyproline         .9	Phenylalanine	g	0.026		0	DA	1		0.038	0.106	0.018	
Arginine         g         0.037         0         DA         1         0.054         0.150         0.025           Histidine         g         0.011         0         DA         1         0.016         0.044         0.007           Alaine         g         0.031         0         DA         1         0.045         0.124         0.021           Aspartic acid         g         0.057         0         DA         1         0.083         0.230         0.039           Glutamic acid         g         0.091         0         DA         1         0.132         0.367         0.062           Glycine         g         0.031         0         DA         1         0.045         0.124         0.021           Proline         g         0.031         0         DA         1         0.045         0.124         0.021           Proline         g         0.028         0         DA         1         0.040         0.111         0.019           Serine         g         0.022         0         DA         1         0.032         0.088         0.015           Hydroxyroline         g         0         0	Tyrosine	g									0.006	
Histidine		-			-							
Alanine         9         0.031         0 DA 1         0.045         0.124         0.021           Aspartic acid         9         0.057         0 DA 1         0.083         0.230         0.039           Glutamic acid         9         0.091         0 DA 1         0.132         0.367         0.062           Glycine         9         0.031         0 DA 1         0.045         0.124         0.021           Proline         9         0.028         0 DA 1         0.040         0.111         0.019           Serine         9         0.022         0 DA 1         0.040         0.111         0.019           Serine         9         0.022         0 DA 1         0.032         0.088         0.015           Hydroxyproline         9         0.022         0 DA 1         0.032         0.088         0.015           Hydroxyproline         9         0.0         0 Z 7         0.0         0.0         0.0           Carlier         mg         0 0 Z 7         0 Z 7         0 0 0 0 0         0           Carfeine         mg         0 Z 7         0 D 0 0 0 0 0         0           Carotene, beta         mcg         3 2 3 292 16 A 1 1 0 0.000         1 47	2	-										
Aspartic acid.         9         0.057         0         DA         1         0.083         0.230         0.039           Glutamic acid.         9         0.091         0         DA         1         0.132         0.367         0.062           Glycine.         9         0.031         0         DA         1         0.045         0.124         0.021           Proline.         9         0.028         0         DA         1         0.040         0.111         0.019           Serine.         9         0.022         0         DA         1         0.040         0.111         0.019           Serine.         9         0.022         0         DA         1         0.032         0.088         0.015           Hydroxyproline.         9         0         0         2         7         0		-										
Glutamic acid.         g         0.091         0         DA         1         0.132         0.367         0.062           Glycine.         g         0.031         0         DA         1         0.045         0.124         0.021           Proline.         g         0.028         0         DA         1         0.040         0.111         0.019           Serine.         g         0.022         0         DA         1         0.040         0.111         0.019           Serine.         g         0.022         0         DA         1         0.032         0.088         0.015           Hydroxyproline.         g         0         0         Z         7         0.032         0.088         0.015           Hydroxyproline.         g         0         0         Z         7         0.0         0         0         0           Carlier.         mg         0         0         Z         7         0         0         0         0           Carotene, beta         mcg         3         3.292         16         A         1         47.021         130.362         22.051 <tr< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr<>												
Glycine.         g         0.031         0 DA 1         0.045         0.124         0.021           Proline.         g         0.028         0 DA 1         0.040         0.111         0.019           Serine.         g         0.022         0 DA 1         0.032         0.088         0.015           Hydroxyproline.         g         0.002         0 DA 1         0.032         0.088         0.015           Hydroxyproline.         g         0.002         0 DA 1         0.032         0.088         0.015           Hydroxyproline.         g         0.00         0 Z 7         0.0         0.0         0.0           Carfeine.         mg         0         0 Z 7         0         0         0         0           Carotene, beta.         mcg         32         3.292         16         A 1         47.021         130.362         22.051           Carotene, beta.         mcg         0         0.000         12         A 1         0.000         0.000         0.000           Cryptoxanthin, beta.         mcg         0         0.000         12         A 1         0.000         0.000         0.000           Lycopene.	•											
Proline         9         0.028         0 DA         1         0.040         0.111         0.019           Serine         9         0.022         0 DA         1         0.032         0.088         0.015           Hydroxyproline         9           Others:           Alcohol, ethyl         9         0.0         0 Z 7         0.0         0.0         0.0           Caffeine         mg         0         0 Z 7         0         0         0         0           Theobromine         mg         0         0 Z 7         0         0         0         0           Carotenoids:         Carotene, beta         mcg         32         3.292         16         A 1         47.021         130.362         22.051           Carotene, beta         mcg         0         0.000         12         A 1         0.000         0.000         0.000           Cryptoxanthin, beta         mcg         0         0.000         12         A 1         0.000         0.000         0.000           Lycopene         mcg         0         0.000         6         A 1         0.000         0.000         0.000												
Serine	-				-							
Hydroxyproline         G           Others:         S         S         S         O         D         Z         T         O         <					0	DA	1				0.015	
Alcohol, ethyl         g         0.0         0         z         7         0.0         0.0         0.0           Caffeine         mg         0         0         z         7         0         0         0         0           Theobromine         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta         mcg         32         3.292         16         A         1         47.021         130.362         22.051           Carotene, alpha         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene         mcg         0         0.000         6         A         1         0.000         0.000         0.000												
Alcohol, ethyl         g         0.0         0         z         7         0.0         0.0         0.0           Caffeine         mg         0         0         z         7         0         0         0         0           Theobromine         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta         mcg         32         3.292         16         A         1         47.021         130.362         22.051           Carotene, alpha         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene         mcg         0         0.000         6         A         1         0.000         0.000         0.000	Others											
Caffeine         mg         0         0         z         7         0         0         0         0           Theobromine         mg         0         0         z         7         0         0         0         0           Carotenoids:         Carotene, beta         mcg         32         3.292         16         A         1         47.021         130.362         22.051           Carotene, alpha         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene         mcg         0         0.000         6         A         1         0.000         0.000         0.000		a	0.0		0	7	7		0.0	0 0	0.0	
Theobromine.         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta.         mcg         32         3.292         16         A         1         47.021         130.362         22.051           Carotene, alpha.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene.         mcg         0         0.000         6         A         1         0.000         0.000         0.000												
Carotenoids:           Carotene, beta.         mcg         32         3.292         16         A         1         47.021         130.362         22.051           Carotene, alpha.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene.         mcg         0         0.000         6         A         1         0.000         0.000         0.000												
Carotene, beta.         mcg         32         3.292         16         A         1         47.021         130.362         22.051           Carotene, alpha.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene.         mcg         0         0.000         6         A         1         0.000         0.000         0.000			-		-	=			-	-	-	
Carotene, alpha         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Cryptoxanthin, beta         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene         mcg         0         0.000         6         A         1         0.000         0.000         0.000		mca	32	3 20	2 16	Δ	1		47 021	130 362	22 051	
Cryptoxanthin, beta.         mcg         0         0.000         12         A         1         0.000         0.000         0.000           Lycopene.         mcg         0         0.000         6         A         1         0.000         0.000         0.000												
Lycopenemcg												
			0									
Lutein + zeaxanthin	Lutein + zeaxanthin	mcg	80	5.65	6 6	A	1		115.517	320.260	54.173	

NDB No. 09050 Blueberries, raw

**Common Measures:** 

Measure 1 = 145g: 1 cup

Measure 2 = 402g: 1 pint as purchased, yields

Measure 3 = 68g: 50 berries

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

# Boysenberries, canned, heavy syrup

Rubus ursinus var. loganobaccus

		<u>Aı</u>	mount in 100 g	rams o	ot edik	ole portio	<u>n</u>	Amount in	Amount in edible portion of common			
			Nu	mber				m	easures of food	_		
					Deriv	Source	Confidence					
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:	_		1 500			_		105.00				
Water	-	76.26	1.680	3		1		195.23				
Energy		88		0	NC	4		225				
Energy		368	0.005	•		4		943				
Protein (N x 6.25)		0.99	0.025	3 3		1 1		2.53				
Total lipid (fat)		0.12	0.051	3		1		0.31 0.82				
Ash		0.32 22.31	0.014	0	NC	4		57.11				
Carbohydrate, by difference Fiber, total dietary		22.31		0	NC	4		6.7				
Sugars, total.												
Starch	_											
Minerals:												
Calcium, Ca	-	18	0.961	3		1		46				
Iron, Fe	-	0.43	0.006	3		1		1.10				
Magnesium, Mg		11	0.353	3		1		28				
Phosphorus, P		10	0.000	3		1		26				
Potassium, K		90	4.372	3		1		230				
Sodium, Na		3	0.333	3		1		8				
Zinc, Zn		0.19	0.003	3		1		0.49				
Copper, Cu		0.070		3		1 1		0.179				
Manganese, Mn Selenium, Se		0.250 0.4	0.015	3 0	CAZN	4		0.640 1.0				
	9			·	011211	-						
Vitamins: Vitamin C, total ascorbic acid	ma	6.2	0.703	3		1		15.9				
Thiamin		0.026		3		1		0.067				
Riboflavin	-	0.029		3		1		0.074				
Niacin		0.230	0.025	3		1		0.589				
Pantothenic acid		0.131	0.004	3		1		0.335				
Vitamin B-6		0.038	0.002	3		1		0.097				
Folate, total	mcg	34	2.919	3		1		88				
Folic acid		0		0	Z	7		0				
Folate, food		34	2.919	3		1		88				
Folate, DFE	mcg_DFE	34		0	NC	4		88				
Vitamin B-12	mcg	0.00		0	Z	7		0.00				
Vitamin A, IU		40	3.786	3		1		102				
Vitamin A, RAE		2	0.189	3		1		5				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D Vitamin K (phylloquinone)												
Lipids:												
Fatty acids, total saturated	g	0.004	ŀ	0		4		0.010				
4:0		0.000		0		4		0.000				
6:0		0.000	1	0		4		0.000				
8:0	g	0.000	1	0		4		0.000				
10:0	g	0.000	)	0		4		0.000				
12:0	g	0.000	1	0		4		0.000				
13:0												
14:0		0.000	1	0		4		0.000				
15:0												
16:0		0.003	1	0		4		0.008				
17:0												
18:0		0.001	-	0		4		0.003				
20:0												
22:0	a											

	<u>Ar</u>	mount in 100 gra	ns of edil	ole portio	<u>on</u>	Amount in	Amount in edible portion of common			
			ta Deriv		Confidence	<u>m</u>	easures of food			
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	0.012	C		4		0.031				
14:1						0.002				
15:1g										
16:1 undifferentiated	0.000	C		4		0.000				
17:1g										
18:1 undifferentiated	0.011	C		4		0.028				
20:1g	0.001	C		4		0.003				
22:1 undifferentiatedg	0.000	C		4		0.000				
24:1 cg										
Fatty acids, total polyunsaturated	0.068	C		4		0.174				
18:2 undifferentiatedg	0.045	C		4		0.115				
18:3 undifferentiatedg	0.023	C		4		0.059				
18:4g	0.000	C		4		0.000				
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000	C		4		0.000				
20:5 n-3g	0.000	C		4		0.000				
22:5 n-3g	0.000	C		4		0.000				
22:6 n-3g	0.000	C		4		0.000				
Fatty acids, total transg										
Cholesterolmg	0	C	Z	7		0				
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0	C		7		0.0				
Caffeinemg										
Theobromine mg										

### **Common Measures:**

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams o	f edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				m	easures of food	_	
				Data D	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	85.90	0.274	3		1		113.39	243.96		
Energy	=	50		0	NC	4		66	142		
Energy		209		Ū		4		276	594		
Protein (N x 6.25)	· · · · · · · · · · · · · · · · · · ·	1.10	0.052	3		1		1.45	3.12		
Total lipid (fat)		0.26	0.037	3		1		0.34	0.74		
Ash		0.54	0.018	3		1		0.71	1.53		
Carbohydrate, by difference		12.19	0.020	0	NC	4		16.09	34.62		
Fiber, total dietary		5.3		0	BFZN	4		7.0	15.1		
Sugars, total		6.89		0	0	4		9.09	19.57		
Starch	-	0.03		Ü	Ū	•		3.03	19.57		
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	27	1.041	3		1		36	77		
Iron, Fe	-	0.85	0.076	3		1		1.12	2.41		
Magnesium, Mg		16	0.609	3		1		21	45		
Phosphorus, P	-	27	0.753	3		1		36	77		
Potassium, K		139	5.033	3		1		183	395		
Sodium, Na		1	0.333	3		1		1	3		
Zinc, Zn		0.22	0.009	3		1		0.29	0.62		
Copper, Cu		0.080		3		1		0.106	0.227		
Manganese, Mn		0.547	0.057	3		1		0.722	1.553		
Selenium, Se	mcg	0.2		0	BFZN	4		0.3	0.6		
Vitamins:											
Vitamin C, total ascorbic acid	ma	3.1	0.200	3		1		4.1	8.8		
Thiamin		0.053		3		1		0.070	0.151		
Riboflavin		0.037		3		1		0.049	0.105		
Niacin		0.767		3		1		1.012	2.178		
Pantothenic acid	-	0.250		3		1		0.330	0.710		
Vitamin B-6		0.056		3		1		0.074	0.159		
Folate, total	-	63	4.063	3		1		84	180		
Folic acid		0	1.005	0	z	7		0	0		
Folate, food		63	4.063	3	_	1		84	180		
Folate, DFE	mca DFF	63	1.005	0	NC	4		84	180		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		67	8.110	3	-	1		88	190		
Vitamin A, RAE		3	0.406	3		1		4	10		
Retinol		0	0.400	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.87			BFZN	4		1.15	2.48		
Tocopherol, beta		0.07		v	UI4	-		1.13	2.40		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		7.8		0	BFZN	4		10.3	22.2		
<u> Lipids:</u>	_					_					
Fatty acids, total saturated		0.009		0		4		0.012	0.026		
4:0		0.000		0		4		0.000	0.000		
6:0	_	0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0		0.000		0		4		0.000	0.000		
12:0	-	0.000	1	0		4		0.000	0.000		
13:0	-					_					
14:0	_	0.000	1	0		4		0.000	0.000		
15:0	_			_		_		_			
16:0		0.006	i	0		4		0.008	0.017		
17:0	_			_				_			
18:0	_	0.001		0		4		0.001	0.003		
20:0	_										
22:0	g										
24:0	g										

	An	nount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of commo			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.025		0		4		0.033	0.071		
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0		4		0.000	0.000		
17:1g										
18:1 undifferentiated	0.023		0		4		0.030	0.065		
20:1g	0.002		0		4		0.003	0.006		
22:1 undifferentiatedg	0.000		0		4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated9	0.148		0		4		0.195	0.420		
18:2 undifferentiatedg	0.098		0		4		0.129	0.278		
18:3 undifferentiatedg	0.050		0		4		0.066	0.142		
18:4g	0.000		0		4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		4		0.000	0.000		
20:5 n-3g	0.000		0		4		0.000	0.000		
22:5 n-3g	0.000		0		4		0.000	0.000		
22:6 n-3g	0.000		0		4		0.000	0.000		
Fatty acids, total transg										
Cholesterol mg	0		0	Z	7		0	0		
Phytosterolsmg										
Others:					_					
Alcohol, ethyl	0.0		0		7		0.0	0.0		
Caffeine mg	0		0	Z	7		0	0		
Theobromine mg	0		0	Z	7		0	0		
Carotenoids:										
Carotene, betamcg	40		0	BNA	4		53.064	114.168		
Carotene, alphamcg	0		0	BNA	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000	0.000		
Lycopenemcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthinmcg	118		0	BFZN	4		155.100	333.700		

## **Common Measures:**

Measure 1 = 132g: 1 cup, unthawed Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

**Refuse:** 22% 9% core, 13% skin

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u>l</u>
				a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	70.65	1		1		155.43	67.82	
Energy	=	103	0	NC	4		227	99	
Energy		431			4		948	414	
Protein (N x 6.25)		1.07	2		1		2.35	1.03	
Total lipid (fat)		0.23	2		1		0.51	0.22	
Ash		0.93	2		1		2.05	0.89	
Carbohydrate, by difference		27.12	0	NC	4		59.66	26.04	
Fiber, total dietary		4.9	0		1		10.8	4.7	
Sugars, total		11.00	0	0	4		24.20	10.56	
Starch	_								
Minerals:					_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17	2		1		37	16	
Iron, Fe	-	0.54	2		1 1		1.19	0.52	
Magnesium, Mg		25	2		_		55	24	
Phosphorus, P	-	30 490	2		1 1		66 1078	29 470	
Potassium, K		490	2		1		4	470	
Sodium, NaZinc, Zn		0.12	1		1		0.26	0.12	
Copper, Cu		0.12			1		0.185	0.081	
Manganese, Mn		0.060			1		0.132	0.058	
Selenium, Se		0.6	0	CAZN	4		1.3	0.6	
· ·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		29.0	0		1		63.8	27.8	
Thiamin		0.110			1		0.242	0.106	
Riboflavin		0.030			1		0.066	0.029	
Niacin		0.900			1		1.980	0.864	
Pantothenic acid		0.457			1		1.005	0.439	
Vitamin B-6	_	0.100			4		0.220	0.096	
Folate, total		14 0	0	z	<b>4</b> 7		31 0	13	
Folic acid		14	0	Z	4		31	0 13	
Folate, food	med DEE	14	0	NC	4		31	13	
Vitamin B-12		0.00	0	NC Z	7		0.00	0.00	
Vitamin A, IU		0.00	2	A	1		0.00	0.00	
Vitamin A, RAE		0	2	A	1		0	Ö	
Retinol		0	0	Z	7		Ö	Ö	
Vitamin E (alpha-tocopherol)		0.10	0	BFZN	4		0.22	0.10	
Tocopherol, beta			•		=		**	**	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.5	0	BFZN	4		1.2	0.5	
r · · · ·									
Lipids:	_	0.046					0.106	0.046	
Fatty acids, total saturated		0.048			4		0.106	0.046	
4:0		0.000			4		0.000	0.000	
6:0	_	0.000			4		0.000	0.000	
8:0		0.000			4		0.000 0.000	0.000 0.000	
12:0		0.000			4		0.000	0.000	
13:0	-	0.000	. 0		*		0.000	0.000	
14:0	-	0.000	0		4		0.000	0.000	
15:0	_	0.000			-		0.000	0.000	
16:0	_	0.031	. 0		4		0.068	0.030	
17:0		0.031	. 0		-		0.000	0.030	
18:0	_	0.017	, 0		4		0.037	0.016	
20:0	_	0.01	U		-		0.037	0.016	
22:0	_								
44.V	g								

	<u>A</u>	mount in 100 gran		ble portion	<u>on</u>		edible portion easures of food	
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.034			4		0.075	0.033	
15:1g 16:1 undifferentiatedg	0.002	: C		4		0.004	0.002	
17:1g 18:1 undifferentiatedg	0.032	: C		4		0.070	0.031	
20:1g	0.000			4		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	0		4		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.066	; c		4		0.145	0.063	
18:2 undifferentiated	0.048	C		4		0.106	0.046	
18:3 undifferentiatedg	0.018	0		4		0.040	0.017	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			4		0.000	0.000	
20:5 n-3g	0.000			4		0.000	0.000	
22:5 n-3g 22:6 n-3g	0.000			4 4		0.000 0.000	0.000 0.000	
Fatty acids, total trans	0.000	,		4		0.000	0.000	
Cholesterolg	0	C	z	7		0	0	
Phytosterols mg	v	·	-	•		Ü	Ü	
Amino Acids: Tryptophang Threonineg	0.052	. 1		1		0.114	0.050	
Isoleucineg	0.064			1		0.141	0.061	
Leucineg	0.065	. 1		1		0.143	0.062	
Lysineg	0.037	' 1		1		0.081	0.036	
Methionineg	0.010	1		1		0.022	0.010	
Cystineg	0.009	) 1		1		0.020	0.009	
Phenylalanineg	0.026	1		1		0.057	0.025	
Tyrosineg	0.019			1		0.042	0.018	
Valineg	0.047	' 1		1		0.103	0.045	
Arginineg								
Histidineg								
Alanine								
Aspartic acid								
Glycine								
Prolineg								
Serine								
Hydroxyproline								
Others:								
Alcohol, ethyl	0.0	C		7		0.0	0.0	
Caffeine mg	0	C	z	7		0	0	
Theobrominemg	0	C	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	2	A	1		0.000	0.000	
Carotene, alphamcg	0	2		1		0.000	0.000	
Cryptoxanthin, betamcg	0	2		1		0.000	0.000	
Lycopene mcg	0	C	BFZN	1 4		0.000	0.000	
Lutein + zeaxanthinmcg	22	C	BFZN	1 4		47.667	20.800	

### **Common Measures:**

Measure 1 = 220g: 1 cup

Measure 2 = 96g: .25 fruit, small

NDB No. 09059 Breadfruit, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Ur	iits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	_	16.50			_					
Water	_	16.70		0	T	4				
Energy		321		0	RA RA	4 4				
Energy		1345		0		4				
Protein	_	0.35 0.07		0	RA RA	4				
Total lipid (fat)				0	RA RA	4				
Ash		0.15		0						
Carbohydrate, by difference		82.74		0	NC	4 4				
Fiber, total dietary		1.6			RA					
Sugars, total		80.63		0	RA	4				
Starch	9									
Minerals:										
Calcium, Ca	mg	18		0	RA	4				
Iron, Fe	-	0.17		0	RA	4				
Magnesium, Mg		4		0	RA	4				
Phosphorus, P	mg	5		0	RA	4				
Potassium, K	mg	57		0	RA	4				
Sodium, Na	mg	98		0	T	4				
Zinc, Zn	mg	0.05		0	RA	4				
Copper, Cu	mg	0.028	3	0	RA	4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.6		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7				
Thiamin		0.000	,	0	z	7				
Riboflavin	_	0.000		0	Z	7				
Niacin	-	0.000		0	z	7				
Pantothenic acid		0.000	,	U	4	,				
Vitamin B-6		0.000	1	0	z	7				
Folate, total		0.000	•	0	z	7				
Folic acid		0		0	Z	7				
Folate, food		0		0	z	7				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.00		0	Z	7				
Vitamin A, IU		19		0	RA.	4				
Vitamin A, RAE	mca RAF	1		0	RA.	4				
Retinol		0		0	RA	4				
Vitamin E (alpha-tocopherol)		0.04		0	RA.	4				
Tocopherol, beta		0.04		U	NA.	-				
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	RA	4				
viamin K (phynodumone)	9	0.0		•		-				
Lipids:										
Fatty acids, total saturated	g	0.009	)	0	RA	4				
4:0	g	0.000	)	0	RA	4				
6:0	g	0.000		0	RA	4				
8:0	g	0.000	)	0	RA	4				
10:0		0.000		0	RA	4				
12:0	-	0.000	)	0	RA	4				
13:0										
14:0		0.000	)	0	RA	4				
15:0										
16:0		0.008	3	0	RA	4				
17:0										
18:0	g	0.002	?	0	RA	4				
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.008		0	RA	4				
14:1g	0.008		U	NA.	-				
15:1g									
16:1 undifferentiated	0.000		0	RA	4				
17:1g									
18:1 undifferentiated	0.008		0	RA	4				
20:1g	0.000		0	RA	4				
22:1 undifferentiatedg	0.000		0	RA	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.020		0	RA	4				
18:2 undifferentiatedg	0.013		0	RA	4				
18:3 undifferentiatedg	0.008		0	RA	4				
18:4g	0.000		0	RA	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RA	4				
20:5 n-3g	0.000		0	RA	4				
22:5 n-3g	0.000		0	RA	4				
22:6 n-3g	0.000		0	RA	4				
Fatty acids, total transg									
Cholesterolmg	0		0	RA	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	9		0	RA	4				
Carotene, alphamcg	0		0	RA	4				
Cryptoxanthin, betamcg	5		0	RA	4				
Lycopene mcg	0		0	RA	4				
Lutein + zeaxanthinmcg	11		0	RA	4				

# **Common Measures:**

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

Refuse: 3% Seeds and stem end

		<u>Aı</u>	mount in 100 gi	rams (	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	91.38	0.682	4	A	1		120.62	98.69	113.31
Energy	_	31	0.002	0	NC	4		40	33	38
Energy		128		0	NC	4		168	138	158
03	=	1.04	0.123	4	A	1		1.37	1.12	1.29
Protein (N x 6.25)		0.33	0.123	4	A	1		0.44	0.36	0.41
Total lipid (fat)		0.52	0.133	4	A	1		0.44		0.41
Ash			0.062			4			0.56	
Carbohydrate, by difference		6.73	0 207	0	NC	_		8.89	7.27	8.35
Fiber, total dietary		2.8	0.307	4	A	1		3.6	3.0	3.4
Sugars, total		3.98		0	0	4		5.25	4.29	4.93
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.307	5	A	1		5	4	4
Iron, Fe	-	0.08	0.013	4	A	1		0.10	0.08	0.09
Magnesium, Mg	_	10	0.378	5	A	1		13	10	12
Phosphorus, P		12	0.841	4	A	1		15	13	14
Potassium, K	•	133	8.411	5	A	1		175	143	164
Sodium, Na		2	0.363	5	A	1		2	2	2
Zine, Zn		0.12	0.066	5	A	1		0.16	0.13	0.15
Copper, Cu		0.137		5	A	1		0.181	0.148	0.17
Manganese, Mn		0.037		5	A	1		0.049	0.040	0.04
Selenium, Se		0.6		0	CAZN	4		0.8	0.6	0.7
•	•									
Vitamins:										
Vitamin C, total ascorbic acid		34.4	6.122	4	A	1		45.4	37.1	42.6
Thiamin	_	0.014		4	A	1		0.019	0.015	0.01
Riboflavin		0.016		4	A	1		0.021	0.017	0.02
Niacin	_	0.367		4	A	1		0.484	0.396	0.45
Pantothenic acid		0.391		4	A	1		0.516	0.422	0.48
Vitamin B-6	-	0.017		4	A	1		0.022	0.018	0.02
Folate, total		12	2.624	4	A	1		15	12	14
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	12	2.624	4	A	1		15	12	14
Folate, DFE		12		0	NC	4		15	12	14
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		61	19.812	4	A	1		81	66	76
Vitamin A, RAE		3	0.991	4	A	1		4	3	4
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.20	0.16	0.19
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.019	)	0	NC	4		0.025	0.021	0.02
4:0		0.000	)	0		4		0.000	0.000	0.00
6:0		0.000	)	0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0		0.000		0		4		0.000	0.000	0.00
13:0	-									
14:0	-	0.000	)	0		4		0.000	0.000	0.00
15:0	-									2.00
16:0	-	0.011	_	0		4		0.015	0.012	0.01
17:0		0.011		-		-		3.013	0.012	0.01
18:0	-	0.008	3	0		4		0.010	0.008	0.01
20:0	-	0.000	•	•		•		3.010	0.000	0.01
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number		_	0 51	<u>m</u> .	easures of food	
Nutrients and	I Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated 0	0.030		0	NC	4		0.039	0.032	0.037
14:1		0.030		v	NC	-		0.039	0.032	0.037
15:1	-									
16:1 undifferentiated		0.000		0		4		0.000	0.000	0.000
17:1	-									
18:1 undifferentiated		0.030		0		4		0.039	0.032	0.037
20:1		0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	0.000
24:1 c		0 104		0	NC	4		0.040	0 100	0.228
Fatty acids, total polyunsatura		0.184 0.157		0	NC	4		0.243 0.207	0.199 0.170	0.228
18:2 undifferentiated		0.157		0		4				0.195
18:3 undifferentiated				0		4		0.035	0.029	
18:4	-	0.000		U		4		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		0		4		0.000	0.000	0.000
20:4 undifferentiated 20:5 n-3	-	0.000		0		4		0.000	0.000	0.000
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans		0.000		U		-		0.000	0.000	0.000
Cholesterol		0		0	z	7		0	0	0
Phytosterols		· ·		U	2	,		U	U	· ·
Filytosterois										
Amino Acids:										
Tryptophan	g	0.008		0	BFPN	4		0.010	0.008	0.010
Threonine	g	0.044		0	BFPN	4		0.058	0.048	0.055
Isoleucine	g	0.044		0	BFPN	4		0.058	0.048	0.055
Leucine	g	0.077		0	BFPN	4		0.101	0.083	0.095
Lysine	g	0.077		0	BFPN	4		0.101	0.083	0.095
Methionine	g	0.021		0	BFPN	4		0.028	0.023	0.026
Cystine	g									
Phenylalanine	g	0.037		0	BFPN	4		0.048	0.039	0.045
Tyrosine	g	0.044		0	BFPN	4		0.058	0.048	0.055
Valine	-	0.050		0	BFPN	4		0.066	0.054	0.062
Arginine	-	0.021		0	BFPN	4		0.028	0.023	0.026
Histidine	-	0.008		0	BFPN	4		0.010	0.008	0.010
Alanine		0.071		0	BFPN	4		0.094	0.077	0.088
Aspartic acid		0.098		0	BFPN	4		0.129	0.106	0.122
Glutamic acid		0.148		0	BFPN	4		0.195	0.160	0.183
Glycine		0.050		0	BFPN	4		0.066	0.054	0.062
Proline	g	0.050		0	BFPN	4		0.066	0.054	0.062
Serine		0.083		0	BFPN	4		0.109	0.089	0.102
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:										
	w				_	_		20. 242	06.460	
Carotene, beta		25	24.50		A	1		32.340	26.460	30.380
Carotene, alpha		24	8.5		A	1		32.241	26.379	30.287
Cryptoxanthin, beta		0	0.00		A	1		0.000	0.000	0.000
Lycopene		0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin	riicg	66		1	A	1		87.120	71.280	81.840

### **Common Measures:**

Measure 1 = 132g: 1 cup, cubes Measure 2 = 108g: 1 cup, sliced

Measure 3 = 124g: 1 large (4-1/2" long)

NDB No. 09060

Carambola, (starfruit), raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 14% 7% seeds, 7% skin

		<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	•
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		84.17		1		1		126.26	16.83	
Energy		62		0	NC	4		93	12	
Energy	kj	259				4		389	52	
Protein (N x 6.25)	g	0.50		0		1		0.75	0.10	
Total lipid (fat)	g	1.30		0		1		1.95	0.26	
Ash	g	0.40		0		1		0.60	0.08	
Carbohydrate, by difference	g	13.63		0	NC	4		20.45	2.73	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca		11		0		1		17	2	
Iron, Fe		1.31		0		1		1.97	0.26	
Magnesium, Mg		16		2		1		24	3	
Phosphorus, P		7		0		1		11	1	
Potassium, K		260		2		1		390	52	
Sodium, Na		3		2		1		5	1	
Zinc, Zn				_		_				
Copper, Cu	-	0.210	)	1		1		0.315	0.042	
Manganese, Mn										
Selenium, Se	nicg									
Vitamins:										
Vitamin C, total ascorbic acid		38.0		0		1		57.0	7.6	
Thiamin		0.040		0		1		0.060	0.008	
Riboflavin	_	0.060		0		1		0.090	0.012	
Niacin	-	0.200	)	0		1		0.300	0.040	
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFEVitamin B-12		0.00		0	Z	7		0.00	0.00	
		40		0	4	1		60	8	
Vitamin A, IU	IU	2		0		1		3	0	
Vitamin E (alpha tacapharal)		2		U		_		3	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	_									
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols										

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

## **Common Measures:**

Measure 1 = 150g: 1 cup slices

Measure 2 = 20g: 1 fruit without skin and seeds

NDB No. 09061 Carissa, (natal-plum), raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 21% Seeds and skin

		<u>A</u>	mount in 100 gr	ams of edi	ble portion	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
			of [	Data Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
-									
Proximates:	a	79.39	1.110	3 A	1		247.70	102.05	
Water	-		1.110		4			123.85	
Energy		74					232	116	
Energy	=	311		0 NC	4		972	486	
Protein (N x 6.25)		1.65	0.028	3 A	1		5.16	2.58	
Total lipid (fat)		0.62	0.023	3 A	1		1.93	0.96	
Ash		0.64	0.028	3 A	1		2.00	1.00	
Carbohydrate, by difference	g	17.70		0 NC	4		55.21	27.61	
Fiber, total dietary	g	2.3		2 A	1		7.3	3.6	
Sugars, total									
Sucrose	g	1.30		1 A	1		4.06	2.03	
Glucose (dextrose)	g								
Fructose									
Lactose									
Maltose	g								
Galactose									
Starch									
Minerals:	ma	8	0.700	3 A	1		23	12	
Calcium, CaIron, Fe		0.30	0.083	3 A	1		0.94	0.47	
Magnesium, Mg		16	0.475	3 A	1		51	25	
Phosphorus, P		26	0.500	3 A	1		81	40	
Potassium, K		269	42.900	3 A	1		839	419	
Sodium, Na		4	0.125	3 A	1		14	7	
Zinc, Zn		0.18	0.030	3 A	1		0.56	0.28	
Copper, Cu		0.10		3 A	1		0.226	0.113	
Manganese, Mn		0.083		3 A	1		0.257	0.129	
Selenium, Se		0.000	0.000	J 11	-		0.237	0.123	
Vitamins:									
Vitamin C, total ascorbic acid	mg	11.5		2 A	1		35.8	17.9	
Thiamin		0.091	0.043	3 A	1		0.282	0.141	
Riboflavin	mg	0.119	0.001	3 A	1		0.372	0.186	
Niacin	mg	0.574	0.216	3 A	1		1.790	0.895	
Pantothenic acid	mg	0.237	0.043	3 A	1		0.739	0.370	
Vitamin B-6	mg	0.212	0.161	3 A	1		0.662	0.331	
Folate, total		18		2 A	1		56	28	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	18		2 A	1		56	28	
Folate, DFE		18		0 NC	4		56	28	
Vitamin B-12		0.00		0 z	7		0.00	0.00	
Vitamin A, IU		0		2 A	1		0	0	
Vitamin A, RAE		0		2 A	1		0	0	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	-								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	a								
Fatty acids, total monounsaturated									
Fatty acids, total polyunsaturated									
Fatty acids, total trans									
Cholesterol		0		0 z	7		0	0	
Phytosterols		~			•		ŭ	·	
Carotenoids:	<u>U</u>								
Carotenoius.									
Carotene, beta	mcg	0		2 A	1		0.000	0.000	

	<u>A</u>	mount in 10	0 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Carotene, alpha	0 0		2 2	A A	1		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta.         mcg           Lycopene.         mcg           Lutein + zeaxanthin.         mcg	0		2	A	1		0.000	0.000	

#### **Common Measures:**

Measure 1 = 312g: 1 fruit without skin and seeds

Measure 2 = 156g: 1 cup, diced

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> :	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		69.73		0		1		182.00		
Energy		114		0	NC	4		298		
Energy	kj	477				4		1245		
Protein (N x 6.25)	g	0.71		0		1		1.85		
Total lipid (fat)	g	0.09		0		1		0.23		
Ash	g	0.24		0		1		0.63		
Carbohydrate, by difference	g	29.23		0	NC	4		76.29		
Fiber, total dietary	g	0.8		0		4		2.1		
Sugars, total	g									
Starch	g									
Minerals:		10		•		_		0.6		
Calcium, Ca	-	10		0		1		26		
Iron, Fe	-	1.26		0		1		3.29		
Magnesium, Mg		5		0		1		13		
Phosphorus, P	_	9		0		1		23		
Potassium, K		91		0		1		238		
Sodium, Na	-	7		0		1		18		
Zinc, Zn		0.06	_	0		1		0.16		
Copper, Cu		0.065		0		1		0.170		
Manganese, Mn		0.070	)	0		1		0.183		
Selenium, Se	mcg									
/itamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		1		5.0		
Thiamin	-	0.016	5	0		1		0.042		
Riboflavin		0.038		0		1		0.099		
Niacin		0.163		0		1		0.425		
Pantothenic acid		0.105		0		1		0.274		
Vitamin B-6		0.044		0		1		0.115		
Folate, total		7		0		1		19		
Folic acid		0		0	z	7		0		
Folate, food		7		0		1		19		
Folate, DFE		7		0	NC	4		19		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		696		0	_	1		1817		
Vitamin A, RAE		35		0		1		91		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated		0.021	L	0		1		0.055		
4:0	-									
6:0	_									
8:0										
10:0										
12:0										
13:0	-	0 001		^		4		0.000		
14:0	-	0.001	L	0		1		0.003		
15:0		0.011		^				0.000		
16:0		0.015	•	0		1		0.039		
17:0			_	•		_				
18:0		0.005	•	0		1		0.013		
20:0	_									
22:0	g									

NDB No. 09067 Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids

	Amount in	!	Amount in edible portion of common				
		Number of Data De	riv Source (	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean Std. Er	<sub>ror</sub> Points Co	de Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.025	0	1		0.065		
14:1g 15:1g							
16:1 undifferentiatedg							
17:1							
18:1 undifferentiated	0.025	0	1		0.065		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.028	0	1		0.073		
18:2 undifferentiatedg	0.014	0	1		0.037		
18:3 undifferentiatedg	0.014	0	1		0.037		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg	•	•			_		
Cholesterol mg	0	0	z 7		0		
Phytosterolsmg							

### **Common Measures:**

Measure 1 = 261g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	75.66		0		1		193.69		
Energy	kcal	91		0	NC	4		233		
Energy	kj	381				4		975		
Protein (N x 6.25)	g	0.73		0		1		1.87		
Total lipid (fat)	g	0.10		0		1		0.26		
Ash	g	0.25		0		1		0.64		
Carbohydrate, by difference	g	23.27		0	NC	4		59.57		
Fiber, total dietary		1.1		0		4		2.8		
Sugars, total		22.17		0	0	4		56.76		
Starch										
Minerals:										
Calcium, Ca	-	10		0		1		26		
Iron, Fe		1.30		0		1		3.33		
Magnesium, Mg		6		0		1		15		
Phosphorus, P	-	10		0		1		26		
Potassium, K	-	93		0		1		238		
Sodium, Na	-	7		0		1		18		
Zinc, Zn		0.06	_	0		1		0.15		
Copper, Cu		0.066		0		1		0.169		
Manganese, Mn		0.072	2	0		1		0.184		
Selenium, Se	mcg	0.0		0	BFYN	4		0.1		
/itamins:										
Vitamin C, total ascorbic acid	ma	2.0		0		1		5.1		
Thiamin	_	0.016	5	0		1		0.041		
Riboflavin	-	0.039		0		1		0.100		
Niacin		0.168		0		1		0.430		
Pantothenic acid		0.105		0		1		0.269		
Vitamin B-6	-	0.044		0		1		0.113		
Folate, total	-	8		0		1		19		
Folic acid		0		0	z	7		0		
Folate, food		8		0		1		19		
Folate, DFE		8		0	NC	4		19		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		714		0		1		1828		
Vitamin A, RAE		36		0		1		91		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.23		0	BFZN	4		0.59		
Tocopherol, beta						_				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFYN	4		3.6		
<u> ipids:</u>										
Fatty acids, total saturated		0.021		0		1		0.054		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	_	0.000		0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0				.=		_		_		
14:0		0.001	L	0		1		0.003		
15:0			_							
16:0		0.015	5	0		1		0.038		
17:0	-		_					_		
18:0	-	0.005	5	0		1		0.013		
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.026		0		1		0.067			
14:1g							0.00.			
15:1 9										
16:1 undifferentiatedg	0.000		0		1		0.000			
17:1g										
18:1 undifferentiatedg	0.026		0		1		0.067			
20:1g	0.000		0		1		0.000			
22:1 undifferentiatedg	0.000		0		1		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	0.029		0		1		0.074			
18:2 undifferentiatedg	0.015		0		1		0.038			
18:3 undifferentiatedg	0.014		0		1		0.036			
18:4g	0.000		0		1		0.000			
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		1		0.000			
20:5 n-3g	0.000		0		1		0.000			
22:5 n-3g	0.000		0		1		0.000			
22:6 n-3g	0.000		0		1		0.000			
Fatty acids, total transg										
Cholesterolmg	0		0	Z	7		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0			
Caffeine mg	0		0	Z	7		0			
Theobrominemg	0		0	Z	7		0			
Carotenoids:										
Carotene, betamcg	428		0	BNA	4		1096.706			
Carotene, alphamcg	0		0	BNA	4		0.000			
Cryptoxanthin, betamcg	0		0	BNA	4		0.000			
Lycopenemcg	0		0	BFYN	4		0.000			
Lutein + zeaxanthin mcg	57		0	BFYN	4		144.934			

# **Common Measures:**

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 100 gr	ams of ed	ible portio	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>l</u>	
			of [	ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	79.62		0	1		200.64			
Energy	kcal	75		0 NC	4		189			
Energy	kj	314			4		791			
Protein (N x 6.25)		0.74		0	1		1.86			
Total lipid (fat)	g	0.10		0	1		0.25			
Ash	g	0.25		0	1		0.63			
Carbohydrate, by difference	g	19.30		0 NC	4		48.64			
Fiber, total dietary	g	0.8		0	4		2.0			
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	10		0	1		25			
Calcium, Ca Iron, Fe	-	1.32		0	1		3.33			
Magnesium, Mg	_	6		0	1		15			
Phosphorus, P		10		0	1		25			
Potassium, K	•	95		0	1		239			
Sodium, Na	_	7		0	1		18			
Zinc, Zn	_	0.07		0	1		0.18			
Copper, Cu		0.068	3	0	1		0.171			
Manganese, Mn		0.073	3	0	1		0.184			
Selenium, Se										
¥7:4										
<u>Vitamins:</u>	ma m			•			<b>5</b> 0			
Vitamin C, total ascorbic acid		2.0	-	0	1 1		5.0			
Thiamin		0.016		0	1		0.040 0.098			
Riboflavin		0.033		0	1		0.428			
Pantothenic acid		0.170		0	1		0.428			
Vitamin B-6		0.103		0	1		0.111			
Folate, total	-	8	•	0	1		19			
Folic acid		0		0 z	7		0			
Folate, food		8		0	1		19			
Folate, DFE	mca DFF	8		0 NC	4		19			
Vitamin B-12		0.00		0 Z	7		0.00			
Vitamin A, IU		726		0	1		1830			
Vitamin A, RAE		36		0	1		91			
Retinol		0		0 z	7		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	0	0.022		0	1		0.055			
4:0		0.022	=	· ·	-		0.055			
6:0										
8:0										
10:0	-									
12:0										
13:0										
14:0	-	0.001	L	0	1		0.003			
15:0										
16:0		0.015	5	0	1		0.038			
17:0										
18:0		0.005	5	0	1		0.013			
20:0	g									
22:0	g									
	g									

	Amou	<u>on</u>	Amount in edible portion of common				
		Number of Data D	eriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean St	d. Error Points C	ode Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.026	0	1		0.066		
14:1g							
15:1g							
16:1 undifferentiatedg							
17:1g							
18:1 undifferentiatedg	0.026	0	1		0.066		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.029	0	1		0.073		
18:2 undifferentiatedg	0.015	0	1		0.038		
18:3 undifferentiatedg	0.014	0	1		0.035		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg			_				
Cholesterol mg	0	0	z 7		0		
Phytosterolsmg							

#### **Common Measures:**

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

NDB No. 09064 Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)

Refuse: 0%

		Ai	mount in 100 g	rams c	<u>n</u>	Amount in edible portion of common				
			Nu	mber					easures of food	
				Data I	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
		,								
Proximates:										
Water	-	89.93	0.344	5		1		219.43		
Energy	kcal	36		0	NC	4		88		
Energy	kj	151				4		368		
Protein (N x 6.25)		0.77	0.050	5		1		1.88		
Total lipid (fat)		0.10	0.000	5		1		0.24		
Ash		0.26	0.009	5		1		0.63		
Carbohydrate, by difference	g	8.94		0	NC	4		21.81		
Fiber, total dietary	g	1.1		0		4		2.7		
Sugars, total		7.60		1	A	1		18.54		
Sucrose		1.00		1	A	1		2.44		
Glucose (dextrose)	g	3.90		1	A	1		9.52		
Fructose		2.70		1	A	1		6.59		
Lactose	g									
Maltose	g									
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	ma	11	0.765	5		1		27		
Iron, Fe		1.37	0.289	6		1		3.34		
Magnesium, Mg		6	0.269	0		1		3.34 15		
Phosphorus, P		10		0		1		24		
Potassium, K		98	7.334	5		1		239		
Sodium, Na		38 7	1.837	3		1		17		
Zinc, Zn		0.07	1.057	0		1		0.17		
Copper, Cu		0.070		0		1		0.17		
Manganese, Mn		0.076		0		1		0.171		
Selenium, Se		0.0	,	0	BFYN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1	0.505	5		1		5.1		
Thiamin	mg	0.017	0.003	5		1		0.041		
Riboflavin	mg	0.041	0.009	5		1		0.100		
Niacin	mg	0.177	0.012	5		1		0.432		
Pantothenic acid	mg	0.105	i	0		1		0.256		
Vitamin B-6	mg	0.044		0		1		0.107		
Folate, total	mcg	8	1.651	3		1		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8	1.651	3		1		20		
Folate, DFE		8		0	NC	4		20		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	754	40.696	5		1		1840		
Vitamin A, RAE		38	2.035	5		1		92		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.23		0	BFZN	4		0.56		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.4		0	BFYN	4		3.4		
Lipids:										
	a	0.023		0		1		0.056		
Fatty acids, total saturated		0.023		0		1		0.000		
		0.000		0		1		0.000		
6:0	-	0.000		0		1				
8:0	-	0.000		0		1		0.000		
10:0				0		1		0.000		
12:0		0.000		U		1		0.000		
13:0		0 001		0		4		0.000		
14:0	g g	0.001		0		1		0.002		

NDB No. 09064 Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)

		<u>Ar</u>	nount in 10	00 grams  Number  of Data			<u>n</u> Confidence	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	0.016		0		1		0.039		
17:0	g									
18:0	g	0.005		0		1		0.012		
20:0	_									
22:0	_									
24:0	_			•		_				
Fatty acids, total monounsaturate		0.027		0		1		0.066		
14:1 15:1	_									
16:1 undifferentiated		0.000		0		1		0.000		
17:1		0.000		Ū		-		0.000		
18:1 undifferentiated		0.027		0		1		0.066		
20:1		0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated	ig	0.030		0		1		0.073		
18:2 undifferentiated		0.015		0		1		0.037		
18:3 undifferentiated	g	0.015		0		1		0.037		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3	_	0.000		0 0		1 1		0.000		
22:6 n-3		0.000		U		_		0.000		
Fatty acids, total trans Cholesterol	-	0		0	z	7		0		
Phytosterols	-	O		U	4	,		U		
-	B									
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	452		0	BNA	4		1103.858		
Carotene, alpha	mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta		0		0	BNA	4		0.000		
Lycopene	-	0		0	BFYN	4		0.000		
Lutein + zeaxanthin	mcg	57		0	BFYN	4		138.141		

#### **Common Measures:**

Measure 1 = 244g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	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 3	
Proximates:											
Water	g	87.20	0.254	3		1		135.16	444.72		
Energy	kcal	46		0	NC	4		71	235		
Energy	kj	192				4		298	982		
Protein (N x 6.25)	g	0.92	0.087	3		1		1.43	4.69		
Total lipid (fat)	g	0.44	0.049	3		1		0.68	2.24		
Ash	g	0.42	0.006	3		1		0.65	2.14		
Carbohydrate, by difference	g	11.02		0	NC	4		17.08	56.20		
Fiber, total dietary	g	1.6		0		1		2.5	8.2		
Sugars, total	g	9.02		0	0	4		13.98	46.00		
Starch	g										
M:											
Minerals:	ma	13	0.723	3		1		20	66		
Calcium, Ca	-	0.53	0.723	3		1		0.82	2.70		
Magnesium, Mg	-	9	0.047	3		1		14	46		
Phosphorus, P		16	0.466	3		1		25	82		
Potassium, K	•	124	11.015	3		1		192	632		
Sodium, Na	-	1	0.120	3		1		2	5		
Zine, Zn	-	0.10	0.018	3		1		0.16	0.51		
Copper, Cu		0.090		3		1		0.140	0.459		
Manganese, Mn		0.057		3		1		0.088	0.291		
Selenium, Se	-	0.0		0	BFSN	4		0.0	0.1		
Vitamins:			4 450	_		_					
Vitamin C, total ascorbic acid	-	1.7	1.179	3		1		2.6	8.7		
Thiamin	-	0.044		3		1		0.068	0.224		
Riboflavin	<del>-</del>	0.034		3		1		0.053	0.173		
Niacin	-	0.137		3		1		0.212	0.699		
Pantothenic acid	-	0.178		3		1		0.276	0.908		
Vitamin B-6	-	0.067 5	0.001 1.245	3 3		1		0.104 7	0.342		
Foliate, total		0	1.245	0	z	1 7		0	23 0		
Folic acid		5	1.245	3	4	1		7	23		
Folate, foodFolate, DFE		5 5	1.245	0	NC	4		7	23		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin B-12 Vitamin A, IU		870	203.205	3	Z	1		1349	4437		
Vitamin A, IU Vitamin A, RAE		44	10.160	3		1		67	222		
Retinol		0	10.160	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.05		0	BFSN	4		0.08	0.26		
Tocopherol, beta		0.03		Ü	DISN	-		0.00	0.20		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.5		0	BFSN	4		2.3	7.7		
<u>Lipids:</u>				_		_					
Fatty acids, total saturated		0.100		0		1		0.155	0.510		
4:0		0.000		0		7		0.000	0.000		
6:0	-	0.000		0		7		0.000	0.000		
8:0	-	0.000		0		7		0.000	0.000		
10:0	-	0.000		0		7		0.000	0.000		
12:0		0.000	•	0		7		0.000	0.000		
13:0		0 000	,	0		4		0.005	0.015		
14:0		0.003	1	0		1		0.005	0.015		
15:0		0 0=0		^							
16:0		0.070	•	0		1		0.109	0.357		
17:0	-	0.004		0		4		0 037	0 100		
18:0	-	0.024	ı	0		1		0.037	0.122		
20:0	-										

	<u>An</u>	nount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.120	0		1		0.186	0.612	
14:1g	0.120	Ü		-		0.100	0.012	
15:1								
16:1 undifferentiated	0.001	0		1		0.002	0.005	
17:1g		•		_				
18:1 undifferentiated	0.119	0		1		0.184	0.607	
20:1g	0.000	0		7		0.000	0.000	
22:1 undifferentiatedg	0.000	0		7		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.132	0		1		0.205	0.673	
18:2 undifferentiatedg	0.067	0		1		0.104	0.342	
18:3 undifferentiatedg	0.065	0		1		0.101	0.332	
18:4g	0.000	0		7		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		7		0.000	0.000	
20:5 n-3g	0.000	0		7		0.000	0.000	
22:5 n-3g	0.000	0		7		0.000	0.000	
22:6 n-3g	0.000	0		7		0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	522	0	BNA	4		809.101	2662.204	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	BNA	4		0.000	0.000	
Lycopene mcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	61	0	BFSN	4		94.430	310.706	

### **Common Measures:**

Measure 1 = 155g: 1 cup, unthawed Measure 2 = 510g: 1 package (18 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 10% Pits and stems

		<u>Aı</u>	mount in 100 g	<u>rams</u>	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	86.13		348		1		133.50	88.71		
Energy	-	50		0	NC	4		78	52		
Energy		209		U	140	4		324	215		
Protein (N x 6.25)		1.00	0.011	347		1		1.55	1.03		
,	_	0.30	0.011	0		1		0.47	0.31		
Total lipid (fat)		0.30		348		1		0.47	0.31		
Ash				0	NO	4		18.88			
Carbohydrate, by difference		12.18			NC				12.55		
Fiber, total dietary		1.6		0		1		2.5	1.6		
Sugars, total		8.49		0	NC	4		13.17	8.75		
Sucrose	g	0.80		2		1		1.24	0.82		
Glucose (dextrose)	g	4.18	0.123	5		1		6.48	4.31		
Fructose	<u>g</u>	3.51	0.229	5		1		5.44	3.62		
Lactose	g	0.00		0	Z	7		0.00	0.00		
Maltose		0.00		0	Z	7		0.00	0.00		
Galactose		0.00		0	Z	7		0.00	0.00		
Starch											
Minorals:											
Minerals:	ma	16		331		1		25	16		
Calcium, Ca	_	0.32		347		1		0.50	0.33		
Iron, Fe		9		347		1		14	9		
Magnesium, Mg		9 15		347		1		23	15		
Phosphorus, P		173		339		1		268	178		
Potassium, K		3		339		1		268 5	3		
Sodium, Na	-	0.10	0.003			1		0.16	0.10		
Zinc, Zn		0.10		347		1		0.16	0.10		
Copper, Cu		0.104		347		1		0.161	0.107		
Manganese, Mn Selenium, Se		0.112	•	0	BFZN	4		0.174	0.115		
Vitamins:											
Vitamin C, total ascorbic acid	mg	10.0		0		1		15.5	10.3		
Thiamin	mg	0.030	0.000	330		1		0.047	0.031		
Riboflavin	mg	0.040	0.000	330		1		0.062	0.041		
Niacin	mg	0.400	)	0		1		0.620	0.412		
Pantothenic acid	mg	0.143	<b>;</b>	0		1		0.222	0.147		
Vitamin B-6	mg	0.044		1		1		0.068	0.045		
Folate, total	mcg	8	0.750	4		1		12	8		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	8	0.750	4		1		12	8		
Folate, DFE		8		0	NC	4		12	8		
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	1283	18.331	330		1		1989	1321		
Vitamin A, RAE		64	0.917	330		1		99	66		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.07		0	BFZN	4		0.11	0.07		
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.1		0	BFZN	4		3.3	2.2		
Lipids:											
Fatty acids, total saturated	a	0.068	1	0		1		0.105	0.070		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
		0.000	•	J		_		0.000	0.000		
13:0		0.002		0		1		0.003	0.002		
14:0 15:0		0.002		J		1		0.003	0.002		

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.048		0		1		0.074	0.049	
17:0 18:0.		0.016		0		1		0.025	0.016	
20:0 22:0	g g									
24:0Fatty acids, total monounsaturate	edg	0.082		0		1		0.127	0.084	
15:1 16:1 undifferentiated 17:1	g	0.001		0		1		0.002	0.001	
18:1 undifferentiated	•	0.081		0		1		0.126	0.083	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	ig	0.090		0		1		0.140	0.093	
18:2 undifferentiated	g	0.046		0		1		0.071	0.047	
18:3 undifferentiated	g	0.044		0		1		0.068	0.045	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0.0	0.0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:		· ·		•	_	•		•	•	
Carotene, beta	mcg	770		0	BNA	4		1193.192	792.895	
Carotene, alpha	_	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta	_	0		0	BNA	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		85		0	BFZN	4		130.975	87.035	

#### **Common Measures:**

Measure 1 = 155g: 1 cup, without pits Measure 2 = 103g: 1 cup, with pits, yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Pits

Nutrients and Units	00 grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Proximates:	Numbe	r			<u>m</u>	easures of food		
Proximates:	of Data	Deriv	Source	Confidence				
Water.	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Water								
Energy	0		1		189.64			
Protein (N x 6.25)	0	NC	4		266			
Total lipid (fat)			4		1114			
Ash	0		1		1.54			
Ash	0		1		0.39			
Fiber, total dietary	0		1		0.97			
Sugars, total	0	NC	4		68.46			
Starch	0		4		3.9			
Minerals:         Calcium, Ca.         mg         9           Iron, Fe.         mg         0.35           Magnesium, Mg.         mg         8           Phosphorus, P.         mg         17           Potassium, K.         mg         142           Sodium, Na.         mg         3           Zinc, Zn.         mg         0.10           Copper, Cu.         mg         0.139           Manganese, Mn.         mg         0.058           Selenium, Se.         mcg           Vitamins:           Vitamin, C, total ascorbic acid.         mg         0.058           Selenium, Se.         mcg           Vitamins C, total ascorbic acid.         mg         0.058           Vitamins C, total ascorbic acid.         mg         0.021           Riboflavin.         mg         0.021           Riboflavin.         mg         0.021           Riboflavin.         mg         0.388           Pantothenic acid.         mg         0.039           Niacin.         mg         0.030           Folate, total.         mcg         4           Folate, total.         mcg         4 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
Calcium, Ca.         mg         9           Iron, Fe.         mg         0.35           Magnesium, Mg.         mg         8           Phosphorus, P.         mg         17           Potassium, K.         mg         142           Sodium, Na.         mg         0.10           Copper, Cu.         mg         0.139           Manganese, Mn.         mg         0.058           Selenium, Se.         mcg           Vitamins:         Vitamins;           Vitamin C, total ascorbic acid.         mg         3.6           Thiamin.         mg         0.021           Riboflavin.         mg         0.039           Niacin.         mg         0.38           Pantothenic acid.         mg         0.388           Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         0           Folate, DFE.         mcg         0           Vitamin B-12.         mcg         0.00           Vitamin A, RAE         mcg         0           Vitamin E (alpha-tocopherol) <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>								
Calcium, Ca								
Iron, Fe	_		_		00			
Magnesium, Mg.         mg         8           Phosphorus, P.         mg         17           Potassium, K.         mg         142           Sodium, Na.         mg         3           Zinc, Zn         mg         0.10           Copper, Cu.         mg         0.139           Manganese, Mn.         mg         0.058           Selenium, Se.         mcg           Vitamins:           Vitamin, Se.         mcg           Vitamin, Se.           Witamin, Se.           Mg         0.021           Ribinin, Se.           Witamin, Se.           Mg         0.021           Ribinin, Se.           Mg         0.039           Niacin.         mcg         4           Folate, total.         mcg         4           Folate, total.         mcg         0.00	0		1 1		23			
Phosphorus, P.         mg         17           Potassium, K.         mg         142           Sodium, Na.         mg         3           Zinc, Zn.         mg         0.10           Copper, Cu.         mg         0.139           Manganese, Mn.         mg         0.058           Selenium, Se.         mcg           Vitamins:           Vitamin C, total ascorbic acid         mg         0.021           Riboflavin.         mg         0.039           Niacin.         mg         0.388           Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         4           Folic acid.         mcg         0           Folate, DFE         mcg         4           Vitamin B-12.         mcg         0           Vitamin A, IU.         IU         151           Vitamin E (alpha-tocopherol).         mg         0           Tocopherol, delta.         mg         0           Tocopherol, delta.         mg         0           Tocopherol, delta.         mg	0		1		0.91 21			
Potassium, K.         mg         142           Sodium, Na.         mg         3           Zinc, Zn.         mg         0.10           Copper, Cu.         mg         0.139           Manganese, Mn.         mg         0.058           Selenium, Se.         mcg           Vitamins:           Vitamin Se.         mg         0.021           Riboflavin.         mg         0.039           Niacin.         mg         0.388           Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         4           Folate, food.         mcg         4           Folate, DFE.         mcg_DFE         4           Vitamin B-12.         mcg         0.00           Vitamin A, IU.         IU         151           Vitamin A, RAE.         mcg_RAE         8           Retinol.         mcg         0           Vitamin E (alpha-tocopherol)         mg           Tocopherol, delta.         mg           Tocopherol, gamma         mg           Tocopherol, gamma	-		1					
Sodium, Na         mg         3           Zinc, Zn         mg         0.10           Copper, Cu         mg         0.139           Manganese, Mn         mg         0.058           Selenium, Se         mcg           Vitamins:           Vitamin C, total ascorbic acid         mg         3.6           Thiamin         mg         0.021           Riboflavin         mg         0.039           Niacin         mg         0.388           Pantothenic acid         mg         0.127           Vitamin B-6         mg         0.030           Folate, total         mcg         4           Folic acid         mcg         0           Folate, food         mcg         4           Folate, DFE         mcg         0           Vitamin B-12         mcg         0.00           Vitamin A, IU         IU         151           Vitamin A, RAE         mcg         0           Retinol         mg         0           Tocopherol, beta         mg         0           Tocopherol, delta         mg         0           Tocopherol, delta         mg         0	0		1		44 371			
Zinc, Zn.         mg         0.10           Copper, Cu.         mg         0.139           Manganese, Mn         mg         0.058           Selenium, Se.         mcg           Vitamins:           Vitamin C, total ascorbic acid         mg         3.6           Thiamin         mg         0.021           Riboflavin         mg         0.039           Niacin         mg         0.388           Pantothenic acid         mg         0.127           Vitamin B-6         mg         0.030           Folate, total         mcg         4           Folic acid         mcg         0           Folate, food         mcg         4           Folate, food         mcg         4           Folate, ool         mcg         0           Folate, pore         mcg         0           Vitamin B-12         mcg         0           Vitamin B-12         mcg         0           Vitamin A, IU         IU         151           Vitamin E (alpha-tocopherol)         mg         0           Tocopherol, beta         mg         0           Tocopherol, delta         mg         0     <	0		1		8			
Copper, Cu         mg         0.139           Manganese, Mn         mg         0.058           Selenium, Se         mcg           Vitamins:         mg         3.6           Thiamin C, total ascorbic acid         mg         0.021           Riboflavin         mg         0.039           Niacin         mg         0.388           Pantothenic acid         mg         0.127           Vitamin B-6         mg         0.030           Folate, total         mcg         4           Folic acid         mcg         0           Folate, food         mcg         4           Folate, DFE         mcg_DFE         4           Vitamin B-12         mcg         0.00           Vitamin A, IU         IU         151           Vitamin A, RAE         mcg_RAE         8           Retinol         mcg         0           Vitamin E (alpha-tocopherol)         mg           Tocopherol, gamma         mg           Tocopherol, gamma         mg           Tocopherol, delta         mg           Vitamin D         IU           Vitamin K (phylloquinone)         mcg           Eipids:         Tocopharo	0		1		0.26			
Manganese, Mn	0		1		0.363			
Vitamins:         mcg           Vitamin C, total ascorbic acid.         mg         3.6           Thiamin.         mg         0.021           Riboflavin.         mg         0.339           Niacin.         mg         0.388           Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         0           Folate, food.         mcg         4           Folate, pore.         mcg_DFE         4           Vitamin B-12.         mcg         0.00           Vitamin A, IU.         IU         151           Vitamin A, RAE         mcg_RAE         8           Retinol.         mcg         0           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg           Tocopherol, delta.         mg           Vitamin K (phylloquinone)         mcg           Lipids:         E           Fatty acids, total saturated.         g         0.033           4:0.         g           6:0.         g	0		1		0.363			
Vitamins:         Vitamin C, total ascorbic acid.         mg         3.6           Thiamin.         mg         0.021           Riboflavin.         mg         0.339           Niacin.         mg         0.388           Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         0           Folate, food.         mcg         4           Folate, DFE.         mcg_DFE         4           Vitamin B-12.         mcg         0.00           Vitamin A, IU.         IU         151           Vitamin A, RAE.         mcg_RAE         8           Retinol.         mcg         0           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         0.033           4:0.         g         9         0.001           10:0. <td>· ·</td> <td></td> <td>-</td> <td></td> <td>0.131</td> <td></td> <td></td>	· ·		-		0.131			
Vitamin C, total ascorbic acid         mg         3.6           Thiamin         mg         0.021           Riboflavin         mg         0.039           Niacin         mg         0.388           Pantothenic acid         mg         0.127           Vitamin B-6         mg         0.030           Folate, total         mcg         4           Folic acid         mcg         0           Folate, food         mcg         4           Folate, DFE         mcg         0.00           Vitamin B-12         mcg         0.00           Vitamin A, IU         IU         151           Vitamin A, RAE         mcg_RAE         8           Retinol         mcg         0           Vitamin E (alpha-tocopherol)         mg         0           Tocopherol, beta         mg         0           Tocopherol, delta         mg         0           Vitamin D         IU         Vitamin K (phylloquinone)         mcg           Lipids:         Fatty acids, total saturated         g         0.033           4:0         g         0         0           6:0         g         0         0           8								
Thiamin         mg         0.021           Riboflavin         mg         0.039           Niacin         mg         0.388           Pantothenic acid         mg         0.127           Vitamin B-6         mg         0.030           Folate, total         mcg         4           Folic acid         mcg         0           Folate, food         mcg         4           Folate, DFE         mcg         0.00           Vitamin B-12         mcg         0.00           Vitamin A, IU         IU         151           Vitamin A, RAE         mcg_RAE         8           Retinol         mcg         0           Vitamin E (alpha-tocopherol)         mg         0           Tocopherol, beta         mg         mg           Tocopherol, delta         mg         0           Vitamin D         IU         Vitamin K (phylloquinone)         mcg           Lipids:         Fatty acids, total saturated         g         0.033           4:0         g         6:0         g           8:0         g         0           10:0         g         0           12:0         g								
Riboflavin.       mg       0.039         Niacin.       mg       0.388         Pantothenic acid.       mg       0.127         Vitamin B-6.       mg       0.030         Folate, total.       mcg       4         Folic acid.       mcg       0         Folate, food.       mcg       4         Folate, DFE.       mcg_DFE       4         Vitamin B-12.       mcg       0.00         Vitamin A, IU.       IU       151         Vitamin A, RAE       mcg_RAE       8         Retinol.       mcg       0         Vitamin E (alpha-tocopherol).       mg       0         Tocopherol, beta.       mg       0         Tocopherol, delta.       mg       0         Tocopherol, delta.       mg       0         Vitamin D.       IU       Vitamin K (phylloquinone)       mcg         Lipids:       Fatty acids, total saturated.       g       0.033         4:0.       g       0       0       0         8:0.       g       0       0       0         10:0.       g       0       0       0       0       0         10:0.       g	0		1		9.4			
Niacin.         mg         0.388           Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         0           Folate, food.         mcg         4           Folate, DFE.         mcg_DFE         4           Vitamin B-12.         mcg         0.00           Vitamin A, IU.         IU         151           Vitamin A, RAE.         mcg_RAE         8           Retinol.         mcg         0           Vitamin E (alpha-tocopherol).         mg         0           Tocopherol, beta.         mg         0           Tocopherol, delta.         mg         0           Vitamin D.         IU         Vitamin K (phylloquinone)         mcg           Lipids:         E         S         0           Fatty acids, total saturated.         g         0         0           4:0.         g         0         0           8:0.         g         0         0           10:0.         g         0         0           12:0.         g         0         0	0		1		0.055			
Pantothenic acid.         mg         0.127           Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         0           Folate, food.         mcg         4           Folate, DFE.         mcg_DFE         4           Vitamin B-12.         mcg         0.00           Vitamin A, IU.         IU         151           Vitamin A, RAE.         mcg_RAE         8           Retinol.         mcg         0           Vitamin E (alpha-tocopherol).         mg         0           Tocopherol, beta.         mg         0           Tocopherol, gamma.         mg         0           Tocopherol, delta.         mg         0           Vitamin D.         IU         Vitamin K (phylloquinone)         mcg           Lipids:         Fatty acids, total saturated.         9         0.033           4:0.         9         0.033           4:0.         9         0.033           4:0.         9         0.001           10:0.         9         0.001           12:0.         9         0.001           15:0.         9         <	0		1		0.102			
Vitamin B-6.         mg         0.030           Folate, total.         mcg         4           Folic acid.         mcg         0           Folate, food.         mcg         4           Folate, DFE.         mcg_DFE         4           Vitamin B-12.         mcg         0.00           Vitamin A, IU.         IU         151           Vitamin A, RAE.         mcg_RAE         8           Retinol.         mcg         0           Vitamin E (alpha-tocopherol).         mg         0           Tocopherol, beta.         mg         0           Tocopherol, gamma.         mg         0           Tocopherol, delta.         mg         0           Vitamin D.         IU         Vitamin K (phylloquinone)         mcg           Lipids:         Fatty acids, total saturated.         9         0.033           4:0.         9         0.033           4:0.         9         0.033           4:0.         9         0.001           10:0.         9         0.001           12:0.         9         0.001           15:0.         9         0.001	0		1		1.013			
Folate, total mcg 4 Folic acid. mcg 0 Folate, food. mcg 4 Folate, DFE. mcg_DFE 4 Vitamin B-12. mcg 0.00 Vitamin A, IU. IU 151 Vitamin A, RAE. mcg_RAE 8 Retinol. mcg 0 Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone). mcg  Lipids:  Fatty acids, total saturated. 9 0.033 4:0. 9 6:0. 9 8:0. 9 10:0. 9 12:0. 9 14:0. 9 14:0. 9 15:0. 9	0		4		0.331			
Folic acid	0		1		0.078			
Folate, food mcg 4 Folate, DFE mcg_DFE 4 Vitamin B-12 mcg 0.00 Vitamin A, IU IU 151 Vitamin A, RAE mcg_RAE 8 Retinol mcg 0 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg  Lipids:  Fatty acids, total saturated 9 0.033 4:0 9 6:0 9 8:0 9 10:0 9 12:0 9 13:0 9 14:0 9 15:0 0.001	0		4		11			
Folate, DFE	0	Z	7		0			
Vitamin B-12       mcg       0.00         Vitamin A, IU.       IU       151         Vitamin A, RAE       mcg_RAE       8         Retinol.       mcg       0         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       0.033         4:0.       g         6:0.       g         8:0.       g         10:0.       g         12:0.       g         13:0.       g         14:0.       g       0.001         15:0.       g	0		4		11			
Vitamin A, IU.       IU       151         Vitamin A, RAE.       mcg_RAE       8         Retinol.       mcg       0         Vitamin E (alpha-tocopherol).       mg         Tocopherol, beta.       mg         Tocopherol, gamma.       mg         Vocopherol, delta.       mg         Vitamin D.       IU         Vitamin K (phylloquinone).       mcg         Lipids:         Fatty acids, total saturated.       g       0.033         4:0.       g         6:0.       g         8:0.       g         10:0.       g         12:0.       g         13:0.       g         14:0.       g       0.001         15:0.       g	0	NC	4		11			
Vitamin A, RAE       mcg_RAE       8         Retinol       mcg       0         Vitamin E (alpha-tocopherol)       mg         Tocopherol, beta       mg         Tocopherol, gamma       mg         Vitamin D       IU         Vitamin K (phylloquinone)       mcg         Lipids:       Vitamin K (phylloquinone)         Fatty acids, total saturated       g       0.033         4:0       g         6:0       g         8:0       g         10:0       g         12:0       g         13:0       g         14:0       g       0.001         15:0       g	0	Z	7		0.00			
Retinol	0		1		394			
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       0.033         4:0       g         6:0       g         8:0       g         10:0       g         12:0       g         13:0       g         14:0       g       0.001         15:0       g	0		1		20			
Tocopherol, beta	0	Z	7		0			
Tocopherol, gamma								
Tocopherol, delta								
Vitamin D								
Vitamin K (phylloquinone)     mcg       Lipids:     9     0.033       Fatty acids, total saturated     9     0.033       4:0     9     8:0     9       8:0     9     9       10:0     9     12:0     9       13:0     9     0.001       15:0     9								
Lipids:     9     0.033       4:0								
Fatty acids, total saturated       9       0.033         4:0       9         6:0       9         8:0       9         10:0       9         12:0       9         13:0       9         14:0       9       0.001         15:0       9								
4:0								
6:0	0		1		0.086			
8:0								
10:0								
12:0								
13:0g 14:0g 0.001 15:0g								
14:0g 0.001 15:0g								
15:0g								
	0		1		0.003			
16·0 a 0.023					_			
	0		1		0.060			
17:0g								
18:0g 0.008	0		1		0.021			
20:0g								
22:0g 24:0g								

NDB No. 09075 Cherries, sweet, canned, extra heavy syrup pack, solids and liquids

	<u>Ar</u>	<u>n</u>	Amount in edible portion of common						
			umber f Data D	eriv S	ource	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error Po	oints C	ode (	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.040		0		1		0.104		
14:19									
15:1g									
16:1 undifferentiatedg									
17:1g									
18:1 undifferentiatedg	0.040		0		1		0.104		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	0.045		0		1		0.117		
18:2 undifferentiatedg	0.023		0		1		0.060		
18:3 undifferentiatedg	0.022		0		1		0.057		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg			_		_				
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									

#### **Common Measures:**

Measure 1 = 261g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Pits

		<u>Aı</u>	mount in 100 gi	rams c	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				me	easures of food		
				Data I	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	<b>a</b>	77.61	0.079	82		1		196.35			
Water	-		0.079	0	170						
Energy		83		U	NC	4		210			
Energy		347				4		879			
Protein (N x 6.25)		0.60	0.017	82		1		1.52			
Total lipid (fat)		0.15	0.003	82		1		0.38			
Ash		0.38	0.011	82		1		0.96			
Carbohydrate, by difference		21.27		0	NC	4		53.81			
Fiber, total dietary	g	1.5		0		4		3.8			
Sugars, total	g	19.77		0	0	4		50.02			
Starch	g										
Minauala											
Minerals:	ma	9	0.233	82		1		23			
Calcium, Ca	-	0.35	0.233	82 82		1		0.89			
Magnesium, Mg	-	9		110		1		23			
Phosphorus, P		18	0.133	82		1		23 46			
•	-	145	1.838	82		1		367			
Potassium, K Sodium, Na		3	0.050	88		1		8			
Zinc, Zn	-	0.10	0.009	81		1		0.25			
		0.10		82		1		0.359			
Copper, Cu		0.142		0		1		0.149			
Manganese, Mn		0.039	,	0	BFYN	4		0.149			
Selenium, Se	Illog	0.0		U	DFIN	4		0.1			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	3.6	0.154	85		1		9.1			
Thiamin	mg	0.021	0.000	124		1		0.053			
Riboflavin	mg	0.040	0.000	124		1		0.101			
Niacin	mg	0.396	0.008	136		1		1.002			
Pantothenic acid	mg	0.127		0		4		0.321			
Vitamin B-6	mg	0.030	)	0		1		0.076			
Folate, total	mcg	4		0		4		11			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	4		0		4		11			
Folate, DFE	mcg_DFE	4		0	NC	4		11			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU	IU	154	4.506	138		1		390			
Vitamin A, RAE	mcg_RAE	8	0.225	138		1		19			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.23		1	A	1		0.58			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma		0.00		1	A	1		0.00			
Tocopherol, delta		0.00		1	A	1		0.00			
Vitamin D											
Vitamin K (phylloquinone)		1.4		0	BFYN	4		3.6			
Lipids:											
Fatty acids, total saturated	a	0.034		0		1		0.086			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0	=	0.000		0		1		0.000			
13:0		0.000		•		-		3.000			
14:0	-	0.001		0		1		0.003			
15:0	-	0.001		•		-		0.003			
16:0		0.024		0		1		0.061			
17:0		0.024		5		_		0.061			
18:0	-	0.008		0		1		0.020			
		0.008		J		1		0.020			
20:0											
22:0											
24:0	g										

	<u>Ar</u>	mount in 10	0 grams	of edib	ole portio	<u>en</u>	Amount in	edible portion	of common
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.041		0		1		0.104		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		1		0.000		
17:1g									
18:1 undifferentiatedg	0.041		0		1		0.104		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.045		0		1		0.114		
18:2 undifferentiatedg	0.023		0		1		0.058		
18:3 undifferentiatedg	0.022		0		1		0.056		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total trans									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	92		0	BNA	4		233.772		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopenemcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthinmcg	57		0	BFYN	4		143.236		

### **Common Measures:**

Measure 1 = 253g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	iits	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Proximates:										
Water	g	77.61		0	BD	4		138.92	142.80	
Energy	kcal	83		0	NC	4		149	153	
Energy	kj	348		0	NC	4		623	640	
Protein	g	0.73		0	BD	4		1.30	1.34	
Total lipid (fat)	g	0.21		0	BD	4		0.37	0.38	
Ash	g	0.39		0	BD	4		0.70	0.72	
Carbohydrate, by difference	g	21.07		0	NC	4		37.71	38.76	
Fiber, total dietary	g	2.5		0	BD	4		4.5	4.6	
Sugars, total	g	18.58		0	0	4		33.25	34.18	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	BD	4		18	19	
Iron, Fe	mg	0.35		0	BD	4		0.63	0.64	
Magnesium, Mg	mg	9		0	BD	4		17	17	
Phosphorus, P	mg	20		0	BD	4		36	37	
Potassium, K		148		0	BD	4		265	272	
Sodium, Na		3		0	BD	4		5	6	
Zinc, Zn	mg	0.10		0	BD	4		0.19	0.19	
Copper, Cu		0.176	5	0	BD	4		0.315	0.324	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.6		0	BD	4		6.4	6.6	
Thiamin	mg	0.022	2	0	BD	4		0.040	0.041	
Riboflavin	mg	0.043	3	0	BD	4		0.077	0.079	
Niacin	<u>mg</u>	0.396	5	0	BD	4		0.709	0.729	
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg	0.031	L	0	BD	4		0.055	0.056	
Folate, total	mcg	5		0	BD	4		8	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5		0	BD	4		8	8	
Folate, DFE	mcg_DFE	5		0	NC	4		8	8	
Vitamin B-12		0.00				7		0.00	0.00	
Vitamin A, IU	IU	237		0	BD	4		425	436	
Vitamin A, RAE	mcg_RAE	12		0	NC	4		21	22	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.23		0	BFZN	4		0.41	0.42	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.4		0	BFZN	4		2.5	2.6	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.040	)	0	NC	4		0.071	0.073	
4:0	g	0.000	)			4		0.000	0.000	
6:0	g	0.000	)			4		0.000	0.000	
8:0	g	0.000	)			4		0.000	0.000	
10:0	g	0.000	)			4		0.000	0.000	
12:0	g	0.000	)			4		0.000	0.000	
13:0	g									
14:0	g	0.001	L			4		0.002	0.002	
15:0	g									
16:0	g	0.029	•			4		0.052	0.054	
17:0										
18:0		0.010	)			4		0.017	0.018	
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>on</u>		edible portion	
Nutrients and Units	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Nutrients and Onits	Ivicali	Stu. Elloi	. 0	-			Weasure i	Weasure 2	Measure 3
Fatty acids, total monounsaturatedg	0.049		0	NC	4		0.088	0.091	
14:1g									
15:1									
16:1 undifferentiatedg	0.000				4		0.000	0.000	
17:1g									
18:1 undifferentiated	0.049				4		0.088	0.091	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.055		0	NC	4		0.098	0.101	
18:2 undifferentiatedg	0.028				4		0.051	0.052	
18:3 undifferentiatedg	0.026				4		0.047	0.049	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0				7		0	0	
Phytosterolsmg									
Others:					_				
Alcohol, ethylg	0.0		•	_	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta mcg	142		0	BNA	4		254.710	261.825	
Carotene, alphamcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BNA	4		0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	57		0	BFZN	4		101.341	104.172	

### **Common Measures:**

Measure 1 = 179g: 1 cup, pitted

Measure 2 = 184g: 1 cup, with pits, yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Pits

		<u>Ar</u>	nount in 100 gr	rams c	<u>n</u>		edible portion			
			Nun	nber				<u>m</u>	easures of food	_
			of I	Data [	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints (	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.95	0.156	6		1		212.38		
Energy	kcal	54		0	NC	4		135		
Energy	kj	226				4		565		
Protein (N x 6.25)	g	0.91	0.054	6		1		2.28		
Total lipid (fat)	g	0.02	0.003	6		1		0.05		
Ash	g	0.31	0.010	6		1		0.78		
Carbohydrate, by difference	g	13.81		0	NC	4		34.53		
Fiber, total dietary	g	1.5		0		4		3.8		
Sugars, total	g	12.31		0	0	4		30.78		
Starch	g									
Minorale.										
Minerals:	ma	14	0.787	6		1		35		
Calcium, Ca	_	0.58	0.787	6		1		1.45		
Magnesium, Mg	_	12	0.743	6		1		30		
Phosphorus, P		22	1.193	6		1		55		
Potassium, K	_	131	8.521	6		1		328		
Sodium, Na		3	0.400	6		1		8		
Zinc, Zn	_	0.10	0.009	6		1		0.25		
Copper, Cu		0.073		6		1		0.183		
Manganese, Mn		0.061		0		1		0.153		
Selenium, Se		0.0		0	BFYN	4		0.1		
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_	2.5	0.376	6		1		6.3		
Thiamin	-	0.018		4		1		0.045		
Riboflavin	-	0.024		5		1		0.060		
Niacin		0.406		0		1		1.015		
Pantothenic acid	-	0.127		0		4		0.318		
Vitamin B-6	-	0.030		0		4		0.075		
Folate, total		4		0	_	4		11		
Folic acid		0		0	Z	7		0		
Folate, food		4		0		4		11		
Folate, DFE		4		0	NC -	4		11		
Vitamin B-12		0.00	20 402	0	Z	7		0.00		
Vitamin A, IU		125	30.483	5		1		313		
Vitamin A, RAE		6	1.524	5	_	1 7		16 0		
Retinol		0		0	Z BFZN	4		0.58		
Vitamin E (alpha-tocopherol)		0.23		U	BFZN	4		0.58		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFYN	4		3.5		
vitanini ik (phynoquinone)	9			Ū		-		3.3		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.004		0		1		0.010		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0				•		_				
14:0		0.000		0		1		0.000		
15:0						_		_		
16:0		0.003		0		1		0.008		
17:0	-			•		_				
18:0	-	0.001		0		1		0.003		
20:0	-									
22:0	a									

	<u>An</u>	nount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.005		0		1		0.013		
14:1g	0.003		Ū		-		0.013		
15:1g									
16:1 undifferentiatedg	0.000		0		1		0.000		
17:1g	0.000		•		-		0.000		
18:1 undifferentiated. 9	0.005		0		1		0.013		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.006		0		1		0.015		
18:2 undifferentiatedg	0.003		0		1		0.008		
18:3 undifferentiatedg	0.003		0		1		0.008		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta mcg	75		0	BNA	4		187.500		
Carotene, alpha mcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin mcg	57		0	BFYN	4		141.538		

### **Common Measures:**

Measure 1 = 250g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Pits

		<u>A</u>	mount in 100 grar	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			m	easures of food	<u>I</u>
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	81.56	O		1		205.53		
Energy	kcal	67	O	NC	4		169		
Energy	kj	280			4		706		
Protein (N x 6.25)	g	0.61	O		1		1.54		
Total lipid (fat)	g	0.15	0		1		0.38		
Ash		0.38	O		1		0.96		
Carbohydrate, by difference	g	17.29	O	NC	4		43.57		
Fiber, total dietary	g	1.5	O		4		3.8		
Sugars, total		15.79	O	0	4		39.79		
Starch									
Minerals:		•	_		_		00		
Calcium, Ca	_	9	0		1 1		23		
Iron, Fe	_	0.36 9	0		1		0.91 23		
Magnesium, Mg		18	0		1		23 45		
Phosphorus, P	_	148	0		1		45 373		
Potassium, K		3	0		1		8		
Zinc, Zn		0.10	0		1		0.25		
Copper, Cu		0.145			1		0.365		
Manganese, Mn		0.060			1		0.151		
Selenium, Se		0.0	0	BFYN	4		0.1		
•									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		3.7	0		1		9.3		
Thiamin		0.021			1		0.053		
Riboflavin		0.041			1		0.103		
Niacin	_	0.403			1		1.016		
Pantothenic acid		0.127			4		0.320		
Vitamin B-6	-	0.030			1		0.076		
Foliate, total		<b>4</b> 0	0	z	<b>4</b> 7		11 0		
Folic acid		4	0	Z	4		11		
Folate, food	mca DEE	4	0	NC	4		11		
Vitamin B-12		0.00	0	Z	7		0.00		
Vitamin A, IU		157	0	2	1		396		
Vitamin A, RAE		8	0		1		20		
Retinol		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.23	0	BFZN	4		0.58		
Tocopherol, beta			_		=				
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	1.4	0	BFYN	4		3.5		
T :: J									
Lipids:	<b>a</b>	0.00			1		0.086		
Fatty acids, total saturated		0.034			1				
4:0					1		0.000		
6:0	-	0.000					0.000		
8:0 10:0		0.000			1 1		0.000		
12:0	-	0.000			1		0.000		
13:0		0.000	, 0		1		0.000		
14:0	-	0.001	. 0		1		0.003		
15:0	-	0.001	. 0		_		0.003		
16:0		0.024	<b>.</b> 0		1		0.060		
17:0		0.024	. 0		1		0.000		
18:0	-	0.008	3 0		1		0.020		
20:0	-	0.008	, 0		1		0.020		
22:0	-								

	<u>An</u>	ount in 10		Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	0.042		0		1		0.106		
14:1g	0.012		v		-		0.100		
15:19									
16:1 undifferentiated	0.000		0		1		0.000		
17:1g									
18:1 undifferentiated	0.041		0		1		0.103		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.046		0		1		0.116		
18:2 undifferentiatedg	0.023		0		1		0.058		
18:3 undifferentiatedg	0.023		0		1		0.058		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta mcg	94		0	BNA	4		237.384		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin mcg	57		0	BFYN	4		142.670		

# **Common Measures:**

Measure 1 = 252g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Pits

Proximates:			<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common	
Nutrients and Units				Nu	mber	r			<u>m</u>	easures of food	_	
Proximates:							Source	Confidence				
Water	Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Water	Provimetes											
Faregry		g	87.05		1		1		215.88			
Protein (N N o 25)		-	46		0	NC	4		114			
Total Iprior (agn	Energy	kj	192				4		477			
Ash. 9 0 0.29 1 1 1 1 0.72 Carbolydrine, by difference 9 11.76 0 NC 4 29.16 Piber, total dietary 9 1.5 0 0 4 25.44  Piber, total dietary 9 1.5 0 0 4 25.44  Starch. 9 10.26  Starch. 9 10.26  Starch. 9 10.26  Starch. 9 10.26  Starch. 9 1 1 0.255 18 1 1 0.89  Minerals:  Calcium, C. mg 11 0.255 18 1 1 0.89  Minerals: 7 1 0.89  Minerals: 7 1 0.89  Minerals: 8 1 0.276 18 1 0.89  Minerals: 8 1 0.89  Minerals: 8 1 0.276 18 1 0.89  Minerals: 8 1 0.89  Minerals: 8 1 0.89  Minerals: 8 1 0.89  Minerals: 8 1 0.89  Minerals: 9 1 0.89			0.77	0.024	19		1		1.91			
Carbolydrae, by difference   9	Total lipid (fat)	g	0.13	0.009	19		1		0.32			
Fiber Intel dictary			0.29		1		1		0.72			
Sugars, blobal	Carbohydrate, by difference	g	11.76		0	NC	4		29.16			
Starch	Fiber, total dietary	g	1.5		0		4		3.7			
Minorals:	Sugars, total	g	10.26		0	0	4		25.44			
Execution Ca.   mg	Starch	g										
Taleum, Ca.   mg	Min and a											
Iron, Fe.		ma	11	0.355	10		1		27			
Magnesium, Mg         mg         9         0.276         18         1         22           Phosphors, P         mg         131         3.864         19         1         325           Sodum, Na         mg         131         3.864         19         1         2           Zine, Zn         mg         0.08         1         1         0.20           Copper, Cu         mg         0.062         0         1         0.186           Maganese, Mn         mg         0.062         0         1         0.154           Selenium, Sc         mcg         0.0         0         BFYN         4         0.1           Vitamins:         mcg         0.0         0         BFYN         4         0.1           Vitamins C, total ascorbic acid.         mg         0.022         0         1         0.055           Rbofavian.         mg         0.041         0         1         0.055           Rbofavian.         mg         0.041         0         1         0.102           Niaerin.         mg         0.041         0         1         0.102           Vitamin E, Calla Sectivita acid.         mg         0.03	· · · · · · · · · · · · · · · · · · ·	_		0.255								
Phosphorus, P.		-		0.276								
Potassium K.							_					
Sodium Na		_					_					
Zinc. Zn	-		1				1		2			
Copper Cu         mg         0.075         1         1         0.186           Manganess Mn         mg         0.062         0         1         0.154           Sclenium, Se         mcg         0.0         BFYN         4         0.1           Vitamin C, total ascorbic acid         mg         2.2         1         1         5.5           Thiamin         mg         0.022         0         1         0.055           Riboflavin         mg         0.041         0         1         0.055           Nacin         mg         0.410         0         1         1.017           Panothenic acid         mg         0.410         0         1         1.017           Panothenic acid         mg         0.127         0         4         0.315           Vitamin B-6         mg         0.030         0         1         0.074           Polita ciotal         mcg         0         0         2         7         0           Folita ciotal         mcg         4         0         Nc         4         10           Folita ciotal         mcg         0         0         2         7         0.00			0.08		1		1		0.20			
Scientium, Sc.   mog   0.0   0   BFYN   4   0.1	· ·		0.075	<b>i</b>	1		1		0.186			
Vitamins:         Vitamin C, total ascorbic acid.         mg         2.2         1         1         5.5           Thiamin.         mg         0.022         0         1         0.055           Riboflavin.         mg         0.041         0         1         0.102           Niacin.         mg         0.410         0         1         1.017           Pantothenic acid.         mg         0.127         0         4         0.315           Vitamin B-6         mg         0.030         0         1         0.074           Folate, Cotal.         mcg         4         0         4         10           Folate, Eric.         mcg         4         0         4         10           Folate, Eric.         mcg         4         0         NC         4         10           Folate, Fibr.         mcg         DFE         4         0         NC         4         10           Vitamin B-12.         mcg         0         0         2         7         0.00           Vitamin B-12.         mcg         0         0         2         7         0.00           Vitamin A, RAE.         mcg_FAE         8	Manganese, Mn	mg	0.062	2	0		1		0.154			
Vitamin C, total ascorbic acid	Selenium, Se	mcg	0.0		0	BFYN	4		0.1			
Vitamin C, total ascorbic acid	Vitamins:											
Thiamin		ma	2 2		1		1		5.5			
Riboflavin   mg				•								
Niacin												
Pantothenic acid         mg         0.127         0         4         0.315           Vitamin B-6         mg         0.030         0         1         0.074           Folate, fodal         mcg         4         0         4         10           Folate, fodd         mcg         4         0         2         7         0           Folate, fodd         mcg         4         0         NC         4         10           Folate, Lord         mcg         DF         4         0         NC         4         10           Folate, DFE         mcg         DF         4         0         NC         4         10           Vitamin A, U.         IU         160         0         NC         4         20           Retinol         mcg         0         NC         4         20           Retinol         mcg         0         BFZN         4         0.57           Tocopherol, beta         mg         0         BFZN         4         0.57           Tocopherol, delta         mg         1         0         0.60         0         1         0.069           4-0         9         0.000												
Vitamin B-6.         mg         0.030         0         1         0.074           Folate, total.         mcg         4         0         4         10           Folate, total.         mcg         0         2         7         0           Folate, food.         mcg         4         0         4         10           Folate, DFE.         mcg DFE         4         0         NC         4         10           Vitamin A, IV.         IU         160         0         1         397         0.00           Vitamin A, RAE.         mcg RAE         8         0         NC         4         20           Retinol.         mcg         0         0         2         7         0           Vitamin E (alpha-tocopherol)         mg         0.23         0         BFZN         4         0.57           Tocopherol, gamma.         mg         1         0         0         2         7         0           Vitamin E (alpha-tocopherol)         mg         1         0         BFZN         4         3.5           Lipids         mg         1.4         0         BFYN         4         3.5 <td colspa<="" td=""><td></td><td>_</td><td></td><td></td><td>0</td><td></td><td></td><td></td><td></td><td></td><td></td></td>	<td></td> <td>_</td> <td></td> <td></td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_			0						
Folate, total.					0		1					
Folica cid.		-	4		0		4		10			
Folate, DFE			0		0	Z	7		0			
Vitamin B-12         mcg         0.00         0         z         7         0.00           Vitamin A, IU         IU         160         0         1         397           Vitamin A, RAE         mcg         8         0         NC         4         20           Retinol         mcg         0         0         z         7         0           Vitamin E (alpha-tocopherol)         mg         0.23         0         BFZN         4         0.57           Tocopherol, gamma         mg         1         0         0         FZN         4         0.57           Tocopherol, gamma         mg         1         0	Folate, food	mcg	4		0		4		10			
Vitamin B-12.         mcg         0.00         0         z         7         0.00           Vitamin A, IU.         IU         160         0         1         397           Vitamin A, RAE.         mcg RAE         8         0         NC         4         20           Retinol.         mcg         0         0         z         7         0           Vitamin E (alpha-tocopherol).         mg         0.23         0         BFZN         4         0.57           Tocopherol, gamma.         mg         7         0         0         5         1         0.57           Tocopherol, gamma.         mg         1.4         0         BFYN         4         0.57           Vitamin D.         IU         Vitamin K (phylloquinone).         mcg         1.4         0         BFYN         4         3.5           Lipids:         Telty acids, total saturated         9         0.028         0         1         0.069           4.0         9         0.000         0         1         0.000           8.0         9         0.000         0         1         0.000           10.0         9         0.000         0         1	Folate, DFE	mcg_DFE	4		0	NC	4		10			
Vitamin A, RAE         mcg_RAE         8         0         NC         4         20           Retinol         mcg         0         0         z         7         0           Vitamin E (alpha-tocopherol)         mg         0.23         0         BFZN         4         0.57           Tocopherol, beta         mg         Tocopherol, gamma         mg         1         4         0         BFZN         4         3.5           Vitamin D         IU         U         IU         IU         IU         3.5         Image: Company of the property of t			0.00		0	Z	7		0.00			
Retinol         mcg         0         0         z         7         0           Vitamin E (alpha-tocopherol)         mg         0.23         0         BFZN         4         0.57           Tocopherol, beta.         mg         Tocopherol, gamma         mg           Tocopherol, delta.         mg         Vitamin D.         UI           Vitamin K (phylloquinore).         mcg         1.4         0         BFYN         4         3.5           Lipids:         Estiva sids, total saturated.         9         0.028         0         1         0.069           4:0.         9         0.000         0         1         0.000           6:0.         9         0.000         0         1         0.000           8:0.         9         0.000         0         1         0.000           10:0.         9         0.000         0         1         0.000           12:0.         9         0.000         0         1         0.002           13:0.         9         0.001         0         1         0.002           15:0.         9         0.020         0         1         0.050			160		0		1		397			
Vitamin E (alpha-tocopherol)         mg         0.23         0 BFZN         4         0.57           Tocopherol, beta         mg         1000000000000000000000000000000000000	Vitamin A, RAE	mcg_RAE	8		0	NC	4		20			
Tocopherol, beta			0			Z	7					
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg	0.23		0	BFZN	4		0.57			
Tocopherol, delta	-											
Vitamin D.         IU           Vitamin K (phylloquinone).         mcg         1.4         0         BFYN         4         3.5           Lipids:         Fatty acids, total saturated.         g         0.028         0         1         0.069           4:0.         g         0.000         0         1         0.000           6:0.         g         0.000         0         1         0.000           8:0.         g         0.000         0         1         0.000           10:0.         g         0.000         0         1         0.000           12:0.         g         0.000         0         1         0.000           13:0.         g         0.001         0         1         0.002           15:0.         g         0.020         0         1         0.050           17:0.         g         0.007         0         1         0.017           20:0.         g         0.007         0         1         0.017           20:0.         g         0.007         0         1         0.017												
Vitamin K (phylloquinone)     mcg     1.4     0     BFYN     4     3.5       Lipids:       Fatty acids, total saturated     g     0.028     0     1     0.069       4:0.     g     0.000     0     1     0.000       6:0.     g     0.000     0     1     0.000       8:0.     g     0.000     0     1     0.000       10:0.     g     0.000     0     1     0.000       12:0.     g     0.000     0     1     0.000       13:0.     g     0.001     0     1     0.002       15:0.     g     0.020     0     1     0.050       17:0.     g     0.007     0     1     0.017       20:0.     g       22:0.     g	•											
Lipids:       Fatty acids, total saturated.     9     0.028     0     1     0.069       4:0.     9     0.000     0     1     0.000       6:0.     9     0.000     0     1     0.000       8:0.     9     0.000     0     1     0.000       10:0.     9     0.000     0     1     0.000       12:0.     9     0.000     0     1     0.000       13:0.     9     0.001     0     1     0.002       15:0.     9     0.020     0     1     0.050       17:0.     9       18:0.     9     0.007     0     1     0.017       20:0.     9       22:0.     9			1 /		0	DEVN	1		2.5			
Fatty acids, total saturated.       9       0.028       0       1       0.069         4:0	Vitamin K (pnylloquinone)	Illeg	1.4		U	DEIN	4		3.5			
4:0	Lipids:											
4:0	Fatty acids, total saturated	g	0.028	3	0		1		0.069			
8:0					0				0.000			
10:0       9       0.000       0       1       0.000         12:0       9       0.000       0       1       0.000         13:0       9       0.001       0       1       0.002         15:0       9       0.020       0       1       0.050         17:0       9       0.007       0       1       0.017         20:0       9       0.007       0       1       0.017         20:0       9         22:0       9		-			0							
12:0     g     0.000     0     1     0.000       13:0     g       14:0     g     0.001     0     1     0.002       15:0     g     0.020     0     1     0.050       17:0     g     0.007     0     1     0.017       20:0     g       22:0     g		-			-							
13:0		-										
14:0			0.000	)	0		1		0.000			
15:0		-			_		_					
16:0		-	0.001	•	0		1		0.002			
17:0					•		-		0 050			
18:0g 0.007 0 1 0.017 20:0g 22:0g			0.020	,	U		1		0.050			
20:0g 22:0g		-	0.00	,	^		4		0.017			
22:0g		-	0.007	•	U		1		0.017			
		-										
24:0g		-										

	<u>Ar</u>	mount in 100 gram	s of edil	ole portio	<u>en</u>	Amount in	edible portion	of common
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.034	0		1		0.084		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		1		0.000		
17:1g								
18:1 undifferentiatedg	0.034	0		1		0.084		
20:1g	0.000	0		1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.038	0		1		0.094		
18:2 undifferentiatedg	0.019	0		1		0.047		
18:3 undifferentiatedg	0.019	0		1		0.047		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		0		
Carotenoids:								
Carotene, beta mcg	96	0	BNA	4		238.080		
Carotene, alphamcg	0	0	BNA	4		0.000		
Cryptoxanthin, betamcg	0	0	BNA	4		0.000		
Lycopenemcg	0	0	BFYN	4		0.000		
Lutein + zeaxanthinmcg	57	0	BFYN	4		140.405		

### **Common Measures:**

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Ar</u>	mount in 100 gr	ams of	f edib	le portior	<u>1</u>	Amount in edible portion of common			
			Nun	nber				<u>m</u>	easures of food		
			of I	Data D	)eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	75.53	0.928	3		1		195.62	214.51		
Energy	kcal	89		0	NC	4		231	253		
Energy	kj	372				4		964	1058		
Protein (N x 6.25)	g	1.15	0.271	3		1		2.98	3.27		
Total lipid (fat)	g	0.13	0.033	3		1		0.34	0.37		
Ash	g	0.83	0.353	3		1		2.15	2.36		
Carbohydrate, by difference	g	22.36		0	NC	4		57.91	63.50		
Fiber, total dietary		2.1		0		4		5.4	6.0		
Sugars, total	g	20.26		0	0	4		52.47	57.54		
Starch	g										
Minerals:											
Calcium, Ca	ma	12	0.977	3		1		31	34		
Iron, Fe	_	0.35	0.037	3		1		0.91	0.99		
Magnesium, Mg	_	10	0.751	3		1		26	28		
Phosphorus, P		16	1.568	3		1		41	45		
Potassium, K	_	199	9.500	3		1		515	565		
Sodium, Na		1	0.353	3		1		3	3		
Zinc, Zn	mg	0.04	0.003	3		1		0.10	0.11		
Copper, Cu	mg	0.024	0.006	3		1		0.062	0.068		
Manganese, Mn	-	0.109	0.018	3		1		0.282	0.310		
Selenium, Se	mcg	0.0		0	BFZN	4		0.1	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.0	0.000	3		1		2.6	2.8		
Thiamin	_	0.027		3		1		0.070	0.077		
Riboflavin	-	0.047		3		1		0.122	0.133		
Niacin	-	0.177	0.014	3		1		0.458	0.503		
Pantothenic acid	_	0.127		0		4		0.329	0.361		
Vitamin B-6	mg	0.036		0		4		0.093	0.102		
Folate, total	mcg	4		0		4		11	12		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		4		0		4		11	12		
Folate, DFE	mcg_DFE	4		0	NC	4		11	12		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		189	53.061	3		1		490	537		
Vitamin A, RAE		9	2.653	3		1		24	27		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.07		0	BFZN	4		0.18	0.20		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		2.1		0	BFZN	4		5.4	6.0		
	9					-		• • • • • • • • • • • • • • • • • • • •	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated		0.030		0		1		0.078	0.085		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	_	0.000		0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0		0 001		0		1		0 003	0 000		
14:0		0.001		U		1		0.003	0.003		
15:0 16:0		0.021		0		1		0.054	0.060		
17:0		0.021		U		1		0.054	0.060		
18:0	-	0.007		0		1		0.018	0.020		
20:0	-	0.007		J		1		0.016	0.020		
22:0	-										
24:0	-										

	An	nount in 100 gr	ams of edi	<u>on</u>	Amount in edible portion of common			
		Nun	ber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of D Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.036		0	1		0.093	0.102	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000		0	1		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.036		0	1		0.093	0.102	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.040		0	1		0.104	0.114	
18:2 undifferentiatedg	0.020		0	1		0.052	0.057	
18:3 undifferentiatedg	0.020		0	1		0.052	0.057	
18:4g	0.000		0	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	1		0.000	0.000	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		0	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0		0 z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeine mg	0		0 z	7		0	0	
Theobrominemg	0		0 z	7		0	0	
Carotenoids:								
Carotene, betamcg	113		0 BNA	4		293.706	322.056	
Carotene, alphamcg	0		0 BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0 BNA	4		0.000	0.000	
Lycopenemcg	0		0 BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	85		0 BFZN	4		218.855	239.980	

# **Common Measures:**

Measure 1 = 259g: 1 cup, thawed Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 10% Pits and stems

		<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		
				Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	82.25	0.546	12	A	1		96.23	119.26	5.59	
Energy		63		0	NC	4		74	91	4	
Energy	=	263		0	NC	4		308	381	18	
Protein (N x 6.25)		1.06	0.075	8	A	1		1.24	1.54	0.07	
Total lipid (fat)		0.20	0.017	8	A	1		0.23	0.28	0.01	
Ash		0.48	0.065	8	A	1		0.56	0.70	0.03	
Carbohydrate, by difference		16.01 2.1	0.010	0 8	NC	4 1		18.74 2.4	23.22	1.09	
Fiber, total dietary			0.212		A				3.0	0.1	
Sugars, total		12.82	0 001	0	AS	1		15.00	18.59	0.87	
Sucrose	<u>9</u>	0.15	0.081	10	A	1		0.17	0.22	0.01	
Glucose (dextrose)		6.59	0.615	13	A	1 1		7.71	9.55	0.45	
Fructose		5.37	0.440	13 4	A	1		6.28	7.79	0.37	
Lactose	9	0.00 0.12	0.000 0.120	4 5	A A	1		0.00 0.14	0.00	0.00 0.01	
Maltose	9					1			0.17		
Galactose	9	0.59	0.307	4	A	1		0.69	0.86	0.04	
Starch	9	0.00		2	A	1		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	mg	13	0.101	64	A	1		15	19	1	
Iron, Fe	mg	0.36	0.005	65	A	1		0.42	0.52	0.02	
Magnesium, Mg	mg	11	0.070	65	A	1		13	16	1	
Phosphorus, P	mg	21	0.135	63	A	1		25	31	1	
Potassium, K		222	1.196	65	A	1		259	321	15	
Sodium, Na		0	0.015	64	A	1		1	1	0	
Zinc, Zn		0.07	0.002	65	A	1		0.08	0.10	0.00	
Copper, Cu		0.060		65	A	1		0.071	0.088	0.00	
Manganese, Mn		0.070		65	A	1 1		0.082	0.101	0.00	
Selenium, Se	nicg	0.0	0.018	4	A	1		0.0	0.1	0.0	
Vitamins:	ma	7.0	1.588	8	A	1		8.2	10.1	0.5	
Vitamin C, total ascorbic acid Thiamin		0.027		8	A	1		0.031	0.039	0.00	
Riboflavin	_	0.027		8	A	1		0.031	0.048	0.00	
Niacin	-	0.154		8	A	1		0.181	0.224	0.00	
Pantothenic acid.	-	0.199		8	A	1		0.233	0.289	0.01	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.049		8	A	1		0.057	0.071	0.00	
Folate, total		4	0.850	4	A	1		5	6	0	
Folic acid		0		0	z	7		0	0	0	
Folate, food	mcg	4	0.850	4	A	1		5	6	0	
Folate, DFE		4		0	NC	4		5	6	0	
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.00	
Vitamin A, IU	IU	64		0	AS	1		75	93	4	
Vitamin A, RAE		3		0	AS	1		4	5	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.07	0.010	5	A	1		0.08	0.10	0.00	
Tocopherol, beta	mg	0.01	0.010	5	A	1		0.01	0.01	0.00	
Tocopherol, gamma	mg	0.04	0.035	5	A	1		0.04	0.05	0.00	
Tocopherol, delta	mg	0.00	0.000	5	A	1		0.00	0.00	0.00	
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.1	0.600	5	A	1		2.5	3.0	0.1	
Lipids:	_					_					
Fatty acids, total saturated		0.038		0	NC	4		0.044	0.055	0.00	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	_	0.000		0		1		0.000	0.000	0.00	
8:0		0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0	_	0.000	J	0		1		0.000	0.000	0.00	
13:0	-	0.000		1				0 001	2 22-	0.00	
14:0 15:0	-	0.001	L	1		1		0.001	0.001	0.00	

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion o	f common
				Number	•			<u>m</u> e	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.027		1		1		0.032	0.040	0.002
17:0		0.000		-				0.011	0.014	0.001
18:0 20:0	-	0.009		1		1		0.011	0.014	0.001
22:0										
24:0	-									
Fatty acids, total monounsaturated		0.047		0	NC	4		0.055	0.069	0.003
14:1 15:1										
16:1 undifferentiated		0.001		1		1		0.001	0.001	0.000
17:1	-									
18:1 undifferentiated	-	0.047		1		1		0.055	0.068	0.003
20:1		0.000 0.000		0 0		1 1		0.000 0.000	0.000 0.000	0.000
24:1 c	_	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.052		0	NC	4		0.061	0.076	0.004
18:2 undifferentiated		0.027		1		1		0.031	0.039	0.002
18:3 undifferentiated	-	0.026		1		1		0.030	0.037	0.002
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.000		0		1		0.000	0.000	0.000
20:5 n-3		0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	-	0		0	z	7		0	0	0
CholesterolPhytosterols	_	12		0	Z	1		14	17	1
,										_
Amino Acids:	~	0.000		•	_			0.011		
TryptophanThreonine		0.009 0.022		0 0	A A	1 1		0.011 0.025	0.014 0.031	0.001 0.001
Isoleucine	-	0.022		0	A	1		0.023	0.031	0.001
Leucine	_	0.030		0	A	1		0.035	0.044	0.002
Lysine	g	0.032		0	A	1		0.037	0.046	0.002
Methionine		0.010		0	A	1		0.012	0.015	0.001
Cystine		0.010		0	A	1		0.012	0.014	0.001
Phenylalanine Tyrosine		0.024 0.014		0 0	A A	1 1		0.028 0.016	0.034 0.020	0.002 0.001
Valine		0.014		0	A	1		0.028	0.020	0.001
Arginine	-	0.018		0	A	1		0.021	0.026	0.001
Histidine	g	0.015		0	A	1		0.017	0.021	0.001
Alanine	_	0.026		0	A	1		0.031	0.038	0.002
Aspartic acid		0.569		0	A	1		0.666	0.826	0.039
Glutamic acid		0.083 0.023		0	A A	1 1		0.097 0.027	0.120 0.034	0.006 0.002
Glycine Proline.		0.023		0	A	1		0.046	0.054	0.002
Serine		0.030		0	A	1		0.036	0.044	0.002
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	38	10.92		A	1		44.850	55.583	2.607
Carotene, alpha		0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0		2 2	A	1 1		0.000	0.000	0.000
LycopeneLutein + zeaxanthin		0 85		2	A A	1		0.000 98.865	0.000 122.525	0.000 5.746
Luteni + Zeaxantinii		65						50.005	122.323	3.740

NDB No. 09070 Cherries, sweet, raw

**Common Measures:** 

Measure 1 = 117g: 1 cup, with pits, yields Measure 2 = 145g: 1 cup, without pits

Measure 3 = 6.8g: 1 cherry

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Core and stems

		<u>Aı</u>	mount in 100 gra	ams of ed	ble portio	<u>on</u>	Amount in edible portion of common			
			Num	ber			m	easures of food	<u>!</u>	
				ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	78.94		1	1		86.83			
Energy	kcal	76		0 NC	4		84			
Energy	kj	318			4		350			
Protein (N x 6.25)	g	0.40		0	1		0.44			
Total lipid (fat)	g	0.30		0	1		0.33			
Ash	g	0.42	0.053	3	1		0.46			
Carbohydrate, by difference	g	19.95		0 NC	4		21.95			
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minamala										
Minerals: Calcium, Ca	ma	18	4.373	3	1		20			
Iron, Fe	_	0.36		3	1		0.40			
Magnesium, Mg		7		3	1		8			
Phosphorus, P		15		3	1		17			
Potassium, K	•	194		3	1		213			
Sodium, Na		1		3	1		1			
Zinc, Zn										
Copper, Cu		0.067	0.011	3	1		0.074			
Manganese, Mn	mg	0.115	0.025	3	1		0.127			
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	8.0		0	1		8.8			
Thiamin		0.030	•	0	1		0.033			
Riboflavin		0.030		0	1		0.033			
Niacin		0.100		0	1		0.110			
Pantothenic acid		0.200		•	-		0.220			
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		0.00		0 z	7		0.00			
Vitamin A, IU		40		0	1		44			
Vitamin A, RAE	mcg_RAE	2		0	1		2			
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.048	3	0	1		0.053			
4:0	g									
6:0	g									
8:0	g									
10:0	-									
12:0		0.001	-	0	1		0.001			
13:0		_		_						
14:0		0.001	•	0	1		0.001			
15:0	-			•	_					
16:0		0.040	)	0	1		0.044			
17:0	-	0.006		^	1		0 007			
18:0	-	0.006	•	0	1		0.007			
20:0	-									
22:0 24:0	-									
Fatty acids, total monounsaturated		0.012	•	0	1		0.013			
14:1		0.012	-	-	-		0.015			
15:1	-									

		<u>Ar</u>	nount in 10	0 grams Number	•		<u>n</u> Confidence	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.001		0		1		0.001		
17:1	-					_				
18:1 undifferentiated	-	0.011		0		1		0.012		
20:1 22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated		0.088		0		1		0.097		
18:2 undifferentiated	_	0.073		0		1		0.080		
18:3 undifferentiated		0.015		0		1		0.017		
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	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.004		0		1		0.004		
Threonine		0.014		0		1		0.015		
Isoleucine		0.016		0		1		0.018		
Leucine		0.025		0		1		0.028		
Lysine		0.025		0		1		0.028		
Methionine		0.004		0		1		0.004		
Cystine		0.005		0		1		0.006		
Phenylalanine		0.011		0		1		0.012		
Tyrosine		0.008		0		1		0.009		
Valine		0.019		0		1		0.021		
Arginine	g	0.013		0		1		0.014		
Histidine		0.006		0		1		0.007		
Alanine	g	0.014		0		1		0.015		
Aspartic acid	g	0.070		0		1		0.077		
Glutamic acid	g	0.042		0		1		0.046		
Glycine	g	0.016		0		1		0.018		
Proline	g	0.014		0		1		0.015		
Serine	g	0.016		0		1		0.018		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 110g: 1 cup slices

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<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> e	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	16.00		1	A	1		6.40		
Energy	kcal	308		0	NC	4		123		
Energy	kj	1289		0	NC	4		516		
Protein	g	0.07		1	A	1		0.03		
Total lipid (fat)	g	1.37		1	A	1		0.55		
Ash	g	0.20		1	A	1		0.08		
Carbohydrate, by difference	g	82.36		0	NC	4		32.94		
Fiber, total dietary	g	5.7		1	A	1		2.3		
Sugars, total	g	65.00		1	A	1		26.00		
Starch	g									
<i>x</i> : 1										
Minerals:	ma	1.0		-	3	4		4		
Calcium, Ca	-	10 0.53		1 1	A A	1 1		4 0.21		
Iron, Fe		0.53 5		1	A A	1		0.21 2		
Magnesium, Mg Phosphorus, P		8		1	A	1		3		
Potassium, K	-	40		1	A	1		16		
Sodium, Na		3		1	A	1		1		
Zinc, Zn	-	0.11		1	A	1		0.04		
Copper, Cu		0.080	)	1	A	1		0.032		
Manganese, Mn		0.265		0	RA	4		0.106		
Selenium, Se		0.5	,	0	RA	4		0.2		
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.2		1	A	1		0.1		
Thiamin	-	0.007		1	A	1		0.003		
Riboflavin		0.016		1	A	1		0.006		
Niacin		0.990		1	A	1		0.396		
Pantothenic acid	-	0.217		0	RA	4		0.087		
Vitamin B-6	-	0.038	3	0	RA	4		0.015		
Folate, total		0		0	RA	4		0		
Folic acid		0		0	Z	7		0		
Foliate, food		0		0	RA	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00			_	7		0.00		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE		0		0 0	NC Z	4 7		0		
Retinol		-		0		4		-		
Vitamin E (alpha-tocopherol)		1.07		U	RA	4		0.43		
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)		3.8		0	RA	4		1.5		
<u> Lipids:</u>										
Fatty acids, total saturated		0.103		0	NC	4		0.041		
4:0		0.000		0	RA	4		0.000		
6:0		0.000		0	RA	4		0.000		
8:0		0.000		0	RA	4		0.000		
10:0	-	0.000		0	RA	4		0.000		
12:0		0.000	)	0	RA	4		0.000		
13:0	-	0 000	,	^	-	4		0.000		
14:0		0.000	,	0	RA	4		0.000		
15:0		0.001		^	-	4		0.004		
16:0		0.061	-	0	RA	4		0.024		
17:0	-	0.040	,	^	-	4		0 017		
18:0	-	0.042	•	0	RA	4		0.017		
20:0	-									
22:0 24:0	-									

	<u>Ar</u>	nount in 10	00 grams	<u>on</u>	Amount in edible portion of common				
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Nutrients and Onits	IVICALI	Sta. Elloi					Weasure 1	Wedsule 2	Wedsule 3
Fatty acids, total monounsaturatedg	0.198		0	NC	4		0.079		
14:1g									
15:1g 16:1 undifferentiated	0.001		0	RA	4		0.000		
16:1 undifferentiatedg	0.001		U	AA.	4		0.000		
17:1g 18:1 undifferentiated	0.197		0	RA	4		0.079		
20:1g	0.197		0	RA RA	4		0.079		
22:1 undifferentiatedg	0.000		0	RA RA	4		0.000		
24:1 cg	0.000		U	NA.	-		0.000		
Fatty acids, total polyunsaturated9	0.658		0	NC	4		0.263		
18:2 undifferentiatedg	0.626		0	RA	4		0.250		
18:3 undifferentiated	0.020		0	RA.	4		0.230		
18:4g	0.002		0	RA	4		0.000		
20:2 n-6 c,cg	0.000		Ū	I	-		0.000		
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	RA	4		0.000		
20:5 n-3g	0.000		0	RA	4		0.000		
22:5 n-3g	0.000		0	RA	4		0.000		
22:6 n-3	0.000		0	RA	4		0.000		
Fatty acids, total trans					_		0.000		
Cholesterol mg	0				7		0		
Phytosterolsmg	·						-		
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	RA	4		0.000		
Cryptoxanthin, beta mcg	0		0	RA	4		0.000		
Lycopene mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin mcg	33		0	RA	4		13.397		

## **Common Measures:**

Measure 1 = 40g: .33 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

**Refuse:** 5% Stems and spoiled berries

		<u>A</u>	mount in 100 g	rams o	ot eair	ne portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food		
				Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	87.13	0.277	4	A	1		95.85	82.78		
Energy		46		0	NC	4		51	44		
Energy	=	194		0	NC	4		213	184		
Protein (N x 6.25)		0.39	0.096	4	A	1		0.43	0.37		
Total lipid (fat)		0.13	0.032	4	A	1		0.14	0.12		
Ash		0.15	0.029	4	A	1		0.16	0.14		
Carbohydrate, by difference		12.20	0.445	0	NC	4		13.42	11.59		
Fiber, total dietary		4.6	0.117	4	A	1		5.1	4.4		
Sugars, total		4.04	0.255	4	A	1		4.44	3.83		
Sucrose	g	0.13	0.023	4	A	1		0.14	0.12		
Glucose (dextrose)		3.28	0.194	4	A	1		3.61	3.12		
Fructose		0.63	0.069	4	A	1		0.69	0.60		
Lactose	9	0.00	0.000	4	A	1		0.00	0.00		
Maltose	9	0.00	0.000	4	A	1		0.00	0.00		
Galactose	9	0.00	0.000	4	A	1		0.00	0.00		
Starch	9	0.00	0.000	4	A	1		0.00	0.00		
Minerals:											
Calcium, Ca	mg	8	0.360	4	A	1		9	8		
Iron, Fe		0.25	0.048	4	A	1		0.27	0.23		
Magnesium, Mg	mg	6	0.125	4	A	1		7	6		
Phosphorus, P	mg	13	0.659	4	A	1		14	12		
Potassium, K	mg	85	2.481	4	A	1		94	81		
Sodium, Na		2	0.957	4	A	1		2	2		
Zinc, Zn		0.10	0.006	4	A	1		0.11	0.09		
Copper, Cu		0.061		4	A	1		0.067	0.058		
Manganese, Mn Selenium, Se		0.360 0.1	0.025	4 2	A A	1 1		0.396 0.2	0.342 0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	13.3	1.238	4	A	1		14.6	12.6		
Thiamin		0.012		4	A	1		0.013	0.011		
Riboflavin	_	0.020		4	A	1		0.022	0.019		
Niacin	-	0.101	0.003	4	A	1		0.112	0.096		
Pantothenic acid	_	0.295	0.030	4	A	1		0.324	0.280		
Vitamin B-6	mg	0.057	0.013	4	A	1		0.063	0.055		
Folate, total		1	0.000	4	A	1		1	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		1	0.000	4	A	1		1	1		
Folate, DFE	mcg_DFE	1		0	NC	4		1	1		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		60	5.000	4	A	1		66	57		
Vitamin A, RAE		3	0.250	4	A	1		3	3		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		1.20	0.119	4	A	1		1.32	1.14		
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00		
Tocopherol, gamma		0.04	0.003	4	A	1		0.04	0.04		
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		5.1	0.448	4	A	1		5.6	4.9		
Lipids:	···· •										
Fatty acids, total saturated	a	0.011		0	BFFN	4		0.012	0.010		
4:0		0.000		0	BFFN	4		0.012	0.010		
6:0		0.000		0	BFFN	4		0.000	0.000		
8:0	-	0.000		0	BFFN	4		0.000	0.000		
10:0		0.000		0	BFFN	4		0.000	0.000		
12:0	-	0.000		0	BFFN	4		0.000	0.000		
13:0	_	2.000		•		-		0.000	0.000		
14:0	-	0.000	)	0	BFFN	4		0.000	0.000		
15:0	_	2.000		-		-		3.000	3.000		

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		1116	sasures or roou	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.006	;	0	BFFN	4		0.007	0.006	
17:0	g									
18:0	g	0.002	2	0	BFFN	4		0.002	0.002	
20:0										
22:0										
24:0				_						
Fatty acids, total monounsaturated		0.018	3	0	BFFN	4		0.019	0.017	
14:1	-									
15:1		0.001		0	BFFN	4		0.001	0.001	
17:1		0.001	-	U	DEFN	-		0.001	0.001	
18:1 undifferentiated	-	0.018	3	0	BFFN	4		0.019	0.017	
20:1	-	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated	-	0.000	)	0	BFFN	4		0.000	0.000	
24:1 c	-									
Fatty acids, total polyunsaturated		0.055	<b>i</b>	0	BFFN	4		0.061	0.052	
18:2 undifferentiated	g	0.033	3	0	BFFN	4		0.037	0.032	
18:3 undifferentiated		0.022	2	0	BFFN	4		0.024	0.021	
18:4	g	0.000	)	0	BFFN	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3	-	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3	-	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3	-	0.000	)	0	BFFN	4		0.000	0.000	
Fatty acids, total trans		0		0	z	7		0	0	
Phytosterols		O		U	4	,		O	Ū	
Amino Acids:										
Tryptophan	g	0.003	3	0	A	1		0.003	0.003	
Threonine		0.028	3	0	A	1		0.031	0.027	
Isoleucine		0.033	3	0	A	1		0.037	0.032	
Leucine	g	0.053	3	0	A	1		0.059	0.051	
Lysine	g	0.039		0	A	1		0.043	0.037	
Methionine		0.003	3	0	A	1		0.003	0.003	
Cystine		0.003		0	A	1		0.003	0.003	
Phenylalanine		0.036		0	A	1		0.039	0.034	
Tyrosine		0.032		0	A	1		0.035	0.030	
Valine		0.045		0	A	1		0.050	0.043	
Arginine	-	0.056		0	A A	1 1		0.062 0.020	0.054	
Histidine	-			0		1			0.017	
AlanineAspartic acid	-	0.049		0	A A	1		0.054 0.206	0.046 0.178	
Glutamic acid		0.146		0	A	1		0.160	0.178	
Glycine		0.048		0	A	1		0.053	0.046	
Proline		0.031		0	A	1		0.034	0.030	
Serine		0.051		0	A	1		0.056	0.048	
Hydroxyproline										
Others:										
Alcohol, ethyl	g.	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta		36	3.0		A	1		39.600	34.200	
Carotene, alpha		0	0.0		A	1		0.000	0.000	
Cryptoxanthin, beta		0	0.0		A	1		0.000	0.000	
Lycopene		0	0.0		A	1		0.000	0.000	
Lutein + zeaxanthin	tinca	91	9.4	78 4	A	1		100.100	86.450	

NDB No. 09078 Cranberries, raw

**Common Measures:** 

Measure 1 = 110g: 1 cup, chopped Measure 2 = 95g: 1 cup, whole

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	87.13		0	BFZN	4		220.45	27.53		
Energy	kcal	46		0	NC	4		117	15		
Energy	kj	194		0	NC	4		490	61		
Protein	_	0.39		0	BFZN	4		0.99	0.12		
Total lipid (fat)	g	0.13		0	BFZN	4		0.32	0.04		
Ash	g	0.15		0	BFZN	4		0.37	0.05		
Carbohydrate, by difference	g	12.20		0	NC	4		30.87	3.86		
Fiber, total dietary	g	0.1		0		4		0.3	0.0		
Sugars, total	g	12.10		0	0	4		30.61	3.82		
Starch	g										
Minerals:											
Calcium, Ca	ma	8		0	BFZY	4		20	3		
Iron, Fe	-	0.25		0	BFZY	4		0.62	0.08		
Magnesium, Mg	-	6		0	BFZY	4		15	2		
Phosphorus, P		13		0	BFZY	4		32	4		
Potassium, K	-	77		0	BFZY	4		194	24		
Sodium, Na		2		0	BFZY	4		4	1		
Zinc, Zn	mg	0.10		0	BFZY	4		0.25	0.03		
Copper, Cu	mg	0.055	<b>i</b>	0	BFZY	4		0.139	0.017		
Manganese, Mn	mg										
Selenium, Se	mcg	0.1		0	BFZN	4		0.4	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	9.3		0	BFZY	4		23.6	2.9		
Thiamin	-	0.009	1	0	BFZY	4		0.024	0.003		
Riboflavin	_	0.018		0	BFZY	4		0.045	0.005		
Niacin	<del>-</del>	0.010		0	BFZY	4		0.231	0.029		
Pantothenic acid	-	0.052	•	ŭ		-		0.202	0.025		
Vitamin B-6	_	0.052	2	0	BFZY	4		0.131	0.016		
Folate, total		1		0	BFZY	4		1	0		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0	BFZY	4		1	0		
Folate, DFE	mcg_DFE	1		0	NC	4		1	0		
Vitamin B-12		0.00		0		7		0.00	0.00		
Vitamin A, IU	IU	45		0	BFZY	4		114	14		
Vitamin A, RAE		2		0	NC	4		6	1		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	1.20		0	BFZN	4		3.04	0.38		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D						_					
Vitamin K (phylloquinone)	mcg	5.1		0	BFZN	4		13.0	1.6		
Lipids:											
Fatty acids, total saturated	g	0.010	)	0	NC	4		0.026	0.003		
4:0		0.000	)	0		4		0.000	0.000		
6:0	g	0.000	)	0		4		0.000	0.000		
8:0	g	0.000	)	0		4		0.000	0.000		
10:0	g	0.000	)	0		4		0.000	0.000		
12:0	g	0.000	)	0		4		0.000	0.000		
13:0	g										
14:0	g	0.000	)	0		4		0.000	0.000		
15:0											
16:0	g	0.008	3	0		4		0.020	0.003		
17:0											
18:0	g	0.002	2	0		4		0.006	0.001		
20:0	g										
22:0	g										
24:0	а										

	<u>Ar</u>	nount in 10	Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.023		0	NC	4		0.059	0.007	
14:1g									
15:1	0.001		0		4		0.002	0.000	
16:1 undifferentiated	0.001		U		4		0.002	0.000	
17:1	0.022		0		4		0.057	0.007	
20:1g	0.022		0		4		0.007	0.007	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
24:1 cg	0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.070		0	NC	4		0.178	0.022	
18:2 undifferentiatedg	0.042		0	2.0	4		0.107	0.013	
18:3 undifferentiated	0.028		0		4		0.071	0.009	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c.cg	0.000		•		-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0		0		7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	27		0	BNA	4		68.310	8.532	
Carotene, alphamcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BNA	4		0.000	0.000	
Lycopenemcg	0		0	BFZY	4		0.000	0.000	
Lutein + zeaxanthin mcg	68		0	BFZY	4		172.673	21.567	

### **Common Measures:**

Measure 1 = 253g: 1 cup Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	•	
			c	of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	60.65		2		1		168.00	34.57		
Energy	kcal	151		0	NC	4		418	86		
Energy	kj	632				4		1750	360		
Protein (N x 6.25)	g	0.20		2		1		0.55	0.11		
Total lipid (fat)	g	0.15		2		1		0.42	0.09		
Ash	g	0.10		2		1		0.28	0.06		
Carbohydrate, by difference	g	38.90		0	NC	4		107.75	22.17		
Fiber, total dietary	g	1.0		0		1		2.8	0.6		
Sugars, total	g	37.90		0	0	4		104.98	21.60		
Starch	g										
Minerals:											
Calcium, Ca	ma	4		2		1		11	2		
Iron, Fe	-	0.22		2		1		0.61	0.13		
Magnesium, Mg	-	3		2		1		8	2		
Phosphorus, P		6		2		1		17	3		
Potassium, K	-	26		2		1		72	15		
Sodium, Na	-	29		2		1		80	17		
Zinc, Zn	mg	0.05		0		1		0.14	0.03		
Copper, Cu		0.020	)	2		1		0.055	0.011		
Manganese, Mn	mg	0.060	)	0		1		0.166	0.034		
Selenium, Se	mcg	0.3		0	FLM	4		0.8	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.0		0		1		5.5	1.1		
Thiamin	-	0.015	:	2		1		0.042	0.009		
Riboflavin	-	0.013		2		1		0.058	0.012		
Niacin	=	0.100		0		1		0.277	0.057		
Pantothenic acid	-	0.200	•	·		_		0.2	0.00.		
Vitamin B-6	-	0.014	l	2		1		0.039	0.008		
Folate, total	-	1		0		4		3	1		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0		4		3	1		
Folate, DFE		1		0	NC	4		3	1		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	42		0	NC	4		116	24		
Vitamin A, RAE		2		0	NC	4		6	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.83		0	FLM	4		2.31	0.48		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_	_	_					
Vitamin K (phylloquinone)	mcg	1.4		1	A	1		3.7	0.8		
Lipids:											
Fatty acids, total saturated	g	0.013	3	0		4		0.036	0.007		
4:0		0.000	)	0		4		0.000	0.000		
6:0	g	0.000	)	0		4		0.000	0.000		
8:0	g	0.000	)	0		4		0.000	0.000		
10:0	g	0.000	)	0		4		0.000	0.000		
12:0	-	0.000	)	0		4		0.000	0.000		
13:0											
14:0		0.000	)	0		4		0.000	0.000		
15:0											
16:0	g	0.008	3	0		4		0.022	0.005		
17:0											
18:0		0.002	2	0		4		0.006	0.001		
20:0	-										
22:0	-										
24:0	g										

	<u>Ar</u>	mount in 10	0 grams		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.021		0		4		0.058	0.012	
14:1g									
15:1	0.001		0		4		0.003	0.001	
16:1 undifferentiated	0.001		U		4		0.003	0.001	
17:1	0.021		0		4		0.058	0.012	
20:1	0.021		0		4		0.058	0.012	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
24:1 cg	0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated	0.066		0		4		0.183	0.038	
18:2 undifferentiated	0.040		0		4		0.111	0.023	
18:3 undifferentiated	0.026		0		4		0.072	0.015	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c.cg	0.000		•		-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated 9	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	25		0	FLM	4		69.387	14.278	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000	
Lycopenemcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	63		0	FLM	4		175.395	36.092	

# **Common Measures:**

Measure 1 = 277g: 1 cup

Measure 2 = 57g: 1 slice (1/2" thick, approx 8 slices per can)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.84

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		53.20		1		1		146.30		
Energy		178		0	NC	4		490		
Energy	kj	745				4		2048		
Protein (N x 6.25)	g	0.30		1		1		0.83		
Total lipid (fat)	g	0.10		1		1		0.28		
Ash	g	0.20		1		1		0.55		
Carbohydrate, by difference	g	46.20		0	NC	4		127.05		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca		11		1		1		30		
Iron, Fe		0.20		1		1		0.55		
Magnesium, Mg		4		1		1		11		
Phosphorus, P		8		1		1		22		
Potassium, K		38		1		1		105		
Sodium, Na		32		1		1		88		
Zinc, Zn										
Copper, Cu		0.040	)	1		1		0.110		
Manganese, Mn Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	18.0		0		1		49.5		
Thiamin		0.030	)	0		1		0.083		
Riboflavin		0.020		0		1		0.055		
Niacin	_	0.100		0		1		0.275		
Pantothenic acid	-									
Vitamin B-6										
Folate, total	-									
Folate, DFE										
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		70		0		1		193		
Vitamin A, RAE	mca RAE	4		0		1		10		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.012	!	0		1		0.033		
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									

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

## **Common Measures:**

Measure 1 = 275g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.82

NDB No. 09082 Cranberry-orange relish, canned

Food Group: 09 Fruits and Fruit Juices

Refuse: 2% Stems

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	oer				easures of food		
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	_	81.96		4	1		91.80			
Energy	kcal	63		) NC	4		71			
Energy	kj	264			4		295			
Protein (N x 6.25)		1.40		2	1		1.57			
Total lipid (fat)	g	0.41		2	1		0.46			
Ash	g	0.86		4	1		0.96			
Carbohydrate, by difference	g	15.38		) NC	4		17.23			
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	55	4.825	3	1		62			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.54		, 1	1		1.72			
Magnesium, Mg	-	24		2	1		27			
Phosphorus, P		59		3	1		66			
Potassium, K		322		1	1		361			
Sodium, Na		2		L	1		2			
Zinc, Zn		0.27	:	2	1		0.30			
Copper, Cu	-	0.086	0.006	1	1		0.096			
Manganese, Mn	mg	0.256	:	2	1		0.287			
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	181.0		L	1		202.7			
Thiamin	mg	0.050		)	1		0.056			
Riboflavin	mg	0.050		)	1		0.056			
Niacin	mg	0.300		)	1		0.336			
Pantothenic acid	mg	0.398		)	1		0.446			
Vitamin B-6	mg	0.066		)	1		0.074			
Folate, total										
Folate, DFE					_					
Vitamin B-12		0.00		) Z	7		0.00			
Vitamin A, IU	IU	230		)	1		258			
Vitamin A, RAE		12		)	1		13			
Vitamin E (alpha-tocopherol)		1.00		)	1		1.12			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.034		)	1		0.038			
4:0		0.034	,	,	-		0.038			
6:0										
8:0.										
10:0										
12:0	-									
13:0	-									
14:0	-									
15:0	g									
16:0	g	0.020		)	1		0.022			
17:0	g									
18:0	g	0.007		)	1		0.008			
20:0	g									
22:0	g									
24:0	-									
Fatty acids, total monounsaturated	g	0.058		)	1		0.065			
14:1	g									
15:1	g									

		<u>An</u>	nount in 10			ole portio	<u>n</u>		edible portion o	
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated17:1	-	0.001		0		1		0.001		
18:1 undifferentiated	g	0.056		0		1		0.063		
20:1	g									
Fatty acids, total polyunsaturated		0.179		0		1		0.200		
18:2 undifferentiated		0.107		0		1		0.120		
18:3 undifferentiated	g	0.072		0		1		0.081		
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	mg	0		0	Z	7		0		
Phytosterols	<sub>.</sub> mg									

#### **Common Measures:**

Measure 1 = 112g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 2% Stems

		<u>A</u>	mount in 100 gra	ıms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber				easures of food		
					Source	Confidence			_	
Nutrients and Uni	ito	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure	
Nutrients and On	its	Weari	Stu. Error 1 on				Wedsure i	Weasure 2	Weasure	
Proximates:										
Water	g	83.95		2	1		94.02			
Energy	kcal	56		0 NC	4		63			
Energy	kj	234			4		262			
Protein (N x 6.25)	g	1.40		0	1		1.57			
Total lipid (fat)	g	0.20		0	1		0.22			
Ash	g	0.66	0.040	5	1		0.74			
Carbohydrate, by difference	g	13.80		0 NC	4		15.46			
Fiber, total dietary	g	4.3		0	4		4.8			
Sugars, total	g	7.37		0 NC	4		8.25			
Sucrose	g	0.61	0.297	3 A	1		0.69			
Glucose (dextrose)	g	3.22	0.200	3 A	1		3.61			
Fructose		3.53	0.236	3 A	1		3.96			
Lactose										
Maltose	g									
Galactose										
Starch										
Minavalse										
Minerals:	ma	33	3.247	5	1		37			
Calcium, Ca		1.00		5	1		1.12			
Iron, Fe		13		5	1		15			
Phosphorus, P		44		6	1		49			
Potassium, K		275		6	1		308			
Sodium, Na		1		4	1		1			
Zinc, Zn		0.23		1	1		0.26			
Copper, Cu		0.107		5	1		0.120			
Manganese, Mn		0.186		5	1		0.208			
Selenium, Se		0.6		0 CAZI			0.7			
Vitamins:										
Vitamin C, total ascorbic acid		41.0		0	1		45.9			
Thiamin	-	0.040		0	1		0.045			
Riboflavin	_	0.050		0	1		0.056			
Niacin	• • • • • • • • • • • • • • • • • • • •	0.100		0	1		0.112			
Pantothenic acid		0.064		0	1		0.072			
Vitamin B-6		0.070	)	1	1		0.078			
Folate, total		8		0	4		9			
Folic acid	mcg	0		0 z	7		0			
Folate, food		8		0	4		9			
Folate, DFE		8		0 NC	4		9			
Vitamin B-12		0.00		0 z	7		0.00			
Vitamin A, IU		42		0 AS	1		47			
Vitamin A, RAE		2		0 AS	1		2			
Retinol		0		0 z	7		0			
Vitamin E (alpha-tocopherol)		0.10		0	1		0.11			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		11.0	0.000	3 A	1		12.3			
v namm K (phymoquinone)	g	11.0	0.000	. A	_		12.3			
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.017	7	0	1		0.019			
4:0	g	0.000	)	0	1		0.000			
6:0	g	0.000	)	0	1		0.000			
8:0	g	0.000	)	0	1		0.000			
10:0	g	0.000	)	0	1		0.000			
12:0	g	0.000	)	0	1		0.000			
13:0	g									
14:0	g	0.000	)	0	1		0.000			
15:0	a									

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and U	Inits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.010		1		1		0.011		
17:0										
18:0	-	0.003	}	1		1		0.003		
20:0										
22:0 24:0										
Fatty acids, total monounsaturate		0.028		0		1		0.031		
14:1										
15:1	-									
16:1 undifferentiated	g	0.001		1		1		0.001		
17:1	•									
18:1 undifferentiated	•	0.028		1		1		0.031		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	-	0.000	1	0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.088		0		1 1		0.099		
18:2 undifferentiated 18:3 undifferentiated	-	0.053 0.035		1 1		1		0.059 0.039		
18:4	-	0.000		0		1		0.039		
20:2 n-6 c,c	-	0.000		U		_		0.000		
20:3 undifferentiated										
20:4 undifferentiated	-	0.000	)	0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000	1	0		1		0.000		
22:6 n-3		0.000	)	0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	z	7		0		
Carotenoids:										
Carotene, beta	mcg	25		1	A	1		28.000		
Carotene, alpha	-	0		1	A	1		0.000		
Cryptoxanthin, beta	-	0		1	A	1		0.000		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin		47		1	A	1		52.640		

#### **Common Measures:**

Measure 1 = 112g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	19.21	0.536	26		1		27.66			
Energy	kcal	283		0	NC	4		408			
Energy		1184				4		1705			
Protein (N x 6.25)		4.08	0.135	26		1		5.88			
Total lipid (fat)	-	0.27	0.039	26		1		0.39			
Ash		2.36	0.079	26		1		3.40			
Carbohydrate, by difference		74.08		0	NC	4		106.68			
Fiber, total dietary		6.8		0		4		9.8			
Sugars, total		67.28		0	0	4		96.88			
Starch											
<u>Minerals:</u>						_		401			
Calcium, Ca	-	86	2.782	26		1		124			
Iron, Fe	-	3.26	0.157	37		1		4.69			
Magnesium, Mg		41	0.841	26		1		59			
Phosphorus, P		125 892	3.978 28.091	26		1 1		180			
Potassium, K	-			26		1		1284 12			
Sodium, Na	-	8	0.507	26 26		1					
Zinc, Zn	-	0.66 0.468	0.082 0.023	26		1		0.95 0.67 <b>4</b>			
Copper, Cu	-	0.468		26 1		1		0.674			
Manganese, Mn		0.469		0	BFSN	4		1.0			
Selenium, Se	niog	0.7		U	DF SN	-		1.0			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	4.7	0.494	36		1		6.8			
Thiamin	mg	0.160	0.006	25		1		0.230			
Riboflavin	mg	0.142	0.015	25		1		0.204			
Niacin	<u>mg</u>	1.615	0.135	25		1		2.326			
Pantothenic acid	-	0.045		0		1		0.065			
Vitamin B-6	-	0.296		0		1		0.426			
Folate, total		10	0.045	4		1		15			
Folic acid		0		0	Z	7		0			
Folate, food		10	0.045	4		1		15			
Folate, DFE		10		0	NC	4		15			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		73	5.649	23		1		105			
Vitamin A, RAE		4		0	NC	4		5			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.11		0	BFSN	4		0.16			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		3.3		0	BFSN	4		4.8			
vitamin K (phylioquillone)	Illog	3.3		U	DF SN	-		4.0			
<u> ipids:</u>											
Fatty acids, total saturated	g	0.028		0		1		0.040			
4:0	g	0.000		0		1		0.000			
6:0	g	0.000		0		1		0.000			
8:0	g	0.000		0		1		0.000			
10:0	g	0.000		0		1		0.000			
12:0	g	0.000		0		1		0.000			
13:0											
14:0	g	0.000		0		1		0.000			
15:0	g										
16:0	g	0.019		0		1		0.027			
17:0	g										
18:0	g	0.009		0		1		0.013			
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.047		0		1		0.068			
14:1											
15:1	_	0.000		•				0.000			
16:1 undifferentiated		0.002		0		1		0.003			
17:1 18:1 undifferentiated		0.045		0		1		0.065			
		0.045		0		1		0.065			
20:1 22:1 undifferentiated	_	0.000		0		1		0.000			
		0.000		U		1		0.000			
24:1 c		0.180		0		1		0.259			
Fatty acids, total polyunsaturated				0		1		0.259			
18:2 undifferentiated	_	0.180 0.000		0		1		0.259			
18:3 undifferentiated	-			0		1					
18:4		0.000		U		_		0.000			
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	_	0.000		0		1		0.000			
20:4 undifferentiated		0.000		0		1					
				0		_		0.000			
22:5 n-3	_	0.000		0		1 1		0.000			
22:6 n-3	-	0.000		U		1		0.000			
Fatty acids, total trans		0		0	z	7		0			
Cholesterol		U		U	Z	,		U			
Phytosterols	Ing										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0			
Caffeine		0		0	Z	7		0			
Theobromine	mg	0		0	z	7		0			
Carotenoids:											
Carotene, beta	mca	43		0	BNA	4		62.210			
Carotene, alpha	_	1		0	BNA	4		0.934			
Cryptoxanthin, beta		1		0	BNA	4		0.789			
Lycopene		0		0	BFSN	4		0.000			
Lutein + zeaxanthin		0		0	BFSN	4		0.000			
Lucii - Zcazantinii	9	<u> </u>			DI SN	-		0.000			

### **Common Measures:**

Measure 1 = 144g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 42% Seeds and skin

		<u>Aı</u>	mount in 100			le portic	<u>on</u>		edible portion o	
				Number		Cauraa	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	s	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Proximates:										
Water		71.50		0		1				
Energy	kcal	101		0	NC	4				
Energy	kj	423				4				
Protein (N x 6.25)		1.70		0		1				
Total lipid (fat)	g	0.60		0		1				
Ash	g	1.00		0		1				
Carbohydrate, by difference	g	25.20		0	NC	4				
Fiber, total dietary	g	2.4		0	BFZN	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30	6.20	9 9		1				
Iron, Fe	mg	0.71		2		1				
Magnesium, Mg		18		1		1				
Phosphorus, P	mg	21	2.72	2 7		1				
Potassium, K		382	52.01			1				
Sodium, Na		4		2		1				
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	fileg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	19.2	2.74			1				
Thiamin	-	0.080		0		1				
Riboflavin	-	0.100		0		1				
Niacin		0.500		0		1				
Pantothenic acid		0.135		0 1		1 1				
Vitamin B-6 Folate, total	-	0.221	•	1		1				
Folate, DFE										
Vitamin B-12		0.00		0	z	7				
Vitamin A, IU		33		0	_	4				
Vitamin A, RAE	mca RAE	2		0		4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.231	-	0	BFFN	4				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7				
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.007	,	1		1				
Threonine	-									
Isoleucine										
Leucine										
Lysine		0.037		1		1				
Methionine	-	0.004	ŀ	1		1				
Cystine										
Phenylalanine										
Tyrosine										
Valine	-									
Arginine	9									

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

Histidine	g
Alanine	g
Aspartic acid	g
Glutamic acid	g
Glycine	g
Proline	g
Serine	g
Hydroxyproline	g

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

#### **Common Measures:**

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 10% Pits

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				mber				<u>me</u>	easures of food	_	
					Deriv		Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	20.53	0.759	13	A	1		36.55	1.70		
Energy	kcal	282		0	NC	4		501	23		
Energy	kj	1178		0	NC	4		2097	98		
Protein (N x 6.25)		2.45	0.100	13	A	1		4.36	0.20		
Total lipid (fat)		0.39	0.181	13	A	1		0.70	0.03		
Ash		1.60	0.071	13	A	1		2.85	0.13		
Carbohydrate, by difference		75.03		0	NC	4		133.55	6.23		
Fiber, total dietary		8.0	0.272	13	A	1		14.2	0.7		
Sugars, total		63.35	0.856	7	A	1		112.77	5.26		
Sucrose		23.84	2.220	7	A	1		42.44	1.98		
Glucose (dextrose)		19.87	0.692	8	A	1		35.37	1.65		
Fructose		19.56	0.726	8	A	1		34.81	1.62		
Lactose	g	0.00	0.000	7	A	1		0.00	0.00		
Maltose	g	0.12	0.022	8	A	1		0.21	0.01		
Galactose		0.00	0.000	8	A	1		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	mg	39	3.093	13	A	1		69	3		
Iron, Fe		1.02	0.020	13	A	1		1.82	0.09		
Magnesium, Mg	mg	43	0.322	13	A	1		76	4		
Phosphorus, P	mg	62	2.541	13	A	1		110	5		
Potassium, K	mg	656	24.975	13	A	1		1168	54		
Sodium, Na	mg	2	1.681	9	A	1		4	0		
Zinc, Zn		0.29	0.033	11	A	1		0.51	0.02		
Copper, Cu		0.206		13	A	1		0.367	0.017		
Manganese, Mn		0.262		13	A	1		0.466	0.022		
Selenium, Se	mcg	3.0	0.170	8	A	1		5.3	0.2		
Vitamins:			0.465	_	_						
Vitamin C, total ascorbic acid	-	0.4	0.165	8	A	1 1		0.7	0.0		
Thiamin		0.052		13 13	A A	1		0.093 0.118	0.004		
Riboflavin Niacin	-	1.274		13	A	1		2.267	0.005 0.106		
Pantothenic acid	-	0.589		13	A	1		1.049	0.108		
Vitamin B-6	_	0.165		13	A	1		0.294	0.014		
Folate, total		19	1.660	13	A	1		34	2		
Folic acid		0	1.000	0	z	7		0	0		
Folate, food		19	1.660	13	A	1		34	2		
Folate, DFE		19		0	NC	4		34	2		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		10	1.667	8	A	1		18	1		
Vitamin A, RAE		0	0.083	8	A	1		1	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.05	0.014	4	A	1		0.10	0.00		
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00		
Tocopherol, gamma		0.05	0.013	4	A	1		0.10	0.00		
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00		
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	2.7	0.166	8	A	1		4.7	0.2		
<u>Lipids:</u>											
Fatty acids, total saturated		0.032		0	NC	4		0.058	0.003		
4:0		0.000		0	Z	7		0.000	0.000		
6:0	-	0.000		0	Z	7		0.000	0.000		
8:0		0.001		2	A	1		0.001	0.000		
10:0	-	0.001		2	A	1		0.001	0.000		
12.0				٠,	A	1		0 000	Λ ΛΛΛ		
12:0	_	0.001	<u>.</u>	2	A	_		0.002	0.000		
12:0	g	0.001		2	A	1		0.002	0.000		

	<u>Ar</u>	nount in 100	grams	of edib	Amount in edible portion of common				
		N	umber					easures of food	Common
Nutrients and Units	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.017		2	A	1		0.030	0.001	
17:0g	0.001		2	A	1		0.002	0.000	
18:0g	0.011		2	A	1		0.020	0.001	
20:0g	0.000		2	A	1		0.000	0.000	
22:0g	0.000		2	A	1		0.000	0.000	
24:0g Fatty acids, total monounsaturatedg	0.036		0	NC	4		0.064	0.003	
14:1g	0.036		2	A	1		0.064	0.003 0.000	
15:1g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiatedg	0.001		2	A	1		0.001	0.000	
17:1g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiatedg	0.035		2	A	1		0.063	0.003	
20:1g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	Z	7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.019		0	NC	4		0.034	0.002	
18:2 undifferentiatedg	0.016		2	A	1		0.029	0.001	
18:3 undifferentiated	0.003		2	A	1		0.004	0.000	
18:3 n-6 c,c,c	0.000		2	A	1		0.000	0.000	
18:3ig				_	_				
18:4g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c	0.000		2	A A	1 1		0.001	0.000	
20:3 undifferentiated	0.000		2	A	1		0.000	0.000	
20:3 n-6g									
20:4 undifferentiatedg	0.000		2	A	1		0.000	0.000	
20:4 n-3g	0.000		_		_		0.000	0.000	
20:4 n-6g									
20:5 n-3g	0.000		0	z	7		0.000	0.000	
22:5 n-3g	0.000		0	z	7		0.000	0.000	
22:6 n-3g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.012		0	A	1		0.021	0.001	
Threonine	0.043		0	A	1		0.076	0.004	
Isoleucineg	0.049		0	A	1		0.088	0.004	
Leucine9	0.084		0	A	1		0.149	0.007	
Lysine9	0.066		0	A	1		0.118	0.006	
Methionineg	0.022		0	A	1		0.039	0.002	
Cystineg	0.067		0	A	1		0.120	0.006	
Phenylalanineg	0.050		0	A	1		0.090	0.004	
Tyrosineg	0.015		0	A A	1 1		0.026 0.126	0.001	
Valine	0.071 0.136		0	A	1		0.126	0.006 0.011	
Arginine	0.136		0	A	1		0.243	0.003	
Alanine9	0.032		0	A	1		0.147	0.003	
Aspartic acidg	0.213		0	A	1		0.379	0.018	
Glutamic acidg	0.359		0	A	1		0.639	0.030	
Glycine	0.101		0	A	1		0.179	0.008	
Proline	0.130		0	A	1		0.231	0.011	
Serineg	0.057		0	A	1		0.102	0.005	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeineg	0.0		0	Z	7		0.0	0.0	
Theobrominemg	0		0	z	7		0	0	
Carotenoids:	ŭ		•	_	•		-	Ť	
		1 000	0	-	1		10 647	0.400	
Caratana alaha mcg	6 0	1.000		A A	1 1		10.647 0.000	0. <b>4</b> 96 0.000	
Carotene, alphamcg Cryptoxanthin, betamcg	0	0.000		A	1		0.000	0.000	
Lycopenemcg	0	0.000		A	1		0.000	0.000	
_, zopono	-	2.000	-		-				

Amount in 100 grams of edible portion								Amount in edible portion of common		
				Deriv Source Confidence				easures of food		
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lutein + zeaxanthinmcg	75	5.0	96 8	A	1		133.723	6.235		

### **Common Measures:**

Measure 1 = 178g: 1 cup, pitted, chopped

Measure 2 = 8.3g: 1 date

#### **Footnotes**

1 Common variety

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

## Refuse:

Nutrients and Units           Proximates:         9           Energy         kcal           Energy         kj           Protein         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Calcium, Ca           Calcium, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Manganese, Mn         mg           Selenium, Se         mcg	21.32 277 1160 1.81 0.15 1.74 74.97 6.7 66.47 0.53 33.68 31.95 0.00 0.30	Std. Error		Deriv	Source Code	Confidence Code	5.12 67 278	Measure 2	Measure 3
Water         g           Energy         kcal           Energy         kj           Protein         g           Total lipid (fat)         g           Ash         g           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Sucrose         g           Glucose (dextrose)         g           Fructose         g           Lactose         g           Maltose         g           Galactose         g           Starch         g           Minerals:         Calcium, Ca           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Manganese, Mn         mg           Selenium, Se         mcg	277 1160 1.81 0.15 1.74 74.97 6.7 66.47 0.53 33.68 31.95 0.00 0.30		0 0 2 2 2 2 0 2	NC NC A A	4 4 1		67		
Energy         kcal           Energy         kj           Protein         g           Total lipid (fat)         g           Ash         g           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Sucrose         g           Glucose (dextrose)         g           Fructose         g           Lactose         g           Maltose         g           Galactose         g           Starch         g           Minerals:         Total mg           Calcium, Ca.         mg           Iron, Fe         mg           Magnesium, Mg         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	277 1160 1.81 0.15 1.74 74.97 6.7 66.47 0.53 33.68 31.95 0.00 0.30		0 0 2 2 2 2 0 2	NC NC A A	4 4 1		67		
Energy         kj           Protein         g           Total lipid (fat)         g           Ash         g           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Sucrose         g           Glucose (dextrose)         g           Fructose         g           Lactose         g           Maltose         g           Galactose         g           Starch         g           Minerals:         Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	1160 1.81 0.15 1.74 74.97 66.47 0.53 33.68 31.95 0.00 0.30		0 2 2 2 0 2	NC A A A	4 1				
Protein         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Calcium, Ca.           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	1.81 0.15 1.74 74.97 6.7 66.47 0.53 33.68 31.95 0.00		2 2 2 0 2	A A A	1		278		
Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Calcium, Ca.           Tron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	0.15 1.74 74.97 6.7 66.47 0.53 33.68 31.95 0.00		2 2 0 2	A A					
Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Calcium, Ca.           Calcium, Ca.         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	1.74 74.97 6.7 66.47 0.53 33.68 31.95 0.00		2 0 2	A	1		0.43		
Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         2           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	74.97 6.7 66.47 0.53 33.68 31.95 0.00 0.30		0 2				0.04		
Fiber, total dietary       9         Sugars, total.       9         Sucrose       9         Glucose (dextrose)       9         Fructose       9         Lactose       9         Maltose       9         Galactose       9         Starch       9         Minerals:       Calcium, Ca       mg         Calcium, Fe       mg         Magnesium, Mg       mg         Phosphorus, P       mg         Potassium, K       mg         Sodium, Na       mg         Zinc, Zn       mg         Copper, Cu       mg         Manganese, Mn       mg         Selenium, Se       mcg	6.7 66.47 0.53 33.68 31.95 0.00 0.30		2	NC	1		0.42		
Sugars, total.         9           Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	66.47 0.53 33.68 31.95 0.00 0.30			NC	4		17.99		
Sucrose         9           Glucose (dextrose)         9           Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Calcium, Ca           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	0.53 33.68 31.95 0.00 0.30		2	A	1		1.6		
Glucose (dextrose)       9         Fructose       9         Lactose       9         Maltose       9         Galactose       9         Starch       9         Minerals:       Calcium, Ca       mg         Iron, Fe       mg         Magnesium, Mg       mg         Phosphorus, P       mg         Potassium, K       mg         Sodium, Na       mg         Zinc, Zn       mg         Copper, Cu       mg         Manganese, Mn       mg         Selenium, Se       mcg	33.68 31.95 0.00 0.30			A	1		15.95		
Glucose (dextrose)       9         Fructose       9         Lactose       9         Maltose       9         Galactose       9         Starch       9         Minerals:       Calcium, Ca       mg         Iron, Fe       mg         Magnesium, Mg       mg         Phosphorus, P       mg         Potassium, K       mg         Sodium, Na       mg         Zinc, Zn       mg         Copper, Cu       mg         Manganese, Mn       mg         Selenium, Se       mcg	31.95 0.00 0.30		2	A	1		0.13		
Fructose         9           Lactose         9           Maltose         9           Galactose         9           Starch         9           Minerals:         Totalium, Ca           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	0.00 0.30		2	A	1		8.08		
Lactose       9         Maltose       9         Galactose       9         Starch       9         Minerals:       Calcium, Ca         Calcium, Ca       mg         Iron, Fe       mg         Magnesium, Mg       mg         Phosphorus, P       mg         Potassium, K       mg         Sodium, Na       mg         Zinc, Zn       mg         Copper, Cu       mg         Manganese, Mn       mg         Selenium, Se       mcg	0.30		2	A	1		7.67		
Maltose       9         Galactose       9         Starch       9         Minerals:       Calcium, Ca       mg         Iron, Fe       mg         Magnesium, Mg       mg         Phosphorus, P       mg         Potassium, K       mg         Sodium, Na       mg         Zinc, Zn       mg         Copper, Cu       mg         Manganese, Mn       mg         Selenium, Se       mcg			2	A	1		0.00		
Galactose         9           Starch         9           Minerals:         Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	0.00		2	A	1		0.07		
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg			2	A	1		0.00		
Iron, Fe									
Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mcg	64		2	A	1		15		
Phosphorus, P	0.90		2	A	1		0.22		
Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg	54		2	A	1		13		
Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg	62		2	A	1		15		
Zinc, Znmg Copper, Cumg Manganese, Mnmg Selenium, Semcg	696		2	A	1		167		
Copper, Cumg Manganese, Mnmg Selenium, Semcg	1		2	A	1		0		
Manganese, Mnmg Selenium, Semcg	0.44		2	A	1		0.11		
Selenium, Semcg	0.362		2	A	1		0.087		
	0.296	5	2	A	1		0.071		
Vitamins:									
Vitamin C, total ascorbic acidmg	0.0		2	A	1		0.0		
Thiaminmg	0.050	)	2	A	1		0.012		
Riboflavinmg	0.060	)	2	A	1		0.014		
Niacinmg	1.610	)	2	A	1		0.386		
Pantothenic acidmg	0.805	5	2	A	1		0.193		
Vitamin B-6mg	0.249	•	2	A	1		0.060		
Folate, totalmcg	15		1	A	1		4		
Folic acidmcg	0		0	Z	7		0		
Folate, foodmcg	15		1	A	1		4		
Folate, DFEmcg_DFE	15		0	NC	4		4		
Vitamin B-12mcg	4.40			_					
Vitamin A, IUIU	149		2 2	A	1		36		
Vitamin A, RAEmcg_RAE	7		2	A	1		2		
Retinolmcg Vitamin E (alpha-tocopherol)mg									
Tocopherol, betamg Tocopherol, gammamg									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mcg	2.7		2	A	1		0.7		
Amino Acids:									
Tryptophang	0.007	1	0	A	1		0.002		
Threonine9	0.042	2	0	A	1		0.010		
Isoleucineg	0.045		0	A	1		0.011		
Leucineg	0.082		0	A	1		0.020		
Lysineg	0.054		0	A	1		0.013		
Methionineg	0.017		0	A	1		0.004		
Cystineg		5	0	A	1		0.011		
Phenylalanine	0.046		0	A	1		0.011		

		An	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and l	Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valina	0	0.066		0	A	1		0.016		
Valine	-	0.060		0	A	1		0.016		
Arginine Histidine		0.029		0	A	1		0.014		
Alanine	-	0.078		0	A	1		0.019		
Aspartic acid		0.220		0	A	1		0.053		
Glutamic acid		0.265		0	A	1		0.064		
Glycine	g	0.090		0	A	1		0.022		
Proline		0.111		0	A	1		0.027		
Serine	g	0.062		0	A	1		0.015		
Hydroxyproline	g									
Carotenoids:										
Carotene, beta	mcg	89		2	A	1		21.468		
Carotene, alpha	mcg	0		2	A	1		0.000		
Cryptoxanthin, beta	mcg	0		2	A	1		0.000		
Lycopene		0		2	A	1		0.000		
Lutein + zeaxanthin	mcg	23		2	A	1		5.604		

#### **Common Measures:**

Measure 1 = 24g: 1 date, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 68% Shell and seeds (for raw fruit)

		<u>A</u> ı	mount in 100	<u>0 grams</u>	of edil	<u>on</u>	Amount in edible portion of common				
			I	Number				<u>m</u>	easures of food	res of food	
				of Data	Deriv	Source	Confidence				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	64.99		2	A	1		157.92	391.22		
Energy	kcal	147		0	NC	4		357	886		
Energy	kj	615		0	NC	4		1496	3705		
Protein (N x 6.25)	g	1.47		2	A	1		3.57	8.84		
Total lipid (fat)	g	5.33		2	A	1		12.96	32.11		
Ash	g	1.12		2	A	1		2.72	6.74		
Carbohydrate, by difference	g	27.09		0	NC	4		65.83	163.08		
Fiber, total dietary	g	3.8		2	A	1		9.3	23.1		
Sugars, total	g										
Starch	g										
Minerals:		•		_	_	_		1.0	2.4		
Calcium, Ca	<del>-</del>	6		2	A	1		14	34		
Iron, Fe	<del>-</del>	0.43 30		2 2	A A	1 1		1.06	2.62		
Magnesium, Mg		30 39		2	A A	1		72 94	178 232		
Phosphorus, P	<del>-</del>	39 436		2	A A	1		94 1061	232 2627		
Potassium, K Sodium, Na		2		1	A	1		5	13		
Zinc, Zn		0.28		2	A	1		0.68	1.68		
Copper, Cu	_	0.207	,	2	A	1		0.503	1.246		
Manganese, Mn	<del>-</del>	0.325		2	A	1		0.789	1.953		
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	mg	19.7		2	A	1		47.8	118.5		
Thiamin	mg	0.374	l	2	A	1		0.908	2.248		
Riboflavin	mg	0.200	)	2	A	1		0.486	1.204		
Niacin		1.074	l	2	A	1		2.609	6.462		
Pantothenic acid		0.230		2	A	1		0.559	1.385		
Vitamin B-6		0.316	5	2	A	1		0.767	1.899		
Folate, total		36		2	A	1		88	217		
Folic acid	-										
Folate, food		36		2	A	1		88	217		
Folate, DFE		0.00		•	_	_					
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		44 2		2	A A	1 1		108	267		
Vitamin A, RAE		0		2 0	A Z	7		5 0	13 0		
Retinol Vitamin E (alpha-tocopherol)		U		U	4	,		U	U		
m											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated											
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated.											
Fatty acids, total trans		0		0	z	7		0	0		
CholesterolPhytosterols	<del>-</del>	U		U	Z	,		U	U		
Carotenoids:											
Carotene, beta	mcg	23		2	A	1		56.914	140.997		
Carotene, alpha		6		2	A	1		15.349	38.025		
Cryptoxanthin, beta		0		2	A	1		0.000	0.000		
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.

NDB No. 09422 Durian, raw or frozen

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

e 1 Measure 2 Measure 3

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

#### **Common Measures:**

Measure 1 = 243g: 1 cup, chopped or diced

Measure 2 = 602g: 1 fruit

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0% No info available- assumed no refuse

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of commor					
Nutrients and Ur	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
Proximates:													
Water	g	79.80		0		1		115.71					
Energy		73		0	NC	4		106					
Energy		305				4		443					
Protein (N x 6.25)		0.66	0.042	12		1		0.96					
Total lipid (fat)	_	0.50		0		1		0.73					
Ash		0.64	0.025	12		1		0.93					
Carbohydrate, by difference		18.40		0	NC	4		26.68					
Fiber, total dietary		7.0		0		4		10.2					
Sugars, total													
Starch													
Staren	9												
Minerals:													
Calcium, Ca	-	38		0		1		55					
Iron, Fe	_	1.60		0		1		2.32					
Magnesium, Mg	-	5	_	0		4		7					
Phosphorus, P		39	2.132	12		1		57					
Potassium, K		280	10.027	12		1		406					
Sodium, Na		6		0		1		9					
Zinc, Zn	-	0.11		0		4		0.16					
Copper, Cu		0.061	•	0		4		0.088					
Manganese, Mn	-	0.6		0	CAZN	4		0.9					
Selenium, Se	Ilicy	0.6		U	CAZN	4		0.9					
Vitamins:													
Vitamin C, total ascorbic acid	mg	36.0		0		1		52.2					
Thiamin	mg	0.070	)	0		1		0.102					
Riboflavin	mg	0.060	)	0		1		0.087					
Niacin	mg	0.500	)	0		1		0.725					
Pantothenic acid	mg	0.140	1	0		1		0.203					
Vitamin B-6	mg	0.230	1	0		1		0.334					
Folate, total		6		0		4		9					
Folic acid		0		0	Z	7		0					
Folate, food	mcg	6		0		4		9					
Folate, DFE		6		0	NC	4		9					
Vitamin B-12		0.00		0	Z	7		0.00					
Vitamin A, IU	IU	600		0		1		870					
Vitamin A, RAE		30		0		1		44					
Retinol		0		0	Z	7		0					
Vitamin E (alpha-tocopherol)													
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D Vitamin K (phylloquinone)													
v namni K (phynoquinone)	nog												
<u>Lipids:</u>													
Fatty acids, total saturated	g	0.023	1	0		1		0.033					
4:0	g	0.000	1	0		4		0.000					
6:0		0.000		0		4		0.000					
8:0	g	0.000	1	0		4		0.000					
10:0		0.000		0		4		0.000					
12:0		0.000	)	0		4		0.000					
13:0	-												
14:0		0.000	)	0		4		0.000					
15:0	_												
16:0	_	0.018	1	0		4		0.026					
17:0	-												
18:0	=	0.005	i	0		4		0.007					
20:0													
22:0													
24:0	g												

		<u>Aı</u>	mount in 100 gram		le portio	<u>n</u>		Amount in edible portion of common measures of food					
			Numbe		_		<u></u>	easures or roou	•				
Nutrients and Uni	its	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturated	a	0.080	0		1		0.116						
14:1	g	0.000	· ·		_		0.110						
15:1 16:1 undifferentiated 17:1	g	0.000	0		4		0.000						
18:1 undifferentiated	-	0.080	0		4		0.116						
20:1		0.000	0		4		0.000						
22:1 undifferentiated		0.000	0		4		0.000						
24:1 c	-	0.000	ŭ		-		0.000						
Fatty acids, total polyunsaturated		0.247	0		1		0.358						
18:2 undifferentiated		0.162	0		4		0.235						
18:3 undifferentiated	-	0.085	0		4		0.123						
18:4	-	0.000	0		4		0.000						
20:2 n-6 c.c	-	0.000	· ·		-		0.000						
20:3 undifferentiated	-												
20:4 undifferentiated		0.000	0		4		0.000						
20:5 n-3	-	0.000	0		4		0.000						
22:5 n-3		0.000	0		4		0.000						
22:6 n-3	-	0.000	0		4		0.000						
Fatty acids, total trans			•		_		0.000						
Cholesterol		0	0	z	7		0						
Phytosterols													
Amino Acids:													
Tryptophan	q	0.013	3		1		0.019						
Threonine		0.027	3		1		0.039						
Isoleucine	-	0.027	3		1		0.039						
Leucine		0.060	3		1		0.087						
Lysine		0.026			1		0.038						
Methionine		0.014	3		1		0.020						
Cystine		0.015	3		1		0.022						
Phenylalanine		0.040	3		1		0.058						
Tyrosine		0.051	3		1		0.074						
Valine	-	0.033	3		1		0.048						
Arginine		0.047	3		1		0.068						
Histidine		0.015	3		1		0.022						
Alanine		0.030	3		1		0.044						
Aspartic acid	-	0.058	3		1		0.084						
Glutamic acid		0.096			1		0.139						
Glycine		0.036			1		0.052						
Proline	<del>-</del>	0.025	3		1		0.036						
Serine		0.032	3		1		0.046						
Hydroxyproline	_												
Others:													
Alcohol, ethyl		0.0	0		7		0.0						
Caffeine	-												
Theobromine	mg												

### **Common Measures:**

Measure 1 = 145g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 25% Skin

		<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		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		06.60		•				010 44	40.00	
Water		86.60		2		1		210.44	43.30	
Energy		49		0	NC	4		119	25	
Energy		205		_		4		498	103	
Protein (N x 6.25)	-	1.24		2		1		3.01	0.62	
Total lipid (fat)		0.78		2		1		1.90	0.39	
Ash		0.74		2		1		1.80	0.37	
Carbohydrate, by difference		10.63		0	NC	4		25.83	5.32	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	17		2		1		41	9	
Iron, Fe	-	0.08		2		1		0.19	0.04	
Magnesium, Mg		9		2		1		22	5	
Phosphorus, P		20		2		1		49	10	
Potassium, K		155		2		1		377	78	
Sodium, Na	mg	3		2		1		7	2	
Zinc, Zn	mg	0.04		2		1		0.10	0.02	
Copper, Cu	mg	0.055	<b>i</b>	2		1		0.134	0.028	
Manganese, Mn	mg	0.085	<b>i</b>	2		1		0.207	0.043	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	20.3		0		1		49.3	10.2	
Thiamin	-	0.008	,	2		1		0.019	0.004	
Riboflavin	-	0.000		2		1		0.019	0.016	
Niacin	-	0.032		2		1		0.702	0.145	
Pantothenic acid		0.20		2		1		0.554	0.114	
Vitamin B-6		0.220		2		1		0.122	0.114	
Folate, total		38	,	2		1		92	19	
Folic acid		0		0	z	7		0	0	
Folate, food		38		2	2	1		92	19	
Folate, DFE	mca DEE	38		0	NC	4		92	19	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0.00		2	2	1		0.00	0.00	
Vitamin A, RAE		0		2		1		0	0	
Retinol	mca_rvvc	0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū		Ū		•		· ·	· ·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	<b>-</b>									
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols		0		U	4	,		J	U	

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

## **Common Measures:**

Measure 1 = 243g: 1 cup, pureed

NDB No. 09334 Feijoa, raw

Measure 2 = 50g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100 gr	ams of ed	ble portio	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>I</u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	71.39		0	1		186.33			
Energy	kcal	107		0 NC	4		279			
Energy	kj	448			4		1168			
Protein (N x 6.25)	g	0.38		0	1		0.99			
Total lipid (fat)	g	0.10		0	1		0.26			
Ash	g	0.28		0	1		0.73			
Carbohydrate, by difference	g	27.86		0 NC	4		72.71			
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	26		0	4		60			
Calcium, Ca	-	26 0.28		0	1 1		68 0.73			
Iron, Fe		10		0	1		0.73 26			
Magnesium, Mg		10		0	1		26			
Phosphorus, P Potassium, K	-	97		0	1		253			
Sodium, Na		1		0	1		3			
Zinc, Zn		0.11		0	1		0.29			
Copper, Cu		0.103	3	0	1		0.269			
Manganese, Mn	-	0.083		0	1		0.217			
Selenium, Se										
ŕ	_									
Vitamins:				_						
Vitamin C, total ascorbic acid		1.0		0	1		2.6			
Thiamin		0.022		0	1		0.057			
Riboflavin		0.036		0	1		0.094			
Niacin		0.419		0	1		1.094			
Pantothenic acid		0.069	,	0	1		0.180			
Vitamin B-6	-									
Folate, total										
Folate, DFE		0.00		0 z	7		0.00			
Vitamin B-12 Vitamin A, IU		36		0 2	1		94			
Vitamin A, IUVitamin A, RAE		2		0	1		5			
Vitamin E (alpha-tocopherol)		2		U	1		5			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.020	)	0	1		0.052			
4:0	-									
6:0	-									
8:0										
10:0 12:0										
13:0										
14:0		0.001	L	0	1		0.003			
15:0		0.002	=	•	-		0.003			
16:0	-	0.015	5	0	1		0.039			
17:0	-	5.010		-	-		2.033			
18:0	-	0.004	ı	0	1		0.010			
20:0	-				-		3.010			
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		0.022	2	0	1		0.057			
14:1					=					
15:1	-									

		<u>Ar</u>	nount in 100 grams	r	_	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a								
17:1	_								
18:1 undifferentiated		0.022	0		1		0.057		
20:1			•		_		0.00.		
22:1 undifferentiated	_								
24:1 c	• • • • • • • • • • • • • • • • • • • •								
Fatty acids, total polyunsaturated		0.047	0		1		0.123		
18:2 undifferentiated		0.047	0		1		0.123		
18:3 undifferentiated	-	0.047	· ·		-		0.123		
18:4									
20:2 n-6 c.c.	-								
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •								
20:4 undifferentiated	-								
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans	_								
Cholesterol	-	0	0	z	7		0		
Phytosterols	_								
A . A . Y									
Amino Acids:			_						
Tryptophan		0.003	0		1		0.008		
Threonine	_	0.012			1		0.031		
Isoleucine		0.011			1		0.029		
Leucine	-	0.016	0		1		0.042		
Lysine		0.015	0		1		0.039		
Methionine		0.003	0		1		0.008		
Cystine	_	0.006	0		1		0.016		
Phenylalanine		0.009	0		1		0.023		
Tyrosine		0.016	0		1		0.042		
Valine	_	0.014	0		1		0.037		
Arginine	-	0.009	0		1		0.023		
Histidine		0.005	0		1		0.013		
Alanine	_	0.023	0		1		0.060		
Aspartic acid		0.088	0		1		0.230		
Glutamic acid	-	0.036	0		1		0.094		
Glycine	_	0.013	0		1		0.034		
Proline	_	0.025	0		1		0.065		
Serine		0.019	0		1		0.050		
Hydroxyproline	g								

## **Common Measures:**

Measure 1 = 261g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	76.33	0.146	18		1		197.69	21.37		
Energy	kcal	88		0	NC	4		228	25		
Energy	kj	368				4		954	103		
Protein (N x 6.25)	g	0.38	0.012	18		1		0.98	0.11		
Total lipid (fat)	g	0.10	0.000	18		1		0.26	0.03		
Ash	g	0.29	0.011	18		1		0.75	0.08		
Carbohydrate, by difference	g	22.90		0	NC	4		59.31	6.41		
Fiber, total dietary	g	2.2		0		4		5.7	0.6		
Sugars, total	g	20.70		0	0	4		53.61	5.80		
Starch	g										
Minovola											
Minerals:	ma	27	0.696	18		1		70	8		
Calcium, Ca Iron, Fe	-	0.28	0.696	18		1		70 0.73	0.08		
Magnesium, Mg	-	10	0.218	17		1		26	3		
Phosphorus, P		10	0.218	18		1		26	3		
Potassium, K	-	99	2.949	17		1		256	28		
Sodium, Na	-	1	0.076	18		1		3	0		
Zinc, Zn	-	0.11	0.003	18		1		0.28	0.03		
Copper, Cu		0.106	0.004	18		1		0.275	0.030		
Manganese, Mn		0.084		0		1		0.218	0.024		
Selenium, Se	mcg	0.2		0	BFSN	4		0.5	0.1		
Vitamina											
Vitamins:	ma	1.0	0.000	18		1		2.6	0.3		
Vitamin C, total ascorbic acid Thiamin	-	0.022		18		1		0.057	0.3		
Riboflavin	-	0.022		18		1		0.096	0.010		
Niacin		0.428		18		1		1.109	0.120		
Pantothenic acid	-	0.069		0		1		0.179	0.019		
Vitamin B-6	=	0.070		0		4		0.173	0.020		
Folate, total	-	2		0		4		5	1		
Folic acid		0		0	z	7		0	0		
Folate, food		2		0		4		5	1		
Folate, DFE		2		0	NC	4		5	1		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU	IU	37	3.838	18		1		96	10		
Vitamin A, RAE		2	0.192	18		1		5	1		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.12		0	BFSN	4		0.31	0.03		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	5.3		0	BFSN	4		13.7	1.5		
Lipids:											
Fatty acids, total saturated	а	0.020		0		1		0.052	0.006		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000		0		1		0.000	0.000		
13:0											
14:0	-	0.001		0		1		0.003	0.000		
15:0											
16:0		0.015		0		1		0.039	0.004		
17:0											
18:0	g	0.004		0		1		0.010	0.001		
20:0	g										
22:0	g										
24:0	a										

		Aı	mount in 100		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.022		0		1		0.057	0.006	
15:1 16:1 undifferentiated	-	0.000	1	0		1		0.000	0.000	
17:1 18:1 undifferentiated	-	0.022		0		1		0.057	0.006	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated.		0.048		0		1		0.124	0.013	
18:2 undifferentiated	g	0.048		0		1		0.124	0.013	
18:3 undifferentiated	g	0.000	)	0		1		0.000	0.000	
18:4	g	0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000	1	0		1		0.000	0.000	
Fatty acids, total trans		0		0	z	7		0	0	
CholesterolPhytosterols	-	U		U	2	,		U	U	
Filytosterois										
Amino Acids:										
Tryptophan	g	0.003		0		1		0.008	0.001	
Threonine	_	0.012		0		1		0.031	0.003	
Isoleucine	_	0.012		0		1		0.031	0.003	
Leucine	-	0.017		0		1		0.044	0.005	
Lysine		0.015		0		1		0.039	0.004	
Methionine		0.003		0		1		0.008	0.001	
Cystine		0.006		0		1		0.016	0.002	
Phenylalanine		0.009		0		1		0.023	0.003	
Tyrosine	_	0.016		0		1 1		0.041	0.004	
Valine	-	0.014 0.009		0		1		0.036	0.004	
Arginine Histidine		0.009		0		1		0.023 0.013	0.003 0.001	
Alanine	-	0.003		0		1		0.013	0.001	
Aspartic acid		0.025		0		1		0.233	0.025	
Glutamic acid		0.037		0		1		0.096	0.010	
Glycine	_	0.013		0		1		0.034	0.004	
Proline	<del>-</del>	0.025		0		1		0.065	0.007	
Serine	_	0.019		0		1		0.049	0.005	
Hydroxyproline										
Others:	~	0.0		•		-		0.0		
Alcohol, ethyl		0.0		0	z	7 7		0.0	0.0	
Caffeine		0		0	Z	7		0	0 0	
Theobromine	9	U		U	4	,		U	U	
Carotenoids:										
Carotene, beta		22		0	BNA	4		57.498	6.216	
Carotene, alpha		0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BNA	4		0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	11		0	BFSN	4		27.716	2.996	

#### **Common Measures:**

Measure 1 = 259g: 1 cup

Measure 2 = 28g: 1 fig with liquid

NDB No. 09092

Figs, canned, heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Proximates:  Water	g kj g g g g g g g	81.26 69 289 0.39 0.10 0.30 17.95 1.8 16.15	Std. Error Point	ta Deriv s Code	Source Code	Confidence Code	Measure 1  204.78 174 728 0.98	Measure 2  22.75 19 81	Measure 3
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins:	g kj g g g g g g g	81.26 69 289 0.39 0.10 0.30 17.95	Std. Error Point	s Code	1 4 4 1 1		204.78 174 728	22.75 19 81	Measure 3
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins:	g kj g g g g g g g	81.26 69 289 0.39 0.10 0.30 17.95		NC NC	1 4 4 1	Code	204.78 174 728	22.75 19 81	Measure 3
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins:	kcalkjggggggggg	69 289 0.39 0.10 0.30 17.95		NC NC	4 4 1 1		174 728	19 81	
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins:	kcalkjggggggggg	69 289 0.39 0.10 0.30 17.95		NC NC	4 4 1 1		174 728	19 81	
Energy	kcalkjggggggggg	289 0.39 0.10 0.30 17.95 1.8		NC NC	4 4 1 1		728	19 81	
Energy	kj 9 9 9 9 9 9	289 0.39 0.10 0.30 17.95 1.8	(	NC	4 1 1		728	81	
Protein (N x 6.25).  Total lipid (fat)	gggggggggg	0.39 0.10 0.30 17.95 1.8	( ( (	NC	1				
Total lipid (fat)	g g g g g g	0.10 0.30 17.95 1.8	( ( (	NC	1			0.11	
Ash	g g g g g	0.30 17.95 1.8	(	NC			0.25	0.03	
Carbohydrate, by difference	g g g g mg	17.95 1.8	(	NC			0.76	0.08	
Fiber, total dietary. Sugars, total	g g g mg	1.8	Ó		4		45.23	5.03	
Sugars, total. Starch	g g mg				4		4.5	0.5	
Starch	g mg mg	10.13	`		4		40.70	4.52	
Minerals:  Calcium, Ca	mg mg			O	-		40.70	4.52	
Calcium, Ca. Iron, Fe	<sub>.</sub> mg								
Iron, Fe	<sub>.</sub> mg								
Magnesium, Mg		27	C		1		68	8	
Phosphorus, P	ma	0.29	C		1		0.73	0.08	
Potassium, K		10	C		1		25	3	
Sodium, Na Zinc, Zn Copper, Cu. Manganese, Mn. Selenium, Se Vitamins:	•	10	C		1		25	3	
Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se  Vitamins:		102	C		1		257	29	
Copper, Cu		1	C		1		3	0	
Manganese, Mn Selenium, Se Vitamins:		0.11	C		1		0.28	0.03	
Selenium, Se  Vitamins:		0.108			1		0.272	0.030	
Vitamins:		0.086			1		0.217	0.024	
	mcg	0.2	C	BFSN	4		0.4	0.0	
Vitamin C, total ascorbic acid	ma	1.0	C		1		2.5	0.3	
Thiamin		0.022			1		0.055	0.006	
Riboflavin		0.038			1		0.096	0.011	
Niacin		0.437			1		1.101	0.122	
Pantothenic acid	-	0.069			1		0.174	0.019	
Vitamin B-6		0.070			4		0.176	0.020	
Folate, total	-	2	C		4		5	1	
Folic acid		0	C	Z	7		0	0	
Folate, food		2	C		4		5	1	
Folate, DFE	mca DFE	2	C		4		5	1	
Vitamin B-12		0.00	C		7		0.00	0.00	
Vitamin A, IU		37	C	_	1		93	10	
Vitamin A, RAE		2	C		1		5	1	
Retinol		0	C		7		0	0	
Vitamin E (alpha-tocopherol)		0.10	C				0.24	0.03	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		4.2	C	BFSN	4		10.5	1.2	
Lipids:	_				_				
Fatty acids, total saturated		0.020			1		0.050	0.006	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0	-	0.000	O		1		0.000	0.000	
13:0	-				-				
14:0		0.001	. С		1		0.003	0.000	
15:0	_	2 21-			-				
16:0		0.015	, c		1		0.038	0.004	
17:0	_		_		_			2 225	
18:0	_	0.004	C		1		0.010	0.001	
20:0	y								
22:0 24:0	~								

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and o	mis	Weari	Sta. Elloi	-				Wedsure i	Measure 2	weasure 3	
Fatty acids, total monounsaturate	:dg	0.022		0		1		0.055	0.006		
14:1	g										
15:1 16:1 undifferentiated		0.000		0		1		0.000	0.000		
17:1	_	0.022		0		1		0.055	0.006		
18:1 undifferentiated 20:1	-	0.022		0		1		0.055 0.000	0.006 0.000		
22:1 undifferentiated	_	0.000		0		1		0.000	0.000		
24:1 c	•	0.000		·		_		0.000	0.000		
Fatty acids, total polyunsaturated		0.048		0		1		0.121	0.013		
18:2 undifferentiated		0.048		0		1		0.121	0.013		
18:3 undifferentiated	g	0.000		0		1		0.000	0.000		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated				_							
20:4 undifferentiated	-	0.000		0		1		0.000	0.000		
20:5 n-3	_	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0 0		1 1		0.000	0.000		
22:6 n-3		0.000		U		1		0.000	0.000		
Fatty acids, total trans Cholesterol		0		0	z	7		0	0		
Phytosterols	-	Ū		U	2	,		Ū	O		
1 Hytosterois	9										
Amino Acids:											
Tryptophan		0.003		0		1		0.008	0.001		
Threonine	_	0.013		0		1		0.033	0.004		
Isoleucine		0.012		0		1		0.030	0.003		
Leucine	-	0.017		0		1		0.043	0.005		
Lysine		0.016		0		1		0.040	0.004		
Methionine		0.003		0		1		0.008	0.001		
Cystine		0.006		0		1 1		0.015	0.002		
Phenylalanine		0.010		0 0		1		0.025	0.003		
Tyrosine	_	0.017		0		1		0.043 0.038	0.005 0.004		
Valine	_	0.015 0.009		0		1		0.038	0.004		
Arginine		0.009		0		1		0.023	0.003		
Histidine		0.024		0		1		0.013	0.002		
AlanineAspartic acid		0.024		0		1		0.234	0.026		
Glutamic acid		0.038		0		1		0.234	0.026		
Glycine	-	0.013		0		1		0.033	0.004		
Proline		0.026		0		1		0.055	0.004		
Serine		0.019		0		1		0.048	0.005		
Hydroxyproline	-	0.013		Ū		-		0.040	0.005		
	9										
Others:	_					_					
Alcohol, ethyl		0.0		0	_	7		0.0	0.0		
Caffeine		0		0 0	Z Z	7 7		0	0 0		
Theobromine	9	U		U	Z	,		U	U		
Carotenoids:											
Carotene, beta		22		0	BNA	4		55.944	6.216		
Carotene, alpha		0		0	BNA	4		0.000	0.000		
Cryptoxanthin, beta	_	0		0	BNA	4		0.000	0.000		
Lycopene		0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin	mcg	8		0	BFSN	4		21.350	2.372		

#### **Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 28g: 1 fig with liquid

NDB No. 09091

Figs, canned, light syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			ı	Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.21		0		1		211.32	23.01	
Energy	kcal	53		0	NC	4		131	14	
Energy	kj	222				4		550	60	
Protein (N x 6.25)	g	0.40		0		1		0.99	0.11	
Total lipid (fat)	g	0.10		0		1		0.25	0.03	
Ash	g	0.30		0		1		0.74	0.08	
Carbohydrate, by difference	g	13.99		0	NC	4		34.70	3.78	
Fiber, total dietary	g	2.2		0		4		5.5	0.6	
Sugars, total	g	11.79		0	0	4		29.24	3.18	
Starch	g									
M:										
Minerals:	ma	28		0		1		69	8	
Calcium, Ca	-	0.29		0		1		0.72	0.08	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	10		0		1		25	3	
Phosphorus, P		10		0		1		25 25	3	
Potassium, K	•	103		0		1		255	28	
Sodium, Na		103		0		1		255	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.12		0		1		0.30	0.03	
Copper, Cu		0.110	)	0		1		0.273	0.030	
Manganese, Mn		0.088		0		1		0.218	0.024	
Selenium, Se		0.1		0	BFSN	4		0.3	0.0	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.0		0		1		2.5	0.3	
Thiamin	-	0.023		0		1		0.057	0.006	
Riboflavin	_	0.038		0		1		0.094	0.010	
Niacin	-	0.445		0		1		1.104	0.120	
Pantothenic acid	-	0.069		0		1		0.171	0.019	
Vitamin B-6	-	0.070	)	0		4		0.174	0.019	
Folate, total		2		0	_	4		5	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		4		5	1	
Folate, DFE		2		0	NC	4		5	1	
Vitamin B-12		0.00		0 0	Z	7		0.00	0.00	
Vitamin A, IU		38 2		-		1		94	10	
Vitamin A, RAE		0		0 0	-	1 7		5 0	1	
Retinol		0.08		0	Z BFSN	4		0.19	0 0.02	
Vitamin E (alpha-tocopherol)		0.08		U	BFSN	4		0.19	0.02	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.3		0	BFSN	4		8.2	0.9	
<u>Lipids:</u>										
Fatty acids, total saturated		0.020		0		1		0.050	0.005	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	,	0		1		0.000	0.000	
13:0		0 001		^		4		0 000	0.000	
14:0		0.001	L	0		1		0.002	0.000	
15:0		0.015	•	^		1		0 007	2 22	
16:0		0.015	•	0		1		0.037	0.004	
17:0	-	0.004	•	^		1		0 010	0 001	
18:0	-	0.004	•	0		1		0.010	0.001	
20:0	-									
22:0	y									

	<u>Aı</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.022	. 0		1		0.055	0.006	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		1		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.022	. 0		1		0.055	0.006	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.048	0		1		0.119	0.013	
18:2 undifferentiatedg	0.048	0		1		0.119	0.013	
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:				_				
Tryptophang	0.003			1		0.007	0.001	
Threonineg	0.013			1		0.032	0.004	
Isoleucineg	0.012			1		0.030	0.003	
Leucineg	0.017			1		0.042	0.005	
Lysineg	0.016			1		0.040	0.004	
Methionineg	0.003			1		0.007	0.001	
Cystineg	0.007			1		0.017	0.002	
Phenylalanineg	0.010			1		0.025	0.003	
Tyrosineg	0.017			1		0.042	0.005	
Valineg	0.015			1		0.037	0.004	
Arginineg	0.009			1		0.022	0.002	
Histidineg	0.006			1		0.015	0.002	
Alanineg	0.024			1		0.060	0.006	
Aspartic acidg	0.094	0		1		0.233	0.025	
Glutamic acidg	0.039			1		0.097	0.011	
Glycine9	0.014			1		0.035	0.004	
Prolineg	0.026			1		0.064	0.007	
Serineg	0.020	0		1		0.050	0.005	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0.0	0	z	7		0.0	0.0	
Theobromine mg	0	0	Z	7		0	0	
	J	O .		•		U	3	
Carotenoids:								
Carotene, betamcg	23	0	BNA	4		56.544	6.156	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	BNA	4		0.000	0.000	
Lycopenemcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	7	0	BFSN	4		16.582	1.805	

#### **Common Measures:**

Measure 1 = 248g: 1 cup

Measure 2 = 27g: 1 fig with liquid

NDB No. 09090

Figs, canned, water pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			N	Number				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and On	its	Weari	Stu. Elloi	Ointo	Jour	0000		WedSure i	WedSure 2	Weasure	
Proximates:											
Water	g	69.80		1		1		180.78			
Energy	kcal	107		0	NC	4		278			
Energy	kj	449		0	NC	4		1164			
Protein (N x 6.25)	g	1.42		0	BFSN	4		3.69			
Total lipid (fat)	g	0.40		0	BFSN	4		1.03			
Ash	g	0.80		0	BFSN	4		2.08			
Carbohydrate, by difference	g	27.57		0	NC	4		71.42			
Fiber, total dietary	g	4.2		0	BFSN	4		10.9			
Sugars, total	g	23.35		0	0	4		60.48			
Starch	g										
<i>x</i> : 1											
<u>Ainerals:</u>		70		•				100			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	70 0.88		0 0	BFSN BFSN	4 4		182 2.27			
Iron, Fe	-	0.88 29		0	BFSN	4		2.27 76			
Magnesium, Mg		29		0		4		76 75			
Phosphorus, P	-	29		0	BFSN	4		761			
Potassium, K		294 4		0	BFSN BFSN	4		11			
Sodium, Na		0.24		0	BFSN	4		0.62			
Zinc, Zn Copper, Cu		0.24		0	BFSN	4		0.321			
Manganese, Mn		0.124		0	BFSN	4		0.570			
Selenium, Se		0.220	,	0	BFSN	4		0.570			
Selenium, Se	g	0.2		U	DF 3N	*		0.0			
<u> itamins:</u>											
Vitamin C, total ascorbic acid	mg	4.4	0.820	0 3		1		11.4			
Thiamin	mg	0.011	0.003	3 3		1		0.028			
Riboflavin	mg	0.110	0.02	5 3		1		0.285			
Niacin	<u>mg</u>	0.640	0.04	7 3		1		1.658			
Pantothenic acid	mg	0.127	0.009	9 3		1		0.329			
Vitamin B-6	mg	0.133	0.00	5 3		1		0.344			
Folate, total	mcg	1	0.084	4 3		1		3			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		1	0.084	4 3		1		3			
Folate, DFE	mcg_DFE	1		0	NC	4		3			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU		4		0	BFSN	4		11			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFSN	4		0.40			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	6.7		0	BFSN	4		17.4			
ipids:											
Fatty acids, total saturated	a	0.062	2	0	NC	4		0.162			
4:0		0.000		0	2.0	1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0	_	0.000		0		1		0.000			
13:0	-			-		-					
14:0		0.003	3	0		1		0.007			
15:0	-	5.505		•		_		3.00,			
16:0		0.047	,	0		1		0.123			
17:0		0.047		ŭ		-		3.123			
18:0	_	0.013	ı	0		1		0.033			
20:0	_	0.013	•	J		-		0.033			
22:0	_										
24:0	-										

		<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common measures of food					
				Number	•			<u>m</u>	easures of food	
Nutrients and Uni	:4a	Maan	Std. Error	of Data		Source Code	Confidence Code	Magazina 4	Magazina 2	Magazina 2
Nutrients and On	its	Mean	Siu. Error	Tomics	Oode	Oode	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.068		0	NC	4		0.177		
14:1	g	0.000		·		-		0.177		
15:1	-			•		_				
16:1 undifferentiated		0.000		0		1		0.000		
17:1	-	0.060		•		1		0 177		
18:1 undifferentiated		0.068		0		1		0.177		
20:1	_	0.000		0				0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c		0 140		•	27.0			0 206		
Fatty acids, total polyunsaturated		0.149		0 0	NC	4 1		0.386		
18:2 undifferentiated		0.149		0		1		0.386		
18:3 undifferentiated		0.000		0		1		0.000		
18:4		0.000		U		1		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.000		0		1		0.000		
				0		1				
20:5 n-3	_	0.000				1		0.000		
22:5 n-3		0.000		0 0		1				
22:6 n-3		0.000		U		1		0.000		
Fatty acids, total trans		0		0	Z	7		0		
Cholesterol		U		U	Z	,		U		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.009		0	BFSN	4		0.023		
Threonine	g	0.037		0	BFSN	4		0.095		
Isoleucine	g	0.038		0	BFSN	4		0.099		
Leucine	g	0.055		0	BFSN	4		0.143		
Lysine	g	0.038		0	BFSN	4		0.099		
Methionine	g	0.015		0	BFSN	4		0.038		
Cystine	g	0.016		0	BFSN	4		0.040		
Phenylalanine	g	0.033		0	BFSN	4		0.084		
Tyrosine	g	0.018		0	BFSN	4		0.046		
Valine	g	0.053		0	BFSN	4		0.136		
Arginine		0.033		0	BFSN	4		0.086		
Histidine		0.016		0	BFSN	4		0.041		
Alanine		0.058		0	BFSN	4		0.150		
Aspartic acid		0.279		0	BFSN	4		0.722		
Glutamic acid		0.127		0	BFSN	4		0.329		
Glycine	-	0.047		0	BFSN	4		0.121		
Proline		0.263		0	BFSN	4		0.682		
Serine	-	0.055		0	BFSN	4		0.144		
Hydroxyproline	_									
Others:	~	0.0		•		7		0.0		
Alcohol, ethyl		0.0		0	_			0.0		
Caffeine		0 0		0 0	z z	7 7		0		
Theobromine	!!!!9	U		U	Z	,		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	3		0	BFSN	4		6.667		
Carotene, alpha	mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0.000		
Lycopene	mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin	mca	14		0	BFSN	4		35.362		

#### **Common Measures:**

Measure 1 = 259g: 1 cup

NDB No. 09095 Figs, dried, stewed

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 4% Stems

		<u>A</u>	mount in 100 g	rams (	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	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	=	30.05	0.422	8	A	1		44.77	2.52		
Energy		249		0	NC	4		371	21		
Energy		1041		0	NC	4		1551	87		
Protein (N x 6.25)	_	3.30	0.100	8	A	1 1		4.92	0.28		
Total lipid (fat)		0.93 1.86	0.029 0.026	8 8	A A	1		1.38 2.77	0.08		
Ash		63.87	0.026	0	NC	4		95.17	0.16 5.37		
Carbohydrate, by difference		9.8	0.265	8	A.	1		14.6	0.8		
Fiber, total dietary		47.92	0.375	8	A	1		71.41	4.03		
Sugars, total		0.07	0.000	8	A	1		0.11	0.01		
Sucrose		24.79	0.315	8	A	1		36.93	2.08		
Glucose (dextrose)		22.93	0.315	8	A	1		34.17	1.93		
Fructose	9	0.00	0.000	8	A	1		0.00	0.00		
Lactose		0.00	0.000	8	A	1		0.00	0.00		
Galactose		0.13	0.057	8	A	1		0.19	0.01		
Starch		5.07	0.037	1	A	1		7.55	0.43		
Saron	9	3.07		-	••	-			V. <del>1</del> 5		
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	162	1.910	8	A	1		242	14		
Iron, Fe		2.03	0.124	8	A	1		3.02	0.17		
Magnesium, Mg		68	0.499	8	A	1		101	6		
Phosphorus, P		67	1.048	8	A	1		100	6		
Potassium, K		680	12.386	8	A	1 1		1014	57		
Sodium, Na		10 0.55	0.649 0.040	8 8	A A	1		15 0.83	1 0.05		
Zinc, Zn Copper, Cu		0.33		8	A	1		0.83	0.03		
Manganese, Mn		0.510		8	A	1		0.427	0.024		
Selenium, Se		0.6	0.108	4	A	1		0.8	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	<u>mg</u>	1.2	0.402	8	A	1		1.7	0.1		
Thiamin	-	0.085	0.006	8	A	1		0.126	0.007		
Riboflavin	mg	0.082	0.004	8	A	1		0.123	0.007		
Niacin	• • • • • • • • • • • • • • • • • • • •	0.619		8	A	1		0.922	0.052		
Pantothenic acid		0.434		8	A	1		0.647	0.036		
Vitamin B-6		0.106		8	A	1		0.157	0.009		
Folate, total		9	0.730	8	A	1		14	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		9	0.730	8	A	1		14	1		
Folate, DFE		9		0	NC	4 7		14	1		
Vitamin B-12	-	0.00 10	0.000		Z A	1		0.00	0.00		
Vitamin A, IU		0	0.000 0.000	8 8	A	1		15 1	1 0		
Vitamin A, RAE Retinol		0	0.000	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	-	0.35	0.041	4	A	1		0.53	0.03		
Tocopherol, beta		0.01	0.004	4	A	1		0.02	0.00		
Tocopherol, gamma		0.37	0.118	4	A	1		0.55	0.03		
Tocopherol, delta		0.01	0.004	4	A	1		0.01	0.00		
Vitamin D									0.00		
Vitamin K (phylloquinone)		15.6	0.393	8	A	1		23.2	1.3		
Lipids:											
Fatty acids, total saturated	g	0.144	1	0	NC	4		0.215	0.012		
4:0		0.000	)	0		1		0.000	0.000		
6:0	_	0.000		0		1		0.000	0.000		
8:0	g	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000	)	0		1		0.000	0.000		
13:0	_		_					_			
14:0	q	0.006	5	0		1		0.008	0.000		

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion o	f common
				Number				me	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.110		0		1		0.163	0.009	
17:0				_						
18:0 20:0		0.029		0		1		0.043	0.002	
22:0										
24:0	g									
Fatty acids, total monounsaturated		0.159		0	NC	4		0.237	0.013	
14:1 15:1										
16:1 undifferentiated		0.001		0		1		0.001	0.000	
17:1										
18:1 undifferentiated	_	0.158		0		1		0.236	0.013	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated 24:1 c	_	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.345		0	NC	4		0.513	0.029	
18:2 undifferentiated		0.345		0		1		0.513	0.029	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated 20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	_									
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	rng									
Amino Acids:										
Tryptophan		0.020		0	A	1		0.030	0.002	
Threonine	-	0.085 0.089		0 0	A A	1 1		0.127 0.132	0.007 0.007	
Isoleucine		0.089		0	A	1		0.132	0.007	
Lysine		0.088		0	A	1		0.131	0.007	
Methionine		0.034		0	A	1		0.050	0.003	
Cystine	g	0.036		0	A	1		0.054	0.003	
Phenylalanine		0.076		0	A	1		0.113	0.006	
Tyrosine		0.041		0 0	A	1 1		0.061	0.003	
ValineArginine		0.122 0.077		0	A A	1		0.182 0.115	0.010 0.006	
Histidine		0.037		0	A	1		0.055	0.003	
Alanine	-	0.134		0	A	1		0.199	0.011	
Aspartic acid	g	0.645		0	A	1		0.961	0.054	
Glutamic acid		0.295		0	A	1		0.439	0.025	
Glycine	-	0.108		0	A	1		0.161	0.009	
Proline		0.610 0.128		0 0	A A	1 1		0.908 0.191	0.051 0.011	
Serine Hydroxyproline		0.126		U	A	_		0.191	0.011	
Others:	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl Caffeine		0.0		0 0	z	7 7		0.0 0	0.0 0	
Theobromine	-	0		0	Z	7		0	0	
Carotenoids:		-		-						
Carotene, beta	mca	6	0.0	00 8	A	1		8.885	0.501	
Carotene, alpha		0	0.0		A	1		0.000	0.000	
Cryptoxanthin, beta	mcg	0	0.0	00 8	A	1		0.000	0.000	
Lycopene		0	0.0		A	1		0.000	0.000	
Lutein + zeaxanthin	mcg	32	3.1	48 8	A	1		47.121	2.657	

NDB No. 09094

Figs, dried, uncooked (1)

**Common Measures:** 

Measure 1 = 149g: 1 cup Measure 2 = 8.4g: 1 fig

**Footnotes** 

1 Mission variety

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 1% Stems

Fatty acids, total saturated       .9       0.060       0       1         4:0       .9       0.000       0       1         6:0       .9       0.000       0       1	<u>rtion</u>	Amount in edible portion of common			
Nutrients and Units		<u>m</u>	easures of food	_	
Proximates:	ce Confidence				
Water	le Code	Measure 1	Measure 2	Measure 3	
Mater					
Finergy		50.63	39.56	31.64	
Protein (N x 6,25)		47	37	30	
Total lipid (fat)		198	155	124	
Ash		0.48	0.38	0.30	
Carbohydrate, by difference.   9		0.19	0.15	0.12	
Fiber, total dietary		0.42	0.33	0.26	
Sugars, total		12.28	9.59	7.67	
Sucrose		1.9	1.5	1.2	
Glucose (dextrose)		10.41	8.13	6.50	
Glucose (dextrose)					
Lactose					
Lactose					
Maltose         9           Galactose         9           Starch         9           Minerals:         Starch         0         1           Calcium, Ca         mg         35         0         1           Iron, Fe         mg         0.37         0.020         16         1           Magnesium, Mg         mg         17         1.175         16         1           Phosphorus, P         mg         14         1.125         16         1           Phosphorus, P         mg         14         1.125         16         1           Potassium, K         mg         232         10.960         8         1           Sodium, Na         mg         1         0.041         8         1           Sodium, Na         mg         0.15         0         1           Zinc, Zn         mg         0.15         0         1           Zinc, Zn         mg         0.15         0         1           Copper, Cu         mg         0.15         0         0         1           Zinc, Zn         mg         0.15         0         0         1           Mangasaes, Mn         <					
Galactose   Starch   Starch					
Minerals:   Calcium, Ca.					
Calcium, Ca					
Iron, Fe					
Magnesium, Mg         mg         17         1.175         16         1           Phosphorus, P.         mg         14         1.125         16         1           Potassium, K.         mg         232         10.960         8         1           Sodium, Na.         mg         1         0.041         8         1           Zinc, Zn.         mg         0.15         0         1           Copper, Cu.         mg         0.070         0.005         16         1           Manganese, Mn.         mg         0.128         0.009         16         1           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamins:         Vitamins:         1         1         1         1         1         1         1         1 <td></td> <td>22</td> <td>18</td> <td>14</td>		22	18	14	
Phosphorus, P.         mg         14         1.125         16         1           Potassium, K.         mg         232         10.960         8         1           Sodium, Na.         mg         1         0.041         8         1           Zinc, Zn.         mg         0.15         0         1           Copper, Cu.         mg         0.070         0.005         16         1           Manganese, Mn.         mg         0.128         0.009         16         1           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamins.           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamins.         mcg         0.2         0         BFSN         4           Vitamin C, total ascorbic acid.         mg         2.0         0         0         1           Thiamin C, total ascorbic acid.         mg         2.0         0         0         1           Ribofavin.         mg         0.060         0         0         1           Nication.         mg         0.050         0         0         1 </td <td></td> <td>0.24 11</td> <td>0.19 9</td> <td>0.15 7</td>		0.24 11	0.19 9	0.15 7	
Potassium, K.         mg         232         10.960         8         1           Sodium, Na.         mg         1         0.041         8         1           Zinc, Zn.         mg         0.15         0         1           Copper, Cu.         mg         0.070         0.005         16         1           Manganese, Mn.         mg         0.128         0.009         16         1           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamin Se.         mcg         2.0         0         BFSN         4           Vitamin C, total ascorbic acid         mg         0.060         0         1         1           Vitamin C, total ascorbic acid         mg         0.060         0         1         1           Vitamin C, total ascorbic acid         mg         0.060         0         1         1           Vitamin C, total ascorbic acid         mg         0.050         0         1         1           Niacin M, C, total ascorbic acid         mg         0.050         0         1         1           Vitamin B-6         mg         0		9	7	6	
Sodium, Na.         mg         1         0.041         8         1           Zinc, Zn.         mg         0.15         0         1           Copper, Cu.         mg         0.070         0.005         16         1           Manganese, Mn.         mg         0.128         0.009         16         1           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamins:           Vitamins C, total ascorbic acid         mg         2.0         0         0         1           Thiamin.         mg         0.060         0         1         1           Riboflavin.         mg         0.060         0         1           Riboflavin.         mg         0.050         0         1           Niacin.         mg         0.050         0         1           Niacin.         mg         0.300         0         1           Pattothenic acid.         mg         0.300         0         1           Vitamin B-6.         mg         0.113         0         1           Folate, total.         mcg         6         0         2         7 <tr< td=""><td></td><td>148</td><td>116</td><td>93</td></tr<>		148	116	93	
Zinc, Zn.         mg         0.15         0         1           Copper, Cu.         mg         0.070         0.005         16         1           Manganese, Mn.         mg         0.128         0.009         16         1           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamins:           Vitamin Se.         mg         2.0         0         1           Thiamin.         mg         0.060         0         1           Riboflavin.         mg         0.050         0         1           Riboflavin.         mg         0.050         0         1           Niacin.         mg         0.050         0         1           Niacin.         mg         0.300         0         1           Pantothenic acid.         mg         0.300         0         1           Vitamin B-6.         mg         0.113         0         1           Folate, total         mcg         6         0         2         7           Folate, food.         mcg         6         0         Nc         4           Folate, pfee.         mc		1	1	0	
Copper, Cu.         mg         0.070         0.005         16         1           Manganese, Mn.         mg         0.128         0.009         16         1           Selenium, Se.         mcg         0.2         0         BFSN         4           Vitamins:           Vitamin C, total ascorbic acid.         mg         2.0         0         1           Thiamin.         mg         0.060         0         1           Riboflavin.         mg         0.050         0         1           Niacin.         mg         0.050         0         1           Pantothenic acid.         mg         0.300         0         1           Vitamin B-6.         mg         0.113         0         1           Folate, total         mcg         6         0         2         7           Folate, pote         mcg         0         0         Z         7           Vitamin B-12.         mcg		0.10	0.08	0.06	
Manganese, Mn         mg         0.128         0.009         16         1           Selenium, Se         mcg         0.2         0         BFSN         4           Vitamins:         Vitamin C, total ascorbic acid.         mg         2.0         0         1           Thiamin         mg         0.060         0         1           Riboflavin         mg         0.050         0         1           Niacin         mg         0.400         0         1           Niacin         mg         0.400         0         1           Pantothenic acid         mg         0.400         0         1           Pantothenic acid         mg         0.300         0         1           Vitamin B-6         mg         0.113         0         1           Folic acid         mcg         6         0         2         7           Foliac, food         mcg         6         0         NC         4           Folate, DFE         mcg_DFE         6         0         NC         4           Vitamin B-12         mcg         0.00         0         z         7           Vitamin A, RAE		0.045	0.035	0.028	
Selenium, Se.         mcg         0.2         BFSN         4           Vitamins:         Vitamin C, total ascorbic acid.         mg         2.0         0         1           Thiamin.         mg         0.060         0         1           Riboflavin.         mg         0.050         0         1           Niacin.         mg         0.400         0         1           Pantothenic acid.         mg         0.300         0         1           Pontothenic acid.         mg         0.300         0         1           Vitamin B-6.         mg         0.113         0         1           Folate, total.         mcg         6         0         4           Folate, food.         mcg         6         0         2         7           Folate, food.         mcg         6         0         NC         4           Folate, food.         mcg         6         0         NC         4           Vitamin B-12.         mcg         0         0         Z         7           Vitamin A, RAE         mcg_RAE         7         1         1           Retinol.         mg         0.11         0         <		0.082	0.064	0.051	
Vitamin C, total ascorbic acid         mg         2.0         0         1           Thiamin         mg         0.060         0         1           Riboflavin         mg         0.050         0         1           Niacin         mg         0.400         0         1           Pantothenic acid         mg         0.300         0         1           Vitamin B-6         mg         0.300         0         1           Folate, total         mcg         6         0         4           Folic acid         mcg         6         0         4           Folic pode         mcg         6         0         4           Folate, food         mcg         6         0         NC         4           Folate, food         mcg         6         0         NC         4           Vitamin B-12         mcg         0.00         0         z         7           Vitamin A, IU         IU         142         1         1           Vitamin E (alpha-tocopherol)         mg         0.11         0         BFSN         4           Tocopherol, beta         mg         mg         1         0         0		0.1	0.1	0.1	
Thiamin         mg         0.060         0         1           Riboflavin         mg         0.050         0         1           Niacin         mg         0.400         0         1           Pantothenic acid         mg         0.300         0         1           Vitamin B-6         mg         0.113         0         1           Folate, total         mcg         6         0         4           Folic acid         mcg         0         0         z         7           Folate, food         mcg         6         0         NC         4           Folate, food         mcg         6         0         NC         4           Folate, food         mcg         6         0         NC         4           Folate, food         mcg         0         0         Z         7           Vitamin B-12         mcg         0.00         0         Z         7           Vitamin A, IU         IU         142         1         1           Retinol         mcg         0         0         Z         7           Vitamin E (alpha-tocopherol)         mg         0         1         0					
Thiamin.         mg         0.060         0         1           Riboflavin.         mg         0.050         0         1           Niacin.         mg         0.400         0         1           Pantothenic acid.         mg         0.300         0         1           Vitamin B-6.         mg         0.113         0         1           Folate, total.         mcg         6         0         4           Folic acid.         mcg         0         0         z         7           Folate, food.         mcg         6         0         x         4           Folate, food.         mcg         6         0         x         4           Folate, food.         mcg         6         0         x         4           Folate, food.         mcg         6         0         NC         4           Folate, food.         mcg         0         0         z         7           Vitamin B-12.         mcg         0.00         0         z         7           Vitamin A, RAE         mcg_RAE         7         1         1         1           Retinol         mg         0.11 <td< td=""><td></td><td>1.3</td><td>1.0</td><td>0.8</td></td<>		1.3	1.0	0.8	
Riboflavin         mg         0.050         0         1           Niacin         mg         0.400         0         1           Pantothenic acid         mg         0.300         0         1           Vitamin B-6         mg         0.113         0         1           Folate, total         mcg         6         0         4           Folic acid         mcg         6         0         2         7           Folate, food         mcg         6         0         NC         4           Vitate, DFE         mcg         0.00         0         Z         7           Vitamin B-12         mcg         0.00         0         Z         7           Vitamin A, RAE         mcg_RAE         7         1         1         1           Retinol         mg         0.11         0         BFSN         4           Tocopherol, beta         mg <td< td=""><td></td><td>0.038</td><td>0.030</td><td>0.024</td></td<>		0.038	0.030	0.024	
Pantothenic acid         mg         0.300         0         1           Vitamin B-6         mg         0.113         0         1           Folate, total         mcg         6         0         4           Folic acid         mcg         0         0         Z         7           Folate, food         mcg         6         0         Mc         4           Folate, DFE         mcg         6         0         NC         4           Folate, Food         mcg         0         0         Z         7           Vitamin B-12         mcg         0         0         Z         7           Vitamin A, IU         IU         142         1         1         1           Retinol         mcg         0         0         2         7           Vitamin E (alpha-tocopherol)         mg         0         0         BFSN         4           Tocophero		0.032	0.025	0.020	
Vitamin B-6         mg         0.113         0         1           Folate, total.         mcg         6         0         4           Folic acid.         mcg         0         0         Z         7           Folate, food.         mcg         6         0         MC         4           Folate, DFE.         mcg         6         0         NC         4           Vitamin D-12.         mcg         0.00         0         Z         7           Vitamin A, IU.         IU         142         1         1         1           Retinol.         mcg         0         0         Z         7           Vitamin A, RAE.         mcg         0         0         Z         7           Vitamin E (alpha-tocopherol).         mg         0.11         0         BFSN         4           Tocopherol, beta.         mg         mg         Vitamin D.         UU         Vitamin K (phylloquinone).         mcg         4.7         0         BFSN         4           Lipids:         Fatty acids, total saturated.         g         0.060         0         1         1           6:0.         g         0.000         0         1		0.256	0.200	0.160	
Folate, total.         mcg         6         0         4           Folic acid.         mcg         0         0         z         7           Folate, food.         mcg         6         0         4           Folate, DFE.         mcg         6         0         NC         4           Vitamin B-12.         mcg         0.000         0         z         7           Vitamin A, IU.         IU         142         1         1         1           Retinol.         mcg         0         0         z         7           Vitamin E (alpha-tocopherol).         mg         0.11         0         BFSN         4           Tocopherol, beta.         mg         1         0         BFSN         4           Tocopherol, gamma.         mg         0         1         0         BFSN         4           Vitamin D.         IU         Vitamin K (phylloquinone).         mcg         4.7         0         BFSN         4           Lipids:         Testy acids, total saturated.         g         0.060         0         1         1           6:0.         g         0.000         0         1         1         1		0.192	0.150	0.120	
Folic acid		0.072	0.057	0.045	
Folate, food. mcg 6 0 NC 4 Folate, DFE. mcg_DFE 6 0 NC 4 Vitamin B-12. mcg 0.00 0 Z 7 Vitamin A, IU IU 142 1 1 1 Vitamin A, RAE mcg_RAE 7 1 1 1 Retinol mcg 0.11 0 BFSN 4 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 4.7 0 BFSN 4  Lipids:  Fatty acids, total saturated 9 0.000 0 1 4:0. g 0.000 0 1		4	3	2	
Folate, DFE.		0	0	0	
Vitamin B-12.         mcg         0.00         0         z         7           Vitamin A, IU.         IU         142         1         1           Vitamin A, RAE.         mcg_RAE         7         1         1           Retinol.         mcg         0         0         z         7           Vitamin E (alpha-tocopherol).         mg         0.11         0         BFSN         4           Tocopherol, beta.         mg         Tocopherol, gamma         mg         Tocopherol, delta.         mg         Vitamin D.         IU         Vitamin K (phylloquinone)         mcg         4.7         0         BFSN         4           Vitamin K (phylloquinone).         mcg         4.7         0         BFSN         4           Lipids:         T         Tocopherol, delta.         mg         0         0         1         4:0         0         BFSN         4           Lipids:         T         g         0.060         0         1         1         4:0         g         0.000         0         1         1         6:0         g         0.000         0         0         1         1         0         0         1         1         0         0<		4	3	2	
Vitamin A, IU     IU     142     1     1       Vitamin A, RAE     mcg_RAE     7     1     1       Retinol     mcg     0     0     Z     7       Vitamin E (alpha-tocopherol)     mg     0 .11     0     BFSN     4       Tocopherol, beta     mg       Tocopherol, gamma     mg       Tocopherol, delta     mg       Vitamin D     IU       Vitamin K (phylloquinone)     mcg     4 .7     0     BFSN     4       Lipids:       Fatty acids, total saturated     g     0 .060     0     1       4:0     g     0 .000     0     1       6:0     g     0 .000     0     1       6:0     g     0 .000     0     1		4	3	2	
Vitamin A, RAE         mcg_RAE         7         1         1           Retinol         mcg         0         0         z         7           Vitamin E (alpha-tocopherol)         mg         0.11         0         BFSN         4           Tocopherol, beta         mg         1         2         7         7         1         2         1         2         2         2         2         2         2         2         3         4         2         2         2         2         1         2         2         2         2         2         2         2         2         2         2         2         2         2         2         2         2         2         2         2		0.00	0.00	0.00	
Retinol         mcg         0         z         7           Vitamin E (alpha-tocopherol)         mg         0.11         0         BFSN         4           Tocopherol, beta         mg         Tocopherol, gamma         mg         Tocopherol, delta         mg         Vitamin D         IU           Vitamin K (phylloquinone)         mcg         4.7         0         BFSN         4           Lipids:         Fatty acids, total saturated         g         0.060         0         1           4:0         g         0.000         0         1           6:0         g         0.000         0         1		91	71	57	
Vitamin E (alpha-tocopherol)       mg       0.11       0 BFSN       4         Tocopherol, beta.       mg		5	4	3	
Tocopherol, beta		0	0	0	
Tocopherol, gamma		0.07	0.05	0.04	
Tocopherol, delta					
Vitamin D.         IU           Vitamin K (phylloquinone)         mcg         4.7         0         BFSN         4           Lipids:         S         0.060         0         1           Fatty acids, total saturated.         9         0.060         0         1           4:0.         9         0.000         0         1           6:0.         9         0.000         0         1					
Vitamin K (phylloquinone)         mcg         4 .7         0 BFSN 4           Lipids:         5         5         5         5         1 <td></td> <td></td> <td></td> <td></td>					
Lipids:       Fatty acids, total saturated.     9     0.060     0     1       4:0.     9     0.000     0     1       6:0.     9     0.000     0     1		3.0	2.3	1.9	
Fatty acids, total saturated       .9       0.060       0       1         4:0       .9       0.000       0       1         6:0       .9       0.000       0       1					
4:0		0.038	0.030	0.024	
6:0g 0.000 0 1		0.000	0.000	0.00	
· · · · · · · · · · · · · · · · · · ·		0.000	0.000	0.000	
8:0g 0.000 0 1		0.000	0.000	0.000	
10:0g 0.000 0 1		0.000	0.000	0.000	
12:0g 0.000 0 1		0.000	0.000	0.00	
13:0g		0.000	0.000	0.00	
14:0		0.001	0.001	0.00	

	<u>A</u> 1	mount in 100 gra		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Num of Do Std. Error Poin	ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
	ou.	Otal 21101				mododi o i	modouro 2	mododi o o
16:0g	0.046		)	1		0.029	0.023	0.018
17:0g 18:0g	0.012		)	1		0.008	0.006	0.005
20:0g	0.012		,	-		0.000	0.000	0.003
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.066		)	1		0.042	0.033	0.026
14:1g								
15:1g	0.000							0.000
16:1 undifferentiatedg	0.000		)	1		0.000	0.000	0.000
17:1g 18:1 undifferentiatedg	0.066		)	1		0.042	0.033	0.026
20:1	0.000		)	1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		)	1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.144		)	1		0.092	0.072	0.058
18:2 undifferentiatedg	0.144		)	1		0.092	0.072	0.058
18:3 undifferentiatedg	0.000		)	1		0.000	0.000	0.000
18:4g	0.000		)	1		0.000	0.000	0.000
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:3 undifferentiatedg	0.000		)	1		0.000	0.000	0.000
20:5 n-3	0.000		)	1		0.000	0.000	0.000
22:5 n-3g	0.000		)	1		0.000	0.000	0.000
22:6 n-3g	0.000		)	1		0.000	0.000	0.000
Fatty acids, total trans9								
Cholesterolmg	0		) z	7		0	0	0
Phytosterolsmg	31	1	)	1		20	16	12
Amino Acids:								
Tryptophang	0.006		L	1		0.004	0.003	0.002
Threonine	0.024 0.023		L L	1 1		0.015 0.015	0.012 0.012	0.010 0.009
Leucineg	0.023		L	1		0.013	0.012	0.009
Lysine	0.030		- L	1		0.019	0.015	0.012
Methionine	0.006		L	1		0.004	0.003	0.002
Cystineg	0.012	:	L	1		0.008	0.006	0.005
Phenylalanineg	0.018	:	L	1		0.012	0.009	0.007
Tyrosineg	0.032		L	1		0.020	0.016	0.013
Valineg	0.028		L	1		0.018	0.014	0.011
Arginine	0.017		L	1		0.011	0.009	0.007
Histidine	0.011		<u>L</u>	1 1		0.007	0.006	0.004
Alanine	0.045 0.176		<u>L</u> L	1		0.029 0.113	0.023 0.088	0.018 0.070
Glutamic acid	0.176		L	1		0.046	0.036	0.029
Glycine	0.072		<u>.</u> L	1		0.016	0.013	0.010
Prolineg	0.049		- L	1		0.031	0.025	0.020
Serineg	0.037		L	1		0.024	0.019	0.015
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0		)	7		0.0	0.0	0.0
Caffeine mg	0		) z	7		0	0	0
Theobromine mg	0		) z	7		0	0	0
Carotenoids:	e -			_				
Carotene, beta mcg	85 0		) BNA	4		54.528	42.600	34.080
Carotene, alpha mcg Cryptoxanthin, beta mcg	0		) BNA ) BNA	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Lycopenemcg	0		) BRA ) BFSN			0.000	0.000	0.000
Lutein + zeaxanthin mcg	9		) BFSN			6.044	4.722	3.778

NDB No. 09089

Figs, raw

## **Common Measures:**

Measure 1 = 64g: 1 large (2-1/2" dia) Measure 2 = 50g: 1 medium (2-1/4" dia) Measure 3 = 40g: 1 small (1-1/2" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09101
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids

Nutrients and Units			<u>A</u>	mount in 100 gr	ams of ed	ible porti	<u>on</u>	Amount in edible portion of common		
Nutrients and Units				Nun	nber			<u>m</u>	easures of food	1
Proximates:    Water				of [	Data Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
Fanegy	Proximates:									
Facegy	Water	g	76.43		0	1		198.72	99.36	
Protein (N > 6.25)	Energy	kcal	88		0 NC	4		229	114	
Total lipid (fai)	Energy	kj	368			4		957	479	
Ash.			0.39		0	1		1.01	0.51	
Carbohydrate, by difference	Total lipid (fat)	g	0.07		0	1		0.18	0.09	
Fiber, total dietary 9 9 1.1 0 4 2.9 1.4 Sugars, total 9	Ash	g	0.22		0	1		0.57	0.29	
Sagars, total	Carbohydrate, by difference	g				4			29.76	
	Fiber, total dietary	g	1.1		0	4		2.9	1.4	
Minerals:   Calcium, Ca.	Sugars, total	g								
Calcium, Ca.         mg         6         0         1         16         8           Inon, Fe.         mg         0.28         0         1         0.73         0.3         0.3           Magnesium, Mg.         mg         5         0         1         133         7           Phosphora, P.         mg         11         0         1         29         14           Phosphora, P.         mg         1         0         1         224         112           Sedam, N.         mg         0.08         0         1         0.21         0.10           Schemin, S.         mg         0.067         0         1         0.21         0.10           Selemin, Se.         mg         0.142         0         4         0.369         0.11           Vitamin, Cotal ascorbic acid.         mg         0.142         0         1         0.049         0.0           Vitamin, Cotal ascorbic acid.         mg         0.018         0         1         0.049         0.0           Vitamin, Cotal ascorbic acid.         mg         0.019         0         1         0.049         0.0           Ribolavia         mg         0.019         0<	Starch	g								
Calcium, Ca.         mg         6         0         1         16         8           Inon, Fe.         mg         0.28         0         1         0.73         0.3         3           Magnesium, Mg.         mg         5         0         1         133         7           Phosphorn, P.         mg         11         0         1         29         14           Phosphorn, P.         mg         11         0         1         224         112           Sodian, N.         mg         66         0         1         0.21         0.10           Zole, Zh.         mg         0.067         0         1         0.21         0.10           Sclerium, Sc.         mg         0.142         0         4         0.369         0.11           Vitamin C, total ascorbic acid.         mg         1.94         0         1         0.047         0.0           Vitamin E, total ascorbic acid.         mg         1.99         0         1         0.049         0.0           Vitamin C, total ascorbic acid.         mg         0.019         0         1         0.049         0.0           Thiarrin.         mg         0.019         0	Minorale.									
Iron, Fc.		ma	6		0	1		16	R	
Magnesium Mg.         mg         5         0         1         13         7           Phosphorus P.         mg         11         0         1         29         14           Potassium K.         mg         86         0         1         224         112           Sodium Na.         mg         0.08         0         1         0.21         0.14           Copper, Cu.         mg         0.067         0         1         0.174         0.0           Magaanesk, Mm.         mg         0.142         0         4         0.369         0.18           Selenium, Se.         mcg         Vitamin.         T         4.9         2.5         1           Vitamin, Se.         mcg         0         1         4.9         2.5         1           Vitamin, Se.         mcg         0.018         0         1         0.47         0.0           Vitamin, Mm.         mg         0.019         0         1         0.49         0.0           Niacin, Mm.         mg         0.019         0         1         0.957         0.0           Niacin, Mm.         mg         0.049         0         1         0.152	*	_							0.36	
Phosphons P.										
Potassium, K.					-	_				
Sodium, Na.	• .	-								
Zinc, Z.         mg         0.08         0         1         0.12         0.174         0.04           Copper, Cu.         mg         0.067         0         1         0.174         0.06           Manganese, Mm.         mg         0.142         0         4         0.369         0.16           Sclenium, Se.         mg         0.142         0         4         0.369         0.16           Vitamin C.         total accorbic acid.         mg         1.9         0         1         0.047         0.0           Thiamin.         mg         0.018         0         1         0.047         0.0           Niacin.         mg         0.019         0         1         0.049         0.0           Niacin.         mg         0.058         0         1         0.957         0.4           Pantothenic acid.         mg         0.059         0         1         0.153         0.0           Vitamin B1.         mg         0.049         0         1         0.153         0.0           Foliac total.         mg         3         0         x         7         0.0         0           Foliac total.         mg         <	· · · · · · · · · · · · · · · · · · ·	_	6		0	1		16	8	
Marganese, Mn			0.08		0	1		0.21	0.10	
Scientium, Se.	Copper, Cu	mg	0.067	7	0	1		0.174	0.087	
Vitamin C, total ascorbic acid.         mg         1.9         0         1         4.9         2.5           Thiamin.         mg         0.018         0         1         0.047         0.05           Riboflavin.         mg         0.019         0         1         0.049         0.0           Niacin.         mg         0.368         0         1         0.153         0.0           Pantothenic acid.         mg         0.059         0         1         0.153         0.0           Vitamin B-6.         mg         0.059         0         1         0.127         0.0           Folate, total.         mcg         3         0         4         7         3           Folicacid.         mcg         0         0         2         7         0         0           Folate, food.         mcg         3         0         NC         4         7         3           Folate, food.         mcg         3         0         NC         4         7         3           Vitamin B-12.         mcg         0         0         2         7         0         0         0           Vitamin A, U.         U	Manganese, Mn	mg	0.142	2	0	4		0.369	0.185	
Vitamin C, total ascorbic acid.	Selenium, Se	mcg								
Vitamin C, total ascorbic acid	litamine.									
Thiamin		ma	1 0		0	1		1 0	2 5	
Riboflavin         mg         0.019         0         1         0.049         0.00           Niacin         mg         0.368         0         1         0.957         0.4°           Pantothenic acid         mg         0.059         0         1         0.153         0.0°           Vitamin B-6         mg         0.049         0         1         0.127         0.00           Folate, total         mg         0.049         0         2         7         0         0         0           Folia caid         mg         0         0         Z         7         0	5			2					0.023	
Niacin         mg         0.368         0         1         0.957         0.4°           Pantothenic acid         mg         0.059         0         1         0.153         0.0°           Vitamin B-6         mg         0.049         0         1         0.127         0.0°           Folate, total         mcg         3         0         4         7         3           Folate, tod         mcg         0         0         2         7         0         0           Folate, food         mcg         3         0         4         7         3           Folate, DFE         mcg_DFE         3         0         NC         4         7         3           Folate, DFE         mcg_DFE         3         0         NC         4         7         3           Vitamin B-12         mcg         0.00         0         2         7         0.00         0.00           Vitamin A, RAE         mcg_ARE         10         0         1         26         13           Retinol         mcg         0         2         7         0         0         0           Vitamin C (apha-tocopherol)         mcg <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0.025</td><td></td></th<>									0.025	
Pantothenic acid.									0.478	
Vitamin B-6.         mg         0.049         0         1         0.127         0.06           Folate, total.         mcg         3         0         4         7         3           Foliac, total.         mcg         0         0         2         7         0         0           Folate, food.         mcg         3         0         NC         4         7         3           Folate, food.         mcg         3         0         NC         4         7         3           Folate, food.         mcg         0.00         0         NC         4         7         3           Folate, food.         mcg         0.00         0         NC         4         7         3           Vitamin F. Lip         mcg         0.00         0         1         26         13           Vitamin A, RAE         mcg, RAE         10         0         2         7         0         0           Vitamin E (alpha-tocopherol).         mg         7         0         2         7         0         0           Vitamin K (phylloquinone).         mcg         1         0         0         0         0         0         0<					-				0.077	
Folate, total					0				0.064	
Folic acid. mcg 0 0 2 7 7 0 0 0 Folate, food. mcg 3 0 0 2 7 7 0 0 0 Folate, food. mcg 3 0 0 4 7 3 3 Folate, DFE. mcg_DFE 3 0 NC 4 7 3 3 Vitamin B-12. mcg 0 0.00 0 2 7 0 0.00 0.00 Vitamin B-12. mcg 0 0.00 0 2 7 0 0.00 0.00 Vitamin A, IU. IU 201 0 1 523 261 Vitamin A, RAE. mcg_RAE 10 0 1 2 6 13 Retinol mcg 0 0 0 2 7 0 0 0 0 Vitamin E (alpha-tocopherol) mg 7 0 0 0 2 7 0 0 0 0 Vitamin E (alpha-tocopherol) mg 7 0 0 0 2 7 0 0 0 0 Vitamin E (alpha-tocopherol) mg 7 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		-								
Folate, food	*				0 z	7				
Folate, DFE			3		0	4		7	3	
Vitamin B-12         mcg         0.00         0         z         7         0.00         0.00           Vitamin A, IU         IU         201         0         1         523         261           Vitamin A, RAE         mcg         0         0         z         7         0         0         0           Vitamin A, RAE         mcg         0         0         z         7         0	Folate. DFE	mcg DFE	3		0 NC	4		7	3	
Vitamin A, IU         IU         201         0         1         523         261           Vitamin A, RAE         mcg_RAE         10         0         1         26         13           Retinol         mcg         0         0         2         7         0         0           Vitamin E (alpha-tocopherol)         mg         7         2         7         0         0         0           Tocopherol, beta         mg         7         2			0.00		0 z	7		0.00	0.00	
Retinol       mcg       0       0       z       7       0       0         Vitamin E (alpha-tocopherol)       mg  <			201		0	1		523	261	
Retinol.       mcg       0       0       z       7       0       0         Vitamin E (alpha-tocopherol)       mg       7       0 <td>Vitamin A, RAE</td> <td>mcg_RAE</td> <td>10</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>26</td> <td>13</td> <td></td>	Vitamin A, RAE	mcg_RAE	10		0	1		26	13	
Tocopherol, beta			0		0 z	7		0	0	
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg  Lipids:  Fatty acids, total saturated g 0.010 0 1 0.026 0.0  4'.0 g 6:0 g 8.0 g 10:0 g 12:0 g 13:0 g 14:0 g 15:0 g 15:0 g 16:0 g 16:0 g 16:0 g 18:0 g 0.003 0 1 0.008 0.0	Vitamin E (alpha-tocopherol)	mg								
Tocopherol, delta	Tocopherol, beta	mg								
Vitamin D.       IU         Vitamin K (phylloquinone).       mcg         Lipids:       Statty acids, total saturated       g       0.010       0       1       0.026       0.0         4:0.       g       6:0.       g       8:0.       g       10:0.       9       10:0.       9       12:0.       9       13:0.       9       14:0.       9       15:0.       9       16:0.       9       0.018       0.0         17:0.       g       18:0.       g       0.003       0       1       0.008       0.0										
Vitamin K (phylloquinone)mcg       Lipids:     Fatty acids, total saturated	•									
Lipids:       Fatty acids, total saturated     g     0.010     0     1     0.026     0.00       4:0										
Fatty acids, total saturated       9       0.010       0       1       0.026       0.0         4:0       9         6:0       9         8:0       9         10:0       9         12:0       9         13:0       9         14:0       9         15:0       9         16:0       9       0.007       0       1       0.018       0.0         17:0       9         18:0       9       0.003       0       1       0.008       0.0	Vitamin K (phylloquinone)	mcg								
Fatty acids, total saturated       9       0.010       0       1       0.026       0.0         4:0       9         6:0       9         8:0       9         10:0       9         12:0       9         13:0       9         14:0       9         15:0       9         16:0       9       0.007       0       1       0.018       0.0         17:0       9         18:0       9       0.003       0       1       0.008       0.0	ipids:									
4:0		q	0.010	)	0	1		0.026	0.013	
6:0						_				
8:0										
10:0										
12:0										
14:0										
15:0	13:0	g								
16:0     g     0.007     0     1     0.018     0.0       17:0     g       18:0     g     0.003     0     1     0.008     0.0										
17:0	15:0	g								
18:0g 0.003 0 1 0.008 0.00	16:0	g	0.007	7	0	1		0.018	0.009	
	17:0	g								
20:0g	18:0	g	0.003	3	0	1		0.008	0.004	
	20:0	g								
22:09	22:0	g								

NDB No. 09101
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids

	<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
			Number	•			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9 14:1	0.013	:	0		1		0.034	0.017	
16:1 undifferentiated	0.013	i	0		1		0.034	0.017	
22:1 undifferentiated	0.030 0.027 0.004	,	0 0 0		1 1 1		0.078 0.070 0.010	0.039 0.035 0.005	
18:4	0.004	•	Ü		1		0.010	0.003	
20:5 n-3									
Fatty acids, total trans	0		0	z	7		0	0	

#### **Common Measures:**

Measure 1 = 260g: 1 cup Measure 2 = 130g: .5 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

NDB No. 09098
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids

		<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>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	87.70		1		1		107.87		
Energy	kcal	45		0	NC	4		55		
Energy	kj	188				4		232		
Protein (N x 6.25)	g	0.40		0		1		0.49		
Total lipid (fat)	g	0.07		0		1		0.09		
Ash	g	0.20		1		1		0.25		
Carbohydrate, by difference	g	11.63		0	NC	4		14.30		
Fiber, total dietary	g	1.1		0		4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		10		
Iron, Fe	_	0.30		1		1		0.37		
Magnesium, Mg	-	6		1		1		7		
Phosphorus, P		12		1		1		15		
Potassium, K	•	104		1		1		128		
Sodium, Na		4		1		1		5		
Zinc, Zn	mg	0.08		1		1		0.10		
Copper, Cu		0.100		1		1		0.123		
Manganese, Mn		0.147	'	0		4		0.181		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.0		1		1		3.7		
Thiamin	_	0.030	1	1		1		0.037		
Riboflavin	-	0.010		1		1		0.012		
Niacin		0.500		1		1		0.615		
Pantothenic acid		0.062		0		1		0.076		
Vitamin B-6		0.051		0		1		0.063		
Folate, total		3		0		4		3		
Folic acid		0		0	Z	7		0		
Folate, food		3		0		4		3		
Folate, DFE		3		0	NC	4		3		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	233		1		1		287		
Vitamin A, RAE		12		1		1		14		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.010	)	0		1		0.012		
4:0	g									
6:0										
8:0										
10:0										
12:0										
13:0	-									
14:0										
15:0	-			_		_				
16:0	-	0.007	,	0		1		0.009		
17:0				_		_				
18:0		0.003	1	0		1		0.004		
20:0										
22:0	g g									

NDB No. 09098
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids

	Amount in	100 grams of	Amount in	Amount in edible portion of common				
		Number		_	measures of food			
Nutrients and Units	Mean Std. Er	of Data De ror Points Co	eriv Source Co ode Code	onfidence Code Measure 1	Measure 2 Measu	re 3		
Fatty acids, total monounsaturated9	0.014	0	1	0.017				
15:1								
18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9	0.014	0	1	0.017				
24:1 c	0.031 0.028	0 0	1 1	0.038 0.034				
18:3 undifferentiated	0.004	0	1	0.005				
20:3 undifferentiated								
22:5 n-3								
Cholesterolmg Phytosterolsmg	0	0	z 7	0				

#### **Common Measures:**

Measure 1 = 123g: .5 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.69

Food Group: 09 Fruits and Fruit Juices

NDB No. 09100 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			measures of food			
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	80.40	0.064	204		1		199.39			
	=	73	0.064	0	NC	4		181			
Energy.		305		U	NC	4		757			
Energy		0.39	0.004	129		1		0.97			
Protein (N x 6.25)		0.39	0.004	91		1		0.97			
Total lipid (fat)		0.07	0.003			1		0.17			
		18.91	0.002	0	NC	4		46.90			
Carbohydrate, by difference		1.0		0	NC	4		2.5			
Fiber, total dietary		17.91		0	0	4		44.42			
Sugars, total		17.91		U	O	4		44.42			
Starch	y										
Minerals:											
Calcium, Ca	mg	6	0.120	102		1		15			
Iron, Fe	mg	0.29	0.010	160		1		0.72			
Magnesium, Mg	mg	5	0.056	85		1		12			
Phosphorus, P	mg	11	0.117	105		1		27			
Potassium, K	mg	88	1.261	120		1		218			
Sodium, Na	mg	6	0.241	140		1		15			
Zine, Zn	mg	0.08	0.002	47		1		0.20			
Copper, Cu		0.069		47		1		0.171			
Manganese, Mn	mg	0.144		0		4		0.357			
Selenium, Se	mcg	0.5		0	BFZN	4		1.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.9	0.038	247		1		4.7			
Thiamin		0.018		105		1		0.045			
Riboflavin	-	0.019		108		1		0.047			
Niacin		0.374		129		1		0.928			
Pantothenic acid	-	0.060		3		1		0.149			
Vitamin B-6		0.050		1		1		0.124			
Folate, total	-	3		0		4		6			
Folic acid		0		0	z	7		0			
Folate, food		3		0		4		6			
Folate, DFE		3		0	NC	4		6			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		205	3.270	-	_	1		508			
Vitamin A, RAE		10		0	NC	4		25			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.40		1	A	1		0.99			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma		0.00		1	A	1		0.00			
Tocopherol, delta		0.00		1	A	1		0.00			
Vitamin D		0.00		-		-		3.00			
Vitamin K (phylloquinone)		2.6		1	A	1		6.4			
Lipids:	<b>a</b>			^		-		0 00-			
Fatty acids, total saturated		0.010		0		1		0.025			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1 1		0.000			
8:0		0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0		0.000		U		1		0.000			
13:0	_	0 000		^		4		0.000			
14:0	-	0.000		0		1		0.000			
15:0		0 00=		^		-		0 017			
16:0		0.007		0		1		0.017			
17:0	_	0.000		^		-					
18:0		0.003	•	0		1		0.007			
20:0											
22:0											
24:0	g										

NDB No. 09100 Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids

	Ame	ount in 100 grams	Amount in edible portion of common					
		Number of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean S	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.013	0		1		0.032		
14:1g	0.013	v		-		0.032		
15:1g								
16:1 undifferentiated	0.000	0		1		0.000		
17:1g		-		_				
18:1 undifferentiated	0.013	0		1		0.032		
20:1g	0.000	0		1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.031	0		1		0.077		
18:2 undifferentiatedg	0.027	0		1		0.067		
18:3 undifferentiatedg	0.004	0		1		0.010		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total trans								
Cholesterolmg	0	0	Z	7		0		
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		0		
Carotenoids:								
Carotene, betamcg	104	0	BNA	4		256.680		
Carotene, alphamcg	0	0	BNA	4		0.000		
Cryptoxanthin, beta mcg	39	0	BNA	4		96.720		
Lycopene mcg	0	0	BFYN	4		0.000		
Lutein + zeaxanthin mcg	75	0	BFYN	4		186.416		

#### **Common Measures:**

Measure 1 = 248g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

NDB No. 09097
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids

Nutrients and Unit			Nu	mber				m	easures of food	
Nutrients and Unit	<b>1</b> _						measures of food			
Nutrients and Unit	<b>.</b>		of		Deriv	Source	Confidence			
rtatilionis and only		Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
		moun	Otal 2.101					mououro i		ououro (
Proximates:										
Water	g	87.44	0.100	6		1		207.23		
Energy	kcal	46		0	NC	4		109		
Energy	kj	192				4		456		
Protein (N x 6.25)	g	0.46	0.011	7		1		1.09		
Total lipid (fat)		0.01	0.000	6		1		0.02		
Ash		0.23	0.002	6		1		0.55		
Carbohydrate, by difference		11.86		0	NC	4		28.11		
Fiber, total dietary		1.0		0	2.0	4		2.4		
Sugars, total		10.86		0	0	4		25.74		
Starch		10.00		Ū	Ū	-		23.74		
Starcn	9									
Minerals:										
Calcium, Ca	mg	8	0.294	7		1		19		
Iron, Fe		0.21	0.034	7		1		0.50		
Magnesium, Mg	-	7	0.162	6		1		17		
Phosphorus, P		14	1.278	6		1		33		
Potassium, K	-	95	6.143	6		1		225		
Sodium, Na		4	0.268	6		1		9		
Zinc, Zn		0.09	0.007	6		1		0.21		
Copper, Cu		0.062		6		1		0.147		
Manganese, Mn		0.146		0		4		0.346		
Selenium, Se		0.5		0	BFZN	4		1.2		
Scientani, Sc	9	0.0		·		-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.7	0.096	7		1		6.4		
Thiamin	mg	0.012	0.002	3		1		0.028		
Riboflavin	mg	0.016	;	2		1		0.038		
Niacin	mg	0.403	0.033	3		1		0.955		
Pantothenic acid	mg	0.062		0		4		0.147		
Vitamin B-6		0.051		0		4		0.121		
Folate, total	-	3		0		4		6		
Folic acid		0		0	z	7		0		
Folate, food		3		0		4		6		
Folate, DFE		3		0	NC	4		6		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		305	47.608	6	_	1		723		
Vitamin A, RAE		15	27.1000	0	NC	4		36		
Retinol		0		0	Z	7		0		
		0.40		0	BFZN	4		0.95		
Vitamin E (alpha-tocopherol)		0.40		J	DF 4N	4		0.95		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		2.6		^	DEGN			6.2		
Vitamin K (phylloquinone)	fricg	2.6		0	BFZN	4		6.2		
Lipids:										
Fatty acids, total saturated	a	0.001		0		1		0.002		
4:0		0.000		0		4		0.000		
6:0		0.000		0		4		0.000		
8:0		0.000		0		4		0.000		
10:0		0.000		0		4		0.000		
12:0		0.000		0		4		0.000		
13:0	-	0.000		U		-		0.000		
	-	0.000		0		4		0.000		
14:0	-	0.000	•	U		4		0.000		
15:0				_		_				
16:0		0.001		0		1		0.002		
17:0	_	_		_		_				
18:0	_	0.000	1	0		4		0.000		
20:0	_									
22:0	_									
24:0	g									

NDB No. 09097
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids

	<u>An</u>	ount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.002		0		1		0.005		
14:19	0.002		•		-		0.005		
15:1g									
16:1 undifferentiated	0.000		0		4		0.000		
17:1g									
18:1 undifferentiated	0.002		0		4		0.005		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.004		0		1		0.009		
18:2 undifferentiatedg	0.004		0		4		0.009		
18:3 undifferentiatedg	0.000		0		4		0.000		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000		0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	154		0	BNA	4		364.951		
Carotene, alpha mcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	58		0	BNA	4		137.518		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	75		0	BFZN	4		178.148		

## **Common Measures:**

Measure 1 = 237g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

NDB No. 09099
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

		<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure 3	
Proximates:											
Water		84.37		0		1		204.18			
Energy	kcal	57		0	NC	4		138			
Energy	kj	238				4		577			
Protein (N x 6.25)	g	0.40		0		1		0.97			
Total lipid (fat)	g	0.07		0		1		0.17			
Ash	g	0.23		0		1		0.56			
Carbohydrate, by difference	g	14.93		0	NC	4		36.13			
Fiber, total dietary	g	1.0		0		4		2.4			
Sugars, total		13.93		0	0	4		33.71			
Starch											
Minerals:											
Calcium, Ca	mg	6		0		1		15			
Iron, Fe	_	0.29		0		1		0.70			
Magnesium, Mg		5		0		1		12			
Phosphorus, P		11		0		1		27			
Potassium, K		89		0		1		215			
Sodium, Na		6		0		1		15			
Zinc, Zn		0.09		0		1		0.22			
Copper, Cu		0.070	)	0		1		0.169			
Manganese, Mn		0.147	7	0		4		0.356			
Selenium, Se		0.5		0	BFZN	4		1.2			
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.9		0		1		4.6			
Thiamin		0.018	3	0		1		0.044			
Riboflavin		0.019	)	0		1		0.046			
Niacin	mg	0.380	)	0		1		0.920			
Pantothenic acid		0.061	L	0		1		0.148			
Vitamin B-6		0.051	L	0		1		0.123			
Folate, total	-	3		0		4		7			
Folic acid		0		0	Z	7		0			
Folate, food		3		0		4		7			
Folate, DFE		3		0	NC	4		7			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		205		0	NC	4		496			
Vitamin A, RAE	mca RAE	10		0	NC	4		25			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.50		1	A	1		1.21			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma		0.00		1	A	1		0.00			
Tocopherol, delta		0.00		1	A	1		0.00			
Vitamin D								0.00			
Vitamin K (phylloquinone)		2.6		0	BFZN	4		6.3			
Lipids:											
Fatty acids, total saturated	g	0.010	)	0		1		0.024			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0		0.000		0		1		0.000			
13:0											
14:0	_	0.000	)	0		1		0.000			
15:0	-										
16:0		0.007	,	0		1		0.017			
17:0				-							
18:0		0.003	3	0		1		0.007			
20:0				-							
22:0											
24:0											

NDB No. 09099
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

	<u>An</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.014		0		1		0.034		
14:1g									
15:1g									
16:1 undifferentiated	0.000		0		1		0.000		
17:1g									
18:1 undifferentiatedg	0.014		0		1		0.034		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.031		0		1		0.075		
18:2 undifferentiatedg	0.027		0		1		0.065		
18:3 undifferentiatedg	0.004		0		1		0.010		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	104		0	BFZN	4		250.470		
Carotene, alphamcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	39		0	BFZN	4		94.380		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	75		0	BFZN	4		181.906		

#### **Common Measures:**

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

NDB No. 09096
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

		<u>Aı</u>	mount in 100 gi		of edik	<u>n</u>	Amount in edible portion of common			
				mber	_			<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of I Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		90.76	0.070	27		1		015 10		
Water	_	90.76 32	0.070	37 0	NC	1 4		215.10 76		
Energy		32 134		U	NC	4		76 317		
Protein (N x 6.25)		0.42	0.009	12		1		1.00		
Total lipid (fat)		0.42	0.003	9		1		0.12		
Ash		0.03	0.009	13		1		0.62		
Carbohydrate, by difference		8.51	0.005	0	NC	4		20.17		
Fiber, total dietary		1.0		0	110	4		2.4		
Sugars, total		7.51		0	0	4		17.80		
Starch				•	_	=				
Minerals:		_				_				
Calcium, Ca	-	5	0.142	10		1		12		
Iron, Fe.		0.25 7	0.028	13		1 1		0.59		
Magnesium, Mg Phosphorus, P		11	0.194 0.327	10 10		1		17 26		
Potassium, K	-	94	2.127	31		1		223		
Sodium, Na		4	0.348	31		1		9		
Zinc, Zn		0.09	0.540	0		1		0.21		
Copper, Cu		0.071		0		1		0.168		
Manganese, Mn		0.150		0		4		0.356		
Selenium, Se		0.5		0	BFZN	4		1.2		
Vitamina										
Vitamins:	ma	2.1	0.116	37		1		5.0		
Vitamin C, total ascorbic acid Thiamin		0.016		10		1		0.038		
Riboflavin	-	0.010		10		1		0.026		
Niacin		0.363		13		1		0.860		
Pantothenic acid	-	0.062		0		1		0.147		
Vitamin B-6		0.052		0		1		0.123		
Folate, total	-	3		0		4		6		
Folic acid		0		0	z	7		0		
Folate, food		3		0		4		6		
Folate, DFE	mcg_DFE	3		0	NC	4		6		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		250	16.749	12		1		593		
Vitamin A, RAE		13		0	NC	4		30		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.40		0	BFZN	4		0.95		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		2.6		0	BFZN	4		6.2		
<u>Lipids:</u>										
Fatty acids, total saturated		0.006		0		1		0.014		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0 12:0	-	0.000		0		1 1		0.000 0.000		
13:0	-	0.000		U		1		0.000		
14:0		0.000		0		1		0.000		
15:0		0.000		5		-		0.000		
16:0		0.005		0		1		0.012		
17:0										
18:0	-	0.002		0		1		0.005		
20:0	-									
22:0	-									
24:0	q									

NDB No. 09096
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids

	<u>Am</u>	ount in 100 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of commo				
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3		
				_						
Fatty acids, total monounsaturated9	0.009	0		1		0.021				
14:1										
15:1	0.000	0		1		0.000				
17:1g	0.000	U		_		0.000				
18:1 undifferentiated	0.009	0		1		0.021				
20:1g	0.000	0		1		0.021				
22:1 undifferentiatedg	0.000	0		1		0.000				
24:1 cg	0.000	v		-		0.000				
Fatty acids, total polyunsaturatedg	0.020	0		1		0.047				
18:2 undifferentiatedg	0.017	0		1		0.040				
18:3 undifferentiated	0.002	0		1		0.005				
18:4g	0.000	0		1		0.000				
20:2 n-6 c,cg										
20:3 undifferentiated										
20:4 undifferentiated	0.000	0		1		0.000				
20:5 n-3g	0.000	0		1		0.000				
22:5 n-3g	0.000	0		1		0.000				
22:6 n-3g	0.000	0		1		0.000				
Fatty acids, total transg										
Cholesterol mg	0	0	Z	7		0				
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0	0		7		0.0				
Caffeinemg	0	0	Z	7		0				
Theobromine mg	0	0	Z	7		0				
Carotenoids:										
Carotene, betamcg	126	0	BNA	4		299.140				
Carotene, alphamcg	0	0	BNA	4		0.000				
Cryptoxanthin, beta mcg	48	0	BNA	4		112.720				
Lycopenemcg	0	0	BFZN	4		0.000				
Lutein + zeaxanthin mcg	75	0	BFZN	4		178.148				

#### **Common Measures:**

Measure 1 = 237g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 10	0 grams	<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	<u>1</u> Measure 3
Proximates:										
Water	_	80.40		0	BD	4		172.06		
Energy		70		0	NC	4		150		
Energy		293		0	NC	4		627		
Protein		0.47		0	BD	4		1.01		
Total lipid (fat)	g	0.10		0	BD	4		0.21		
Ash	g	0.24		0	BD	4		0.51		
Carbohydrate, by difference	g	18.80		0	NC	4		40.22		
Fiber, total dietary	g	1.7		0	BD	4		3.6		
Sugars, total	g	17.14		0	0	4		36.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	BD	4		14		
Iron, Fe	-	0.29		0	BD	4		0.62		
Magnesium, Mg		5		0	BD	4		11		
Phosphorus, P		12		0	BD	4		26		
Potassium, K		90		0	BD	4		192		
Sodium, Na		6		0	BD	4		13		
Zinc, Zn		0.08		0	BD	4		0.18		
Copper, Cu		0.086	5	0	BD	4		0.183		
Manganese, Mn	_									
Selenium, Se		0.5		1	A	1		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0	BD	4		4.0		
Thiamin		0.019	)	0	BD	4		0.041		
Riboflavin	_	0.021	L	0	BD	4		0.044		
Niacin		0.374	l	0	BD	4		0.800		
Pantothenic acid										
Vitamin B-6		0.051	L	0	BD	4		0.109		
Folate, total		3		0	BD	4		6		
Folic acid		0		0	Z	7		0		
Folate, food	_	3		0	BD	4		6		
Folate, DFE		3		0	NC	4		6		
Vitamin B-12		0.00		0		7		0.00		
Vitamin A, IU		273		3	A	1		585		
Vitamin A, RAE	mcg RAE	14		3	A	1		29		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.60		0	BFYN	4		1.28		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.9		0	BFYN	4		8.3		
Lipids:										
Fatty acids, total saturated	g	0.014	l	0	NC	4		0.030		
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	-	0.000	)	0		4		0.000		
15:0	-			-		-				
16:0		0.010	)	0		4		0.021		
17:0				-		-				
18:0		0.004	ı	0		4		0.009		
20:0		2.20-		•		-		3.003		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of comm				
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	0.018		0	NC	4		0.039				
14:1g											
15:1g					_						
16:1 undifferentiatedg	0.000		0		4		0.000				
17:1g											
18:1 undifferentiated	0.018		0		4		0.039				
20:1g	0.000		0		4		0.000				
22:1 undifferentiatedg	0.000		0		4		0.000				
24:1 cg	0.040		•								
Fatty acids, total polyunsaturatedg	0.042		0	NC	4		0.090				
18:2 undifferentiatedg	0.037		0		4		0.079				
18:3 undifferentiatedg	0.005		0		4		0.011				
18:4g	0.000		0		4		0.000				
20:2 n-6 c,cg											
20:3 undifferentiated	0.000		•								
20:4 undifferentiatedg	0.000		0		4		0.000				
20:5 n-3g	0.000		0		4		0.000				
22:5 n-3g	0.000		0		4		0.000				
22:6 n-3g	0.000		0		4		0.000				
Fatty acids, total transg	•		•		7		•				
Cholesterolmg Phytosterolsmg	0		0		7		0				
Others:											
Alcohol, ethylg	0.0		0		7		0.0				
Caffeinemg	0		0	Z	7		0				
Theobrominemg	0		0	z	7		0				
Carotenoids:											
Carotene, betamcg	138		3	A	1		295.320				
Carotene, alphamcg	0		3	A	1		0.000				
Cryptoxanthin, betamcg	52		3	A	1		111.280				
Lycopenemcg	0		3	A	1		0.000				
Lutein + zeaxanthinmcg	112		3	A	1		239.680				

### **Common Measures:**

Measure 1 = 214g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09106
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids

		<u>Aı</u>	mount in 100 g	rams o	Amount in	edible portion	Amount in edible portion of common			
			Nu		measures of food					
				Data I	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	76.64	0.380	10		1		198.50		
Energy	-	88	0.000	0	NC	4		228		
Energy		368		Ū	110	4		954		
Protein (N x 6.25)	=	0.33		0		1		0.85		
Total lipid (fat)		0.06		0		1		0.16		
Ash		0.21		0		1		0.54		
Carbohydrate, by difference		22.77		0	NC	4		58.97		
Fiber, total dietary		1.0		0		4		2.6		
Sugars, total										
Starch										
Minerals:		_		_		_				
Calcium, Ca	-	6		0		1		16		
Iron, Fe.		0.28 5		0		1 1		0.73		
Magnesium, Mg		9		-		1		13		
Phosphorus, P Potassium, K	-	9 80		0		1		23 207		
Sodium, Na		5		0		1		13		
Zinc, Zn		0.07		0		1		0.18		
Copper, Cu		0.063	1	0		1		0.163		
Manganese, Mn		0.143		0		4		0.370		
Selenium, Se										
Vitamins:		0.1	0.100	10				F 4		
Vitamin C, total ascorbic acid		2.1	0.100	10		1		5.4		
Thiamin		0.014		0		1 1		0.036 0.052		
Riboflavin	-	0.020		0		1		0.052		
Niacin Pantothenic acid		0.353		0		4		0.914		
Vitamin B-6		0.033		0		1		0.137		
Folate, total	-	3	•	0		4		6		
Folic acid		0		0	z	7		0		
Folate, food		3		0	_	4		6		
Folate, DFE	mcg DFE	3		0	NC	4		6		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		637	22.808	5		1		1650		
Vitamin A, RAE	mcg_RAE	32	1.140	5		1		82		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	ıncg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.009	)	0		1		0.023		
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0										
15:0		0.000		•		4		0.011		
16:0		0.006	•	0		1		0.016		
17:0		0.002		0		1		0.005		
18:0		0.002	•	U		1		0.005		
20:0 22:0										
24:0										

NDB No. 09106
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids

	Amount in	100 grams of e	Amount in	Amount in edible portion of common			
		Number	iv Sauraa Cam		measures of food		
Nutrients and Units	Mean Std. Er	of Data Der ror Points Cod	iv Source Cont le Code C	Code Measure 1	Measure 2 Measure 3		
Fatty acids, total monounsaturatedg 14:1g	0.012	0	1	0.031			
15:1							
18:1 undifferentiated	0.012	0	1	0.031			
24:1 c	0.027 0.024	0	1 1	0.070 0.062			
18:3 undifferentiated	0.003	0	1	0.008			
20:3 undifferentiatedg 20:4 undifferentiatedg							
20:5 n-3							
Fatty acids, total trans	0	0 2	z 7	0			

## **Common Measures:**

Measure 1 = 259g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

NDB No. 09105
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nun					measures of food		
Nutrients and Un	its	Mean	of E Std. Error Poi	Data D nts C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:						_				
Water	_	80.26	0.079	97		1		204.66		
Energy		73		0	NC	4		186		
Energy		305	0.000	00		4		779		
Protein (N x 6.25)		0.34		83		1 1		0.87		
Total lipid (fat)		0.07 0.21		74 87		1		0.18 0.54		
Ash Carbohydrate, by difference		19.11	0.003	0	NC	4		48.73		
Fiber, total dietary		1.0		0	NC	4		2.6		
Sugars, total		18.11		0	0	4		46.18		
Starch		10.11		·	·	-		10.10		
Starcii	9									
Minerals:										
Calcium, Ca	-	6		92		1		15		
Iron, Fe		0.28		92		1		0.71		
Magnesium, Mg		5		69		1		13		
Phosphorus, P	-	9 80		83		1 1		23 204		
Potassium, K		6		66 89		1		204 15		
Sodium, NaZinc, Zn		0.07		29		1		0.18		
Copper, Cu		0.064		29		1		0.163		
Manganese, Mn		0.145		0		4		0.370		
Selenium, Se		0.5			BFZN	4		1.3		
	•••••									
Vitamins:						_				
Vitamin C, total ascorbic acid		2.4		137 74		1 1		6.1		
Thiamin	-	0.015 0.021		74 74		1		0.038 0.054		
Riboflavin		0.021		83		1		0.885		
Niacin Pantothenic acid	-	0.347		0		4		0.885		
Vitamin B-6		0.033		0		1		0.133		
Folate, total	-	3		0		4		6		
Folic acid		0		0	Z	7		0		
Folate, food	_	3		0		4		6		
Folate, DFE		3		0	NC	4		6		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	504	16.855	158		1		1285		
Vitamin A, RAE	mcg_RAE	25	0.843	158		1		64		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.40		0	BFZN	4		1.02		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		2.6		^	DEGN			6.6		
Vitamin K (phylloquinone)	riicg	2.6		0	BFZN	4		6.6		
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.026		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0				•		_				
14:0		0.000		0		1		0.000		
15:0		0.00=		0		4		0.010		
16:0		0.007		0		1		0.018		
17:0	-	0.003		0		1		0.008		
18:0 20:0	-	0.003		U		1		0.008		
22:0	-									
24:0	-									

NDB No. 09105
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids

	<u>An</u>	ount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.014		0		1		0.036		
14:1g	0.021		•		-		0.050		
15:1g									
16:1 undifferentiatedg	0.000		0		1		0.000		
17:1g									
18:1 undifferentiated	0.014		0		1		0.036		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.031		0		1		0.079		
18:2 undifferentiatedg	0.028		0		1		0.071		
18:3 undifferentiatedg	0.004		0		1		0.010		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	254		0	BNA	4		648.869		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	96		0	BNA	4		244.501		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	75		0	BFZN	4		191.678		

# **Common Measures:**

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

NDB No. 09103 Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				measures 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	86.15	0.187	7		1		214.51		
Energy	kcal	50		0	NC	4		125		
Energy	kj	209				4		521		
Protein (N x 6.25)	g	0.51	0.015	7		1		1.27		
Total lipid (fat)	g	0.03	0.008	7		1		0.07		
Ash	g	0.26	0.008	7		1		0.65		
Carbohydrate, by difference	g	13.05		0	NC	4		32.49		
Fiber, total dietary	g	1.0		0		4		2.5		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.383	7		1		27		
Iron, Fe	_	0.25	0.086	7		1		0.62		
Magnesium, Mg	-	8	0.191	6		1		20		
Phosphorus, P		14	1.518	6		1		35		
Potassium, K	mg	116	6.927	7		1		289		
Sodium, Na	-	5	0.317	7		1		12		
Zinc, Zn		0.14	0.034	6		1		0.35		
Copper, Cu		0.050		6		1		0.125		
Manganese, Mn		0.151		0		4		0.376		
Selenium, Se	fricg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3	0.224	7		1		8.2		
Thiamin	<u>.</u> mg	0.011	0.001	4		1		0.027		
Riboflavin	mg	0.014		2		1		0.035		
Niacin		0.356	0.050	3		1		0.886		
Pantothenic acid	<u>mg</u>	0.053		0		4		0.132		
Vitamin B-6	-	0.027		0		4		0.067		
Folate, total		3		0	_	4		6		
Folic acid		0 3		0	Z	7		0		
Folate, food		3		0	NC	4 4		6 6		
Folate, DFEVitamin B-12		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		600	42.171	6	4	1		1494		
Vitamin A, RAE		30	2.109	6		1		75		
Retinol		0	2.103	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	a	0.004		0		1		0.010		
4:0										
6:0	-									
8:0	g									
10:0	g									
12:0										
13:0	-									
14:0	-									
15:0	-			•		_				
16:0	-	0.003	i	0		1		0.007		
17:0		0 001		0		4		0 000		
18:0		0.001		0		1		0.002		
20:0										
22:0 24:0										

NDB No. 09103
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids

	Amount in 100 grams of edible portion								
		Number			measures of food				
Nutrients and Units	Mean Std. E	ror Points Cod	v Source Co e Code	Code Measure 1	Measure 2 Measure	3			
Fatty acids, total monounsaturated9	0.005	0	1	0.012					
15:1									
17:1	0.005	0	1	0.012					
22:1 undifferentiated	0.011	0	1	0.027					
18:2 undifferentiated	0.010	0	1	0.025					
18:3 undifferentiated	0.001	0	1	0.002					
20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9									
22:5 n-3									
Fatty acids, total trans	0	0 z	7	0					

## **Common Measures:**

Measure 1 = 249g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

NDB No. 09104
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids

		<u>A</u>	mount in 100 gra	ms of ear	Amount in edible portion of common				
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure
n									
Proximates: Water	а	84.24		0	1		212.28		
Energy	-	58		0 NC	4		146		
Energy		243		o no	4		612		
Protein (N x 6.25)		0.34		0	1		0.86		
Total lipid (fat)	-	0.07		0	1		0.18		
Ash		0.21		0	1		0.53		
Carbohydrate, by difference		15.14		0 NC			38.15		
Fiber, total dietary		1.0		0	4		2.5		
Sugars, total					-				
Starch									
Starcii	9								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	7		0	1		18		
Iron, Fe		0.29		ס	1		0.73		
Magnesium, Mg		5		)	1		13		
Phosphorus, P	_	9		0	1		23		
Potassium, K		82		0	1		207		
Sodium, Na		6		)	1		15		
Zinc, Zn		0.07		0	1		0.18		
Copper, Cu		0.065		)	1		0.164		
Manganese, Mn		0.148	1	0	4		0.373		
Selenium, Se	Ilicy								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.5		)	1		6.3		
Thiamin	<u>mg</u>	0.014	ļ	)	1		0.035		
Riboflavin	mg	0.020	)	)	1		0.050		
Niacin		0.365	<b>i</b>	ס	1		0.920		
Pantothenic acid	mg	0.053	3	)	4		0.134		
Vitamin B-6	mg	0.032	?	)	1		0.081		
Folate, total		3		)	4		7		
Folic acid		0		) z	7		0		
Folate, food	mcg	3		)	4		7		
Folate, DFE		3		) NC	4		7		
Vitamin B-12		0.00		) z	7		0.00		
Vitamin A, IU		429		0	1		1081		
Vitamin A, RAE		21		0	1		54		
Retinol		0		) z	7		0		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
vitanini k (pnynoquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.009	)	)	1		0.023		
4:0	-								
6:0	-								
8:0									
10:0									
12:0									
13:0									
14:0									
15:0		0.006	:	1	1		0.015		
16:0		0.000	,	•	1		0.015		
17:0		0.002	•	1	1		0.005		
18:0		0.002	<u>:</u>	L	1		0.005		
20:0									
22:0	g g								

NDB No. 09104
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids

		Amount in edible portion of common					
		Number of Data Der	iv Source C	Confidence	measures of food		
Nutrients and Units	Mean Std. E	rror Points Cod	le Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.012	0	1		0.030		
14:1							
15:1							
17:1g							
18:1 undifferentiatedg	0.012	1	1		0.030		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.028	0	1		0.071		
18:2 undifferentiated	0.024	1	1		0.060		
18:3 undifferentiatedg	0.003	1	1		0.008		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg		_	_				
Cholesterol mg	0	0 :	z 7		0		
Phytosterolsmg							

## **Common Measures:**

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

NDB No. 09102
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids

		<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common		
			Numbe		_		<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	ts	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	91.50	0.293 16		1		224.18		
Water		30	0.293 16	NC	4		74		
Energy		126	U	NC	4		308		
Protein (N x 6.25)		0.35	0		1		0.86		
Total lipid (fat)		0.07	0		1		0.17		
Ash		0.22	0		1		0.54		
Carbohydrate, by difference		7.87	0	NC	4		19.28		
Fiber, total dietary		1.0	0		4		2.5		
Sugars, total									
Starch									
Minerals:									
Calcium, Ca	mg	7	0		1		17		
Iron, Fe		0.30	0		1		0.74		
Magnesium, Mg		5	0		1		12		
Phosphorus, P		9	0		1		22		
Potassium, K		78	3.476 11		1		191		
Sodium, Na		3	0.158 10		1		7		
Zinc, Zn		0.08	0		1 1		0.20		
Copper, Cu		0.067 0.151			4		0.164 0.370		
Selenium, Se		0.131	. 0		•		0.370		
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.9	0.121 17		1		4.7		
Thiamin		0.015	0		1		0.037		
Riboflavin		0.021	. 0		1		0.051		
Niacin	mg	0.374	0		1		0.916		
Pantothenic acid	mg	0.053	0		4		0.130		
Vitamin B-6	_	0.032			1		0.078		
Folate, total		3	0		4		6		
Folic acid		0	0	Z	7		0		
Foliate, food	rncg	3 3	0	27.0	4		6 6		
Folate, DFEVitamin B-12		0.00	0	NC Z	4 7		0.00		
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	440	0	4	1		1078		
Vitamin A, RAE		22	0		1		54		
Retinol		0	0	z	7		0		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:	_				_		2 222		
Fatty acids, total saturated		0.009	0		1		0.022		
4:0									
6:0 8:0	-								
10:0	-								
12:0									
13:0									
14:0	-								
15:0									
16:0	g	0.007	0		1		0.017		
17:0									
18:0		0.003	0		1		0.007		
20:0	g								
22:0									

NDB No. 09102
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids

	Amount in	100 grams of	Amount in	Amount in edible portion of common			
		Number	wise Sassas Co	_	measures of food		
Nutrients and Units	Mean Std. Er	ror Points Co	riv Source Co de Code	Code Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.013	0	1	0.032			
15:1							
18:1 undifferentiated	0.013	0	1	0.032			
22:1 undifferentiated	0.028	0	1	0.069			
18:2 undifferentiated	0.025 0.003	0	1 1	0.061 0.007			
20:2 n-6 c,c.       g         20:3 undifferentiated.       g         20:4 undifferentiated.       g							
20:5 n-3g 22:5 n-3g							
22:6 n-3	0	0	z 7	0			
Phytosterolsmg							

## **Common Measures:**

Measure 1 = 245g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09325
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				measures of food		
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	76.78	0.322	26		1		197.32		
	-	86	0.322	0	27.0	4				
Energy.				U	NC			221		
Energy		360				4		925		
Protein (N x 6.25)		0.41	0.005	26		1		1.05		
Total lipid (fat)		0.10	0.000	26		1		0.26		
Ash	g	0.35	0.010	26		1		0.90		
Carbohydrate, by difference	g	22.36		0	NC	4		57.47		
Fiber, total dietary	g	1.3		0		4		3.3		
Sugars, total	g									
Starch	g									
	_									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13	0.585	26		1		33		
Iron, Fe	-	0.52	0.021	25		1		1.34		
Magnesium, Mg	mg	13	0.195	26		1		33		
Phosphorus, P	mg	7	0.149	26		1		18		
Potassium, K	mg	131	2.850	26		1		337		
Sodium, Na	mg	2	0.111	26		1		5		
Zinc, Zn	mg	0.11	0.003	26		1		0.28		
Copper, Cu	mg	0.080	0.004	26		1		0.206		
Manganese, Mn	mg									
Selenium, Se	mcg	0.5		0	BFZN	4		1.3		
Vitamins:										
		17.5	0.470	0.0				45.0		
Vitamin C, total ascorbic acid		17.5	0.478	26		1		45.0		
Thiamin		0.054		26		1		0.139		
Riboflavin		0.045		26		1		0.116		
Niacin		0.562	0.023	26		1		1.444		
Pantothenic acid										
Vitamin B-6		0.120	1	0		4		0.308		
Folate, total	mcg	9		0		4		23		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		9		0		4		23		
Folate, DFE	mcg_DFE	9		0	NC	4		23		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	127	10.220	40		1		326		
Vitamin A, RAE		6	0.511	40		1		16		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.019		0		4		0.049		
4:0	_	0.000		0		4		0.000		
6:0	g	0.000	1	0		4		0.000		
8:0	g	0.000	1	0		4		0.000		
10:0	g	0.000	)	0		4		0.000		
12:0	g	0.000	)	0		4		0.000		
13:0	_									
14:0	_	0.002		0		4		0.005		
15:0	_			•						
16:0	_	0.014		0		4		0.036		
17:0	_	0.014		-		-		3.030		
18:0	_	0.003	1	0		4		0.008		
20:0	_	0.003	•	U		-		0.008		
	_									
22:0	g g									

NDB No. 09325
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
					Deriv	Source Code	Confidence Code	_	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.018		0		4		0.046		
14:1		0.020		·		-		0.040		
15:1										
16:1 undifferentiated	-	0.004		0		4		0.010		
17:1	_									
18:1 undifferentiated	g	0.013		0		4		0.033		
20:1	g	0.000		0		4		0.000		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.032		0		4		0.082		
18:2 undifferentiated	g	0.018		0		4		0.046		
18:3 undifferentiated	g	0.014		0		4		0.036		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated		0.000		0		4		0.000		
20:5 n-3	g	0.000		0		4		0.000		
22:5 n-3		0.000		0		4		0.000		
22:6 n-3	_	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0		
Phytosterols	mg									
Others:						_				
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine										
Theobromine	mg									

# **Common Measures:**

Measure 1 = 257g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

NDB No. 09189
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened

		<u>Ar</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				mber				measures of food			
Nutrients and Un	iits	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.73	0.240	3		1		184.33	209.39		
Energy	kcal	98		0	NC	4		245	278		
Energy	kj	410				4		1025	1164		
Protein (N x 6.25)	g	1.42	0.855	3		1		3.55	4.03		
Total lipid (fat)	g	0.18	0.109	3		1		0.45	0.51		
Ash	g	0.43	0.185	3		1		1.08	1.22		
Carbohydrate, by difference	g	24.23		0	NC	4		60.58	68.81		
Fiber, total dietary	g	1.9		0		4		4.8	5.4		
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	7	0.666	3		1		18	20		
Iron, Fe	_	0.28	0.040	3		1		0.70	0.80		
Magnesium, Mg		6	0.351	3		1		15	17		
Phosphorus, P		12	1.304	3		1		30	34		
Potassium, K		131	15.989	3		1		328	372		
Sodium, Na		3	1.072	3		1		8	9		
Zinc, Zn	mg	0.05	0.014	3		1		0.13	0.14		
Copper, Cu	mg	0.034	0.004	3		1		0.085	0.097		
Manganese, Mn	mg	0.064	0.010	3		1		0.160	0.182		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	75.0	0.636	3		1		187.5	213.0		
Thiamin	-	0.017		3		1		0.043	0.048		
Riboflavin		0.035		3		1		0.088	0.099		
Niacin		0.397	0.038	3		1		0.993	1.127		
Pantothenic acid		0.093		0		4		0.233	0.264		
Vitamin B-6	mg	0.025		0		4		0.063	0.071		
Folate, total	mcg	8		0		4		19	22		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	8		0		4		19	22		
Folate, DFE		8		0	NC	4		19	22		
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		322	131.130	3		1		805	914		
Vitamin A, RAE		16	6.557	3		1		40	46		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	_										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
	9										
<u>Lipids:</u>											
Fatty acids, total saturated		0.025		0		1		0.063	0.071		
4:0											
6:0											
8:0	_										
10:0 12:0											
13:0											
14:0											
15:0											
16:0		0.018		0		1		0.045	0.051		
17:0									- · · · <del>-</del>		
18:0		0.007		0		1		0.018	0.020		
20:0	-										
22:0											
24:0											

NDB No. 09189
Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened

		Ar	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	0.034		0		1		0.085	0.097	
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.034		0		1		0.085	0.097	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.078		0		1		0.195	0.222	
18:2 undifferentiated	g	0.069		0		1		0.173	0.196	
18:3 undifferentiated	g	0.009		0		1		0.023	0.026	
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										
22:6 n-3										
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	<u>mg</u>									

## **Common Measures:**

Measure 1 = 250g: 1 cup, thawed Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

NDB No. 09187 Fruit, mixed, (peach and pear and pineapple), canned, heavy syrup, solids and liquids

		<u>Ar</u>	nount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	r			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	80.56	0.175	16		1		205.43			
Energy	kcal	72		0	NC	4		184			
Energy	kj	301				4		768			
Protein (N x 6.25)	g	0.37	0.012	16		1		0.94			
Total lipid (fat)	g	0.10	0.000	16		1		0.26			
Ash	g	0.21	0.008	16		1		0.54			
Carbohydrate, by difference	g	18.76		0	NC	4		47.84			
Fiber, total dietary	g	1.0		0		4		2.6			
Sugars, total	g										
Starch	g										
N											
Minerals: Calcium, Ca	ma	1	0.352	16		1		3			
Iron, Fe	-	0.36	0.332	16		1		0.92			
Magnesium, Mg	-	5	0.125	16		1		13			
Phosphorus, P		10	0.368	16		1		26			
Potassium, K	-	84	1.615	16		1		214			
Sodium, Na		4	0.157	16		1		10			
Zine, Zn	-	0.07	0.003	16		1		0.18			
Copper, Cu		0.058	0.004	16		1		0.148			
Manganese, Mn		0.386		0		4		0.984			
Selenium, Se											
Vitamina											
Vitamins:	ma m	60.0	4 202	1.0				176.0			
Vitamin C, total ascorbic acid	-	69.0	4.383	16 2		1 1		176.0 0.038			
ThiaminRiboflavin	-	0.015 0.040		2		1		0.038			
	_	0.600		2		1		1.530			
Niacin Pantothenic acid	-	0.057		0		4		0.145			
Vitamin B-6		0.037		0		4		0.092			
Folate, total	-	3		0		4		8			
Folic acid		0		0	z	7		0			
Folate, food		3		0	_	4		8			
Folate, DFE		3		0	NC	4		8			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		194	11.020	16		1		495			
Vitamin A, RAE		10	0.551	16		1		25			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.014		0		1		0.036			
4:0		0.014		•		-		2.000			
6:0											
8:0	g										
10:0	-										
12:0											
13:0											
14:0	-										
15:0	-										
16:0	g	0.010		0		1		0.026			
17:0	g										
18:0		0.004		0		1		0.010			
20:0											
22:0											
24:0											

NDB No. 09187
Fruit, mixed, (peach and pear and pineapple), canned, heavy syrup, solids and liquids

	Amount i	in 100 grams of ed	lible portion		Amount in edible portion of common		
		Number			easures of food		
Nutrients and Units	Mean Std. E	of Data Deri rror Points Cod	v Source Con e Code C	idence Gode Measure 1	Measure 2 Mea	sure 3	
Fatty acids, total monounsaturatedg	0.019	0	1	0.048			
15:1							
18:1 undifferentiated	0.019	0	1	0.048			
22:1 undifferentiated	0.042	0	1	0.107			
18:2 undifferentiated	0.037 0.005	0	1	0.094 0.013			
20:2 n-6 c,c							
20:5 n-3							
Fatty acids, total trans	0	0 z	7	0			
Phytosterolsmg							

## **Common Measures:**

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 6% Pits

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	ite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure
Nutrients and on	113	Wieari	Sta. Elloi					Weasure 1	Weasure 2	Wicasure
Proximates:										
Water	g	31.18		0		1		91.36		
Energy	kcal	243		0	NC	4		712		
Energy		1017				4		2979		
Protein (N x 6.25)		2.46		0		1		7.21		
Total lipid (fat)		0.49		0		1		1.44		
Ash		1.82		0		1		5.33		
Carbohydrate, by difference		64.06		0	NC	4		187.70		
Fiber, total dietary		7.8		0		4		22.9		
Sugars, total		,		•		-				
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	38		0		1		111		
Iron, Fe	mg	2.71		0		1		7.94		
Magnesium, Mg		39		0		1		114		
Phosphorus, P		77		0		1		226		
Potassium, K	mg	796		0		1		2332		
Sodium, Na	mg	18		0		1		53		
Zinc, Zn	mg	0.50		0		1		1.47		
Copper, Cu		0.385	5	0		1		1.128		
Manganese, Mn	mg	0.227	,	0		1		0.665		
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8		0		1		11.1		
Thiamin		0.044	ļ	0		1		0.129		
Riboflavin	-	0.157	,	0		1		0.460		
Niacin	_	1.927	,	0		1		5.646		
Pantothenic acid		0.441		0		4		1.292		
Vitamin B-6		0.159		0		1		0.466		
Folate, total	-	4		0		4		11		
Folic acid		0		0	z	7		0		
Folate, food		4		0		4		11		
Folate, DFE	mca DFF	4		0	NC	4		11		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	2442		0	_	1		7155		
Vitamin A, RAE		122		0		1		358		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	-	•		·	_	•		·		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.040	)	0		1		0.117		
4:0										
6:0										
8:0	_									
10:0	-									
12:0										
13:0										
14:0	-									
15:0										
16:0		0.033	3	0		1		0.097		
17:0										
18:0		0.007	,	0		1		0.021		
20:0		2.00,		•		-				
22:0										
V	g									

		<u>An</u>	nount in 100 gram	s of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Unit	s	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated 14:1	g	0.232	0		1		0.680		
16:1 undifferentiated	g	0.003	0		1		0.009		
18:1 undifferentiated	g	0.229	0		1		0.671		
22:1 undifferentiated24:1 c									
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.110 0.108	0		1 1		0.322 0.316		
18:3 undifferentiated	g	0.002	0		1		0.006		
20:2 n-6 c,c	g								
20:3 undifferentiated 20:4 undifferentiated	g								
20:5 n-322:5 n-3	-								
22:6 n-3Fatty acids, total trans									
CholesterolPhytosterols		0	0	Z	7		0		

## **Common Measures:**

Measure 1 = 293g: 1 package (11 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

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 Vinerals: Calcium, Ca Iron, Fe Magnesium, Mg.	g kj g g g g g g g	80.10 73 305 0.65 0.20 0.29 18.75 2.4		3 0 3 3 3 0	Deriv	Source Code	Confidence Code	Measure 1  201.85 184 770	easures of food  Measure 2	Measure
Proximates:  Water	g kj g g g g g g g	80.10 73 305 0.65 0.20 0.29 18.75	0.510 0.061 0.061	3 0 3 3 3 0	Code	1 4 4		201.85 184 770	Measure 2	Measure
Proximates:  Water	g kj g g g g g g g	80.10 73 305 0.65 0.20 0.29 18.75	0.510 0.061 0.061	3 0 3 3 3		1 4 4	Code	201.85 184 770	Measure 2	Measure :
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch  Winerals: Calcium, Ca Iron, Fe	kcal kj 9 9 9 9 9 9	73 305 0.65 0.20 0.29 18.75	0.061 0.061	0 3 3 3 0	NC	4 4		184 770		
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	73 305 0.65 0.20 0.29 18.75	0.061 0.061	0 3 3 3 0	NC	4 4		184 770		
Energy	kj g g g g g g	305 0.65 0.20 0.29 18.75	0.061	3 3 3 0	NC	4		770		
Protein (N x 6.25)	9 9 9 9 9 9	0.65 0.20 0.29 18.75	0.061	3 3 0						
Total lipid (fat)	9 9 9 9 9 9	0.20 0.29 18.75	0.061	3 3 0		1				
Ash	g g g g g	0.29 18.75		3				1.64		
Carbohydrate, by difference. Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe	g g g g	18.75	0.012	0		1		0.50		
Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe	g g g					1		0.73		
Sugars, total. Starch.  Minerals: Calcium, Ca	g g	2.4		_	NC	4		47.25		
Starch	g mg			0		4		6.0		
Minerals: Calcium, Ca Iron, Fe	mg									
Calcium, Ca	-									
Calcium, Ca	-									
Iron, Fe	-	16	1.517	3		1		40		
, , , , , , , , , , , , , , , , , , , ,	mq	0.33	0.024	3		1		0.83		
		6	0.120	3		1		15		
Phosphorus, P		7	0.700	3		1		18		
Potassium, K	-	77	2.082	3		1		194		
Sodium, Na	-	2	0.333	3		1		5		
Zinc, Zn	mg	0.11	0.010	3		1		0.28		
Copper, Cu	mg	0.217	0.028	3		1		0.547		
Manganese, Mn	mg	0.177	0.013	3		1		0.446		
Selenium, Se	mcg	0.4		0	CAZN	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	10.0	0.557	3		1		25.2		
Thiamin	-	0.020		3		1		0.050		
Riboflavin	-	0.053		3		1		0.134		
Niacin		0.153		3		1		0.386		
Pantothenic acid		0.138		3		1		0.348		
Vitamin B-6	-	0.012		3		1		0.030		
Folate, total	-	3	0.058	3		1		8		
Folic acid		0		0	z	7		0		
Folate, food		3	0.058	3		1		8		
Folate, DFE		3		0	NC	4		8		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		138	0.000	3		1		348		
Vitamin A, RAE		7	0.000	3		1		17		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.013		0		1		0.033		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0	-									
14:0	-	0.000		0		1		0.000		
15:0	g									
16:0		0.007		0		1		0.018		
17:0										
18:0		0.004		0		1		0.010		
20:0										
22:0	g									

	<u>Ar</u>	mount in 100 gram	s of edible porti	<u>on</u>	Amount in	edible portion	of common
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source		measure 1	easures of food Measure 2	Measure 3
Nationio and onito	- Incarr	Otta. Error			medoure 1	Mcasare 2	incusure o
Du il col	0.010	•					
Fatty acids, total monounsaturatedg	0.018	0	1		0.045		
14:1g							
15:1g	0.000	•			0.000		
16:1 undifferentiated	0.000	0	1		0.000		
17:1g 18:1 undifferentiatedg	0.018	0	1		0.045		
20:1g	0.018		1		0.045		
20:1	0.000		=		0.000		
•	0.000	U	1		0.000		
24:1 c	0 110	0	1		0 077		
Fatty acids, total polyunsaturated9	0.110		=		0.277		
18:2 undifferentiated	0.094		1		0.237		
18:3 undifferentiated	0.016		-		0.040		
18:4g	0.000	0	1		0.000		
20:2 n-6 c,cg							
20:3 undifferentiated	0.000	•					
20:4 undifferentiated			1		0.000		
20:5 n-3g	0.000		1		0.000		
22:5 n-3g	0.000		1		0.000		
22:6 n-3g	0.000	0	1		0.000		
Fatty acids, total transg	•				•		
Cholesterol mg Phytosterols mg	0	0	z 7		0		
1 11/10/31/21/31/3							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeine mg							
Theobrominemg							

# **Common Measures:**

Measure 1 = 252g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

Refuse: 0% No info available- assumed no refuse

		<u>A</u> :	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	87.87	0.376	15		1		131.81		
Energy	_	44	0.570	0	NC	4		66		
		184		Ü	NC	4		276		
Energy				•		-				
Protein (N x 6.25)		0.88		2		1		1.32		
Total lipid (fat)		0.58		1		1		0.87		
Ash		0.49	0.035	5		1		0.74		
Carbohydrate, by difference		10.18		0	NC	4		15.27		
Fiber, total dietary		4.3		0		4		6.5		
Sugars, total	g									
Starch	g									
Minanalar										
Minerals: Calcium. Ca	ma	25	2.966	5		1		38		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.31	0.028	5		1		0.47		
,	• • • • • • • • • • • • • • • • • • • •	10	1.382	4		1				
Magnesium, Mg		10 27	1.382	4 5		1		15 41		
Phosphorus, P	_									
Potassium, K		198 1	12.360	6 1		1 1		297 2		
Sodium, Na	-		0.000							
Zinc, Zn		0.12	0.003	3		1		0.18		
Copper, Cu		0.070		5		1		0.105		
Manganese, Mn		0.144	0.010	4		1		0.216		
Selenium, Se	mcg	0.6		0	CAZN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	27.7	1.380	11		1		41.6		
Thiamin		0.040		0		1		0.060		
Riboflavin	-	0.030		0		1		0.045		
Niacin		0.300		0		1		0.450		
Pantothenic acid.	-	0.286		0		1		0.429		
Vitamin B-6		0.080		1		1		0.120		
	-	6	•	0		4		9		
Folate, total		0		0	z	7		0		
Folic acid		6		0	2	4		9		
Folate, food		6			27.0			9		
Folate, DFE				0	NC	4				
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		290		0		1		435		
Vitamin A, RAE		15		0		1		22		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.37		0		1		0.56		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	0.038	1	0		1		0.057		
Fatty acids, total saturated				0		1				
4:0		0.000		-				0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.000	)	0		1		0.000		
13:0	-									
14:0		0.000	)	0		1		0.000		
15:0	g									
16:0	g	0.019	)	0		1		0.029		
17:0	g									
18:0	g	0.013	3	0		1		0.020		
20:0	g									
22:0	-									
24:0	-									

	<u>Ar</u>	mount in 100 gram	Amount in edible portion of common				
			a Deriv So	urce Confidence		easures of food	<u>l</u>
Nutrients and Units	Mean	Std. Error Points	Code C	ode Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.051	0		1	0.077		
14:1							
15:1g							
16:1 undifferentiatedg	0.000	0		1	0.000		
17:1g							
18:1 undifferentiatedg	0.051	0		1	0.077		
20:1g	0.000	0		1	0.000		
22:1 undifferentiatedg	0.000	0		1	0.000		
24:1 cg							
Fatty acids, total polyunsaturated	0.317	0		1	0.476		
18:2 undifferentiatedg	0.271	0		1	0.407		
18:3 undifferentiatedg	0.046	0		1	0.069		
18:4g	0.000	0		1	0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0		1	0.000		
20:5 n-3g	0.000	0		1	0.000		
22:5 n-3g	0.000	0		1	0.000		
22:6 n-3g	0.000	0		1	0.000		
Fatty acids, total transg							
Cholesterolmg	0	0	Z	7	0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0		7	0.0		
Caffeine mg							
Theobromine mg							

# **Common Measures:**

Measure 1 = 150g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09135 Grape juice, canned or bottled, unsweetened, without added vitamin C

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımber	r			<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	0	84.12	0.079	13		1		212.82	26.58	
Energy	-	61	0.073	0	NC	4		154	19	
		255		U	NC	4		646	81	
Energy			0 107			=				
Protein (N x 6.25)		0.56	0.107	4		1		1.42	0.18	
Total lipid (fat)		0.08	0.033	4		1		0.20	0.03	
Ash		0.29	0.024	3		1		0.73	0.09	
Carbohydrate, by difference		14.96		0	NC	4		37.85	4.73	
Fiber, total dietary		0.1		0		4		0.3	0.0	
Sugars, total		14.86		0	0	4		37.60	4.70	
Starch	g									
Minerals:										
Calcium. Ca	mq	9	0.396	26		1		23	3	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.24	0.033	17		1		0.61	0.08	
Magnesium, Mg	-	10	0.229	12		1		25	3	
Phosphorus, P		11	0.312	23		1		28	3	
Potassium, K	-	132	3.495	26		1		334	42	
Sodium, Na		3	0.222	32		1		8	1	
Zinc, Zn		0.05	0.004	4		1		0.13	0.02	
Copper, Cu		0.028	0.002	14		1		0.071	0.009	
Manganese, Mn		0.360	1	1		1		0.911	0.114	
Selenium, Se		0.1		0	CAZN	4		0.3	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin		0.026	0.004	11		1		0.066	0.008	
Riboflavin	-	0.037	0.005	12		1		0.094	0.012	
Niacin		0.262	0.011	11		1		0.663	0.083	
Pantothenic acid	-	0.041		1		1		0.104	0.013	
Vitamin B-6		0.065	0.002	11		1		0.164	0.021	
Folate, total	_	3	0.274	4		1		7	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		3	0.274	4		1		7	1	
Folate, DFE	mcg DFE	3		0	NC	4		7	1	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		8		0		1		20	3	
Vitamin A, RAE		0		0	NC	4		1	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma		0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.4		1	A	1		1.0	0.1	
ipids:										
Fatty acids, total saturated	g	0.025	i	0		1		0.063	0.008	
4:0	g	0.000	)	0		1		0.000	0.000	
6:0	g	0.000	1	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.000	)	0		1		0.000	0.000	
12:0	g	0.000	1	0		1		0.000	0.000	
13:0	-									
14:0		0.001		1		1		0.003	0.000	
15:0	-									
16:0		0.021		1		1		0.053	0.007	
17:0	_									
18:0		0.003	1	1		1		0.008	0.001	
20:0	g									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	_	edible portion	
Nutrients and	I I Inite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food  Measure 2	Measure 3
Nutrients and	TOTILIS	Weali	Std. Liloi					Weasure 1	Weasure 2	Wedsure 3
Fatty acids, total monounsatur	ratedg	0.003		0		1		0.008	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	
17:1	-									
18:1 undifferentiated	-	0.003		1		1		0.008	0.001	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.022		0		1		0.056	0.007	
18:2 undifferentiated	g	0.017		1		1		0.043	0.005	
18:3 undifferentiated	g	0.005		1		1		0.013	0.002	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
-	_									
Amino Acids:										
Tryptophan										
Threonine		0.016		18		1		0.040	0.005	
Isoleucine	_	0.007		18		1		0.018	0.002	
Leucine	-	0.012		18		1		0.030	0.004	
Lysine		0.010		18		1		0.025	0.003	
Methionine		0.001		3		1		0.003	0.000	
Cystine	g									
Phenylalanine	g	0.012		18		1		0.030	0.004	
Tyrosine	g	0.003		17		1		0.008	0.001	
Valine	g	0.010		18		1		0.025	0.003	
Arginine	g	0.047		18		1		0.119	0.015	
Histidine	_	0.007		18		1		0.018	0.002	
Alanine		0.086		18		1		0.218	0.027	
Aspartic acid	g	0.022		18		1		0.056	0.007	
Glutamic acid	g	0.110		18		1		0.278	0.035	
Glycine	g	0.012		18		1		0.030	0.004	
Proline	g	0.016		18		1		0.040	0.005	
Serine	g	0.013		18		1		0.033	0.004	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:		•		•	_	•		-	•	
		_		_		_		44	,	
Carotene, beta		5		0	BNA	4		11.978	1.496	
Carotene, alpha		0		0	BNA	4		0.180	0.022	
Cryptoxanthin, beta		0		0	BNA	4		0.152	0.019	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	35		0	BFSN	4		87.834	10.971	

# Common Measures:

Measure 1 = 253g: 1 cup Measure 2 = 31.6g: 1 fl oz NDB No. 09135

Grape juice, canned or bottled, unsweetened, without added vitamin C

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09137 Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
				ata Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	86.90		0	1		217.25	27.11		
Energy	-	51		0 NC	4		128	16		
Energy		213		0 140	4		533	67		
Protein (N x 6.25)	=	0.19	0.012	4	1		0.48	0.06		
Total lipid (fat)		0.19		4	1		0.23	0.03		
Ash		0.08		3	1		0.20	0.03		
Carbohydrate, by difference		12.75		0 NC	4		31.88	3.98		
Fiber, total dietary		0.1		0	4		0.3	0.0		
Sugars, total		12.65		0 0	4		31.63	3.95		
Starch		12.03			-		31.03	3.33		
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca		4		4	1		10	1		
Iron, Fe		0.10		4	1		0.25	0.03		
Magnesium, Mg		4		3	1		10	1		
Phosphorus, P	•	4		3	1		10	1		
Potassium, K		21		3	1		53	7		
Sodium, Na		2		3	1		5	1		
Zinc, Zn		0.04		3	1		0.10	0.01		
Copper, Cu		0.013		3	1		0.033	0.004		
Manganese, Mn		0.177 0.1		3 0 CAZN	1 1 4		0.443 0.3	0.055 0.0		
Selenium, Se	Ilicy	0.1		U CAZN	4		0.3	0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	23.9	8.392	3	1		59.8	7.5		
Thiamin	mg	0.015	0.001	4	1		0.038	0.005		
Riboflavin	mg	0.026	0.003	4	1		0.065	0.008		
Niacin	mg	0.124	0.023	4	1		0.310	0.039		
Pantothenic acid	mg	0.024	0.013	3	1		0.060	0.007		
Vitamin B-6	mg	0.042	0.001	3	1		0.105	0.013		
Folate, total	mcg	1	0.344	4	1		3	0		
Folic acid		0		0 z	7		0	0		
Folate, food	mcg	1		4	1		3	0		
Folate, DFE		1		0 NC	4		3	0		
Vitamin B-12		0.00		0 z	7		0.00	0.00		
Vitamin A, IU		8		3	1		20	2		
Vitamin A, RAE		0		3	1		1	0		
Retinol		0		0 z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00		0 BFZN	4		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.4		1 A	1		1.0	0.1		
v mainin K (phynoquinone)		0.4		_ ^	-		1.0	0.1		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.029	)	0	1		0.073	0.009		
4:0		0.000		0	1		0.000	0.000		
6:0	_	0.000		0	1		0.000	0.000		
8:0		0.000		0	1		0.000	0.000		
10:0	_	0.000		0	1		0.000	0.000		
12:0	-	0.000	)	0	1		0.000	0.000		
13:0	-			_			_			
14:0	_	0.001	=	0	1		0.003	0.000		
15:0	_			_			_			
16:0		0.025	)	0	1		0.063	0.008		
17:0	_			•	_					
18:0	_	0.003	3	0	1		0.008	0.001		
• • •										
20:0 22:0	_									

			mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
No. desirenda e e e el	llaite.	Maan		lumber of Data	Deriv	Source Code	Confidence Code			Magazza 2
Nutrients and	Units	Mean	Sta. Error	Ollits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	0.004		0		1		0.010	0.001	
14:1	g									
15:1 16:1 undifferentiated	-	0.000	ı	0		1		0.000	0.000	
17:1	-			•		_				
18:1 undifferentiated 20:1	-	0.004		0		1 1		0.010 0.000	0.001 0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturat		0.026	;	0		1		0.065	0.008	
18:2 undifferentiated		0.020		0		1		0.050	0.006	
18:3 undifferentiated	-	0.006	i	0		1		0.015	0.002	
18:4	=	0.000		0		1		0.000	0.000	
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000	ı	0		1		0.000	0.000	
20:5 n-3	-	0.000	1	0		1		0.000	0.000	
22:5 n-3	-	0.000	1	0		1		0.000	0.000	
22:6 n-3	-	0.000	1	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	_									
•	•									
Amino Acids:										
Tryptophan				_		_				
Threonine		0.005		0		1		0.013	0.002	
Isoleucine	-	0.002		0		1		0.005	0.001	
Leucine	-	0.004		0		1		0.010	0.001	
Lysine	=	0.003	i	0		1		0.008	0.001	
Methionine										
Cystine		0.004		•				0.010	0.001	
Phenylalanine		0.004		0		1		0.010	0.001	
Tyrosine		0.001		0		1		0.003	0.000	
Valine	-	0.003		0		1		0.008	0.001	
Arginine		0.016		0		1		0.040	0.005	
Histidine		0.002		0		1		0.005	0.001	
Alanine		0.029		0		1		0.073	0.009	
Aspartic acid		0.007		0		1		0.018	0.002	
Glutamic acid	-	0.037		0		1		0.093	0.012	
Glycine		0.004		0		1		0.010	0.001	
Proline		0.005		0		1		0.013	0.002	
Serine	=	0.004		0		1		0.010	0.001	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
Carotene, beta	mea	5		0	BNA	4		11.867	1.481	
Carotene, alpha		0		0	BNA	4		0.266	0.033	
Cryptoxanthin, beta		0		0	BNA	4		0.266	0.000	
Lycopene	_	0		0	BRA	4		0.000	0.000	
		72		0	BFZN	4		180.000	22.464	
Lutein + zeaxanthin	tiicg	12		U	DE VIN	4		100.000	22.404	

# **Common Measures:**

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz NDB No. 09137

Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09136
Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
reaction and one		moun	Otal 21101					mououro r		mododio
Proximates:										
Water	g	54.40		0		1		117.50		
Energy	kcal	179		0	NC	4		387		
Energy	kj	749				4		1618		
Protein (N x 6.25)	g	0.65	0.042	4		1		1.40		
Total lipid (fat)		0.31	0.072	4		1		0.67		
Ash		0.27	0.038	3		1		0.58		
Carbohydrate, by difference		44.37		0	NC	4		95.84		
Fiber, total dietary		0.3		0		4		0.6		
Sugars, total		44.07		0	0	4		95.19		
Starch				•	•	-		33.13		
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	mg	13	0.792	4		1		28		
Iron, Fe		0.36	0.077	4		1		0.78		
Magnesium, Mg	mg	15	1.577	3		1		32		
Phosphorus, P	mg	15	1.593	3		1		32		
Potassium, K	mg	74	6.456	3		1		160		
Sodium, Na	mg	7	3.592	3		1		15		
Zinc, Zn	mg	0.13	0.013	3		1		0.28		
Copper, Cu	mg	0.046	0.005	3		1		0.099		
Manganese, Mn	mg	0.617	0.150	3		1		1.333		
Selenium, Se	mcg	0.4		0	BFSN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	83.1	29.211	3		1		179.5		
Thiamin		0.052		4		1		0.112		
Riboflavin		0.032		4		1		0.112		
Niacin		0.431		4		1		0.931		
Pantothenic acid		0.083		3		1		0.179		
Vitamin B-6		0.147		3		1		0.318		
Folate, total	_	4	1.200	4		1		10		
Folic acid		0	1.200	0	z	7		0		
Folate, food		4	1.200	4	-	1		10		
Folate, DFE	mca DFF	4	1.200	0	NC	4		10		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		27	14.001	3	-	1		58		
Vitamin A, RAE		1	0.700	3		1		3		
Retinol		0	0.700	0	z	7		0		
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00		
Tocopherol, beta		0.00		Ū	DESIN	-		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFSN	4		3.0		
ramm r (phynoqumone)						_				
<u>Lipids:</u>										
Fatty acids, total saturated		0.103		0		1		0.222		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	-	0.000	)	0		1		0.000		
13:0	-									
14:0		0.003	1	0		1		0.006		
15:0	g									
16:0	g	0.088		0		1		0.190		
17:0	g									
18:0	g	0.012		0		1		0.026		
20:0	g									
22:0	g									
24:0	a									

			mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.013		0		1		0.028		
14:1	_									
15:1 16:1 undifferentiated	_	0.000		0		1		0.000		
17:1	_	0.000		·		-		0.000		
18:1 undifferentiated	_	0.013		0		1		0.028		
20:1	g	0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.092		0		1		0.199		
18:2 undifferentiated		0.071		0		1		0.153		
18:3 undifferentiated		0.021		0		1		0.045		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_			_		_				
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
20:5 n-3	_	0.000		0		1		0.000		
22:5 n-3		0.000		0 0		1		0.000		
22:6 n-3		0.000		U		1		0.000		
Fatty acids, total trans	_	0		0	z	7		0		
Phytosterols		U		U	4	,		U		
Fliytosterois										
Amino Acids:										
Tryptophan	g									
Threonine		0.019		0		1		0.041		
Isoleucine	_	0.008		0		1		0.017		
Leucine	_	0.014		0		1		0.030		
Lysine	_	0.012		0		1		0.026		
Methionine		0.001		0		1		0.002		
Cystine		0.014		0		1		0.020		
Phenylalanine		0.014		0		1		0.030 0.006		
TyrosineValine		0.012		0		1		0.026		
Arginine	_	0.012		0		1		0.119		
Histidine	-	0.008		0		1		0.017		
Alanine	_	0.100		0		1		0.216		
Aspartic acid	_	0.026		0		1		0.056		
Glutamic acid		0.129		0		1		0.279		
Glycine		0.014		0		1		0.030		
Proline	<del>-</del>	0.018		0		1		0.039		
Serine	_	0.015		0		1		0.032		
Hydroxyproline										
2 21	•									
Others: Alcohol, ethyl	a	0.0		0		7		0.0		
Caffeine		0.0		0	Z	7		0.0		
Theobromine		0		0	Z	7		0		
Carotenoids:	9	v		J	4	•		v		
				_		_		0=		
Carotene, beta		17		0	BFSN	4		35.690		
Carotene, alpha		0		0	BFSN	4		0.800		
Cryptoxanthin, beta		0		0 0	BFSN	4 4		0.000		
Lycopene				0	BFSN			0.000		
Lutein + zeaxanthin	iiicā	251		U	BFSN	4		541.352		

# **Common Measures:**

Measure 1 = 216g: 1 can (6 fl oz)

NDB No. 09136

Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	90.00		0		1		222.30	176.40	
Energy		39		0	NC	4		96	76	
Energy	kj	163				4		403	320	
Protein (N x 6.25)		0.50		0		1		1.24	0.98	
Total lipid (fat)	g	0.10		0		1		0.25	0.20	
Ash		0.20		0		1		0.49	0.39	
Carbohydrate, by difference		9.20		0	NC	4		22.72	18.03	
Fiber, total dietary										
Sugars, total	_									
Starch	9									
Ainerals:										
Calcium, Ca	mg	9		0		1		22	18	
Iron, Fe	-	0.20		0		1		0.49	0.39	
Magnesium, Mg	-	12		0		1		30	24	
Phosphorus, P		15		0		1		37	29	
Potassium, K	_	162		0		1		400	318	
Sodium, Na	mg	1		0		1		2	2	
Zinc, Zn	mg	0.05		0		1		0.12	0.10	
Copper, Cu	mg	0.033		0		1		0.082	0.065	
Manganese, Mn		0.020	)	0		1		0.049	0.039	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	38.0		0		1		93.9	74.5	
Thiamin	-	0.040	)	0		1		0.099	0.078	
Riboflavin		0.020		0		1		0.049	0.039	
Niacin		0.200	)	0		1		0.494	0.392	
Pantothenic acid		0.189	•	0		4		0.467	0.370	
Vitamin B-6		0.044	l	0		4		0.109	0.086	
Folate, total	mcg	10		0		4		25	20	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	10		0		4		25	20	
Folate, DFE		10		0	NC	4		25	20	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		440		0		1		1087	862	
Vitamin A, RAE		22		0		1		54	43	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.014	l	0		1		0.035	0.027	
4:0	g									
6:0	_									
8:0										
10:0	_									
12:0	_									
13:0										
14:0	_									
15:0	_			•		_				
16:0	_	0.012	<u> </u>	0		1		0.030	0.024	
17:0		0.00-		•				0.000	0.000	
18:0	-	0.001	L	0		1		0.002	0.002	
20:0										
22:0	9 9									

	<u>An</u>	mount in 100 grams	<u>en</u>	Amount in edible portion of common			
			Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code M	easure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.013	0	1		0.032	0.025	
14:1g							
16:1 undifferentiated	0.001	0	1		0.002	0.002	
17:1	0.001	v	-		0.002	0.002	
18:1 undifferentiated 9	0.012	0	1		0.030	0.024	
20:1					0.000	0.021	
22:1 undifferentiated. 9							
24:1 c							
Fatty acids, total polyunsaturated9	0.024	0	1		0.059	0.047	
18:2 undifferentiatedg	0.019	0	1		0.047	0.037	
18:3 undifferentiatedg	0.005	0	1		0.012	0.010	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiated							
20:5 n-3							
22:5 n-3							
22:6 n-3g							
Fatty acids, total trans							
Cholesterolm	ng 0	0	z 7		0	0	
Phytosterolsn	ng						

## **Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 196g: 1 fruit yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.38	0.069	16		1		218.45	27.26	
Energy	kcal	46		0	NC	4		115	14	
Energy	kj	192				4		481	60	
Protein (N x 6.25)	g	0.58	0.010	16		1		1.45	0.18	
Total lipid (fat)	g	0.09	0.005	16		1		0.23	0.03	
Ash	g	0.82	0.056	16		1		2.05	0.26	
Carbohydrate, by difference	g	11.13		0	NC	4		27.83	3.47	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g	11.03		0	0	4		27.58	3.44	
Starch	g									
3.6.										
Minerals:	ma	8	0 316	1.0		4		20	•	
Calcium, Ca	-	8 0.36	0.316 0.026	16		1 1		20 0.90	2 0.11	
Iron, Fe	-	10	0.026 0.144	16 16		1			0.11 3	
Magnesium, Mg Phosphorus, P		10	0.144	16		1		25 28	3	
1 /	•	162	0.266 3.902	16 16		1		28 405	3 51	
Potassium, KSodium. Na	-	162	3.902 0.182	16		1		405 5	1	
Zinc, Zn	•	0.06	0.182	16		1		0.15	0.02	
Copper, Cu		0.048		16		1		0.13	0.015	
Manganese, Mn		0.040		0		1		0.120	0.006	
Selenium, Se		0.1		0	BFZN	4		0.3	0.0	
						_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	26.9	0.461	16		1		67.3	8.4	
Thiamin	-	0.040		17		1		0.100	0.012	
Riboflavin	mg	0.023		17		1		0.058	0.007	
Niacin	mg	0.319		16		1		0.798	0.100	
Pantothenic acid	-	0.130		0		1		0.325	0.041	
Vitamin B-6	_	0.020		1		1		0.050	0.006	
Folate, total		10		0		1		26	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		1		26	3	
Folate, DFE		10		0	NC	4		26	3	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		7		0	NC	4		18	2	
Vitamin A, RAE		0		0	NC	4		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.04		0	BFZN	4		0.10	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.1	0.0	
vitamin K (phynodumone)	g	0.0		·	21 211	•		0.1	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.012		0		1		0.030	0.004	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0										
14:0		0.000		0		1		0.000	0.000	
15:0										
16:0		0.011		0		1		0.028	0.003	
17:0	_									
18:0	_	0.001		0		1		0.003	0.000	
20:0	_									
22:0	_									
24:0	g									

	Ar	nount in 100 g	rams of	edible portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean		mber Data De ints Co		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.012		0	1		0.030	0.004	
14:1g								
15:1g								
16:1 undifferentiatedg	0.001		0	1		0.003	0.000	
17:1g								
18:1 undifferentiatedg	0.011		0	1		0.028	0.003	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.021		0	1		0.053	0.007	
18:2 undifferentiatedg	0.017		0	1		0.043	0.005	
18:3 undifferentiatedg	0.004		0	1		0.010	0.001	
18:4g	0.000		0	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	1		0.000	0.000	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		0	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0		0	z 7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeinemg	0		0	z 7		0	0	
Theobromine mg	0		0	z 7		0	0	
Carotenoids:								
Carotene, beta mcg	3		0 E	BFZN 4		7.481	0.934	
Carotene, alphamcg	2		0 E	BFZN 4		4.275	0.533	
Cryptoxanthin, betamcg	1		0 E	BFZN 4		1.763	0.220	
Lycopenemcg	0		0 E	BFZN 4		0.000	0.000	
Lutein + zeaxanthin mcg	10		0 E	BFZN 4		23.750	2.964	

# **Common Measures:**

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

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.10	0.250	17		1		222.55	27.84	
Energy	kcal	38		0	NC	4		94	12	
Energy	kj	159				4		393	49	
Protein (N x 6.25)	g	0.52	0.010	19		1		1.28	0.16	
Total lipid (fat)	g	0.10	0.000	16		1		0.25	0.03	
Ash	g	0.32	0.010	17		1		0.79	0.10	
Carbohydrate, by difference	g	8.96		0	NC	4		22.13	2.77	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	8.86		0	0	4		21.88	2.74	
Starch	g									
M: 1										
Minerals:	ma	7	0.200	27		1		17	2	
Calcium, CaIron, Fe	_	0.20	0.200	17		1		0.49	0.06	
Magnesium, Mg	_	10	0.235	27		1		25	3	
Phosphorus, P		11	0.466	26		1		27	3	
Potassium, K	-	153	3.181	27		1		378	47	
Sodium. Na	_	1	0.128	25		1		2	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.09	0.007	16		1		0.22	0.03	
Copper, Cu		0.038	0.003	17		1		0.094	0.012	
Manganese, Mn		0.020		0		1		0.049	0.006	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	
Vitamina										
<u>Vitamins:</u>	ma	29.2	0.738	17		1		72.1	9.0	
Vitamin C, total ascorbic acid Thiamin	_	0.042		17		1		0.104	0.013	
Riboflavin	_	0.042		17		1		0.104	0.006	
Niacin	<del>-</del>	0.020		17		1		0.571	0.071	
Pantothenic acid	_	0.130		0		1		0.321	0.040	
Vitamin B-6	<del>-</del>	0.020		0		1		0.049	0.006	
Folate, total	-	10	0.509	3		1		26	3	
Folic acid		0	0.005	0	z	7		0	0	
Folate, food		10	0.509	3		1		26	3	
Folate, DFE		10		0	NC	4		26	3	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU	7	1.844	7		1		17	2	
Vitamin A, RAE		0	0.092	7		1		1	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		0		1		0.10	0.01	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	0.013		0		1		0.032	0.004	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0		0.000		0		1		0.000	0.000	
15:0										
16:0		0.012		0		1		0.030	0.004	
17:0										
18:0	g	0.001		0		1		0.002	0.000	
20:0	g									
22:0	g									
24:0	q									

	<u>Am</u>	ount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and the total management of the	0.013	0		1		0.022	0.004	
Fatty acids, total monounsaturatedg	0.013	U		1		0.032	0.004	
14:1g								
15:1g 16:1 undifferentiatedg	0.001	0		1		0.002	0.000	
17:1g	0.001	U		_		0.002	0.000	
18:1 undifferentiated	0.012	0		1		0.030	0.004	
20:1g	0.000	0		1		0.000	0.004	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg	0.000	· ·		-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.023	0		1		0.057	0.007	
18:2 undifferentiatedg	0.018	0		1		0.044	0.006	
18:3 undifferentiated	0.005	0		1		0.012	0.002	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3	0.000	0		1		0.000	0.000	
Fatty acids, total trans								
Cholesterol mg	0	0	z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	3	0	BNA	4		7.391	0.925	
Carotene, alphamcg	2	0	BNA	4		4.224	0.528	
Cryptoxanthin, beta mcg	1	0	BNA	4		1.742	0.218	
Lycopenemcg	0	0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	10	0	BFZN	4		23.465	2.936	

# **Common Measures:**

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09126 Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water

Refuse: 0%

		<u>Aı</u>	mount in 100 gr	rams	<u>n</u>	Amount in edible portion of common				
			Nur	mber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	89.30		0		1		220.57	27.59	
Energy		41		0	NC	4		101	13	
Energy		172				4		424	53	
Protein (N x 6.25)		0.55	0.030	3		1		1.36	0.17	
Total lipid (fat)		0.13	0.013	3		1		0.32	0.04	
Ash		0.28	0.036	3		1		0.69	0.09	
Carbohydrate, by difference		9.73		0	NC	4		24.03	3.01	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	9.63		0	0	4		23.79	2.98	
Starch	g									
Mr. 1										
Minerals:	ma	8	0.625	3		1		20	2	
Calcium, Ca Iron, Fe	-	8 0.14	0.625	3		1		0.35	0.04	
Magnesium, Mg		11	0.391	3		1		27	3	
Phosphorus, P		14	0.044	3		1		35	4	
Potassium, K	-	136	2.357	3		1		336	42	
Sodium, Na		1	0.159	3		1		2	0	
Zinc, Zn		0.05	0.002	3		1		0.12	0.02	
Copper, Cu		0.033	0.007	3		1		0.082	0.010	
Manganese, Mn		0.020	0.001	3		1		0.049	0.006	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	33.7	0.211	3		1		83.2	10.4	
Thiamin		0.041		3		1		0.101	0.013	
Riboflavin		0.022		3		1		0.054	0.007	
Niacin		0.217		3		1		0.536	0.067	
Pantothenic acid	-	0.189		3		1		0.467	0.058	
Vitamin B-6		0.044		3		1		0.109	0.014	
Folate, total	-	4	1.022	3		1		9	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	4	1.022	3		1		9	1	
Folate, DFE	mcg_DFE	4		0	NC	4		9	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		9	1.005	3		1		22	3	
Vitamin A, RAE	mcg_RAE	0	0.050	3		1		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFZN	4		0.10	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
vitamin K (phynoquinone)	Illog	0.0		U	DF ZN	*		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.019	1	0		1		0.047	0.006	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000	1	0		1		0.000	0.000	
13:0	_	0 001		0		4		0.000	0 000	
14:0	_	0.001		0		1		0.002	0.000	
15:0	_	0.017		0		1		0.040	0 005	
16:0 17:0		0.017		U		1		0.042	0.005	
18:0	_	0.001		0		1		0.002	0.000	
20:0	_	0.001		J		-		0.002	0.000	
22:0	_									
24:0	-									

NDB No. 09126
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water

		<u>A</u> n	nount in 100	grams	of edib	Amount in edible portion of common				
			= :	lumber		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.018		0		1		0.044	0.006	
14:1	-									
15:1						_				
16:1 undifferentiated	-	0.002		0		1		0.005	0.001	
17:1 18:1 undifferentiated	-	0.016		0		1		0.040	0.005	
20:1	-	0.016		0		1		0.040	0.005	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c		0.000		U		_		0.000	0.000	
Fatty acids, total polyunsaturated	-	0.032		0		1		0.079	0.010	
18:2 undifferentiated		0.032		0		1		0.062	0.008	
18:3 undifferentiated	-	0.023		0		1		0.002	0.002	
18:4		0.000		0		1		0.000	0.002	
20:2 n-6 c,c		0.000		·		-		0.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	4		0	BNA	4		9.503	1.189	
Carotene, alpha	_	2		0	BNA	4		5.430	0.679	
Cryptoxanthin, beta		1		0	BNA	4		2.240	0.280	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		10		0	BFZN	4		23.465	2.936	

### **Common Measures:**

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

Proximates:  Water. 9 Energy kcal Energy kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary 9 Sugars, total. 9 Starch. 9  Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se mcg  Vitamin C, total ascorbic acid mg Niacin. mg Riboflavin. mg Pantothenic acid mg Vitamin B-6 mg Folate, total. mcg Folate, food. mcg Fo	62.00 146 611 1.97 0.48 0.99 34.56 0.4 34.16  27 0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.107 0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004		Deriv	Source Code  1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Confidence Code	128.34 302 1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6	Measure 2	Measure
Proximates:           Water.         9           Energy.         kj           Protein (N x 6.25).         9           Total lipid (fat).         9           Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         9           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         mcg           Vitamine:         mg           Vitamin.         mg           Pantothenic acid         mg           Vitamin B-6.         mg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin A, IU.         IU           Vitamin A, RAE	62.00 146 611 1.97 0.48 0.99 34.56 0.4 34.16  27 0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.107 0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	0 0 0 3 3 3 0 0 0 0	NC NC O	Code  1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		128.34 302 1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6	Measure 2	Measure
Proximates:         9           Energy.         kcal           Energy.         kj           Protein (N x 6.25).         9           Total lipid (fat).         9           Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         9           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         vitamin C, total ascorbic acid         mg           Vitamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, food.         mcg           Folate, food.         mcg           Folate, food.         mcg	62.00 146 611 1.97 0.48 0.99 34.56 0.4 34.16  27 0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.107 0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	0 0 3 3 3 0 0 0 0 0	NC NC O	1 4 4 1 1 1 4 4 4 1 1 1 1 1 1 1 1 1 1	Code	128.34 302 1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6	Measure 2	Measure
Water         9           Energy         kcal           Energy         kj           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         9           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         witamin C, total ascorbic acid         mg           Vitamin C, total ascorbic acid         mg           Polate, total         mcg           Foliac, food         mcg           Foliac, food         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin A, IU         IU	146 611     1.97     0.48     0.99 34.56     0.4 34.16  27     0.49 38     49 484     3     0.18     0.118     0.070     0.3  119.8     0.145     0.078     0.772	0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	3 3 3 0 0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3	NC O	4 4 1 1 1 4 4 4 1 1 1 1 1 1 1 1 4		302 1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Energy.         kcal           Energy.         kj           Protein (N x 6.25).         g           Total lipid (fat).         g           Ash.         g           Carbohydrate, by difference         g           Fiber, total dietary.         g           Sugars, total.         g           Starch.         g           Minerals:         ag           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wcg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Polate, total ascorbic acid.         mg           Polate, total.         mcg           Foliae, food.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg </td <td>146 611     1.97     0.48     0.99 34.56     0.4 34.16  27     0.49 38     49 484     3     0.18     0.118     0.070     0.3  119.8     0.145     0.078     0.772</td> <td>0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004</td> <td>3 3 3 0 0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3</td> <td>NC O</td> <td>4 4 1 1 1 4 4 4 1 1 1 1 1 1 1 1 4</td> <td></td> <td>302 1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6</td> <td></td> <td></td>	146 611     1.97     0.48     0.99 34.56     0.4 34.16  27     0.49 38     49 484     3     0.18     0.118     0.070     0.3  119.8     0.145     0.078     0.772	0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	3 3 3 0 0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3	NC O	4 4 1 1 1 4 4 4 1 1 1 1 1 1 1 1 4		302 1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Energy	611 1.97 0.48 0.99 34.56 0.4 34.16 27 0.49 38 49 484 3 0.18 0.118 0.070 0.3 119.8 0.145 0.078 0.772	0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	3 3 3 0 0 0 0	NC O	4 1 1 4 4 4 1 1 1 1 1 1 1 1 4		1264 4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Protein (N x 6.25)	1.97 0.48 0.99 34.56 0.4 34.16 27 0.49 38 49 484 3 0.18 0.118 0.070 0.3	0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	3 0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3 3	0	1 1 4 4 4 1 1 1 1 1 1 1 4		4.08 0.99 2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Total lipid (fat)	0.48 0.99 34.56 0.4 34.16 27 0.49 38 49 484 3 0.18 0.118 0.070 0.3	0.048 0.126 2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.004 0.004	3 0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3 3	0	1 1 4 4 4 1 1 1 1 1 1 1 4		0.99 2.05 71.54 0.8 70.71  56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Ash.         9           Carbohydrate, by difference         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         2           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, Fodo.         mcg           Folate, Fodo.         mcg           Folate, OFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           To	0.99 34.56 0.4 34.16  27 0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	0	1 4 4 4 1 1 1 1 1 1 1 1 4		2.05 71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Tolium, Ca.           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na         mg           Zinc, Zn.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamin C, total ascorbic acid         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	34.56 0.4 34.16 27 0.49 38 49 484 3 0.18 0.118 0.070 0.3	2.219 0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	0 0 0 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	0	4 4 4 1 1 1 1 1 1 1 1 4		71.54 0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:	0.4 34.16 27 0.49 38 49 484 3 0.18 0.118 0.070 0.3	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	0 0 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	0	1 1 1 1 1 1 1 1 4		0.8 70.71 56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Sugars, total         9           Starch         9           Minerals:	34.16  27	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 3 3 3 3 3 3 3 3		1 1 1 1 1 1 1 1 4		70.71  56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Starch         g           Minerals:         mg           Calcium, Ca	27 0.49 38 49 484 3 0.18 0.118 0.070 0.3 119.8 0.145 0.078 0.772	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3		1 1 1 1 1 1 1 1 4		56 1.01 79 101 1002 6 0.37 0.244 0.145 0.6		
Minerals:         Calcium, Ca	0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 0	BFSN	1 1 1 1 1 1 1 4		1.01 79 101 1002 6 0.37 0.244 0.145		
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, Food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 0	BFSN	1 1 1 1 1 1 1 4		1.01 79 101 1002 6 0.37 0.244 0.145		
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wcg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 0	BFSN	1 1 1 1 1 1 1 4		1.01 79 101 1002 6 0.37 0.244 0.145		
Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         vitamins:           Vitamin C, total ascorbic acid         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	0.49 38 49 484 3 0.18 0.118 0.070 0.3  119.8 0.145 0.078 0.772	0.210 1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 0	BFSN	1 1 1 1 1 1 1 4		1.01 79 101 1002 6 0.37 0.244 0.145		
Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	38 49 484 3 0.18 0.118 0.070 0.3 119.8 0.145 0.078 0.772	1.388 0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 3 0	BFSN	1 1 1 1 1 1 4		79 101 1002 6 0.37 0.244 0.145 0.6		
Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	49 484 3 0.18 0.070 0.3 119.8 0.145 0.078 0.772	0.155 8.369 0.565 0.005 0.024 0.004	3 3 3 3 3 0	BFSN	1 1 1 1 1 4		101 1002 6 0.37 0.244 0.145 0.6		
Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg	484 3 0.18 0.118 0.070 0.3 119.8 0.145 0.078 0.772	8.369 0.565 0.005 0.024 0.004 0.749 0.010 0.003	3 3 3 3 0	BFSN	1 1 1 1 4		1002 6 0.37 0.244 0.145 0.6		
Sodium, Na	0.18 0.118 0.070 0.3 119.8 0.145 0.078 0.772	0.565 0.005 0.024 0.004 0.749 0.010 0.003	3 3 3 0	BFSN	1 1 1 4		6 0.37 0.244 0.145 0.6		
Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg	0.118 0.070 0.3 119.8 0.145 0.078 0.772	0.024 0.004 0.749 0.010 0.003	3 0 3 3	BFSN	1 1 4		0.244 0.145 0.6		
Manganese, Mn	0.070 0.3 119.8 0.145 0.078 0.772	0.004 0.749 0.010 0.003	3 0 3 3	BFSN	1 4		0.1 <b>4</b> 5 0.6		
Selenium, Se	0.3 119.8 0.145 0.078 0.772	0.7 <b>49</b> 0.010 0.003	3	BFSN	1		0.6		
Vitamins:         mg           Thiamin	119.8 0.145 0.078 0.772	0.010 0.003	3	BFSN	1				
Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	0.145 0.078 0.772	0.010 0.003	3				040 -		
Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	0.145 0.078 0.772	0.010 0.003	3				040 -		
Thiamin	0.145 0.078 0.772	0.010 0.003	3				248.0		
Riboflavin	0.078 0.772	0.003					0.300		
Niacin	0.772				1		0.161		
Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg			3		1		1.598		
Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg	0.672		3		1		1.391		
Folate, total         mcg           Folic acid         mcg           Folate, food         mcg           Folate, DFE         mcg_DFE           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_RAE           Retinol         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg           Tocopherol, gamma         mg	0.154		3		1		0.319		
Folic acid	13	3.631	3		1		26		
Folate, food         mcg           Folate, DFE         mcg_DFE           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_RAE           Retinol         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg           Tocopherol, gamma         mg	0		0	Z	7		0		
Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg	13	3.631	3		1		26		
Vitamin B-12	13		0	NC	4		26		
Vitamin A, IU	0.00		0	Z	7		0.00		
Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg	31		2		1		64		
Vitamin E (alpha-tocopherol)mg Tocopherol, betamg Tocopherol, gammamg	2		2		1		3		
Tocopherol, betamg Tocopherol, gammamg	0		0	Z	7		0		
Tocopherol, gammamg	0.14		0	BFSN	4		0.29		
*									
Tocopherol delta ma									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mcg	0.1		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturatedg	0.064		0		1		0.132		
4:0g	0.000		0		1		0.000		
6:0g	0.000		0		1		0.000		
8:0g	0.000		0		1		0.000		
10:0g	0.000		0		1		0.000		
12:0g	0.001		0		1		0.002		
13:0g									
14:0g	0.001		0		1		0.002		
15:0g									
16:0g	0.059		0		1		0.122		
17:0g									
18:0g	0.002		0		1		0.004		
20:0g									
22:0g									

	<u>Ar</u>	nount in 100	grams	Amount in edible portion of common					
		0		Deriv		Confidence		easures of food	
Nutrients and Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.063		0		1		0.130		
14:1g							0.200		
15:1									
16:1 undifferentiated	0.007		0		1		0.014		
17:1g									
18:1 undifferentiated	0.056		0		1		0.116		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.113		0		1		0.234		
18:2 undifferentiatedg	0.089		0		1		0.184		
18:3 undifferentiatedg	0.024		0		1		0.050		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	13		0	BNA	4		27.431		
Carotene, alphamcg	8		0	BNA	4		15.675		
Cryptoxanthin, betamcg	3		0	BNA	4		6.466		
Lycopenemcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin mcg	34		0	BFSN	4		69.838		

## **Common Measures:**

Measure 1 = 207g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
			N	lumber				<u>me</u>	easures of food	<u>l</u>		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	90.00		0		1		222.30	27.81	176.40		
Energy	_	39		0	NC	4		96	12	76		
Energy		163				4		403	50	320		
Protein (N x 6.25)		0.50		0		1		1.24	0.15	0.98		
Total lipid (fat)		0.10		0		1		0.25	0.03	0.20		
Ash		0.20		0		1		0.49	0.06	0.39		
Carbohydrate, by difference		9.20		0	NC	4		22.72	2.84	18.03		
Fiber, total dietary		0.1		0		4		0.2	0.0	0.2		
Sugars, total		9.10		0	0	4		22.48	2.81	17.84		
Starch												
Suren												
<u>Minerals:</u>												
Calcium, Ca	mg	9		0		1		22	3	18		
Iron, Fe	mg	0.20		0		1		0.49	0.06	0.3		
Magnesium, Mg	mg	12		0		1		30	4	24		
Phosphorus, P		15		0		1		37	5	29		
Potassium, K	mg	162		0		1		400	50	318		
Sodium, Na	mg	1		0		1		2	0	2		
Zinc, Zn	mg	0.05		0		1		0.12	0.02	0.1		
Copper, Cu	mg	0.033	3	0		1		0.082	0.010	0.0		
Manganese, Mn	mg	0.020	)	0		1		0.049	0.006	0.0		
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.2		
Vitamina												
Vitamins:		20.0		•				00.0	44.5			
Vitamin C, total ascorbic acid	-	38.0		0		1		93.9	11.7	74.5		
Thiamin		0.040		0		1 1		0.099	0.012	0.0		
Riboflavin		0.020		-				0.049	0.006	0.0		
Niacin	-	0.200		0		1		0.494	0.062	0.3		
Pantothenic acid	-	0.189		0		4		0.467	0.058	0.3		
Vitamin B-6	-	0.044	ł	0		4		0.109	0.014	0.0		
Folate, total		10		0	_	4		25	3	20		
Folic acid		0		0	Z	7		0	0	0		
Folate, food		10		0		4		25	3	20		
Folate, DFE		10		0	NC	4		25	3	20		
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.0		
Vitamin A, IU		33		0	NC	4		81	10	64		
Vitamin A, RAE		2		0	NC	4		4	1	3		
Retinol		0		0	Z	7		0	0	0		
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.22		1	A	1		0.54	0.07	0.4		
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	0.0		
Tocopherol, gamma	mg	0.00		1	A	1		0.00	0.00	0.0		
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	0.0		
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	0.0		
inida												
<u>Lipids:</u>	~	0.01		•				0.005	0.004			
Fatty acids, total saturated	-	0.014		2 0		1 1		0.035 0.000	0.004	0.0		
4:0		0.000							0.000	0.0		
6:0	-	0.000		0		1 1		0.000	0.000	0.0		
8:0	-	0.000						0.000	0.000	0.0		
10:0	-	0.000		0		1 1		0.000	0.000	0.0		
12:0		0.000	,	U		1		0.000	0.000	0.0		
13:0	-			_		_				<u>.</u> -		
14:0	-	0.000	J	0		1		0.000	0.000	0.0		
15:0	-			_		_				_		
16:0	-	0.012	2	2		1		0.030	0.004	0.0		
17:0	-											
18:0		0.001	L	2		1		0.002	0.000	0.0		
20:0												
22:0	g											
24:0	q											

	<u>Am</u>	ount in 100 gram Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.013	2		1		0.032	0.004	0.025
14:1g								
15:1g								
16:1 undifferentiatedg	0.001	2		1		0.002	0.000	0.002
17:1g								
18:1 undifferentiatedg	0.012	2		1		0.030	0.004	0.024
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.024	2		1		0.059	0.007	0.047
18:2 undifferentiatedg	0.019	2		1		0.047	0.006	0.037
18:3 undifferentiatedg	0.005	2		1		0.012	0.002	0.010
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans9								
Cholesterol mg	0	0	Z	7		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	Z	7		0	0	0
Theobromine mg	0	0	Z	7		0	0	0
<u>Carotenoids:</u>								
Carotene, betamcg	14	0	BFZN	4		34.580	4.326	27.440
Carotene, alpha mcg	8	0	BFZN	4		19.760	2.472	15.680
Cryptoxanthin, beta mcg	3	0	BFZN	4		8.151	1.020	6.468
Lycopene mcg	0	0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	10	0	BFZN	4		23.465	2.936	18.620

## **Common Measures:**

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz Measure 3 = 196g: 1 fruit yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 09111 Grapefruit, raw, pink and red and white, all areas Citrus paradisi

Refuse: 50% Peel, seeds, core, and membrane

150.88 53 2222 1.05 0.17 0.51 13.41 1.8 11.59	Measure  116.34 41 171 0.81 0.13 0.40 10.34 1.4 8.93
150.88 53 2222 1.05 0.17 0.51 13.41 1.8 11.59	116.34 41 171 0.81 0.13 0.40 10.34
150.88 53 2222 1.05 0.17 0.51 13.41 1.8 11.59	116.34 41 171 0.81 0.13 0.40 10.34
150.88 53 2222 1.05 0.17 0.51 13.41 1.8 11.59	116.34 41 171 0.81 0.13 0.40 10.34
53 222 1.05 0.17 0.51 13.41 1.8 11.59 20 0.15	41 171 0.81 0.13 0.40 10.34
53 222 1.05 0.17 0.51 13.41 1.8 11.59 20 0.15	41 171 0.81 0.13 0.40 10.34
222 1.05 0.17 0.51 13.41 1.8 11.59 20 0.15 13	171 0.81 0.13 0.40 10.34
1.05 0.17 0.51 13.41 1.8 11.59	0.81 0.13 0.40 10.34 1.4
0.17 0.51 13.41 1.8 11.59 20 0.15	0.13 0.40 10.34 1.4
0.51 13.41 1.8 11.59 20 0.15	0.40 10.34 1.4
13.41 1.8 11.59 20 0.15	10.34 1.4
1.8 11.59 20 0.15	1.4
11.59 20 0.15 13	
20 0.15 13	8.93
0.15 13	
0.15 13	
0.15 13	
0.15 13	
13	15
	0.1
	10
13	10
231	178
0	0
0.12	0.0
0.078	0.0
0.020	0.0
0.5	0.4
57.1	44.0
0.060	0.0
0.033	0.0
0.415	0.3
0.470	0.3
0.070	0.0
17	13
0	0
17	13
17	13
0.00	0.0
539	1186
77	59
0	0
0.22	0.1
V	0.1
0.0	0.0
0.023	0.0
0.000	0.0
0.000	0.0
0.000	0.0
0.000	0.0
0.000	0.0
0.000	0.0
-	
0.020	0.0
· <del>-</del>	
0.002	0.0
	•
	0.023 0.000 0.000 0.000 0.000 0.000

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and I	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	0.013		0		1		0.030	0.022	0.017
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.001		0		1		0.002	0.002	0.001
17:1 18:1 undifferentiated	_	0.012		0		1		0.000	0.000	0.015
20:1		0.012		0		1		0.028 0.000	0.020 0.000	0.015 0.000
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	•	0.000		U		_		0.000	0.000	0.000
Fatty acids, total polyunsaturate		0.024		0		1		0.055	0.040	0.031
18:2 undifferentiated		0.019		0		1		0.044	0.032	0.024
18:3 undifferentiated		0.005		0		1		0.012	0.008	0.006
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.006		0	A	1		0.015	0.011	0.008
Threonine		0.011		0	A	1		0.025	0.018	0.014
Isoleucine	_	0.007		0	A	1		0.015	0.011	0.008
Leucine		0.012		0	A	1		0.027	0.020	0.015
Lysine		0.016		0	A	1		0.036	0.026	0.020
Methionine		0.006		0	A	1		0.014	0.010	0.008
Cystine		0.006		0	A	1		0.015	0.011	0.008
Phenylalanine		0.038		0	A	1		0.086	0.062	0.048
Tyrosine		0.006		0	A	1		0.015	0.011	0.008
Valine	_	0.012		0	A	1		0.028	0.020	0.016
Arginine		0.070		0	A	1		0.162	0.117	0.090
Histidine		0.006		0	A	1		0.015	0.011	0.008
Alanine		0.020		0	A	1		0.045	0.033	0.025
Aspartic acid	g	0.111		0	A	1		0.256	0.185	0.143
Glutamic acid	g	0.160		0	A	1		0.368	0.266	0.205
Glycine	g	0.012		0	A	1		0.028	0.020	0.015
Proline	g	0.051		0	A	1		0.118	0.085	0.066
Serine	g	0.022		0	A	1		0.052	0.037	0.029
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0.0	0.0
Theobromine	-	0		0	z	7		0	0	0
Carotenoids:		-		_	_	-		·	· ·	· ·
				_		_				
Carotene, beta		552		0	RA	4		1268.618	915.611	706.013
Carotene, alpha	-	4		0	RA	4		8.351	6.027	4.647
Cryptoxanthin, beta		6		0	RA	4		12.779	9.223	7.112
Lycopene		1135		0	RA	4		2610.868	1884.366	1453.005
Lutein + zeaxanthin	riicg	6		0	RA	4		13.570	9.794	7.552

#### **Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice Measure 2 = 166g: .5 large (approx 4-1/2" dia) Measure 3 = 128g: .5 medium (approx 4" dia) NDB No. 09111

Grapefruit, raw, pink and red and white, all areas

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09113 Grapefruit, raw, pink and red, California and Arizona Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

Proximates:       Water.     9     89.31       Energy.     kcal     37       Energy.     kj     155       Protein (N x 6.25).     9     0.50       Total lipid (fat).     9     0.10       Ash.     9     0.40       Carbohydrate, by difference     9     9.69       Fiber, total dietary.     9       Sugars, total.     9       Starch.     9       Minerals:       Calcium, Ca.     mg     11       Iron, Fe.     mg     0.08       Magnesium, Mg.     mg     9	Number of Data Frror Points  0.330 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Deriv	Source Code  1 4 4 1 1 1 1 1 1 1	Confidence Code	Measure 1  205.41 85 356 1.15 0.23 0.92 22.29	109.85 46 190 0.62 0.12 0.49 11.92	Measure
Proximates:           Water.         g         89.31           Energy.         kcal         37           Energy.         kj         155           Protein (N x 6.25).         g         0.50           Total lipid (fat).         g         0.10           Ash.         g         0.40           Carbohydrate, by difference.         g         9.69           Fiber, total dietary.         g           Sugars, total         g           Starch.         g           Minerals:         Calcium, Ca         mg         11           Iron, Fe.         mg         0.08           Magnesium, Mg         mg         9	of Data error Points  0.330 6 0 0 0 0 0 0 0 0 0 0 2.626 22 0.101 9	Deriv Code	1 4 4 1 1 1 4 4 1 1 1 1 1 1 1 1 1 1 1 1		205.41 85 356 1.15 0.23 0.92 22.29	109.85 46 190 0.62 0.12 0.49 11.92	Measure
Proximates:           Water.         g         89.31           Energy.         kcal         37           Energy.         kj         155           Protein (N x 6.25).         g         0.50           Total lipid (fat).         g         0.10           Ash.         g         0.40           Carbohydrate, by difference.         g         9.69           Fiber, total dietary.         g           Sugars, total         g           Starch.         g           Minerals:         Calcium, Ca         mg           Calcium, Ca         mg         0.08           Magnesium, Mg         mg         9	0.330 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Code	1 4 4 1 1 1 4 4 1 1 1 1 1 1 1 1 1 1 1 1		205.41 85 356 1.15 0.23 0.92 22.29	109.85 46 190 0.62 0.12 0.49 11.92	Measure
Water         g         89.31           Energy         kcal         37           Energy         kj         155           Protein (N x 6.25)         g         0.50           Total lipid (fat)         g         0.10           Ash         g         0.40           Carbohydrate, by difference         g         9.69           Fiber, total dietary         g           Sugars, total         g           Starch         g           Minerals:         Calcium, Ca         mg         11           Iron, Fe         mg         0.08           Magnesium, Mg         mg         9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		4 4 1 1 4 4		85 356 1.15 0.23 0.92 22.29	46 190 0.62 0.12 0.49 11.92	
Water         g         89.31           Energy         kcal         37           Energy         kj         155           Protein (N x 6.25)         g         0.50           Total lipid (fat)         g         0.10           Ash         g         0.40           Carbohydrate, by difference         g         9.69           Fiber, total dietary         g           Sugars, total         g           Starch         g           Minerals:         a           Calcium, Ca         mg         11           Iron, Fe         mg         0.08           Magnesium, Mg         mg         9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		4 4 1 1 4 4		85 356 1.15 0.23 0.92 22.29	46 190 0.62 0.12 0.49 11.92	
Energy.         kcal         37           Energy.         kj         155           Protein (N x 6.25)         g         0.50           Total lipid (fat)         g         0.10           Ash         g         0.40           Carbohydrate, by difference         g         9.69           Fiber, total dietary         g           Sugars, total         g           Starch         g           Winerals:         Calcium, Ca.         mg         11           Iron, Fe         mg         0.08           Magnesium, Mg         mg         9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		4 4 1 1 4 4		85 356 1.15 0.23 0.92 22.29	46 190 0.62 0.12 0.49 11.92	
Energy     kj     155       Protein (N x 6.25)     g     0.50       Total lipid (fat)     g     0.10       Ash     g     0.40       Carbohydrate, by difference     g     9.69       Fiber, total dietary     g       Sugars, total     g       Starch     g       Winerals:     Calcium, Ca     mg     11       Iron, Fe     mg     0.08       Magnesium, Mg     mg     9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		4 1 1 4 4		356 1.15 0.23 0.92 22.29	190 0.62 0.12 0.49 11.92	
Protein (N x 6.25)	0.437 22 0.229 22 0 2.626 22 0.101 9	NC	1 1 4 4		1.15 0.23 0.92 22.29	0.62 0.12 0.49 11.92	
Total lipid (fat).       9       0.10         Ash.       9       0.40         Carbohydrate, by difference.       9       9.69         Fiber, total dietary.       9         Sugars, total.       9         Starch.       9         Winerals:       2         Calcium, Ca.       mg       11         Iron, Fe.       mg       0.08         Magnesium, Mg.       mg       9	0.437 22 0.229 22 0 2.626 22 0.101 9	NC	1 1 4		0.23 0.92 22.29	0.12 0.49 11.92	
Ash.       9       0.40         Carbohydrate, by difference.       9       9.69         Fiber, total dietary.       9         Sugars, total.       9         Starch.       9         Winerals:       2         Calcium, Ca.       mg       11         Iron, Fe.       mg       0.08         Magnesium, Mg.       mg       9	0.437 22 0.229 22 0 2.626 22 0.101 9	NC	1 4 1 1		0.92 22.29 25	0.49 11.92	
Carbohydrate, by difference       9       9.69         Fiber, total dietary       9         Sugars, total       9         Starch       9         Winerals:       2         Calcium, Ca       mg       11         Iron, Fe       mg       0.08         Magnesium, Mg       mg       9	0.437 22 0 0.229 22 0 2.626 22 0.101 9	NC	1 1 1		22.29 25	11.92	
Fiber, total dietary	0.437 22 0 0.229 22 0 2.626 22 0.101 9	NC	1 1 1		25	14	
Sugars, total       .9         Starch       .9         Winerals:	0 0.229 22 0 2.626 22 0.101 9		1 1				
Starch     .g       Winerals:	0 0.229 22 0 2.626 22 0.101 9		1 1				
Minerals:         mg         11           Calcium, Ca	0 0.229 22 0 2.626 22 0.101 9		1 1				
Calcium, Ca.         mg         11           Iron, Fe.         mg         0.08           Magnesium, Mg.         mg         9	0 0.229 22 0 2.626 22 0.101 9		1 1				
Calcium, Ca.         mg         11           Iron, Fe.         mg         0.08           Magnesium, Mg.         mg         9	0 0.229 22 0 2.626 22 0.101 9		1 1				
Iron, Fe	0 0.229 22 0 2.626 22 0.101 9		1 1				
Magnesium, Mgmg 9	0.229 22 0 2.626 22 0.101 9		1		0.18	0.10	
B	0 2.626 22 0.101 9						
	2.626 22 0.101 9		1		21	11	
Phosphorus, Pmg 12	0.101 9				28	15	
Potassium, Kmg 147			1		338	181	
Sodium, Namg 1	0		1		2	1	
Zinc, Znmg 0.07			1		0.16	0.09	
Copper, Cumg 0.032	0		1		0.074	0.039	
Manganese, Mnmg 0.020	0		1		0.046	0.025	
Selenium, Semcg							
Vitamins:							
Vitamin C, total ascorbic acidmg 38.1	1.084 22		1		87.6	46.9	
Thiamin mg 0.034	0.001 22		1		0.078	0.042	
Riboflavinmg 0.020	0		1		0.046	0.025	
Niacin	0.008 22		1		0.439	0.235	
Pantothenic acidmg 0.283	0		1		0.651	0.348	
Vitamin B-6mg 0.042	0.004 14		1		0.097	0.052	
Folate, totalmcg 12	0.780 22		1		28	15	
Folic acidmcg 0	0	z	7		0	0	
Folate, foodmcg 12	0.780 22		1		28	15	
Folate, DFE mcg_DFE 12	0	NC	4		28	15	
Vitamin B-12mcg 0.00	0	Z	7		0.00	0.00	
Vitamin A, IU	0	_	1		596	319	
Vitamin A, RAEmcg_RAE 0	0	AS	1		0	0	
Retinolmcg 0	0	AS Z	7		0	0	
Vitamin E (alpha-tocopherol)mg	U	4	,		U	U	
Tocopherol, betamg							
Tocopherol, gammamg							
Tocopherol, deltamg							
Vitamin D							
<u>_ipids:</u> Fatty acids, total saturatedg 0.014	0		1		0.032	0.017	
4:0g	J		-		3.00=	0.027	
6:0g							
8:0g							
10:0g							
10.0g 12:0g							
13:0g							
13:0g 14:0g							
<del>_</del>							
15:0g	^		4		0.000	0 015	
16:0g 0.012	0		1		0.028	0.015	
17:0g	_		_				
18:0g 0.001	0		1		0.002	0.001	
20:0g							
22:0g							
24:0g							

	<u>A</u> 1	nount in 100 g	rams of e	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		Data Der		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.013		0	1		0.030	0.016	
14:1g								
15:1g								
16:1 undifferentiatedg	0.001		0	1		0.002	0.001	
17:1g								
18:1 undifferentiated	0.012		0	1		0.028	0.015	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.024		0	1		0.055	0.030	
18:2 undifferentiatedg	0.019		0	1		0.044	0.023	
18:3 undifferentiatedg	0.005		0	1		0.012	0.006	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	0		0 :	z 7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.005		0	1		0.012	0.006	
Threonineg	0.009		0	1		0.020	0.011	
Isoleucineg	0.005		0	1		0.012	0.006	
Leucineg	0.009		0	1		0.022	0.012	
Lysineg	0.012		0	1		0.029	0.015	
Methionineg	0.005		0	1		0.011	0.006	
Cystineg	0.005		0	1		0.012	0.006	
Phenylalanineg	0.030		0	1		0.069	0.037	
Tyrosineg	0.005		0	1		0.012	0.006	
Valineg	0.010		0	1		0.023	0.012	
Arginineg	0.056		0	1		0.130	0.069	
Histidineg	0.005		0	1		0.012	0.006	
Alanineg	0.016		0	1		0.036	0.019	
Aspartic acidg	0.089		0	1		0.205	0.110	
Glutamic acidg	0.128		0	1		0.294	0.157	
Glycineg	0.010		0	1		0.022	0.012	
Prolineg	0.041		0	1		0.094	0.050	
Serineg	0.018		0	1		0.041	0.022	
Hydroxyproline9								

### **Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09114 Grapefruit, raw, pink and red, Florida *Citrus paradisi* 

Refuse: 49% Peel, seeds, core, and membrane

		<u>Ar</u>	mount in 100 gra	Amount in edible portion of common						
			Num	ber			measures of food			
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	ď	91.56	0.057	.6	1		210.59	112.62		
Energy	=	30		0 NC	4		69	37		
0.7		126		O NC	4		289			
Energy			0.011	_				154		
Protein (N x 6.25)	-	0.55		.6	1		1.27	0.68		
Total lipid (fat)		0.10		0	1		0.23	0.12		
Ash		0.29		.6	1		0.67	0.36		
Carbohydrate, by difference	g	7.50		0 NC	4		17.25	9.23		
Fiber, total dietary	g	1.1		0	4		2.5	1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	15		0	1		35	18		
Iron, Fe	-	0.12		3	1		0.28	0.15		
Magnesium, Mg	-	8		.6	1		18	10		
Phosphorus, P		9		.6	1		21	11		
Potassium, K		127		. o B	1		292	156		
Sodium, Na		0		8	1		0	0		
		0.07		0	1		0.16	0.09		
Zinc, Zn		0.07		.6	1		0.101	0.054		
Copper, Cu					1					
Manganese, Mn		0.010		.6			0.023	0.012		
Selenium, Se	mcg	1.4	0.315	5 A	1		3.2	1.7		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		37.0		0	1		85.1	45.5		
Thiamin		0.040		0	1		0.092	0.049		
Riboflavin	mg	0.020		0	1		0.046	0.025		
Niacin	mg	0.200		0	1		0.460	0.246		
Pantothenic acid	mg	0.283		0	1		0.651	0.348		
Vitamin B-6	mg	0.042		0	1		0.097	0.052		
Folate, total	mcg	9		0	1		22	12		
Folic acid	mcg	0		0 <b>z</b>	7		0	0		
Folate, food	mcg	9		0	1		22	12		
Folate, DFE		9		0 NC	4		22	12		
Vitamin B-12		0.00		0 z	7		0.00	0.00		
Vitamin A, IU		259	78.263	6	1		596	319		
Vitamin A, RAE		13		6	1		30	16		
Retinol		0		0 z	7		0	0		
Vitamin E (alpha-tocopherol)		· ·		-	•		· ·	·		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
<b><u>vipids:</u></b> Fatty acids, total saturated	a	0.014		0	1		0.032	0.017		
4:0		0.004		0	1		0.000	0.000		
6:0	-	0.000		0	1					
	_			0	1		0.000	0.000		
8:0	_	0.000		0	1		0.000	0.000		
10:0	_	0.000		-			0.000	0.000		
12:0	_	0.000		0	1		0.000	0.000		
13:0	_			•	_					
14:0	_	0.000		0	1		0.000	0.000		
15:0										
16:0		0.012		0	1		0.028	0.015		
17:0	g									
18:0	g	0.001		0	1		0.002	0.001		
20:0	g									
22:0	g									
24:0	g									

				grams	Amount in edible portion of common measures of food					
				Number		0	0	<u></u>	<u> </u>	
Nutrients and Units	5	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	aq	0.013		0		1		0.030	0.016	
14:1	g									
15:1 16:1 undifferentiated 17:1	g	0.001		0		1		0.002	0.001	
18:1 undifferentiated	_	0.012		0		1		0.028	0.015	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	_	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.024		0		1		0.055	0.030	
18:2 undifferentiated		0.019		0		1		0.044	0.023	
18:3 undifferentiated	_	0.005		0		1		0.012	0.006	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.	_	0.000		Ū		-		0.000	0.000	
20:3 undifferentiated.	_									
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	_	0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		Ū		-		0.000	0.000	
Cholesterol		0		0	z	7		0	0	
Phytosterols		v		Ŭ	-	,		v	v	
Amino Acids:	5									
Tryptophan	a	0.006		0	A	1		0.013	0.007	
Threonine		0.009		0	A	1		0.022	0.012	
Isoleucine	-	0.005		0	A	1		0.022	0.007	
Leucine		0.010		0	A	1		0.013	0.013	
Lysine		0.010		0	A	1		0.024	0.013	
Methionine		0.005		0	A	1		0.032	0.006	
Cystine		0.005		0	A	1		0.012	0.000	
Phenylalanine		0.000		0	A	1		0.013	0.007	
Tyrosine		0.006		0	A	1		0.013	0.007	
•	_	0.000		0	A	1		0.015	0.013	
Valine		0.011		0	A	1		0.023	0.013	
Histidine		0.002		0	A	1		0.143	0.007	
Alanine		0.000		0	A	1		0.013	0.007	
	-	0.017		0	A	1		0.040	0.021	
Aspartic acidGlutamic acid		0.141		0	A	1		0.324	0.121	
Glycine		0.141		0	A	1		0.024	0.173	
Proline	<del>-</del>	0.045		0	A	1		0.104	0.055	
Serine		0.043		0	A	1		0.045	0.033	
Hydroxyproline	-	0.020		U	•	1		0.043	0.024	
Others:	=									
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	

#### **Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice Measure 2 = 123g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09112 Grapefruit, raw, pink and red, all areas Citrus paradisi

Refuse: 49% Peel, seeds, core, and membrane

		<u>A</u> 1	mount in 100 g	rams o	of edib	le portio	<u>on</u>		edible portion	
			Nui	mber				<u>m</u> e	easures of food	_
			of	Data D	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	<b>a</b>	88.06	0.761	9	A	1		202.55	100 22	135.62
Water	_		0.761	0				202.55 97	108.32	
Energy		42			NC	4			52	65
Energy		176		0	NC	4		406	217	272
Protein (N x 6.25)		0.77	0.032	8	A	1		1.77	0.95	1.19
Total lipid (fat)		0.14	0.031	8	A	1		0.33	0.18	0.22
Ash		0.36	0.008	8	A	1		0.82	0.44	0.55
Carbohydrate, by difference		10.66		0	NC	4		24.53	13.12	16.42
Fiber, total dietary	g	1.6	0.242	5	A	1		3.8	2.0	2.5
Sugars, total		6.89	0.369	8	A	1		15.84	8.47	10.61
Sucrose	g	3.51	0.176	8	A	1		8.07	4.32	5.41
Glucose (dextrose)	g	1.61	0.157	8	A	1		3.71	1.98	2.48
Fructose	g	1.77	0.080	8	A	1		4.07	2.17	2.72
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose		0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	8	A	1		0.00	0.00	0.00
Starch		0.00	0.000	4	A	1		0.00	0.00	0.00
Starti	9	0.00	0.000	-	A	-		0.00	3.00	0.00
<u> Minerals:</u>										
Calcium, Ca	mg	22	4.428	9	A	1		51	27	34
Iron, Fe	mg	0.08	0.017	5	A	1		0.18	0.09	0.1
Magnesium, Mg	mg	9	0.289	9	A	1		20	11	13
Phosphorus, P	mg	18	0.660	8	A	1		42	22	28
Potassium, K	mg	135	13.613	9	A	1		312	167	209
Sodium, Na	mg	0	0.049	17		1		0	0	0
Zinc, Zn	mg	0.07	0.014	9	A	1		0.16	0.08	0.1
Copper, Cu	mg	0.032	0.005	5	A	1		0.074	0.039	0.0
Manganese, Mn		0.022	0.005	9	A	1		0.051	0.027	0.0
Selenium, Se		0.1	0.015	4	A	1		0.1	0.1	0.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	31.2	1.379	8	A	1		71.7	38.3	48.0
Thiamin	-	0.043		8	A	1		0.100	0.053	0.0
Riboflavin	mg	0.031	0.002	8	A	1		0.072	0.039	0.0
Niacin	_	0.204		8	A	1		0.469	0.251	0.3
Pantothenic acid		0.262	0.017	8	A	1		0.602	0.322	0.4
Vitamin B-6	mg	0.053	0.006	8	A	1		0.121	0.065	0.0
Folate, total	mcg	13	0.457	8	A	1		30	16	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	13	0.457	8	A	1		30	16	20
Folate, DFE	mcg_DFE	13		0	NC	4		30	16	20
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU	IU	1150		0	AS	1		2646	1415	1772
Vitamin A, RAE		58		0	AS	1		132	71	89
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	0.016	8	A	1		0.31	0.16	0.2
Tocopherol, beta		0.00	0.000	8	A	1		0.00	0.00	0.0
Tocopherol, gamma		0.00	0.002	8	A	1		0.00	0.00	0.0
Tocopherol, delta		0.00	0.000	8	A	1		0.00	0.00	0.0
Vitamin D										
Vitamin K (phylloquinone)		0.0	0.000	7	A	1		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.020	)	0	NC	4		0.045	0.024	0.0
4:0		0.000	)	0	Z	7		0.000	0.000	0.0
6:0	-	0.000		0	z	7		0.000	0.000	0.0
8:0		0.000		0	Z	7		0.000	0.000	0.0
10:0		0.000		0	z	7		0.000	0.000	0.0
12:0	_	0.000		0	z	7		0.000	0.000	0.0
13:0	_	3.000		-	-	•		0.000	0.000	0.0
14:0	-	0.000	)	0	z	7		0.000	0.000	0.0
15:0	-	0.000	•	v		,		3.000	0.000	0.00

					of edik	<u>on</u>		edible portion o	f common	
			N	lumber	•			me	easures of food	
Nutrients and U	nits	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.018		0		1		0.042	0.022	0.028
17:0	_									
18:0	_	0.002		0		1		0.003	0.002	0.002
20:0 22:0										
24:0										
Fatty acids, total monounsaturated	_	0.020		0	NC	4		0.045	0.024	0.030
14:1										
15:1	-									
16:1 undifferentiated	-	0.002		0		1		0.003	0.002	0.002
17:118:1 undifferentiated	-	0.018		0		1		0.042	0.022	0.028
20:1	-	0.000		0	z	7		0.000	0.022	0.028
22:1 undifferentiated		0.000		0	z	7		0.000	0.000	0.000
24:1 c	• • • • • • • • • • • • • • • • • • • •									
Fatty acids, total polyunsaturated.	g	0.036		0	NC	4		0.084	0.045	0.056
18:2 undifferentiated		0.029		0		1		0.066	0.035	0.044
18:3 undifferentiated		0.008		0		1		0.017	0.009	0.012
18:4		0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0	z	7		0.000	0.000	0.000
20:5 n-3	-	0.000		0	z	7		0.000	0.000	0.000
22:5 n-3	-	0.000		0	z	7		0.000	0.000	0.000
22:6 n-3	g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.008		0	A	1		0.018	0.010	0.012
Threonine	-	0.013		0	A	1		0.030	0.016	0.020
Isoleucine	-	0.008		0	A	1 1		0.019	0.010	0.012
Leucine Lysine	-	0.015 0.019		0	A A	1		0.033 0.044	0.018 0.024	0.022 0.030
Methionine		0.007		0	A	1		0.017	0.024	0.011
Cystine		0.008		0	A	1		0.018	0.010	0.012
Phenylalanine		0.046		0	A	1		0.107	0.057	0.071
Tyrosine	g	0.008		0	A	1		0.018	0.010	0.012
Valine	g	0.015		0	A	1		0.035	0.019	0.023
Arginine	-	0.087		0	A	1		0.200	0.107	0.134
Histidine	-	0.008		0	A	1		0.018	0.010	0.012
Alanine		0.024		0	A A	1 1		0.056	0.030	0.037
Aspartic acidGlutamic acid		0.138 0.197		0	A	1		0.316 0.454	0.169 0.243	0.212 0.304
Glycine	-	0.015		0	A	1		0.034	0.243	0.023
Proline		0.063		0	A	1		0.145	0.078	0.097
Serine	-	0.028		0	A	1		0.064	0.034	0.043
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	686	245.802	2 91	A	1		1577.722	843.738	1056.388
Carotene, alpha		3	2.338		A	1		5.838	3.122	3.909
Cryptoxanthin, beta		6	4.900		A	1		14.076	7.528	9.425
Lycopene		1419 5	525.256 5.000		A A	1 1		3263.585 11.500	1745.309 6.150	2185.183 7.700
Lutein + zeaxanthin	y	3	5.000	, 0	A	1		11.500	0.130	7.700

NDB No. 09112

Grapefruit, raw, pink and red, all areas

**Common Measures:** 

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 123g: .5 fruit (3-3/4" dia) Measure 3 = 154g: 1 NLEA serving

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Citrus paradisi

Refuse: 51% Peel, seeds, core, and membrane

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure
Duovimatos									
Proximates: Water	q	89.58	0.265	18	1		206.03	105.70	
Energy	-	37		0 NC	4		85	44	
Energy		155			4		356	183	
Protein (N x 6.25)		0.88	0.024	19	1		2.02	1.04	
Total lipid (fat)	-	0.10		0	1		0.23	0.12	
Ash	-	0.35	0.010	17	1		0.81	0.41	
Carbohydrate, by difference		9.09		0 NC	4		20.91	10.73	
Fiber, total dietary									
Sugars, total									
Starch	_								
	5								
<u>Minerals:</u>				_					
Calcium, Ca	_	12		27	1		28	14	
Iron, Fe	-	0.08		L6	1		0.18	0.09	
Magnesium, Mg		9		13	1		21	11	
Phosphorus, P		12		L8	1		28	14	
Potassium, K		143		35	1		329	169	
Sodium, Na		0		11	1 1		0	0	
Zinc, Zn		0.07 0.032		1 L7	1		0.16 0.074	0.08 0.038	
Copper, Cu		0.032		L / L 6	1		0.044	0.038	
Selenium, Se		0.020	0.003		_		0.040	0.024	
Selemum, Se	1110g								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	33.3	0.867	27	1		76.6	39.3	
Thiamin		0.037	0.002	27	1		0.085	0.044	
Riboflavin		0.020		0	1		0.046	0.024	
Niacin		0.269		27	1		0.619	0.317	
Pantothenic acid		0.283		0	1		0.651	0.334	
Vitamin B-6		0.043		L9	1		0.099	0.051	
Folate, total		12		27	1		27	14	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	12		27	1		27	14	
Folate, DFE		12		0 NC	4		27	14	
Vitamin B-12		0.00		0 Z	7		0.00	0.00	
Vitamin A, IU		10		0	1		23	12	
Vitamin A, RAE		0		0 AS	1		0	0	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)	IIIg								
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>				_					
Fatty acids, total saturated		0.014		0	1		0.032	0.017	
4:0	-								
6:0	-								
8:0	-								
10:0									
12:0	-								
13:0 14:0.	-								
15:0 16:0	-	0.012		0	1		0.028	0.014	
	-	0.012		•	1		0.028	0.014	
17:0		0.001		0	1		0.002	0.001	
18:0		0.001		U	1		0.002	0.001	
20:0									
22:0	a								

		<u>Ar</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.013		0		1		0.030	0.015	
14:1	-									
15:1										
16:1 undifferentiated	-	0.001		0		1		0.002	0.001	
17:1										
18:1 undifferentiated	g	0.012		0		1		0.028	0.014	
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.024		0		1		0.055	0.028	
18:2 undifferentiated		0.019		0		1		0.044	0.022	
18:3 undifferentiated	g	0.005		0		1		0.012	0.006	
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	-									
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	
Phytosterols	_									
Amino Acids:										
Tryptophan	а	0.009		0	A	1		0.021	0.011	
Threonine		0.015		0	A	1		0.035	0.018	
Isoleucine	-	0.009		0	A	1		0.021	0.011	
Leucine	-	0.017		0	A	1		0.038	0.020	
Lysine	-	0.022		0	A	1		0.050	0.026	
Methionine	-	0.008		0	A	1		0.019	0.010	
Cystine		0.009		0	A	1		0.021	0.011	
Phenylalanine		0.053		0	A	1		0.122	0.062	
*		0.009		0	A	1		0.122	0.062	
Tyrosine	-	0.009		0	A	1		0.021	0.011	
Valine		0.017		0	A	1		0.040	0.020	
Arginine				0	A	1		0.228		
Histidine	-	0.009		0		1			0.011	
Alanine	-	0.028		0	A	1		0.064	0.033	
Aspartic acid		0.157		-	A	_		0.361	0.185	
Glutamic acid	-	0.225		0	A	1		0.518	0.266	
Glycine	-	0.017		0	A	1		0.039	0.020	
Proline	-	0.072		0	A	1		0.166	0.085	
Serine	-	0.032		0	A	1		0.073	0.037	
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 51% Peel, seeds, core, and membrane

		<u>A</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				ımbe				<u>m</u> :	<u> </u>	
Nutrients and Un	its	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	90.76	0.045	16		1		208.75	107.10	
Energy		32		0	NC	4		74	38	
Energy		134				4		308	158	
Protein (N x 6.25)	<del>-</del>	0.63	0.017	16		1		1.45	0.74	
Total lipid (fat)		0.10		0		1		0.23	0.12	
Ash		0.32	0.010	16		1		0.74	0.38	
Carbohydrate, by difference		8.19		0	NC	4		18.84	9.66	
Fiber, total dietary	g									
Sugars, total										
Starch	g									
Minerals:										
Calcium. Ca	ma	15		0		1		35	18	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.05	0.004	16		1		0.12	0.06	
Magnesium, Mg	_	9	0.400	16		1		21	11	
Phosphorus, P	-	7	0.400	16		1		16	8	
Potassium, K	-	150	2.475	8		1		345	177	
Sodium, Na		0	0.039	8		1		0	0	
Zinc, Zn		0.07		0		1		0.16	0.08	
Copper, Cu	mg	0.056	0.004	16		1		0.129	0.066	
Manganese, Mn	<u>mg</u>	0.011	0.001	16		1		0.025	0.013	
Selenium, Se	mcg									
Vitamins										
Vitamins:	ma	27.0		0		1		85.1	42.7	
Vitamin C, total ascorbic acid	-	37.0		0		1			43.7 0.047	
Thiamin		0.040		0		1		0.092 0.046		
Riboflavin	_	0.020		0		1		0.460	0.024 0.236	
Niacin  Pantothenic acid		0.200		0		1		0.460	0.236	
Vitamin B-6		0.283		0		1		0.099	0.051	
Folate, total		9	1.051	3		1		22	11	
Folic acid		0	1.031	0	z	7		0	0	
Folate, food		9	1.051	3	-	1		22	11	
Folate, DFE	mca DFF	9	1.031	0	NC	4		22	11	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	III	10		0	-	1		23	12	
Vitamin A, RAE	mca RAF	0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		-		-	_	·		-	· ·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
****										
<u>Lipids:</u>				_						
Fatty acids, total saturated	_	0.014	ŀ	0		1		0.032	0.017	
4:0										
6:0	_									
8:0	-									
10:0 12:0										
13:0										
14:0	-									
15:0										
16:0	-	0.012	•	0		1		0.028	0.014	
17:0		0.012	-	v		-		3.020	0.014	
18:0		0.001	l	0		1		0.002	0.001	
20:0		0.001	-	J		-		3.002	0.001	
22:0										
24:0										
Z4.U	9									

		<u>A</u> 1	nount in 10	00 grams	of edil	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
	_	0.010								
Fatty acids, total monounsaturated		0.013		0		1		0.030	0.015	
15:1	-									
16:1 undifferentiated		0.001		0		1		0.002	0.001	
17:1	_	0.001		·		-		0.002	0.001	
18:1 undifferentiated	-	0.012		0		1		0.028	0.014	
20:1								0.020	0.021	
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.024		0		1		0.055	0.028	
18:2 undifferentiated		0.019		0		1		0.044	0.022	
18:3 undifferentiated	•	0.005		0		1		0.012	0.006	
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.006		0	A	1		0.015	0.008	
Threonine	-	0.011		0	A	1		0.025	0.013	
Isoleucine		0.007		0	A	1		0.015	0.008	
Leucine	-	0.012		0	A	1		0.027	0.014	
Lysine		0.016		0	A	1		0.036	0.018	
Methionine		0.006		0	A	1		0.014	0.007	
Cystine		0.006		0	A	1		0.015	0.008	
Phenylalanine		0.038		0	A	1		0.086	0.044	
Tyrosine	-	0.006		0	A	1		0.015	0.008	
Valine		0.012		0	A	1		0.028	0.015	
Arginine		0.070		0	A	1		0.162	0.083	
Histidine	-	0.006		0	A	1		0.015	0.008	
Alanine	-	0.020		0	A	1		0.045	0.023	
Aspartic acid		0.111		0	A	1		0.256	0.132	
Glutamic acid	-	0.160		0	A	1		0.368	0.189	
Glycine	-	0.012		0	A	1		0.028	0.014	
Proline	-	0.051		0	A	1		0.118	0.060	
Serine	-	0.022		0	A	1		0.052	0.026	
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 51% Peel, seeds, core, and membrane

		A	mount in 100 g			ole portic	on_		edible portion o	of common
				ımbe		_		1111	casares or roou	
Nutrients and Un	its	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	90.48	0.072	34		1		208.10	106.77	
Energy		33		0	NC	4		76	39	
Energy		138				4		318	163	
Protein (N x 6.25)		0.69	0.014	35		1		1.59	0.81	
Total lipid (fat)		0.10	0.000	0		1		0.23	0.12	
Ash		0.33	0.008	33		1		0.76	0.39	
Carbohydrate, by difference		8.41		0	NC	4		19.34	9.92	
Fiber, total dietary		1.1		0		4		2.5	1.3	
Sugars, total		7.31		0	0	4		16.81	8.63	
Starch	g									
Minerals:										
Calcium. Ca	mg	12	0.320	27		1		28	14	
Iron, Fe		0.06	0.004	32		1		0.14	0.07	
Magnesium, Mg	-	9	0.314	59		1		21	11	
Phosphorus, P	mg	8	0.358	34		1		18	9	
Potassium, K	_	148	2.010	43		1		340	175	
Sodium, Na	mg	0	0.032	19		1		0	0	
Zinc, Zn	mg	0.07		1		1		0.16	0.08	
Copper, Cu	mg	0.050	0.003	33		1		0.115	0.059	
Manganese, Mn	mg	0.013		32		1		0.030	0.015	
Selenium, Se	mcg	1.4	0.315	5	A	1		3.2	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mα	33.3	0.867	27		1		76.6	39.3	
Thiamin	-	0.037		27		1		0.085	0.044	
Riboflavin		0.020		0		1		0.046	0.024	
Niacin	-	0.269		27		1		0.619	0.317	
Pantothenic acid		0.283		0		1		0.651	0.334	
Vitamin B-6		0.043		19		1		0.099	0.051	
Folate, total		10	0.807	30		1		23	12	
Folic acid		0		0	z	7		0	0	
Folate, food	_	10	0.807	30		1		23	12	
Folate, DFE		10		0	NC	4		23	12	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU	33		0	AS	1		75	39	
Vitamin A, RAE	mcg_RAE	2		0	AS	1		4	2	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13		0	BFZN	4		0.31	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Linide										
Lipids: Fatty acids, total saturated	а	0.014	i.	0		1		0.032	0.017	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0		0.000	•	·		-		3.000	0.000	
14:0	-	0.000	)	0		1		0.000	0.000	
15:0		0.000	•	·		-		3.000	0.000	
16:0	-	0.012	2	0		1		0.028	0.014	
17:0	-			•		_		3.020	0.014	
18:0	-	0.001	L	0		1		0.002	0.001	
20:0		2.001		•		-		3.002	3.001	
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
				Number of Data	Deriv		Confidence	<u></u>	easures or roou	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.013		0		1		0.030	0.015	
14:1	-									
15:1	-	0.001		•				2 222	0.001	
16:1 undifferentiated	-	0.001		0		1		0.002	0.001	
17:1	-	0.012		0		1		0.028	0.014	
20:1		0.002		0		1		0.028	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.024		0		1		0.055	0.028	
18:2 undifferentiated		0.019		0		1		0.044	0.022	
18:3 undifferentiated		0.005		0		1		0.012	0.006	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans						_		_	_	
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	rrig	17		0		1		39	20	
Amino Acids:										
Tryptophan	g	0.007		0	A	1		0.016	0.008	
Threonine	g	0.012		0	A	1		0.027	0.014	
Isoleucine	g	0.007		0	A	1		0.017	0.008	
Leucine	g	0.013		0	A	1		0.030	0.015	
Lysine	g	0.017		0	A	1		0.039	0.020	
Methionine	g	0.007		0	A	1		0.015	0.008	
Cystine	-	0.007		0	A	1		0.016	0.008	
Phenylalanine		0.041		0	A	1		0.095	0.049	
Tyrosine	-	0.007		0	A	1		0.016	0.008	
Valine		0.014		0	A	1		0.031	0.016	
Arginine		0.078		0	A	1		0.178	0.092	
Histidine	-	0.007 0.022		0 0	A A	1 1		0.016 0.050	0.008	
Alanine		0.022		0	A	1		0.282	0.026 0.145	
Aspartic acidGlutamic acid		0.123		0	A	1		0.405	0.208	
Glycine	-	0.013		0	A	1		0.031	0.016	
Proline		0.056		0	A	1		0.130	0.067	
Serine	-	0.025		0	A	1		0.057	0.029	
Hydroxyproline	-	0.020		•		_		0.00.	0.023	
	3									
Others:						_				
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	14		3	A	1		32.200	16.520	
Carotene, alpha		8		3	A	1		18.400	9.440	
Cryptoxanthin, beta		3		1	A	1		7.590	3.894	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin	mcg	10		1	A	1		21.850	11.210	

### **Common Measures:**

Measure 1 = 230g: 1 cup sections, with juice

Measure 2 = 118g: .5 fruit (3-3/4" dia)

NDB No. 09116

Grapefruit, raw, white, all areas

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u> 1	mount in 100 g			ole portic	<u>n</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:										
Water		89.67	0.301	5		1		223.28		
Energy		37		0	NC	4		92		
Energy		155	0.006	10		4 1		385		
Protein (N x 6.25)		0.70 0.09	0.036 0.016	13 14		1		1.74 0.22		
Total lipid (fat)		0.09	0.016	5		1		0.22		
AshCarbohydrate, by difference		9.21	0.017	0	NC	4		22.93		
Fiber, total dietary		0.4		0	NC	4		1.0		
Sugars, total		8.80		0	0	4		21.91		
Starch		0.00		·	Ů	•		21.31		
Minerals:										
Calcium, Ca	mg	15	0.575	14		1		37		
Iron, Fe	-	0.21	0.053	5		1		0.52		
Magnesium, Mg		11	0.249	13		1		27		
Phosphorus, P		12	0.737	14		1		30		
Potassium, K		169	7.215	14		1		421		
Sodium, Na		7	0.666	13		1		17		
Zinc, Zn		0.08	0.011	4		1		0.20		
Copper, Cu		0.037		4		1		0.092		
Manganese, Mn		0.007 0.9	1	0	RA	1 4		0.017 2.2		
Selenium, Se	Tricg	0.9		U	KA	4		2.2		
Vitamins:	ma	33.9	1.761	5		1		84.4		
Vitamin C, total ascorbic acid Thiamin		0.029		4		1		0.072		
Riboflavin	-	0.023		3		1		0.045		
Niacin	-	0.249		0		4		0.620		
Pantothenic acid		0.120		0		4		0.299		
Vitamin B-6		0.020	)	0		4		0.050		
Folate, total	mcg	9		0		4		22		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		9		0		4		22		
Folate, DFE		9		0	NC	4		22		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE		0 0		0	z	1 7		0 0		
Retinol		0.09		0	BFYN	4		0.22		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.09		U	Drin	4		0.22		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0		
Lipids:										
Fatty acids, total saturated		0.012		0		1		0.030		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1 1		0.000		
12:0 13:0	-	0.000	,	U		1		0.000		
14:0		0.000	)	0		1		0.000		
15:0	-	0.000	•	J		-		3.000		
16:0		0.011	_	0		1		0.027		
17:0				-		•				
18:0	-	0.001		0		1		0.002		
20:0	-									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 100 gra	ns of edi	ble portic	<u>on</u>		edible portion	
			Num	er			<u>m</u>	easures of food	
				ta Deriv		Confidence			
Nutrients and U	nits	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.012	(	1	1		0.030		
14:1									
15:1					_				
16:1 undifferentiated	_	0.001		1	1		0.002		
17:1	-	0.010			1		0.005		
18:1 undifferentiated	_				1		0.025		
20:1	-	0.000			1		0.000		
22:1 undifferentiated 24:1 c	•	0.000	•	1	1		0.000		
		0.021			1		0.052		
Fatty acids, total polyunsaturated.					1		0.032		
18:2 undifferentiated		0.017			1				
18:3 undifferentiated	_	0.004			1		0.010		
18:4	-	0.000	•	•	1		0.000		
20:2 n-6 c,c 20:3 undifferentiated	-								
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000			1		0.000		
20:5 n-3	-	0.000			1		0.000		
20:5 n-3		0.000			1		0.000		
	_	0.000			1		0.000		
22:6 n-3		0.000	'		_		0.000		
Fatty acids, total trans Cholesterol		0	(	z	7		0		
Phytosterols		U	`		,		U		
Filytosterois									
Amino Acids:									
Tryptophan	g	0.007	•	A	1		0.018		
Threonine	-	0.012		A	1		0.030		
Isoleucine	-	0.007	•	A	1		0.018		
Leucine	g	0.013		A	1		0.033		
Lysine		0.017		A	1		0.043		
Methionine	g	0.007		A	1		0.016		
Cystine	g	0.007		A	1		0.018		
Phenylalanine	g	0.042	:	A	1		0.105		
Tyrosine	g	0.007	•	A	1		0.018		
Valine	g	0.014		A	1		0.034		
Arginine	-	0.079	(	A	1		0.197		
Histidine	g	0.007	•	A	1		0.018		
Alanine	g	0.022	:	A	1		0.055		
Aspartic acid	g	0.125	(	A	1		0.311		
Glutamic acid	g	0.179		A	1		0.446		
Glycine		0.014		A	1		0.034		
Proline	g	0.057		A	1		0.143		
Serine		0.025	(	A	1		0.063		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	(	,	7		0.0		
Caffeine		0.0	,		7		0.0		
Theobromine	_	0	,		7		0		
	9	· ·	,	. 4	,		U		
Carotenoids:									
Carotene, beta	mcg	0	(	_	7		0.000		
Carotene, alpha		0	(	Z	7		0.000		
Cryptoxanthin, beta		0	(	_	7		0.000		
Lycopene	mcg	0		Z	7		0.000		
Lutein + zeaxanthin	mcg	0	(	Z	7		0.000		

### **Common Measures:**

Measure 1 = 249g: 1 cup

NDB No. 09120

Grapefruit, sections, canned, juice pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>Aı</u>	mount in 100 g			le portio	<u>n</u>		edible portion	
				mber		_		<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	83.59	0.210	14		1		212.32		
Energy		60		0	NC	4		152		
Energy		251				4		638		
Protein (N x 6.25)		0.56	0.020	14		1		1.42		
Total lipid (fat)		0.10	0.000	14 14		1 1		0.25		
Ash		0.31 15.44	0.007	0	NC	4		0.79 39.22		
Carbohydrate, by difference Fiber, total dietary		0.4		0	NC	4		1.0		
Sugars, total		15.04		0	0	4		38.20		
Starch		13.04		Ū	Ü	•		30.20		
Starcii	9									
Minerals:										
Calcium, Ca	-	14	1.012	14		1		36		
Iron, Fe		0.40	0.030	14		1		1.02		
Magnesium, Mg		10 10	0.378 0.257	14 14		1 1		25 25		
Phosphorus, P Potassium, K		129	2.456	14		1		328		
Sodium, Na		2	0.194	14		1		5		
Zine, Zn		0.08	0.003	14		1		0.20		
Copper, Cu		0.066		14		1		0.168		
Manganese, Mn		0.007		0		1		0.018		
Selenium, Se		0.9		0	RA	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	21.3	0.549	14		1		54.1		
Thiamin		0.038	0.001	14		1		0.097		
Riboflavin	mg	0.020	0.000	14		1		0.051		
Niacin	mg	0.243	0.014	14		1		0.617		
Pantothenic acid	mg	0.120		0		1		0.305		
Vitamin B-6	-	0.020		0		1		0.051		
Folate, total		9	2.588	3		1		22		
Folic acid	_	0	0.500	0	Z	7		0		
Folate, food		9 9	2.588	3 0	NC	1 4		22 22		
Folate, DFEVitamin B-12		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		1	4	1		0.00		
Vitamin A, RAE		0		1		1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.09		0	BFYN	4		0.23		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.014		0		1		0.036		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0 10:0	-	0.000		0		1 1		0.000		
12:0	-	0.000		0		1		0.000 0.000		
13:0	-	0.000		J		1		0.000		
14:0		0.000	1	0		1		0.000		
15:0				-						
16:0		0.012		0		1		0.030		
17:0										
18:0	g	0.001		0		1		0.003		
20:0	-									
22:0	_									

		<u>A</u> 1	mount in 100 gra	ams of ed	lible portio	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	
				ata Deri		Confidence			
Nutrients and Un	its	Mean	Std. Error Poi	nts Code	e Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.013		0	1		0.033		
14:1									
15:1	-	0.001		0	1		0.003		
17:1	_	0.002			-		0.000		
18:1 undifferentiated	-	0.012		0	1		0.030		
20:1	g	0.000		0	1		0.000		
22:1 undifferentiated	g	0.000		0	1		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.024		0	1		0.061		
18:2 undifferentiated		0.019		0	1		0.048		
18:3 undifferentiated	_	0.005		0	1		0.013		
18:4	-	0.000		0	1		0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated		0.000		0	1		0.000		
20:4 undifferentiated	-	0.000		0	1		0.000		
20:5 n-3				0	1		0.000		
22:5 n-3		0.000		0	1		0.000 0.000		
22:6 n-3		0.000		U	_		0.000		
Fatty acids, total trans Cholesterol		0		0 z	7		0		
Phytosterols		Ŭ		0 2	,		v		
,									
Amino Acids:									
Tryptophan		0.006		0 A	1		0.015		
Threonine	-	0.010		0 A	1		0.024		
Isoleucine	-	0.006		0 A			0.015		
Leucine	-	0.011		0 A 0 A	1 1		0.027		
Lysine		0.014 0.005		0 A 0 A	1		0.036 0.013		
Methionine		0.005		0 A	1		0.013		
CystinePhenylalanine		0.034		0 A	1		0.015		
Tyrosine		0.006		0 A	1		0.015		
Valine		0.011		0 A			0.028		
Arginine		0.063		0 A	1		0.160		
Histidine	-	0.006		0 A	1		0.015		
Alanine		0.018		0 A	1		0.045		
Aspartic acid		0.100		0 A	1		0.254		
Glutamic acid		0.143		0 A	1		0.364		
Glycine		0.011		0 A	1		0.027		
Proline		0.046		0 A	1		0.117		
Serine		0.020		0 A	1		0.051		
Hydroxyproline									
Others:									
Alcohol, ethyl	a	0.0		0	7		0.0		
Caffeine		0.0		0 z	7		0.0		
Theobromine		0		0 Z	7		0		
Carotenoids:	g	J		_	•		Ť		
	moc	•			-		0.000		
Caratana alaha	-	0		0 z 0 z	7 7		0.000 0.000		
Cruptoventhin bote		0		0 z	7		0.000		
Cryptoxanthin, beta		0		0 Z	7		0.000		
LycopeneLutein + zeaxanthin	mcd	0		0 z	7		0.000		
Luiciii + zcaxaiiliiii							3.000		

### **Common Measures:**

Measure 1 = 254g: 1 cup

NDB No. 09121

Grapefruit, sections, canned, light syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 100	Amount in edible portion of common								
			ı	Number				<u>m</u>	measures of food			
						Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	89.85		0		1		219.23				
Energy	kcal	36		0	NC	4		88				
Energy	kj	151				4		368				
Protein (N x 6.25)	g	0.58		0		1		1.42				
Total lipid (fat)	g	0.10		0		1		0.24				
Ash	g	0.32		0		1		0.78				
Carbohydrate, by difference	g	9.15		0	NC	4		22.33				
Fiber, total dietary	g	0.4		0		4		1.0				
Sugars, total	g	8.75		0	0	4		21.35				
Starch	g											
Minerals:												
Calcium, Ca	•	15		0		1		37				
Iron, Fe	-	0.41		0		1		1.00				
Magnesium, Mg		10		0		1		24				
Phosphorus, P		10		0		1		24				
Potassium, K		132		0		1		322				
Sodium, Na	-	2		0		1		5				
Zinc, Zn		0.09	•	0		1 1		0.22				
Copper, Cu		0.067		0		1		0.163 0.017				
Manganese, Mn Selenium, Se		0.007	,	0	RA	4		2.2				
	9	0.0		· ·		-						
Vitamins: Vitamin C, total ascorbic acid	ma	21.8		0		1		53.2				
Thiamin		0.039	2	0		1		0.095				
Riboflavin	-	0.021		0		1		0.051				
Niacin		0.249		0		1		0.608				
Pantothenic acid		0.120		0		1		0.293				
Vitamin B-6		0.020		0		1		0.049				
Folate, total	_	9		0		1		21				
Folic acid		0		0	z	7		0				
Folate, food		9		0		1		21				
Folate, DFE		9		0	NC	4		21				
Vitamin B-12		0.00		0	Z	7		0.00				
Vitamin A, IU	IU	0		0		1		0				
Vitamin A, RAE	mcg_RAE	0		0		1		0				
Retinol	mcg	0		0	Z	7		0				
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFYN	4		0.22				
Tocopherol, beta	mg											
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D				_								
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0				
Lipids:	~			_		_						
Fatty acids, total saturated		0.014		0		1		0.034				
4:0		0.000		0		1		0.000				
6:0	_	0.000		0		1		0.000				
8:0	_	0.000		0		1 1		0.000				
10:0		0.000		0		1		0.000				
12:0		0.000	,	U		1		0.000				
13:0		0.000	n	0		1		0.000				
14:0		0.000	,	U		1		0.000				
15:0		0.013	2	0		1		0.033				
16:0		0.013	,	U		1		0.032				
17:0	_	0 001	1	0		1		0 003				
18:0	_	0.001	<b>L</b>	U		1		0.002				
20:0	_											
22:0 24:0	_											

	<u>A</u> 1	mount in 100 grams	of edil		nount in edible portion of common measures of food			
			Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
	0.014	0		1		0.004		
Fatty acids, total monounsaturated9 14:19 15:1	0.014	0		1		0.034		
16:1 undifferentiated	0.001	. 0		1		0.002		
18:1 undifferentiated	0.012 0.000			1 1		0.029 0.000		
22:1 undifferentiatedg 24:1 cg	0.000	0		1		0.000		
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.024 0.019	0		1 1		0.059 0.046		
18:3 undifferentiated	0.005 0.000			1 1		0.012 0.000		
20:2 n-6 c,c	0.000	0		1		0.000		
20:4 indifferentiated	0.000	0		1		0.000		
22:6 n-3	0.000			1		0.000		
Cholesterolmg Phytosterolsmg	0	0	Z	7		0		
Amino Acids: Tryptophang	0.006	0		1		0.015		
Threonine	0.010	0		1		0.024 0.015		
Leucine	0.011 0.014			1 1		0.027 0.035		
Methionineg  Cystineg	0.005 0.006			1 1		0.013 0.015		
Phenylalanine	0.035 0.006	0		1 1		0.085 0.015		
Valine	0.011 0.065 0.006	0		1 1 1		0.028 0.160 0.015		
Histidine	0.008 0.103	0		1		0.015 0.045 0.252		
Glutamic acid	0.148 0.011	0		1 1		0.362 0.027		
Proline	0.048 0.021			1 1		0.116 0.051		
Hydroxyprolineg  Others:								
Alcohol, ethyl	0.0	0	z	7 7		0.0		
Theobromine mg  Carotenoids:	0	0	Z	7		0		
Carotene, betamcg Carotene, alphamcg	0	0	z z	7 7		0.000		
Cryptoxanthin, beta mcg Lycopene mcg	0	0	z z	, 7 7		0.000		
Lutein + zeaxanthinmcg	0	0	z	7		0.000		

### **Common Measures:**

Measure 1 = 244g: 1 cup

NDB No. 09119

Grapefruit, sections, canned, water pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

**Refuse:** 42% 6% seeds, 34% skin, 2% stems

		<u>Aı</u>	mount in 100 gran	Amount in	edible portion	of common			
			Numb	er				easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and on		Weari	Sta. Liloi 1 Siii				Measure i	Weasure 2	Weasure
Proximates:									
Water	_	81.30	1		1		74.80	1.95	
Energy		67	0	NC	4		62	2	
Energy		280			4		258	7	
Protein (N x 6.25)		0.63	1		1		0.58	0.02	
Total lipid (fat)		0.35	1		1		0.32	0.01	
Ash		0.57	0.042 4		1		0.52	0.01	
Carbohydrate, by difference		17.15	0	NC	4		15.78	0.41	
Fiber, total dietary	g	0.9	0	BFZN			0.8	0.0	
Sugars, total	g	16.25	0	0	4		14.95	0.39	
Starch	g								
Minerals:									
Calcium, Ca	ma	14	1.716 7		1		13	0	
Iron, Fe	-	0.29	0.063 4		1		0.27	0.01	
Magnesium, Mg	-	5	0.176 4		1		5	0	
Phosphorus, P		10	0.613 4		1		9	0	
Potassium, K		191	27.533 5		1		176	5	
Sodium, Na		2	0.443 12	!	1		2	0	
Zinc, Zn		0.04	0.006 4		1		0.04	0.00	
Copper, Cu	mg	0.040	0.008 4		1		0.037	0.001	
Manganese, Mn	mg	0.718	0.103 4		1		0.661	0.017	
Selenium, Se	mcg	0.1	0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	4.0	0		1		3.7	0.1	
Thiamin		0.092	0		1		0.085	0.002	
Riboflavin		0.057	0		1		0.052	0.001	
Niacin		0.300			1		0.276	0.007	
Pantothenic acid		0.024			1		0.022	0.001	
Vitamin B-6	_	0.110			1		0.101	0.003	
Folate, total		4	0		1		4	0	
Folic acid		0	0	Z	7		0	0	
Folate, food		4	0		1		4	0	
Folate, DFE		4	0	NC	4		4	0	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		100	0		1		92	2	
Vitamin A, RAE		5	0	NC	4		5 0	0	
Retinol		0	0	Z	7		-	0	
Vitamin E (alpha-tocopherol)	Ing	0.19	U	BFZN	4		0.18	0.00	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		14.6	0	BFZN	4		13.4	0.3	
Lipids:									
Fatty acids, total saturated	a	0.114	0		1		0.105	0.003	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	_	0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	-	0.000			1		0.000	0.000	
13:0			·		_		,,		
14:0		0.003	0		1		0.003	0.000	
15:0		0.000	· ·		-		3.003	0.000	
16:0		0.098	0		1		0.090	0.002	
17:0		2.030	· ·		_		0.050	0.002	
18:0	_	0.013	0		1		0.012	0.000	
20:0	_	0.013	0		_		V.V12	0.000	
22:0	_								
24:0	_								
∠4.U	9								

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and o	11113	Mean	Ota. Error					Wedsure 1	Medadic 2	Wedsure 5
Fatty acids, total monounsaturate	dg	0.014		0		1		0.013	0.000	
14:1	-									
15:1 16:1 undifferentiated		0.000		0		1		0.000	0.000	
17:1		0.000		·		_		0.000	0.000	
18:1 undifferentiated	-	0.014		0		1		0.013	0.000	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	g	0.102		0		1		0.094	0.002	
18:2 undifferentiated	g	0.079		0		1		0.073	0.002	
18:3 undifferentiated		0.024		0		1		0.022	0.001	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated				_		_		_		
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		•		•	_	_		•	•	
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	<u>ing</u>									
Amino Acids:										
Tryptophan	g	0.003		1		1		0.003	0.000	
Threonine	g	0.017		1		1		0.016	0.000	
Isoleucine	g	0.005		1		1		0.005	0.000	
Leucine	g	0.013		1		1		0.012	0.000	
Lysine	g	0.014		1		1		0.013	0.000	
Methionine	g	0.021		1		1		0.019	0.001	
Cystine	g	0.010		1		1		0.009	0.000	
Phenylalanine	g	0.013		1		1		0.012	0.000	
Tyrosine	g	0.011		1		1		0.010	0.000	
Valine	g	0.017		1		1		0.016	0.000	
Arginine	g	0.046		1		1		0.042	0.001	
Histidine	g	0.023		1		1		0.021	0.001	
Alanine	g	0.026		1		1		0.024	0.001	
Aspartic acid	g	0.077		1		1		0.071	0.002	
Glutamic acid	g	0.131		1		1		0.121	0.003	
Glycine	g	0.019		1		1		0.017	0.000	
Proline	g	0.021		1		1		0.019	0.001	
Serine		0.030		1		1		0.028	0.001	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0.0	
Theobromine		0		0	Z	7		0	0	
		Ŭ		v	_	•		•	•	
Carotenoids:										
Carotene, beta		59		0	BNA	4		54.588	1.424	
Carotene, alpha		1		0	BNA	4		1.224	0.032	
Cryptoxanthin, beta	-	0		0	BNA	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	72		0	BFZN	4		66.240	1.728	

### **Common Measures:**

Measure 1 = 92g: 1 cup Measure 2 = 2.4g: 1 grape NDB No. 09131

Grapes, american type (slip skin), raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09134 Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Refuse: 0%

		<u>A</u>	mount in 100	Amount in edible portion of common						
			N	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	79.53		2		1		203.60		
Energy	kcal	73		0	NC	4		187		
Energy	kj	305				4		782		
Protein (N x 6.25)	g	0.48		2		1		1.23		
Total lipid (fat)	g	0.10		2		1		0.26		
Ash	g	0.24		2		1		0.61		
Carbohydrate, by difference	g	19.65		0	NC	4		50.30		
Fiber, total dietary	g	0.6		0	BFYN	4		1.5		
Sugars, total	g	19.05		0	0	4		48.77		
Starch	9									
Minerals:										
Calcium, Ca	-	10		2		1		26		
Iron, Fe	-	0.94		2		1		2.41		
Magnesium, Mg		6		1		1		15		
Phosphorus, P		17		1		1		44		
Potassium, K		103		1		1		264		
Sodium, Na		5		1		1 1		13		
Zinc, Zn		0.05 0.054		1 1		1		0.13 0.138		
Copper, Cu Manganese, Mn		0.034		0		1		0.138		
Selenium, Se		0.030	,	0	BFYN	4		0.037		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		2		1		2.6		
Thiamin		0.030	)	2		1		0.077		
Riboflavin	-	0.022	2	2		1		0.056		
Niacin		0.125	5	2		1		0.320		
Pantothenic acid		0.041	L	0		4		0.105		
Vitamin B-6	mg	0.065	5	0		4		0.166		
Folate, total	mcg	3		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		3		0		4		7		
Folate, DFE	mcg_DFE	3		0	NC	4		7		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		64		2		1		164		
Vitamin A, RAE		3		2		1		8		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.13		0	BFYN	4		0.33		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		9.8		0	BFYN	4		25.0		
Lipids:										
Fatty acids, total saturated	g	0.033	3	0		1		0.084		
4:0		0.000		0		1		0.000		
6:0	<del>-</del>	0.000		0		1		0.000		
8:0	_	0.000		0		1		0.000		
10:0	_	0.000		0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0										
14:0		0.001	L	0		1		0.003		
15:0	g									
16:0		0.029	•	0		1		0.074		
17:0	g									
18:0	_	0.004	1	0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

	<u>A</u> 1	mount in 100 gram	s of edil	ole portic	on_		edible portion o	of common
		Numbe	r			<u>m</u>	easures of food	
			a Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.004	. 0		1		0.010		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		1		0.000		
17:1g								
18:1 undifferentiatedg	0.004			1		0.010		
20:1g	0.000			1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg		_						
Fatty acids, total polyunsaturatedg	0.030			1		0.077		
18:2 undifferentiated	0.023			1		0.059		
18:3 undifferentiatedg	0.007			1		0.018		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0		1		0.000		
20:5 n-3	0.000			1		0.000		
20:5 n-3g 22:5 n-3g	0.000			1		0.000		
22:6 n-3g	0.000			1		0.000		
Fatty acids, total trans	0.000	· ·		_		0.000		
Cholesterolmg	0	0	z	7		0		
Phytosterolsmg	Ū	v	_	,		Ü		
T Hytosterois								
Amino Acids:								
Tryptophang	0.002			1		0.005		
Threonineg	0.013			1		0.033		
Isoleucineg	0.004			1		0.010		
Leucineg	0.010			1		0.026		
Lysineg	0.011			1		0.028		
Methionineg	0.016			1		0.041		
Cystineg	0.008			1		0.020		
Phenylalanineg	0.010			1		0.026		
Tyrosine	0.008			1		0.020		
Valine	0.013			1 1		0.033		
Arginine	0.035			1		0.090		
Histidine	0.018			1		0.046 0.051		
Alanine	0.020			1		0.051		
Aspartic acid	0.059			1		0.151		
Glutamic acid	0.100			1		0.236		
Glycine	0.016			1		0.038		
Serine	0.018			1		0.059		
Hydroxyproline	0.023	. 0		-		3.033		
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		
Carotenoids:								
Carotene, betamcg	38	0	BNA	4		97.214		
Carotene, alphamcg	1	0	BNA	4		2.180		
Cryptoxanthin, beta mcg	0	0	BNA	4		0.000		
Lycopene mcg	0	0	BFYN	4		0.000		
Lutein + zeaxanthin mcg	48	0	BFYN	4		123.494		

## **Common Measures:**

Measure 1 = 256g: 1 cup

NDB No. 09134

Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.84		0		1		217.66		
Energy	kcal	40		0	NC	4		98		
Energy	kj	167				4		410		
Protein (N x 6.25)	g	0.50		0		1		1.23		
Total lipid (fat)	g	0.11		0		1		0.27		
Ash	g	0.25		0		1		0.61		
Carbohydrate, by difference	g	10.30		0	NC	4		25.24		
Fiber, total dietary	g	0.6		0	BFYN	4		1.5		
Sugars, total	g	9.70		0	0	4		23.77		
Starch										
	_									
Minerals:				_		_				
Calcium, Ca	-	10		0		1		25		
Iron, Fe		0.98		0		1		2.40		
Magnesium, Mg		6		0		1		15		
Phosphorus, P.	_	18		0		1		44		
Potassium, K		107		0		1		262		
Sodium, Na	_	6		0		1		15		
Zinc, Zn		0.05		0		1		0.12		
Copper, Cu		0.056		0		1		0.137		
Manganese, Mn		0.039	)	0		1		0.096		
Selenium, Se	mcg	0.1		0	BFYN	4		0.2		
itamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.5		
Thiamin	_	0.031	_	0		1		0.076		
Riboflavin	_	0.023	3	0		1		0.056		
Niacin		0.130	)	0		1		0.319		
Pantothenic acid		0.041	_	0		4		0.100		
Vitamin B-6	-	0.065		0		4		0.159		
Folate, total	-	3		0		4		6		
Folic acid		0		0	z	7		0		
Folate, food		3		0		4		6		
Folate, DFE		3		0	NC	4		6		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		45		0	NC	4		109		
Vitamin A, RAE		2		0	NC	4		5		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.13		0	BFYN	4		0.32		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	9.8		0	BFYN	4		23.9		
<u> ipids:</u>										
Fatty acids, total saturated		0.035		0		1		0.086		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	_	0.000		0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0				•		_				
14:0		0.001		0		1		0.002		
15:0				-		_				
16:0		0.030	,	0		1		0.074		
17:0	-			-		_				
18:0	-	0.004	ŀ	0		1		0.010		
20:0	g									
22:0	_									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.004		0		1		0.010		
14:1	-									
15:1	-			_		_				
16:1 undifferentiated	_	0.000		0		1		0.000		
17:1										
18:1 undifferentiated	-	0.004		0		1		0.010		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated	g	0.031		0		1		0.076		
18:2 undifferentiated		0.024		0		1		0.059		
18:3 undifferentiated	g	0.007		0		1		0.017		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										
1 ilytosterois										
Amino Acids:										
Tryptophan	g	0.002		0		1		0.005		
Threonine	g	0.014		0		1		0.034		
Isoleucine	g	0.004		0		1		0.010		
Leucine	g	0.010		0		1		0.025		
Lysine	g	0.011		0		1		0.027		
Methionine	g	0.017		0		1		0.042		
Cystine	g	0.008		0		1		0.020		
Phenylalanine		0.010		0		1		0.025		
Tyrosine		0.009		0		1		0.022		
Valine	_	0.014		0		1		0.034		
Arginine		0.037		0		1		0.091		
Histidine		0.018		0		1		0.044		
Alanine		0.021		0		1		0.051		
Aspartic acid		0.061		0		1		0.149		
1	-	0.104		0		1		0.255		
Glutamic acid	-	0.104		0		1				
Glycine								0.037		
Proline	=	0.017		0		1		0.042		
Serine	-	0.024		0		1		0.059		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
	B	·		v	-	•		•		
Carotenoids:										
Carotene, beta		26		0	BFYN	4		64.708		
Carotene, alpha		1		0	BFYN	4		1.451		
Cryptoxanthin, beta	mcg	0		0	BFYN	4		0.000		
Lycopene	mcg	0		0	BFYN	4		0.000		
Lutein + zeaxanthin		48		0	BFYN	4		118.188		

## **Common Measures:**

Measure 1 = 245g: 1 cup

NDB No. 09133

Grapes, canned, thompson seedless, water pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw Vitis vinifera

Refuse: 4% Stems

		<u>A</u>	mount in 100 gr	ams of ed	ible porti	<u>on</u>		edible portion	
			Nun	nber			<u>m</u>	easures of food	l
			of I	Data Deri	/ Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	Code	Code	Measure 1	Measure 2	Measure :
Proximates:				_					
Water	-	80.54	0.411	8 A			128.87	124.04	4.03
Energy		69		0 N			110	106	3
Energy	-	288		0 N			461	444	14
Protein (N x 6.25)		0.72	0.031	8 A			1.15	1.10	0.04
Total lipid (fat)		0.16	0.030	8 A			0.26	0.25	0.01
Ash		0.48	0.038	8 A			0.77	0.74	0.02
Carbohydrate, by difference		18.10		0 N			28.95	27.87	0.90
Fiber, total dietary		0.9	0.114	8 A			1.4	1.4	0.0
Sugars, total		15.48	0.277	8 A			24.76	23.84	0.77
Sucrose	g	0.15	0.000	8 A			0.24	0.23	0.01
Glucose (dextrose)	g	7.20	0.096	8 A			11.52	11.09	0.36
Fructose	g	8.13	0.218	8 A			13.01	12.52	0.41
Lactose	g	0.00	0.000	8 A			0.00	0.00	0.00
Maltose	g	0.00	0.000	8 A			0.00	0.00	0.00
Galactose	g	0.00	0.000	8 A			0.00	0.00	0.00
Starch	g	0.00	0.000	4 A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca	mα	10	0.418	36 A	1		17	16	1
Iron, Fe	-	0.36	0.048	36 A	1		0.57	0.55	0.02
Magnesium, Mg	-	7	0.206	36 A	1		12	11	0
Phosphorus, P		20	0.987	34 A	1		33	32	1
Potassium, K		191	6.312	36 A	1		306	294	10
Sodium, Na		2	0.273	31 A	1		3	3	0
Zinc, Zn		0.07	0.010	36 A	1		0.10	0.10	0.00
Copper, Cu		0.127	0.016	36 A	1		0.204	0.196	0.00
Manganese, Mn		0.071	0.002	36 A	1		0.114	0.110	0.00
Selenium, Se		0.1	0.010	4 A	1		0.2	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid		10.8	0.858	6	1		17.3	16.6	0.5
Thiamin	-	0.069		8 A	1		0.110	0.106	0.00
Riboflavin	-	0.070		8 A	1		0.112	0.108	0.00
Niacin	_	0.188		8 A	1		0.301	0.290	0.00
Pantothenic acid	-	0.050		4 A	1		0.080	0.077	0.00
Vitamin B-6		0.086		8 A	1		0.137	0.132	0.00
Folate, total		2	0.000	4 A	1		3	3	0
Folic acid	mcg	0		0 Z	7		0	0	0
Folate, food		2	0.000	4 A	1		3	3	0
Folate, DFE		2		0 NC			3	3	0
Vitamin B-12		0.00		0 z	7		0.00	0.00	0.00
Vitamin A, IU		66		0 AS			106	102	3
Vitamin A, RAE		3		0 AS			5	5	0
Retinol		0		0 z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.19	0.014	5 A	1		0.31	0.30	0.01
Tocopherol, beta		0.00	0.000	5 A	1		0.00	0.00	0.00
Tocopherol, gamma		0.07	0.005	5 A	1		0.12	0.12	0.00
Tocopherol, delta		0.00	0.000	5 A	1		0.00	0.00	0.00
Vitamin D Vitamin K (phylloquinone)		14.6	0.761	5 A	1		23.3	22.5	0.7
	9	14.0	0.701	, A	•		23.3	22.5	0.7
Lipids: Fatty acids, total saturated	a	0.054	1	0 NC	4		0.086	0.083	0.00
4:0		0.000		0	1		0.000	0.003	0.00
6:0	-	0.000		0	1		0.000	0.000	0.00
8:0		0.000		0	1		0.000	0.000	0.00
10:0		0.000		0	1		0.000	0.000	0.00
12:0	-	0.000		0	1		0.000	0.000	0.00
13:0	-	0.000	•	5	1		0.000	0.000	0.00
14:0	_	0.001		0	1		0.002	0.002	0.00
14.0	y	0.001	<u>.</u>	J			0.002	0.002	0.00

NDB No. 09132 Grapes, red or green (european type varieties, such as, Thompson seedless), raw

		<u>Aı</u>	mount in 10	00 grams		ole portic	<u>on</u>		edible portion o	f common
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 17:0	-	0.046		0		1		0.073	0.071	0.002
18:0		0.006		0		1		0.010	0.010	0.000
20:0										
22:0										
24:0		0.007		0	170			0.010	0.010	0.000
Fatty acids, total monounsaturated		0.007		U	NC	4		0.010	0.010	0.000
15:1										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
17:1	g									
18:1 undifferentiated	-	0.007		0		1		0.010	0.010	0.000
20:1	-	0.000		0		1 1		0.000	0.000	0.000
22:1 undifferentiated 24:1 c	-	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.048		0	NC	4		0.077	0.074	0.002
18:2 undifferentiated		0.037		0		1		0.059	0.057	0.002
18:3 undifferentiated	g	0.011		0		1		0.018	0.017	0.001
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3		0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg	4		0		1		6	6	0
Amino Acids:										
Tryptophan	g	0.011		0	A	1		0.017	0.017	0.001
Threonine	-	0.022		0	A	1		0.035	0.034	0.001
Isoleucine	-	0.011		0	A	1		0.017	0.017	0.001
Leucine	-	0.022 0.027		0	A A	1 1		0.035 0.043	0.034 0.041	0.001 0.001
Lysine Methionine		0.027		0	A	1		0.043	0.041	0.001
Cystine	-	0.010		0	A	1		0.015	0.015	0.000
Phenylalanine	-	0.019		0	A	1		0.031	0.030	0.001
Tyrosine	g	0.010		0	A	1		0.016	0.016	0.001
Valine	g	0.022		0	A	1		0.035	0.034	0.001
Arginine		0.130		0	A	1		0.208	0.201	0.007
Histidine		0.022		0	A	1		0.035	0.034	0.001
Alanine		0.022 0.038		0	A A	1 1		0.035 0.060	0.034 0.058	0.001 0.002
Aspartic acidGlutamic acid		0.038		0	A	1		0.129	0.124	0.002
Glycine	-	0.016		0	A	1		0.025	0.024	0.001
Proline		0.080		0	A	1		0.127	0.123	0.004
Serine	g	0.022		0	A	1		0.035	0.034	0.001
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	39		2	A	1		63.072	60.707	1.971
Carotene, alpha		1		1	A	1		1.414	1.361	0.044
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene  Lutein + zeaxanthin		0 72		1 1	A A	1 1		0.000 115.200	0.000 110.880	0.000 3.600
Luteni + zeaxanthin	tiicg	12		1	A	1		113.200	110.000	3.000

NDB No. 09132

Grapes, red or green (european type varieties, such as, Thompson seedless), raw

**Common Measures:** 

Measure 1 = 160g: 1 cup, seedless

Measure 2 = 154g: 1 cup, with seeds, yields

Measure 3 = 5.0g: 1 grape, seedless

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Physalis spp.

Refuse: 6% Husks

Nutrients and Units  Proximates: Water Energy Energy Protein (N x 6.25) Total lipid (fat)	g	Mean	Std. Error		Deriv	Source	Confidence		edible portion of easures of food	
Proximates:           Water	g		Std. Error	of Data	Deriv	Source	Confidence			
Water		25.40			Code	Code	Code	Measure 1	Measure 2	Measure 3
Water		05 40								
Energy Protein (N x 6.25)	kcal	85.40		0		1		119.56		
Protein (N x 6.25)		53		0	NC	4		74		
	kj	222				4		310		
Total lipid (fat)	g	1.90		0		1		2.66		
	g	0.70		0		1		0.98		
Ash	g	0.80		0		1		1.12		
Carbohydrate, by difference	g	11.20		0	NC	4		15.68		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		13		
Iron, Fe	mg	1.00		0		1		1.40		
Magnesium, Mg	mg									
Phosphorus, P	mg	40		0		1		56		
Potassium, K	mg									
Sodium, Na	•									
Zinc, Zn	mg									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	-	11.0		0		1		15.4		
Thiamin	-	0.110		0		1		0.154		
Riboflavin		0.040		0		1		0.056		
Niacin		2.800	)	0		1		3.920		
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE				_	_	_				
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		720		0		1		1008		
Vitamin A, RAE		36		0		1		50		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	Illeg									
<u>Lipids:</u>	_									
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		•		•	_	-		•		
CholesterolPhytosterols		0		0	Z	7		0		

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

# **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

NDB No. 09138 Groundcherries, (cape-gooseberries or poha), raw

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	Number				<u>m</u> .	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	89.56		1		1		213.15		
Energy	kcal	36		0	NC	4		86		
Energy	kj	151				4		358		
Protein (N x 6.25)	g	0.32		1		1		0.76		
Total lipid (fat)	g	0.14		1		1		0.33		
Ash		0.50		1		1		1.19		
Carbohydrate, by difference	g	9.48		0	NC	4		22.56		
Fiber, total dietary	g	3.6		0		4		8.6		
Sugars, total	g	5.88		0	0	4		13.99		
Starch	g									
Minerals:	ma	7		1		1		17		
Calcium, Ca		0.18		1		1		0.43		
Iron, Fe		0.18 7		1		1		0.43 17		
Magnesium, Mg Phosphorus, P		11		1		1		26		
Potassium, K		225		1		1		536		
Sodium, Na		4		1		1		10		
Zinc, Zn		0.17		0		1		0.40		
Copper, Cu	-	0.17	7	0		1		0.183		
Manganese, Mn		0.108		0		1		0.257		
Selenium, Se		0.5	•	0	BFSN	4		1.2		
Scientini, Sc	9	0.0		·	22 52.	-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	146.4		1		1		348.4		
Thiamin		0.026		1		1		0.062		
Riboflavin		0.013		1		1		0.031		
Niacin		0.420	)	1		1		1.000		
Pantothenic acid	-									
Vitamin B-6		0.090	)	0		4		0.214		
Folate, total		5		0		4		12		
Folic acid		0		0	Z	7		0		
Folate, food		5		0		4		12		
Folate, DFE		5		0	NC	4		12		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		283		1		1		674		
Vitamin A, RAE		14		0	NC	4		34		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	•	0.55		0	BFSN	4		1.31		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1.0		•				4.6		
Vitamin K (phylloquinone)	nicg	1.9		0	BFSN	4		4.6		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.040	)	0		1		0.095		
4:0	g	0.000	)	0		1		0.000		
6:0	g	0.000	)	0		1		0.000		
8:0	g	0.000	)	0		1		0.000		
10:0	g	0.000	)	0		1		0.000		
12:0	g	0.000	)	0		1		0.000		
13:0	g									
14:0	g	0.003	3	0		1		0.007		
15:0	g									
16:0	g	0.034	1	0		1		0.081		
17:0	g									
18:0	g	0.004	1	0		1		0.010		
20:0	g									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion o	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and L	Jnits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.013		0		1		0.031		
14:1	-									
15:1 16:1 undifferentiated	-	0.001		0		1		0.002		
17:1	-	0.001		v		-		0.002		
18:1 undifferentiated		0.012		0		1		0.029		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	ig	0.059		0		1		0.140		
18:2 undifferentiated		0.042		0		1		0.100		
18:3 undifferentiated		0.017		0		1		0.040		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-	0.000		•						
20:4 undifferentiated		0.000		0 0		1 1		0.000		
20:5 n-3 22:5 n-3		0.000		0		1		0.000 0.000		
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
Fatty acids, total trans		0.000		Ū		-		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols	_	·		•	_	•		·		
•										
Amino Acids:										
Tryptophan		0.003		0		1		0.007		
Threonine	-	0.012		0		1		0.029		
Isoleucine	-	0.012		0 0		1 1		0.029		
Leucine	-	0.021 0.009		0		1		0.050 0.021		
Lysine Methionine		0.009		0		1		0.005		
Cystine		0.002		Ū		-		0.003		
Phenylalanine		0.001		0		1		0.002		
Tyrosine		0.004		0		1		0.010		
Valine	-	0.011		0		1		0.026		
Arginine	-	0.008		0		1		0.019		
Histidine		0.003		0		1		0.007		
Alanine	g	0.016		0		1		0.038		
Aspartic acid	g	0.020		0		1		0.048		
Glutamic acid	g	0.042		0		1		0.100		
Glycine	g	0.016		0		1		0.038		
Proline	g	0.010		0		1		0.024		
Serine	_	0.009		0		1		0.021		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	=	0		0	z	7		0		
Carotenoids:										
Carotene, beta	mca	170		0	0	4		404.124		
Carotene, alpha		0		0	BFSN	4		0.000		
Cryptoxanthin, beta		0		0	BFSN	4		0.000		
Lycopene		3909		0	BFSN	4		9302.953		
Lutein + zeaxanthin		0		0	BFSN	4		0.000		

## **Common Measures:**

Measure 1 = 238g: 1 cup

NDB No. 09143 Guava sauce, cooked

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Psidium guajava

Refuse: 22% Skin

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	•
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.80		2	A	1		133.32	44.44	
Energy	kcal	68		0	NC	4		112	37	
Energy	kj	285		0	NC	4		470	157	
Protein (N x 6.25)	g	2.55		2	A	1		4.21	1.40	
Total lipid (fat)	g	0.95		2	A	1		1.57	0.52	
Ash	g	1.39		2	A	1		2.29	0.76	
Carbohydrate, by difference	g	14.32		0	NC	4		23.62	7.87	
Fiber, total dietary	g	5.4		0		4		8.9	3.0	
Sugars, total	g	8.92		0	0	4		14.71	4.90	
Starch	g									
Minerals:										
Calcium, Ca	ma	18		2	A	1		30	10	
Iron, Fe	-	0.26		2	A	1		0.43	0.14	
Magnesium, Mg	-	22		2	A	1		36	12	
Phosphorus, P		40		2	A	1		65	22	
Potassium, K	-	417		2	A	1		688	229	
Sodium, Na		2		2	A	1		3	1	
Zinc, Zn	mg	0.23		2	A	1		0.37	0.12	
Copper, Cu		0.230	)	2	A	1		0.380	0.127	
Manganese, Mn	mg	0.150	)	2	A	1		0.248	0.083	
Selenium, Se	mcg	0.6		0	CAZN	4		1.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	228.3		2	A	1		376.6	125.5	
Thiamin	-	0.067	7	2	A	1		0.110	0.037	
Riboflavin	-	0.040		2	A	1		0.065	0.022	
Niacin	=	1.084		2	A	1		1.789	0.596	
Pantothenic acid	-	0.451		2	A	1		0.744	0.248	
Vitamin B-6	=	0.110		2	A	1		0.181	0.060	
Folate, total	-	49		2	A	1		82	27	
Folic acid		0		0	z	7		0	0	
Folate, food		49		2	A	1		82	27	
Folate, DFE		49		0	NC	4		82	27	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU -	624		0	AS	1		1029	343	
Vitamin A, RAE		31		0	AS	1		51	17	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.73		0	BFZN	4		1.21	0.40	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.6		0	BFZN	4		4.2	1.4	
Lipids:										
Fatty acids, total saturated	g	0.272	2	0	NC	4		0.449	0.150	
4:0		0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.000	)	0		1		0.000	0.000	
12:0	g	0.000	)	0		1		0.000	0.000	
13:0										
14:0	g	0.019	•	0		1		0.031	0.010	
15:0	g									
16:0	g	0.228	3	0		1		0.376	0.125	
17:0	g									
18:0	-	0.025	5	0		1		0.042	0.014	
20:0	-									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion easures of food	
Nutrients and U	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	dg	0.087		0	NC	4		0.144	0.048	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.005		0		1		0.008	0.003	
17:1	-			_		_				
18:1 undifferentiated	-	0.082		0		1		0.136	0.045	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.401		0	NC	4		0.661	0.220	
18:2 undifferentiated		0.288		0		1		0.475	0.158	
18:3 undifferentiated	-	0.112		0		1		0.185	0.062	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.022		0	BFPN	4		0.036	0.012	
Threonine		0.096		0	BFPN	4		0.159	0.053	
Isoleucine	-	0.093		0	BFPN	4		0.154	0.051	
Leucine		0.171		0	BFPN	4		0.282	0.094	
Lysine	-	0.072		0	BFPN	4		0.118	0.039	
Methionine		0.016		0	BFPN	4		0.026	0.009	
Cystine	=									
Phenylalanine		0.006		0	BFPN	4		0.010	0.003	
Tyrosine		0.031		0	BFPN	4		0.051	0.017	
Valine	-	0.087		0	BFPN	4		0.144	0.048	
Arginine.	-	0.065		0	BFPN	4		0.108	0.036	
Histidine	-	0.022		0	BFPN	4		0.036	0.012	
Alanine		0.128		0	BFPN	4		0.210	0.070	
Aspartic acid		0.162		0	BFPN	4		0.267	0.089	
Glutamic acid		0.333		0	BFPN	4		0.549	0.183	
Glycine	=	0.128		0	BFPN	4		0.210	0.070	
Proline		0.078		0	BFPN	4		0.128	0.043	
Serine		0.075		0	BFPN	4		0.123	0.041	
Hydroxyproline	-	0.070		·		-		0.220	0.041	
	9									
Others:										
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	374	205.56	2 21	A	1		617.513	205.838	
Carotene, alpha		0		2	A	1		0.000	0.000	
Cryptoxanthin, beta		0		2	A	1		0.000	0.000	
Lycopene		5204	106.75		A	1		8587.013	2862.338	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

## **Common Measures:**

Measure 1 = 165g: 1 cup

Measure 2 = 55g: 1 fruit, without refuse

NDB No. 09139 Guavas, common, raw (1)

Footnotes
1 Pink fleshed

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 15% Seeds, stem, and blossom end

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			N	umber					easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.66		2		1		196.81	4.84	
Energy	_	69		0	NC	4		168	4	
Energy		289				4		704	17	
Protein (N x 6.25)	-	0.58		1		1		1.42	0.03	
Total lipid (fat)	_	0.60		0		1		1.46	0.04	
Ash		0.80		0		1		1.95	0.05	
Carbohydrate, by difference		17.36		0	NC	4		42.36	1.04	
Fiber, total dietary		5.4		0	BFZN	4		13.2	0.3	
Sugars, total										
Starch	_									
Minerals:				_					_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	21		0		1		51	1	
Iron, Fe	-	0.22		0		1		0.54	0.01	
Magnesium, Mg		17		1		1		41	1	
Phosphorus, P		27 292		0		1 1		66 712	2 18	
Potassium, K		292 37		1 1		1		90	18 2	
Sodium, Na	-	37		1		1		90	2	
Zinc, Zn Copper, Cu										
Manganese, Mn	-									
Selenium, Se										
,										
Vitamins:										
Vitamin C, total ascorbic acid		37.0		0		1		90.3	2.2	
Thiamin	mg	0.030	)	0		1		0.073	0.002	
Riboflavin	-	0.030		0		1		0.073	0.002	
Niacin		0.600	)	0		1		1.464	0.036	
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE					_	_				
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		90 5		0		1 1		220	5	
Vitamin A, RAE		5		U		1		11	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitaliili K (phylloquillolic)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.172	2	0		1		0.420	0.010	
4:0										
6:0										
8:0										
10:0	-									
12:0										
13:0 14:0		0.012	<b>,</b>	0		1		0.029	0.001	
15:0	-	0.012	<u>-</u>	U		1		0.029	0.001	
	-	0.144		0		1		0.351	0.009	
16:0		0.144	•	U		1		0.331	0.009	
17:0 18:0		0.016	5	0		1		0.039	0.001	
		0.010	,	U		-		0.039	0.001	
20:0 22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	0.055	5	0		1		0.134	0.003	
14:1		0.05	,	U		-		0.134	0.003	
	u									

		<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 Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.003		0		1		0.007	0.000		
17:1	g										
18:1 undifferentiated	g	0.052		0		1		0.127	0.003		
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.253		0		1		0.617	0.015		
18:2 undifferentiated		0.182		0		1		0.444	0.011		
18:3 undifferentiated		0.071		0		1		0.173	0.004		
18:4	•										
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated											
20:5 n-3	-										
22:5 n-3.											
22:6 n-3.											
Fatty acids, total trans											
Cholesterol		0		0	z	7		0	0		
Phytosterols	mg										
amino Acids:				_							
Tryptophan		0.005		0		1		0.012	0.000		
Threonine		0.022		0		1		0.054	0.001		
Isoleucine		0.021		0		1		0.051	0.001		
Leucine		0.039		0		1		0.095	0.002		
Lysine	g	0.016		0		1		0.039	0.001		
Methionine	g	0.004		0		1		0.010	0.000		
Cystine	g										
Phenylalanine	g	0.001		0		1		0.002	0.000		
Tyrosine	g	0.007		0		1		0.017	0.000		
Valine	g	0.020		0		1		0.049	0.001		
Arginine	g	0.015		0		1		0.037	0.001		
Histidine	g	0.005		0		1		0.012	0.000		
Alanine	g	0.029		0		1		0.071	0.002		
Aspartic acid	g	0.037		0		1		0.090	0.002		
Glutamic acid	-	0.076		0		1		0.185	0.005		
Glycine		0.029		0		1		0.071	0.002		
Proline		0.018		0		1		0.044	0.001		
Serine		0.017		0		1		0.041	0.001		
Hydroxyproline											

## **Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 6.0g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number			0 " 1		easures of food	
Nutrients and Uni	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		75.28		2	A	1		134.00		
Energy	kcal	92		0	NC	4		164		
Energy	kj	385				4		685		
Protein (N x 6.25)	g	0.36		2	A	1		0.64		
Total lipid (fat)	g	0.14		2	A	1		0.25		
Ash	g	0.28		2	A	1		0.50		
Carbohydrate, by difference	g	23.94		0	NC	4		42.61		
Fiber, total dietary	g	0.9		2	A	1		1.6		
Sugars, total	g									
Starch	g									
Ain anala.										
Minerals: Calcium, Ca	ma	44		2	A	1		78		
Iron, Fe		0.29		2	A	1		0.52		
Magnesium, Mg		10		2	A	1		18		
Phosphorus, P		6		2	A	1		11		
Potassium, K	-	96		2	A	1		171		
Sodium, Na	-	11		2	A	1		20		
Zinc, Zn		0.11		2	A	1		0.20		
Copper, Cu		0.050		2	A	1		0.089		
Manganese, Mn		0.078		2	A	1		0.139		
Selenium, Se	_	0.070		_		-		0.200		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.5		2	A	1		0.9		
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.033		2	A	1		0.059		
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.036		2	A	1		0.064		
Niacin		0.677		2	A	1		1.205		
Pantothenic acid	_	0.072		2	A	1		0.128		
Vitamin B-6		0.044		2	A	1		0.078		
Folate, total		14		2	A	1		25		
Folic acid		0		0	z	7		0		
Folate, food		14		2	A	1		25		
Folate, DFE		14		0	NC	4		25		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	2		2	A	1		4		
Vitamin A, RAE		0		2	A	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (pnylloquinone)	nicg									
<u> Lipids:</u>										
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									

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

# **Common Measures:**

Measure 1 = 178g: 1 cup, drained

NDB No. 09420 Jackfruit, canned, syrup pack

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 72% Seeds and skin

		<u>Aı</u>	mount in 100 gra		ible portic	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	<u>1</u>
Nutrients and Uni	its	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure
Proximates:									
Water	-	73.23	1.956	7	1		120.83		
Energy		94		0 NC			155		
Energy		393			4		649		
Protein (N x 6.25)		1.47	0.252	6	1		2.43		
Total lipid (fat)		0.30		0	1		0.50		
Ash	g	1.00		0	1		1.65		
Carbohydrate, by difference	g	24.01		0 NC			39.62		
Fiber, total dietary	g	1.6		0	4		2.6		
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	34	12.514	4	1		56		
Iron, Fe	mg	0.60		1	1		0.99		
Magnesium, Mg	mg	37		1	1		61		
Phosphorus, P		36		4	1		59		
Potassium, K		303		2	1		500		
Sodium, Na		3		2	1		5		
Zinc, Zn		0.42		1	1		0.69		
Copper, Cu		0.187		1	1		0.309		
Manganese, Mn		0.197		1	1		0.325		
Selenium, Se	mcg	0.6		0 CAZI	1 4		1.0		
<del>'itamins:</del>									
Vitamin C, total ascorbic acid		6.7		5	1		11.1		
Thiamin	_	0.030		0	1		0.050		
Riboflavin		0.110		0	4		0.182		
Niacin		0.400	1	0	1		0.660		
Pantothenic acid		0.108		1	1		0 170		
Vitamin B-6	_	14		1 0	4		0.178 23		
Folate, total		0		0 0 z	7		0		
Folic acid	_	14		0 <u>z</u>	4		23		
Folate, DFE		14		0 NC	4		23		
Vitamin B-12		0.00		0 NC 0 Z	7		0.00		
Vitamin A, IU		297		3	1		490		
Vitamin A, RAE	mca RAF	15		3	1		25		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)		v		0 2	,		Ü		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
ipids:									
Fatty acids, total saturated	g	0.063	1	0	4		0.104		
4:0	g	0.000	)	0	4		0.000		
6:0		0.000	1	0	4		0.000		
8:0	g	0.000	)	0	4		0.000		
10:0	g	0.000	)	0	4		0.000		
12:0	g	0.000	1	0	4		0.000		
13:0	-								
14:0	-	0.000	1	0	4		0.000		
15:0	-								
16:0	-	0.040	1	0	4		0.066		
17:0									
18:0		0.022		0	4		0.036		
20:0									
22:0	g								

	<u>Ar</u>	nount in 100 grams	of edible p	ortion		Amount in	edible portion o	of common
		Numbe	r			me	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv So Code C	urce C ode	onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.044	0		4		0.073		
14:1g								
15:1	0.003	0		4		0.005		
18:1 undifferentiated	0.042	0		4		0.069		
20:1g	0.000	0		4		0.000		
22:1 undifferentiatedg	0.000	0		4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.086	0		4		0.142		
18:2 undifferentiatedg	0.063	0		4		0.104		
18:3 undifferentiatedg	0.024	0		4		0.040		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		4		0.000		
20:5 n-3g	0.000	0		4		0.000		
22:5 n-3g	0.000	0		4		0.000		
22:6 n-3g	0.000	0		4		0.000		
Fatty acids, total trans								
Cholesterol mg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg								
Theobromine mg								

## **Common Measures:**

Measure 1 = 165g: 1 cup, sliced

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09145 Java-plum, (jambolan), raw Syzygium cumini

Refuse: 19% Seed

		<u>A</u> 1	mount in 100 g			ole portio	<u>'n</u>	Amount in edible portion of common measures of food			
			Nu	mber	•			<u> </u>	easures or roou	-	
Nutrients and Units	s	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	83.13	0.873	8		1		112.23	7.48		
Energy	kcal	60		0	NC	4		81	5		
Energy		251				4		339	23		
Protein (N x 6.25)		0.72	0.080	6		1		0.97	0.06		
Total lipid (fat)		0.23	0.071	5		1		0.31	0.02		
Ash		0.36	0.091	5		1		0.49	0.03		
Carbohydrate, by difference		15.56		0	NC	4		21.01	1.40		
Fiber, total dietary									2.10		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca		19	7.887	3		1		26	2		
Iron, Fe		0.19		2		1		0.26	0.02		
Magnesium, Mg	mg	15		1		1		20	1		
Phosphorus, P		17	3.387	3		1		23	2		
Potassium, K		79		1		1		107	7		
Sodium, Na	mg	14		1		1		19	1		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	14.3	6.487	3		1		19.3	1.3		
Thiamin	-	0.006	0.002	3		1		0.008	0.001		
Riboflavin	mg	0.012	0.003	3		1		0.016	0.001		
Niacin	<u>mg</u>	0.260	0.025	4		1		0.351	0.023		
Pantothenic acid	mg										
Vitamin B-6	mg	0.038	3	1		1		0.051	0.003		
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		3		2		1		4	0		
Vitamin A, RAE	mcg_RAE	0		2		1		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma	-										
Tocopherol, delta	-										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated											
Fatty acids, total monounsaturated	-										
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	ma	0		0	Z	7		0	0		

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

# **Common Measures:**

Measure 1 = 135g: 1 cup Measure 2 = 9.0g: 3 fruit NDB No. 09145

Java-plum, (jambolan), raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 11% Seeds

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion of easures of food	
					Deriv		Confidence	<u></u>	easures or roou	•
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_	10.70		٥						
Water		19.70		0		1				
Energy		287		0	NC	4				
Energy		1201				4				
Protein (N x 6.25)		3.70		0		1				
Total lipid (fat)		1.10		0		1				
Ash		1.90		0		1				
Carbohydrate, by difference		73.60		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca		79		0		1				
Iron, Fe		1.80		0		1				
Magnesium, Mg	-	37		0		1				
Phosphorus, P	_	100		0		1				
Potassium, K		531		0		1				
Sodium, Na		9		0		1				
Zinc, Zn	-	0.19		0		1 1				
Copper, Cu		0.265 0.305		0		1				
Manganese, Mn Selenium, Se		0.303	•	U		1				
<u>Vitamins:</u>	ma	12.0		•						
Vitamin C, total ascorbic acid		13.0		0		1 1				
Thiamin	_	0.210		0		1				
Riboflavin	_	0.500		0		1				
	-	0.500		U		1				
Pantothenic acid Vitamin B-6										
Folate, total	-									
Folate, DFE										
Vitamin B-12		0.00		0	z	7				
Vitamin A, IU				_	_	•				
Vitamin A, RAE	mca RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	-									
Fatty acids, total trans		•		•	_	_				
Cholesterol		0		0	Z	7				
Phytosterols	mg									

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#### **Common Measures:**

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

NDB No. 09147 Jujube, dried

Food Group: 09 Fruits and Fruit Juices

Refuse: 7% Seeds

		Aı	mount in 100	grams	of edil	ole portic	<u>on</u>		edible portion	
			N	lumbei	r			<u>m</u>	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.86	2.104	11		1				
Energy	kcal	79		0	NC	4				
Energy	kj	331				4				
Protein (N x 6.25)	g	1.20		0		1				
Total lipid (fat)		0.20		0		1				
Ash		0.51	0.066	6		1				
Carbohydrate, by difference	g	20.23		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	21	3.970	8 (		1				
Iron, Fe	mg	0.48	0.165	5 3		1				
Magnesium, Mg		10		1		1				
Phosphorus, P		23	3.605			1				
Potassium, K		250	20.090			1				
Sodium, Na	-	3		2		1				
Zinc, Zn	-	0.05		1		1				
Copper, Cu		0.073		1		1				
Manganese, Mn		0.084	ł	1		1				
Selenium, Se	nicg									
Vitamins:						_				
Vitamin C, total ascorbic acid		69.0		0		1				
Thiamin		0.020		0		1				
Riboflavin		0.040		0		1				
Niacin		0.900	1	0		1				
Pantothenic acid	-	0 001								
Vitamin B-6	_	0.081	•	1		1				
Folate, totalFolate, DFE										
Vitamin B-12		0.00		0	z	7				
Vitamin B-12 Vitamin A, IU	-	40		0	4	1				
Vitamin A, RAE		2		0		1				
		2		U						
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	i9									
Fatty acids, total polyunsaturated.	g									
Fatty acids, total trans										
Cholesterol		0		0	Z	7				
Phytosterols	mg									

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

# **Common Measures:**

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

NDB No. 09146 Jujube, raw

Food Group: 09 Fruits and Fruit Juices

NDB No. 09148 Kiwi fruit, (chinese gooseberries), fresh, raw *Actinidia chinensis* 

Refuse: 14% Skin

		<u>A</u>	mount in 100 g	rams (	or ear	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	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	83.07	0.989	20	A	1		147.04	75.60	63.14	
Energy		61		0	NC	4		108	55	46	
Energy	kj	255		0	NC	4		451	232	194	
Protein (N x 6.25)	g	1.14	0.116	20	A	1		2.02	1.04	0.87	
Total lipid (fat)	g	0.52	0.120	20	A	1		0.92	0.47	0.39	
Ash	g	0.61	0.044	20	A	1		1.08	0.55	0.46	
Carbohydrate, by difference	g	14.66		0	NC	4		25.94	13.34	11.14	
Fiber, total dietary	g	3.0	0.211	8	A	1		5.4	2.8	2.3	
Sugars, total	g	8.99	0.163	8	A	1		15.92	8.18	6.84	
Sucrose		0.15	0.021	8	A	1		0.27	0.14	0.12	
Glucose (dextrose)	a	4.11	0.055	8	A	1		7.27	3.74	3.12	
Fructose (dexirose)	g	4.35	0.084	8	A	1		7.70	3.96	3.31	
Lastage	5 a	0.00	0.000	7	A	1		0.00	0.00	0.00	
Lactose		0.19	0.016	8	A	1		0.34	0.00	0.00	
Maltose		0.19	0.010	8	A	1		0.34		0.13	
Galactose						1			0.16		
Starch	9	0.00	0.000	4	A	1		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	ma	34	4.113	20	A	1		60	31	26	
Iron, Fe	_	0.31	0.062	21	A	1		0.55	0.28	0.24	
Magnesium, Mg		17	0.953	21	A	1		29	15	13	
Phosphorus, P		34	1.603	19	A	1		60	31	26	
Potassium, K		312	6.598	16	A	1		552	284	237	
Sodium, Na		3	0.713	18	A	1		5	3	2	
Zinc, Zn		0.14	0.010	21	A	1		0.24	0.13	0.10	
Copper, Cu		0.130		21	A	1		0.230	0.118	0.09	
Manganese, Mn		0.198		17	A	1		0.174	0.089	0.03	
Selenium, Se		0.030	0.040	5	A	1		0.4	0.2	0.2	
Vitamins:											
Vitamin C, total ascorbic acid	mg	92.7	3.367	16	A	1		164.1	84.3	70.4	
Thiamin		0.027	,	2	A	1		0.047	0.024	0.02	
Riboflavin	-	0.025	0.003	18	A	1		0.045	0.023	0.01	
Niacin	_	0.341	0.032	18	A	1		0.604	0.311	0.26	
Pantothenic acid		0.183		18	A	1		0.325	0.167	0.13	
Vitamin B-6		0.063		18	A	1		0.112	0.057	0.04	
Folate, total		25	2.021	17	A	1		44	23	19	
Folic acid		0	2.021	0	z	7		0	0	0	
Folate, food	mra	25	2.021		A	1		44	23	19	
		25	2.021	0	NC	4		44	23	19	
Folate, DFE		0.00		0	Z	7					
Vitamin B-12			4 700					0.00	0.00	0.00	
Vitamin A, IU		87	4.722	18	A	1		154	79	66	
Vitamin A, RAE		4	0.236	18	A -	1		8	4	3	
Retinol	-	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		1.46	0.043	16	A	1		2.58	1.33	1.11	
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00	0.00	
Tocopherol, gamma	_	0.03	0.005	4	A	1		0.05	0.03	0.02	
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		40.3	1.786	8	A	1		71.3	36.7	30.6	
	mog	40.5	1.700	Ü		-		71.5	30.7	30.0	
Lipids:	0	0.000	<b>.</b>	^	NO	4		0 051	0.000	0.00	
Fatty acids, total saturated		0.029		0	NC	4		0.051	0.026	0.02	
4:0	-	0.000		0		4		0.000	0.000	0.00	
6:0	-	0.000		0		4		0.000	0.000	0.00	
8:0		0.000		0		4		0.000	0.000	0.00	
10:0	-	0.000		0		4		0.000	0.000	0.00	
12:0	g	0.000	)	0		4		0.000	0.000	0.00	
13:0	g										
14:0		0.000		0		4		0.000	0.000	0.00	

	<u>Aı</u>	mount in 10	00 grams Numbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	0.017		0		4		0.030	0.015	0.013	
17:0g 18:0g	0.012		0		4		0.021	0.011	0.009	
20:0g 22:0g 24:0g										
Fatty acids, total monounsaturated9 14:19	0.047		0	NC	4		0.082	0.042	0.035	
15:1	0.000		0		4		0.000	0.000	0.000	
17:1g 18:1 undifferentiatedg	0.047		0		4		0.082	0.042	0.035	
20:1g	0.000		0		4		0.000	0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	0.287		0	NC	4		0.509	0.261	0.218	
18:2 undifferentiated	0.246		0		4		0.435	0.224	0.187	
18:3 undifferentiatedg 18:4g	0.042		0		4 4		0.07 <b>4</b> 0.000	0.038 0.000	0.032 0.000	
20:2 n-6 c,cg	0.000		·		-		0.000	0.000	0.000	
20:3 undifferentiatedg										
20:4 undifferentiated	0.000		0		4 4		0.000 0.000	0.000 0.000	0.000 0.000	
20.5 n-3g	0.000		0		4		0.000	0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total transg					_		_			
Cholesterolmg Phytosterolsmg	0		0	Z	7		0	0	0	
•										
Amino Acids: Tryptophan	0.015		0	A	1		0.026	0.013	0.011	
Threonine	0.047		0	A	1		0.084	0.043	0.036	
Isoleucineg	0.051		0	A	1		0.091	0.047	0.039	
Leucineg	0.066		0	A	1		0.116	0.060	0.050	
Lysineg Methionine	0.061 0.024		0	A A	1 1		0.109 0.042	0.056 0.022	0.047 0.018	
Cystineg	0.024		0	A	1		0.055	0.022	0.018	
Phenylalanineg	0.044		0	A	1		0.078	0.040	0.033	
Tyrosineg	0.034		0	A	1		0.061	0.031	0.026	
Valineg	0.057		0	A	1		0.101	0.052	0.043	
Arginine	0.081 0.027		0	A A	1 1		0.143 0.047	0.073 0.024	0.061 0.020	
Alanineg	0.027		0	A	1		0.047	0.049	0.041	
Aspartic acidg	0.126		0	A	1		0.222	0.114	0.095	
Glutamic acidg	0.184		0	A	1		0.326	0.168	0.140	
Glycineg	0.060		0	A	1		0.106	0.055	0.046	
Proline	0.044		0	A A	1 1		0.078	0.040	0.033	
Serine	0.053		U	A	1		0.093	0.048	0.040	
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	0	
Theobromine mg	0		0	Z	7		0	0	0	
Carotenoids:										
Carotene, beta mcg	52	2.9		A	1		92.827	47.724	39.858	
Carotene, alphamcg Cryptoxanthin, betamcg	0 0	0.0		A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000	
Lycopenemcg	0	0.0		A	1		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	122	5.7		A	1		215.350	110.717	92.467	

NDB No. 09148

Kiwi fruit, (chinese gooseberries), fresh, raw

**Common Measures:** 

Measure 1 = 177g: 1 cup

Measure 2 = 91g: 1 fruit without skin, large Measure 3 = 76g: 1 fruit without skin, medium

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 14% Skin

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber					easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		83.05	0.661	4		1		75.58	63.12	
Energy	kcal	61		0	NC	4		56	46	
Energy	kj	255				4		232	194	
Protein (N x 6.25)	g	0.99	0.075	4		1		0.90	0.75	
Total lipid (fat)	g	0.44	0.211	3		1		0.40	0.33	
Ash	g	0.64	0.065	4		1		0.58	0.49	
Carbohydrate, by difference	g	14.88		0	NC	4		13.54	11.31	
Fiber, total dietary	g	3.4		0		4		3.1	2.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	6.385	3		1		24	20	
Iron, Fe	mg	0.41		2		1		0.37	0.31	
Magnesium, Mg	mg	30		1		1		27	23	
Phosphorus, P	-	40	11.837	3		1		36	30	
Potassium, K		332		1		1		302	252	
Sodium, Na		5		1		1		5	4	
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	Ilicg									
Vitamins:										
Vitamin C, total ascorbic acid		75.0		0		1		68.3	57.0	
Thiamin		0.020		1		1		0.018	0.015	
Riboflavin		0.050		1		1		0.046	0.038	
Niacin		0.500	)	1		1		0.455	0.380	
Pantothenic acid	_									
Vitamin B-6	_									
Folate, totalFolate, DFE										
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	-	175		1	4	1		159	133	
Vitamin A, RAE		9		1		1		8	7	
Vitamin E (alpha-tocopherol)		,		-		-		J	,	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									

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

# **Common Measures:**

Measure 1 = 91g: 1 fruit without skin, large Measure 2 = 76g: 1 fruit without skin, medium NDB No. 09405

Kiwifruit, (chinese gooseberries), held in storage, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 7% Seeds

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure 3	
Proximates:											
Water	=	80.85		2	A	1		15.36			
Energy		71		0	NC	4		13			
Energy		296		0	NC	4		56			
Protein (N x 6.25)		1.88		2	A	1		0.36			
Total lipid (fat)		0.86		2	A	1		0.16			
Ash		0.52		2	A	1		0.10			
Carbohydrate, by difference		15.90		0 2	NC	4 1		3.02 1.2			
Fiber, total dietary		6.5		0	A O	4					
Sugars, total		9.36		U	U	4		1.78			
Starch	9										
Minerals:											
Calcium, Ca	mg	62		2	A	1		12			
Iron, Fe		0.86		2	A	1		0.16			
Magnesium, Mg		20		2	A	1		4			
Phosphorus, P	-	19		2	A	1		4			
Potassium, K		186		2	A	1		35			
Sodium, Na	-	10		2	A	1		2			
Zinc, Zn		0.17	-	2	A	1		0.03			
Copper, Cu	-	0.095		2 2	A A	1 1		0.018 0.026			
Manganese, Mn		0.135	•	0	BFZN	4		0.026			
Selenium, Se	Illog	0.0		U	DF ZN	4		0.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	43.9		2	A	1		8.3			
Thiamin		0.037	7	2	A	1		0.007			
Riboflavin	mg	0.090	)	2	A	1		0.017			
Niacin	mg	0.429		2	A	1		0.082			
Pantothenic acid	-	0.208		2	A	1		0.040			
Vitamin B-6	-	0.036	5	2	A	1		0.007			
Folate, total		17		2	A	1		3			
Folic acid	-	0		0	Z	7		0			
Folate, food		17		2	A	1		3			
Folate, DFE		17		0	NC	4		3			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		290		2	A	1		55			
Vitamin A, RAE		15 0		2 0	A Z	1 7		3 0			
Retinol		0.15		0	BFZN	4		0.03			
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.15		U	DFZN	4		0.03			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated		0.103		0	BFFN	4		0.019			
4:0		0.000		0	BFFN	4		0.000			
6:0		0.000		0	BFFN	4		0.000			
8:0	-	0.000		0	BFFN	4		0.000			
10:0	-	0.000		0	BFFN	4		0.000			
12:0		0.000	,	0	BFFN	4		0.000			
13:0 14:0		0.004	1	0	BFFN	4		0.001			
	_	0.004	•	U	DEFN	-		0.001			
15:0 16:0		0.090	)	0	BFFN	4		0.017			
17:0		0.090	•	U	DE E IN	-		0.017			
18:0	-	0.004	Į.	0	BFFN	4		0.001			
20:0	_			•		-		3.00=			
22:0	_										
24:0	-										

	<u>Ar</u>	mount in 10	00 grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.154		0	BFFN	4		0.029		
14:1g	0.134		U	DEEN	7		0.029		
15:1									
16:1 undifferentiated	0.021		0	BFFN	4		0.004		
17:1g	0.021		·	DIII	•		0.004		
18:1 undifferentiatedg	0.137		0	BFFN	4		0.026		
20:1g	0.000		0	BFFN	4		0.000		
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.171		0	BFFN	4		0.032		
18:2 undifferentiatedg	0.124		0	BFFN	4		0.024		
18:3 undifferentiatedg	0.047		0	BFFN	4		0.009		
18:4g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4		0.000		
20:5 n-3g	0.000		0	BFFN	4		0.000		
22:5 n-3g	0.000		0	BFFN	4		0.000		
22:6 n-3g	0.000		0	BFFN	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta mcg	0		2	A	1		0.000		
Carotene, alphamcg	155		2	A	1		29.450		
Cryptoxanthin, betamcg	193		2	A	1		36.670		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	129		0	BFZN	4		24.596		

## **Common Measures:**

Measure 1 = 19g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion		
			Nu	ımber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	а	92.46	0.188	3		1		225.60	13.87	28.20	
Energy	_	21		0	NC	4		51	3	6	
Energy		88				4		214	13	27	
Protein (N x 6.25)		0.40	0.084	3		1		0.98	0.06	0.12	
Total lipid (fat)		0.29	0.035	3		1		0.71	0.04	0.09	
Ash		0.36	0.023	3		1		0.88	0.05	0.11	
Carbohydrate, by difference		6.48		0	NC	4		15.81	0.97	1.98	
Fiber, total dietary		0.4		0		4		1.0	0.1	0.1	
Sugars, total		2.40		0	T	4		5.86	0.36	0.73	
Starch				·	-	-		0.00	0.50	0	
Staren	9										
<u> Minerals:</u>											
Calcium, Ca		11	0.577	3		1		27	2	3	
Iron, Fe		0.13	0.012	3		1		0.32	0.02	0.0	
Magnesium, Mg		8	0.416	3		1		20	1	2	
Phosphorus, P		9	1.084	3		1		22	1	3	
Potassium, K		102	5.698	5		1		249	15	31	
Sodium, Na		21	1.720	5		1		51	3	6	
Zinc, Zn		0.06	0.009	3		1		0.15	0.01	0.0	
Copper, Cu		0.037		3		1		0.090	0.006	0.0	
Manganese, Mn		0.020	0.000	3		1		0.049	0.003	0.0	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	24.8	2.390	3		1		60.5	3.7	7.6	
Thiamin	-	0.041		3		1		0.100	0.006	0.0	
Riboflavin		0.009		3		1		0.022	0.001	0.0	
Niacin		0.197		3		1		0.481	0.030	0.0	
Pantothenic acid	-	0.091		3		1		0.222	0.014	0.0	
Vitamin B-6	-	0.043		3		1		0.105	0.006	0.0	
Folate, total	-	10	1.295	6		1		25	2	3	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		10	1.295	6		1		25	2	3	
Folate, DFE		10		0	NC	4		25	2	3	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0	
Vitamin A, IU	IU	15	5.239	3		1		37	2	5	
Vitamin A, RAE		1	0.262	3		1		2	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.15		0	BFZN	4		0.37	0.02	0.0	
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	0.0	
inida											
Lipids:	~	0.020		0		1		0.093	0.006	0.0	
Fatty acids, total saturated	-	0.038		0		1		0.093	0.000	0.0	
4:0				0		1					
6:0	_	0.000		0		1		0.000 0.000	0.000 0.000	0.0	
8:0 10:0	-	0.000		0		1		0.000	0.000	0.0	
12:0		0.000		0		1		0.000	0.000	0.0	
13:0		0.000		J		1		0.000	0.000	0.0	
14:0	-	0.001		0		1		0.002	0.000	0.0	
	-	0.001		U		-		0.002	0.000	0.0	
15:0 16:0		0.034		0		1		0.083	0.005	0.0	
17:0		0.034		v		-		0.063	0.005	0.0	
18:0	-	0.002		0		1		0.005	0.000	0.0	
20:0	_	0.002		3		-		0.005	0.000	0.0	
22:0	_										
24:0	_										

	<u>An</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.011		0	1		0.027	0.002	0.003
14:1g								
15:1g								
16:1 undifferentiatedg	0.001		0	1		0.002	0.000	0.000
17:1g								
18:1 undifferentiatedg	0.010		0	1		0.024	0.002	0.003
20:1g	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	0.085		0	1		0.207	0.013	0.026
18:2 undifferentiatedg	0.060		0	1		0.146	0.009	0.018
18:3 undifferentiatedg	0.025		0	1		0.061	0.004	0.008
18:4g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	1		0.000	0.000	0.000
20:5 n-3g	0.000		0	1		0.000	0.000	0.000
22:5 n-3g	0.000		0	1		0.000	0.000	0.000
22:6 n-3g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterol mg	0		0 <b>z</b>	7		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	0.0
Caffeine mg	0		0 z	7		0	0	0
Theobromine mg	0		0 <b>z</b>	7		0	0	0
Carotenoids:								
Carotene, betamcg	2		0 BNA	4		5.225	0.321	0.653
Carotene, alphamcg	0		0 BNA	4		0.816	0.050	0.102
Cryptoxanthin, betamcg	13		0 BNA	4		32.654	2.007	4.082
Lycopene mcg	0		0 BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	11		0 BFZN	4		25.620	1.575	3.203

# **Common Measures:**

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

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.7

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

		<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	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	92.39	0.401	3		1		225.43	28.18		
Energy	kcal	22		0	NC	4		54	7		
Energy	kj	92				4		225	28		
Protein (N x 6.25)	g	0.46	0.006	3		1		1.12	0.14		
Total lipid (fat)	g	0.32	0.037	3		1		0.78	0.10		
Ash	g	0.33	0.034	3		1		0.81	0.10		
Carbohydrate, by difference	g	6.50		0	NC	4		15.86	1.98		
Fiber, total dietary		0.4		0		4		1.0	0.1		
Sugars, total	g	2.40		0	T	4		5.86	0.73		
Starch	g										
Minerals:											
Calcium, Ca	ma	8	1.201	3		1		20	2		
Iron, Fe	-	0.12	0.018	3		1		0.29	0.04		
Magnesium, Mg	-	8	0.536	3		1		20	2		
Phosphorus, P		8	1.225	3		1		20	2		
Potassium, K	-	89	12.005	3		1		217	27		
Sodium, Na	-	1	0.167	3		1		2	0		
Zinc, Zn	mg	0.05	0.006	3		1		0.12	0.02		
Copper, Cu		0.030	0.000	3		1		0.073	0.009		
Manganese, Mn	mg	0.030	0.006	3		1		0.073	0.009		
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	31.5	5.710	3		1		76.9	9.6		
Thiamin	-	0.059		3		1		0.144	0.018		
Riboflavin	-	0.033		3		1		0.032	0.004		
Niacin	=	0.137		3		1		0.334	0.042		
Pantothenic acid	-	0.121		3		1		0.295	0.037		
Vitamin B-6	=	0.060		3		1		0.146	0.018		
Folate, total	-	10	2.155	3		1		23	3		
Folic acid		0		0	z	7		0	0		
Folate, food		10	2.155	3		1		23	3		
Folate, DFE		10		0	NC	4		23	3		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU	IU -	13	5.291	3		1		32	4		
Vitamin A, RAE		1	0.265	3		1		2	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.08		0	BFSN	4		0.20	0.02		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	0.043	<b>;</b>	0		1		0.105	0.013		
4:0		0.000	)	0		1		0.000	0.000		
6:0	g	0.000	)	0		1		0.000	0.000		
8:0	g	0.000	1	0		1		0.000	0.000		
10:0	-	0.000	1	0		1		0.000	0.000		
12:0		0.000	)	0		1		0.000	0.000		
13:0											
14:0	g	0.001		0		1		0.002	0.000		
15:0											
16:0	g	0.038	1	0		1		0.093	0.012		
17:0	g										
18:0	-	0.003	1	0		1		0.007	0.001		
20:0	-										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 100	) grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and L	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.012		0		1		0.029	0.004		
14:1											
15:1											
16:1 undifferentiated		0.001		0		1		0.002	0.000		
17:1	-					_					
18:1 undifferentiated		0.011		0		1		0.027	0.003		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.097		0		1		0.237	0.030		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.068		0		1		0.166	0.021		
18:3 undifferentiated	-	0.029		0		1		0.071	0.009		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	-										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3	-	0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	2		0	BNA	4		4.528	0.566		
Carotene, alpha	mcg	0		0	BNA	4		0.708	0.088		
Cryptoxanthin, beta	mcg	12		0	BNA	4		28.300	3.538		
Lycopene	mcg	0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin	mcg	7		0	BFSN	4		17.692	2.212		

#### **Common Measures:**

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.7

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Ar</u>	nount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food		
			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	90.73	0.166	17		1		221.38	27.67	42.64	
Energy	kcal	25		0	NC	4		61	8	12	
Energy	kj	105				4		255	32	49	
Protein (N x 6.25)	g	0.38	0.021	22		1		0.93	0.12	0.18	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	0.00	
Ash	g	0.26	0.005	17		1		0.63	0.08	0.12	
Carbohydrate, by difference	g	8.63		0	NC	4		21.06	2.63	4.06	
Fiber, total dietary	g	0.4		0		1		1.0	0.1	0.2	
Sugars, total	g	2.40		0	T	4		5.86	0.73	1.13	
Starch	g										
Minarals											
<u>Minerals:</u> Calcium, Ca	ma	7	0.381	13		1		17	2	3	
Iron, Fe		0.03	0.001	16		1		0.07	0.01	0.01	
Magnesium, Mg		6	0.364	30		1		15	2	3	
Phosphorus, P		6	0.460	29		1		15	2	3	
Potassium, K		124	4.087	18		1		303	38	58	
Sodium, Na		1	0.178	15		1		2	0	0	
Zinc, Zn	mg	0.05		0		1		0.12	0.02	0.02	
Copper, Cu	mg	0.029	0.004	16		1		0.071	0.009	0.01	
Manganese, Mn	mg	0.008	0.001	16		1		0.020	0.002	0.00	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	46.0		0		1		112.2	14.0	21.6	
Thiamin	-	0.030		0		1		0.073	0.009	0.01	
Riboflavin		0.010		0		1		0.024	0.003	0.00	
Niacin		0.100		0		1		0.244	0.031	0.04	
Pantothenic acid	-	0.103		0		1		0.251	0.031	0.04	
Vitamin B-6	-	0.051		1		1		0.124	0.016	0.02	
Folate, total	-	13	0.130	3		1		31	4	6	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		13	0.130	3		1		31	4	6	
Folate, DFE	mcg_DFE	13		0	NC	4		31	4	6	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU	IU	19		0	NC	4		46	6	9	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	0	
Retinol	mcg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.15		0	BFZN	4		0.37	0.05	0.07	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.		0.0		0	BFZN	4		0.0	0.0		
Vitamin K (phylloquinone)	Ilicy	0.0		U	BFZN	4		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.00	
4:0	g	0.000		0		4		0.000	0.000	0.00	
6:0	g	0.000		0		4		0.000	0.000	0.00	
8:0	g	0.000		0		4		0.000	0.000	0.00	
10:0	g	0.000		0		4		0.000	0.000	0.00	
12:0	-	0.000		0		4		0.000	0.000	0.00	
13:0	-										
14:0	g	0.000		0		4		0.000	0.000	0.0	
15:0	-										
16:0	g	0.000		0		4		0.000	0.000	0.00	
17:0	-										
18:0	-	0.000		0		4		0.000	0.000	0.0	
20:0	-										
22:0	~										

Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Code   Code   Measure 1   Measure 2   Measure 3		<u>Am</u>	ount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
14:   9	Nutrients and Units	Mean	of Dat	a Deriv			Measure 1	Measure 2	Measure 3	
141	Fatty acids, total monounsaturated9	0.000	0		4		0.000	0.000	0.000	
16.1 undifferentiated.   9										
17:1.	15:1g									
18:1 undifferentiated.	16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:1	17:1g									
22:1 undifferentiated	18:1 undifferentiated	0.000	0		4		0.000	0.000	0.000	
24:1 c         9           Fatty acids, total polyunsaturated         9         0.000         0         4         0.000         0.000         0.000           18:2 undifferentiated         9         0.000         0         4         0.000         0.000         0.000           18:4         9         0.000         0         4         0.000         0.000         0.000           20:2 n-6 c,c         9         9         0.000         0         4         0.000         0.000         0.000           20:2 undifferentiated         9         0.000         0         4         0.000         0.000         0.000           20:5 n-3         9         0.000         0         4         0.000         0.000         0.000           20:5 n-3         9         0.000         0         4         0.000         0.000         0.000           22:5 n-3         9         0.000         0         4         0.000         0.000         0.000           Fatty acids, total trans         9         0         0         z         7         0         0         0         0           Phytosterols         mg         0         0         z <td< td=""><td>20:1g</td><td>0.000</td><td>0</td><td></td><td>4</td><td></td><td>0.000</td><td>0.000</td><td>0.000</td></td<>	20:1g	0.000	0		4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated 9 0.000 0 4 0.000 0.000 0.000 18:2 undifferentiated 9 0.000 0 4 0.000 0.000 0.000 18:3 undifferentiated 9 0.000 0 4 0.000 0.000 0.000 18:4 0.000 0.000 0.000 0.000 18:4 0.000 0.000 0.000 0.000 18:4 0.000 0.	22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
18:2 undifferentiated	24:1 cg									
18:3 undifferentiated         9         0.000         0         4         0.000         0.000         0.000           18:4         9         0.000         0         4         0.000         0.000         0.000           20:2 n-6 c,c         9         20:3 undifferentiated         9         0.000         0         4         0.000         0.000         0.000           20:5 n-3         9         0.000         0         4         0.000         0.000         0.000           22:5 n-3         9         0.000         0         4         0.000         0.000         0.000           22:6 n-3         9         0.000         0         4         0.000         0.000         0.000           Fatty acids, total trans         9         0         0.00         2         7         0         0         0           Cholesterol         mg         0         0         z         7         0         0         0           Phytosterols         mg         0         0         z         7         0         0         0         0           Carleine         mg         0         0         z <td< td=""><td>Fatty acids, total polyunsaturatedg</td><td></td><td>0</td><td></td><td>4</td><td></td><td>0.000</td><td>0.000</td><td>0.000</td></td<>	Fatty acids, total polyunsaturatedg		0		4		0.000	0.000	0.000	
18.4	18:2 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20.2 n-6 c,c	18:3 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:3 undifferentiated   9	18:4g	0.000	0		4		0.000	0.000	0.000	
20:4 undifferentiated	20:2 n-6 c,cg									
20:5 n-3         9         0.000         0         4         0.000         0.000         0.000           22:5 n-3         9         0.000         0         4         0.000         0.000         0.000           22:6 n-3         9         0.000         0         4         0.000         0.000         0.000           Fatty acids, total trans         9         0         0         Z         7         0	20:3 undifferentiatedg									
22:5 n-3         g         0.000         0         4         0.000         0.000         0.000           22:6 n-3         g         0.000         0         4         0.000         0.000         0.000           Fatty acids, total trans         g         Cholesterol	20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
22:6 n-3         g         0.000         0         4         0.000         0.000         0.000           Fatty acids, total trans         g         0         0         z         7         0         0         0           Cholesterol         mg         0         z         7         0         0         0           Phytosterols         mg         0         7         0.0         0         0         0           Alcohol, ethyl         g         0         0         z         7         0         0         0         0           Caffeine         mg         0         z         7         0	20:5 n-3g	0.000	0		4		0.000	0.000	0.000	
Fatty acids, total trans	22:5 n-3g	0.000	0		4		0.000	0.000	0.000	
Cholesterol.         mg         0         0         z         7         0         0         0           Phytosterols.         mg         0         2         7         0         0         0         0           Cholesterol.         g         0         0         7         0.0         0         0.0         0<	22:6 n-3g	0.000	0		4		0.000	0.000	0.000	
Phytosterols.         mg           Others:           Alcohol, ethyl.         g         0.0         0         7         0.0         0.0         0.0           Caffeine.         mg         0         0         z         7         0         0         0         0           Theobromine.         mg         0         0         z         7         0         0         0         0           Carotene, bria.         mg         0         0         EFSN         4         6.568         0.821         1.265           Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene         mcg         0         0         BFSN         4         0.000         0.000         0.000	Fatty acids, total transg									
Others:           Alcohol, ethyl.         g         0.0         0         7         0.0         0.0         0.0           Caffeine.         mg         0         0         z         7         0         0         0         0           Theobromine.         mg         0         0         z         7         0         0         0         0           Carotene, mg         0         0         z         7         0         0         0         0           Carotene, beta.         mcg         3         0         BFSN         4         6.568         0.821         1.265           Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene         mcg         0         0         BFSN         4         0.000         0.000         0.000	Cholesterolmg	0	0	Z	7		0	0	0	
Alcohol, ethyl.         g         0.0         0         7         0.0         0.0         0.0           Caffeine	Phytosterolsmg									
Alcohol, ethyl.         g         0.0         0         7         0.0         0.0         0.0           Caffeine	Others:									
Caffeine         mg         0         0         z         7         0         0         0         0           Theobromine         mg         0         0         z         7         0         0         0         0           Carotene, olds         Carotene, beta         mcg         3         0         BFSN         4         6.568         0.821         1.265           Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene         mcg         0         0         BFSN         4         0.000         0.000         0.000		0.0	0		7		0.0	0.0	0.0	
Theobromine.         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta.         mcg         3         0         BFSN         4         6.568         0.821         1.265           Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta.         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene.         mcg         0         0         BFSN         4         0.000         0.000         0.000	, ,	0	0	z	7		0	0	0	
Carotenoids:           Carotene, beta.         mcg         3         0         BFSN         4         6.568         0.821         1.265           Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta.         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene.         mcg         0         0         BFSN         4         0.000         0.000         0.000	_	0	0	z	7		0	0		
Carotene, beta         mcg         3         0         BFSN         4         6.568         0.821         1.265           Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta.         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene.         mcg         0         0         BFSN         4         0.000         0.000         0.000	_									
Carotene, alpha         mcg         0         0         BFSN         4         1.026         0.128         0.198           Cryptoxanthin, beta         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene         mcg         0         0         BFSN         4         0.000         0.000         0.000	· · · · · · · · · · · · · · · · · · ·	3	0	BECN	4		6 568	0 821	1 265	
Cryptoxanthin, beta.         mcg         17         0         BFSN         4         41.050         5.131         7.907           Lycopene.         mcg         0         0         BFSN         4         0.000         0.000         0.000										
Lycopene		-								
2) voponomination of the contract of the contr	**	= -	-		_					
Lutein + zeaxanthin MCQ 9 0 BFSN 4 21.551 2.694 4.151	Lutein + zeaxanthin mcg	9								

# **Common Measures:**

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Measure 3 = 47g: 1 lemon yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.7

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	,			<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	81.60		0		1		4.90	1.63		
Energy	kcal	47		0		4		3	1		
Energy	kj	197				4		12	4		
Protein (N x 6.25)	g	1.50		0		1		0.09	0.03		
Total lipid (fat)	g	0.30		0		1		0.02	0.01		
Ash	g	0.60		0		1		0.04	0.01		
Carbohydrate, by difference	g	16.00		0	NC	4		0.96	0.32		
Fiber, total dietary	g	10.6		0		4		0.6	0.2		
Sugars, total	g	4.17		0	BFSN	4		0.25	0.08		
Starch	g										
Minerals:											
Calcium, Ca	ma	134		0		1		8	3		
Iron, Fe	_	0.80		0		1		0.05	0.02		
Magnesium, Mg	_	15		0		1		1	0.02		
Phosphorus, P		12		0		1		1	0		
Potassium, K	•	160		0		1		10	3		
Sodium, Na		6		0		1		0	0		
Zinc, Zn	-	0.25		0		4		0.02	0.01		
Copper, Cu		0.092	2	0		4		0.006	0.002		
Manganese, Mn			_			_			****		
Selenium, Se		0.7		0	BFSN	4		0.0	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	129.0		0		1		7.7	2.6		
Thiamin	-	0.060		0		1		0.004	0.001		
Riboflavin	=	0.080		0		1		0.005	0.002		
Niacin	_	0.400		0		1		0.024	0.008		
Pantothenic acid	=	0.319		0		1		0.019	0.006		
Vitamin B-6		0.172	2	0		1		0.010	0.003		
Folate, total		13		0	_	4		1	0		
Folic acid		0		0	Z	7		0	0		
Folate, food	nicg	13		0	***	4		1	0		
Folate, DFE		13		0	NC -	4		1	0		
Vitamin B-12		0.00		0 0	Z	7		0.00	0.00		
Vitamin A, IU		50		-		1		3	1 0		
Vitamin A, RAE		3 0		0 0		1 7		0			
Retinol		-		0	Z BFSN	4		•	0		
Vitamin E (alpha-tocopherol)		0.25		U	BESN	4		0.02	0.01		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0		
	9				2201	-			0.0		
Lipids:											
Fatty acids, total saturated	g	0.039	9	0		1		0.002	0.001		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000	)	0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0		0.000	)	0		1		0.000	0.000		
13:0											
14:0		0.001	L	0		1		0.000	0.000		
15:0											
16:0		0.035	5	0		1		0.002	0.001		
17:0											
18:0		0.002	2	0		1		0.000	0.000		
20:0	_										
22:0	_										
24:0	g										

	<u>Ar</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			_							
Fatty acids, total monounsaturatedg	0.011		0		1		0.001	0.000		
14:1g										
15:1g	0.001		0		1		0.000	0.000		
16:1 undifferentiated	0.001		U		_		0.000	0.000		
17:1	0.010		0		1		0.001	0.000		
20:1g	0.010		0		1		0.001	0.000		
20:1	0.000		0		1		0.000	0.000		
24:1 c	0.000		U		_		0.000	0.000		
<del>_</del>	0.089		0		1		0.005	0.002		
Fatty acids, total polyunsaturatedg  18:2 undifferentiatedg	0.063		0		1		0.003	0.002		
18:3 undifferentiated	0.003		0		1		0.004	0.001		
18:4g	0.020		0		1		0.002	0.001		
20:2 n-6 c.c	0.000		U		_		0.000	0.000		
20:3 undifferentiated										
20:4 undifferentiated	0.000		0		1		0.000	0.000		
20:5 n-3g	0.000		0		1		0.000	0.000		
20.5 n-3	0.000		0		1		0.000	0.000		
22:6 n-3g	0.000		0		1		0.000	0.000		
Fatty acids, total trans	0.000		Ū		-		0.000	0.000		
Cholesterolg	0		0	z	7		0	0		
Phytosterolsmg	35		0	_	1		2	1		
T Hytosterois			·		_		-	-		
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeine mg	0		0	Z	7		0	0		
Theobrominemg	0		0	Z	7		0	0		
Carotenoids:										
Carotene, betamcg	7		0	BNA	4		0.428	0.143		
Carotene, alphamcg	1		0	BNA	4		0.067	0.022		
Cryptoxanthin, beta mcg	45		0	BNA	4		2.677	0.892		
Lycopene mcg	0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin mcg	18		0	BFSN	4		1.052	0.351		

# **Common Measures:**

Measure 1 = 6.0g: 1 tbsp Measure 2 = 2.0g: 1 tsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

Refuse: 2% Seeds

		<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>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	87.40		0	1		94.39			
Energy	kcal	20		0 NC	4		22			
Energy	kj	84			4		90			
Protein (N x 6.25)	g	1.20		0	1		1.30			
Total lipid (fat)	g	0.30		0	1		0.32			
Ash	g	0.40		0	1		0.43			
Carbohydrate, by difference	g	10.70		0 NC	4		11.56			
Fiber, total dietary	g	4.7		0	4		5.1			
Sugars, total	g									
Starch	g									
XC 1										
Minerals:	ma	<i>C</i> 1		^	•		66			
Calcium, Ca	_	61 0.70		0 0	1 1		66 0.76			
Iron, Fe		12		0	1		13			
Magnesium, Mg		15		0	1		16			
Phosphorus, P Potassium, K	_	145		0	1		157			
Sodium, Na		3		0	1		3			
Zinc, Zn	_	0.10		0	1		0.11			
Copper, Cu		0.260		0	1		0.281			
Manganese, Mn	-									
Selenium, Se										
<u>Vitamins:</u>				•	_					
Vitamin C, total ascorbic acid		77.0		0	1		83.2			
Thiamin		0.050		0	1		0.054			
Riboflavin		0.040		0	1 1		0.043			
Niacin		0.200		0 0	1		0.216 0.251			
Pantothenic acid Vitamin B-6		0.232		0	1		0.231			
Folate, total	-	0.103	•	U	1		0.116			
Folate, DFE										
Vitamin B-12		0.00		0 z	7		0.00			
Vitamin A, IU		30		0	1		32			
Vitamin A, RAE	mca RAE	2		0	1		2			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Linida										
Lipids:	a	0.039	•	0	1		0.042			
Fatty acids, total saturated		0.033	•	U	1		0.042			
4:0 6:0										
8:0										
10:0										
12:0										
13:0										
14:0		0.001		0	1		0.001			
15:0										
16:0	g	0.035	5	0	1		0.038			
17:0	-									
18:0	-	0.002	2	0	1		0.002			
20:0	g									
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		0.011	-	0	1		0.012			
14:1										
15:1	g									

		<u>An</u>	nount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
				lumber of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
161 100 6.41	2	0.001		0		1		0.001		
16:1 undifferentiated	_	0.001		U		1		0.001		
18:1 undifferentiated	_	0.010		0		1		0.011		
20:1		0.020		•		-		0.022		
22:1 undifferentiated										
24:1 c	_									
Fatty acids, total polyunsaturated	g	0.089		0		1		0.096		
18:2 undifferentiated		0.063		0		1		0.068		
18:3 undifferentiated	g	0.026		0		1		0.028		
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	mg	0		0	Z	7		0		
Phytosterols	mg	12		0		1		13		

#### **Common Measures:**

Measure 1 = 108g: 1 fruit without seeds

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

Citrus limon

Includes USDA commodity food A415

Refuse:	47%	45%	peel,	2%	seeds
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		<u>A</u> 1	mount in 100	grams	ot edik	ole portic	<u>on</u>	Amount in edible portion of common			
			N	umber	•			<u>m</u>	easures of food	_	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:				_							
Water	-	88.98	0.820			1		188.64	51.61	74.74	
Energy		29		0	NC	4		61	17	24	
Energy	=	121		0		4		257	70	102	
Protein (N x 6.25)	-	1.10		0		1		2.33	0.64	0.92	
Total lipid (fat)	-	0.30		0		1 1		0.64 0.64	0.17	0.25 0.25	
Ash		0.30 9.32		0	NC	4		19.76	0.17 5.41	7.83	
Carbohydrate, by difference		2.8		0	NC	1		5.9	1.6	2.4	
Fiber, total dietary		2.50		0	т	4		5.30	1.45	2.4	
Sugars, total	_	2.30		U	1	-		3.30	1.45	2.10	
Minerals:											
Calcium, Ca	mg	26		0		1		55	15	22	
Iron, Fe	_	0.60		0		1		1.27	0.35	0.50	
Magnesium, Mg	_	8		0		4		17	5	7	
Phosphorus, P	_	16		0		1		34	9	13	
Potassium, K		138		0		1		293	80	116	
Sodium, Na		2		0		1		4	1	2	
Zinc, Zn		0.06	_	1		1		0.13	0.03	0.05	
Copper, Cu		0.037		1		1		0.078	0.021	0.03	
Manganese, Mn Selenium, Se		0.030 0.4	)	0 0	BFSN	4 4		0.06 <b>4</b> 0.8	0.017 0.2	0.02 0.3	
Vitamins:											
Vitamin C, total ascorbic acid	ma	53.0		0		1		112.4	30.7	44.5	
Thiamin		0.040	)	0		1		0.085	0.023	0.03	
Riboflavin		0.020	)	0		1		0.042	0.012	0.01	
Niacin	mg	0.100	)	0		1		0.212	0.058	0.08	
Pantothenic acid	mg	0.190	)	0		1		0.403	0.110	0.16	
Vitamin B-6	mg	0.080	)	0		1		0.170	0.046	0.06	
Folate, total	mcg	11	2.646			1		22	6	9	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		11	2.646			1		22	6	9	
Folate, DFE		11		0	NC	4		22	6	9	
Vitamin B-12		0.00		0	Z	7 1		0.00	0.00	0.00	
Vitamin A, IU Vitamin A, RAE		22 1		0	AS AS	1		48 2	13 1	19 1	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.15		0	BFZN	4		0.32	0.09	0.13	
Tocopherol, beta	ma ma	0.13		ŭ	21 211	•		0.32	0.03	0.13	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	0.0	
Lipids:				_						_	
Fatty acids, total saturated		0.039		0		1		0.083	0.023	0.03	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	-	0.000		0		1 1		0.000	0.000	0.00	
8:0 10:0		0.000		0		1		0.000 0.000	0.000 0.000	0.00	
12:0	-	0.000		0		1		0.000	0.000	0.00	
13:0		0.000	•	Ū		-		3.000	0.000	0.00	
14:0		0.001	L	0		1		0.002	0.001	0.00	
15:0	-			-		-				2.30	
16:0		0.035	5	0		1		0.074	0.020	0.02	
17:0											
18:0	-	0.002	2	0		1		0.004	0.001	0.00	
20:0	g										
22:0	g										
24:0	g										

	<u>An</u>	nount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.011		0		1		0.023	0.006	0.009
14:1g									
15:1g									
16:1 undifferentiatedg	0.001		0		1		0.002	0.001	0.001
17:1g									
18:1 undifferentiatedg	0.010		0		1		0.021	0.006	0.008
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.089		0		1		0.189	0.052	0.075
18:2 undifferentiatedg	0.063		0		1		0.134	0.037	0.053
18:3 undifferentiatedg	0.026		0		1		0.055	0.015	0.022
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, betamcg	3		2	A	1		6.784	1.856	2.688
Carotene, alphamcg	1		2	A	1		1.060	0.290	0.420
Cryptoxanthin, betamcg	20		1	A	1		42.400	11.600	16.800
Lycopene mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin mcg	11		2	A	1		22.260	6.090	8.820

# **Common Measures:**

Measure 1 = 212g: 1 cup, sections Measure 2 = 58g: 1 fruit (2-1/8" dia) Measure 3 = 84g: 1 fruit (2-3/8" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.48

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Unit			Nu	mber				me	easures of food	
Nutrients and Unit						measures of food				
Nutrients and Unit			of	Data	Deriv	Source	Confidence			
	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	92.52	0.103	3		1		227.60	28.50	
Energy	=	21	0.103	0	NC	4		52	6	
0.		88		U	NC	4		216	27	
Energy			0.022	2		-				
Protein (N x 6.25)		0.25	0.033	3		1 1		0.62	0.08	
Total lipid (fat)		0.23	0.035	3		_		0.57	0.07	
Ash		0.31	0.015	3		1		0.76	0.10	
Carbohydrate, by difference		6.69		0	NC	4		16.46	2.06	
Fiber, total dietary		0.4		0		4		1.0	0.1	
Sugars, total		1.37		0	BFSN	4		3.37	0.42	
Starch	g									
Minerals:										
Calcium. Ca	mg	12	0.385	3		1		30	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.23	0.009	3		1		0.57	0.07	
Magnesium, Mg	_	7	0.088	3		1		17	2	
Phosphorus, P		10	0.664	3		1		25	3	
Potassium, K	•	75	7.000	3		1		185	23	
Sodium, Na		16	2.333	3		1		39	5	
Zinc, Zn		0.06	0.006	3		1		0.15	0.02	
Copper, Cu		0.030		3		1		0.074	0.009	
Manganese, Mn		0.008		3		1		0.020	0.002	
Selenium, Se		0.1	0.002	0	BFSN	4		0.2	0.0	
				-		=				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		6.4	2.182	3		1		15.7	2.0	
Thiamin	-	0.033		3		1		0.081	0.010	
Riboflavin		0.003		3		1		0.007	0.001	
Niacin	-	0.163		3		1		0.401	0.050	
Pantothenic acid		0.066		3		1		0.162	0.020	
Vitamin B-6	_	0.027	0.003	3		1		0.066	0.008	
Folate, total	mcg	8	2.397	6		1		19	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		8	2.397	6		1		19	2	
Folate, DFE	mcg_DFE	8		0	NC	4		19	2	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		16	2.333	3		1		39	5	
Vitamin A, RAE	mcg_RAE	1	0.117	3		1		2	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0	BFSN	4		0.30	0.04	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.5		0	BFSN	4		1.3	0.2	
Lipids:										
Fatty acids, total saturated	a	0.026	•	0		1		0.064	0.008	
4:0		0.020		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	_	0.000	•	U		_		0.000	0.000	
14:0		0.001		0		1		0.000	0.000	
	_	0.001		J		1		0.002	0.000	
15:0	_	0 000		0		4		0.057	0 00=	
16:0		0.023	•	0		1		0.057	0.007	
17:0	_			•		_		0.000	2 22-	
	_	0.001		0		1		0.002	0.000	
18:0										
18:0	_									

	<u>Am</u>	ount in 100 grams Numbe	r		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	0.022	0		1		0.054	2 227	
Fatty acids, total monounsaturated9	0.022	U		1		0.054	0.007	
14:1g								
15:1	0.004	0		1		0.010	0.001	
17:1g	0.004	U		1		0.010	0.001	
18:1 undifferentiated	0.018	0		1		0.044	0.006	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiated	0.000	0		1		0.000	0.000	
24:1 cg	0.000	Ü		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.064	0		1		0.157	0.020	
18:2 undifferentiated	0.042	0		1		0.103	0.013	
18:3 undifferentiated	0.022	0		1		0.054	0.007	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	10	0	BNA	4		23.616	2.957	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	BNA	4		0.000	0.000	
Lycopene mcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	BFSN	4		0.000	0.000	

# **Common Measures:**

Measure 1 = 246g: 1 cup Measure 2 = 30.8g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.7

Food Group: 09 Fruits and Fruit Juices

### Refuse:

		<u>A</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
			of D	ata Deriv	Source	Confidence				
Nutrients and Unit	•	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure	
Nutrients and Onit	<b>5</b>	Weari	Stu. Ellor 1 on				Wedsule I	Weasure 2	Weasure	
Proximates:										
Water	g	90.79	0.126	4 A	1		223.33	27.96	34.50	
Energy	kcal	25		0 NC	4		61	8	9	
Energy	kj	104		0 NC	4		255	32	39	
Protein (N x 6.25)	g	0.42	0.021	4 A	1		1.02	0.13	0.16	
Total lipid (fat)	g	0.07	0.000	4 A	1		0.18	0.02	0.03	
Ash	g	0.31	0.026	4 A	1		0.76	0.10	0.12	
Carbohydrate, by difference	g	8.42		0 NC	4		20.70	2.59	3.20	
Fiber, total dietary	g	0.4		0	4		1.0	0.1	0.2	
Sugars, total		1.69	0.124	4 A	1		4.16	0.52	0.64	
Sucrose	g	0.48	0.057	4 A	1		1.18	0.15	0.18	
Glucose (dextrose)	g	0.60	0.041	4 A	1		1.47	0.18	0.23	
Fructose	g	0.61	0.045	4 A	1		1.51	0.19	0.23	
Lactose	g	0.00	0.000	4 A	1		0.00	0.00	0.00	
Maltose		0.00	0.000	4 A	1		0.00	0.00	0.00	
Galactose		0.00	0.000	4 A	1		0.00	0.00	0.00	
Starch		0.00		1 A	1		0.00	0.00	0.00	
Staren	9	0.00			_		0.00	0.00	0.00	
<u>Minerals:</u>										
Calcium, Ca	_	14	0.823	4 A	1		34	4	5	
Iron, Fe	mg	0.09	0.014	4 A	1		0.23	0.03	0.0	
Magnesium, Mg	mg	8	0.182	4 A	1		20	2	3	
Phosphorus, P	mg	14	0.260	4 A	1		36	4	5	
Potassium, K	mg	117	5.244	4 A	1		288	36	44	
Sodium, Na	mg	2	0.865	4 A	1		5	1	1	
Zinc, Zn	mg	0.08	0.004	4 A	1		0.21	0.03	0.0	
Copper, Cu	mg	0.027	0.001	4 A	1		0.066	0.008	0.0	
Manganese, Mn	mg	0.018		4 A	1		0.044	0.005	0.00	
Selenium, Se	mcg	0.1		2 A	1		0.1	0.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	30.0		4 A	1		73.8	9.2	11.4	
Thiamin	-	0.025		4 A	1		0.062	0.008	0.03	
Riboflavin	mg	0.015	0.000	4 A	1		0.037	0.005	0.00	
Niacin	_	0.142	0.009	4 A	1		0.349	0.044	0.05	
Pantothenic acid	mg	0.123	0.006	4 A	1		0.303	0.038	0.04	
Vitamin B-6		0.038	0.001	4 A	1		0.092	0.012	0.0	
Folate, total	mcg	10	1.559	4 A	1		25	3	4	
Folic acid	mcg	0		0 z	7		0	0	0	
Folate, food	mcg	10	1.559	4 A	1		25	3	4	
Folate, DFE	mcg_DFE	10		0 NC	4		25	3	4	
Vitamin B-12	mcg	0.00		0 z	7		0.00	0.00	0.0	
Vitamin A, IU	IU	50	20.130	4 A	1		123	15	19	
Vitamin A, RAE	mcg_RAE	2	1.006	4 A	1		6	1	1	
Retinol	mcg	0		0 z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		2 A	1		0.53	0.07	0.0	
Tocopherol, beta		0.00		2 A	1		0.00	0.00	0.0	
Tocopherol, gamma		0.00		2 A	1		0.00	0.00	0.0	
Tocopherol, delta		0.00		2 A	1		0.00	0.00	0.0	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		2 A	1		1.6	0.2	0.2	
<u>lipids:</u>	_			•	_				4 -	
Fatty acids, total saturated		0.008		0 NC	4		0.021	0.003	0.0	
4:0	-	0.000		0	1		0.000	0.000	0.0	
6:0		0.000		0	1		0.000	0.000	0.0	
8:0		0.000		0	1		0.000	0.000	0.0	
10:0	-	0.000		0	1		0.000	0.000	0.0	
12.0	a	0.000	)	0	1		0.000	0.000	0.0	
12:0	-									
13:0 14:0	g	0.000		0	1		0.000	0.000	0.0	

	<u>A</u> 1	mount in 10	00 grams	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
1/0	0.000		•				0.001	0.000	0.003
16:0g 17:0g	0.008	1	2		1		0.021	0.003	0.003
18:0g	0.000	)	0		1		0.000	0.000	0.000
20:0g									
22:0g									
24:0	0.008	,	0	NC	4		0.021	0.003	0.003
Fatty acids, total monounsaturatedg 14:1g	0.008	1	U	NC	4		0.021	0.003	0.003
15:1g									
16:1 undifferentiatedg	0.002	!	2		1		0.004	0.001	0.001
17:1g									
18:1 undifferentiatedg	0.007		2		1		0.017	0.002	0.003
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiatedg 24:1 cg	0.000	1	0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.023		0	NC	4		0.056	0.007	0.009
18:2 undifferentiatedg	0.015		2	1.0	1		0.037	0.005	0.006
18:3 undifferentiatedg	0.008		2		1		0.019	0.002	0.003
18:4g	0.000	)	0		1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1 1		0.000 0.000	0.000 0.000	0.000
22:5 n-3g 22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total transg	0.000	•	·		-		0.000	0.000	0.000
Cholesterolmg	0		0	z	7		0	0	0
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.002	!	0	A	1		0.004	0.001	0.001
Threonineg	0.002	!	0	A	1		0.004	0.001	0.001
Isoleucineg	0.002	!	0	A	1		0.004	0.001	0.001
Leucineg	0.016	i	0	A	1		0.040	0.005	0.006
Lysineg	0.016		0	A	1		0.040	0.005	0.006
Methionine9	0.002		0	A	1		0.004	0.001	0.001
Cystine	0.002 0.011		0	A A	1 1		0.004 0.028	0.001 0.003	0.001 0.004
Phenylalanine	0.011		0	A	1		0.028	0.003	0.004
Valineg	0.011		0	A	1		0.026	0.003	0.001
Arginine	0.015		0	A	1		0.037	0.005	0.006
Histidineg	0.002	!	0	A	1		0.004	0.001	0.001
Alanineg	0.024	ŀ	0	A	1		0.058	0.007	0.009
Aspartic acidg	0.114		0	A	1		0.280	0.035	0.043
Glutamic acidg	0.067		0	A	1		0.164	0.020	0.025
Glycine	0.011		0	A	1		0.028	0.003	0.004
Proline	0.030		0	A A	1 1		0.073 0.086	0.009 0.011	0.011 0.013
Serine	0.033	1	U	A	1		0.086	0.011	0.013
Others:			•	_	_				
Alcohol, ethylg  Caffeineg	0.0		0	z z	7 7		0.0 0	0.0 0	0.0 0
Theobrominemg	0		0	z	7		0	0	0
Carotenoids:	·		ŭ	-	•		ū	Ť	ŭ
Carotene, betamcg	30	12.0	78 4	A	1		73.665	9.223	11.379
Carotene, alphamcg	0	0.0		A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0.0		A	1		0.000	0.000	0.000
Lycopene mcg	0	0.0		A	1		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0.0	00 4	A	1		0.000	0.000	0.000

NDB No. 09160 Lime juice, raw

**Common Measures:** 

Measure 1 = 246g: 1 cup Measure 2 = 30.8g: 1 fl oz Measure 3 = 38g: 1 lime yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.7

Food Group: 09 Fruits and Fruit Juices

Refuse: 16% Peel and seeds

		<u>A</u> 1	mount in 100 gran	ns of edib	ole portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u> </u>
				a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	88.26	0.877 5		1		59.13	59.13	
Energy	=	30	0.077 0	NC	4		20	20	
Energy		126	0	NC	4		85	85	
Protein (N x 6.25)		0.70	0	110	1		0.47	0.47	
Total lipid (fat)		0.70	0		1		0.13	0.47	
Ash		0.20	0		1		0.20	0.13	
Carbohydrate, by difference		10.54	0	NC	4		7.06	7.06	
Fiber, total dietary		2.8	0	NC	1		1.9	1.9	
Sugars, total		1.69	0	BFZN			1.13	1.13	
9 -		1.09	O	DF ZI	-		1.13	1.13	
Starch	9								
Minerals:									
Calcium, Ca	mg	33	0		1		22	22	
Iron, Fe	mg	0.60	0		1		0.40	0.40	
Magnesium, Mg		6	0		4		4	4	
Phosphorus, P	_	18	0		1		12	12	
Potassium, K	mg	102	0		1		68	68	
Sodium, Na		2	0		1		1	1	
Zinc, Zn		0.11	1		1		0.07	0.07	
Copper, Cu		0.065			1		0.044	0.044	
Manganese, Mn		0.008			4		0.005	0.005	
Selenium, Se	mcg	0.4	0	BFSN	4		0.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid	ma	29.1	1		1		19.5	19.5	
Thiamin		0.030			1		0.020	0.020	
Riboflavin		0.020			1		0.013	0.013	
Niacin		0.200			1		0.134	0.134	
Pantothenic acid	-	0.217			1		0.145	0.145	
Vitamin B-6		0.043			4		0.029	0.029	
Folate, total	_	8	2.328 7		1		5	5	
Folic acid		0	0	z	7		0	0	
Folate, food		8	2.328 7		1		5	5	
Folate, DFE	mca DFE	8	0	NC	4		5	5	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		50	0	BFZN	4		33	33	
Vitamin A, RAE		2	0	BFZN	4		2	2	
Retinol		0	0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.22	0	BFZN	4		0.14	0.14	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D.									
Vitamin K (phylloquinone)		0.6	0	BFZN	4		0.4	0.4	
11.4									
<u>ipids:</u>	a	0.000	2 0		1		0.015	0.015	
Fatty acids, total saturated		0.022			1		0.000	0.013	
		0.000			1				
6:0 8:0	-	0.000			1		0.000 0.000	0.000 0.000	
8:0 10:0		0.000			1		0.000	0.000	
12:0	-	0.000			1		0.000	0.000	
13:0		0.000	, 0		_		0.000	0.000	
14:0		0.001	. 0		1		0 001	0.001	
15:0	-	0.001	. 0		_		0.001	0.001	
16:0	-	0.020	0		1		0.013	0.013	
17:0		0.020	. 0		-		0.013	0.013	
	-	0.001	. 0		1		0.001	0.001	
18:0 20:0	-	0.001	. 0		1		0.001	0.001	
22:0	-								
	u								

	<u>A</u>	mount in 100 grams		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
	0.016			1				
Fatty acids, total monounsaturatedg	0.019	0		1		0.013	0.013	
15:1	0.003	0		1		0.002	0.002	
18:1 undifferentiated	0.016			1 1		0.011 0.000	0.011 0.000	
22:1 undifferentiatedg 24:1 cg	0.000			1		0.000	0.000	
Fatty acids, total polyunsaturated	0.055			1 1		0.037 0.024	0.037 0.024	
18:3 undifferentiated	0.019			1 1		0.013 0.000	0.013 0.000	
20:2 n-6 c,c								
20:4 undifferentiated	0.000			1 1		0.000 0.000	0.000 0.000	
22:5 n-3g 22:6 n-3g	0.000			1 1		0.000 0.000	0.000 0.000	
Fatty acids, total trans	0	0	z	7		0	0	
Phytosterolsmg  Amino Acids:								
Tryptophan	0.003	3 10		1		0.002	0.002	
Isoleucine								
Lysine	0.014 0.002			1		0.009 0.001	0.009 0.001	
Cystine								
Valine								
Histidine								
Aspartic acid								
Glycine								
Serine								
Others: Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg Theobromine mg	0 0	0	z z	7 7		0 0	0 0	
Carotenoids:  Carotene, beta mcg	30	0	BFZN	4		20.063	20.063	
Carotene, alpha	0	0	BFZN BFZN	4		0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0 0	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	

# **Common Measures:**

Measure 1 = 67g: 1 fruit (2" dia) Measure 2 = 67g: 1 NLEA serving NDB No. 09159 Limes, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.48

Food Group: 09 Fruits and Fruit Juices

Refuse: 46% Shell and seeds

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	i
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.30		0		1		0.56		
Energy	kcal	277		0	NC	4		7		
Energy	kj	1160		0	NC	4		29		
Protein (N x 6.25)	g	3.80		0		1		0.10		
Total lipid (fat)	g	1.20		0		1		0.03		
Ash	g	2.00		0		1		0.05		
Carbohydrate, by difference	g	70.70		0	NC	4		1.77		
Fiber, total dietary	g	4.6		0		1		0.1		
Sugars, total	g	66.10		0	0	4		1.65		
Starch	g									
Minorals										
Minerals:	ma	33		0		1		1		
Calcium, CaIron, Fe	_	1.70		0		1		0.04		
Magnesium, Mg	_	42		0		1		1		
Phosphorus, P		181		0		1		5		
Potassium, K	-	1110		0		1		28		
Sodium, Na		3		0		1		0		
Zinc, Zn		0.28		0		1		0.01		
Copper, Cu		0.631		0		1		0.016		
Manganese, Mn.		0.234		0		1		0.006		
Selenium, Se	-	1.3		0	CAZN	4		0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	183.0		1		1		4.6		
Thiamin	-	0.010		1		1		0.000		
Riboflavin		0.570		1		1		0.014		
Niacin	_	3.100	)	1		1		0.078		
Pantothenic acid	_			_						
Vitamin B-6	-	0.090	)	0		4		0.002		
Folate, total		12		0	_	4		0		
Folic acid		0		0	Z	7		0		
Folate, food		12		0		4		0		
Folate, DFE		12		0	NC	4		0		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		1		0		
Vitamin A, RAE		0		-	_	1		0		
Retinol		0.31		0 0	Z BFSN	7 4		0.01		
Vitamin E (alpha-tocopherol)		0.31		U	BESN	4		0.01		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6		0	BFSN	4		0.0		
	9			·	22.01	-		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.270	)	0		4		0.007		
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		0.006	5	0		4		0.000		
15:0				_						
16:0		0.190	,	0		4		0.005		
17:0				_						
18:0		0.065	)	0		4		0.002		
20:0	-									
22:0	-									
24:0	g									

	<u>A</u>	mount in 10			Amount in edible portion of common measures of food				
			Number		_		illeasures of 100u		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.328	3	0		4		0.008		
14:1g									
15:1g									
16:1 undifferentiatedg	0.004	Į.	0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.324		0		4		0.008		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000	)	0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.361		0		4		0.009		
18:2 undifferentiatedg	0.184		0		4		0.005		
18:3 undifferentiatedg	0.178		0		4		0.004		
18:4g	0.000	)	0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000	)	0		4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	z	7		0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.033	3	0		1		0.001		
Threonineg									
Isoleucineg									
Leucineg									
Lysineg	0.187	,	0		1		0.005		
Methionineg	0.042	<u>!</u>	0		1		0.001		
Cystineg									
Phenylalanineg									
Tyrosineg									
Valineg									
Arginineg									
Histidine 9									
Alanineg									
Aspartic acidg									
Glutamic acidg									
Glycineg									
Prolineg									
Serineg									
Hydroxyprolineg									
Others:			_		_		• •		
Alcohol, ethyl	0.0		0	_	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

### **Common Measures:**

Measure 1 = 2.5g: 1 fruit

NDB No. 09165 Litchis, dried

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

lychee

Refuse: 40% Shell and seeds

Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Code   Code   Measure   Measure		<u>Aı</u>	mount in 100 gr	ams of edi	ble portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units			Nun	nber			measures of food		
Proximates:					Source	Confidence			
Water	trients and Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Water									
Energy	a	81.76	1.019	9	1		155.34	7.85	
Finergy									
Protein (N \sigma 25)				0 110					
Total lipid (apr.)  9			0.046	7	_				
Ash. 9 0.44 0.057 6 1 0.84 0.084 0.057 15 15 0.84 0.04 1.15 15 15 0.15 0.15 0.15 0.15 0.15 0.1									
Carbolydrate by difference   J   16.53   0   NC   4   31.41   1.55   1									
Fiber, total dietary			0.057						
Sugars, total									
Simple   S	-								
Minerals:   Calcum, Ca.		15.23		0 0	4		28.94	1.46	
Calcium, Ca.         mg         5         1.586         7         1         10         0           Inco, F.C.         mg         0.03         0.061         5         1         0.59         0.05           Magnesium, Mg.         mg         10         2         1         19         1           Phosphorus, P.         mg         31         3.387         7         1         59         3           Potassium, K.         mg         171         23.479         5         1         325         16           Sodium, Na.         mg         1         0.151         3         1         2.02         0           Zinc, Zh.         mg         0.07         1         1         1         0.13         0.02           Copper, Cu.         mg         0.148         1         1         0.023         0.03           Magness, Mn.         mg         0.055         0.0         CAZN         4         1.1         0.12           Vitamins         mg         0.065         0.09         3         1         135.9         6.9           Thairmin         mg         0.065         0.09         3         1         0.124	g								
Iron, Fe.									
Ino., Fe.	mg	5	1.586	7	1		10	0	
Magnesium, Mg         mg         1.0         2         1         19         1           Phosphorus, P.         mg         31         3.387         7         1         59         3           Potassium, K.         mg         171         23.479         5         1         325         16           Sodium, Na.         mg         10.07         1         1         0.13         0.0           Zoro, C.         mg         0.148         1         1         0.13         0.0           Copper, Cu.         mg         0.148         1         1         0.13         0.0           Selenium, Sc.         mG0         0.6         0         CAZN         4         1.1         0.1           Vitamins         mg         0.05         10.286         14         1         135.9         6.9           Thiamm         mg         0.011         2         1         0.021         0.0           Vitamins         mg         0.055         0.099         3         1         1.146         0.0           Niacin.         mg         0.065         0.099         3         1         0.146         0.0           Pattotheric exid		0.31	0.061	5	1		0.59	0.03	
Phosphorus P.		10		2	1		19	1	
Sodium, Na.		31	3.387	7	1		59	3	
Sodium Na	_	171	23.479	5	1		325	16	
Zinc, Zn.         mg         0.07         1         1         0.13         0.05           Copper, Cu.         mg         0.148         1         1         0.281         0.0           Manganese, Mn.         mg         0.055         1         1         1         0.105         0.00           Selenium, Se.         mcg         0.6         0         0         CAZN         4         1.1         0.105         0.00           Selenium, Se.         mcg         0.6         0         0         CAZN         4         1.1         0.10         1.1         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         1.1         0.0         0.0         1.1         0.0         0.		1	0.151	3	1		2	0	
Copper, Cu.         mg         0.148         1         1         0.281         0.05           Manganese, Mn.         mg         0.055         1         1         0.105         0.00           Sclenium, Se.         mcg         0.6         0         CAZN         4         1.1         0.10           Vitamins:         "Vitamins:           Vitamin C, total ascorbic acid.         mg         0.011         2         1         0.021         0.0           Riboflavin.         mg         0.065         0.009         3         1         0.124         0.0           Pantothenic acid.         mg         0.603         0.147         3         1         0.124         0.0           Pantothenic acid.         mg         0.100         0         4         0.190         0.0           Pantothenic acid.         mg         0.100         0         4         0.190         0.0           Pantothenic acid.         mg         0.100         0         4         0.190         0.0           Pattantin B-6         mg         0.100         0         4         0.190         0.0           Folate, food         mg         0.100         0		0.07		1	1		0.13	0.01	
Manganese, Mn.         mg         0.055         1         1         1         0.105         0.0           Sclenium, Se.         mcg         0.6         0         CAZN         4         1.1         0.1           Vitamins:         "Vitamins C, total ascorbic acid.         mg         71.5         10.286         14         1         135.9         6.9           Thiamin.         mg         0.065         0.009         3         1         0.124         0.0           Niacin.         mg         0.605         0.009         3         1         0.124         0.0           Niacin.         mg         0.603         0.147         3         1         1.146         0.0           Pantotheric acid.         mg         0.100         0         4         0.190         0.0           Foliac acid.         mg         0.100         0         4         27         1           Foliac pod.         mg         0.100         0         2         7         0         0           Foliac pod.         mg         0.00         0         2         7         0         0           Folate, food         mg         0         0		0.148	3	1	1		0.281	0.014	
Scientium, Se.   mcg   0.6   0.6   CAZN   4   1.1   0.1		0.055	<b>i</b>	1	1		0.105	0.005	
Vitamin C, total ascorbic acid.		0.6		0 CAZN	4		1.1	0.1	
Vitamin C, total ascorbic acid.									
Thiamin         mg         0.011         2         1         0.021         0.0           Riboflavin         mg         0.605         0.009         3         1         0.124         0.0           Niacin         mg         0.603         0.147         3         1         1.146         0.0           Pantothenic acid         mg         0.100         0         4         0.190         0.0           Folate, Cond         mcg         14         0         4         27         1           Folate, Cod.         mcg         14         0         2         7         0         0           Folate, DFE         mcg         14         0         NC         4         27         1           Folate, DFE         mcg         0.00         0         Z         7         0         0         0         0         0         27         1         1         0	assaubia said ma	71 5	10 296	1.4	1		125 0	6.0	
Riboflavin.         mg         0.065         0.009         3         1         0.124         0.0           Niacin.         mg         0.603         0.147         3         1         0.124         0.0           Niacin.         mg         0.603         0.147         3         1         1.146         0.0           Polate, Iotal.         mg         0.100         0         4         0.190         0.0           Folate, Iotal.         mcg         14         0         4         27         1           Folice, Iotal.         mcg         14         0         4         27         1           Folate, DFE.         mcg         14         0         NC         4         27         1           Vitamin B-12.         mcg         0.00         0         NC         4         27         1           Vitamin A, IU         IU         0         1         1         1         0         0           Retinol.         mcg         A         0         0         BFSN         4         0.14         0.0           Vitamin E, Glapha-tocopherol)         mg         0.07         0         BFSN         4         0.7								0.001	
Niacin								0.001	
Pantothenic acid.   mg   Vitamin B-6.   mg   0.100   0   4   27   1     Folic acid.   mcg   14   0   NC   4   27   1     Folic acid.   mcg   14   0   NC   4   27   1     Folica, Folica								0.058	
Vitamin B-6.         mg         0.100         0         4         0.190         0.0           Folate, total.         mcg         14         0         4         27         1           Folia ceid.         mcg         0         0         z         7         0         0           Folate, food.         mcg         14         0         K         4         27         1           Folate, DFE.         mcg         0.00         0         Z         7         0.00         0.00           Vitamin B-12.         mcg         0.00         1         1         0         0         0           Vitamin A, IU.         IU         0         1         1         1         0         0           Vitamin A, RAE.         mcg         0         0         Z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.07         0         BFSN         4         0.14         0.0           Tocopherol, betra.         mg         0         0         BFSN         4         0.7         0.0           Vitamin E (alpha-tocopherol)         mcg         0.4         0         8         0.7         0.0<	_	0.003	0.147	3	-		1.140	0.030	
Folate, total		0.100	)	0	4		0 190	0.010	
Folic acid									
Folate, food									
Folate, DFE									
Vitamin B-12.         mcg         0.00         0         z         7         0.00         0.0           Vitamin A, IU.         IU         0         1         1         1         0         0           Vitamin A, RAE.         mcg         0         1         1         1         0         0         0           Retinol.         mcg         0         0         Z         7         0 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Vitamin A, IU.         IU         0         1         1         1         0         0           Vitamin A, RAE         mcg_RAE         0         1         1         1         0         0           Retinol         mcg         0         0         2         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.07         0         BFSN         4         0.14         0.0           Tocopherol, beta         mg         0         0         BFSN         4         0.14         0.0           Tocopherol, gamma         mg         0         0         BFSN         4         0.7         0.0           Vitamin K (phylloquinone)         mcg         0.4         0         BFSN         4         0.7         0.0           Lipids:         Test years         Estimated         9         0.099         0         4         0.7         0.0           Lipids:         Fatty acids, total saturated         9         0.099         0         4         0.00         0.0           4:0         9         0.000         0         4         0.000         0.0           8:0         9								0.00	
Vitamin A, RAE         mcg_RAE         0         1         1         1         0         0           Retinol         mcg         0         0         2         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.07         0         BFSN         4         0.14         0.0           Tocopherol, beta         mg         0         FRSN         4         0.7         0.0           Tocopherol, delta         mg         0         0         BFSN         4         0.7         0.0           Vitamin D         IU         U         Vitamin K (phylloquimone)         mcg         0.4         0         BFSN         4         0.7         0.0           Lipids:         U         Vitamin K (phylloquimone)         mcg         0.4         0         BFSN         4         0.7         0.0           Lipids:         Estry acids, total saturated         g         0.099         0         4         0.188         0.0           4:0.         g         0.000         0         4         0.000         0.0           4:0.         g         0.000         0         4         0.000         0.0				-					
Retinol.         mcg         0         0         Z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.07         0         BFSN         4         0.14         0.0           Tocopherol, beta.         mg         Tocopherol, gamma.         mg           Vitamin D.         IU         Vitamin K (phylloquinone).         mcg         0.4         0         BFSN         4         0.7         0.0           Lipids:         Fatty acids, total saturated         g         0.099         0         4         0.188         0.0           4:0.         g         0.000         0         4         0.000         0.0           6:0.         g         0.000         0         4         0.000         0.0           8:0.         g         0.000         0         4         0.000         0.0           10:0.         g         0.000         0         4         0.000         0.0           12:0.         g         0.000         0         4         0.000         0.0           15:0.         g         0.002         0         4         0.04         0.0         0	mca RAF								
Vitamin E (alpha-tocopherol)         mg         0.07         0 BFSN 4         0.14         0.0           Tocopherol, beta.         mg							-		
Tocopherol, beta							-	0.01	
Tocopherol, gamma mg Tocopherol, delta. mg Vitamin D	* '	0.0.		2231	-		V.22	0.01	
Tocopherol, delta									
Vitamin D.         IU           Vitamin K (phylloquinone)         mcg         0.4         0 BFSN 4         0.7         0.0           Lipids:         Fatty acids, total saturated         g         0.099         0 4         0.188         0.0           4:0.         g         0.000         0 4         0.000         0.0           6:0.         g         0.000         0 4         0.000         0.0           8:0.         g         0.000         0 4         0.000         0.0           10:0.         g         0.000         0 4         0.000         0.0           12:0.         g         0.000         0 4         0.000         0.0           13:0.         g         0.002         0 4         0.004         0.0           15:0.         g         0.070         0 4         0.133         0.0           17:0.         g         0.070         0 4         0.046         0.0           18:0.         g         0.024         0 4         0.046         0.0           20:0.         g         0.024         0 4         0.046         0.0									
Vitamin K (phylloquinone)         mcg         0.4         0 BFSN 4         0.7         0.0           Lipids:         Fatty acids, total saturated         9         0.099         0         4         0.188         0.0           4:0         9         0.000         0         4         0.000         0.0           6:0         9         0.000         0         4         0.000         0.0           8:0         9         0.000         0         4         0.000         0.0           10:0         9         0.000         0         4         0.000         0.0           13:0         9         0.002         0         4         0.004         0.0           15:0         9         0.070         0         4         0.133         0.0           17:0         9         0.024         0         4         0.046         0.0           20:0         9         0.024         0         4         0.046         0.0									
Lipids:       Fatty acids, total saturated     9     0.099     0     4     0.188     0.0       4:0     9     0.000     0     4     0.000     0.0       6:0     9     0.000     0     4     0.000     0.0       8:0     9     0.000     0     4     0.000     0.0       10:0     9     0.000     0     4     0.000     0.0       12:0     9     0.000     0     4     0.000     0.0       13:0     9     0.002     0     4     0.004     0.0       15:0     9       16:0     9     0.070     0     4     0.133     0.0       17:0     9       18:0     9     0.024     0     4     0.046     0.0       20:0     9		0.4		0 BFSN	1 4		0.7	0.0	
Fatty acids, total saturated         9         0.099         0         4         0.188         0.0           4:0									
4:0       9       0.000       0       4       0.000       0.00         6:0       9       0.000       0       4       0.000       0.00         8:0       9       0.000       0       4       0.000       0.0         10:0       9       0.000       0       4       0.000       0.0         12:0       9       0.000       0       4       0.000       0.0         13:0       9       0.002       0       4       0.004       0.0         15:0       9       0.070       0       4       0.133       0.0         17:0       9         18:0       9       0.024       0       4       0.046       0.0         20:0       9       0.024       0       4       0.046       0.0	1	0.000		•			0.100	0.010	
6:0.					4			0.010	
8:0       9       0.000       0       4       0.000       0.00         10:0       9       0.000       0       4       0.000       0.00         12:0       9       0.000       0       4       0.000       0.00         13:0       9       0.002       0       4       0.004       0.0         15:0       9       0.070       0       4       0.133       0.0         17:0       9         18:0       9       0.024       0       4       0.046       0.0         20:0       9					4			0.000	
10:0       g       0.000       0       4       0.000       0.00         12:0       g       0.000       0       4       0.000       0.00         13:0       g       0.002       0       4       0.004       0.0         15:0       g       0.070       0       4       0.133       0.0         17:0       g       0.024       0       4       0.046       0.0         20:0       g       0.024       0       4       0.046       0.0	•			-	4			0.000	
12:0.     g     0.000     0     4     0.000     0.0       13:0.     g       14:0.     g     0.002     0     4     0.004     0.0       15:0.     g       16:0.     g     0.070     0     4     0.133     0.0       17:0.     g       18:0.     g     0.024     0     4     0.046     0.0       20:0.     g				-	4			0.000	
13:0     9       14:0     9     0.002     0     4     0.004     0.0       15:0     9       16:0     9     0.070     0     4     0.133     0.0       17:0     9       18:0     9     0.024     0     4     0.046     0.0       20:0     9	=				4			0.000	
14:0.     g     0.002     0     4     0.004     0.0       15:0.     g       16:0.     g     0.070     0     4     0.133     0.0       17:0.     g       18:0.     g     0.024     0     4     0.046     0.0       20:0.     g	=	0.000	1	U	4		0.000	0.000	
15:0	=			•			a	2 222	
16:0	=	0.002	!	U	4		0.004	0.000	
17:0g 18:0g 0.024 0 4 0.046 0.0 20:0g				•					
18:0g 0.024 0 4 0.046 0.0 20:0g		0.070	)	U	4		0.133	0.007	
20:0g				•					
		0.024	<b>L</b>	U	4		0.046	0.002	
	=								
22:0	=								

	<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Number	•			<u>m</u>	easures of food	•
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.120	)	0		4		0.228	0.012	
14:1g									
15:1g									
16:1 undifferentiatedg	0.001	•	0		4		0.002	0.000	
17:1g			•						
18:1 undifferentiatedg	0.119		0		4		0.226	0.011	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	1	0		4		0.000	0.000	
24:1 cg			_						
Fatty acids, total polyunsaturatedg	0.132		0		4		0.251	0.013	
18:2 undifferentiatedg	0.067		0		4		0.127	0.006	
18:3 undifferentiatedg	0.065		0		4		0.124	0.006	
18:4g	0.000	)	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000	1	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.007	,	1		1		0.013	0.001	
Threonine	0.007		_		-		0.013	0.001	
Isoleucine									
Leucine									
Lysine	0.041		1		1		0.078	0.004	
Methionine	0.009		1		1		0.017	0.001	
Cystine	0.003	•	_		_		0.017	0.001	
Phenylalanine									
Tyrosine									
Valineg									
Arginine									
Histidine									
Alanine									
Aspartic acid									
Glutamic acid									
Glycine									
Proline									
Serineg									
Hydroxyproline									
Trydroxypromic9									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
* *	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	
Lutem + zeaxantiiii	U		U	4	,		0.000	3.000	

### **Common Measures:**

Measure 1 = 190g: 1 cup

Measure 2 = 9.6g: 1 fruit without refuse

NDB No. 09164 Litchis, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	le portior	<u>1</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	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	<b>a</b>	84.61	0.382	3		1		124.38			
		55	0.362	0	NC	4		81			
Energy		230		U	NC	4		338			
Protein (N x 6.25)		1.52	0.152	3		1		2.23			
Total lipid (fat)		0.31	0.132	3		1		0.46			
		0.51	0.000	3		1		0.79			
Ash Carbohydrate, by difference		13.02	0.000	0	NC	4		19.14			
Fiber, total dietary		5.3		0	BFZN	4		7.8			
		7.70		0	0	4		11.32			
Sugars, total		7.70		U	O	-		11.32			
Starcii	9										
Minerals:											
Calcium, Ca	mg	26	0.601	3		1		38			
Iron, Fe	mg	0.64	0.009	3		1		0.94			
Magnesium, Mg		21	0.318	3		1		31			
Phosphorus, P		26	1.267	3		1		38			
Potassium, K		145	3.786	3		1		213			
Sodium, Na		1	0.000	3		1		1			
Zinc, Zn		0.34	0.018	3		1		0.50			
Copper, Cu		0.117		3		1		0.172			
Manganese, Mn		1.247	0.027	3		1		1.833			
Selenium, Se	mcg	0.2		0	BFZN	4		0.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	15.3	0.333	3		1		22.5			
Thiamin	-	0.050	0.003	3		1		0.074			
Riboflavin		0.034	0.002	3		1		0.050			
Niacin		0.840	0.000	3		1		1.235			
Pantothenic acid		0.244	0.024	3		1		0.359			
Vitamin B-6	mg	0.065	0.002	3		1		0.096			
Folate, total	mcg	26	2.914	3		1		38			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	26	2.914	3		1		38			
Folate, DFE	mcg_DFE	26		0	NC	4		38			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	35	3.180	3		1		51			
Vitamin A, RAE	mcg_RAE	2	0.159	3		1		3			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.87		0	BFZN	4		1.28			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	7.8		0	BFZN	4		11.5			
Lipids:											
Fatty acids, total saturated	а	0.011		0		4		0.016			
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	-	0.000	1	0		4		0.000			
15:0											
16:0		0.007		0		4		0.010			
17:0											
18:0	-	0.002		0		4		0.003			
20:0	-			-		-					
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Ur	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.030		0		4		0.044		
14:1	g									
15:1	_									
16:1 undifferentiated		0.000		0		4		0.000		
17:1										
18:1 undifferentiated		0.028		0		4		0.041		
20:1	_	0.002		0		4		0.003		
22:1 undifferentiated		0.000		0		4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.176		0		4		0.259		
18:2 undifferentiated	_	0.117		0		4		0.172		
18:3 undifferentiated	g	0.059		0		4		0.087		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3	g	0.000		0		4		0.000		
22:5 n-3	g	0.000		0		4		0.000		
22:6 n-3	g	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	21		0	BNA	4		30.870		
Carotene, alpha	mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0.000		
Lycopene	mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin	mcg	118		0	BFZN	4		172.725		

### **Common Measures:**

Measure 1 = 147g: 1 cup, unthawed

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 64% Shell and seeds

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	<b>S</b>	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	g	17.60		0		1					
Energy	kcal	286		0	NC	4					
Energy		1197				4					
Protein (N x 6.25)	g	4.90		0		1					
Total lipid (fat)		0.40		0		1					
Ash		3.10		0		1					
Carbohydrate, by difference		74.00		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch											
Staten	9										
Minerals:											
Calcium, Ca	mg	45		0		1					
Iron, Fe	mg	5.40		0		1					
Magnesium, Mg	mg	46		0		1					
Phosphorus, P	mg	196		0		1					
Potassium, K	mg	658		1		1					
Sodium, Na	mg	48		1		1					
Zinc, Zn	mg	0.22		0		1					
Copper, Cu	mg	0.807		0		1					
Manganese, Mn	mg	0.248		0		1					
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	28.0		0		1					
Thiamin		0.040		0		1					
Riboflavin		0.500		0		1					
Niacin	-	1.000		0		1					
Pantothenic acid	_	1.000		U		_					
Vitamin B-6	_										
Folate, total	_										
Folate, DFE											
Vitamin B-12		0.00		0	z	7					
Vitamin A, IU		0		1		1					
Vitamin A, RAE		0		1		1					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Y • • • •											
<u>Lipids:</u>	_										
Fatty acids, total saturated	-										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0		0	z	7					
CholesterolPhytosterols	-	U		U	4	,					
r nytosterois											
Amino Acids:											
Tryptophan	g										
Threonine	g	0.128		0		1					
Isoleucine	g	0.097		0		1					
Leucine	g	0.202		0		1					
Lysine	g	0.172		0		1					
Methionine	g	0.049	ı	0		1					
Cystine	g										
Phenylalanine	g	0.112		0		1					
Tyrosine	g	0.094		0		1					
Valine	a	0.217		0		1					

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Arginineg	0.131		0		1				
Histidineg	0.045		0		1				
Alanineg	0.585		0		1				
Aspartic acidg	0.469		0		1				
Glutamic acidg	0.780		0		1				
Glycineg	0.158		0		1				
Prolineg	0.158		0		1				
Serineg	0.180		0		1				
Hydroxyprolineg									

#### **Common Measures:**

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 47% Shell and seeds

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number				measures of food			
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	82.75		2		1		2.65			
Energy.	-	60		0	NC	4		2			
· ·		251		U	NC	4		8			
Energy											
Protein (N x 6.25)		1.31		1		1		0.04			
Total lipid (fat)		0.10		0		1		0.00			
Ash		0.70		0		1		0.02			
Carbohydrate, by difference		15.14		0	NC	4		0.48			
Fiber, total dietary	g	1.1		0		4		0.0			
Sugars, total	g										
Starch	g										
Minarala											
Minerals: Calcium, Ca	ma	1		1		1		0			
	-	0.13		1		1		0.00			
Iron, Fe		10		1		1		0.00			
Magnesium, Mg Phosphorus, P		21		1		1		1			
		266		1		1		9			
Potassium, K	-	0		1		1		0			
Sodium, Na	-	0.05		1		1		0.00			
Zinc, Zn		0.05	•	1		1		0.005			
Copper, Cu		0.169		1		1		0.005			
Manganese, Mn		0.052	•	_		1		0.002			
Selenium, Se	inog										
Vitamins:											
Vitamin C, total ascorbic acid	mg	84.0		2		1		2.7			
Thiamin	mg	0.031	_	2		1		0.001			
Riboflavin		0.140	)	1		1		0.004			
Niacin		0.300	)	1		1		0.010			
Pantothenic acid											
Vitamin B-6	-										
Folate, total	-										
Folate, DFE	mcg_DFE										
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU											
Vitamin A, RAE	mcg RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone)											
* * * * *											
<u>Lipids:</u>											
Fatty acids, total saturated											
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		_		_		_		_			
Cholesterol		0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g										
Threonine	g	0.034	Į.	1		1		0.001			
Isoleucine	g	0.026	5	1		1		0.001			
Leucine	-	0.054	Į	1		1		0.002			
Lysine		0.046	5	1		1		0.001			
Methionine		0.013	3	1		1		0.000			
Cystine	-										
Phenylalanine	-	0.030	)	1		1		0.001			
Tyrosine		0.025		1		1		0.001			
Valine		0.058		1		1		0.002			

	Amo	ount in 100 grams of	Amount in edible portion of common				
Nutrients and Units	Mean S	Number of Data De td. Error Points Co	riv Source C de Code	onfidence Code	Measure 1	easures of food Measure 2	Measure 3
			_				
Arginineg	0.035	1	1		0.001		
Histidine9	0.012	1	1		0.000		
Alanineg	0.157	1	1		0.005		
Aspartic acidg	0.126	1	1		0.004		
Glutamic acidg	0.209	1	1		0.007		
Glycineg	0.042	1	1		0.001		
Prolineg	0.042	1	1		0.001		
Serineg	0.048	1	1		0.002		
Hydroxyprolineg							

#### **Common Measures:**

Measure 1 = 3.2g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 35% Seeds and skin

		<u>A</u> 1	mount in 100 gr	rams of	Amount in edible portion of common							
			Nur	nber				measures of food				
			of I	Data D	eriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	86.73	1.198	13		1		129.23	17.35	13.88		
Energy	kcal	47		0	NC	4		70	9	8		
Energy	kj	197				4		293	39	31		
Protein (N x 6.25)	g	0.43		1		1		0.64	0.09	0.07		
Total lipid (fat)	g	0.20		0		1		0.30	0.04	0.03		
Ash	g	0.50		0		1		0.75	0.10	0.08		
Carbohydrate, by difference	g	12.14		0	NC	4		18.09	2.43	1.94		
Fiber, total dietary		1.7		0		4		2.5	0.3	0.3		
Sugars, total	g											
Starch	g											
Minerals:												
Calcium. Ca	mg	16	5.153	4		1		24	3	3		
Iron, Fe.		0.28	0.080	3		1		0.42	0.06	0.04		
Magnesium, Mg	-	13		2		1		19	3	2		
Phosphorus, P		27	14.372	3		1		40	5	4		
Potassium, K	-	266	77.159	4		1		396	53	43		
Sodium, Na		1		2		1		1	0	0		
Zinc, Zn	mg	0.05		1		1		0.07	0.01	0.01		
Copper, Cu	mg	0.040	1	1		1		0.060	0.008	0.00		
Manganese, Mn		0.148		1		1		0.221	0.030	0.02		
Selenium, Se	mcg	0.6		0	CAZN	4		0.9	0.1	0.1		
Vitamins:												
Vitamin C, total ascorbic acid	ma	1.0		0		1		1.5	0.2	0.2		
Thiamin	-	0.019	)	0		1		0.028	0.004	0.00		
Riboflavin	-	0.024		0		1		0.036	0.005	0.00		
Niacin		0.180		0		1		0.268	0.036	0.02		
Pantothenic acid	-											
Vitamin B-6	-	0.100	)	0		4		0.149	0.020	0.01		
Folate, total		14		0		4		21	3	2		
Folic acid		0		0	Z	7		0	0	0		
Folate, food		14		0		4		21	3	2		
Folate, DFE	mcg_DFE	14		0	NC	4		21	3	2		
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00		
Vitamin A, IU	IU	1528	233.817	5		1		2277	306	244		
Vitamin A, RAE	mcg_RAE	76	11.691	5		1		114	15	12		
Retinol	mcg	0		0	Z	7		0	0	0		
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta	-											
Vitamin D.												
Vitamin K (phylloquinone)	Ilicy											
<u>Lipids:</u>												
Fatty acids, total saturated	g	0.040	)	0		1		0.060	0.008	0.00		
4:0		0.000	)	0		1		0.000	0.000	0.00		
6:0	g	0.000	1	0		1		0.000	0.000	0.00		
8:0	g	0.000	)	0		1		0.000	0.000	0.00		
10:0	g	0.000	1	0		1		0.000	0.000	0.00		
12:0	g	0.001		2		1		0.001	0.000	0.00		
13:0	g											
14:0	g	0.001		2		1		0.001	0.000	0.00		
15:0	g											
16:0	g	0.032		2		1		0.048	0.006	0.00		
17:0												
18:0	g	0.004		2		1		0.006	0.001	0.00		
20:0	g											
22:0	0											

Fatty acids, total monounsaturated	9 9 9 9 9 9	0.008 0.000 0.000 0.000 0.000	Std. Error Points  0  2 0 0	a Deriv	Source Code	Confidence Code	0.012 0.000	Measure 2  0.002  0.000	Measure 3
14:1	9 9 9 9 9 9	0.000 0.008 0.000 0.000	0 2 0		1				
14:1	9 9 9 9 9 9	0.000 0.008 0.000 0.000	0 2 0		1				
15:1	g g g g g g g	0.008 0.000 0.000	2 0				0.000	0.000	0.000
16:1 undifferentiated	g g g g g g g	0.008 0.000 0.000	2 0				0.000	0.000	0.000
17:1	g g g g g g g	0.008 0.000 0.000	2 0				0.000	0.000	0.000
18:1 undifferentiated. 20:1. 22:1 undifferentiated. 24:1 c Fatty acids, total polyunsaturated. 18:2 undifferentiated. 18:3 undifferentiated. 18:4.	g g g g g g	0.000 0.000	0		1				
20:1	9 9 9 9 9	0.000 0.000	0						0 001
22:1 undifferentiated	g g g g	0.000					0.012	0.002	0.001
24:1 c	g g		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g g g	0.091			1		0.000	0.000	0.000
18:2 undifferentiated	g g	0.091			_				0.015
18:3 undifferentiated	g		0		1		0.136	0.018	0.015
18:4		0.077	2		1		0.115	0.015	0.012
		0.013	2		1		0.019	0.003	0.002
20:2 n-6 c,c	-	0.000	0		1		0.000	0.000	0.000
	-								
20:3 undifferentiated					_				
20:4 undifferentiated	_	0.000	0		1		0.000	0.000	0.000
20:5 n-3	-	0.000	0		1		0.000	0.000	0.000
22:5 n-3		0.000	0		1		0.000	0.000	0.000
22:6 n-3	_	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans		•		_	_		•	•	•
Cholesterol		0 2	0	Z	7 1		0 3	0	0 0
Phytosterols	iiig	2	U		1		3	0	U
Amino Acids:									
Tryptophan	g	0.005	1		1		0.007	0.001	0.001
Threonine		0.015	2		1		0.022	0.003	0.002
Isoleucine		0.015	2		1		0.022	0.003	0.002
Leucine	g	0.026	2		1		0.039	0.005	0.004
Lysine		0.023	2		1		0.034	0.005	0.004
Methionine		0.004	2		1		0.006	0.001	0.001
Cystine	-	0.006	1		1		0.009	0.001	0.001
Phenylalanine		0.014	2		1		0.021	0.003	0.002
Tyrosine	-	0.013	2		1		0.019	0.003	0.002
Valine	-	0.021	2		1		0.031	0.004	0.003
Arginine		0.014	2		1		0.021	0.003	0.002
Histidine	-	0.007	2		1		0.010	0.001	0.001
Alanine	-	0.024	2		1		0.036	0.005	0.004
Aspartic acid		0.058	2		1		0.086	0.012	0.009
Glutamic acid	-	0.061	2		1		0.091	0.012	0.010
Glycine	-	0.020	2		1		0.030	0.004	0.003
Proline		0.027	2		1		0.040	0.005	0.004
Serine	-	0.020	2		1		0.030	0.004	0.003
Hydroxyproline		3.320	-		-		3.000	0.004	0.005
Others:	~	2.2	•		-		0.0	0.0	2 2
Alcohol, ethyl	-	0.0	0		7		0.0	0.0	0.0
Caffeine Theobromine	.mg .mg								

#### **Common Measures:**

Measure 1 = 149g: 1 cup, cubed

Measure 2 = 20g: 1 large Measure 3 = 16g: 1 medium

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 40% Seeds and skin

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure
Proximates:										
Water	g	86.20		0		1		729.25		
Energy	kcal	51		0	NC	4		431		
Energy		213				4		1805		
Protein (N x 6.25)	g	0.50		0		1		4.23		
Total lipid (fat)	g	0.50		0		1		4.23		
Ash		0.30		0		1		2.54		
Carbohydrate, by difference		12.50		0	NC	4		105.75		
Fiber, total dietary		3.0		0		4		25.4		
Sugars, total										
Starch										
Minerals:	ma	11		^				0.2		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11 0.70		0		1 1		93 5.92		
Iron, Fe		16		0		4		5.92 135		
Magnesium, Mg		11		0		1		93		
Phosphorus, P Potassium, K		47		0		1		398		
Sodium, Na		15		0		1		127		
Zinc, Zn	-	0.10		0		4		0.85		
Copper, Cu	-	0.086	:	0		4		0.728		
Manganese, Mn		0.000	•	v		•		0.720		
Selenium, Se		0.6		0	CAZN	4		5.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		14.0		0		1		118.4		
Thiamin	-	0.020		0		1		0.169		
Riboflavin	-	0.040		0		1		0.338		
Niacin		0.400		0		1		3.384		
Pantothenic acid		0.103		0		1		0.871		
Vitamin B-6	-	0.100	)	0		4		0.846		
Folate, total		14		0	_	4		118		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	14		0		4		118		
Folate, DFE		14		0	NC	<b>4</b> 7		118		
Vitamin B-12		0.00		0	Z	1		0.00		
Vitamin A, IU		230 12		0		1		1946 97		
Vitamin A, RAE		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		U		U	2	,		U		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	0.100		•				1 151		
Fatty acids, total saturated		0.136		0		4		1.151 0.000		
4:0		0.000		0		4		0.000		
6:0 8:0		0.000		0		4 A		0.000		
10:0		0.000		0		4		0.000		
12:0	-	0.000		0		4		0.000		
13:0		0.000		J		-		3.000		
14:0		0.000	)	0		4		0.000		
15:0		0.000		·		•		3.000		
16:0		0.042		0		4		0.355		
17:0				•		-				
18:0		0.094		0		4		0.795		
20:0				-		=		323		
22:0										
24:0										

		<u>Ar</u>			Amount in 100 grams of edible portion							
Nutrients and Units	3	Mean	Numbe of Data Std. Error Points	Deriv S	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3			
			_									
Fatty acids, total monounsaturated		0.205	0		4		1.734					
14:1												
15:1	-	0.000	0		4		0.000					
17:1	-	0.000	U		4		0.000					
18:1 undifferentiated	-	0.205	0		4		1.734					
20:1	-	0.203	0		4		0.000					
22:1 undifferentiated	-	0.000	0		4		0.000					
24:1 c	-	0.000	U		4		0.000					
Fatty acids, total polyunsaturated		0.079	0		4		0.668					
18:2 undifferentiated		0.079	0		4		0.668					
18:3 undifferentiated		0.000	0		4		0.000					
18:4	-	0.000	0		4		0.000					
20:2 n-6 c.c.	-	0.000	v		-		0.000					
20:3 undifferentiated	-											
20:4 undifferentiated		0.000	0		4		0.000					
20:5 n-3	-	0.000	0		4		0.000					
22:5 n-3	-	0.000	0		4		0.000					
22:6 n-3		0.000	0		4		0.000					
Fatty acids, total trans	-	0.000	v		•		0.000					
Cholesterol		0	0	Z	7		0					
Phytosterols		·	·	-	•		·					
•	3											
Amino Acids:	~	0.005	2		1		0.042					
Tryptophan		0.005	2		1		0.042					
Threonine	-											
Isoleucine												
Leucine	-	0.037	2		1		0.313					
Lysine		0.037			1		0.313					
Methionine	-	0.006	2		1		0.051					
Cystine												
Phenylalanine Tyrosine												
Valine												
Arginine	-											
Histidine	-											
Alanine												
Aspartic acid												
Glutamic acid												
Glycine												
Proline												
Serine	-											
Hydroxyproline	-											
Others:												
Alcohol, ethyl	α	0.0	0		7		0.0					
, ,	-	0.0	U		•		0.0					
Caffeine	ma											

#### **Common Measures:**

Measure 1 = 846g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 31% Seeds and skin

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mbei	r			measures of food		
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	81.71	0.323	108		1		134.82	169.14	
Energy	=	65	0.323	0	NC	4		107	135	
Energy		272		U	NC	4		449	563	
63	· ·		0.005	70		=				
Protein (N x 6.25)		0.51	0.025	79		1 1		0.84	1.06	
Total lipid (fat)		0.27	0.039	47		_		0.45	0.56	
Ash		0.50	0.033	66		1		0.83	1.04	
Carbohydrate, by difference		17.00		0	NC	4		28.05	35.19	
Fiber, total dietary		1.8		0		1		3.0	3.7	
Sugars, total	-	14.80		0	T	4		24.42	30.64	
Starch	g									
Minerals:										
Calcium. Ca	ma	10	0.850	27		1		17	21	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.13	0.021	21		1		0.21	0.27	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	9	0.580	20		1		15	19	
Phosphorus, P		11	0.746	41		1		18	23	
Potassium, K	-	156	8.441	24		1		257	323	
Sodium, Na		2	0.624	24		1		3	4	
Zinc, Zn		0.04	0.024	1		1		0.07	0.08	
Copper, Cu		0.110	0.009	17		1		0.182	0.228	
Manganese, Mn		0.027		17		1		0.045	0.056	
Selenium, Se		0.6	0.002	0	CAZN	4		1.0	1.2	
Scientini, Sc	9	0.0		·	011211	-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	27.7	1.749	162		1		45.7	57.3	
Thiamin	-	0.058		35		1		0.096	0.120	
Riboflavin	mg	0.057	0.004	36		1		0.094	0.118	
Niacin	-	0.584		36		1		0.964	1.209	
Pantothenic acid	mg	0.160	)	0		1		0.264	0.331	
Vitamin B-6	mg	0.134		1		1		0.221	0.277	
Folate, total	mcg	14		0		4		23	29	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		23	29	
Folate, DFE	mcg_DFE	14		0	NC	4		23	29	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	765		0	AS	1		1262	1584	
Vitamin A, RAE	mcg_RAE	38		0	AS	1		63	79	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.12		0		1		1.85	2.32	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.2		0	BFSN	4		6.9	8.7	
inida										
<u>lipids:</u>	<b>a</b>	0 066		^		1		0 100	0 127	
Fatty acids, total saturated		0.066		0		1 1		0.109	0.137	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		-				0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.001		15		1		0.002	0.002	
13:0	-			4.0		_				
14:0	_	0.009	,	19		1		0.015	0.019	
15:0	_					_		_	_	
16:0		0.052		19		1		0.086	0.108	
17:0	_	_				_		_	_	
18:0	_	0.003	1	19		1		0.005	0.006	
20:0	_									
22:0	_									
24:0	g									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ntedg	0.101		0		1		0.167	0.209		
14:1	g										
15:1	g										
16:1 undifferentiated	_	0.048		19		1		0.079	0.099		
17:1	_										
18:1 undifferentiated	_	0.054		19		1		0.089	0.112		
20:1	_	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturate		0.051		0		1		0.084	0.106		
18:2 undifferentiated		0.014		19		1		0.023	0.029		
18:3 undifferentiated	_	0.037		19		1		0.061	0.077		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	_	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol	-	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	n	0.008		11		1		0.013	0.017		
Threonine		0.019		2		1		0.031	0.039		
Isoleucine	_	0.018		2		1		0.031	0.037		
Leucine		0.010		2		1		0.051	0.064		
Lysine	<del>-</del>	0.041		13		1		0.068	0.085		
Methionine		0.005		13		1		0.008	0.010		
Cystine	<del>-</del>	0.003		-5		-		0.000	0.010		
Phenylalanine		0.017		2		1		0.028	0.035		
Tyrosine		0.010		2		1		0.017	0.021		
Valine	_	0.026		2		1		0.017	0.054		
Arginine	<del>-</del>	0.019		2		1		0.031	0.034		
Histidine		0.019		2		1		0.020	0.025		
Alanine	_	0.012		2		1		0.084	0.106		
		0.031		2		1		0.069	0.100		
Aspartic acid		0.042		2		1		0.099			
Glutamic acid						1			0.124		
Glycine		0.021		2				0.035	0.043		
Proline	<del>-</del>	0.018		2 2		1 1		0.030	0.037		
Serine	-	0.022		2		1		0.036	0.046		
Hydroxyproline	g										
thers:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:	ū										
	moa	445	50.00		•	4		734.250	001 150		
Carotene, beta			50.00		A	1			921.150		
Carotene, alpha	-	17		4	A	1		28.050	35.190		
Cryptoxanthin, beta		11		4	A	1		18.150	22.770		
Lycopene		0		0	z	7		0.000	0.000		
Lutein + zeaxanthin	riicg	0		0	Z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 165g: 1 cup, sliced

Measure 2 = 207g: 1 fruit without refuse

NDB No. 09176 Mangos, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09177 Mangosteen, canned, syrup pack

Garcinia mangostana

Refuse: 0%

		<u>A</u>	mount in 100	) grams	of edib	ole portio	<u>on</u>		edible portion	
			1	Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.94		2	A	1		158.64	174.83	
Energy	kcal	73		0	NC	4		143	158	
Energy	kj	305				4		599	660	
Protein (N x 6.25)		0.41		2	A	1		0.80	0.89	
Total lipid (fat)		0.58		2	A	1		1.14	1.25	
Ash		0.16		2	A	1		0.31	0.35	
Carbohydrate, by difference		17.91		0	NC	4		35.10	38.69	
Fiber, total dietary		1.8		2	A	1		3.5	3.9	
Sugars, total				_		_			0.5	
Starch										
	9									
Minerals: Calcium. Ca	ma	12		2	A	1		24	26	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.30		2	A	1		0.59	0.65	
Magnesium, Mg		13		2	A	1		25	28	
Phosphorus, P		8		2	A	1		25 16	28 17	
Potassium, K	-	48		2	A	1		94	104	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	7		2	A	1		14	15	
	-	0.21		2	A	1		0.41	0.45	
Zinc, Zn	-	0.21	,	2	A	1		0.41	0.45	
Copper, Cu		0.069		2	A	1		0.135	0.149	
Manganese, Mn Selenium, Se		0.102	2	2	A	1		0.200	0.220	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.9		2	A	1		5.7	6.3	
Thiamin	-	0.054		2	A	1		0.106	0.117	
Riboflavin	-	0.054		2	A	1		0.106	0.117	
Niacin	-	0.034		2	A	1		0.561	0.618	
Pantothenic acid		0.032		2	A	1		0.063	0.069	
Vitamin B-6		0.018		2	A	1		0.035	0.039	
Folate, total		31	,	2	A	1		61	67	
Folic acid		0		0	Z	7		0	0	
Folate, food		31		2	A	1		61	67	
Folate, DFE		31		0	NC	4		61	67	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		35		2	A	1		69	77	
		2		2	A	1		3	4	
Vitamin A, RAE		2		2	A	_		3	4	
Retinol Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	16		2	A	1		32.007	35.273	
Carotene, alpha		1		2	A	1		2.450	2.700	
Cryptoxanthin, beta		9		2	A	1		16.856	18.576	
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.

NDB No. 09177

Mangosteen, canned, syrup pack

#### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

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 = 196g: 1 cup, drained

Measure 2 = 216g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	57.27		1	A	1		2.86			
Water Energy	_	165		0	NC	4		8			
Energy		690		0	NC NC	4		34			
Protein (N x 6.25)		0.22		1	A	1		0.01			
Total lipid (fat)		0.22		1	A	1		0.01			
Ash		0.21		1	A	1		0.02			
Carbohydrate, by difference		41.97		0	NC	4		2.10			
Fiber, total dietary		3.2		1	A	1		0.2			
Sugars, total		38.77		0	0	4		1.94			
Starch		30.77		·	Ŭ	•		1.51			
Starcii	9										
Minerals:											
Calcium, Ca	-	54		1	A	1		3			
Iron, Fe		0.43		1	A	1		0.02			
Magnesium, Mg		4		1	A	1		0			
Phosphorus, P	-	3		1	A	1		0			
Potassium, K		21 4		1 1	A A	1 1		1 0			
Sodium, NaZinc, Zn	-	0.26		1	A	1		0.01			
Copper, Cu		0.20	1	1	A	1		0.01			
Manganese, Mn		0.012		1	A	1		0.001			
Selenium, Se		0.2	-	0	RA	4		0.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0			
Thiamin		0.000		0	Z	7		0.000			
Riboflavin		0.000		1	A	1		0.000			
Niacin		0.004		1 1	A A	1 1		0.000			
Pantothenic acid		0.054		1	A	1		0.003 0.000			
Vitamin B-6	-	0.003	,	0	Z	7		0.000			
Folic acid		0		0	Z	7		0			
Folate, food	_	0		0	z	7		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		45		0	NC	4		2			
Vitamin A, RAE		2		0	RA	4		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.05		0	RA	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	1.5		0	RA	4		0.1			
Lipids:											
Fatty acids, total saturated	q	0.039	)	0	BFFN	4		0.002			
4:0		0.000	)	0	BFFN	4		0.000			
6:0		0.000	)	0	BFFN	4		0.000			
8:0	-	0.000	)	0	BFFN	4		0.000			
10:0	g	0.000	)	0	BFFN	4		0.000			
12:0	g	0.000	)	0	BFFN	4		0.000			
13:0	g										
14:0	g	0.001	L	0	BFFN	4		0.000			
15:0											
16:0	g	0.029	)	0	BFFN	4		0.001			
17:0	-										
18:0	-	0.010	)	0	BFFN	4		0.000			
20:0	-										
22:0	a										

		<u>An</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.049		0	BFFN	4		0.002		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.001		0	BFFN	4		0.000		
17:1										
18:1 undifferentiated	-	0.049		0	BFFN	4		0.002		
20:1	-	0.000		0	BFFN	4		0.000		
22:1 undifferentiated	•	0.000		0	BFFN	4		0.000		
24:1 c										
Fatty acids, total polyunsaturat	edg	0.055		0	BFFN	4		0.003		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.028		0	BFFN	4		0.001		
18:3 undifferentiated		0.027		0	BFFN	4		0.001		
18:4	g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0	BFFN	4		0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFFN	4		0.000		
22:5 n-3	g	0.000		0	BFFN	4		0.000		
22:6 n-3	g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	27		0	RA	4		1.342		
Carotene, alpha		0		0	RA	4		0.000		
Cryptoxanthin, beta	mcg	0		0	RA	4		0.000		
Lycopene	mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin	mcg	59		0	RA	4		2.958		

#### **Common Measures:**

Measure 1 = 5.0g: 1 cherry (NLEA serving)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 gr	ams of ed	ible portic	<u>on</u>	Amount in	edible portion	of common
			Nur	nber			m	easures of food	<u>l</u>
				Data Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Numerits and on		Weari	Ota. Error				Wedsure 1	Measure 2	Measure
Proximates:									
Water	g	90.26	0.162	3	1		156.15		
Energy	kcal	33		0 NO	4		57		
Energy	kj	138			4		239		
Protein (N x 6.25)	g	0.84	0.014	3	1		1.45		
Total lipid (fat)	g	0.25	0.095	3	1		0.43		
Ash	g	0.71	0.017	3	1		1.23		
Carbohydrate, by difference	g	7.94		0 NO	4		13.74		
Fiber, total dietary	g	0.7		0	4		1.2		
Sugars, total									
Starch	g								
<u>Ainerals:</u>	ma.	10	0.000	2	4		17		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10 0.29	0.600	3	1 1		17 0.50		
Iron, Fe	-	0.29 14	0.038 0.066	3	1				
Magnesium, Mg		14 12			1		24 21		
Phosphorus, P	-		1.638	3					
Potassium, K		280	8.544	3	1		484		
Sodium, Na	-	31	2.028	3	1		54		
Zinc, Zn		0.17	0.007	3	1		0.29		
Copper, Cu		0.060		3	1		0.104		
Manganese, Mn		0.040	0.000	3	1		0.069		
Selenium, Se	mcg								
<u>'itamins:</u>									
Vitamin C, total ascorbic acid		6.2	3.361	3	1		10.7		
Thiamin		0.166		3	1		0.287		
Riboflavin	mg	0.022		3	1		0.038		
Niacin	-	0.640	0.052	3	1		1.107		
Pantothenic acid	mg	0.163	0.010	3	1		0.282		
Vitamin B-6	-	0.106		3	1		0.183		
Folate, total	mcg	26	2.100	3	1		44		
Folic acid		0		0 z	7		0		
Folate, food	mcg	26	2.100	3	1		44		
Folate, DFE	mcg_DFE	26		0 NC	4		44		
Vitamin B-12	mcg	0.00		0 z	7		0.00		
Vitamin A, IU		1774	52.992	3	1		3069		
Vitamin A, RAE	mcg_RAE	89	2.650	3	1		153		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
<u>ipids:</u>									
Fatty acids, total saturated	g	0.064		0	4		0.111		
4:0		0.000	ı	0	4		0.000		
6:0		0.000	ı	0	4		0.000		
8:0		0.000	ı	0	4		0.000		
10:0	g	0.000	ı	0	4		0.000		
12:0	_	0.002		0	4		0.003		
13:0	-								
14:0	_	0.002		0	4		0.003		
15:0	_								
16:0	-	0.052		0	4		0.090		
17:0	-				-		2		
18:0	-	0.006	1	0	4		0.010		
20:0					-				
22:0	_								
24:0									

	<u>A</u>	mount in 100	grams	of edib	<u>n</u>	Amount in edible portion of common			
		N	lumber				me	easures of food	
		-				Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 0.006	;	0		4		0.010		
14:1	g								
15:1	g								
16:1 undifferentiated	.g 0.000	)	0		4		0.000		
17:1	g								
18:1 undifferentiated	.g 0.004		0		4		0.007		
20:1	g 0.000	1	0		4		0.000		
22:1 undifferentiated	.g 0.000	)	0		4		0.000		
24:1 c	.g								
Fatty acids, total polyunsaturated	g 0.098		0		4		0.170		
18:2 undifferentiated	.g 0.042		0		4		0.073		
18:3 undifferentiated	.g 0.056	i	0		4		0.097		
18:4	g 0.000	)	0		4		0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	.g								
20:4 undifferentiated	.g 0.000	)	0		4		0.000		
20:5 n-3	g 0.000	1	0		4		0.000		
22:5 n-3	g 0.000	)	0		4		0.000		
22:6 n-3	g 0.000	1	0		4		0.000		
Fatty acids, total trans	g								
Cholesterol	mg 0		0	Z	7		0		
Phytosterols	mg								
Others:									
Alcohol, ethyl			0		7		0.0		
Caffeine	. •								
Theobromine	ng								

#### **Common Measures:**

Measure 1 = 173g: 1 cup, unthawed

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Cucumis melo

includes USDA commodity food A415

Refuse: 49% 9% cavity contents, 1% cutting loss, 39% rind

		<u>A</u>	mount in 100 g	<u>rams</u> mbe		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		90.15	0.312	30	A	1		159.57	144.25	140.64	
Energy		34		0	NC	4		60	54	53	
Energy		141		0	NC	4		250	226	221	
Protein (N x 6.25)		0.84	0.030	17	A	1		1.48	1.34	1.30	
Total lipid (fat)		0.19	0.036	21	A	1		0.34	0.31	0.30	
Ash		0.65	0.039	17	A	1		1.16	1.05	1.02	
Carbohydrate, by difference		8.16		0	NC	4		14.45	13.06	12.74	
Fiber, total dietary		0.9	0.112	18	A	1		1.6	1.4	1.4	
Sugars, total	g	7.86		0	AS	1		13.91	12.58	12.26	
Sucrose		4.35	0.666	14	A	1		7.71	6.97	6.79	
Glucose (dextrose)	g	1.54	0.322	14	A	1		2.72	2.46	2.40	
Fructose	g	1.87	0.304	14	A	1		3.32	3.00	2.92	
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00	
Maltose	g	0.04	0.020	11	A	1		0.07	0.06	0.06	
Galactose		0.06	0.004	8	A	1		0.10	0.09	0.09	
Starch	g	0.03	0.025	4	A	1		0.04	0.04	0.04	
Minerals:											
Calcium, Ca	ma	9	0.757	54	A	1		17	15	15	
Iron, Fe		0.21	0.022	54	A	1		0.37	0.34	0.33	
Magnesium, Mg	-	12	0.430	54	A	1		21	19	18	
Phosphorus, P		15	0.742	53	A	1		27	24	23	
Potassium, K		267	10.242	54	A	1		473	428	417	
Sodium, Na		16	1.243	50	A	1		28	25	24	
Zine, Zn	-	0.18	0.018	53	A	1		0.31	0.28	0.27	
Copper, Cu		0.041	0.009	54	A	1		0.072	0.065	0.064	
Manganese, Mn		0.041	0.002	54	A	1		0.072	0.065	0.063	
Selenium, Se	mcg	0.4	0.055	4	A	1		0.6	0.6	0.6	
Vitamina											
Vitamins:	ma	36.7	1.384	10	A	1		65.0	58.8	57.3	
Vitamin C, total ascorbic acid Thiamin		0.041		13	A	1		0.073	0.066	0.064	
Riboflavin		0.019		4	A	1		0.073	0.030	0.029	
Niacin		0.734		18	A	1		1.298	1.174	1.144	
Pantothenic acid		0.105		13	A	1		0.185	0.167	0.163	
Vitamin B-6	-	0.103		14	A	1		0.183	0.115	0.103	
Folate, total		21	7.073	17	A	1		38	34	33	
Folic acid		0	7.075	0	z	7		0	0	0	
Folate, food		21	7.073	17	A	1		38	34	33	
Folate, DFE	mca DFF	21	,,,,,	0	NC	4		38	34	33	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		3382		0	AS	1		5985	5411	5275	
Vitamin A, RAE		169		0	AS	1		299	271	264	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.05	0.007	11	A	1		0.09	0.08	0.08	
Tocopherol, beta	-	0.00	0.000	11	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.11	0.013	11	A	1		0.19	0.17	0.16	
Tocopherol, delta		0.00	0.000	11	A	1		0.00	0.00	0.00	
Vitamin D	IU										
Vitamin K (phylloquinone)		2.5	0.304	8	A	1		4.5	4.1	4.0	
Lipids:											
Fatty acids, total saturated	g	0.051	L	0	NC	4		0.090	0.081	0.079	
4:0	g	0.000	)	0		4		0.000	0.000	0.000	
6:0		0.000	)	0		4		0.000	0.000	0.000	
8:0	g	0.000	)	0		4		0.000	0.000	0.000	
10:0		0.000	)	0		4		0.000	0.000	0.000	
12:0		0.001	L	0		4		0.003	0.002	0.002	
13:0											
14:0	-	0.001	L	0		4		0.003	0.002	0.002	
15:0	g										

		<u>Am</u>	ount in 10			ole portic	<u>on</u>		edible portion o	f common
				Numbe	-	0	0 5 - 1	me	easures of food	
Nutrients and Units		Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	a	0.043		0		4		0.076	0.068	0.067
17:0	-									
18:0 20:0	-	0.005		0		4		0.009	0.008	0.008
22:0	_									
24:0				_						
Fatty acids, total monounsaturated	g	0.003		0	NC	4		0.005	0.005	0.005
15:1 16:1 undifferentiated	-	0.000		0		4		0.000	0.000	0.000
17:1	-	0.000				-		0.000	0.000	0.000
18:1 undifferentiated	-	0.003		0		4		0.005	0.005	0.005
20:1	_	0.000		0		4		0.000 0.000	0.000 0.000	0.000 0.000
24:1 c		0.000		ŭ		•		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.081		0	NC	4		0.143	0.130	0.126
18:2 undifferentiated	-	0.035 0.046		0		4 4		0.061 0.082	0.055 0.074	0.05 <b>4</b> 0.072
18:4	_	0.000		0		4		0.082	0.000	0.072
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated 20:5 n-3		0.000		0		4 4		0.000 0.000	0.000 0.000	0.000 0.000
22:5 n-3		0.000		0		4		0.000	0.000	0.000
22:6 n-3	-	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	_	_		_	_	_		_		_
CholesterolPhytosterols	_	0 10		0	Z	7 1		0 18	0 16	0 16
-	9	10		Ů		-		10	10	10
Amino Acids:	α.	0.002		0	A	1		0.004	0.003	0.003
Tryptophan Threonine		0.002		0	A	1		0.031	0.003	0.003
Isoleucine	-	0.021		0	A	1		0.037	0.033	0.033
Leucine		0.029		0	A	1		0.051	0.046	0.045
Lysine		0.030 0.012		0	A A	1 1		0.052 0.022	0.047	0.046
Methionine		0.012		0	A	1		0.022	0.020 0.003	0.019 0.003
Phenylalanine		0.023		0	A	1		0.041	0.037	0.036
Tyrosine	g	0.014		0	A	1		0.025	0.023	0.022
Valine	-	0.033		0	A	1		0.059	0.053	0.052
Arginine Histidine		0.029 0.015		0	A A	1 1		0.052 0.026	0.047 0.024	0.046 0.023
Alanine	-	0.095		0	A	1		0.167	0.151	0.148
Aspartic acid	g	0.136		0	A	1		0.240	0.217	0.212
Glutamic acid		0.209		0	A	1 1		0.370	0.335	0.326
Glycine Proline	-	0.026 0.019		0	A A	1		0.046 0.034	0.041 0.031	0.040 0.030
Serine		0.042		0	A	1		0.074	0.067	0.065
Hydroxyproline	g									
Others:	~	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl		0.0		0 0	z	7		0.0	0.0 0	0.0 0
Theobromine		0		Ö	z	7		0	0	ō
Carotenoids:	-									
Carotene, beta	_mcg	2020	252.9	08 52	A	1		3575.743	3232.310	3151.502
Carotene, alpha		16	10.0		A	1		28.996	26.211	25.555
Cryptoxanthin, beta Lycopene		1 0	1.1		A A	1 1		2.071 0.000	1.872 0.000	1.825 0.000
Lutein + zeaxanthin		26	9.9		A	1		45.909	41.500	40.463

NDB No. 09181 Melons, cantaloupe, raw

**Common Measures:** 

Measure 1 = 177g: 1 cup, balls Measure 2 = 160g: 1 cup, cubes Measure 3 = 156g: 1 cup, diced

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 40% 11% cavity contents, 29% rind

Proximates: Water. 9 Energy. kçal Energy. kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9  Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. mcg  Vitamins:  Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Folate, total. mcg Folate, food. mcg Folate, food. mcg Folate, food. mcg Folate, DFE. mcg_DFE Vitamin B-12. mcg Vitamin A, RAE mcg_RAE Retinol. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated 9	Mean  91.85 28 118 1.11 0.10 0.36 6.58 0.9 5.69  11 0.34 11 5 182 9 0.07 0.066 0.032 0.4  21.8 0.015	Std. Error	Points  2 0 0 2 1 2 0 2 2 2 2 2 2 2 2 2 2 2 2	A NC NC A O	Source Code  1	Confidence Code	Measure 1  156.15 48 201 1.89 0.17 0.61 11.18 1.5 9.68  18 0.57 18 9 310 15 0.11 0.102 0.060	easures of food  Measure 2  1506.34 463 1939 18.25 1.64 5.90 107.87 14.5 93.37  174 5.49 175 83 2991 143 1.07 0.984	Measure  150.63 46 194 1.82 0.16 0.59 10.79 1.5 9.34  17 0.55 17 8 299 14 0.11
Proximates:  Water. 9 Energy. kçal Energy. kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9  Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg  Vitamins:  Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, food. mcg Folate, food. mcg Folate, food. mcg Vitamin A, RAE mcg_RAE Retinol. mg Tocopherol, beta mg Tocopherol, delta. mg Vitamin D. IU Vitamin C, (phylloquinone) mcg Lipids:	91.85 28 118 1.11 0.10 0.36 6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.060 0.035 0.4	0.5	Points  2 0 0 2 1 2 0 2 2 2 2 2 2 2 2 2 2 2 2	A NC NC A O A A A A A A A A BFZN	Code  1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		156.15 48 201 1.89 0.17 0.61 11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	1506.34 463 1939 18.25 1.64 5.90 107.87 14.5 93.37	150.63 46 194 1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Proximates:  Water. 9 Energy. kçal Energy. kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9  Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg  Vitamins:  Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, food. mcg Folate, food. mcg Folate, food. mcg Vitamin A, RAE mcg_RAE Retinol. mg Tocopherol, beta mg Tocopherol, delta. mg Vitamin D. IU Vitamin C, (phylloquinone) mcg Lipids:	91.85 28 118 1.11 0.10 0.36 6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.060 0.035 0.4	0.5	2 0 0 2 1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2	A NC NC A NC A A NC A O	1 4 4 1 1 1 4 1 1 1 1 1 1 1 1 1 1	Code	156.15 48 201 1.89 0.17 0.61 11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	1506.34 463 1939 18.25 1.64 5.90 107.87 14.5 93.37	150.63 46 194 1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Water.         9           Energy.         kcal           Energy.         kj           Protein (N x 6.25).         9           Total lipid (fat).         9           Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         9           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         witamin C, total ascorbic acid         mg           Vitamins:         witamin C, total ascorbic acid         mg           Pantothenic acid.         mg         mg           Polate, total.         mcg         mcg           Foliae, food.         mcg         mcg	28 118 1.11 0.10 0.36 6.58 0.9 5.69  11 0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	0 0 2 1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2 2	NC A A A A A A A BFZN	4 4 1 1 4 1 4 1 1 1 1 1 1 1 1		48 201     1.89     0.17     0.61 11.18     1.5     9.68  18     0.57 18     9 310 15     0.11     0.102	463 1939 18.25 1.64 5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07	46 194 1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Energy.         kcal           Energy.         kj           Protein (N x 6.25).         g           Total lipid (fat).         g           Ash.         g           Carbohydrate, by difference         g           Fiber, total dietary.         g           Sugars, total.         g           Starch.         g           Minerals:         amg           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wcg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Polate, total ascorbic acid.         mg           Foliae, total.         mcg           Foliae, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg <td>28 118 1.11 0.10 0.36 6.58 0.9 5.69  11 0.34 11 5 182 9 0.07 0.060 0.035 0.4</td> <td>5</td> <td>0 0 2 1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2 2</td> <td>NC A A A A A A A BFZN</td> <td>4 4 1 1 4 1 4 1 1 1 1 1 1 1 1</td> <td></td> <td>48 201     1.89     0.17     0.61 11.18     1.5     9.68  18     0.57 18     9 310 15     0.11     0.102</td> <td>463 1939 18.25 1.64 5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07</td> <td>46 194 1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11</td>	28 118 1.11 0.10 0.36 6.58 0.9 5.69  11 0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	0 0 2 1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2 2	NC A A A A A A A BFZN	4 4 1 1 4 1 4 1 1 1 1 1 1 1 1		48 201     1.89     0.17     0.61 11.18     1.5     9.68  18     0.57 18     9 310 15     0.11     0.102	463 1939 18.25 1.64 5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07	46 194 1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Energy	118 1.11 0.10 0.36 6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	0 2 1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2 2 2	A A A A A A A BFZN	4 1 1 4 1 4 1 1 1 1 1 1 1 1		201 1.89 0.17 0.61 11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	1939 18.25 1.64 5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07	194 1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Protein (N x 6.25)	1.11 0.10 0.36 6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.066 0.035 0.4	5	2 1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2	A NC A O	1 1 4 1 4 1 1 1 1 1 1 1 1		1.89 0.17 0.61 11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	18.25 1.64 5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07	1.82 0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Total lipid (fat)	0.10 0.36 6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.066 0.035 0.4	5	1 2 0 2 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	A NC A O A A A A A A BFZN	1 1 4 1 4		0.17 0.61 11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	1.64 5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07	0.16 0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Ash	0.36 6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.066 0.035 0.4	5	2 0 2 0	NC A A A A A A A BFZN	1 4 1 4		0.61 11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	5.90 107.87 14.5 93.37 174 5.49 175 83 2991 143 1.07	0.59 10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Winerals:         Calcium, Ca         mg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folate, food         mcg           Folate, poe         mcg_DFE           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_RAE           Retinol         mcg           Vitamin D, beta         mg           Tocoph	6.58 0.9 5.69 11 0.34 11 5 182 9 0.07 0.066 0.035 0.4	5	0 2 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2	NC A A A A A A A BFZN	4 1 4 1 1 1 1 1 1 1		11.18 1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	107.87 14.5 93.37 174 5.49 175 83 2991 143	10.79 1.5 9.34 17 0.55 17 8 299 14 0.11
Fiber, total dietary	0.9 5.69 11 0.34 11 5 182 9 0.07 0.066 0.035 0.4	5	2 0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	A A A A A A A BFZN	1 4 1 1 1 1 1 1 1 1		1.5 9.68 18 0.57 18 9 310 15 0.11 0.102	14.5 93.37 174 5.49 175 83 2991 143	1.5 9.34 17 0.55 17 8 299 14 0.11
Sugars, total	5.69  11     0.34 11     5 182     9     0.07     0.066     0.038     0.4	5	0 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	A A A A A A BFZN	1 1 1 1 1 1 1		9.68  18     0.57  18     9 310     15     0.11     0.102	93.37  174  5.49  175  83  2991  143  1.07	9.34 17 0.55 17 8 299 14 0.11
Starch         g           Minerals:         mg           Calcium, Ca	11 0.34 11 5 182 9 0.07 0.066 0.035 0.4	5	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	A A A A A BFZN	1 1 1 1 1 1 1		18 0.57 18 9 310 15 0.11 0.102	174 5.49 175 83 2991 143 1.07	17 0.55 17 8 299 14 0.11
Minerals:         Calcium, Ca	0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	2 2 2 2 2 2 2 2 2 0	A A A A A A BFZN	1 1 1 1 1 1 1		0.57 18 9 310 15 0.11 0.102	5.49 175 83 2991 143 1.07	0.55 17 8 299 14 0.11
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Witamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone)         mcg	0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	2 2 2 2 2 2 2 2 2 0	A A A A A A BFZN	1 1 1 1 1 1 1		0.57 18 9 310 15 0.11 0.102	5.49 175 83 2991 143 1.07	0.55 17 8 299 14 0.11
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Witamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, RAE         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Tocopherol, delta.         mg           Vitamin D.         IU	0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	2 2 2 2 2 2 2 2 2 0	A A A A A A BFZN	1 1 1 1 1 1 1		0.57 18 9 310 15 0.11 0.102	5.49 175 83 2991 143 1.07	0.55 17 8 299 14 0.11
Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         Vitamins:           Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folate, total         mcg           Folate, DFE         mcg_DFE           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg           Tocopherol, delta         mg           Tocopherol, delta         mg           Vitamin D         IU           Vitamin K (phylloquinone)         mcg	0.34 11 5 182 9 0.07 0.060 0.035 0.4	5	2 2 2 2 2 2 2 2 2 0	A A A A A A BFZN	1 1 1 1 1 1 1		0.57 18 9 310 15 0.11 0.102	5.49 175 83 2991 143 1.07	0.55 17 8 299 14 0.11
Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wg           Vitamin C, total ascorbic acid.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone).         mcg	5 182 9 0.07 0.066 0.038 0.4	5	2 2 2 2 2 2 2 2 0	A A A A A BFZN	1 1 1 1 1		18 9 310 15 0.11 0.102	175 83 2991 143 1.07	17 8 299 14 0.11
Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone)         mcg	182 9 0.07 0.060 0.031 0.4	5	2 2 2 2 2 2 0	A A A A BFZN	1 1 1 1		310 15 0.11 0.102	2991 143 1.07	299 14 0.11
Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folic acid.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone)         mcg	9 0.07 0.060 0.035 0.4	5	2 2 2 2 0	A A A BFZN	1 1 1		15 0.11 0.102	143 1.07	14 0.11
Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folic acid.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12         mcg           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone)         mcg	0.07 0.060 0.035 0.4	5	2 2 2 0	A A A BFZN	1 1 1		0.11 0.102	1.07	0.11
Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone)         mcg	0.060 0.035 0.4 21.8	5	2 2 0	A A BFZN	1 1		0.102		
Manganese, Mn	0.035 0.4 21.8	5	2 0	A BFZN	1			0.984	0 00
Selenium, Se	0.4		0	BFZN			0.060		
Vitamins:  Vitamin C, total ascorbic acid	21.8	5	2		4			0.574	0.05
Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin D IU Vitamin D IU Vitamin D IU Vitamin C (phylloquinone) mcg Lipids:		5					0.6	6.0	0.6
Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin D IU Vitamin D IU Vitamin D IU Vitamin C (phylloquinone) mcg Lipids:		5							
Thiamin		5		A	1		37.1	358.0	35.8
Riboflavin			2	A	1		0.025	0.238	0.02
Niacin	0.031		2	A	1		0.052	0.500	0.05
Pantothenic acid	0.232		2	A	1		0.394	3.805	0.38
Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg           Tocopherol, delta.         mg           Vitamin D.         IU           Vitamin K (phylloquinone)         mcg	0.084		2	A	1		0.143	1.378	0.13
Folate, total mcg Folic acid mcg Folate, food mcg Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU 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:	0.163	3	2	A	1		0.277	2.673	0.26
Folic acid	8		2	A	1		13	129	13
Folate, food	0		0	Z	7		0	0	0
Folate, DFE	8		2	A	1		13	129	13
Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_RAE           Retinol         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg           Tocopherol, gamma         mg           Tocopherol, delta         mg           Vitamin D         IU           Vitamin K (phylloquinone)         mcg	8		0	NC	4		13	129	13
Vitamin A, RAE	0.00		0	Z	7		0.00	0.00	0.00
Retinol	0		2	A	1		0	0	0
Vitamin E (alpha-tocopherol)	0		0	AS	1		0	0	0
Tocopherol, beta	0		0	Z	7		0	0	0
Tocopherol, gamma	0.05		0	BFZN	4		0.09	0.82	0.08
Tocopherol, delta									
Vitamin DIU Vitamin K (phylloquinone)mcg  _ipids:									
Vitamin K (phylloquinone)mcg									
<u>.ipids:</u>	0.5		•				4.2	44.0	
	2.5		0	BFZN	4		4.3	41.8	4.2
1 att 7 avius, total saturateu	0.025	5	0		4		0.043	0.410	0.04
4:0g	0.000	)	0		4		0.000	0.000	0.00
6:0g	0.000	)	0		4		0.000	0.000	0.00
8:0g	0.000	)	0		4		0.000	0.000	0.00
10:0g	0.000	)	0		4		0.000	0.000	0.00
12:0g	0.001	L	0		4		0.002	0.016	0.00
13:0g									
14:0g	0.001	L	0		4		0.002	0.016	0.00
15:0g									
16:0g		L	0		4		0.036	0.344	0.03
17:0g	0.021								
18:0g	0.021	,	0		4		0.003	0.033	0.00
20:0g	0.021	۷							
22:0g		4							

	<u>Ar</u>	nount in 10	Number	_	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.002		0		4		0.003	0.033	0.003
14:1g	0.002		·		-		0.005	0.033	0.003
15:1g									
16:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.002		0		4		0.003	0.033	0.003
20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.039		0		4		0.066	0.640	0.064
18:2 undifferentiatedg	0.017		0		4		0.029	0.279	0.028
18:3 undifferentiatedg	0.022		0		4		0.037	0.361	0.036
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
20:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:6 n-3g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, betamcg	0		2	A	1		0.000	0.000	0.000
Carotene, alpha mcg	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		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	26		0	BFZN	4		44.094	425.375	42.538

## **Common Measures:**

Measure 1 = 170g: 1 cup, cubes Measure 2 = 1640g: 1 melon Measure 3 = 164g: .1 fruit

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 54% 5% cavity contents, rind 49%

		<u>A</u>	mount in 100 g	<u>ırams</u>	of ear	de portio	<u>on</u>	Amount in	edible portion of	of common
			Nu	mber				m	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	89.82	0.478	20	A	1		158.98	152.69	898.18
Energy.	-	36	0.470	0	NC	4		63	61	357
Energy		150		0	NC	4		265	254	1495
Protein (N x 6.25)		0.54	0.054	18	A	1		0.96	0.92	5.42
Total lipid (fat)		0.14	0.037	8	A	1		0.25	0.24	1.42
Ash		0.41	0.021	17	A	1		0.72	0.69	4.09
Carbohydrate, by difference		9.09		0	NC	4		16.09	15.45	90.90
Fiber, total dietary		0.8	0.140	20	A	1		1.4	1.3	7.9
Sugars, total		8.12	0.925	8	A	1		14.38	13.81	81.24
Sucrose		2.48	0.574	8	A	1		4.39	4.21	24.79
Glucose (dextrose)	a	2.68	0.251	8	A	1		4.75	4.56	26.81
Fructose		2.96	0.156	8	A	1		5.25	5.04	29.64
Lactose		0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	8	A	1		0.00	0.00	0.00
Starch		0.00	0.000	3	A	1		0.00	0.00	0.00
Minerals:										
Calcium, Ca		6	1.404	19	A	1		11	10	60
Iron, Fe		0.17	0.008	19	A	1		0.30	0.29	1.70
Magnesium, Mg	-	10	1.202	19	A	1		18	17	103
Phosphorus, P		11	0.265	18	A	1		20	19	113
Potassium, K		228	17.897	19	A	1		403	387	2277
Sodium, Na		18	1.850	12	A	1		31	30	178
Zinc, Zn		0.09	0.008	19	A	1		0.16	0.15	0.90
Copper, Cu		0.024		19 19	A A	1 1		0.042	0.041	0.24 0.27
Manganese, Mn Selenium, Se		0.027 0.7	0.002 0.000	4	A	1		0.048 1.2	0.046 1.2	7.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	18.0	1.637	14	A	1		31.9	30.6	180.1
Thiamin	-	0.038	0.013	14	A	1		0.067	0.064	0.37
Riboflavin	-	0.012	0.002	8	A	1		0.022	0.021	0.12
Niacin	mg	0.418		18	A	1		0.740	0.711	4.18
Pantothenic acid	-	0.155		8	A	1		0.274	0.263	1.55
Vitamin B-6	mg	0.088	0.012	18	A	1		0.155	0.149	0.87
Folate, total		19	3.066	18	A	1		34	33	192
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		19	3.066	18	A	1		34	33	192
Folate, DFE		19		0	NC	4		34	33	192
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		50	0.735	16	A	1		89	85	503
Vitamin A, RAE		3	0.037	16	A	1		4	4	25
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.02	0.006	3	A	1		0.04	0.03	0.20
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.03	0.003	3	A	1		0.05	0.05	0.27
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D Vitamin K (phylloquinone)		2.9	0.130	8	A	1		5.1	4.9	28.8
Lipids:										
Fatty acids, total saturated	g	0.038	3	0	NC	4		0.067	0.064	0.37
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	_	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0	-	0.002		0		4		0.003	0.003	0.01
13:0	_								- /	
14:0	-	0.002	2	0		4		0.003	0.003	0.01
15:0	-									

	Ar	mount in 10	0 grams	of edit	ole portic	<u>on</u>		edible portion o	f common
			Number				<u>m</u> e	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.032		0		4		0.056	0.054	0.316
17:0g	0.032		ŭ		-		0.030	0.034	0.310
18:0g	0.003		0		4		0.005	0.005	0.030
20:0g									
22:0g 24:0g									
Fatty acids, total monounsaturated9	0.003		0	NC	4		0.005	0.005	0.030
14:1g									
15:1	0.000		•				0.000	0.000	0.000
16:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
18:1 undifferentiatedg	0.003		0		4		0.005	0.005	0.030
20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
24:1 c	0.059		0	NC	4		0.104	0 100	0.588
Fatty acids, total polyunsaturated	0.039		0	NC	4		0.104 0.045	0.100 0.044	0.256
18:3 undifferentiated	0.033		0		4		0.059	0.056	0.332
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg			_						
20:4 undifferentiated	0.000		0 0		4 4		0.000	0.000	0.000
20:5 n-3	0.000		0		4		0.000 0.000	0.000 0.000	0.000
22:6 n-3	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol mg			0	Z	7		0	0	0
Phytosterols mo	9								
Amino Acids:									
Tryptophan9	0.005		0	A	1		0.008	0.008	0.048
Threonineg	0.013		0	A	1		0.023	0.023	0.132
Isoleucine	0.013 0.016		0 0	A A	1 1		0.022 0.028	0.022 0.027	0.126
Leucine	0.018		0	A	1		0.028	0.027	0.157 0.181
Methionine	0.005		0	A	1		0.008	0.008	0.048
Cystineg	0.005		0	A	1		0.008	0.008	0.048
Phenylalanineg	0.015		0	A	1		0.026	0.025	0.147
Tyrosineg	0.010		0	A	1		0.017	0.017	0.097
Valineg	0.018		0	A	1		0.032	0.031	0.181
Arginine	0.014 0.005		0	A A	1 1		0.025 0.008	0.02 <b>4</b> 0.008	0.139 0.048
Alanine 9	0.003		0	A	1		0.078	0.008	0.443
Aspartic acid	0.088		0	A	1		0.155	0.149	0.878
Glutamic acidg	0.153		0	A	1		0.271	0.260	1.529
Glycineg	0.016		0	A	1		0.028	0.027	0.157
Proline	0.012		0	A	1		0.021	0.020	0.117
Serine	0.023		0	A	1		0.041	0.040	0.232
Hydroxyproline9									
Others:									
Alcohol, ethyl	0.0		0	_	7		0.0	0.0	0.0
Caffeine mg	0		0	z z	7 7		0	0 0	0 0
Theobromine mg Carotenoids:	U		U	4	,		U	U	0
<u> </u>	30	0.4	41 16		4		E2 20E	E1 000	201 667
Carotene, beta mcc		0.44		A A	1 1		53.395 0.000	51.283 0.000	301.667 0.000
Cryptoxanthin, betamcg		0.00		A	1		0.000	0.000	0.000
Lycopene mcc		0.00		A	1		0.000	0.000	0.000
Lutein + zeaxanthin mcg		3.83	10 6	A	1		48.380	46.467	273.333

NDB No. 09184 Melons, honeydew, raw

## **Common Measures:**

Measure 1 = 177g: 1 cup, balls

Measure 2 = 170g: 1 cup, diced (approx 20 pieces per cup)

Measure 3 = 1000g: 1 melon (5-1/4" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</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 Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	87.68		1		1		122.75	13.15	
Energy	kcal	43		0	NC	4		60	6	
Energy	kj	180				4		252	27	
Protein (N x 6.25)	g	1.44		0		1		2.02	0.22	
Total lipid (fat)	g	0.39		0		1		0.55	0.06	
Ash	g	0.69		0		1		0.97	0.10	
Carbohydrate, by difference	g	9.80		0	NC	4		13.72	1.47	
Fiber, total dietary	g	1.7		0		4		2.4	0.3	
Sugars, total	g	8.10		0	0	4		11.34	1.22	
Starch	g									
Minerals:	ma	39		^		4		EF	6	
Calcium, Ca	-	1.85		0 0		1 1		55 2.59	6 0.28	
Iron, Fe	-	1.85		1		1		2.59 25	0.28 3	
Magnesium, Mg Phosphorus, P		38		0		1		25 53	6	
• '	-	38 194		1		1		53 272	29	
Potassium, K Sodium. Na		194		1		1		14	29	
Zinc, Zn		0.12		0		4		0.17	0.02	
Copper, Cu		0.060	1	0		1		0.084	0.009	
Manganese, Mn		0.000	•	Ū		-		0.004	0.003	
Selenium, Se		0.6		0	CAZN	4		0.8	0.1	
Scientifi, Sc.				_		_				
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	36.4		0		1		51.0	5.5	
Thiamin		0.029		0		1		0.041	0.004	
Riboflavin		0.101		0		1		0.141	0.015	
Niacin		0.620	)	0		1		0.868	0.093	
Pantothenic acid	_									
Vitamin B-6		0.050	)	0		1		0.070	0.008	
Folate, total		6		0	_	4		8	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		4		8	1	
Folate, DFE				0	NC	4		8	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		25		0	***	1		35	4	
Vitamin A, RAE				0	NC	4		2	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.87		0	BFZN	4		1.22	0.13	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		7.8		0	BFZN	4		10.9	1.2	
vitamin K (phynoquinone)		7.0		·	DI DI	-		10.5		
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.027	'	0		4		0.038	0.004	
4:0	g	0.000	)	0		4		0.000	0.000	
6:0	g	0.000	)	0		4		0.000	0.000	
8:0	g	0.000	)	0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.000	)	0		4		0.000	0.000	
13:0										
14:0		0.000	)	0		4		0.000	0.000	
15:0										
16:0		0.006	5	0		4		0.008	0.001	
17:0										
40.0	a	0.020	)	0		4		0.028	0.003	
18:0	9									
18:0	g									

		<u>An</u>	nount in 10			Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.041		0		4		0.057	0.006	
14:1	g									
15:1	g									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
17:1	g									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.041		0		4		0.057	0.006	
20:1	g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.207		0		4		0.290	0.031	
18:2 undifferentiated	g	0.206		0		4		0.288	0.031	
18:3 undifferentiated	g	0.001		0		4		0.001	0.000	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	9		0	BNA	4		12.470	1.336	
Carotene, alpha	mcg	12		0	BNA	4		17.059	1.828	
Cryptoxanthin, beta	mcg	0		0	BNA	4		0.000	0.000	
Lycopene	mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	136		0	BFZN	4		190.750	20.438	

## **Common Measures:**

Measure 1 = 140g: 1 cup Measure 2 = 15.0g: 10 fruit

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 9% Pits

		<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	87.59	0.651	17	A	1		120.87	119.12	122.62
Energy	kcal	44		0	NC	4		61	60	62
Energy	kj	185		0	NC	4		256	252	259
Protein (N x 6.25)		1.06	0.060	8	A	1		1.47	1.45	1.49
Total lipid (fat)	g	0.32	0.038	8	A	1		0.45	0.44	0.45
Ash		0.48	0.020	8	A	1		0.66	0.65	0.67
Carbohydrate, by difference		10.55		0	NC	4		14.55	14.34	14.76
Fiber, total dietary		1.7	0.179	12	A	1		2.3	2.2	2.3
Sugars, total		7.89	0.197	8	A	1		10.88	10.73	11.04
Sucrose		4.87	0.101	12	A	1		6.72	6.63	6.82
Glucose (dextrose)		1.57	0.108	12	A	1		2.17	2.13	2.20
Fructose		1.37	0.059	12	A	1		1.89	1.86	1.91
Lactose	9 ~	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	9	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	8	A	1		0.00	0.00	0.00
Starch	g	0.07	0.043	4	A	1		0.10	0.10	0.10
linerals: Calcium, Ca	mg	6	1.405	4	A	1		9	9	9
Iron, Fe		0.28	0.034	8	A	1		0.39	0.39	0.4
Magnesium, Mg		9	0.267	8	A	1		13	12	13
Phosphorus, P		26	1.168	7	A	1		35	35	36
Potassium, K	mg	201	23.230	6	A	1		278	274	282
Sodium, Na	mg	0	0.153	3	A	1		1	1	1
Zine, Zn		0.17	0.035	8	A	1		0.24	0.24	0.2
Copper, Cu		0.086		8	A	1		0.119	0.117	0.12
Manganese, Mn		0.054	0.009	8	A	1		0.075	0.074	0.0
Selenium, Se	mcg	0.0		2	A	1		0.1	0.1	0.1
Vitamins:	ma	5.4	0.409	6		1		7.5	7.2	7.6
Vitamin C, total ascorbic acid Thiamin		0.034		8	A	1		7.5 0.046	7.3 0.046	7.6 0.0
Riboflavin		0.027		8	A	1		0.040	0.046	0.0
Niacin		1.125		8	A	1		1.552	1.529	1.5
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.185		8	A	1		0.256	0.252	0.2
Vitamin B-6	-	0.025		8	A	1		0.034	0.034	0.0
Folate, total		5	1.177	4	A	1		6	6	6
Folic acid		0		0	Z	7		0	0	0
Folate, food		5	1.177	4	A	1		6	6	6
Folate, DFE	mcg_DFE	5		0	NC	4		6	6	6
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU	IU	332		0	AS	1		459	452	465
Vitamin A, RAE	mcg_RAE	17		0	AS	1		23	23	23
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.77	0.253	5	A	1		1.06	1.04	1.0
Tocopherol, beta	mg	0.01	0.007	5	A	1		0.01	0.01	0.0
Tocopherol, gamma		0.01	0.012	5	A	1		0.02	0.02	0.0
Tocopherol, delta		0.01	0.009	5	A	1		0.01	0.01	0.0
Vitamin D Vitamin K (phylloquinone)		2.2	0.156	8	A	1		3.1	3.0	3.1
ipids:			50	-		_		- · <del>-</del>		
Fatty acids, total saturated	а	0.025	5	0	NC	4		0.035	0.034	0.0
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0		0.000		0		4		0.000	0.000	0.0
10:0		0.000		0		4		0.000	0.000	0.0
12:0	_	0.000		0		4		0.000	0.000	0.0
13:0				-					2,000	•
_ , ~										

	A	mount in 10	0 grams	of edit	ole portic	<u>on</u>		edible portion o	of common
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	q 0.023	ı	0		4		0.031	0.031	0.032
17:0		•	ŭ		•		0.031	0.031	0.032
18:0		?	0		4		0.003	0.003	0.003
20:0	=								
22:0 24:0	=								
Fatty acids, total monounsaturated	-	3	0	NC	4		0.122	0.120	0.123
14:1	9								
15:1	_		•						
16:1 undifferentiated	-		0		4		0.003	0.003	0.003
18:1 undifferentiated		i	0		4		0.118	0.117	0.120
20:1	-	)	0		4		0.000	0.000	0.000
22:1 undifferentiated	=	)	0		4		0.000	0.000	0.000
24:1 c			•	***			0.456	0.454	0.150
Fatty acids, total polyunsaturated			0 0	NC	4 4		0.156 0.153	0.15 <b>4</b> 0.151	0.159 0.155
18:3 undifferentiated			0		4		0.133	0.003	0.133
18:4			0		4		0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated	_		0		4		0.000	0.000	0.000
20:5 n-3 22:5 n-3			0		4 4		0.000 0.000	0.000 0.000	0.000
22:6 n-3	0		0		4		0.000	0.000	0.000
Fatty acids, total trans	0						0.000	0.000	
Cholesterol	mg 0		0	Z	7		0	0	0
Phytosterols	mg								
Amino Acids:									
Tryptophan	.g 0.005	i	0	A	1		0.007	0.007	0.007
Threonine	-		0	A	1		0.012	0.012	0.012
Isoleucine	-		0	A	1		0.012	0.012	0.013
LeucineLysine			0	A A	1 1		0.020 0.022	0.020 0.022	0.020 0.022
Methionine			0	A	1		0.008	0.008	0.022
Cystine			0	A	1		0.008	0.007	0.008
Phenylalanine			0	A	1		0.015	0.014	0.015
Tyrosine			0	A	1		0.010	0.010	0.010
Valine	=		0	A	1		0.017	0.017	0.018
Arginine			0	A A	1 1		0.012 0.011	0.012	0.012
HistidineAlanine			0	A	1		0.023	0.011 0.023	0.011 0.023
Aspartic acid			0	A	1		0.784	0.773	0.795
Glutamic acid			0	A	1		0.047	0.047	0.048
Glycine	.g 0.011	-	0	A	1		0.016	0.016	0.016
Proline	-		0	A	1		0.013	0.013	0.014
Serine	-	3	0	A	1		0.024	0.024	0.025
Hydroxyproline	g								
Others:									
Alcohol, ethyl			0	_	7		0.0	0.0	0.0
Caffeine	=		0	z z	7 7		0	0 0	0
Theobromine! Carotenoids:	ng 0		U	4	,		U	J	U
	mog 150	20.00	00 10	•	1		207 620	204 610	210 627
Carotene, beta		30.88		A A	1 1		207.628 0.000	204.619 0.000	210.637 0.000
Cryptoxanthin, beta	0	19.68		A	1		135.180	133.221	137.139
Lycopene		0.00		A	1		0.000	0.000	0.000
Lutein + zeaxanthin		14.03	39 8	A	1		179.055	176.460	181.650

NDB No. 09191 Nectarines, raw

## **Common Measures:**

Measure 1 = 138g: 1 cup slices Measure 2 = 136g: 1 fruit (2-1/2" dia) Measure 3 = 140g: 1 NLEA serving

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	,				easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		92.30		1		1		129.22	10.15	
Energy	kcal	28		0	NC	4		39	3	
Energy	kj	117				4		164	13	
Protein (N x 6.25)		0.38		0		1		0.53	0.04	
Total lipid (fat)	g	0.22		0		1		0.31	0.02	
Ash		0.26		0		1		0.36	0.03	
Carbohydrate, by difference	g	6.84		0	NC	4		9.58	0.75	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	-	7		0		1		10	1	
Iron, Fe		0.09		0		1		0.13	0.01	
Magnesium, Mg		6		1		1		8	1	
Phosphorus, P	-	10		0		1		14	1	
Potassium, K		38 1		1 1		1 1		53 1	<b>4</b> 0	
Sodium, NaZinc, Zn		1		1		_		1	U	
Copper, Cu										
Manganese, Mn	-									
Selenium, Se										
Vitamins: Vitamin C, total ascorbic acid	ma	6.0		0		1		8.4	0.7	
Thiamin		0.017	,	0		1		0.024	0.002	
Riboflavin.		0.036		0		1		0.050	0.004	
Niacin		0.270		0		1		0.378	0.030	
Pantothenic acid				_		_		0.070	0.000	
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU	830		0		1		1162	91	
Vitamin A, RAE	mcg_RAE	42		0		1		58	5	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated										
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0		0	z	7		0	0	
CholesterolPhytosterols		U		U	Z	,		U	U	

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

## **Common Measures:**

Measure 1 = 140g: 1 cup Measure 2 = 11.0g: 10 fruit NDB No. 09192 Oheloberries, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Proximates:										
Water	g	75.28	1.079	7	JA	6				
Energy	kcal	145		0	NC	4				
Energy	kj	609		0	NC	4				
Protein (N x 6.25)	g	1.03	0.314	6	JA	6				
Total lipid (fat)	g	15.32	1.394	7	JA	6				
Ash	g	4.53		2	A	1				
Carbohydrate, by difference	g	3.84		0	NC	4				
Fiber, total dietary		3.3	0.322	6	JA	6				
Sugars, total.		0.54		0	0	4				
Starch										
Suici										
Minerals:										
Calcium, Ca	mg	52	3.581	6	JA	6				
Iron, Fe	mg	0.49	0.033	6	JA	6				
Magnesium, Mg	mg	11		2	A	1				
Phosphorus, P	mg	4		2	A	1				
Potassium, K	mg	42	8.718	6	JA	6				
Sodium, Na	mg	1556	146.103	6	JA	6				
Zinc, Zn	mg	0.04		2	A	1				
Copper, Cu	mg	0.120	)	2	A	1				
Manganese, Mn										
Selenium, Se	mcg	0.9		0	BFZN	4				
¥7*4										
Vitamins:				_		_				
Vitamin C, total ascorbic acid		0.0	0.000	6	JA	6				
Thiamin		0.021		2	A	1				
Riboflavin		0.007		2	A	1				
Niacin	-	0.237		2	A	1				
Pantothenic acid	mg	0.023	3	2	A	1				
Vitamin B-6	mg	0.031	=	2	A	1				
Folate, total	mcg	3		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food		3		1	A	1				
Folate, DFE	mcg_DFE	3		0	NC	4				
Vitamin B-12		0.00		0	Z	7				
Vitamin A, IU	IU	393		0	AS	1				
Vitamin A, RAE	mcg_RAE	20		0	AS	1				
Retinol				0	Z	7				
Vitamin E (alpha-tocopherol)		3.81		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, delta		0.00		1	A	1				
Vitamin D				_		_				
Vitamin K (phylloquinone)		1.4		0	BFZN	4				
vitanini K (pirynoquinone)	g	2.2		·	DI DI	•				
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.029	)	0	NC	4				
4:0		0.000	)	0	BFFN	4				
6:0	g	0.000	)	0	BFFN	4				
8:0	g	0.000	)	0	BFFN	4				
10:0	-	0.000		0	BFFN	4				
12:0	-	0.000		0	BFFN	4				
13:0	_									
14:0	_	0.000	)	0	BFFN	4				
15:0	_	0.000		•		-				
16:0	•	1.691		0	BFFN	4				
17:0	•	1.091	•	3	DE E N	-				
18:0		0.338	1	0	BFFN	4				
		0.556	•	J	DEEN	-				
20:0										
22:0	9 g									

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>		edible portion easures of food	
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	11.314		0	NC	4				
14:1g									
15:1g			_		_				
16:1 undifferentiated	0.123		0	BFFN	4				
17:1g			•						
18:1 undifferentiatedg	11.144		0	BFFN	4				
20:1g	0.046		0	BFFN	4				
22:1 undifferentiatedg	0.000		0	BFFN	4				
24:1 cg	1 207		•						
Fatty acids, total polyunsaturated9	1.307		0	NC	4				
18:2 undifferentiated	1.215		0	BFFN	4				
18:3 undifferentiatedg	0.092		0	BFFN	4				
18:4g	0.000		0	BFFN	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg			•						
20:4 undifferentiatedg	0.000		0	BFFN	4				
20:5 n-3g	0.000		0	BFFN	4				
22:5 n-3g	0.000		0	BFFN	4				
22:6 n-3g	0.000		0	BFFN	4				
Fatty acids, total transg					_				
Cholesterolmg	0		0	Z	7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	z	7				
Theobromine mg	0		0	z	7				
Carotenoids:									
Carotene, betamcg	231	27.80	4 3	A	1				
Carotene, alphamcg	0		1	A	1				
Cryptoxanthin, betamcg	9	4.97	0 3	A	1				
Lycopenemcg	0		1	A	1				
Lutein + zeaxanthin mcg	510		1	A	1				

## **Common Measures:**

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> 1	mount in 100	) grams	of edil	ole portio	<u>n</u>		edible portion of	of common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.34		2		1		7.00	12.65	
Energy	kcal	81		0	NC	4		7	12	
Energy	kj	339				4		28	51	
Protein (N x 6.25)	g	0.97		2		1		0.08	0.15	
Total lipid (fat)	g	6.87		2		1		0.57	1.03	
Ash	g	2.22		2		1		0.18	0.33	
Carbohydrate, by difference	g	5.61		0	NC	4		0.47	0.84	
Fiber, total dietary	g	2.5		0		1		0.2	0.4	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minovalse										
Minerals: Calcium, Ca	ma	94		2		1		8	14	
Iron, Fe	_	3.32		2		1		0.28	0.50	
Magnesium, Mg	_	4		0		4		0.28	1	
Phosphorus, P		3		0		4		0	0	
Potassium, K	_	9		2		1		1	1	
Sodium. Na.		898		2		1		75	135	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.22		0		4		0.02	0.03	
Copper, Cu		0.226	5	2		1		0.019	0.034	
Manganese, Mn		0.020		0		4		0.002	0.003	
Selenium, Se		0.9		2	A	1		0.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	_	1.5		2		1		0.1	0.2	
Thiamin	-	0.003		0		4		0.000	0.000	
Riboflavin	-	0.000		0		4		0.000	0.000	
Niacin	_	0.022		2		1		0.002	0.003	
Pantothenic acid	-	0.015		0		4		0.001	0.002	
Vitamin B-6	-	0.012	2	2		1		0.001	0.002	
Folate, total		0		0	_	4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		346		2		1		29	52	
Vitamin A, RAE		17		2	_	1		1	3	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.65		1	A	1		0.14	0.25	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.00		1 1	A A	1 1		0.00	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		1.4		1	A	1		0.1	0.2	
vitamin K (phynoquinone)	illog	1.4		_	•	_		0.1	0.2	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.909	)	0		1		0.075	0.136	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	)	0		1		0.000	0.000	
13:0	-									
14:0	-	0.000	)	1		1		0.000	0.000	
15:0	-									
16:0	-	0.758	3	1		1		0.063	0.114	
17:0	-					_		_		
18:0	-	0.152	2	1		1		0.013	0.023	
20:0	g									
22:0										

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	5.071		0		1		0.421	0.761	
14:1	g									
15:1	-									
16:1 undifferentiated		0.055		1		1		0.005	0.008	
17:1	_									
18:1 undifferentiated	-	4.995		1		1		0.415	0.749	
20:1	_	0.021		1		1		0.002	0.003	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.586		0		1		0.049	0.088	
18:2 undifferentiated		0.544		1		1		0.045	0.082	
18:3 undifferentiated	g	0.041		1		1		0.003	0.006	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	
Phytosterols										
Amino Acids: Tryptophan		0.001		•				0.000		
Threonine		0.031		0		1		0.003	0.005	
Isoleucine	-	0.036		0		1		0.003	0.005	
Leucine	-	0.058		0		1		0.005	0.009	
Lysine		0.038		0		1		0.003	0.006	
Methionine	-	0.014		0		1		0.001	0.002	
Cystine						_				
Phenylalanine		0.034		0		1		0.003	0.005	
Tyrosine		0.027		0		1		0.002	0.004	
Valine		0.044		0		1		0.004	0.007	
Arginine		0.078		0		1		0.006	0.012	
Histidine		0.027		0		1		0.002	0.004	
Alanine		0.050		0		1		0.004	0.008	
Aspartic acid		0.107		0		1		0.009	0.016	
Glutamic acid		0.108		0		1		0.009	0.016	
Glycine		0.057		0		1		0.005	0.009	
Proline	-	0.047		0		1		0.004	0.007	
Serine		0.036		0		1		0.003	0.005	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	204		0	BNA	4		16.897	30.537	
Carotene, alpha	mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta	mcg	8		0	BNA	4		0.667	1.206	
Lycopene	mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	mcq	510		0	BFZN	4		42.330	76.500	

## **Common Measures:**

Measure 1 = 8.3g: 1 jumbo

Measure 2 = 15g: 1 super colossal

NDB No. 09194

Olives, ripe, canned (jumbo-super colossal)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 100 gran		ble portic	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		79.99	2		1		6.72	3.52	2.56
Energy		115	0	NC	4		10	5	4
Energy		481	_		4		40	21	15
Protein (N x 6.25)		0.84	2		1		0.07	0.04	0.03
Total lipid (fat)	-	10.68 2.23	2		1 1		0.90	0.47	0.34 0.07
Ash		6.26	0	NC	4		0.19 0.53	0.10 0.28	0.20
Carbohydrate, by difference		3.2	0	NC	1		0.33	0.28	0.20
Sugars, total		0.00	0	z	7		0.00	0.00	0.00
Starch		0.00	v		,		0.00	0.00	0.00
Starcii	9								
Minerals:							_	_	_
Calcium, Ca	-	88	2		1		7	4	3
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.30 4	2		1 1		0.28	0.15	0.11 0
Magnesium, Mg Phosphorus, P	-	3	2		1		0 0	0	0
Potassium, K	•	8	2		1		1	0	0
Sodium, Na		872	2		1		73	38	28
Zinc, Zn		0.22	2		1		0.02	0.01	0.01
Copper, Cu		0.251			1		0.021	0.011	0.008
Manganese, Mn		0.020	2		1		0.002	0.001	0.001
Selenium, Se	mcg	0.9	2	A	1		0.1	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.9	2		1		0.1	0.0	0.0
Thiamin	_	0.003			1		0.000	0.000	0.000
Riboflavin	-	0.000			1		0.000	0.000	0.000
Niacin	-	0.037			1		0.003	0.002	0.001
Pantothenic acid		0.015	0		1		0.001	0.001	0.000
Vitamin B-6		0.009	2		1		0.001	0.000	0.000
Folate, total	mcg	0	2		1		0	0	0
Folic acid	mcg	0	0	Z	7		0	0	0
Folate, food		0	2		1		0	0	0
Folate, DFE		0	0	NC	4		0	0	0
Vitamin B-12		0.00	0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	403	2		1		34	18	13
Vitamin A, RAE		20 0	2	z	1 7		2 0	1 0	1 0
Retinol Vitamin E (alpha-tocopherol)		1.65	1	A	1		0.14	0.07	0.05
Tocopherol, beta		0.00	1	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	1	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00	1	A	1		0.00	0.00	0.00
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	1.4	1	A	1		0.1	0.1	0.0
Lipids:									
Fatty acids, total saturated	a	1.415	5 0		1		0.119	0.062	0.045
4:0		0.000			1		0.000	0.002	0.000
6:0		0.000			1		0.000	0.000	0.000
8:0	-	0.000			1		0.000	0.000	0.000
10:0		0.000	0		1		0.000	0.000	0.000
12:0	g	0.000	0		1		0.000	0.000	0.000
13:0									
14:0	-	0.000	1		1		0.000	0.000	0.000
15:0	-								
16:0	-	1.179	1		1		0.099	0.052	0.038
17:0	-				_				2 22 -
18:0	-	0.236	5 1		1		0.020	0.010	0.008
20:0	g								
22:0	α.								

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	of common
Nutrients and	Unite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and	Onits	Mean	Ota. Error					measure r	Micasure 2	Wicasure o
Fatty acids, total monounsatura	atedg	7.888		0		1		0.663	0.347	0.252
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.086	i	1		1		0.007	0.004	0.003
17:1	-									
18:1 undifferentiated	_	7.770		1		1		0.653	0.342	0.249
20:1		0.032		1		1		0.003	0.001	0.001
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.911		0		1		0.077	0.040	0.029
18:2 undifferentiated	g	0.847		1		1		0.071	0.037	0.027
18:3 undifferentiated		0.064		1		1		0.005	0.003	0.002
18:4	_	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	-	0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	а									
Threonine		0.026	;	4		1		0.002	0.001	0.001
Isoleucine		0.031		4		1		0.003	0.001	0.001
Leucine	_	0.050		4		1		0.004	0.002	0.002
Lysine	-	0.032		4		1		0.003	0.001	0.001
Methionine	<del>-</del>	0.012		4		1		0.001	0.001	0.000
Cystine		0.011		-		_		0.002	0.002	0.000
Phenylalanine		0.029	ı	4		1		0.002	0.001	0.001
Tyrosine		0.023		4		1		0.002	0.001	0.001
Valine		0.038		4		1		0.003	0.002	0.001
Arginine		0.067		4		1		0.006	0.003	0.002
Histidine	_	0.023		4		1		0.002	0.001	0.001
Alanine		0.043		4		1		0.002	0.002	0.001
Aspartic acid		0.092		4		1		0.004	0.004	0.003
Glutamic acid		0.092		4		1		0.008	0.004	0.003
Glycine	-	0.049		4		1		0.004	0.004	0.002
Proline		0.049		4		1		0.003	0.002	0.002
Serine	_	0.040		4		1		0.003	0.001	0.001
Hydroxyproline		0.031		•		-		0.003	0.001	0.001
2 21	9									
Others:	~	0.0		•		-		0.0		
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	g	0		0	Z	7		0	0	0
<u>Carotenoids:</u>										
Carotene, beta	mcg	237		0	BNA	4		19.918	10.433	7.588
Carotene, alpha	mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta		9		0	BNA	4		0.787	0.412	0.300
Lycopene	mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	510		0	BFZN	4		42.840	22.440	16.320

# Common Measures:

Measure 1 = 8.4g: 1 tbsp

Measure 2 = 4.4g: 1 large

Measure 3 = 3.2g: 1 small

NDB No. 09193

Olives, ripe, canned (small-extra large)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

Nutrients and Units  Proximates: Water. Energy. Energy. Protein (N x 6.25)	kcal kj g	Mean 88.40 44			Deriv	Source Code	Confidence Code		easures of food	<u>.</u>
Proximates:  Water	kcal kj g	88.40 44	Std. Error Po							
Proximates:  Water	kcal kj g	88.40 44		oints	Code	Code	Codo			
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se  Vitamin C, total ascorbic acid Thiamin Riboflavin	kcal kj g	44	0.172				Coue	Measure 1	Measure 2	Measure 3
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. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se.  Vitamins: Vitamin C, total ascorbic acid. Thiamin. Riboflavin.	kcal kj g	44	0.172							
Energy	kj g			4		1		220.12	27.49	
Protein (N x 6.25)	.g	104		0	NC	4		110	14	
Total lipid (fat)		184				4		458	57	
Ash	.g	0.80	0.067	3		1		1.99	0.25	
Carbohydrate, by difference	-	0.27	0.017	3		1		0.67	0.08	
Fiber, total dietary		0.48	0.018	3		1		1.20	0.15	
Sugars, total		10.06		0	NC	4		25.05	3.13	
Starch										
Minerals:  Calcium, Ca										
Calcium, Ca	.g									
Calcium, Ca										
Iron, Fe	mg	10	0.227	4		1		25	3	
Magnesium, Mg	-	0.17	0.005	4		1		0.42	0.05	
Phosphorus, P		11	0.637	4		1		27	3	
Sodium, Na		11	2.108	4		1		27	3	
Sodium, Na	.mg	190	2.405	84		1		473	59	
Copper, Cu		1	0.055	84		1		2	0	
Manganese, Mn	mg	0.04	0.009	3		1		0.10	0.01	
Selenium, Se	.mg	0.040	0.006	3		1		0.100	0.012	
Vitamins: Vitamin C, total ascorbic acid	-	0.023	0.009	3		1		0.057	0.007	
Vitamin C, total ascorbic acid	mcg									
Vitamin C, total ascorbic acid										
Thiamin	ma	42.7	0.377	34		1		106.3	13.3	
Riboflavin	-	0.111		3		1		0.276	0.035	
	-	0.021		3		1		0.052	0.007	
	-	0.280	0.050	3		1		0.697	0.087	
Pantothenic acid	-	0.191	0.001	3		1		0.476	0.059	
Vitamin B-6	-	0.054	0.003	3		1		0.134	0.017	
Folate, total	mcg	29	1.567	33		1		72	9	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	29	1.567	33		1		72	9	
Folate, DFE	mcg_DFE	29		0	NC	4		72	9	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	146	6.174	34		1		364	45	
Vitamin A, RAE		7	0.309	34		1		18	2	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	.mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	inicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.029		0		1		0.072	0.009	
4:0	.g									
6:0	.g									
8:0	.g									
10:0	.g									
12:0										
13:0	_									
14:0										
15:0	_			_		_				
16:0		0.029		0		1		0.072	0.009	
17:0										
18:0										
20:0	_									
22:0 24:0										

of Data Deriv Source Confidence		<u>Ar</u>	nount in 100			Amount in edible portion of common measures of food					
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 1							_		<u></u>	casares or room	
141	Nutrients and Unit	s	Mean						Measure 1	Measure 2	Measure 3
15-1	* *		0.046		0		1		0.115	0.014	
16.1 undifferentiated.   g   0.007   0   1   0.017   0.002     17.1		-									
17-1			0.007		•				0.017	0.000	
R.S.   undifferentiated.   9   9   0.039   0   1   0.097   0.012   201   201   9   221   undifferentiated.   9   0.064   0   1   0.159   0.020   182   undifferentiated.   9   0.050   0   1   0.125   0.016   183   undifferentiated.   9   0.014   0   1   0.035   0.004   184   0.035   0.005		-	0.007		0		1		0.017	0.002	
20:1			0.000		•						
22-1 undifferentiated.   9			0.039		U		1		0.097	0.012	
Fatty acids, total polyumsturated											
Fatty acids, total polyunsaturated		-									
Ri-2 undifferentiated			0 064		0		1		0 150	0 020	
18.3 undifferentiated											
18.4.		•									
202 n-6 c.c   9   203 undifferentiated.   9   9   9   9   9   9   9   9   9		_	0.014		·		-		0.033	0.004	
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n - 3. 9 22.5 n - 9  Tatty acids, total trans. 9 Cholesterol. mg											
20.4 midifferentiated.   9   20.5 n-3   9   9   22.5 n-3   9   9   22.5 n-3   9   9   9   9   9   9   9   9   9											
20.5 n - 3											
22:5 n-3         9           Fatty acids, total trans         9           Cholesterol         mg         0         2         7         0         0           Phytosterols         mg         0         2         7         0         0           Amino Acids:           Trypophan         9         0.001         0         1         0.002         0.000           Intronine         9         0.005         0         1         0.012         0.002           Isoleucine         9         0.005         0         1         0.012         0.002           Leuine         9         0.005         0         1         0.012         0.002           Leuine         9         0.005         0         1         0.012         0.002           Leuine         9         0.009         0         1         0.012         0.002           Leuine         9         0.006         0         1         0.015         0.002           Lysine         9         0.002         1         0.005         0.001           Cystine         9         0.003         0         1         0.007         0.001		-									
Patty acids, total trans.   9											
Fatty acids, total trans         9           Cholesterol         mg         0         0         z         7         0         0           Phytosterols           Amino Acids:           Tryptophan         9         0.001         0         1         0.002         0.000           Threonine         9         0.005         0         1         0.012         0.002           Isoleucine         9         0.005         0         1         0.012         0.002           Leucine         9         0.009         0         1         0.012         0.002           Leucine         9         0.006         0         1         0.012         0.002           Lysine         9         0.006         0         1         0.015         0.002           Methionine         9         0.003         0         1         0.005         0.001           Cystine         9         0.003         0         1         0.007         0.001           Phenylalanine         9         0.003         0         1         0.007         0.001           Valine         9         0.003         0		_									
Cholesterol.         mg         0         z         7         0         0           Phytosterols.         mg         0         z         7         0         0           Amino Acids:         Tryptophan.         g         0.001         0         1         0.002         0.000           Threonine.         g         0.005         0         1         0.012         0.002           Isoleucine.         g         0.005         0         1         0.012         0.002           Leucine.         g         0.009         0         1         0.012         0.002           Leucine.         g         0.006         0         1         0.012         0.002           Lysine.         g         0.006         0         1         0.015         0.002           Methionine.         g         0.002         0         1         0.005         0.001           Methionine.         g         0.003         0         1         0.007         0.001           Phenylalanine.         g         0.003         0         1         0.007         0.001           Phenylalanine.         g         0.003         0         1		_									
Amino Acids:         Tryptophan         9         0.001         0         1         0.002         0.000           Threonine         9         0.005         0         1         0.012         0.002           Isoleucine         9         0.005         0         1         0.012         0.002           Leucine         9         0.009         0         1         0.012         0.002           Lysine         9         0.006         0         1         0.015         0.002           Methionine         9         0.002         0         1         0.005         0.001           Cystine         9         0.003         0         1         0.007         0.001           Phenylalanine         9         0.006         0         1         0.015         0.002           Tyrosine         9         0.003         0         1         0.015         0.002           Tyrosine         9         0.003         0         1         0.017         0.002           Tyrosine         9         0.003         0         1         0.017         0.002           Arginine         9         0.031         0         1 <t< td=""><td></td><td></td><td>0</td><td></td><td>0</td><td>z</td><td>7</td><td></td><td>0</td><td>0</td><td></td></t<>			0		0	z	7		0	0	
Tryptophan         g         0.001         0         1         0.002         0.000           Threonine         g         0.005         0         1         0.012         0.002           Isoleucine         g         0.005         0         1         0.012         0.002           Leucine         g         0.009         0         1         0.012         0.003           Lysine         g         0.006         0         1         0.015         0.002           Methionine         g         0.002         0         1         0.005         0.001           Cystine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.003         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.015         0.002           Tyrosine         g         0.007         0         1         0.017         0.001           Valine         g         0.007         0         1         0.077         0.	Phytosterols	mg									
Tryptophan         g         0.001         0         1         0.002         0.000           Threonine         g         0.005         0         1         0.012         0.002           Isoleucine         g         0.005         0         1         0.012         0.002           Leucine         g         0.009         0         1         0.012         0.003           Lysine         g         0.006         0         1         0.015         0.002           Methionine         g         0.002         0         1         0.005         0.001           Cystine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.003         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.015         0.002           Tyrosine         g         0.007         0         1         0.017         0.001           Valine         g         0.007         0         1         0.077         0.	Amino Acids:										
Threonine         g         0.005         0         1         0.012         0.002           Isoleucine         g         0.005         0         1         0.012         0.002           Leucine         g         0.009         0         1         0.022         0.003           Lysine         g         0.006         0         1         0.015         0.002           Methionine         g         0.002         0         1         0.005         0.001           Cystine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.006         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.017         0.001           Valine         g         0.007         0         1         0.017         0.002           Arginine         g         0.031         0         1         0.077         0.010           Histidine         g         0.002         0         1         0.025         0.001 <td></td> <td>a</td> <td>0 001</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0 002</td> <td>0 000</td> <td></td>		a	0 001		0		1		0 002	0 000	
Isoleucine         9         0.005         0         1         0.012         0.002           Leucine         9         0.009         0         1         0.022         0.003           Lysine         9         0.006         0         1         0.015         0.002           Methionine         9         0.002         0         1         0.005         0.001           Cystine         9         0.003         0         1         0.007         0.001           Phenylalanine         9         0.006         0         1         0.015         0.002           Tyrosine         9         0.003         0         1         0.015         0.002           Tyrosine         9         0.003         0         1         0.007         0.001           Valine         9         0.031         0         1         0.017         0.002           Arginine         9         0.031         0         1         0.077         0.010           Histidine         9         0.002         0         1         0.025         0.003           Aspartic acid         9         0.049         0         1         0.122         0.01	2										
Leucine         g         0.009         0         1         0.022         0.003           Lysine         g         0.006         0         1         0.015         0.002           Methionine         g         0.002         0         1         0.005         0.001           Cystine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.006         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.007         0.001           Valine         g         0.003         0         1         0.007         0.001           Varine         g         0.031         0         1         0.017         0.002           Arginine         g         0.031         0         1         0.077         0.010           Histidine         g         0.002         0         1         0.025         0.003           Aspartic acid         g         0.049         0         1         0.025         0.007 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>							_				
Lysine       9       0.006       0       1       0.015       0.002         Methionine       9       0.002       0       1       0.005       0.001         Cystine       9       0.003       0       1       0.007       0.001         Phenylalanine       9       0.006       0       1       0.015       0.002         Tyrosine       9       0.003       0       1       0.007       0.001         Valine       9       0.007       0       1       0.017       0.002         Arginine       9       0.031       0       1       0.077       0.010         Histidine       9       0.002       0       1       0.055       0.001         Alanine       9       0.010       0       1       0.025       0.003         Aspartic acid       9       0.049       0       1       0.025       0.005         Glutamic acid       9       0.002       0       1       0.055       0.007         Proline       9       0.006       0       1       0.015       0.002         0       0.007       0.009       1       0.072       0.009		-					_				
Methionine         9         0.002         0         1         0.005         0.001           Cystine         9         0.003         0         1         0.007         0.001           Phenylalanine         9         0.006         0         1         0.015         0.002           Tyrosine         9         0.003         0         1         0.007         0.001           Valine         9         0.007         0         1         0.017         0.002           Arginine         9         0.031         0         1         0.077         0.010           Histidine         9         0.002         0         1         0.005         0.001           Alanine         9         0.010         0         1         0.025         0.003           Aspartic acid         9         0.049         0         1         0.122         0.015           Glycine         9         0.002         0         1         0.055         0.007           Proline         9         0.006         0         1         0.015         0.002		-			-		_				
Cystine         g         0.003         0         1         0.007         0.001           Phenylalanine         g         0.006         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.007         0.001           Valine         g         0.007         0         1         0.017         0.002           Arginine         g         0.031         0         1         0.077         0.010           Histidine         g         0.002         0         1         0.005         0.001           Alanine         g         0.010         0         1         0.025         0.003           Aspartic acid         g         0.049         0         1         0.122         0.015           Glutamic acid         g         0.022         0         1         0.055         0.007           Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009	2	-									
Phenylalanine         g         0.006         0         1         0.015         0.002           Tyrosine         g         0.003         0         1         0.007         0.001           Valine         g         0.007         0         1         0.017         0.002           Arginine         g         0.031         0         1         0.077         0.010           Histidine         g         0.002         0         1         0.005         0.001           Alanine         g         0.010         0         1         0.025         0.003           Aspartic acid         g         0.049         0         1         0.122         0.015           Glutamic acid         g         0.002         0         1         0.055         0.007           Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009											
Tyrosine         g         0.003         0         1         0.007         0.001           Valine         g         0.007         0         1         0.017         0.002           Arginine         g         0.031         0         1         0.077         0.010           Histidine         g         0.002         0         1         0.005         0.001           Alanine         g         0.010         0         1         0.025         0.003           Aspartic acid         g         0.049         0         1         0.122         0.015           Glutamic acid         g         0.022         0         1         0.055         0.007           Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009	-										
Valine         g         0.007         0         1         0.017         0.002           Arginine         g         0.031         0         1         0.077         0.010           Histidine         g         0.002         0         1         0.005         0.001           Alanine         g         0.010         0         1         0.025         0.003           Aspartic acid         g         0.049         0         1         0.122         0.015           Glutamic acid         g         0.022         0         1         0.055         0.007           Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009	2				-		_				
Arginine.         g         0.031         0         1         0.077         0.010           Histidine.         g         0.002         0         1         0.005         0.001           Alanine.         g         0.010         0         1         0.025         0.003           Aspartic acid.         g         0.049         0         1         0.122         0.015           Glutamic acid.         g         0.022         0         1         0.055         0.007           Glycine.         g         0.006         0         1         0.015         0.002           Proline.         g         0.029         0         1         0.072         0.009	-										
Histidine         g         0.002         0         1         0.005         0.001           Alanine         g         0.010         0         1         0.025         0.003           Aspartic acid         g         0.049         0         1         0.122         0.015           Glutamic acid         g         0.022         0         1         0.055         0.007           Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009					-		_				
Alanine.       g       0.010       0       1       0.025       0.003         Aspartic acid.       g       0.049       0       1       0.122       0.015         Glutamic acid.       g       0.022       0       1       0.055       0.007         Glycine.       g       0.006       0       1       0.015       0.002         Proline.       g       0.029       0       1       0.072       0.009	=						1				
Aspartic acid.       9       0.049       0       1       0.122       0.015         Glutamic acid.       9       0.022       0       1       0.055       0.007         Glycine.       9       0.006       0       1       0.015       0.002         Proline.       9       0.029       0       1       0.072       0.009		-			-		_				
Glutamic acid         g         0.022         0         1         0.055         0.007           Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009		-									
Glycine         g         0.006         0         1         0.015         0.002           Proline         g         0.029         0         1         0.072         0.009					-		_				
Proline		-									
-	2				0						
		_									
Hydroxyproline		-			-		-		, <del>.</del>		

#### **Common Measures:**

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Nu	mber	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	89.01	0.058	40		1		221.63	27.68	234.10	
Energy	kcal	42		0	NC	4		105	13	110	
Energy	kj	176				4		438	55	462	
Protein (N x 6.25)	g	0.59	0.006	40		1		1.47	0.18	1.55	
Total lipid (fat)	g	0.14	0.003	28		1		0.35	0.04	0.37	
Ash	g	0.41	0.006	40		1		1.02	0.13	1.08	
Carbohydrate, by difference	g	9.85		0	NC	4		24.53	3.06	25.91	
Fiber, total dietary		0.2		0		4		0.5	0.1	0.5	
Sugars, total		8.40		0	BFZN	4		20.92	2.61	22.09	
Starch	g										
Minerals:											
Calcium, Ca	mg	8	0.189	29		1		20	2	21	
Iron, Fe	_	0.44	0.023	27		1		1.10	0.14	1.16	
Magnesium, Mg	_	11	0.092	29		1		27	3	29	
Phosphorus, P		14	0.134	29		1		35	4	37	
Potassium, K	-	175	4.703	29		1		436	54	460	
Sodium, Na	_	2	0.108	29		1		5	1	5	
Zinc, Zn	mg	0.07	0.001	28		1		0.17	0.02	0.18	
Copper, Cu	mg	0.057	0.003	28		1		0.142	0.018	0.15	
Manganese, Mn	mg	0.014		0		1		0.035	0.004	0.03	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	0.3	
Vitamins:											
Vitamin C, total ascorbic acid	ma	34.4	0.515	40		1		85.7	10.7	90.5	
Thiamin	-	0.060		29		1		0.149	0.019	0.15	
Riboflavin		0.028		29		1		0.070	0.009	0.07	
Niacin		0.314	0.012	28		1		0.782	0.098	0.82	
Pantothenic acid	_	0.150		0		1		0.374	0.047	0.39	
Vitamin B-6	mg	0.088		1		1		0.219	0.027	0.23	
Folate, total	mcg	18		0		4		45	6	48	
Folic acid		0		0	Z	7		0	0	0	
Folate, food	mcg	18		0		4		45	6	48	
Folate, DFE	mcg_DFE	18		0	NC	4		45	6	48	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		175	5.725	28		1		436	54	460	
Vitamin A, RAE		9		0	NC	4		22	3	23	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFZN	4		0.50	0.06	0.53	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D Vitamin K (phylloquinone)		0.1		0	BFZN	4		0.3	0.0	0.3	
									0.0	0.5	
Lipids:											
Fatty acids, total saturated		0.018		0		1		0.045	0.006	0.04	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	-	0.000		0		1		0.000	0.000	0.00	
8:0		0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0		0.000		0		1		0.000	0.000	0.00	
13:0		0 000		0		1		0 000	0 000	0.00	
14:0		0.000		U		1		0.000	0.000	0.00	
15:0		0.018		0		1		0.045	0.000	0.0	
16:0	_	0.018		0		1		0.045	0.006	0.04	
17:0	-	0 000		0		1		0 000	0 000	0.00	
18:0	-	0.000		U		1		0.000	0.000	0.00	
20:0	-										
22:0 24:0	-										

Nutrients and Unit		Amount in 100 grams of edible portion							Amount in edible portion of common measures of food			
	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsatura	itedg	0.025		0		1		0.062	0.008	0.066		
14:1	g											
15:1	-											
16:1 undifferentiated	-	0.004		0		1		0.010	0.001	0.011		
17:1	• • • • • • • • • • • • • • • • • • • •			_		_						
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.021		0		1		0.052	0.007	0.055		
20:1		0.000		0		1		0.000	0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000		
24:1 c		0.004		•		1				0.000		
Fatty acids, total polyunsaturate		0.034		0 0		1		0.085	0.011	0.089		
18:2 undifferentiated		0.027						0.067	0.008	0.071		
18:3 undifferentiated	-	0.007		0 0		1 1		0.017	0.002	0.018		
18:4		0.000		U		1		0.000	0.000	0.000		
20:2 n-6 c,c	-											
20:3 undifferentiated		0.000		0		1		0.000	0.000	0.000		
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000		
22:5 n-3		0.000		0		1				0.000		
22:6 n-3		0.000		U		1		0.000	0.000	0.000		
Fatty acids, total trans		0		0	z	7		0	0	0		
Cholesterol	-	U		U	Z	,		U	U	U		
Phytosterols	Ing											
Amino Acids:												
Tryptophan	g	0.002		0		1		0.005	0.001	0.005		
Threonine	g	0.007		0		1		0.017	0.002	0.018		
Isoleucine	g	0.006		0		1		0.015	0.002	0.016		
Leucine	g	0.011		0		1		0.027	0.003	0.029		
Lysine	g	0.008		0		1		0.020	0.002	0.021		
Methionine	g	0.003		0		1		0.007	0.001	0.008		
Cystine	g	0.004		0		1		0.010	0.001	0.011		
Phenylalanine	g	0.007		0		1		0.017	0.002	0.018		
Tyrosine	g	0.003		0		1		0.007	0.001	0.008		
Valine	g	0.009		0		1		0.022	0.003	0.024		
Arginine	g	0.040		0		1		0.100	0.012	0.105		
Histidine	g	0.003		0		1		0.007	0.001	0.008		
Alanine	g	0.013		0		1		0.032	0.004	0.034		
Aspartic acid	g	0.063		0		1		0.157	0.020	0.166		
Glutamic acid	g	0.028		0		1		0.070	0.009	0.074		
Glycine	g	0.008		0		1		0.020	0.002	0.021		
Proline	g	0.037		0		1		0.092	0.012	0.097		
Serine	g	0.011		0		1		0.027	0.003	0.029		
Hydroxyproline	g											
04												
Others:				_		_						
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0		
Caffeine		0		0	z	7		0	0	0		
Theobromine	mg	0		0	Z	7		0	0	0		
<u>Carotenoids:</u>												
Carotene, beta	mcg	29		0	BNA	4		71.180	8.890	75.182		
Carotene, alpha		5		0	BNA	4		12.025	1.502	12.701		
Cryptoxanthin, beta	_	148		0	BNA	4		368.515	46.027	389.235		
Lycopene		0		0	BFZN	4		0.000	0.000	0.000		
Lutein + zeaxanthin		115		0	BFZN	4		286.416	35.773	302.520		

#### **Common Measures:**

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

NDB No. 09207

Orange juice, canned, unsweetened

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	nount in 100 g	rams o	of edik	ole portio	<u>n</u>		edible portion	
			Nui	mber				<u>m</u>	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	88.40	0.172	4		1		220.12	27.49	
Energy	kcal	44		0	NC	4		110	14	
Energy	kj	184				4		458	57	
Protein (N x 6.25)	g	0.80	0.067	3		1		1.99	0.25	
Total lipid (fat)	g	0.27	0.017	3		1		0.67	0.08	
Ash	g	0.48	0.018	3		1		1.20	0.15	
Carbohydrate, by difference	g	10.06		0	NC	4		25.05	3.13	
Fiber, total dietary	g	0.2		0		4		0.5	0.1	
Sugars, total	g									
Starch	g									
Ainerals:										
Calcium, Ca	ma	10	0.227	4		1		25	3	
Iron. Fe.	-	0.17	0.005	4		1		0.42	0.05	
Magnesium, Mg	•	11	0.637	4		1		27	3	
Phosphorus, P		11	2.108	4		1		27	3	
Potassium, K	•	190	2.405	84		1		473	59	
Sodium, Na	-	1	0.055	84		1		2	0	
Zinc, Zn	mg	0.04	0.009	3		1		0.10	0.01	
Copper, Cu	mg	0.040	0.006	3		1		0.100	0.012	
Manganese, Mn	mg	0.023	0.009	3		1		0.057	0.007	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	
itamins:										
Vitamin C, total ascorbic acid	ma	32.9	0.140	38		1		81.9	10.2	
Thiamin	-	0.111		3		1		0.276	0.035	
Riboflavin		0.021		3		1		0.052	0.007	
Niacin		0.280	0.050	3		1		0.697	0.087	
Pantothenic acid		0.191	0.001	3		1		0.476	0.059	
Vitamin B-6	mg	0.054	0.003	3		1		0.134	0.017	
Folate, total	mcg	18	0.913	3		1		45	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		18	0.913	3		1		45	6	
Folate, DFE	mcg_DFE	18		0	NC	4		45	6	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		78	10.440	3		1		194	24	
Vitamin A, RAE		4	0.522	3		1		10	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitainiii K (piiyiloquiiloile)	Inog									
<u>ipids:</u>										
Fatty acids, total saturated	g	0.029		0		1		0.072	0.009	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	-			^					2 222	
14:0	-	0.000		0		1		0.000	0.000	
15:0		0.000		0		4		0.070	0.000	
16:0		0.029		0		1		0.072	0.009	
17:0		0.000		0		1		0 000	0 000	
18:0 20:0		0.000		J		1		0.000	0.000	
20:0	-									
24:0	-									

	Amo	ount in 100 grams Number		le portio	<u>1</u>		edible portion o	
Nutrients and Units	Mean S		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.046	0		1		0.115	0.014	
14:1g	0.040	· ·		-		0.115	0.014	
15:1g								
16:1 undifferentiatedg	0.007	0		1		0.017	0.002	
17:1g								
18:1 undifferentiatedg	0.039	0		1		0.097	0.012	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.064	0		1		0.159	0.020	
18:2 undifferentiatedg	0.050	0		1		0.125	0.016	
18:3 undifferentiatedg	0.014	0		1		0.035	0.004	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg		_						
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9		_		_		_	_	
Cholesterol mg	0	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.001	0		1		0.002	0.000	
Threonineg	0.005	0		1		0.012	0.002	
Isoleucineg	0.005	0		1		0.012	0.002	
Leucineg	0.009	0		1		0.022	0.003	
Lysineg	0.006	0		1		0.015	0.002	
Methionineg	0.002	0		1		0.005	0.001	
Cystineg	0.003	0		1		0.007	0.001	
Phenylalanineg	0.006	0		1		0.015	0.002	
Tyrosineg	0.003	0		1		0.007	0.001	
Valineg	0.007	0		1		0.017	0.002	
Arginineg	0.031	0		1		0.077	0.010	
Histidineg	0.002	0		1		0.005	0.001	
Alanineg	0.010	0		1		0.025	0.003	
Aspartic acidg	0.049	0		1		0.122	0.015	
Glutamic acidg	0.022	0		1		0.055	0.007	
Glycine9	0.006	0		1		0.015	0.002	
Prolineg	0.029	0		1		0.072	0.009	
Serineg	0.009	0		1		0.022	0.003	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0	0.0	
Caffeine mg							* - <del>-</del>	
Theobromine mg								

### **Common Measures:**

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

		<u>A</u>	mount in 100 gr	ams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u> </u>	
				Data Der	iv Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi				Measure 1	Measure 2	Measure :	
Proximates: Water	a	88.10		0	1		219.37	27.40		
Energy	_	45			ic 4		112	14		
Energy		188		0 1	4		469	14 59		
03	-	0.68		2	1		1.69	0.21		
Protein (N x 6.25) Total lipid (fat)		0.06		2	1		0.15	0.21		
Ash		0.39		2	1		0.13	0.02		
Carbohydrate, by difference		10.78			ic 4		26.84	3.35		
Fiber, total dietary		0.2		0	1		0.5	0.1		
Sugars, total		8.40			.s 1		20.92	2.61		
Sucrose		3.50	0.600		A 1		8.72	1.09		
Sucrose	9	2.34	0.310		A 1		5.83	0.73		
Glucose (dextrose)		2.54	0.540		A 1		6.37	0.73		
Lactose		0.00	0.040		A 1		0.00	0.00		
Maltose	<u>.</u> 9	0.00			A 1		0.00	0.00		
Galactose	g	0.00			z 7		0.00	0.00		
Starch		0.00		•	- •		3.00	0.00		
Minerals:										
Calcium, Ca	-	9		480	1		22	3		
Iron, Fe		0.10		457	1		0.25	0.03		
Magnesium, Mg		10		473	1		25	3		
Phosphorus, P		16		326	1		40	5		
Potassium, K		190 1		413 412	1 1		473 2	59 0		
Sodium, Na		0.05		412 471	1		0.12	0.02		
Zinc, Zn Copper, Cu		0.03		474	1		0.12	0.014		
Manganese, Mn		0.044		10	1		0.110	0.004		
Selenium, Se		0.1	0.023	3 2			0.2	0.0		
Vitamins:										
Vitamin C, total ascorbic acid		38.9		426	1		96.9	12.1		
Thiamin	-	0.079		298	1		0.197	0.025		
Riboflavin	-	0.018		100	1		0.045	0.006		
Niacin	_	0.202		458	1		0.503	0.063		
Pantothenic acid	-	0.158		152	1		0.393	0.049		
Vitamin B-6		0.044		215	1 1		0.110	0.014		
Folate, total		<b>44</b> 0	0.404	381 0 :			109 0	1 <b>4</b> 0		
Folic acidFolate, food	mca	44	0.404		1		109	14		
Folate, DFE		44	0.404	0 N			109	14		
Vitamin B-12		0.00		0 1			0.00	0.00		
Vitamin A, IU		107		0 A			266	33		
Vitamin A, RAE		5		0 A			13	2		
Retinol		0		0 :			0	0		
Vitamin E (alpha-tocopherol)	-	0.20		2 2			0.50	0.06		
Tocopherol, beta		0.00		2 2			0.00	0.00		
Tocopherol, gamma		0.05		2 2	. 1		0.11	0.01		
Tocopherol, delta		0.00		2 2	. 1		0.00	0.00		
Vitamin D										
Vitamin K (phylloquinone)		0.1		0 BF	SN 4		0.3	0.0		
Lipids:			_	_	_					
Fatty acids, total saturated		0.007		0	1		0.017	0.002		
4:0		0.000		0	1		0.000	0.000		
6:0	_	0.000		0	1		0.000	0.000		
8:0		0.000		0	1		0.000	0.000		
10:0	-	0.000		0	1		0.000	0.000		
12:0	_	0.000	J	0	1		0.000	0.000		
13:0	-	0.000	,	•			0.000	0.000		
14:0	9	0.000	J	0	1		0.000	0.000		

NDB No. 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

Nutrients and Units   Number   State   Park   Par		<u>Ar</u>	nount in 100 gr	ams of edi	ible portic	<u>on</u>		edible portion o	f common
Nutrients and Units			Nun	nber			<u>m</u>	easures of food	
170.	Nutrients and Units	Mean					Measure 1	Measure 2	Measure 3
170.									
18 0	16:0	0.007		0	1		0.017	0.002	
20.0									
22-0				0	1		0.000	0.000	
Part									
Fishy sack), total monoumantated.   9									
1-1-				0	1		0.025	0.003	
1									
17-1									
18   undifferentiated	16:1 undifferentiated	0.001		0	1		0.002	0.000	
201	-								
22-1 undifferentiated 9 0.000	-								
24   C	-								
Fath scids, total polymenturated. 9   0.012   0   1   0.020   0.003   18.3 undifferentiated. 9   0.003   0   1   0.002   0.003   18.4 undifferentiated. 9   0.000   0   1   0.000				U	1		0.000	0.000	
18.2 undifferentiated.				0	1		0 030	0.004	
183 midifferentiated   g									
184.	-								
202 n of cc.   9   303 undifferentiated.   9   3   0.000   0   1   0.000   0.000   0.000   203 n-3   9   0.000   0   1   0.000   0.000   0.225 n-3   9   0.000   0   1   0.000   0.000   0.225 n-3   9   0.000   0   1   0.000   0.000   0.000   0.225 n-3   9   0.000   0   2   7   0   0   0   0   0   0   0   0   0	-								
20.3 undifferentiated							0.000	0.000	
20-1 undifferentiated	-								
1	-			0	1		0.000	0.000	
\$\frac{1}{226 \text{ n-3}}	20:5 n-3	0.000		0	1		0.000	0.000	
Fatty acids, total trans.	22:5 n-3	0.000		0	1		0.000	0.000	
Cholesterol.   mg   mg   mg   mg   mg   mg   mg   m	22:6 n-3	0.000		0	1		0.000	0.000	
Phytosterols.   Mg    Phytosterols.   Phytos	Fatty acids, total trans								
Amino Acids:   Tryptophan		3		0 z	7		0	0	
Tryptophan	Phytosterols	ng							
Threonine	Amino Acids:								
Soleucine	Tryptophan	0.002		0	1		0.005	0.001	
Leucine	Threonine	0.008		0	1		0.020	0.002	
Lysine	Isoleucine	0.007		0	1		0.017	0.002	
Methionine         9         0.003         0         1         0.007         0.001           Cystine         9         0.005         0         1         0.012         0.002           Phenylalanine         9         0.008         0         1         0.012         0.002           Tyrosine         9         0.004         0         1         0.010         0.001           Valine         9         0.001         0         1         0.027         0.003           Arginine         9         0.045         0         1         0.027         0.003           Arginine         9         0.003         0         1         0.027         0.001           Histidine         9         0.003         0         1         0.027         0.001           Alanine         9         0.014         0         1         0.035         0.004           Aspartic acid         9         0.072         0         1         0.035         0.004           Glytaine         9         0.032         0         1         0.022         0.003           Glytaine         9         0.042         0         1         0.022         0.03	-								
Cystine         g         0.005         0         1         0.012         0.002           Phenylalanine         g         0.008         0         1         0.020         0.002           Tyrosine         g         0.001         0         1         0.010         0.001           Valine         g         0.011         0         1         0.027         0.003           Arginine         g         0.045         0         1         0.027         0.003           Arginine         g         0.045         0         1         0.007         0.014           Histidine         g         0.003         0         1         0.007         0.014           Histidine         g         0.003         0         1         0.035         0.004           Aspartic acid         g         0.072         0         1         0.035         0.004           Aspartic acid         g         0.072         0         1         0.179         0.022           Glutamic acid         g         0.032         0         1         0.080         0.010           Glycine         g         0.042         0         1         0.022	*								
Phenylalanine									
Tyrosine         9         0.004         0         1         0.010         0.001           Valine         9         0.011         0         1         0.027         0.003           Arginine         9         0.045         0         1         0.112         0.014           Histidine         9         0.003         0         1         0.007         0.001           Alanine         9         0.014         0         1         0.035         0.004           Aspatic acid         9         0.072         0         1         0.179         0.022           Glutamic acid         9         0.032         0         1         0.080         0.010           Glycine         9         0.009         0         1         0.022         0.003           Proline         9         0.042         0         1         0.022         0.003           Proline         9         0.042         0         1         0.022         0.003           Bydroxyproline         9         0.013         0         7         0.0         0.0           Others:         1         0         0         2         7         0         <	=								
Valine         g         0.011         0         1         0.027         0.003           Arginine         g         0.045         0         1         0.112         0.014           Histidine         g         0.003         0         1         0.007         0.001           Alanine         g         0.014         0         1         0.035         0.004           Aspartic acid         g         0.072         0         1         0.179         0.022           Glutamic acid         g         0.032         0         1         0.080         0.010           Glycine         g         0.032         0         1         0.080         0.010           Glycine         g         0.009         0         1         0.022         0.003           Glycine         g         0.042         0         1         0.022         0.003           Proline         g         0.013         0         1         0.105         0.013           Serine         g         0.013         0         7         0.0         0.0           Hydroxyproline         g         0         0         7         0.0         0 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Arginine       9       0.045       0       1       0.112       0.014         Histidine       9       0.003       0       1       0.007       0.001         Alanine       9       0.014       0       1       0.035       0.004         Aspartic acid       9       0.072       0       1       0.179       0.022         Glutamic acid       9       0.032       0       1       0.080       0.010         Glycine       9       0.009       0       1       0.022       0.003         Proline       9       0.042       0       1       0.105       0.013         Serine       9       0.013       0       1       0.032       0.004         Hydroxyproline       9       0       1       0.032       0.004         Hydroxyproline       9       0       7       0.0       0         Caffeine       mg       0       0       7       0       0         Caffeine       mg       0       0       2       7       0       0         Carotenoids:       0       2       7       0       0       0         Carotene, alpha </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Histidine	-			-	_				
Alanine       9       0.014       0       1       0.035       0.004         Aspartic acid       9       0.072       0       1       0.179       0.022         Glutamic acid       9       0.032       0       1       0.080       0.010         Glycine       9       0.009       0       1       0.022       0.003         Proline       9       0.042       0       1       0.105       0.013         Serine       9       0.013       0       1       0.032       0.004         Hydroxyproline       9       0.013       0       1       0.032       0.004         Hydroxyproline       9       0       0       7       0.0       0         Caffeine       9       0       0       7       0       0         Caffeine       mg       0       0       2       7       0       0         Theobromine       mg       0       0       2       7       0       0         Carotene, beta       mg       17       8.108       12       A       1       43.529       5.437         Carotene, alpha       mcg       3       1.937	-								
Aspartic acid       g       0.072       0       1       0.179       0.022         Glutamic acid       g       0.032       0       1       0.080       0.010         Glycine       g       0.009       0       1       0.022       0.003         Proline       g       0.042       0       1       0.105       0.013         Serine       g       0.013       0       1       0.032       0.004         Hydroxyproline       g       0       0       1       0.032       0.004         Others:         Alcohol, ethyl       g       0       0       7       0       0       0         Caffeine       mg       0       0       2       7       0       0       0         Caffeine       mg       0       0       2       7       0       0       0       0       0       0       0       0       0       0       0       0       0       0        0       0       0       0       0       0       0       0       0       0       0       0       0       0       0       0       0       0       0	-								
Glutamic acid         g         0.032         0         1         0.080         0.010           Glycine         g         0.009         0         1         0.022         0.003           Proline         g         0.042         0         1         0.105         0.013           Serine         g         0.013         0         1         0.032         0.004           Hydroxyproline         g         0         0         1         0.032         0.004           Hydroxyproline         g         0         0         7         0.0         0         0           Caffeine         mg         0         0         7         0         0         0           Caffeine         mg         0         0         z         7         0         0         0           Theobromine         mg         0         0         z         7         0         0         0           Carotene, beta         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.91									
Glycine         g         0.009         0         1         0.022         0.003           Proline         g         0.042         0         1         0.105         0.013           Serine         g         0.013         0         1         0.032         0.004           Hydroxyproline         g         0         0         1         0.032         0.004           Others:           Alcohol, ethyl         g         0         0         7         0.0         0           Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotene, beta         mg         0         0         z         7         0         0           Carotene, beta         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         9         47.906         12         A	•								
Proline         g         0.042         0         1         0.105         0.013           Serine         g         0.013         0         1         0.032         0.004           Hydroxyproline         g           Others:           Alcohol, ethyl         g         0.0         0         7         0.0         0.0           Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotene, beta         mg         0         0         z         7         0         0           Carotene, beta         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene         mcg         0         0.000         0         0         0         0         <				0					
Hydroxyproline       g         Others:         Alcohol, ethyl       g       0.0       0       7       0.0       0.0         Caffeine       mg       0       0       z       7       0       0         Theobromine       mg       0       0       z       7       0       0         Carotenoids:         Carotene, beta       mcg       17       8.108       12       A       1       43.529       5.437         Carotene, alpha       mcg       3       1.937       11       A       1       7.354       0.918         Cryptoxanthin, beta       mcg       91       47.906       12       A       1       225.362       28.148         Lycopene       mcg       0       0.000       4       A       1       0.000       0.000				0	1				
Others:           Alcohol, ethyl.         g         0.0         0         7         0.0         0.0           Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta.         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene         mcg         0         0.000         4         A         1         0.000         0.000	Serine	0.013		0	1		0.032	0.004	
Alcohol, ethyl       g       0.0       0       7       0.0       0.0         Caffeine	HydroxyprolineQ								
Alcohol, ethyl       g       0.0       0       7       0.0       0.0         Caffeine	Others:								
Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotene, beta         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, beta         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene         mcg         0         0.000         4         A         1         0.000         0.000		0.0		0	7		0.0	0.0	
Theobromine.         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta.         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene.         mcg         0         0.000         4         A         1         0.000         0.000									
Carotene, beta.         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene         mcg         0         0.000         4         A         1         0.000         0.000				0 z	7		0	0	
Carotene, beta.         mcg         17         8.108         12         A         1         43.529         5.437           Carotene, alpha.         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta.         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene.         mcg         0         0.000         4         A         1         0.000         0.000									
Carotene, alpha         mcg         3         1.937         11         A         1         7.354         0.918           Cryptoxanthin, beta         mcg         91         47.906         12         A         1         225.362         28.148           Lycopene         mcg         0         0.000         4         A         1         0.000         0.000	Carotene beta mo	cq 17	8.108	12 A	1		43.529	5.437	
Cryptoxanthin, beta	· ·	•							
Lycopene		-							
					1				
			22.973	4 A	1		286.416	35.773	

NDB No. 09215

Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water

**Common Measures:** 

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09214 Orange juice, frozen concentrate, unsweetened, undiluted

			mount in 100 gra	airis Oi e	<u> </u>	Amount in edible portion of common			
			Num	nber			<u>m</u>	easures of food	_
			of D	ata Deri	v Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure
n									
Proximates: Water	a	57.85		0	1		164.29	20.54	123.22
Energy	-	159		0 N			452	56	339
Energy		665		0 1	4		1889	236	1417
Protein (N x 6.25)		2.39		2	1		6.79	0.85	5.09
Total lipid (fat)	_	0.21		2	1		0.60	0.83	0.45
Ash		1.38	0.033	3	1		3.92	0.49	2.94
Carbohydrate, by difference		38.17	0.055	0 N			108.40	13.55	81.30
Fiber, total dietary		0.8		0	4		2.3	0.3	1.7
Sugars, total		37.37		0 (			106.13	13.27	79.60
0 ,	-	37.37		•	-		100.13	13.27	79.00
Starch	9								
<u> Minerals:</u>									
Calcium, Ca	mg	32	0.224 4	180	1		91	11	68
Iron, Fe	mg	0.35		157	1		0.99	0.12	0.7
Magnesium, Mg	mg	34	0.144 4	173	1		97	12	72
Phosphorus, P	mg	57	0.378 3	326	1		162	20	121
Potassium, K	mg	674	5.644 4	113	1		1914	239	1436
Sodium, Na	mg	3	0.277 4	112	1		9	1	6
Zinc, Zn	mg	0.18	0.005 4	171	1		0.51	0.06	0.3
Copper, Cu	mg	0.155	0.001 4	174	1		0.440	0.055	0.3
Manganese, Mn	mg	0.048	0.008	10	1		0.136	0.017	0.10
Selenium, Se	mcg	0.4		0	4		1.1	0.1	0.9
Vitamins:									
Vitamin C, total ascorbic acid	ma	137.9	0.904 4	126	1		391.6	49.0	293.7
Thiamin		0.280		298	1		0.795	0.099	0.59
Riboflavin	_	0.064		100	1		0.182	0.023	0.13
Niacin		0.716		158	1		2.033	0.254	1.52
Pantothenic acid	_	0.710		152	1		1.590	0.199	1.19
Vitamin B-6		0.156		215	1		0.443	0.055	0.33
Folate, total	-	155		381	1		441	55	331
Folic acid		0	1.452	0 z			0	0	0
Folate, food		155	1.432 3		1		441	55	331
Folate, DFE		155	1.452	0 N			441	55	331
Vitamin B-12		0.00		0 z			0.00	0.00	0.00
Vitamin A, IU		379		0 BF:	-		1077	135	807
Vitamin A, RAE		19		0 BF:			54	7	40
Retinol		0		0 Z			0	0	0
Vitamin E (alpha-tocopherol)		0.71		0 BF:			2.01	0.25	1.5
Tocopherol, beta		0.71		O Dr.	,		2.01	0.23	1.5
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.4		2 A	1		1.0	0.1	0.8
	•••••								
<u> Lipids:</u>	_			•	-				=
Fatty acids, total saturated		0.024		0	1		0.068	0.009	0.0
4:0		0.000		0	1		0.000	0.000	0.00
6:0	-	0.000		0	1		0.000	0.000	0.0
8:0		0.000		0	1		0.000	0.000	0.0
10:0		0.000		0	1		0.000	0.000	0.0
12:0	-	0.000	)	0	1		0.000	0.000	0.0
13:0	-			•	_				_
14:0	-	0.001	=	0	1		0.003	0.000	0.0
15:0	-			_	_		_		_
16:0		0.022	!	0	1		0.062	0.008	0.0
17:0	-			_			_		
18:0	-	0.001	-	0	1		0.003	0.000	0.0
20:0	-								
22:0	-								
24:0	g								

				ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
				ta Deriv	Source	Confidence				
Nutrients and	Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ted <b>Q</b>	0.038			1		0.108	0.013	0.081	
14:1 15:1	g									
16:1 undifferentiated	g	0.005	C		1		0.014	0.002	0.011	
18:1 undifferentiated	g	0.033			1 1		0.09 <b>4</b> 0.000	0.012 0.000	0.070 0.000	
22:1 undifferentiated	9	0.000			1		0.000	0.000	0.000	
24:1 cFatty acids, total polyunsaturate	edg	0.041			1		0.116	0.015	0.087	
18:2 undifferentiated		0.030 0.011			1 1		0.085 0.031	0.011 0.004	0.06 <b>4</b> 0.023	
18:4 20:2 n-6 c,c	9	0.000	C		1		0.000	0.000	0.000	
20:3 undifferentiated		0.000	C		1		0.000	0.000	0.000	
20:5 n-3 22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000			1 1		0.000 0.000	0.000 0.000	0.000 0.000	
22:6 n-3Fatty acids, total trans		0.000	C		1		0.000	0.000	0.000	
CholesterolPhytosterols		0	C	Z	7		0	0	0	
Amino Acids:										
TryptophanThreonine	g	0.007 0.027			1 1		0.020 0.077	0.002 0.010	0.015 0.058	
Isoleucine	-	0.026 0.046			1 1		0.07 <b>4</b> 0.131	0.009 0.016	0.055 0.098	
Lysine Methionine		0.031 0.012			1 1		0.088 0.034	0.011 0.004	0.066 0.026	
CystinePhenylalanine		0.018 0.029			1 1		0.051 0.082	0.006 0.010	0.038 0.062	
TyrosineValine		0.013 0.038			1 1		0.037 0.108	0.005 0.013	0.028 0.081	
Arginine	9	0.161 0.010			1 1		0.457 0.028	0.057 0.004	0.343 0.021	
Alanine	g	0.051 0.255			1 1		0.145 0.724	0.018 0.091	0.109 0.543	
Glutamic acid	g	0.114 0.032	. 4		1		0.324	0.040 0.011	0.243	
Proline	g	0.149 0.045	4		1		0.423 0.128	0.053 0.016	0.317 0.096	
Serine Hydroxyproline	-	0.045	4		1		0.128	0.016	0.096	
Others: Alcohol, ethyl	a	0.0	C		7		0.0	0.0	0.0	
CaffeineTheobromine	mg	0	C		7 7		0	0	0	
Carotenoids:								•		
Carotene, beta	mcg	62 10	0				175.854 29.709	21.982 3.714	131.890 22.281	
Cryptoxanthin, beta	mcg	321 0	(				910.436 0.000	113.805 0.000	682.827 0.000	
Lutein + zeaxanthin		407	C	BFSN	4		1157.091	144.636	867.818	

### **Common Measures:**

Measure 1 = 284g: 1 cup Measure 2 = 35.5g: 1 fl oz

Measure 3 = 213g: 1 can (6 fl oz)

NDB No. 09214

Orange juice, frozen concentrate, unsweetened, undiluted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100	0 grams	of edib	le portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
·										
Proximates: Water	a	88.30		0		1		218.98	27.37	75.94
Energy		45		0	NC	4		112	14	39
Energy		188		•		4		467	58	162
Protein (N x 6.25)		0.70		0		1		1.74	0.22	0.60
Total lipid (fat)		0.20		0		1		0.50	0.06	0.17
Ash		0.40		0		1		0.99	0.12	0.34
Carbohydrate, by difference		10.40		0	NC	4		25.79	3.22	8.94
Fiber, total dietary	g	0.2		0		4		0.5	0.1	0.2
Sugars, total		8.40		0	BFZN	4		20.83	2.60	7.22
Starch	g									
Minerals:	ma	11		0		1		27	3	9
Calcium, Ca		0.20		0		1		0.50	0.06	0.1
Iron, Fe		11		0		1		27	3	9
Phosphorus, P		17		0		1		42	5 5	15
Potassium, K		200		0		1		496	62	172
Sodium, Na		1		0		1		2	0	1
Zinc, Zn		0.05		0		1		0.12	0.02	0.0
Copper, Cu	_	0.044		0		1		0.109	0.014	0.0
Manganese, Mn		0.014	l .	0		1		0.035	0.004	0.0
Selenium, Se		0.1		0	BFZN	4		0.2	0.0	0.1
Vitamina										
Vitamins:	ma	50.0		0		1		124.0	15.5	43.0
Vitamin C, total ascorbic acid Thiamin	_	0.090		0		1		0.223	0.028	0.0
Riboflavin		0.030		0		1		0.074	0.009	0.0
Niacin		0.400		0		1		0.992	0.124	0.3
Pantothenic acid	-	0.190		0		1		0.471	0.059	0.1
Vitamin B-6	-	0.040		0		1		0.099	0.012	0.0
Folate, total	_	30		0		4		75	9	26
Folic acid		0		0	z	7		0	0	0
Folate, food		30		0		4		75	9	26
Folate, DFE	mcg_DFE	30		0	NC	4		75	9	26
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU	IU	200		0		1		496	62	172
Vitamin A, RAE	mcg_RAE	10		0	NC	4		25	3	9
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.04		0		1		0.10	0.01	0.03
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.1		0	BFZN	4		0.3	0.0	0.1
Vitamin K (phylloquinone)	nicg	0.1		U	BFZN	4		0.3	0.0	0.1
<u> ipids:</u>										
Fatty acids, total saturated	g	0.024	ŀ	0		1		0.060	0.007	0.0
4:0	g	0.000	)	0		1		0.000	0.000	0.0
6:0	g	0.000	1	0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0	-	0.000	1	0		1		0.000	0.000	0.0
13:0	-									
14:0	-	0.001		2		1		0.002	0.000	0.0
15:0										
16:0		0.021		16		1		0.052	0.007	0.0
17:0	-					_				<u> </u>
18:0	_	0.001	•	10		1		0.002	0.000	0.0
20:0	_									
22:0	g									

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.036	i	0		1		0.089	0.011	0.031
15:1	-					_				
16:1 undifferentiated	-	0.005	1	16		1		0.012	0.002	0.004
18:1 undifferentiated		0.032		16		1		0.079	0.010	0.028
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturat	edg	0.040	1	0		1		0.099	0.012	0.034
18:2 undifferentiated		0.029	ı	16		1		0.072	0.009	0.025
18:3 undifferentiated	g	0.011		16		1		0.027	0.003	0.009
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated				_		_				
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	=	0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1		0.000	0.000	0.000
22:6 n-3	-	0.000	1	0		1		0.000	0.000	0.000
Fatty acids, total trans Cholesterol		0		0	z	7		0	0	0
Phytosterols	_	U		U	4	,		0	O	U
Filytosterois										
Amino Acids:										
Tryptophan	g	0.002		0		1		0.005	0.001	0.002
Threonine	-	0.008		0		1		0.020	0.002	0.007
Isoleucine		0.008		0		1		0.020	0.002	0.007
Leucine	=	0.013		0		1		0.032	0.004	0.011
Lysine		0.009		0		1		0.022	0.003	0.008
Methionine		0.003		0		1		0.007	0.001	0.003
Cystine		0.005		0		1		0.012	0.002	0.004
Phenylalanine		0.009		0		1		0.022	0.003	0.008
Tyrosine	-	0.004		0		1		0.010	0.001	0.003
Valine	-	0.011		0		1 1		0.027	0.003	0.009
Arginine		0.047		0 0		1		0.117 0.007	0.015	0.040
Histidine		0.003		0		1		0.007	0.001 0.005	0.003 0.013
AlanineAspartic acid		0.015		0		1		0.186	0.003	0.013
Glutamic acid		0.033		0		1		0.082	0.010	0.003
Glycine	-	0.009		0		1		0.022	0.003	0.028
Proline		0.044		0		1		0.109	0.014	0.008
Serine.		0.013		0		1		0.032	0.004	0.011
Hydroxyproline										
· · · · · · · · · · · · · · · · · · ·	•									
Others:				_		_				
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0
Caffeine		0		0	z z	7 7		0	0 0	0
Theobromine	<u>iii</u> g	U		U	Z	,		U	U	Ü
Carotenoids:										
Carotene, beta		33		0	BNA	4		81.022	10.128	28.096
Carotene, alpha	-	6		0	BNA	4		13.688	1.711	4.747
Cryptoxanthin, beta		169		0	BNA	4		419.469	52.434	145.461
Lycopene		0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	115		0	BFZN	4		285.266	35.658	98.923

# **Common Measures:**

Measure 1 = 248g: 1 cup Measure 2 = 31.0g: 1 fl oz Measure 3 = 86g: 1 fruit yields NDB No. 09206 Orange juice, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	umber				<u>me</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.50		0		1		4.35	1.45	
Energy (1)	kcal	97		0		4		6	2	
Energy		406				4		24	8	
Protein (N x 6.25)		1.50		0		1		0.09	0.03	
Total lipid (fat)		0.20		0		1		0.01	0.00	
Ash		0.80		0		1		0.05	0.02	
Carbohydrate, by difference		25.00		0	NC	4		1.50	0.50	
Fiber, total dietary		10.6		0		4		0.6	0.2	
Sugars, total				-		_			V	
Starch										
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	161		0		1		10	3	
Iron, Fe	mg	0.80		0		1		0.05	0.02	
Magnesium, Mg	mg	22		0		1		1	0	
Phosphorus, P	mg	21		0		1		1	0	
Potassium, K	mg	212		0		1		13	4	
Sodium, Na	mg	3		0		1		0	0	
Zinc, Zn	mg	0.25		0		4		0.02	0.01	
Copper, Cu	mg	0.092	2	0		4		0.006	0.002	
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFSN	4		0.1	0.0	
/itamina.										
<u>Vitamins:</u>		126.0		•				0.0		
Vitamin C, total ascorbic acid	-	136.0		0		1		8.2	2.7	
Thiamin		0.120		0		1		0.007	0.002	
Riboflavin		0.090		0		1		0.005	0.002	
Niacin		0.900		0		1		0.054	0.018	
Pantothenic acid	-	0.490		0		1		0.029	0.010	
Vitamin B-6	-	0.176	•	0		1		0.011	0.004	
Folate, total		30		0	_	4		2	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		30		0		4		2	1	
Folate, DFE		30		0	NC	4		2	1	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		420		0		1		25	8	
Vitamin A, RAE		21		0		1		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.024	1	0		1		0.001	0.000	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	_	0.000		0		1		0.000	0.000	
13:0	-			-						
14:0		0.001	L	0		1		0.000	0.000	
15:0	-			-						
16:0	-	0.021	L	0		1		0.001	0.000	
17:0	_			-		-			2,000	
18:0		0.001	L	0		1		0.000	0.000	
20:0		0.001		-		-		2.000	0.000	
22:0										
24:0	_									

	<u>Ar</u>	nount in 100 gram	s of edible	portio	<u>n</u>	Amount in edible portion of common			
		Number of Date		Cource	Confidence	<u>m</u>	easures of food	l.	
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.036	0		1		0.002	0.001		
14:1						0.002	0.002		
15:1									
16:1 undifferentiatedg	0.005	0		1		0.000	0.000		
17:1g									
18:1 undifferentiated	0.032	0		1		0.002	0.001		
20:1g	0.000	0		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.040	0		1		0.002	0.001		
18:2 undifferentiatedg	0.029	0		1		0.002	0.001		
18:3 undifferentiatedg	0.011	0		1		0.001	0.000		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterol mg	0	0	Z	7		0	0		
Phytosterolsmg	34	0		1		2	1		
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeine mg									
Theobrominemg									

# **Common Measures:**

Measure 1 = 6.0g: 1 tbsp Measure 2 = 2.0g: 1 tsp

#### **Footnotes**

1 The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	umber	-			<u>m</u>	easures of food	<u>[</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.64	0.374	14		1		218.94	27.39	
Energy	kcal	43		0	NC	4		106	13	
Energy		180				4		444	56	
Protein (N x 6.25)	g	0.60	0.018	14		1		1.48	0.19	
Total lipid (fat)	g	0.10	0.003	14		1		0.25	0.03	
Ash	g	0.39	0.014	14		1		0.96	0.12	
Carbohydrate, by difference	g	10.28		0	NC	4		25.39	3.18	
Fiber, total dietary	g	0.1		0		4		0.2	0.0	
Sugars, total	g	10.18		0	0	4		25.14	3.15	
Starch	g									
Minerals:										
Calcium, Ca	ma	8	0.289	14		1		20	2	
Iron, Fe		0.46	0.039	14		1		1.14	0.14	
Magnesium, Mg		10	0.169	14		1		25	3	
Phosphorus, P		14	0.398	14		1		35	4	
Potassium, K		158	5.149	14		1		390	49	
Sodium, Na		3	0.670	20		1		7	1	
Zinc, Zn	mg	0.07	0.003	14		1		0.17	0.02	
Copper, Cu	mg	0.076	0.006	14		1		0.188	0.023	
Manganese, Mn	<u>mg</u>	0.017		0		1		0.042	0.005	
Selenium, Se	mcg	0.1		0	CAZN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	29.1	1.350	18		1		71.9	9.0	
Thiamin	-	0.056		14		1		0.138	0.017	
Riboflavin		0.030		14		1		0.074	0.009	
Niacin		0.336		14		1		0.830	0.104	
Pantothenic acid	_	0.140		0		1		0.346	0.043	
Vitamin B-6	-	0.023		0		1		0.057	0.007	
Folate, total		14		0		4		35	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		14		0		4		35	4	
Folate, DFE	mcg_DFE	14		0	NC	4		35	4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	119	4.671	14		1		294	37	
Vitamin A, RAE	mcg_RAE	6	0.234	14		1		15	2	
Retinol	-	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.14		0	RA	4		0.34	0.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.1		0	RA	4		0.2	0.0	
Vitamin K (phylloquinone)	nicg	0.1		U	KA	4		0.2	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.011		0		1		0.027	0.003	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-			_		_			_	
14:0	_	0.000		0		1		0.000	0.000	
15:0										
16:0		0.010		0		1		0.025	0.003	
17:0	-			_		_		0.000		
18:0	-	0.000		0		1		0.000	0.000	
20:0	-									
22:0	u									

	Ar	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean		umber of Data Points		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.017		0		1		0.042	0.005	
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0		1		0.005	0.001	
17:1g									
18:1 undifferentiatedg	0.015		0		1		0.037	0.005	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.019		0		1		0.047	0.006	
18:2 undifferentiatedg	0.014		0		1		0.035	0.004	
18:3 undifferentiatedg	0.005		0		1		0.012	0.002	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta mcg	20		0	BNA	4		50.030	6.259	
Carotene, alphamcg	4		0	BNA	4		9.766	1.222	
Cryptoxanthin, betamcg	98		0	BNA	4		242.890	30.386	
Lycopenemcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin mcg	73		0	RA	4		179.856	22.500	

# **Common Measures:**

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	r			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	86.62		0	RA	4		202.70	25.29		
Energy	kcal	46		1	LC	8		107	13		
Energy	kj	192		0	LC	8		449	56		
Protein	g	0.42		1	LC	8		0.98	0.12		
Total lipid (fat)	g	0.15		0	RA	4		0.36	0.04		
Ash	g	0.34		0	RA	4		0.79	0.10		
Carbohydrate, by difference	g	12.47		0	NC	4		29.17	3.64		
Fiber, total dietary	g	0.2		0	RA	4		0.5	0.1		
Sugars, total	g	10.42		1	LC	8		24.38	3.04		
Starch	g										
M:											
Minerals:	ma	11		0	RA	4		25	3		
Calcium, Ca Iron, Fe	-	0.26		0	RA RA	4		0.60	0.08		
Magnesium, Mg	-	10		0	RA RA	4		24	3		
Phosphorus, P		12		0	RA RA	4		29	4		
Potassium, K	•	100		1	LC	8		234	29		
Sodium, Na		4		1	LC	8		10	1		
Zinc, Zn	-	0.07		0	RA.	4		0.15	0.02		
Copper, Cu		0.046	5	0	RA	4		0.107	0.013		
Manganese, Mn		0.040	•	·		-		0.107	0.013		
Selenium, Se		0.1		0	RA	4		0.3	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	25.0		1	rc	8		58.5	7.3		
Thiamin	-	0.055		0	RA	4		0.128	0.016		
Riboflavin	=	0.029		0	RA	4		0.067	0.008		
Niacin	-	0.280	)	0	RA	4		0.655	0.082		
Pantothenic acid	-										
Vitamin B-6	-	0.061	L	0	RA	4		0.142	0.018		
Folate, total		17		0	RA	4		40	5		
Folic acid	-	0		0	Z	7		0	0		
Folate, food	mcg	17		0	RA	4		40	5		
Folate, DFE		17		0	NC	4		40	5		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		87		0	RA	4		203	25		
Vitamin A, RAE		4		0	RA	4		10	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.04		0	RA	4		0.10	0.01		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		0.5		0	RA	4		1.1	0.1		
vitanini K (phynoquinone)	g	0.5		Ū		-			0.1		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.022	2	0	RA	4		0.052	0.007		
4:0	g	0.000	)	0	RA	4		0.000	0.000		
6:0	g	0.000	)	0	RA	4		0.000	0.000		
8:0	g	0.000	)	0	RA	4		0.000	0.000		
10:0	-	0.000		0	RA	4		0.000	0.000		
12:0	-	0.000	)	0	RA	4		0.000	0.000		
13:0											
14:0		0.001	L	0	RA	4		0.002	0.000		
15:0											
16:0	g	0.015	5	0	FLM	4		0.035	0.004		
17:0											
18:0	g	0.002	2	0	RA	4		0.004	0.001		
20:0	-										
22:0	g										
24:0	q										

	Ar	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.020		0	RA	4		0.046	0.006	
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0	RA	4		0.006	0.001	
17:1g									
18:1 undifferentiatedg	0.017		0	RA	4		0.040	0.005	
20:1g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	RA	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.040		0	RA	4		0.095	0.012	
18:2 undifferentiatedg	0.029		0	RA	4		0.068	0.008	
18:3 undifferentiatedg	0.012		0	RA	4		0.027	0.003	
18:4g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RA	4		0.000	0.000	
20:5 n-3g	0.000		0	RA	4		0.000	0.000	
22:5 n-3g	0.000		0	RA	4		0.000	0.000	
22:6 n-3g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta mcg	17		0	RA	4		39.132	4.883	
Carotene, alphamcg	3		0	RA	4		6.950	0.867	
Cryptoxanthin, beta mcg	68		0	RA	4		158.344	19.759	
Lycopenemcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin mcg	55		0	RA	4		128.600	16.048	

# **Common Measures:**

Measure 1 = 234g: 1 cup Measure 2 = 29.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

Refuse: 25% Peel and seeds

		<u>Aı</u>	mount in 100 gr	ams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>l</u>	
			of D	Data Deri	v Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	q	86.34	0.180	17	1		155.41	104.47		
Energy	-	49		0 N	C 4		88	59		
Energy		205			4		369	248		
Protein (N x 6.25)		1.04	0.036	16	1		1.87	1.26		
Total lipid (fat)		0.30		0	1		0.54	0.36		
Ash		0.42		17	1		0.76	0.51		
Carbohydrate, by difference		11.89		0 N	C 4		21.40	14.39		
Fiber, total dietary		2.5		0	4		4.5	3.0		
Sugars, total										
Starch	-									
Minerals:				•	_		<b></b>	4-5		
Calcium, Ca		40	0 005	0	1		72	48		
Iron, Fe	_	0.09 10		16 94	1 1		0.16	0.11		
Magnesium, Mg		10 17		94 18	1		18 31	12 21		
Phosphorus, P Potassium, K	_	179		86	1		31 322	21 217		
Sodium, Na		0		24	1		0	0		
Zinc, Zn	-	0.06	0.034	2	1		0.11	0.07		
Copper, Cu		0.037	0.005	16	1		0.067	0.045		
Manganese, Mn		0.023		16	1		0.041	0.028		
Selenium, Se										
	•									
Vitamins:					_					
Vitamin C, total ascorbic acid		48.5		75	1		87.3	58.7		
Thiamin		0.087		78	1		0.157	0.105		
Riboflavin		0.040		0	1 1		0.072	0.048		
Niacin	-	0.274 0.250		75 0	1		0.493 0.450	0.332 0.303		
Pantothenic acid Vitamin B-6		0.250		54	1		0.113	0.303		
Folate, total	-	39		81	1		69	47		
Folic acid		0	3.212	0 z			0	0		
Folate, food		39	5.212	81	1		69	47		
Folate, DFE	mca DFF	39	3122	0 NO			69	47		
Vitamin B-12		0.00		0 z			0.00	0.00		
Vitamin A, IU		230	8.884	78	1		414	278		
Vitamin A, RAE		12	0.444	78	1		21	14		
Retinol		0		0 z	7		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.035	i	0	1		0.063	0.042		
4:0		0.000			_		0.000	0.012		
6:0										
8:0	-									
10:0										
12:0	g	0.001	•	0	1		0.002	0.001		
13:0	g									
14:0	g	0.001		0	1		0.002	0.001		
15:0	9									
16:0	g	0.032	!	0	1		0.058	0.039		
17:0	-									
18:0	-	0.001	•	0	1		0.002	0.001		
20:0	a									
22:0	-									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	ì	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.055		0		1		0.099	0.067		
14:1	g										
15:1											
16:1 undifferentiated	-	0.007		0		1		0.013	0.008		
17:1											
18:1 undifferentiated	g	0.048		0		1		0.086	0.058		
20:1	g										
22:1 undifferentiated	g										
24:1 c											
Fatty acids, total polyunsaturated	g	0.060		0		1		0.108	0.073		
18:2 undifferentiated		0.044		0		1		0.079	0.053		
18:3 undifferentiated	g	0.016		0		1		0.029	0.019		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.010		0		1		0.018	0.012		
Threonine	g	0.017		0		1		0.031	0.021		
Isoleucine	g	0.028		0		1		0.050	0.034		
Leucine	q	0.026		0		1		0.047	0.031		
Lysine	-	0.053		0		1		0.095	0.064		
Methionine	-	0.022		0		1		0.040	0.027		
Cystine		0.011		0		1		0.020	0.013		
Phenylalanine		0.011		0		1		0.061	0.041		
Tyrosine		0.018		0		1		0.032	0.022		
Valine	-	0.010		0		1		0.032	0.053		
Arginine		0.044		0		1		0.131	0.088		
Histidine		0.073		0		1		0.036	0.088		
Alanine	-	0.020		0		1		0.036	0.024		
	-	0.036		0		1		0.101	0.068		
Aspartic acid		0.127		0		1		0.229	0.154		
Glutamic acid	-			0		1					
Glycine	-	0.105		-		_		0.189	0.127		
Proline	-	0.052		0		1		0.094	0.063		
Serine	-	0.036		0		1		0.065	0.044		
Hydroxyproline	g										

### **Common Measures:**

Measure 1 = 180g: 1 cup sections, without membranes

Measure 2 = 121g: 1 fruit (2-5/8" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 26% Peel and seeds

		<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> e	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	87.14	0.124	35		1		161.21	122.87	131.58	
Energy	kcal	46		0	NC	4		85	65	69	
Energy	kj	192				4		356	271	291	
Protein (N x 6.25)	g	0.70	0.009	35		1		1.30	0.99	1.06	
Total lipid (fat)	g	0.21		2		1		0.39	0.30	0.32	
Ash	g	0.41	0.007	35		1		0.76	0.58	0.62	
Carbohydrate, by difference	g	11.54		0	NC	4		21.35	16.27	17.43	
Fiber, total dietary	g	2.4		0		1		4.4	3.4	3.6	
Sugars, total	g	9.14		0	0	4		16.91	12.89	13.80	
Starch	g										
Ainerals:											
Calcium, Ca	ma	43		0		1		80	61	65	
Iron. Fe.	_	0.09	0.005	32		1		0.17	0.13	0.14	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	10	0.513	32		1		19	14	15	
Phosphorus, P		12	0.565	32		1		22	17	18	
Potassium, K	_	169	2.236	16		1		313	238	255	
Sodium, Na	-	0	0.048	16		1		0	0	0	
Zinc, Zn	mg	0.08		1		1		0.15	0.11	0.12	
Copper, Cu	mg	0.039	0.002	32		1		0.072	0.055	0.0	
Manganese, Mn		0.024	0.001	32		1		0.044	0.034	0.03	
Selenium, Se	mcg	0.5	0.210	5	A	1		0.9	0.7	0.8	
itamins:											
Vitamin C, total ascorbic acid	ma	45.0		0		1		83.3	63.5	68.0	
Thiamin	_	0.100	1	0		1		0.185	0.141	0.1	
Riboflavin		0.040		0		1		0.074	0.056	0.06	
Niacin		0.400	)	0		1		0.740	0.564	0.60	
Pantothenic acid	-	0.250	1	0		1		0.463	0.353	0.3	
Vitamin B-6	mg	0.051		1		1		0.094	0.072	0.0	
Folate, total	mcg	17	3.265	3		1		32	24	26	
Folic acid		0		0	Z	7		0	0	0	
Folate, food	mcg	17	3.265	3		1		32	24	26	
Folate, DFE		17		0	NC	4		32	24	26	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		225		0	NC	4		416	317	339	
Vitamin A, RAE		11		0	NC	4		21	16	17	
Retinol	mcg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	<u>mg</u>	0.18		0	BFZN	4		0.34	0.26	0.28	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.1	0.1	0.1	
Vitamin K (phynoquinone)	Incg	0.0		U	DE ZN	-		0.1	0.1	0.1	
<u>ipids:</u>											
Fatty acids, total saturated	g	0.025	i	0		1		0.046	0.035	0.0	
4:0	g	0.000	1	0		1		0.000	0.000	0.0	
6:0	g	0.000	1	0		1		0.000	0.000	0.0	
8:0	g	0.000	1	0		1		0.000	0.000	0.0	
10:0		0.000		0		1		0.000	0.000	0.0	
12:0		0.000	1	0		1		0.000	0.000	0.0	
13:0											
14:0		0.001		0		1		0.002	0.001	0.0	
15:0											
16:0	_	0.023	1	0		1		0.043	0.032	0.0	
17:0	_										
18:0	_	0.001		0		1		0.002	0.001	0.0	
20:0	_										
22:0	n										

		<u>Ar</u>	nount in 10	00 grams	of edik	le portio	<u>n</u>	Amount in	edible portion of	of common
				Number					easures of food	_
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated O	0.039		0		1		0.072	0.055	0.059
14:1										
15:1	-									
16:1 undifferentiated		0.005		0		1		0.009	0.007	0.008
17:1	-			_						
18:1 undifferentiated	-	0.034		0		1		0.063	0.048	0.051
20:1	-	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c		0.042		0		1		0.070	0.050	0.063
Fatty acids, total polyunsatura		0.042		0		1		0.078 0.057	0.059 0.044	0.063
18:2 undifferentiated		0.031		0		1		0.037	0.016	0.047
		0.000		0		1		0.020	0.016	0.017
18:4 20:2 n-6 c.c	-	0.000		U		_		0.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	• • • • • • • • • • • • • • • • • • • •	0.000		·		_		0.000	0.000	0.000
Cholesterol		0		0	Z	7		0	0	0
Phytosterols										
Amino Acids:										
Tryptophan		0.007		0		1		0.013	0.010	0.011
Threonine	-	0.011		0		1		0.020	0.016	0.017
Isoleucine	-	0.019		0		1		0.035	0.027	0.029
Leucine		0.017		0		1		0.031	0.024	0.026
Lysine		0.035		0		1		0.065	0.049	0.053
Methionine		0.015		0		1		0.028	0.021	0.023
Cystine		0.007		0		1		0.013	0.010	0.011
Phenylalanine		0.023		0		1		0.043	0.032	0.035
Tyrosine		0.012		0		1		0.022	0.017	0.018
Valine	-	0.030		0		1 1		0.056	0.042	0.045
Arginine		0.049		0 0		1		0.091	0.069	0.074
Histidine	-	0.013		0		1		0.024	0.018	0.020
Alanine		0.038 0.085		0		1		0.070 0.157	0.054	0.057
Aspartic acidGlutamic acid	-			0		1		0.131	0.120 0.100	0.128
	•••••••••••••••••••••••••••••••••••••••	0.071 0.071		0		1		0.131	0.100	0.107 0.107
Glycine				0		1				
Proline	<del>-</del>	0.035 0.024		0		1		0.065 0.044	0.049 0.034	0.053 0.036
Serine		0.024		U		-		0.044	0.034	0.030
пушохургонне	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcq	71		0	BFZN	4		131.483	100.211	107.318
Carotene, alpha	_	11		0	BFZN	4		20.819	15.867	16.993
Cryptoxanthin, beta		116		0	BFZN	4		214.831	163.736	175.349
Lycopene		0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin		129		0	BFZN	4		239.483	182.525	195.470

### **Common Measures:**

Measure 1 = 185g: 1 cup sections, without membranes

Measure 2 = 141g: 1 fruit (2-5/8" dia) Measure 3 = 151g: 1 fruit (2-11/16" diam) NDB No. 09203 Oranges, raw, Florida

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Citrus sinensis

Refuse: 27% Peel and seeds

		<u>Aı</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		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
n : .											
Proximates: Water	a	86.75	0.121	88		1		156.15	159.62	83.28	
Energy	-	47		0	NC	4		85	86	45	
Energy		197				4		354	362	189	
Protein (N x 6.25)		0.94	0.014	69		1		1.69	1.73	0.90	
Total lipid (fat)	-	0.12	0.010	4		1		0.22	0.22	0.12	
Ash		0.44	0.006	70		1		0.79	0.81	0.42	
Carbohydrate, by difference		11.75		0	NC	4		21.15	21.62	11.28	
Fiber, total dietary		2.4		0		1		4.3	4.4	2.3	
Sugars, total		9.35		0	0	4		16.83	17.20	8.98	
Starch											
Minerals:				_					_		
Calcium, Ca	-	40		0		1		72	74	38	
Iron, Fe	_	0.10	0.004	64		1		0.18	0.18	0.10	
Magnesium, Mg		10	0.171	212		1		18	18	10	
Phosphorus, P	•	14	0.439	68		1		25	26	13	
Potassium, K		181 0	1.408	180 72		1 1		326 0	333 0	174 0	
Sodium, Na	-	0.07	0.029	3		1		0.13	0.13	0.07	
Zinc, Zn Copper, Cu		0.07	0.003	64		1		0.13	0.13	0.07	
Manganese, Mn		0.045		64		1		0.045	0.046	0.04	
Selenium, Se		0.023	0.210	5	A	1		0.9	0.9	0.02	
Scientini, Sc	9	0.5	0.210	J		-		0.5	0.5	0.5	
Vitamins:											
Vitamin C, total ascorbic acid	mg	53.2	0.718	145		1		95.8	97.9	51.1	
Thiamin	_	0.087	0.001	148		1		0.157	0.160	0.08	
Riboflavin	mg	0.040	1	0		1		0.072	0.074	0.03	
Niacin	_	0.282	0.005	145		1		0.508	0.519	0.27	
Pantothenic acid		0.250		0		1		0.450	0.460	0.24	
Vitamin B-6	-	0.060		100		1		0.108	0.110	0.05	
Folate, total		30	0.808			1		55	56	29	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		30	0.808			1		55	56	29	
Folate, DFE		30		0	NC	4		55	56	29	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		225		0	AS	1		404	413	216	
Vitamin A, RAE		11		0	AS	1		20	21	11	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.18	0.033	4	A	1		0.33	0.34	0.18	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0	0.029	10	A	1		0.1	0.1	0.0	
<u>Lipids:</u>											
Fatty acids, total saturated		0.015		0		1		0.027	0.028	0.01	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	-	0.000		0		1		0.000	0.000	0.00	
8:0		0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0	-	0.000		0		1		0.000	0.000	0.00	
13:0	-			_		_				_	
14:0	-	0.000		0		1		0.000	0.000	0.00	
15:0	-			_		_		_		_	
16:0		0.013	i	0		1		0.023	0.024	0.01	
17:0	-			_		_				<u>.</u>	
18:0	-	0.000		0		1		0.000	0.000	0.00	
20:0	q										
22:0	-										

		<u>Aı</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	itedg	0.023		0		1		0.041	0.042	0.022
14:1										
15:1	-									
16:1 undifferentiated	-	0.003		0		1		0.005	0.006	0.003
17:1		0.000		0		1		0.000	0.007	0.010
18:1 undifferentiated	-	0.020 0.000		0		1		0.036 0.000	0.037 0.000	0.019 0.000
20:1 22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	-	0.000		U		_		0.000	0.000	0.000
Fatty acids, total polyunsaturate		0.025		0		1		0.045	0.046	0.024
18:2 undifferentiated		0.018		0		1		0.032	0.033	0.017
18:3 undifferentiated		0.007		0		1		0.013	0.013	0.007
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.009		2		1		0.016	0.017	0.009
Threonine		0.015		2		1		0.027	0.028	0.014
Isoleucine	_	0.025		2		1		0.045	0.046	0.024
Leucine	_	0.023		2		1		0.041	0.042	0.022
Lysine	_	0.047		2		1		0.085	0.086	0.045
Methionine		0.020		2		1		0.036	0.037	0.019
Cystine		0.010		2		1		0.018	0.018	0.010
Phenylalanine		0.031		2		1		0.056	0.057	0.030
Tyrosine	g	0.016		2		1		0.029	0.029	0.015
Valine	g	0.040		2		1		0.072	0.074	0.038
Arginine	g	0.065		2		1		0.117	0.120	0.062
Histidine	g	0.018		2		1		0.032	0.033	0.017
Alanine	g	0.050		2		1		0.090	0.092	0.048
Aspartic acid	g	0.114		2		1		0.205	0.210	0.109
Glutamic acid	g	0.094		2		1		0.169	0.173	0.090
Glycine	g	0.094		2		1		0.169	0.173	0.090
Proline	g	0.046		2		1		0.083	0.085	0.044
Serine		0.032		2		1		0.058	0.059	0.031
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	71	22.31	.9 55	A	1		127.929	130.772	68.229
Carotene, alpha		11	5.83		A	1		20.256	20.706	10.803
Cryptoxanthin, beta		116	5.87		A	1		209.025	213.670	111.480
Lycopene	-	0	0.00		A	1		0.000	0.000	0.000
-, -vp•	mcg	129	57.55		A	1		233.010	238.188	124.272

### **Common Measures:**

Measure 1 = 180g: 1 cup, sections Measure 2 = 184g: 1 large (3-1/16" dia) Measure 3 = 96g: 1 small (2-3/8" dia) NDB No. 09200

Oranges, raw, all commercial varieties

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 32% Peel and navel

		<u>A</u>	mount in 100 gı	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
			of l	Data [	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints (	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	85.97	0.848	10	A	1		141.86	120.36	132.40	
Energy		49		0	NC	4		82	69	76	
Energy		207		0	NC	4		341	290	319	
Protein (N x 6.25)		0.91	0.031	8	A	1		1.50	1.27	1.40	
Total lipid (fat)		0.15	0.032	8	A	1		0.24	0.21	0.23	
Ash		0.43	0.020	8	A	1		0.71	0.60	0.66	
Carbohydrate, by difference		12.54	0 100	0	NC	4		20.69	17.56	19.31	
Fiber, total dietary		2.2	0.182	5	A	1		3.6	3.0	3.3	
Sugars, total		8.50	0.388	9	A	1		14.03	11.90	13.09	
Sucrose	<u>9</u>	4.28	0.307	9	A	1		7.06	5.99	6.59	
Glucose (dextrose)	9	1.97 2.25	0.101	9 9	A A	1 1		3.26 3.71	2.76	3.04	
Fructose	9		0.109	9		1			3.15	3.46	
Lactose		0.00	0.000	9	A A	1		0.00 0.00	0.00	0.00	
Maltose			0.000	8		1			0.00		
Galactose		0.00	0.000	1	A A	1		0.00	0.00	0.00	
Starch	g	0.00		1	A	_		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	mg	43	2.240	8	A	1		71	60	66	
Iron, Fe	mg	0.13	0.012	4	A	1		0.22	0.19	0.20	
Magnesium, Mg	mg	11	0.099	8	A	1		18	15	16	
Phosphorus, P	mg	23	0.522	8	A	1		38	33	36	
Potassium, K		166	3.107	8	A	1		273	232	255	
Sodium, Na		1	0.788	4	A	1		2	2	2	
Zinc, Zn		0.08	0.004	7	A	1		0.13	0.11	0.12	
Copper, Cu		0.039		4	A	1		0.065	0.055	0.06	
Manganese, Mn		0.029	0.001 0.008	8 4	A A	1 1		0.048 0.1	0.041 0.1	0.04 0.1	
Selenium, Se	Ilicg	0.0	0.008	4	A	1		0.1	0.1	0.1	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	59.1	2.038	8	A	1		97.5	82.8	91.0	
Thiamin	-	0.068		8	A	1		0.113	0.095	0.10	
Riboflavin	-	0.051		8	A	1		0.083	0.071	0.07	
Niacin	-	0.425		8	A	1		0.701	0.595	0.65	
Pantothenic acid	-	0.261		8	A	1		0.431	0.365	0.40	
Vitamin B-6		0.079		8	A	1		0.130	0.110	0.12	
Folate, total	-	34	1.102	70	_	1		56	47	52	
Folic acid	mcg	0	1 100	0 70	Z	7 1		0	0	0	
Folate, food		34	1.102		27.0			56	47	52	
Folate, DFE		3 <b>4</b> 0.00		0	NC Z	4 7		56	47	52	
Vitamin B-12 Vitamin A, IU		247	35.500	7	A	1		0.00 408	0.00 346	0.00 380	
Vitamin A, RAE		12	1.775	7	A	1		20	346 17	19	
Retinol		0	1.775	0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.15	0.007	3	A	1		0.25	0.21	0.23	
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.00	0.000	3	A	1		0.00	0.00	0.00	
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00	0.00	
Vitamin D											
Vitamin K (phylloquinone)		0.0	0.007	8	A	1		0.1	0.1	0.1	
<u>Lipids:</u>											
Fatty acids, total saturated		0.017	1	0	NC	4		0.029	0.024	0.02	
4:0	_										
6:0	-										
8:0											
10:0											
12:0											
13:0 14:0											
	σ.										

		<u>Ar</u>	nount in 100	0 grams Number		ole portic	<u>in</u>	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	_	0.017		0		1		0.029	0.024	0.027	
17:0											
18:0											
20:0											
22:0 24:0	-										
Fatty acids, total monounsaturat	• • • • • • • • • • • • • • • • • • • •	0.030		0	NC	4		0.049	0.042	0.046	
14:1		0.030		U	NC	-		0.049	0.042	0.040	
15:1	_										
16:1 undifferentiated	-	0.003		0		1		0.006	0.005	0.005	
17:1	_	0.000		·		_		0.000	0.003	0.000	
18:1 undifferentiated		0.026		0		1		0.043	0.037	0.040	
20:1											
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturate		0.031		0	NC	4		0.052	0.044	0.048	
18:2 undifferentiated		0.023		0		1		0.037	0.032	0.035	
18:3 undifferentiated		0.009		0		1		0.014	0.012	0.013	
18:4	_										
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0	0	
Phytosterols	mg	24		0		1		40	34	37	
Amino Acids:											
Tryptophan	a	0.009		0	A	1		0.016	0.013	0.015	
Threonine		0.018		0	A	1		0.030	0.025	0.028	
Isoleucine		0.017		0	A	1		0.028	0.024	0.026	
Leucine	-	0.029		0	A	1		0.048	0.041	0.045	
Lysine		0.038		0	A	1		0.063	0.053	0.058	
,	-			_							
Methionine		0.009		0	A	1			0.012	0.013	
Methionine		0.009 0.010		0	A A	1 1		0.014 0.017	0.012 0.015	0.013 0.016	
Cystine	g							0.01 <b>4</b> 0.017	0.015	0.016	
CystinePhenylalanine	g g	0.010 0.053		0	A	1		0.014	0.015 0.074	0.016 0.081	
CystinePhenylalanineTyrosine	g g	0.010		0	A A	1 1		0.014 0.017 0.087	0.015	0.016	
CystinePhenylalanine TyrosineValine	g g g	0.010 0.053 0.013 0.026		0 0	A A A	1 1 1		0.014 0.017 0.087 0.022 0.043	0.015 0.074 0.019 0.037	0.016 0.081 0.020 0.040	
CystinePhenylalanineTyrosineValineArginine	g g g	0.010 0.053 0.013 0.026 0.115		0 0	A A A	1 1 1		0.014 0.017 0.087 0.022	0.015 0.074 0.019 0.037 0.160	0.016 0.081 0.020 0.040 0.176	
Cystine	g g	0.010 0.053 0.013 0.026		0 0 0 0 0	A A A A	1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189	0.015 0.074 0.019 0.037	0.016 0.081 0.020 0.040	
Cystine	g g g	0.010 0.053 0.013 0.026 0.115 0.013		0 0 0 0 0 0	A A A A	1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021	0.015 0.074 0.019 0.037 0.160 0.018	0.016 0.081 0.020 0.040 0.176 0.020	
Cystine	g g g g g	0.010 0.053 0.013 0.026 0.115 0.013		0 0 0 0 0	A A A A A	1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053	0.015 0.074 0.019 0.037 0.160 0.018 0.045	0.016 0.081 0.020 0.040 0.176 0.020	
Cystine		0.010 0.053 0.013 0.026 0.115 0.013 0.032		0 0 0 0 0 0	A A A A A A	1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229	0.015 0.074 0.019 0.037 0.160 0.018 0.045	0.016 0.081 0.020 0.040 0.176 0.020 0.050	
Cystine. Phenylalanine. Tyrosine. Valine. Arginine. Histidine. Alanine. Aspartic acid. Glutamic acid. Glycine.	g g g g g g	0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139		0 0 0 0 0 0	A A A A A A	1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214	
Cystine		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247		0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036	
Cystine		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247 0.023		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038 0.299	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036	
Cystine		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247 0.023		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038 0.299	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036	
Cystine		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247 0.023 0.181 0.037		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038 0.299 0.062	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032 0.254	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036 0.279 0.058	
Cystine Phenylalanine Tyrosine Valine Arginine Histidine Alanine Aspartic acid Glutamic acid Glycine Proline Serine Hydroxyproline Carotenoids: Carotene, beta		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247 0.023 0.181 0.037	27.78	0 0 0 0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038 0.299 0.062	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032 0.254 0.052	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036 0.279 0.058	
Cystine Phenylalanine Tyrosine Valine Arginine Histidine Alanine Aspartic acid. Glutamic acid Glycine Proline Serine Hydroxyproline Carotene, beta Carotene, alpha		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247 0.023 0.181 0.037	27.78 7.10	0 0 0 0 0 0 0 0 0 0 0 0	A A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038 0.299 0.062	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032 0.254 0.052	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036 0.279 0.058	
Cystine Phenylalanine Tyrosine Valine Arginine Histidine Alanine Aspartic acid Glutamic acid Glycine Proline Serine Hydroxyproline Carotenoids: Carotene, beta		0.010 0.053 0.013 0.026 0.115 0.013 0.032 0.139 0.247 0.023 0.181 0.037	27.78	0 0 0 0 0 0 0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.014 0.017 0.087 0.022 0.043 0.189 0.021 0.053 0.229 0.407 0.038 0.299 0.062	0.015 0.074 0.019 0.037 0.160 0.018 0.045 0.194 0.345 0.032 0.254 0.052	0.016 0.081 0.020 0.040 0.176 0.020 0.050 0.214 0.380 0.036 0.279 0.058	

### **Common Measures:**

Measure 1 = 165g: 1 cup sections, without membranes

Measure 2 = 140g: 1 fruit (2-7/8" dia)

NDB No. 09202 Oranges, raw, navels

Measure 3 = 154g: 1 NLEA serving

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 1% Seeds

		<u>A</u>	mount in 100 gram	s ot edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food		
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	82.30	0		1		139.91	130.86		
Energy (1)	kcal	63	0	NC	4		107	100		
Energy	kj	262	0	NC	4		446	417		
Protein (N x 6.25)		1.30	0		1		2.21	2.07		
Total lipid (fat)		0.30	0		1		0.51	0.48		
Ash		0.60	0		1		1.02	0.95		
Carbohydrate, by difference		15.50	0	NC	4		26.35	24.65		
Fiber, total dietary	g	4.5	0		4		7.7	7.2		
Sugars, total										
Starch	g									
Minerals:			_		_		110			
Calcium, Ca	-	70	0		1 1		119	111		
Iron, Fe	-	0.80 14	0		1		1.36 24	1.27 22		
Magnesium, Mg		22	-		1		24 37	22 35		
Phosphorus, P Potassium, K	-	196	0		1		37 333	35 312		
Sodium, Na		2	0		1		3	3		
Zinc, Zn		0.11	0		4		0.19	0.17		
Copper, Cu		0.057			4		0.097	0.091		
Manganese, Mn		0.00			-		0.05.	0.002		
Selenium, Se		0.7	0	BFSN	4		1.2	1.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		71.0	0		1		120.7	112.9		
Thiamin		0.100			1		0.170	0.159		
Riboflavin		0.050			1		0.085	0.080		
Niacin		0.500			1		0.850	0.795		
Pantothenic acid		0.330			1		0.561	0.525		
Vitamin B-6	-	0.093	0 0		1 4		0.158	0.148		
Folate, total		30 0	0	z	7		51 0	<b>4</b> 8 0		
Folic acid		30	0	Z	4		51	48		
Folate, DFE	mcg DFF	30	0	NC	4		51	48 48		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU		250	0	2	1		425	398		
Vitamin A, RAE		13	0		1		21	20		
Retinol		0	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		•	·	-	•		·	v		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	0.035	5 0		1		0.060	0.056		
Fatty acids, total saturated		0.000			1		0.000	0.000		
6:0	_	0.000			1		0.000	0.000		
8:0	_	0.000			1		0.000	0.000		
10:0	<del>-</del>	0.000			1		0.000	0.000		
12:0	_	0.001			1		0.002	0.002		
13:0	_	0.001	•		-		3.002	0.002		
14:0	-	0.001	L 0		1		0.002	0.002		
15:0			·		-		3.002	0.002		
16:0	_	0.032	2 0		1		0.054	0.051		
17:0	-		v		-					
18:0	_	0.001	L 0		1		0.002	0.002		
20:0	_		·		-					

	<u>Aı</u>	mount in 100 grar	Amount in edible portion of common					
		Numb			0 51	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Point			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.055	0		1		0.094	0.087	
-	0.055	•		_		0.094	0.087	
14:1g 15:1g								
16:1 undifferentiatedg	0.007	0		1		0.012	0.011	
17:1g	0.007	·		-		0.012	0.011	
18:1 undifferentiatedg	0.048	0		1		0.082	0.076	
20:1g	0.000			1		0.000	0.000	
22:1 undifferentiatedg	0.000			1		0.000	0.000	
24:1 cg	0.000			-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.060	0		1		0.102	0.095	
18:2 undifferentiatedg	0.044			1		0.102	0.070	
18:3 undifferentiatedg	0.016			1		0.027	0.025	
18:4g	0.000			1		0.000	0.000	
20:2 n-6 c.c	0.000			-		0.000	0.000	
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000			1		0.000	0.000	
Fatty acids, total trans						0.000	0.000	
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.012			1		0.020	0.019	
Threonineg	0.021			1		0.036	0.033	
Isoleucineg	0.035	0		1		0.060	0.056	
Leucineg	0.032			1		0.054	0.051	
Lysineg	0.066			1		0.112	0.105	
Methionineg	0.027			1		0.046	0.043	
Cystineg	0.014			1		0.024	0.022	
Phenylalanineg	0.043			1		0.073	0.068	
Tyrosineg	0.022			1		0.037	0.035	
Valineg	0.055			1		0.094	0.087	
Arginineg	0.090			1		0.153	0.143	
Histidineg	0.024			1		0.041	0.038	
Alanineg	0.070			1		0.119	0.111	
Aspartic acidg	0.158			1		0.269	0.251	
Glutamic acidg	0.131			1		0.223	0.208	
Glycine9	0.131			1		0.223	0.208	
Prolineg	0.064			1		0.109	0.102	
Serineg	0.045	0		1		0.077	0.072	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0		7		0	0	
Theobromine mg	0	0	Z	7		0	0	

### **Common Measures:**

Measure 1 = 170g: 1 cup

Measure 2 = 159g: 1 fruit without seeds

#### Footnotes

1 The Atwater factors for fruit were used to calculate energy; however, the digestibility of peel is unknown.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

NDB No. 09205 Oranges, raw, with peel

Food Group: 09 Fruits and Fruit Juices

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food			
			of	Data	Deriv	Source	Confidence					
<b>Nutrients and Units</b>		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	85.02	1.697	3		1		212.55	26.53			
Energy	-	57	1.097	0	NC	4		143	18			
0,7		238		U	NC	4		596	18 74			
Energy				_		_						
Protein (N x 6.25)		0.17	0.066	3		1		0.43	0.05			
Total lipid (fat)		0.15	0.054	3		1		0.38	0.05			
Ash		0.15	0.021	3		1		0.38	0.05			
Carbohydrate, by difference		14.51		0	NC	4		36.28	4.53			
Fiber, total dietary	g	0.6		0		4		1.5	0.2			
Sugars, total	g	13.91		0	0	4		34.78	4.34			
Starch	g											
Minorals:												
Minerals: Calcium. Ca	ma	10	1.276	3		1		25	3			
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.34	0.024	3		1		0.85	0.11			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	3	0.024	3		1		8	1			
Phosphorus, P		0	0.236	3		1		0	0			
1 ,	•	31	4.910	3		1		78	10			
Potassium, K		5	1.300	3		1		13	2			
Sodium, Na		0.15	0.064	3		1		0.38	0.05			
Zinc, Zn		0.15		3		1		0.38	0.03			
Copper, Cu		0.013		3		1		0.033	0.004			
Manganese, Mn		0.013	0.003	0	FLA	4		0.033	0.004			
Selenium, Se	Ilicg	0.3		U	FLA	4		0.8	0.1			
<u> Vitamins:</u>												
Vitamin C, total ascorbic acid	mg	3.0	1.375	3		1		7.5	0.9			
Thiamin	mg	0.006	0.001	3		1		0.015	0.002			
Riboflavin	mg	0.004	0.001	3		1		0.010	0.001			
Niacin	mg	0.150	0.010	3		1		0.375	0.047			
Pantothenic acid	mg	0.054	0.006	3		1		0.135	0.017			
Vitamin B-6	mg	0.009	0.001	3		1		0.023	0.003			
Folate, total	mcg	2	1.094	3		1		5	1			
Folic acid		0		0	Z	7		0	0			
Folate, food		2	1.094	3		1		5	1			
Folate, DFE	mcg DFE	2		0	NC	4		5	1			
Vitamin B-12		0.00		0	z	7		0.00	0.00			
Vitamin A, IU		361		0	NC	4		903	113			
Vitamin A, RAE		18		0	NC	4		45	6			
Retinol		0		0	Z	7		0	0			
Vitamin E (alpha-tocopherol)		0.24		0	BFYN	4		0.61	0.08			
Tocopherol, beta		J		-		-			0.00			
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.8		0	BFYN	4		2.1	0.3			
	•••••											
<u> Lipids:</u>	_			_		_						
Fatty acids, total saturated		0.047		0		1		0.118	0.015			
4:0		0.000		0		1		0.000	0.000			
6:0	_	0.000		0		1		0.000	0.000			
8:0		0.000		0		1		0.000	0.000			
10:0		0.000		0		1		0.000	0.000			
12:0		0.002		0		1		0.005	0.001			
13:0	-											
14:0	_	0.008		0		1		0.020	0.002			
15:0	_											
16:0		0.035	i	0		1		0.088	0.011			
17:0	g											
18:0	g	0.002		0		1		0.005	0.001			
20:0	g											
22:0	g											
24:0	a											

		Amount in 100 grams of edible portion  Number							Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	_	0.041		0		1		0.103	0.013		
14:1											
15:1	_										
16:1 undifferentiated	_	0.022		0		1		0.055	0.007		
17:1				_		_					
18:1 undifferentiated	_	0.019		0		1		0.048	0.006		
20:1	_	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c				_		_					
Fatty acids, total polyunsaturated		0.035		0		1		0.088	0.011		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.007		0		1		0.018	0.002		
18:3 undifferentiated	_	0.028		0		1		0.070	0.009		
18:4	_	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •					_					
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3	_	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans						_		_	_		
Cholesterol		0		0	Z	7		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	91		0	BFYN	4		227.906	28.443		
Carotene, alpha	mcg	0		0	BFYN	4		0.000	0.000		
Cryptoxanthin, beta	mcg	251		0	BFYN	4		627.639	78.329		
Lycopene	mcg	0		0	BFYN	4		0.000	0.000		
Lutein + zeaxanthin	mcg	25		0	BFYN	4		61.875	7.722		

# **Common Measures:**

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

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 09 Fruits and Fruit Juices

Refuse: 33% Seeds and skin

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	•
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.83	0.300	36		1		124.36	204.31	337.55
Energy	kcal	39		0	NC	4		55	90	148
Energy	kj	163				4		228	375	620
Protein (N x 6.25)	g	0.61	0.031	31		1		0.85	1.40	2.32
Total lipid (fat)	g	0.14	0.042	10		1		0.20	0.32	0.53
Ash	g	0.61	0.030	33		1		0.85	1.40	2.32
Carbohydrate, by difference	g	9.81		0	NC	4		13.73	22.56	37.28
Fiber, total dietary	g	1.8		0		1		2.5	4.1	6.8
Sugars, total	g	5.90		0	T	4		8.26	13.57	22.42
Starch	g									
Ain anals:										
<u>linerals:</u> Calcium, Ca	ma	24	7.198	5		1		34	55	91
Iron, Fe	_	0.10	0.019	20		1		0.14	0.23	0.3
Magnesium, Mg	_	10	1.825	20		1		14	23	38
Phosphorus, P		5	0.481	20		1		7	12	38 19
Potassium, K	_	257	27.569	14		1		360	591	977
Sodium. Na		3	0.355	14		1		4	7	11
Zinc, Zn		0.07	0.555	2		1		0.10	0.16	0.2
Copper, Cu		0.016	0.001	18		1		0.022	0.037	0.0
Manganese, Mn		0.011		18		1		0.015	0.025	0.0
Selenium, Se		0.6		0	CAZN	4		0.8	1.4	2.3
<u>'itamins:</u>						_		0.6 5		
Vitamin C, total ascorbic acid	-	61.8	2.244	89		1		86.5	142.1	234.8
Thiamin		0.027		17		1		0.038	0.062	0.1
Riboflavin		0.032		19		1		0.045	0.074	0.1
Niacin	_	0.338		15		1		0.473	0.777	1.2
Pantothenic acid	-	0.218		0		1		0.305	0.501	0.8
Vitamin B-6	-	0.019	1	1		1		0.027	0.044	0.0
Folate, total		38 0		0	_	<b>4</b> 7		53	87	144
Folic acid					Z			0 53	0	0
Folate, food		38 38		0	NC	4 4		53 53	87	144
Folate, DFE		0.00		0	NC Z	7		0.00	87	144
Vitamin B-12		1094		U	AS	1		1532	0.00	4159
Vitamin A, IU		55						1532 77	2517	208
Vitamin A, RAE		0		^	AS Z	1 7		0	126	
Retinol				0	z BFZN	4			0	0 2.7
Vitamin E (alpha-tocopherol)		0.73		U	BFZN	4		1.03	1.69	2.7
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)		2.6		0	BFZN	4		3.6	5.9	9.7
									0.5	• • • • • • • • • • • • • • • • • • • •
<u>ipids:</u>				_						
Fatty acids, total saturated		0.043		0		1		0.060	0.099	0.1
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.001		2		1		0.001	0.002	0.0
13:0		0.00=		_				0.010		
14:0		0.007		3		1		0.010	0.016	0.0
15:0		0 000		_				0 04-		2 -
16:0	_	0.032		3		1		0.045	0.074	0.1
17:0	-	0 000		_				0.000	0 005	
18:0	-	0.002		3		1		0.003	0.005	0.0
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10	Amount in edible portion of common						
Nutrients and Ur				Number		_		measures of food		
	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated Q	0.038		0		1		0.053	0.087	0.144
14:1										
15:1	-									
16:1 undifferentiated	-	0.020		3		1		0.028	0.046	0.076
17:1	_			•		_				
18:1 undifferentiated		0.018 0.000		3 0		1 1		0.025	0.041	0.068
20:1		0.000		0		1		0.000 0.000	0.000 0.000	0.000
22:1 undifferentiated 24:1 c	•	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsatura		0.031		0		1		0.043	0.071	0.118
18:2 undifferentiated		0.006		3		1		0.008	0.014	0.023
18:3 undifferentiated		0.000		3		1		0.005	0.058	0.023
18:4		0.023		0		1		0.000	0.000	0.000
20:2 n-6 c.c	-	0.000		v		-		3.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3	_	0.000		0		1		0.000	0.000	0.000
22:6 n-3		0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Asida										
Amino Acids:	•	0.008		6		1		0.011	0.018	0.030
Tryptophan		0.008		1		1		0.011	0.018	0.030
Threonine Isoleucine	-	0.008		1		1		0.013	0.025	0.042
Leucine	-	0.016		1		1		0.011	0.018	0.030
Lysine		0.025		7		1		0.035	0.058	0.001
Methionine		0.002		<i>,</i> 5		1		0.003	0.005	0.008
Cystine				_		_			0.000	0.000
Phenylalanine		0.009		1		1		0.013	0.021	0.034
Tyrosine		0.005		1		1		0.007	0.012	0.019
Valine		0.010		1		1		0.014	0.023	0.038
Arginine	-	0.010		1		1		0.014	0.023	0.038
Histidine	-	0.005		1		1		0.007	0.012	0.019
Alanine	g	0.014		1		1		0.020	0.032	0.053
Aspartic acid	g	0.049		1		1		0.069	0.113	0.186
Glutamic acid	g	0.033		1		1		0.046	0.076	0.125
Glycine	g	0.018		1		1		0.025	0.041	0.068
Proline	g	0.010		1		1		0.014	0.023	0.038
Serine	g	0.015		1		1		0.021	0.035	0.057
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0.0	0.0
Theobromine	_	0		0	z	7		0	0	0
Carotenoids:	g	-		-	_	•		-	•	-
	ma	07.6	014.0	E0 6	_			206 750	625 255	1040 755
Carotene, beta		276	214.2		A	1		386.750	635.375	1049.750
Carotene, alpha		0 761	243.7	3 75 6	A A	1 1		0.000	0.000 1749.783	0.000
Cryptoxanthin, beta		761 0	243.7	75 6	A A	1		1065.085 0.000	0.000	2890.945 0.000
Lycopene (1) Lutein + zeaxanthin		75		3	A A	1				
Lutein + zeaxantnin	g	/5		3	A	1		105.000	172.500	285.000

# **Common Measures:**

Measure 1 = 140g: 1 cup, cubes Measure 2 = 230g: 1 cup, mashed

Measure 3 = 380g: 1 large (5-3/4" long x 3-1/4" dia)

NDB No. 09226 Papayas, raw Footnotes

1 Based on orange-fleshed papaya

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	85.62		0		1		211.48	26.46		
Energy	kcal	51		0	NC	4		126	16		
Energy	kj	213				4		527	66		
Protein (N x 6.25)	g	0.39		0		1		0.96	0.12		
Total lipid (fat)	g	0.05		0		1		0.12	0.02		
Ash	g	0.34		0		1		0.84	0.11		
Carbohydrate, by difference	g	13.60		0	NC	4		33.59	4.20		
Fiber, total dietary		0.2		0		4		0.5	0.1		
Sugars, total	g	13.40		0	0	4		33.10	4.14		
Starch	g										
Minerals:											
Calcium, Ca	ma	4		0		1		10	1		
Iron, Fe	-	0.24		0		1		0.59	0.07		
Magnesium, Mg	-	17		0		4		42	5		
Phosphorus, P		13		0		1		32	4		
Potassium, K	•	278		0		4		687	86		
Sodium, Na		6		0		4		15	2		
Zinc, Zn	_	0.05		0		4		0.12	0.02		
Copper, Cu	mg	0.053	3	0		4		0.131	0.016		
Manganese, Mn	mg										
Selenium, Se	mcg	0.1		0	CAZN	4		0.2	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	29.8		0		1		73.6	9.2		
Thiamin	-	0.000	1	0		4		0.000	0.000		
Riboflavin	_	0.131		0		1		0.324	0.040		
Niacin	<del>-</del>	1.460		0		1		3.606	0.451		
Pantothenic acid	-			·		_		3.000	0.101		
Vitamin B-6	-	0.050	)	0		4		0.124	0.015		
Folate, total	-	7		0		4		17	2		
Folic acid		0		0	z	7		0	0		
Folate, food	_	7		0		4		17	2		
Folate, DFE	mcg_DFE	7		0	NC	4		17	2		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU	IU	717		0		1		1771	222		
Vitamin A, RAE		36		0		1		89	11		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFSN	4		0.03	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D								4.0			
Vitamin K (phylloquinone)	mcg	0.4		0	BFSN	4		1.0	0.1		
Lipids:											
Fatty acids, total saturated	g	0.004	l	0		4		0.010	0.001		
4:0		0.000	)	0		4		0.000	0.000		
6:0	g	0.000	)	0		4		0.000	0.000		
8:0	g	0.000	)	0		4		0.000	0.000		
10:0	g	0.000	)	0		4		0.000	0.000		
12:0	g	0.000	)	0		4		0.000	0.000		
13:0	g										
14:0		0.000	)	0		4		0.000	0.000		
15:0	g										
16:0	g	0.003	3	0		4		0.007	0.001		
17:0	g										
18:0	g	0.001	L	0		4		0.002	0.000		
20:0	g										
22:0	g										
24:0	а										

	Amo	ount in 100 grams Number		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.006	0		4		0.015	0.002	
14:1g	0.000	O .		7		0.015	0.002	
15:1								
16:1 undifferentiated	0.000	0		4		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.006	0		4		0.015	0.002	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.029	0		4		0.072	0.009	
18:2 undifferentiatedg	0.029	0		4		0.072	0.009	
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	z	7		0	0	
Theobromine mg	0	0	z	7		0	0	
Carotenoids:								
Carotene, betamcg	419	0	BNA	4		1034.165	129.375	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	23	0	BNA	4		56.858	7.113	
Lycopene mcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	BFSN	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	84.21		2		1		208.00	26.02		
Energy	kcal	60		0	NC	4		148	19		
Energy	kj	251				4		620	78		
Protein (N x 6.25)	g	0.67		0		1		1.65	0.21		
Total lipid (fat)	g	0.18		0		1		0.44	0.06		
Ash	g	0.49		0		1		1.21	0.15		
Carbohydrate, by difference	g	14.45		0	NC	4		35.69	4.47		
Fiber, total dietary	g	0.2		0		4		0.5	0.1		
Sugars, total	g										
Starch	g										
Minerals:		_		•		_		1.0	_		
Calcium, Ca	-	4		0		1		10	1		
Iron, Fe.	-	0.36 17		0 1		1 1		0.89	0.11 5		
Magnesium, Mg				0				42			
Phosphorus, P Potassium, K	_	25 278		1		1 1		62 687	8 86		
Potassium, K Sodium. Na		6		1		1		15	2		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.06		0		4		0.15	0.02		
Copper, Cu		0.050	1	0		4		0.13	0.015		
Manganese, Mn		0.030	,	U		-		0.124	0.013		
Selenium, Se		0.1		0	CAZN	4		0.2	0.0		
Scientini, Sc	9	· · -		·	01121	-		V	• • • • • • • • • • • • • • • • • • • •		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	18.2	0.184	51		1		45.0	5.6		
Thiamin	_	0.000		0		4		0.000	0.000		
Riboflavin	_	0.101		0		1		0.249	0.031		
Niacin	-	2.240	)	0		1		5.533	0.692		
Pantothenic acid	-										
Vitamin B-6	-	0.060	)	0		4		0.148	0.019		
Folate, total		8		0	_	4		20	2		
Folic acid		0		0	Z	7		0	0		
Folate, food	Ilicy	8 8		0	NG	4 4		20	2 2		
Folate, DFE		0.00		0	NC Z	7		20 0.00			
Vitamin B-12		2410		0	Z				0.00		
Vitamin A, IU		121		0		1 1		5953 298	7 <b>4</b> 5 37		
Vitamin A, RAE		0		0	z	7		298	0		
Vitamin E (alpha-tocopherol)		O		U	2	,		U	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	~	0.015		•							
Fatty acids, total saturated		0.015		0		4		0.037	0.005		
4:0 6:0		0.000		0		4		0.000 0.000	0.000		
8:0	-	0.000		0		4		0.000	0.000 0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	-	0.000		0		4		0.000	0.000		
13:0	-	0.000	•	•		-		3.000	0.000		
14:0	-	0.000	)	0		4		0.000	0.000		
15:0	-	0.000	•	•		-		3.000	0.000		
16:0	-	0.012	2	0		4		0.030	0.004		
17:0	-			-		-		3.050	0.004		
18:0		0.004	ı	0		4		0.010	0.001		
20:0				-		=		2			
22:0											
24:0	-										

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common				
		Numbe	r		<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		rce Confidence de Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.022	0		4	0.054	0.007	
14:1							
15:1	0.000	0		4	0.000	0.000	
18:1 undifferentiated	0.022	0		4	0.054	0.007	
20:1g	0.000	0		4	0.000	0.000	
22:1 undifferentiatedg	0.000	0		4	0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.106	0		4	0.262	0.033	
18:2 undifferentiatedg	0.105	0		4	0.259	0.032	
18:3 undifferentiatedg	0.000	0		4	0.000	0.000	
18:4g	0.000	0		4	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiated	0.000	0		4	0.000	0.000	
20:5 n-3g	0.000	0		4	0.000	0.000	
22:5 n-3g	0.000	0		4	0.000	0.000	
22:6 n-3g	0.000	0		4	0.000	0.000	
Fatty acids, total trans9							
Cholesterolmg	0	0	Z	7	0	0	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0		7	0.0	0.0	
Caffeine mg							
Theobromine mg							

# **Common Measures:**

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Passiflora edulis

Refuse: 48% Shell

		<u>Ar</u>	mount in 100 gra	ıms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u></u>	
					Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Water	q	72.93	1.355	4	1		172.11	13.13		
Energy		97		0 NC	4		229	17		
Energy		406			4		958	73		
Protein (N x 6.25)	· -	2.20		0	1		5.19	0.40		
Total lipid (fat)	_	0.70		0	1		1.65	0.13		
Ash		0.80		0	1		1.89	0.14		
Carbohydrate, by difference		23.38		0 NC	4		55.18	4.21		
Fiber, total dietary	g	10.4		0	4		24.5	1.9		
Sugars, total	g	11.20		0 т	4		26.43	2.02		
Starch	g									
3.41										
Minerals:	mc	10	4.726	2	-		20	2		
Calcium, Ca	_	12 1.60		3 0	1 1		28 3.78	2 0.29		
Iron, Fe		29		0	1		3.78 68	0.29 5		
Phosphorus, P		68		3	1		160	12		
Potassium, K	-	348		0	1		821	63		
Sodium, Na		28		0	1		66	5		
Zine, Zn		0.10		0	4		0.24	0.02		
Copper, Cu		0.086		0	4		0.203	0.015		
Manganese, Mn										
Selenium, Se		0.6		0 CAZI	1 4		1.4	0.1		
	_									
Vitamins:				•			<b></b>			
Vitamin C, total ascorbic acid		30.0		0	1		70.8	5.4		
Thiamin		0.000		0	4		0.000	0.000		
Riboflavin		0.130		0	1 1		0.307	0.023		
Niacin	-	1.500		U	1		3.540	0.270		
Pantothenic acid Vitamin B-6		0.100		0	4		0.236	0.018		
Folate, total		14		0	4		33	3		
Folic acid		0		0 z	7		0	0		
Folate, food	-	14		0	4		33	3		
Folate, DFE	mca DFF	14		0 NC	4		33	3		
Vitamin B-12		0.00		0 Z	7		0.00	0.00		
Vitamin A, IU		1272		2 A	1		3003	229		
Vitamin A, RAE	mca RAE	64		2 A	1		150	11		
Retinol		0		0 z	7		0	0		
Vitamin E (alpha-tocopherol)		0.02		0 BFZ1	1 4		0.05	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.7		0 BFZI	1 4		1.7	0.1		
Lipids:										
Fatty acids, total saturated	п	0.059		0	4		0.139	0.011		
4:0		0.000		0	4		0.000	0.000		
6:0	-	0.000		0	4		0.000	0.000		
8:0	-	0.000		0	4		0.000	0.000		
10:0		0.000		0	4		0.000	0.000		
12:0	-	0.000		0	4		0.000	0.000		
13:0										
14:0	-	0.000		0	4		0.000	0.000		
15:0	-									
16:0	-	0.045		0	4		0.106	0.008		
17:0										
18:0		0.014		0	4		0.033	0.003		
20:0										
22:0	-									
44.0										

	An	nount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean				Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.086		0		4		0.203	0.015	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.086		0		4		0.203	0.015	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.411		0		4		0.970	0.074	
18:2 undifferentiatedg	0.410		0		4		0.968	0.074	
18:3 undifferentiatedg	0.001		0		4		0.002	0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	743		2	A	1		1753.480	133.740	
Carotene, alphamcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, betamcg	41		2	A	1		96.406	7.353	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 236g: 1 cup

Measure 2 = 18g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 gı		of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u>	easures of food	<u>.</u>	
			of I	Data I	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints (	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	85.64	0.107	5		1		213.24	26.63		
Energy	kcal	54		0	NC	4		134	17		
Energy	kj	226				4		563	70		
Protein (N x 6.25)	g	0.27	0.025	5		1		0.67	0.08		
Total lipid (fat)	g	0.02	0.015	5		1		0.05	0.01		
Ash	g	0.15	0.016	5		1		0.37	0.05		
Carbohydrate, by difference	g	13.92		0	NC	4		34.66	4.33		
Fiber, total dietary	g	0.6		0		4		1.5	0.2		
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	5	0.495	5		1		12	2		
Iron, Fe	-	0.19	0.495	5		1		0.47	0.06		
Magnesium, Mg	-	4	0.213	4		1		10	1		
Phosphorus, P		6	0.288	4		1		15	2		
Potassium, K	•	40	3.228	4		1		100	12		
Sodium, Na		7	0.607	4		1		17	2		
Zinc, Zn	-	0.08	0.022	4		1		0.20	0.02		
Copper, Cu		0.069		4		1		0.172	0.021		
Manganese, Mn		0.019		0		1		0.047	0.006		
Selenium, Se	-	0.2		0	FLA	4		0.5	0.1		
	_										
Vitamins:				_		_					
Vitamin C, total ascorbic acid	-	26.8	1.903	3		1		66.7	8.3		
Thiamin	-	0.003		49		1		0.007	0.001		
Riboflavin	-	0.014		49		1		0.035	0.004		
Niacin	-	0.288		50		1		0.717	0.090		
Pantothenic acid	_	0.068		0		4		0.169	0.021		
Vitamin B-6	-	0.007		0		4		0.017	0.002		
Folate, total		1 0		0	z	4 7		3 0	0		
Folic acid		1		0	z			3	0 0		
Folate, food		1		0	NC	4 4		3	0		
Folate, DFE		0.00		0	Z	7		0.00	0.00		
Vitamin B-12 Vitamin A, IU		258	93.980	4	Z	1		642	80		
Vitamin A, RAE		13	4.699	4		1		32	4		
Retinol		0	4.699	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		v		Ū	_	,		Ü	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•										
<u>Lipids:</u>				_		_					
Fatty acids, total saturated		0.002		0		1		0.005	0.001		
4:0	-										
6:0	_										
8:0											
10:0 12:0	_										
13:0											
14:0											
15:0											
16:0	_	0.002	!	0		1		0.005	0.001		
17:0		0.002		•		-		3.005	0.001		
18:0											
20:0											
22:0	_										
24:0											

	<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Number				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.008		0		1		0.020	0.002	
14:1g					_		0.020	0.00=	
15:1g									
16:1 undifferentiatedg									
17:1g									
18:1 undifferentiatedg	0.008		0		1		0.020	0.002	
20:1g									
22:1 undifferentiated									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.011		0		1		0.027	0.003	
18:2 undifferentiatedg	0.010	1	0		1		0.025	0.003	
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  Cholesterolg  mq	0		0	z	7		0	0	
Phytosterolsmg					,		U		

# **Common Measures:**

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.79

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	nount in 100 gı	rams (	of edik	ole portion	<u>1</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u> </u>
			of I	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	85.64	0.107	5		1		213.24	26.63	
Energy	kcal	54		0	NC	4		134	17	
Energy	kj	226				4		563	70	
Protein (N x 6.25)	g	0.27	0.025	5		1		0.67	0.08	
Total lipid (fat)	g	0.02	0.015	5		1		0.05	0.01	
Ash	g	0.15	0.016	5		1		0.37	0.05	
Carbohydrate, by difference	g	13.92		0	NC	4		34.66	4.33	
Fiber, total dietary	g	0.6		0		4		1.5	0.2	
Sugars, total	g	13.32		0	0	4		33.17	4.14	
Starch	g									
Minopole										
Minerals: Calcium, Ca	ma	5	0.495	5		1		12	2	
Iron, Fe	-	0.19	0.495	5		1		0.47	0.06	
Magnesium, Mg	-	4	0.037	4		1		10	1	
Phosphorus, P		6	0.288	4		1		15	2	
Potassium, K	-	40	3.228	4		1		100	12	
Sodium, Na	-	7	0.607	4		1		17	2	
Zinc, Zn	-	0.08	0.022	4		1		0.20	0.02	
Copper, Cu		0.069	0.008	4		1		0.172	0.021	
Manganese, Mn		0.019		0		1		0.047	0.006	
Selenium, Se	mcg	0.2		0	FLA	4		0.5	0.1	
Vitamins:										
	ma	5.3		2		1		13.2	1.6	
Vitamin C, total ascorbic acid Thiamin	-	0.003	0.000	49		1		0.007	0.001	
Riboflavin	-	0.003		49		1		0.007	0.001	
Niacin	=	0.288		50		1		0.717	0.090	
Pantothenic acid	-	0.068		0		4		0.169	0.021	
Vitamin B-6	-	0.007		0		4		0.017	0.002	
Folate, total	-	1		0		4		3	0	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	4		3	0	
Folate, DFE		1		0	NC	4		3	0	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		258	93.980	4		1		642	80	
Vitamin A, RAE		13	4.699	4		1		32	4	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.29		0	DA	1		0.73	0.09	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.0		0	DA	1		2.6	0.3	
Lipids:										
Fatty acids, total saturated	а	0.002		0		1		0.005	0.001	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0		0.000		0		1		0.000	0.000	
15:0										
16:0		0.002		0		1		0.005	0.001	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.000		•						
Fatty acids, total monounsaturated9	0.008		0		1		0.020	0.002	
14:1g 15:1g									
16:1 undifferentiated	0.000		0		1		0.000	0.000	
17:1g	0.000		Ū		-		0.000	0.000	
18:1 undifferentiatedg	0.008		0		1		0.020	0.002	
20:1g	0.000		0		1		0.020	0.002	
22:1 undifferentiated	0.000		0		1		0.000	0.000	
24:1 cg	0.000		•		_		0.000	0.000	
Fatty acids, total polyunsaturated9	0.011		0		1		0.027	0.003	
18:2 undifferentiated	0.010		0		1		0.025	0.003	
18:3 undifferentiated	0.000		0		1		0.000	0.000	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta mcg	128		0	BNA	4		319.069	39.852	
Carotene, alphamcg	0		0	BNA	4		0.947	0.118	
Cryptoxanthin, betamcg	53		0	BNA	4		131.818	16.464	
Lycopenemcg	0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin mcg	37		0	DA	1		90.972	11.362	

## **Common Measures:**

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.79

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100 g	ırams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u>!</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.19	0.192	100		1		191.76			
Energy	kcal	96		0	NC	4		252			
Energy	kj	402				4		1052			
Protein (N x 6.25)	g	0.47	0.020	18		1		1.23			
Total lipid (fat)	g	0.03	0.004	4		1		0.08			
Ash	g	0.25	0.011	14		1		0.66			
Carbohydrate, by difference	g	26.06		0	NC	4		68.28			
Fiber, total dietary	g	1.0		0		4		2.6			
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	3	0.102	14		1		8			
Iron. Fe.	-	0.29	0.102	14		1		0.76			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	5	0.180	14		1		13			
Phosphorus, P		11	0.332	14		1		29			
Potassium, K	-	83	1.902	45		1		217			
Sodium, Na	-	8	0.619	32		1		21			
Zinc, Zn	_	0.09		0		1		0.24			
Copper, Cu		0.050	1	0		1		0.131			
Manganese, Mn	<u>mg</u>	0.044		0		1		0.115			
Selenium, Se	mcg										
Vitamins:											
	ma	1.2	0.063	134		1		3.1			
Vitamin C, total ascorbic acid Thiamin	-	0.011		14		1		0.029			
Riboflavin	-	0.011		14		1		0.029			
Niacin	-	0.520		14		1		1.362			
Pantothenic acid		0.050		0		1		0.131			
Vitamin B-6	-	0.019		0		1		0.050			
Folate, total		3		0		1		8			
Folic acid		0		0	z	7		0			
Folate, food		3		0		1		8			
Folate, DFE		3		0	NC	4		8			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		131	2.752	148		1		343			
Vitamin A, RAE		7	0.138	148		1		17			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.003	1	0		1		0.008			
4:0											
6:0											
8:0	g										
10:0	g										
12:0											
13:0											
14:0											
15:0	-										
16:0		0.003	1	0		1		0.008			
17:0											
18:0											
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		_		measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.011		0		1		0.029			
14:1											
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	0.011		0		1		0.029			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.014		0		1		0.037			
18:2 undifferentiated	g	0.014		0		1		0.037			
18:3 undifferentiated	g										
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	•										
20:4 undifferentiated	•										
20:5 n-3	g										
22:5 n-3	_										
22:6 n-3	_										
Fatty acids, total trans											
Cholesterol		0		0	Z	7		0			
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	q	0.001		0		1		0.003			
Threonine		0.018		0		1		0.047			
Isoleucine	-	0.013		0		1		0.034			
Leucine		0.027		0		1		0.071			
Lysine	-	0.015		0		1		0.039			
Methionine		0.011		0		1		0.029			
Cystine	-	0.004		0		1		0.010			
Phenylalanine		0.015		0		1		0.039			
Tyrosine	-	0.012		0		1		0.031			
Valine	-	0.026		0		1		0.068			
Arginine		0.012		0		1		0.031			
Histidine	-	0.009		0		1		0.024			
Alanine	-	0.028		0		1		0.073			
Aspartic acid		0.078		0		1		0.204			
Glutamic acid		0.071		0		1		0.186			
Glycine		0.016		0		1		0.042			
Proline	-	0.020		0		1		0.052			
Serine	-	0.022		0		1		0.058			
Hydroxyproline	-										

### **Common Measures:**

Measure 1 = 262g: 1 cup, halves or slices

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.20		1		1		217.85		
Energy	kcal	42		0	NC	4		104		
Energy	kj	176				4		434		
Protein (N x 6.25)	g	0.40		0		1		0.99		
Total lipid (fat)	g	0.10		1		1		0.25		
Ash	g	0.24		0		1		0.59		
Carbohydrate, by difference	g	11.10		0	NC	4		27.42		
Fiber, total dietary	g	1.0		0		4		2.5		
Sugars, total	g									
Starch	g									
Minerals:	ma	5		1		1		12		
Calcium, Ca	_	0.30		1		1		0.74		
Magnesium, Mg	_	5		1		1		12		
Phosphorus, P		11		1		1		27		
Potassium, K	-	74		1		1		183		
Sodium, Na	-	5		1		1		12		
Zinc, Zn	_	0.09		1		1		0.22		
Copper, Cu		0.050	)	1		1		0.124		
Manganese, Mn.		0.047		0		1		0.116		
Selenium, Se										
· ·	_									
Vitamins:										
Vitamin C, total ascorbic acid	_	3.0		1		1		7.4		
Thiamin		0.020		1		1		0.049		
Riboflavin		0.020		1		1		0.049		
Niacin		0.800		1 0		1 1		1.976 0.124		
Pantothenic acid		0.050		0		1		0.124		
Vitamin B-6Folate, total		3	•	0		1		8		
Folic acid		0		0	z	7		0		
Folate, food		3		0	_	1		8		
Folate, DFE		3		0	NC	4		8		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		270		1	_	1		667		
Vitamin A, RAE		14		1		1		33		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.011	L	0		1		0.027		
4:0										
6:0	-									
8:0	-									
10:0										
12:0										
13:0	g									
14:0										
15:0	g									
16:0	g	0.009	•	0		1		0.022		
17:0	g									
18:0		0.001	L	0		1		0.002		
20:0	g									
22:0	~									

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>		edible portion o	of common
				Number		_		<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.036		0		1		0.089		
14:1										
15:1	_									
16:1 undifferentiated	-	0.001		0		1		0.002		
17:1		0.000		•		1				
18:1 undifferentiated		0.036		0		1		0.089		
20:1	_									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	_	0.048		0		1		0.119		
18:2 undifferentiated		0.043		0		1		0.119		
18:3 undifferentiated	_	0.047		0		1		0.002		
18:4		0.001		v		-		0.002		
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	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.001		0		1		0.002		
Threonine		0.016		0		1		0.040		
Isoleucine		0.012		0		1		0.030		
Leucine	-	0.023		0		1		0.057		
Lysine	-	0.013		0		1		0.032		
Methionine		0.010		0		1		0.025		
Cystine	_	0.003		0		1		0.007		
Phenylalanine		0.013		0		1		0.032		
Tyrosine		0.010		0		1		0.025		
Valine	-	0.022		0		1		0.054		
Arginine	g	0.010		0		1		0.025		
Histidine		0.007		0		1		0.017		
Alanine	g	0.024		0		1		0.059		
Aspartic acid	g	0.067		0		1		0.165		
Glutamic acid	g	0.061		0		1		0.151		
Glycine	g	0.014		0		1		0.035		
Proline	g	0.017		0		1		0.042		
Serine	-	0.018		0		1		0.044		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 247g: 1 cup, halves or slices

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.69

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nu	mber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	79.28	0.063	529		1		207.71	77.69	
Energy	-	74		0	NC	4		194	73	
Energy		310				4		811	303	
Protein (N x 6.25)		0.45	0.004	310		1		1.18	0.44	
Total lipid (fat)		0.10	0.003	251		1		0.26	0.10	
Ash		0.24	0.004	335		1		0.63	0.24	
Carbohydrate, by difference		19.94		0	NC	4		52.24	19.54	
Fiber, total dietary		1.3		0		4		3.4	1.3	
Sugars, total		18.64		0	0	4		48.84	18.27	
Starch		20.01		·	•	-		10.01	10.27	
Starch	9									
Minerals:										
Calcium, Ca	-	3	0.061			1		8	3	
Iron, Fe		0.27	0.007	316		1		0.71	0.26	
Magnesium, Mg		5	0.062			1		13	5	
Phosphorus, P	_	11	0.109	271		1		29	11	
Potassium, K		92	1.114	311		1		241	90	
Sodium, Na	_	6	0.152	326		1		16	6	
Zinc, Zn		0.09	0.002			1 1		0.24	0.09	
Copper, Cu		0.051 0.045		178 54		1		0.134 0.118	0.050 0.044	
Manganese, Mn Selenium, Se		0.043	0.001	0	BFZN	4		0.118	0.044	
Selemum, Se	IIIO9	0.3		U	DE ZIN	-		0.8	0.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.8	0.050	609		1		7.3	2.7	
Thiamin	mg	0.011	0.000	273		1		0.029	0.011	
Riboflavin	mg	0.024	0.000	278		1		0.063	0.024	
Niacin	_	0.614	0.010	323		1		1.609	0.602	
Pantothenic acid		0.050		0		1		0.131	0.049	
Vitamin B-6	-	0.019	1	0		1		0.050	0.019	
Folate, total		3	0.547	3		1		8	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	3	0.547	3		1		8	3	
Folate, DFE		3		0	NC	4		8	3	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		332	5.931			1		870	325	
Vitamin A, RAE		17	0.297	597	_	1		43	16	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.49		0	DA	1		1.29	0.48	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.7		0	DA	1		4.5	1.7	
rammi ic (phynoquinone)		_,,				_				
<u>Lipids:</u>										
Fatty acids, total saturated		0.010		0		1		0.026	0.010	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-			_		_				
14:0		0.000		0		1		0.000	0.000	
15:0	-			_		_				
16:0		0.009	1	0		1		0.024	0.009	
17:0	-			_		_				
18:0	-	0.001		0		1		0.003	0.001	
20:0	g									
22:0	_									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of	of common
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Ui	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	0.035		0		1		0.092	0.034	
14:1	_									
15:1 16:1 undifferentiated	_	0.001		0		1		0.003	0.001	
17:1	_									
18:1 undifferentiated	_	0.035		0		1		0.092	0.034	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		0.047		0		1		0.123	0.046	
Fatty acids, total polyunsaturated		0.046		0		1		0.123	0.045	
18:3 undifferentiated		0.001		0		1		0.003	0.001	
18:4	=	0.000		0		1		0.003	0.000	
20:2 n-6 c.c.	_	0.000		·		-		0.000	0.000	
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	mg									
Amino Acids:	_			•		_				
Tryptophan		0.001		0		1 1		0.003	0.001	
Threonine	-	0.018		0		1		0.047	0.018	
Isoleucine	_	0.013 0.026		0 0		1		0.034 0.068	0.013 0.025	
Lysine	_	0.015		0		1		0.039	0.025	
Methionine		0.013		0		1		0.029	0.013	
Cystine		0.001		0		1		0.010	0.004	
Phenylalanine		0.014		0		1		0.037	0.014	
Tyrosine		0.012		0		1		0.031	0.012	
Valine	-	0.025		0		1		0.066	0.025	
Arginine	_	0.012		0		1		0.031	0.012	
Histidine	_	0.008		0		1		0.021	0.008	
Alanine	-	0.027		0		1		0.071	0.026	
Aspartic acid		0.076		0		1		0.199	0.074	
Glutamic acid		0.069		0		1		0.181	0.068	
Glycine	_	0.016		0		1		0.042	0.016	
Proline		0.019		0		1		0.050	0.019	
Serine	_	0.021		0		1		0.055	0.021	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:	<b>J</b>	-		-	_	•		-	•	
	meg	165		0	BNA	4		432.022	161.596	
Carotene, beta		165		0	BNA	4		1.282	0.480	
Carotene, alpha Cryptoxanthin, beta		68		0	BNA	4		178.482	66.761	
Lycopene		0		0	DA	1		0.000	0.000	
	mcg	61		0	DA	1		160.334	59.972	

## **Common Measures:**

Measure 1 = 262g: 1 cup

Measure 2 = 98g: 1 half, with liquid

NDB No. 09241

Peaches, canned, heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

# Refuse:

Nutrients and Units			<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Water	Nutrients and Un	its	Mean	Std. Error	of Data	Deriv					Measure 3
Water											
Excergy	Proximates:										
Energy	Water	g				BD	4		176.00	57.87	10.07
Protein	Energy	kcal	77		0	NC	4			56	10
Total lipid (ap)	Energy	kj	323		0	NC	4		717	236	41
Ash.			0.54		0	BD	4		1.21	0.40	0.07
Carbolydrae, by difference   9	Total lipid (fat)	g	0.14		0	BD	4		0.30	0.10	0.02
Fiber, footal dictary	Ash	g	0.25		0	BD	4		0.55	0.18	0.03
Sugars, 10tal	Carbohydrate, by difference	g	19.79		0	NC	4		43.94	14.45	2.51
	Fiber, total dietary	g	2.2		0	BD	4		4.8	1.6	0.3
Minerals:	Sugars, total	g	17.63		0	0	4		39.14	12.87	2.24
Calcium, Ca         mg         3         0         BD         4         76         2           Inon, Fe         mg         5.2         0         BD         4         0.60         0.20           Magnesium, Mg         mg         5         0         BD         4         1.2         4           Phosphorus, P         mg         12         0         BD         4         228         69           Postassium, K         mg         6         0         BD         4         2208         69           Sodium, Na         mg         6.9         0.9         BD         4         0.21         0.07           Copper, Cu         mg         0.053         0         BD         4         0.21         0.07           Copper, Cu         mg         0.053         0         BD         4         0.140         0.046           Magnessium, Se         mg         0.052         0         BD         4         6.2         2.0           Vitamin Se         mg         0.012         0         BD         4         6.2         2.0           Witamin Se         mg         0.012         0 <td>Starch</td> <td>g</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Starch	g									
Iron, Fc	Minerals:										
Magnesium Mg.         mg         5         0         BD         4         12         4           Phosphorus P.         mg         12         0         BD         4         27         9           Potassium, R.         mg         94         0         BD         4         208         69           Sodium, Na.         mg         6         0         BD         4         0.21         0.07           Copper, Cu.         mg         0.063         0         BD         4         0.140         0.046           Manganes, Mm.         mg         0.063         0         BD         4         0.70         0.2           Vitamin C.         mg         0.3         1         a         1         0.7         0.2           Vitamin S.         mg         0.3         0         BD         4         0.26         0.09           Vitamin B.         mg         0.026         0         BD         4         0.26         0.09           Vitamin B.         mg         0.026         0         BD         4         0.026         0.09           Patomic Call         mg         0.026         0         BD         4	Calcium, Ca	mg	3		0	BD	4		7	2	0
Phosphorus P.	Iron, Fe	mg	0.27		0	BD	4		0.60	0.20	0.03
Potassium, K.	Magnesium, Mg	mg	5		0	BD	4		12	4	1
Sodium Na.	Phosphorus, P	mg	12		0	BD	4		27	9	2
Zine, Zin.         mg         0.09         0         BD         4         0.21         0.76           Copper, Cu.         mg         0.063         0         BD         4         0.140         0.046           Mangames, Mn.         mg         1         a         1         0.7         0.22           Vitamins.         meg         0.3         1         a         1         0.7         0.2           Vitamins.         mg         0.03         0         BD         4         6.2         2.0           Thiamin.         mg         0.012         0         BD         4         0.058         0.019           Niacin.         mg         0.012         0         BD         4         0.058         0.019           Niacin.         mg         0.014         0         BD         4         0.058         0.019           Niacin.         mg         0.012         0         BD         4         0.058         0.019           Niacin.         mg         0.019         0         BD         4         0.043         0.014           Folia cicil.         mg         0.019         0         BD         4         8 <td>Potassium, K</td> <td>mg</td> <td>94</td> <td></td> <td>0</td> <td>BD</td> <td>4</td> <td></td> <td>208</td> <td>69</td> <td>12</td>	Potassium, K	mg	94		0	BD	4		208	69	12
Copper, Cu.         mg         0.063         0         BD         4         0.140         0.046           Manganese, Mn.         mg         0.3         1         a         1         0.7         0.2           Vitamines.         mGg         0.3         1         a         1         0.7         0.2           Vitamine, mg         0.012         0         BD         4         0.026         0.09           Riboflavin         mg         0.026         0         BD         4         0.058         0.019           Niacin         mg         0.026         0         BD         4         0.058         0.019           Riboflavin         mg         0.026         BD         4         0.058         0.019           Niacin         mg         0.026         BD         4         0.058         0.019           Vitamin B-C         mg         0.014         0         D         4         0.043         0.014           Polate, food         mG         3         0         BD         4         8         3           Folate, food         mG         3         0         BD         4         8	Sodium, Na	mg	6		0	BD	4		13	4	1
Manganese, Mn.         mg           Sclenium, Sc.         mCg         0.3         1         A         1         0.7         0.2           Vitamins         mCg         0.3         1         A         1         0.7         0.2           Vitamins         mg         0.012         0         BD         4         6.2         2.0           Thiamin         mg         0.012         0         BD         4         0.026         0.009           Riboflavin         mg         0.012         0         BD         4         0.058         0.019           Niacin         mg         0.014         0         BD         4         0.043         0.448           Pantohenic acid         mg         0.019         0         BD         4         0.043         0.014           Vitamin B-6         mg         0.019         0         BD         4         8         3           Foliac cid         mcg         3         0         BD         4         8         3           Foliac food         mcg         3         0         BD         4         8         3           Foliac, pote         mcg         3	Zinc, Zn	mg	0.09		0	BD	4		0.21	0.07	0.01
Scientium, Se.   meg   0.3   1	Copper, Cu	mg	0.063	3	0	BD	4		0.140	0.046	0.00
Vitamins:         Vitamin C, total ascorbic acid	Manganese, Mn	mg									
Vitamin C, total ascorbic acid.	Selenium, Se	mcg	0.3		1	A	1		0.7	0.2	0.0
Thiamin         mg         0.012         0         BD         4         0.026         0.09           Riboflavin         mg         0.026         0         BD         4         0.058         0.019           Niacin         mg         0.014         0         BD         4         0.058         0.019           Viamin B-6         mg         0.019         0         BD         4         0.043         0.014           Folate, footal         mcg         3         0         BD         4         8         3           Folate, footal         mcg         3         0         BD         4         8         3           Folate, footal         mcg         3         0         BD         4         8         3           Folate, footal         mcg         3         0         BD         4         8         3           Folate, footal         mcg         3         0         BD         4         8         3           Folate, food         mcg         3         0         BD         4         8         3           Folate, food         mcg         3         1         1         1         1	<u>Vitamins:</u>										
Riboflavin   mg	Vitamin C, total ascorbic acid	mg	2.8		0	BD	4		6.2	2.0	0.4
Niacin		-	0.012	2	0	BD	4		0.026	0.009	0.00
Pattothenic acid.   mg   Vitamin B-6.   mg   0.019   0   BD   4   0.043   0.014   160	Riboflavin	mg	0.026	5	0	BD	4		0.058	0.019	0.00
Vitamin B-6.         mg         0.019         0         BD         4         0.043         0.014           Folate, total.	Niacin	mg	0.614	l	0	BD	4		1.363	0.448	0.07
Folate, total		-									
Folic acid.   mcg   0		-		•							0.00
Folate, food											0
Folate, DFE											0
Vitamin B-12         mcg         0.00         z         7         0.00         0.00           Vitamin A, IU         IU         764         0         as         1         1695         557           Vitamin A, RAE         mcg_RAE         38         0         as         1         85         28           Retinol         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.73         0         BFZN         4         1.63         0.54           Tocopherol, beta         mg         0.73         BFZN         4         1.63         0.54           Tocopherol, delta         mg         0.73         BFZN         4         1.63         0.54           Vitamin D         IU         Vitamin K (phylloquinone)         mcg         2.6         BFZN         4         5.7         1.9           Lipids         Fatty acids, total saturated         9         0.004         0         NC         4         0.009         0.003           4:0         9         0.000         0         BFFN         4         0.000         0.000           8:0         9         0.000											0
Vitamin A, IU         IU         764         0         AS         1         1695         557           Vitamin A, RAE         mcg_RAE         38         0         AS         1         85         28           Retinol         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.73         0         BFZN         4         1.63         0.54           Tocopherol, beta         mg         7         0         BFZN         4         1.63         0.54           Tocopherol, gamma         mg         7         0         BFZN         4         1.63         0.54           Tocopherol, gamma         mg         7         1         9         1.60					0					3	0
Vitamin A, RAE         mcg_RAE         38         0         AS         1         85         28           Retinol         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.73         0         BFZN         4         1.63         0.54           Tocopherol, beta         mg         Tocopherol, gamma         mg         Tocopherol, delta         No.009         No.009         No											0.00
Retinol         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.73         0         BFZN         4         1.63         0.54           Tocopherol, beta.         mg         Tocopherol, gamma.         mg           Tocopherol, delta.         mg           Vitamin D	Vitamin A, IU	IU									97
Vitamin E (alpha-tocopherol)         mg         0.73         0         BFZN         4         1.63         0.54           Tocopherol, beta.         mg         1.63         0.54         1.69         1.69         1.60         0.009         0.009         0.003         0.003         0.003         0.003         0.000         0.000         0.000         0.000         0.000         0.000         0.000         0.000         0.000         0.000         0.0											5
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 2.6 0 BFZN 4 5.7 1.9  Lipids:  Fatty acids, total saturated 9 0.004 0 BFFN 4 0.009 0.003 4:0 9 0.000 0 BFFN 4 0.000 0.000 8:0 9 0.000 0 BFFN 4 0.000 0.000 8:0 9 0.000 0 BFFN 4 0.000 0.000 10:0 9 0.000 0 BFFN 4 0.000 0.000 10:0 9 0.000 0 BFFN 4 0.000 0.000 11:0 9 0.000 0 BFFN 4 0.000 0.000	Retinol	mcg									0
Tocopherol, gamma			0.73		0	BFZN	4		1.63	0.54	0.09
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D.         IU           Vitamin K (phylloquinone)         mcg         2.6         0         BFZN         4         5.7         1.9           Lipids:         Eatty acids, total saturated.         9         0.004         0         NC         4         0.009         0.003           4:0         9         0.000         0         BFFN         4         0.000         0.000           6:0         9         0.000         0         BFFN         4         0.000         0.000           8:0         9         0.000         0         BFFN         4         0.000         0.000           10:0         9         0.000         0         BFFN         4         0.000         0.000           13:0         9         0.000         0         BFFN         4         0.000         0.000           15:0         9         0.000         0         BFFN         4         0.000         0.000           15:0         9         0.004         0         BFFN         4         0.009         0.000           15:0         9         0.004         0         BFFN         4         0.009         0.003	- · · · -										
Vitamin K (phylloquinone)         mcg         2.6         0         BFZN         4         5.7         1.9           Lipids:         Fatty acids, total saturated.         9         0.004         0         NC         4         0.009         0.003           4:0         9         0.000         0         BFFN         4         0.000         0.000           6:0         9         0.000         0         BFFN         4         0.000         0.000           8:0         9         0.000         0         BFFN         4         0.000         0.000           10:0         9         0.000         0         BFFN         4         0.000         0.000           13:0         9         0.000         0         BFFN         4         0.000         0.000           15:0         9         0.000         0         BFFN         4         0.000         0.000           15:0         9         0.004         0         BFFN         4         0.009         0.003           17:0         9         0.004         0         BFFN         4         0.009         0.003											
Lipids:       Fatty acids, total saturated.     9     0.004     0     NC     4     0.009     0.003       4:0.     9     0.000     0     BFFN     4     0.000     0.000       6:0.     9     0.000     0     BFFN     4     0.000     0.000       8:0.     9     0.000     0     BFFN     4     0.000     0.000       10:0.     9     0.000     0     BFFN     4     0.000     0.000       13:0.     9       14:0.     9     0.000     0     BFFN     4     0.000     0.000       15:0.     9       16:0.     9     0.004     0     BFFN     4     0.009     0.003       17:0.     9											
Fatty acids, total saturated.         9         0.004         0         NC         4         0.009         0.003           4:0.         9         0.000         0         BFFN         4         0.000         0.000           6:0.         9         0.000         0         BFFN         4         0.000         0.000           8:0.         9         0.000         0         BFFN         4         0.000         0.000           10:0.         9         0.000         0         BFFN         4         0.000         0.000           13:0.         9         0.000         0         BFFN         4         0.000         0.000           15:0.         9         0.004         0         BFFN         4         0.000         0.000           16:0.         9         0.004         0         BFFN         4         0.009         0.003           17:0.         9         0.004         0         BFFN         4         0.009         0.003	Vitamin K (phylloquinone)	mcg	2.6		0	BFZN	4		5.7	1.9	0.3
4:0       g       0.000       0       BFFN       4       0.000       0.000         6:0       g       0.000       0       BFFN       4       0.000       0.000         8:0       g       0.000       0       BFFN       4       0.000       0.000         10:0       g       0.000       0       BFFN       4       0.000       0.000         12:0       g       0.000       0       BFFN       4       0.000       0.000         13:0       g       0.000       0       BFFN       4       0.000       0.000         15:0       g       0.004       0       BFFN       4       0.009       0.003         17:0       g											
6:0.							4				0.00
8:0							4				0.00
10:0		-									0.00
12:0.     9     0.000     0 BFFN 4     0.000     0.000       13:0.     9       14:0.     9     0.000     0 BFFN 4     0.000     0.000       15:0.     9       16:0.     9     0.004     0 BFFN 4     0.009     0.003       17:0.     9		-									0.00
13:0.											0.00
14:0     g     0.000     0 BFFN 4     0.000     0.000       15:0     g       16:0     g     0.004     0 BFFN 4     0.009     0.003       17:0     g		_	0.000	j	0	BFFN	4		0.000	0.000	0.00
15:0		-			_		_				
16:0			0.000	)	0	BFFN	4		0.000	0.000	0.00
17:0g				_	_		_				
			0.004	ł	0	BFFN	4		0.009	0.003	0.00
18:0g 0.000 0 BFFN 4 0.000 0.000					_	_	_		_		_
			0.000	)	0	BFFN	4		0.000	0.000	0.00
20:0g		_									
22:0g 24:0g		-									

	<u>An</u>	nount in 100			ole portic	<u>on</u>		edible portion	
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	0.015		0	NC	4		0.033	0.011	0.002
14:1g	0.020		·		-		0.055	0.011	0.002
15:1									
16:1 undifferentiated	0.000		0	BFFN	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.015		0	BFFN	4		0.033	0.011	0.002
20:1g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.021		0	NC	4		0.047	0.015	0.003
18:2 undifferentiatedg	0.021		0	BFFN	4		0.047	0.015	0.003
18:3 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	0.000
18:4g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0			Z	7		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, betamcg	399	141.01	.6 4	A	1		886.520	291.513	50.715
Carotene, alphamcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	118	70.37	5 3	A	1		261.239	85.903	14.945
Lycopenemcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthinmcg	33		1	A	1		72.372	23.798	4.140

# **Common Measures:**

Measure 1 = 222g: 1 cup Measure 2 = 73g: 1 half, Measure 3 = 12.7g: 1 slice

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Ar</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	87.49	0.076	18		1		218.73	216.98	85.74
Energy	kcal	44		0	NC	4		110	109	43
Energy	kj	184				4		460	457	180
Protein (N x 6.25)	g	0.63	0.017	25		1		1.58	1.56	0.62
Total lipid (fat)	g	0.03	0.006	24		1		0.08	0.07	0.03
Ash		0.27	0.004	18		1		0.68	0.67	0.26
Carbohydrate, by difference	g	11.57		0	NC	4		28.93	28.69	11.34
Fiber, total dietary		1.3		0		4		3.3	3.2	1.3
Sugars, total		10.27		0	0	4		25.68	25.47	10.06
Starch	g									
Ainerals:										
Calcium, Ca	mg	6	0.377	23		1		15	15	6
Iron, Fe	-	0.27	0.033	17		1		0.68	0.67	0.2
Magnesium, Mg	-	7	0.176	20		1		18	17	7
Phosphorus, P		17	0.379	21		1		43	42	17
Potassium, K	-	128	4.648	24		1		320	317	125
Sodium, Na		4	0.232	25		1		10	10	4
Zinc, Zn	mg	0.11	0.005	14		1		0.28	0.27	0.1
Copper, Cu	mg	0.050	0.003	14		1		0.125	0.124	0.0
Manganese, Mn		0.048		0		4		0.120	0.119	0.0
Selenium, Se	mcg	0.3		0	BFZN	4		0.8	0.7	0.3
itamins:										
Vitamin C, total ascorbic acid	ma	3.6	0.270	17		1		9.0	8.9	3.5
Thiamin	-	0.008		6		1		0.020	0.020	0.0
Riboflavin		0.017		12		1		0.043	0.042	0.0
Niacin		0.582	0.034	6		1		1.455	1.443	0.5
Pantothenic acid	-	0.050		0		4		0.125	0.124	0.0
Vitamin B-6	mg	0.019		0		4		0.048	0.047	0.0
Folate, total	mcg	3		0		4		9	8	3
Folic acid		0		0	z	7		0	0	0
Folate, food	mcg	3		0		4		9	8	3
Folate, DFE	mcg_DFE	3		0	NC	4		9	8	3
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU		381	54.723	17		1		953	945	373
Vitamin A, RAE		19	2.736	17		1		48	47	19
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.49		0	DA	1		1.23	1.22	0.4
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D Vitamin K (phylloquinone)		1.7		0	DA	1		4.3	4.3	1.7
	g			·	211	-		1.5	4.5	1.,
<u> ipids:</u>										
Fatty acids, total saturated		0.004		0		1		0.010	0.010	0.0
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0		0 000		^		4		0.000	2 222	
14:0		0.000		0		1		0.000	0.000	0.0
15:0		0 000		^		4		0.000	2 22=	^ ^
16:0		0.003		0		1		0.008	0.007	0.0
17:0	-	0.000		^		1		0.000	0.000	^ ^
18:0	-	0.000		0		T		0.000	0.000	0.0
20:0	-									
22:0 24:0	-									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	of common
				of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.012		0		1		0.030	0.030	0.012
14:1	-									
15:1 16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
17:1	-	0.000		U		1		0.000	0.000	0.000
18:1 undifferentiated		0.012		0		1		0.030	0.030	0.012
20:1	-	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturate	edg	0.016		0		1		0.040	0.040	0.016
18:2 undifferentiated	g	0.016		0		1		0.040	0.040	0.016
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3		0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol	-	0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.002		0		1		0.005	0.005	0.002
Threonine	g	0.025		0		1		0.063	0.062	0.025
Isoleucine	g	0.018		0		1		0.045	0.045	0.018
Leucine	g	0.036		0		1		0.090	0.089	0.035
Lysine	g	0.020		0		1		0.050	0.050	0.020
Methionine	g	0.015		0		1		0.038	0.037	0.015
Cystine	g	0.005		0		1		0.013	0.012	0.005
Phenylalanine	g	0.020		0		1		0.050	0.050	0.020
Tyrosine	g	0.016		0		1		0.040	0.040	0.016
Valine		0.034		0		1		0.085	0.084	0.033
Arginine	g	0.016		0		1		0.040	0.040	0.016
Histidine	-	0.012		0		1		0.030	0.030	0.012
Alanine	-	0.038		0		1		0.095	0.094	0.037
Aspartic acid		0.105		0		1		0.263	0.260	0.103
Glutamic acid	g	0.096		0		1		0.240	0.238	0.094
Glycine	g	0.022		0		1		0.055	0.055	0.022
Proline	g	0.027		0		1		0.068	0.067	0.026
Serine		0.029		0		1		0.073	0.072	0.028
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	-									
Carotene, beta	mca	189		0	BNA	4		473.076	469.292	185.446
Carotene, alpha		109		0	BNA	4		1.404	1.393	0.550
Cryptoxanthin, beta		78		0	BNA	4		195.443	193.880	76.614
Lycopene		0		0	DA	1		0.000	0.000	0.000
	mcg	61		0	DA	1		152.990	151.766	59.972

### **Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 248g: 1 cup, halves or slices

Measure 3 = 98g: 1 half, with liquid

NDB No. 09238

Peaches, canned, juice pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.72	0.088	71		1		212.65	83.03	
Energy	kcal	54		0	NC	4		136	53	
Energy	kj	226				4		567	221	
Protein (N x 6.25)	g	0.45	0.012	19		1		1.13	0.44	
Total lipid (fat)	g	0.03	0.002	4		1		0.08	0.03	
Ash	g	0.25	0.009	19		1		0.63	0.25	
Carbohydrate, by difference	g	14.55		0	NC	4		36.52	14.26	
Fiber, total dietary		1.3		0		4		3.3	1.3	
Sugars, total	g	13.25		0	0	4		33.26	12.99	
Starch	g									
Minerals:										
Calcium, Ca	ma	3	0.169	19		1		8	3	
Iron, Fe	-	0.36	0.033	19		1		0.90	0.35	
Magnesium, Mg	-	5	0.114	19		1		13	5	
Phosphorus, P		11	0.275	19		1		28	11	
Potassium, K	-	97	3.677	11		1		243	95	
Sodium, Na	-	5	0.557	11		1		13	5	
Zinc, Zn	mg	0.09		0		1		0.23	0.09	
Copper, Cu	mg	0.052	!	0		1		0.131	0.051	
Manganese, Mn	mg	0.046	i	0		1		0.115	0.045	
Selenium, Se	mcg	0.3		0	BFZN	4		0.8	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.4	0.087	117		1		6.0	2.4	
Thiamin	-	0.009		13		1		0.023	0.009	
Riboflavin	-	0.005		19		1		0.063	0.025	
Niacin		0.593		19		1		1.488	0.581	
Pantothenic acid	-	0.050		0		1		0.126	0.049	
Vitamin B-6	=	0.019		0		1		0.048	0.019	
Folate, total	-	3		0		1		8	3	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0		1		8	3	
Folate, DFE		3		0	NC	4		8	3	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU -	354	8.470	128		1		889	347	
Vitamin A, RAE		18	0.424	128		1		44	17	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.49		0	DA	1		1.23	0.48	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	1.7		0	DA	1		4.3	1.7	
Lipids:										
Fatty acids, total saturated	g	0.003	<b>;</b>	0		1		0.008	0.003	
4:0		0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	1	0		1		0.000	0.000	
10:0		0.000	1	0		1		0.000	0.000	
12:0	g	0.000	)	0		1		0.000	0.000	
13:0										
14:0	g	0.000	1	0		1		0.000	0.000	
15:0										
16:0	g	0.003	1	0		1		0.008	0.003	
17:0	-									
18:0	-	0.000	)	0		1		0.000	0.000	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion o	
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	0.012		0		1		0.030	0.012	
14:1	-									
15:1 16:1 undifferentiated	-	0.000	)	0		1		0.000	0.000	
17:1	-									
18:1 undifferentiated 20:1	-	0.011		0 0		1 1		0.028 0.000	0.011 0.000	
20:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturat		0.015	i	0		1		0.038	0.015	
18:2 undifferentiated		0.015	i	0		1		0.038	0.015	
18:3 undifferentiated	g	0.000	)	0		1		0.000	0.000	
18:4	g	0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0 0		1 1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		0		0	z	7		0	0	
Phytosterols	_	· ·		Ū		,		Ü	v	
-										
Amino Acids:										
Tryptophan		0.001		0		1		0.003	0.001	
Threonine	=	0.018		0		1		0.045	0.018	
Isoleucine	-	0.013		0 0		1 1		0.033	0.013	
LeucineLysine	-	0.025 0.014		0		1		0.063 0.035	0.025 0.014	
Methionine		0.014		0		1		0.028	0.014	
Cystine		0.004		0		1		0.010	0.004	
Phenylalanine		0.014		0		1		0.035	0.014	
Tyrosine		0.012		0		1		0.030	0.012	
Valine	=	0.025	i	0		1		0.063	0.025	
Arginine	g	0.011		0		1		0.028	0.011	
Histidine	g	0.008		0		1		0.020	0.008	
Alanine	g	0.027		0		1		0.068	0.026	
Aspartic acid	g	0.075		0		1		0.188	0.074	
Glutamic acid	-	0.068		0		1		0.171	0.067	
Glycine		0.016		0		1		0.040	0.016	
Proline	-	0.019		0		1		0.048	0.019	
Serine		0.021		0		1		0.053	0.021	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	176		0	BNA	4		441.309	172.304	
Carotene, alpha		1		0	BNA	4		1.310	0.511	
Cryptoxanthin, beta		73		0	BNA	4		182.319	71.184	
Lycopene		0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin	mcg	61		0	DA	1		153.602	59.972	

### **Common Measures:**

Measure 1 = 251g: 1 cup, halves or slices

Measure 2 = 98g: 1 half, with liquid

NDB No. 09240

Peaches, canned, light syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

Nutrients and Units  roximates: Water	kcalkjgggggg	93.13 24 100 0.44 0.06 0.27 6.11 1.3 4.81	0.080 0.009 0.003 0.008		Deriv	Source Code 1 4 4 1 1 1 4 4 4	Confidence Code	Measure 1  227.24  59  245  1.07  0.15  0.66  14.91	91.27 24 98 0.43 0.06 0.26	Measure 3
roximates: Water	kcalkjgggggg	93.13 24 100 0.44 0.06 0.27 6.11 1.3 4.81	0.080 0.009 0.003 0.008	60 0 16 12 16 0	NC NC	1 4 4 1 1 1 4 4 4		227.24 59 245 1.07 0.15 0.66	91.27 24 98 0.43 0.06 0.26	Measure :
roximates: Water	kcalkjgggggg	93.13 24 100 0.44 0.06 0.27 6.11 1.3 4.81	0.080 0.009 0.003 0.008	60 0 16 12 16 0	NC NC	1 4 4 1 1 1 4 4	Code	227.24 59 245 1.07 0.15 0.66	91.27 24 98 0.43 0.06 0.26	Measure :
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Iinerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn	kcalkjgggggg	24 100 0.44 0.06 0.27 6.11 1.3 4.81	0.009 0.003 0.008	0 16 12 16 0	NC	4 4 1 1 4 4		59 245 1.07 0.15 0.66	24 98 0.43 0.06 0.26	
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Iinerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn	kcalkjgggggg	24 100 0.44 0.06 0.27 6.11 1.3 4.81	0.009 0.003 0.008	0 16 12 16 0	NC	4 4 1 1 4 4		59 245 1.07 0.15 0.66	24 98 0.43 0.06 0.26	
Energy	kj g g g g g g g	100 0.44 0.06 0.27 6.11 1.3 4.81	0.003	16 12 16 0	NC	4 1 1 4 4		245 1.07 0.15 0.66	98 0.43 0.06 0.26	
Protein (N x 6.25)	ggggggg	0.44 0.06 0.27 6.11 1.3 4.81	0.003	12 16 0 0		1 1 1 4		1.07 0.15 0.66	0.43 0.06 0.26	
Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch  Iinerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na Zinc, Zn	g g g g g g mg mg mg	0.06 0.27 6.11 1.3 4.81	0.003	12 16 0 0		1 1 4 4		0.15 0.66	0.06 0.26	
Ash	g g g g g mg mg mg	0.27 6.11 1.3 4.81	0.008	16 0 0		1 4 4		0.66	0.26	
Carbohydrate, by difference	g g g g mg mg mg	6.11 1.3 4.81		0		4 4				
Fiber, total dietary  Sugars, total  Starch  1inerals: Calcium, Ca	g g g mg mg mg	1.3 4.81		0		4		14.91		
Sugars, total Starch  Linerals: Calcium, Ca	g g mg mg mg mg	4.81			0				5.99	
Starch	g mg mg mg	2		0	0	4		3.2	1.3	
Iinerals: Calcium, Ca	mg mg mg mg							11.74	4.71	
Calcium, Ca Iron, Fe	mg mg mg									
Calcium, Ca Iron, Fe	mg mg mg									
Iron, Fe	mg mg mg		0.052	12		1		5	2	
Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	mg mg		0.044	16		1		0.78	0.31	
Phosphorus, P	mg	5	0.082	12		1		12	5	
Potassium, K	-	10	0.181	12		1		24	10	
Sodium, NaZinc, Zn	mg	99	1.530	33		1		242	97	
Zinc, Zn		3	0.331	33		1		7	3	
	-	0.09		0		1		0.22	0.09	
Copper, Cu		0.054		0		1		0.132	0.053	
Manganese, Mn		0.048		0		1		0.117	0.047	
Selenium, Se	mcg	0.3		0	BFZN	4		0.7	0.3	
itamins:										
Vitamin C, total ascorbic acid	ma	2.9	0.137	59		1		7.1	2.8	
Thiamin	-	0.009		12		1		0.022	0.009	
Riboflavin	-	0.019		12		1		0.046	0.019	
Niacin		0.521		16		1		1.271	0.511	
Pantothenic acid	-	0.050		0		1		0.122	0.049	
Vitamin B-6	-	0.019		0		1		0.046	0.019	
Folate, total	-	3		0		1		8	3	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0		1		8	3	
Folate, DFE		3		0	NC	4		8	3	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		532	35.791	29		1		1298	521	
Vitamin A, RAE		27	1.790	29		1		65	26	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.49		0	DA	1		1.20	0.48	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.7		0	DA	1		4.2	1.7	
ipids:										
Fatty acids, total saturated	a	0.006		0		1		0.015	0.006	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	_	0.000		0		1		0.000	0.000	
13:0										
14:0		0.000		0		1		0.000	0.000	
15:0										
16:0		0.005		0		1		0.012	0.005	
17:0										
18:0	-	0.001		0		1		0.002	0.001	
20:0	-									
22:0	-									

		<u>A</u> 1	nount in 10			ole portic	<u>on</u>		edible portion	
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	,
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.021		0		1		0.051	0.021	
14:1	_									
15:1 16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1										
18:1 undifferentiated	g	0.021		0		1		0.051	0.021	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturat		0.028		0		1		0.068	0.027	
18:2 undifferentiated		0.027		0		1		0.066	0.026	
18:3 undifferentiated		0.001		0 0		1 1		0.002 0.000	0.001 0.000	
18:4 20:2 n-6 c.c	_	0.000		U		1		0.000	0.000	
20:2 n-o c,c 20:3 undifferentiated	_									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.001		0		1		0.002	0.001	
Threonine		0.017		0		1		0.041	0.017	
Isoleucine	g	0.013		0		1		0.032	0.013	
Leucine	g	0.025		0		1		0.061	0.025	
Lysine	g	0.014		0		1		0.034	0.014	
Methionine		0.011		0		1		0.027	0.011	
Cystine		0.004		0		1		0.010	0.004	
Phenylalanine		0.014		0		1		0.034	0.014	
Tyrosine	-	0.011		0		1		0.027	0.011	
Valine	-	0.024		0 0		1 1		0.059	0.024	
Arginine	• • • • • • • • • • • • • • • • • • • •	0.011 0.008		0		1		0.027 0.020	0.011	
Alanine		0.026		0		1		0.020	0.008 0.025	
Aspartic acid		0.020		0		1		0.178	0.023	
Glutamic acid		0.066		0		1		0.161	0.065	
Glycine	-	0.015		0		1		0.037	0.015	
Proline		0.018		0		1		0.044	0.018	
Serine		0.020		0		1		0.049	0.020	
Hydroxyproline										
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
Carotene, beta	mcg	264		0	BNA	4		644.715	258.943	
Carotene, alpha		1		0	BNA	4		1.914	0.769	
Cryptoxanthin, beta		109		0	BNA	4		266.353	106.978	
Lycopene	mcg	0		0	DA	1		0.000	0.000	
Lutein + zeaxanthin	mcg	61		0	DA	1		149.319	59.972	

## **Common Measures:**

Measure 1 = 244g: 1 cup, halves or slices

Measure 2 = 98g: 1 half, with liquid

NDB No. 09237

Peaches, canned, water pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<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>	
							Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		62.04		2		1		150.14			
Energy		133		0	NC	4		322			
Energy		556				4		1347			
Protein (N x 6.25)	-	2.01		0		1		4.86			
Total lipid (fat)		0.42		0		1		1.02			
Ash		1.39		0		1		3.36			
Carbohydrate, by difference		34.14		0	NC	4		82.62			
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	16		0		1		39			
Iron, Fe	-	2.26		0		1		5.47			
Magnesium, Mg	-	23		0		1		56			
Phosphorus, P		66		0		1		160			
Potassium, K	mg	554		0		1		1341			
Sodium, Na	mg	4		0		1		10			
Zinc, Zn		0.32		0		1		0.77			
Copper, Cu		0.202		0		1		0.489			
Manganese, Mn		0.170	)	0		1		0.411			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	6.8		2		1		16.5			
Thiamin	-	0.008	3	2		1		0.019			
Riboflavin		0.060	)	2		1		0.145			
Niacin		2.030	)	2		1		4.913			
Pantothenic acid		0.356	5	2		1		0.862			
Vitamin B-6	mg	0.054	1	2		1		0.131			
Folate, total	mcg	3		2		1		7			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		3		2		1		7			
Folate, DFE	mcg_DFE	3		0	NC	4		7			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		396		2		1		958			
Vitamin A, RAE		20		2		1		48			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.045	5	0		1		0.109			
4:0	g										
6:0	-										
8:0											
10:0											
12:0											
13:0	-										
14:0	-										
15:0	-	0.040	,	^		4		0 007			
16:0		0.040	,	0		1		0.097			
17:0		0.000	•	0		1		0.015			
18:0		0.006	•	U		1		0.015			
20:0											
22:0 24:0											

		<u>Ar</u>	nount in 10	00 grams	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	0.154		0		1		0.373		
14:1	g									
15:1	_									
16:1 undifferentiated	-	0.003		0		1		0.007		
17:1										
18:1 undifferentiated		0.151		0		1		0.365		
20:1	_									
22:1 undifferentiated										
24:1 c	_	0.004		•						
Fatty acids, total polyunsaturated		0.204		0		1 1		0.494		
18:2 undifferentiated	_	0.199 0.005		0		1		0.482		
18:3 undifferentiated		0.005		U		_		0.012		
18:4	-									
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.001		0		1		0.002		
20:5 n-3		0.001		· ·		-		0.002		
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	-	0		0	z	7		0		
Phytosterols	-									
Amino Acids:	~	0.006		•		1		0.015		
Tryptophan Threonine		0.006 0.079		0		1		0.015 0.191		
Isoleucine		0.079		0		1		0.191		
Leucine	_	0.038		0		1		0.140		
Lysine	-	0.114		0		1		0.157		
Methionine		0.048		0		1		0.116		
Cystine		0.016		0		1		0.039		
Phenylalanine		0.010		0		1		0.053		
Tyrosine		0.052		0		1		0.126		
Valine	-	0.109		0		1		0.264		
Arginine	-	0.051		0		1		0.123		
Histidine		0.037		0		1		0.090		
Alanine	•	0.120		0		1		0.290		
Aspartic acid	-	0.335		0		1		0.811		
Glutamic acid		0.305		0		1		0.738		
Glycine	-	0.070		0		1		0.169		
Proline		0.084		0		1		0.203		
Serine		0.093		0		1		0.225		
Hydroxyproline	_									

# **Common Measures:**

Measure 1 = 242g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 10	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	7.50		0		1		8.70		
Energy	kcal	325		0	NC	4		377		
Energy	kj	1360				4		1577		
Protein (N x 6.25)	g	4.89		0		1		5.67		
Total lipid (fat)	g	1.03		0		1		1.19		
Ash	g	3.39		0		1		3.93		
Carbohydrate, by difference	g	83.18		0	NC	4		96.49		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
M:										
<u>Minerals:</u> Calcium, Ca	ma	38		0		1		44		
Iron, Fe	-	5.51		0		1		6.39		
Magnesium, Mg	_	57		0		1		66		
Phosphorus, P		162		0		1		188		
Potassium, K	-	1351		0		1		1567		
Sodium, Na	-	10		0		1		12		
Zinc, Zn	_	0.78		0		1		0.90		
Copper, Cu		0.493	3	0		1		0.572		
Manganese, Mn	mg	0.413	3	0		1		0.479		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	10.6		2		1		12.3		
Thiamin	-	0.039	<b>1</b>	2		1		0.045		
Riboflavin	_	0.110		2		1		0.128		
Niacin		4.825		2		1		5.597		
Pantothenic acid		0.522		2		1		0.606		
Vitamin B-6		0.159	)	2		1		0.184		
Folate, total		7		2		1		8		
Folic acid		0		0	Z	7		0		
Folate, food		7		2		1		8		
Folate, DFE		7		0	NC	4		8		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		1417		2		1		1644		
Vitamin A, RAE	mcg_RAE	71		2		1		82		
Retinol	mcg	0		0	Z	7		0		
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	0.111	L	0		1		0.129		
4:0	g									
6:0	-									
8:0										
10:0										
12:0										
13:0	-									
14:0	-									
15:0	-	0.005	,	^		1		0 110		
16:0		0.097	,	0		1		0.113		
17:0		0.014	ı	0		1		0.016		
18:0 20:0		0.014	•	U		1		0.016		
22:0 24:0										

		<u>Aı</u>	mount 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	0.377		0		1		0.437		
14:1										
15:1	_					_				
16:1 undifferentiated	-	0.008		0		1		0.009		
17:1		0.369		0		1		0.400		
		0.369		U		1		0.428		
20:1	_									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	_	0.498		0		1		0.578		
18:2 undifferentiated		0.486		0		1		0.564		
18:3 undifferentiated	_	0.012		0		1		0.014		
18:4		0.022		·		_		0.014		
20:2 n-6 c,c	-									
20:3 undifferentiated.										
20:4 undifferentiated		0.003		0		1		0.003		
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.014		0		1		0.016		
Threonine		0.192		0		1		0.223		
Isoleucine	g	0.141		0		1		0.164		
Leucine	g	0.277		0		1		0.321		
Lysine	g	0.157		0		1		0.182		
Methionine	g	0.118		0		1		0.137		
Cystine	g	0.040		0		1		0.046		
Phenylalanine	g	0.154		0		1		0.179		
Tyrosine	g	0.128		0		1		0.148		
Valine	g	0.267		0		1		0.310		
Arginine	g	0.124		0		1		0.144		
Histidine	g	0.091		0		1		0.106		
Alanine	-	0.292		0		1		0.339		
Aspartic acid		0.817		0		1		0.948		
Glutamic acid	g	0.743		0		1		0.862		
Glycine		0.171		0		1		0.198		
Proline		0.206		0		1		0.239		
Serine	-	0.226		0		1		0.262		
Hydroxyproline	g									

# **Common Measures:**

Measure 1 = 116g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> :	mount in 100	Amount in 100 grams of edible portion								
			N	umber				<u>m</u>	easures of food	<u> </u>		
			0	f Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	71.38		0		1		192.73				
Energy	kcal	103		0	NC	4		278				
Energy	kj	431				4		1164				
Protein (N x 6.25)	g	1.06		0		1		2.86				
Total lipid (fat)	g	0.22		0		1		0.59				
Ash	g	0.73		0		1		1.97				
Carbohydrate, by difference	g	26.60		0	NC	4		71.82				
Fiber, total dietary	g	2.4		0		4		6.5				
Sugars, total	g											
Starch	g											
Minerals:		_		_		_		00				
Calcium, Ca	-	8		0		1		22				
Iron, Fe.	-	1.20 12		0		1 1		3.24				
Magnesium, Mg		35		0		1		32 95				
Phosphorus, P	-	292		0		1		788				
Potassium, KSodium, Na		292		0		1		788 5				
Zinc, Zn	-	0.17		0		1		0.46				
Copper, Cu		0.107	,	0		1		0.289				
Manganese, Mn		0.089		0		1		0.240				
Selenium, Se	-	0.7		0	BFZN	4		1.9				
Scientini, Sc	9	• • • • • • • • • • • • • • • • • • • •		·	22 211	-						
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	-	3.4		0		1		9.2				
Thiamin	-	0.005		0		1		0.014				
Riboflavin		0.019		0		1		0.051				
Niacin	-	1.388		0		1		3.748				
Pantothenic acid	-	0.165		0		1		0.446				
Vitamin B-6	-	0.035	5	0		1		0.095				
Folate, total		0		0	_	1		0				
Folic acid		0		0	Z	7		0				
Folate, food		0		0		1		0				
Folate, DFE		0		0	NC -	4		0				
Vitamin B-12		0.00		0	Z	7 1		0.00				
Vitamin A, IU		180		-				486				
Vitamin A, RAE		9 0		0 0	z	1 7		24 0				
Vitamin E (alpha-tocopherol)		Ü		U	4	,		O				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
	-											
<u>Lipids:</u>	~	0.004	•	•				0.065				
Fatty acids, total saturated		0.024		0		1 1		0.065				
4:0		0.000		0		1		0.000				
6:0		0.000		0		1		0.000				
8:0		0.000		0		1		0.000				
10:0		0.000		0		1		0.000 0.000				
12:0 13:0	_	0.000	,	U		1		0.000				
14:0	-	0.000	1	0		1		0.000				
	-	0.000	•	U		_		0.000				
15:0 16:0		0.021		0		1		0.057				
17:0		0.021	-	U		_		0.057				
18:0		0.003	1	0		1		0.008				
20:0		0.003	-	J		-		0.008				
22:0												
44.U	g g											

		<u>Aı</u>	mount in 100 gram	Amount in edible portion of common measures of food					
			Numbe		_		<u> </u>	easures or 1000	<u>.</u>
Nutrients and Uni	its	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
En il col		0.082	0		1		0.221		
Fatty acids, total monounsaturated	g	0.082	U		1		0.221		
15:1 16:1 undifferentiated 17:1	g	0.002	0		1		0.005		
18:1 undifferentiated	_	0.080	0		1		0.216		
20:1		0.000	0		1		0.000		
22:1 undifferentiated		0.000	0		1		0.000		
24:1 c	-	0.000	U		_		0.000		
Fatty acids, total polyunsaturated		0.108	0		1		0.292		
18:2 undifferentiated		0.105	0		1		0.284		
18:3 undifferentiated	-	0.003	0		1		0.204		
18:4	_	0.003	0		1		0.008		
20:2 n-6 c.c	-	0.000	v		-		0.000		
20:3 undifferentiated.	_								
20:4 undifferentiated		0.001	0		1		0.003		
20:5 n-3	_	0.000	0		1		0.000		
22:5 n-3		0.000	0		1		0.000		
22:6 n-3	-	0.000	0		1		0.000		
Fatty acids, total trans		0.000	v		-		0.000		
Cholesterol		0	0	z	7		0		
Phytosterols		•	·	_	•		·		
•									
Amino Acids:									
Tryptophan		0.003	0		1		0.008		
Threonine	-	0.041	0		1		0.111		
Isoleucine		0.030	0		1		0.081		
Leucine		0.060	0		1		0.162		
Lysine		0.034	0		1		0.092		
Methionine		0.026			1		0.070		
Cystine		0.009			1		0.024		
Phenylalanine		0.033			1		0.089		
Tyrosine	-	0.028	0		1		0.076		
Valine		0.058	0		1		0.157		
Arginine		0.027	0		1		0.073		
Histidine		0.020			1		0.054		
Alanine	_	0.063			1		0.170		
Aspartic acid		0.176			1		0.475		
Glutamic acid		0.160	0		1		0.432		
Glycine	<del>-</del>	0.037	0		1		0.100		
Proline		0.044	0		1		0.119		
Serine	-	0.049	0		1		0.132		
Hydroxyproline	g								
Others:									
Alcohol, ethyl		0.0	0		7		0.0		
Caffeine	-								
Theobromine	mg								

### **Common Measures:**

Measure 1 = 270g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common				
				Number	•			measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	78.10		1		1		201.50				
Energy	kcal	77		0	NC	4		199				
Energy	kj	322				4		831				
Protein (N x 6.25)	g	1.16		0		1		2.99				
Total lipid (fat)	g	0.25		0		1		0.65				
Ash	g	0.80		0		1		2.06				
Carbohydrate, by difference	g	19.69		0	NC	4		50.80				
Fiber, total dietary	g	2.7		0		4		7.0				
Sugars, total	g	16.99		0	0	4		43.83				
Starch												
	_											
<u>Minerals:</u>		_				_						
Calcium, Ca	-	9		0		1		23				
Iron, Fe	-	1.31		0		1		3.38				
Magnesium, Mg		13		0		1		34				
Phosphorus, P	-	38		0		1		98				
Potassium, K		320		0		1		826				
Sodium, Na	-	2		0		1		5				
Zinc, Zn		0.18		0		1		0.46				
Copper, Cu		0.117		0		1		0.302				
Manganese, Mn		0.098		0		1		0.253				
Selenium, Se	mcg	0.2		0	BFSN	4		0.4				
Vitamins:												
Vitamin C, total ascorbic acid	ma	3.7	1.25	59 3		1		9.5				
Thiamin	-	0.005				1		0.013				
Riboflavin	-	0.021				1		0.054				
Niacin		1.519				1		3.919				
Pantothenic acid	-	0.181				1		0.467				
Vitamin B-6	_	0.038	0.00	2 3		1		0.098				
Folate, total	_	0	0.01			1		0				
Folic acid		0		0	z	7		0				
Folate, food		0	0.01	.7 3		1		0				
Folate, DFE		0		0	NC	4		0				
Vitamin B-12		0.00		0	Z	7		0.00				
Vitamin A, IU		197	7.28	37 3		1		508				
Vitamin A, RAE		10		0	NC	4		25				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)		0.06		0	BFSN	4		0.16				
Tocopherol, beta				_		=		**				
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		5.0		0	BFSN	4		13.0				
<u> ipids:</u>												
Fatty acids, total saturated		0.026		0		1		0.067				
4:0		0.000		0		1		0.000				
6:0		0.000		0		1		0.000				
8:0	_	0.000		0		1		0.000				
10:0	-	0.000		0		1		0.000				
12:0		0.000	1	0		1		0.000				
13:0		_				_						
14:0		0.000	1	0		1		0.000				
15:0												
16:0		0.023	1	0		1		0.059				
17:0	_											
18:0	_	0.003	1	0		1		0.008				
20:0	_											
22:0	_											
24:0	g											

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.089		0		1		0.230		
14:1	_									
15:1	-	0.000		0		1		0 005		
16:1 undifferentiated	_	0.002		U		1		0.005		
18:1 undifferentiated		0.087		0		1		0.224		
		0.000		0		1		0.224		
20:1 22:1 undifferentiated				0		1				
	-	0.000		U		1		0.000		
24:1 c		0.118		0		1		0.204		
Fatty acids, total polyunsaturat		0.115		0		1		0.304 0.297		
18:2 undifferentiated				0		1				
18:3 undifferentiated		0.003		0		1		0.008 0.000		
18:4		0.000		U		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	_	0.001		0		1		0.003		
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0		1				
				0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000		U		1		0.000		
Fatty acids, total trans		0		0	z	7		0		
CholesterolPhytosterols	-	U		U	4	,		U		
Phytosterois										
Amino Acids:										
Tryptophan	g	0.003		0		1		0.008		
Threonine	g	0.045		0		1		0.116		
Isoleucine	g	0.033		0		1		0.085		
Leucine	g	0.065		0		1		0.168		
Lysine	g	0.037		0		1		0.095		
Methionine	g	0.028		0		1		0.072		
Cystine	g	0.009		0		1		0.023		
Phenylalanine	g	0.036		0		1		0.093		
Tyrosine	g	0.030		0		1		0.077		
Valine	g	0.063		0		1		0.163		
Arginine	g	0.029		0		1		0.075		
Histidine	g	0.021		0		1		0.054		
Alanine	g	0.069		0		1		0.178		
Aspartic acid	g	0.193		0		1		0.498		
Glutamic acid	g	0.176		0		1		0.454		
Glycine	g	0.040		0		1		0.103		
Proline	g	0.049		0		1		0.126		
Serine	g	0.053		0		1		0.137		
Hydroxyproline	g									
Others:				•		_		0 0		
Alcohol, ethyl	_	0.0		0	_	7		0.0		
Caffeine	<del>-</del>	0		0	z	7		0		
Theobromine	g	0		0	Z	7		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	98		0	BNA	4		252.436		
Carotene, alpha		0		0	BNA	4		0.749		
Cryptoxanthin, beta		40		0	BNA	4		104.290		
Lycopene		0		0	BFSN	4		0.000		
Lutein + zeaxanthin		180		0	BFSN	4		463.523		

## **Common Measures:**

Measure 1 = 258g: 1 cup

NDB No. 09247

Peaches, dried, sulfured, stewed, without added sugar

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

							Amount in edible portion of common measures of food			
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Unit	s	Mean	of Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	31.80	0.515	29		1		50.88	4.13	
Energy		239	0.515	0	NC	4		382	31	
Energy		1000		Ŭ	110	4		1600	130	
Protein (N x 6.25)		3.61	0.105	25		1		5.78	0.47	
Total lipid (fat)		0.76	0.020	24		1		1.22	0.10	
Ash		2.50	0.103	25		1		4.00	0.10	
Carbohydrate, by difference		61.33	0.200	0	NC	4		98.13	7.97	
Fiber, total dietary		8.2		0	110	1		13.1	1.1	
Sugars, total		41.74	2.860	4		1		66.78	5.43	
ē ,		15.42	2.220	4		1		24.67	2.00	
Sucrose		12.83	2.967	4		1		20.53	1.67	
Glucose (dextrose)		13.49	2.113	4		1		21.58	1.67	
Fructose	9	13.49	2.113	4		1		21.50	1.75	
Lactose	9									
Maltose	9									
Galactose										
Starch	g									
Minerals:	ma	28	1 020	24				45		
Calcium, Ca		4.06	1.039 0.120	24 24		1 1		45 6.50	4 0.53	
Iron, Fe.		4.06	1.113	24		1		6.50 67	0.53 5	
Magnesium, Mg		119	7.126	24		1		190	15	
Phosphorus, P		996	12.756	24		1		1594	129	
Potassium, K		7	0.682	24		1		11	1	
Zinc, Zn		0.57	0.033	24		1		0.91	0.07	
Copper, Cu		0.364		24		1		0.582	0.047	
Manganese, Mn		0.305		3		1		0.488	0.040	
Selenium, Se		0.5	0.027	0	BFSN	4		0.7	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8	0.685	6		1		7.7	0.6	
Thiamin		0.002	0.001	21		1		0.003	0.000	
Riboflavin		0.212		21		1		0.339	0.028	
Niacin		4.375	0.072	21		1		7.000	0.569	
Pantothenic acid		0.564	Į	0		4		0.902	0.073	
Vitamin B-6	_	0.067	,	1		1		0.107	0.009	
Folate, total		0		0		4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		2163	133.730	21		1		3461	281	
Vitamin A, RAE		108	6.687	21		1		173	14	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.19		1	A	1		0.30	0.02	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)		15.7		0	BFSN	4		25.1	2.0	
Lipids:										
Fatty acids, total saturated		0.082	2	0		1		0.131	0.011	
4:0	g	0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.000	)	0		1		0.000	0.000	
40.0	0	0.000	)	0		1		0.000	0.000	
12:0	9	0.000	•	U		_		0.000	0.000	
12:0 13:0	-	0.000		0		1		0.000	0.000	

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	o <u>n</u>	Amount in	edible portion o	f common
				Number	•				easures of food	
Nutrients and Units	1	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.071		0		1		0.114	0.009	
17:0		0.010		•		-		0.016	0 001	
18:0 20:0	-	0.010		0		1		0.016	0.001	
22:0										
24:0										
Fatty acids, total monounsaturated		0.278		0		1		0.445	0.036	
14:1 15:1										
16:1 undifferentiated	-	0.006		0		1		0.010	0.001	
17:1										
18:1 undifferentiated	-	0.272		0		1		0.435	0.035	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated 24:1 c		0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.367		0		1		0.587	0.048	
18:2 undifferentiated		0.358		0		1		0.573	0.047	
18:3 undifferentiated		0.009		0		1		0.014	0.001	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated 20:4 undifferentiated	-	0.002		0		1		0.003	0.000	
20:5 n-3	-	0.002		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	<sup>111</sup>									
Amino Acids:										
Tryptophan		0.010		0		1		0.016	0.001	
Threonine Isoleucine		0.141 0.104		0		1 1		0.226 0.166	0.018 0.014	
Leucine	-	0.104		0		1		0.100	0.014	
Lysine		0.116		0		1		0.186	0.015	
Methionine	g	0.087		0		1		0.139	0.011	
Cystine		0.029		0		1		0.046	0.004	
Phenylalanine	_	0.114		0		1		0.182	0.015	
Tyrosine		0.094 0.197		0		1 1		0.150 0.315	0.012 0.026	
ValineArginine	-	0.197		0		1		0.147	0.026	
Histidine		0.067		0		1		0.107	0.009	
Alanine	g	0.215		0		1		0.344	0.028	
Aspartic acid		0.602		0		1		0.963	0.078	
Glutamic acid		0.548		0		1		0.877	0.071	
Glycine		0.126		0 0		1 1		0.202	0.016	
Proline Serine		0.152 0.167		0		1		0.243 0.267	0.020 0.022	
Hydroxyproline		0.107		Ū		-		0.207	0.022	
Others: Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0.0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	1074		0	BNA	4		1718.869	139.658	
Carotene, alpha		3		0	BNA	4		5.102	0.415	
Cryptoxanthin, beta		444		0	BNA	4		710.121	57.697	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	iiicg	559		0	BFSN	4		895.183	72.734	

NDB No. 09246

Peaches, dried, sulfured, uncooked

**Common Measures:** 

Measure 1 = 160g: 1 cup, halves

Measure 2 = 13.0g: 1 half

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 gra	ams of e	dible portion	<u>on</u>		edible portion	
			Num	ıber			<u>m</u>	easures of food	<u> </u>
			of D	ata Der	v Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.73	0.267	3	1		186.83	115.83	212.23
Energy	kcal	94		0 1	C 4		235	146	267
Energy	kj	393			4		983	610	1117
Protein (N x 6.25)	g	0.63	0.125	3	1		1.58	0.98	1.79
Total lipid (fat)	g	0.13	0.033	3	1		0.33	0.20	0.37
Ash		0.53	0.285	3	1		1.33	0.82	1.51
Carbohydrate, by difference	g	23.98		0 1	C 4		59.95	37.17	68.10
Fiber, total dietary	g	1.8		0	4		4.5	2.8	5.1
Sugars, total	g	22.18		0	4		55.45	34.38	62.99
Starch	g								
Minerals:									
Calcium, Ca	ma	3	0.000	3	1		8	5	9
Iron, Fe	_	0.37	0.070	3	1		0.93	0.57	1.05
Magnesium, Mg	_	5	0.404	3	1		13	8	14
Phosphorus, P		11	1.114	3	1		28	17	31
Potassium, K	•	130	4.782	3	1		325	202	369
Sodium, Na		6	1.202	3	1		15	9	17
Zinc, Zn	mg	0.05	0.010	3	1		0.13	0.08	0.14
Copper, Cu	mg	0.024	0.006	3	1		0.060	0.037	0.06
Manganese, Mn	mg	0.029	0.004	3	1		0.073	0.045	0.08
Selenium, Se	mcg	0.4		0 BF	ZN 4		1.0	0.6	1.1
Vitamins:									
Vitamin C, total ascorbic acid	ma	94.2	2.340	3	1		235.5	146.0	267.5
Thiamin	-	0.013		3	1		0.033	0.020	0.03
Riboflavin		0.035		3	1		0.088	0.054	0.09
Niacin		0.653		3	1		1.633	1.012	1.85
Pantothenic acid	_	0.132		0	1		0.330	0.205	0.37
Vitamin B-6	-	0.018		0	1		0.045	0.028	0.05
Folate, total	-	3		0	4		8	5	9
Folic acid		0		0 2	7		0	0	0
Folate, food		3		0	4		8	5	9
Folate, DFE		3		0 N	2 4		8	5	9
Vitamin B-12		0.00		0 2	7		0.00	0.00	0.00
Vitamin A, IU	IU	284	16.667	3	1		710	440	807
Vitamin A, RAE	mcg_RAE	14	0.833	3	1		36	22	40
Retinol	mcg	0		0 2	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.62		0 FI	A 4		1.54	0.96	1.75
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		2.2		0 FI	A 4		5.4	3.3	6.1
vitamini K (priyrioquinone)	illog	2.2		0 F1	n 4		3.4	3.3	6.1
<u>lipids:</u>									
Fatty acids, total saturated	g	0.014		0	1		0.035	0.022	0.04
4:0	g	0.000		0	1		0.000	0.000	0.00
6:0	g	0.000		0	1		0.000	0.000	0.00
8:0	g	0.000		0	1		0.000	0.000	0.00
10:0		0.000		0	1		0.000	0.000	0.00
12:0		0.000		0	1		0.000	0.000	0.00
13:0									
14:0	g	0.000		0	1		0.000	0.000	0.00
15:0									
16:0	g	0.012		0	1		0.030	0.019	0.03
17:0	-								
18:0	-	0.002		0	1		0.005	0.003	0.00
20:0 22:0	-								

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	of common
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.048		0		1		0.120	0.074	0.136
14:1	_									
15:1	_									
16:1 undifferentiated	_	0.001		0		1		0.003	0.002	0.003
17:1 18:1 undifferentiated	_	0.047		0		1		0.118	0.073	0.133
20:1	_	0.000		0		1		0.118	0.073	0.133
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	_	0.000		Ū		-		0.000	0.000	0.000
Fatty acids, total polyunsaturat		0.064		0		1		0.160	0.099	0.182
18:2 undifferentiated		0.063		0		1		0.158	0.098	0.179
18:3 undifferentiated		0.002		0		1		0.005	0.003	0.006
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.002		0		1		0.005	0.003	0.006
Threonine		0.024		0		1		0.060	0.037	0.068
Isoleucine	g	0.018		0		1		0.045	0.028	0.051
Leucine	g	0.035		0		1		0.088	0.054	0.099
Lysine	g	0.020		0		1		0.050	0.031	0.057
Methionine	g	0.015		0		1		0.038	0.023	0.043
Cystine	g	0.005		0		1		0.013	0.008	0.014
Phenylalanine	g	0.020		0		1		0.050	0.031	0.057
Tyrosine	g	0.016		0		1		0.040	0.025	0.045
Valine	-	0.034		0		1		0.085	0.053	0.097
Arginine	•••••••••••••••••••••••••••••••••••••••	0.016		0		1		0.040	0.025	0.045
Histidine	_	0.012		0		1		0.030	0.019	0.034
Alanine		0.037		0		1		0.093	0.057	0.105
Aspartic acid		0.104		0		1		0.260	0.161	0.295
Glutamic acid	_	0.095		0		1		0.238	0.147	0.270
Glycine		0.022		0		1		0.055	0.034	0.062
Proline	_	0.026		0		1		0.065	0.040	0.074
Serine		0.029		0		1		0.073	0.045	0.082
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	141		0	BNA	4		352.634	218.633	400.593
Carotene, alpha		0		0	BNA	4		1.047	0.649	1.189
Cryptoxanthin, beta		58		0	BNA	4		145.685	90.325	165.498
Lycopene	_	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin		77		0	FLA	4		191.891	118.972	217.988

#### **Common Measures:**

Measure 1 = 250g: 1 cup, thawed

Measure 2 = 155g: 10 slices

Measure 3 = 284g: 1 package (10 oz)

NDB No. 09250

Peaches, frozen, sliced, sweetened

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 13% Pits and skin

		<u>A</u> 1	mount in 100 g	rams o	or ear	ole portio	<u>'n</u>		edible portion	
			Nui	mber				<u>m</u> e	easures of food	_
			of	Data [	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints (	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	88.87	0.590	9	A	1		151.07	139.52	87.09
	_	39	0.390	0	NC	4		67	62	39
Energy		165		0	NC	4		281		162
Energy	=		0.011						259	
Protein (N x 6.25)		0.91	0.011	8	A	1		1.55	1.43	0.90
Total lipid (fat)		0.25	0.052	9	A	1		0.42	0.39	0.24
Ash		0.43	0.013	8	A	1		0.73	0.68	0.42
Carbohydrate, by difference		9.54	0.054	0	NC	4		16.22	14.98	9.35
Fiber, total dietary		1.5	0.051	8	A	1		2.5	2.3	1.5
Sugars, total		8.39	0.351	8	A	1		14.26	13.17	8.22
Sucrose	g	4.76	0.093	8	A	1		8.09	7.47	4.66
Glucose (dextrose)	g	1.95	0.208	8	A	1		3.32	3.06	1.91
Fructose	g	1.53	0.052	8	A	1		2.61	2.41	1.50
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.08	0.059	8	A	1		0.14	0.13	0.08
Galactose	g	0.06	0.061	8	A	1		0.10	0.10	0.06
Starch	g	0.00		4	A	1		0.00	0.00	0.00
Minerals:										
Calcium, Ca	ma	6	0.265	28	A	1		10	9	6
Iron, Fe	-	0.25	0.019	31	A	1		0.42	0.39	0.2
Magnesium, Mg		9	0.170	32	A	1		15	14	9
Phosphorus, P	-	20	0.352	31	A	1		35	32	20
Potassium, K		190	7.168	30	A	1		324	299	187
Sodium, Na	-	0	0.043	26	A	1		0	0	0
Zinc, Zn		0.17	0.028	32	A	1		0.28	0.26	0.1
Copper, Cu		0.068		32	A	1		0.116	0.108	0.0
Manganese, Mn		0.061		28	A	1		0.104	0.096	0.00
Selenium, Se		0.1		2	A	1		0.1	0.1	0.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	6.6	1.115	5		1		11.2	10.4	6.5
Thiamin	mg	0.024	0.005	8	A	1		0.041	0.037	0.02
Riboflavin	mg	0.031	0.004	8	A	1		0.054	0.049	0.0
Niacin	-	0.806	0.004	8	A	1		1.371	1.266	0.79
Pantothenic acid	mg	0.153	0.046	8	A	1		0.260	0.240	0.1
Vitamin B-6	mg	0.025	0.010	8	A	1		0.043	0.040	0.0
Folate, total		4		4	A	1		6	5	3
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	4		4	A	1		6	5	3
Folate, DFE	mcg_DFE	4		0	NC	4		6	5	3
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU		326	11.690	32	A	1		554	511	319
Vitamin A, RAE	mcg_RAE	16	0.584	32	A	1		28	26	16
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.73	0.086	5	A	1		1.25	1.15	0.7
Tocopherol, beta	mg	0.00	0.000	5	A	1		0.00	0.00	0.0
Tocopherol, gamma	mg	0.02	0.019	5	A	1		0.03	0.03	0.0
Tocopherol, delta	mg	0.00	0.000	5	A	1		0.00	0.00	0.0
Vitamin D		2.6	0.462	_	7	1		4.4	4.0	2 5
Vitamin K (phylloquinone)	<u>III</u> U	2.6	0.462	5	A	1		4.4	4.0	2.5
Lipids:	a	0.019	•	0	NC	4		0.033	0.030	0.0
Fatty acids, total saturated		0.019		0	MC	1		0.033	0.030	0.0
4:0	-	0.000		0		1				0.0
6:0				0		1		0.000	0.000	
8:0		0.000		0		1		0.000 0.000	0.000	0.0
10:0	_	0.000		0		1			0.000	0.0
12:0	_	0.000	,	U		1		0.000	0.000	0.0
13:0	-	0.000		0		4		0 000	0 000	
14:0	g g	0.000	,	0		1		0.000	0.000	0.00

	<u>A</u> 1	mount in 100	0 grams Number		ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.017		1		1		0.029	0.027	0.017
17:0g	0.02		_		_		0.023	0.027	0.02.
18:0g	0.002		1		1		0.003	0.003	0.002
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	0.067		0	NC	4		0.114	0.105	0.066
14:1g	0.00.		·		-		0.114	0.103	0.000
15:1g									
16:1 undifferentiatedg	0.002		1		1		0.003	0.003	0.002
17:1g			_		_				
18:1 undifferentiatedg 20:1g	0.065		1 0		1 1		0.111 0.000	0.102 0.000	0.064 0.000
22:1 undifferentiated	0.000		0		1		0.000	0.000	0.000
24:1 c	0.000		•		_		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.086	i	0	NC	4		0.146	0.135	0.084
18:2 undifferentiatedg	0.084		1		1		0.143	0.132	0.082
18:3 undifferentiatedg	0.002		1		1		0.003	0.003	0.002
18:4g	0.000	1	0		1		0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated	0.000	1	0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:6 n-3g	0.000	)	0		1		0.000	0.000	0.000
Fatty acids, total trans9									
Cholesterolmg	0		0	Z	7		0	0	0
Phytosterolsmg	10		0		1		17	16	10
Amino Acids:									
Tryptophan9	0.010	1	0	A	1		0.016	0.015	0.009
Threonineg	0.016		0	A	1		0.026	0.024	0.015
Isoleucine	0.017		0	A	1		0.029	0.027	0.017
Leucine	0.027		0	A A	1 1		0.047	0.043	0.027
Lysine	0.030 0.010		0	A	1		0.050 0.016	0.046 0.015	0.029 0.009
Cystine	0.012		0	A	1		0.020	0.019	0.012
Phenylalanineg	0.019		0	A	1		0.033	0.030	0.019
Tyrosineg	0.014		0	A	1		0.024	0.022	0.014
Valineg	0.022		0	A	1		0.037	0.034	0.021
Arginineg	0.018		0	A	1		0.030	0.028	0.017
Histidine9	0.013		0	A	1		0.022	0.020	0.013
Alanineg	0.028		0	A A	1 1		0.048 0.710	0.044	0.027
Aspartic acid	0.418 0.056		0	A	1		0.710	0.656 0.088	0.410 0.055
Glycineg	0.030		0	A	1		0.035	0.033	0.020
Proline	0.018		0	A	1		0.030	0.028	0.017
Serineg	0.032		0	A	1		0.055	0.050	0.032
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	z	7		0	0	0
Theobromine mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, betamcg	162	5.76	8 32	A	1		274.920	253.896	158.483
Carotene, alpha mcg	0	0.48	0 32	A	1		0.816	0.754	0.470
Cryptoxanthin, betamcg	67	4.38		A	1		113.578	104.893	65.475
Lycopene mcg	0	0.00		A	1		0.000	0.000	0.000
Lutein + zeaxanthinmcg	91	19.79	6 8	A	1		155.274	143.400	89.511

NDB No. 09236 Peaches, raw

## **Common Measures:**

Measure 1 = 170g: 1 cup slices

Measure 2 = 157g: 1 large (2-3/4" dia) (approx 2-1/2 per lb) Measure 3 = 98g: 1 medium (2-1/2" dia) (approx 4 per lb)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 4% Pits

		<u>A</u> 1	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımbeı	r			m	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	79.20	0.320	19		1		191.66		
	-	75.20	0.320	0	NC	4		182		
Energy		75 314		U	NC	4		182 759		
Energy						-				
Protein (N x 6.25)		0.41	0.020	19		1		0.99		
Total lipid (fat)		0.10	0.000	19		1		0.24		
Ash		0.21	0.007	19		1		0.51		
Carbohydrate, by difference		20.08		0	NC	4		48.59		
Fiber, total dietary	g	1.3		0		4		3.1		
Sugars, total	g	18.78		0	0	4		45.45		
Starch	g									
Minerals:	ma	_	0 005	1.0		-		15		
Calcium, Ca		6	0.237	19		1		15		
Iron, Fe	-	0.28	0.021	19		1		0.68		
Magnesium, Mg		7	0.181	19		1		17		
Phosphorus, P	•	9	0.569	19		1		22		
Potassium, K		85	3.095	19		1		206		
Sodium, Na		4	0.158	19		1		10		
Zinc, Zn		0.08	0.005	19		1		0.19		
Copper, Cu		0.098	0.005	19		1		0.237		
Manganese, Mn										
Selenium, Se	mcg	0.3		0	BFZN	4		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	5.3	2.254	19		1		12.8		
Thiamin		0.011		19		1		0.027		
Riboflavin	-	0.035		19		1		0.085		
Niacin		0.537		19		1		1.300		
Pantothenic acid	-	0.050		0		4		0.121		
Vitamin B-6		0.019		0		4		0.046		
Folate, total	-	3	,	0		4		8		
		0		0	z	7		0		
Folic acid		3		0	4	4		8		
Folate, food	nicy	3		0	NG	4		8		
Folate, DFE					NC					
Vitamin B-12		0.00	00.106	0	Z	7		0.00		
Vitamin A, IU		317	23.186	19		1		767		
Vitamin A, RAE		16	1.159	19	_	1		38		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.49		0	BFYN	4		1.19		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.7		0	BFYN	4		4.2		
Lipids:										
Fatty acids, total saturated	q	0.011	_	0		1		0.027		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	_	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0	-	0.000	•			-		3.000		
14:0	-	0.000	1	0		1		0.000		
	_	0.000	•	J		-		0.000		
15:0		0.000	•	0		1		0.022		
16:0		0.009	,	U		1		0.022		
17:0		0 001		0		1		0 000		
18:0		0.001	•	U		1		0.002		
20:0	_									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<u>on</u>		edible portion o	
				Number				<u>m</u>	easures of food	
Nutrients and L	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.036		0		1		0.087		
14:1 15:1										
16:1 undifferentiated	9	0.001		0		1		0.002		
17:1 18:1 undifferentiated	-	0.036		0		1		0.087		
20:1	-	0.000		0		1		0.007		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	•			-		_				
Fatty acids, total polyunsaturated		0.048		0		1		0.116		
18:2 undifferentiated		0.047		0		1		0.114		
18:3 undifferentiated		0.001		0		1		0.002		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.001		0		1		0.002		
Threonine		0.016		0		1		0.039		
Isoleucine	g	0.012		0		1		0.029		
Leucine	g	0.023		0		1		0.056		
Lysine	g	0.013		0		1		0.031		
Methionine	g	0.010		0		1		0.024		
Cystine	g	0.003		0		1		0.007		
Phenylalanine	g	0.013		0		1		0.031		
Tyrosine	g	0.011		0		1		0.027		
Valine	g	0.023		0		1		0.056		
Arginine	g	0.010		0		1		0.024		
Histidine	g	0.008		0		1		0.019		
Alanine	g	0.025		0		1		0.061		
Aspartic acid	g	0.069		0		1		0.167		
Glutamic acid	g	0.063		0		1		0.152		
Glycine		0.014		0		1		0.034		
Proline		0.017		0		1		0.041		
Serine	-	0.019		0		1		0.046		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	<u>m</u> g	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcq	157		0	BNA	4		381.014		
Carotene, alpha		0		0	BNA	4		1.131		
Cryptoxanthin, beta	-	65		0	BNA	4		157.409		
Lycopene		0		0	BFYN	4		0.000		
Lutein + zeaxanthin	mcg	61		0	BFYN	4		148.095		

## **Common Measures:**

Measure 1 = 242g: 1 cup, whole

NDB No. 09243

Peaches, spiced, canned, heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Un	iits	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:		84.01	0.170	00		1		010.00	25.25	
Water	-	60	0.173	22 0	270	4		210.03	26.21	
Energy		251		U	NC	4		150 628	19 78	
Energy		0.11	0.004	22		1		0.28		
Protein (N x 6.25)		0.11	0.004	22		1		0.28	0.03	
Total lipid (fat)		0.01	0.001	22		1		0.03	0.00	
AshCarbohydrate, by difference		15.76	0.001	0	NC	4		39.40	4.92	
Fiber, total dietary		0.6		0	NC	4		1.5	0.2	
Sugars, total		0.6		U		-		1.5	0.2	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	mg	5	0.238	22		1		13	2	
Iron, Fe		0.26	0.032	8		1		0.65	0.08	
Magnesium, Mg		3	0.191	21		1		8	1	
Phosphorus, P		3	0.173	21		1		8	1	
Potassium, K		13	2.304	21		1		33	4	
Sodium, Na		4	0.440	21		1		10	1	
Zinc, Zn		0.07	0.003	21		1		0.18	0.02	
Copper, Cu		0.067		21		1		0.168	0.021	
Manganese, Mn		0.030		0		1		0.075	0.009	
Selenium, Se	mcg	0.5		0	FLA	4		1.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.0	1.159	20		1		67.5	8.4	
Thiamin	mg	0.002	0.000	47		1		0.005	0.001	
Riboflavin		0.013	0.000	47		1		0.033	0.004	
Niacin	mg	0.128	0.012	47		1		0.320	0.040	
Pantothenic acid	mg	0.022		0		4		0.055	0.007	
Vitamin B-6	mg	0.014		0		4		0.035	0.004	
Folate, total	mcg	1		0		4		3	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		1		0		4		3	0	
Folate, DFE	mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1	0.562	16		1		3	0	
Vitamin A, RAE		0	0.028	16		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.001		0		1		0.003	0.000	
4:0	g									
6:0										
8:0										
10:0										
12:0										
13:0										
14:0										
15:0				-		_				
16:0		0.001		0		1		0.003	0.000	
17:0										
18:0										
20:0	-									
22:0										
24:0	g									

		<u>An</u>	nount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			Numbe of Data	r Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	•	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.003	0		1		0.008	0.001	
14:1		0.000	·		_		0.000	0.001	
15:1									
16:1 undifferentiated	_								
17:1	g								
18:1 undifferentiated	g	0.002	0		1		0.005	0.001	
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.003	0		1		0.008	0.001	
18:2 undifferentiated	g	0.003	0		1		0.008	0.001	
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		0	0	Z	7		0	0	
Phytosterols	mg								

#### **Common Measures:**

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

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	nount in 100 g	ırams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u>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	84.01	0.173	22		1		210.03	26.21	
Energy	kcal	60		0	NC	4		150	19	
Energy	kj	251				4		628	78	
Protein (N x 6.25)	g	0.11	0.004	22		1		0.28	0.03	
Total lipid (fat)	g	0.01	0.006	22		1		0.03	0.00	
Ash	g	0.10	0.001	22		1		0.25	0.03	
Carbohydrate, by difference	g	15.76		0	NC	4		39.40	4.92	
Fiber, total dietary	g	0.6		0		4		1.5	0.2	
Sugars, total	g	15.16		0	0	4		37.90	4.73	
Starch	g									
3.47										
Minerals:	ma	-	0.000	22		4		12	•	
Calcium, Ca	-	5 0.26	0.238 0.032	22 8		1 1		13 0.65	2 0.08	
Iron, Fe	-	3	0.032	21		1		8	1	
Magnesium, Mg Phosphorus, P		3	0.191	21		1		8	1	
Potassium, K	•	13	2.304	21		1		33	4	
Sodium. Na	-	4	0.440	21		1		10	1	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.07	0.003	21		1		0.18	0.02	
Copper, Cu		0.07		21		1		0.168	0.021	
Manganese, Mn		0.030		0		1		0.108	0.009	
Selenium, Se		0.030		0	BFYN	4		0.075	0.00	
Scientifi, Sci				•		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.1		2		1		2.8	0.3	
Thiamin	-	0.002		47		1		0.005	0.001	
Riboflavin	mg	0.013		47		1		0.033	0.004	
Niacin	mg	0.128		47		1		0.320	0.040	
Pantothenic acid	=	0.022		0		4		0.055	0.007	
Vitamin B-6	_	0.014		0		4		0.035	0.004	
Folate, total		1		0		4		3	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		4		3	0	
Folate, DFE		1		0	NC	4		3	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		1	0.562	16		1		3	0	
Vitamin A, RAE		0	0.028	16		1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.05		0	BFYN	4		0.12	0.02	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1.8		•	BFYN			4 5	0.6	
Vitamin K (phylloquinone)	Illeg	1.8		0	BEIN	4		4.5	0.6	
Lipids:										
Fatty acids, total saturated	g	0.001		0		1		0.003	0.000	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0										
14:0	g	0.000		0		1		0.000	0.000	
15:0										
16:0		0.001		0		1		0.003	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	-	Number			_		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.000		•		1				
Fatty acids, total monounsaturatedg	0.003		0		1		0.008	0.001	
14:1g 15:1g									
16:1 undifferentiated	0.000		0		1		0.000	0.000	
17:1g	0.000		Ū		-		0.000	0.000	
18:1 undifferentiatedg	0.002		0		1		0.005	0.001	
20:1g	0.002		0		1		0.003	0.001	
22:1 undifferentiated	0.000		0		1		0.000	0.000	
24:1 cg	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.003		0		1		0.008	0.001	
18:2 undifferentiatedg	0.003		0		1		0.008	0.001	
18:3 undifferentiated	0.000		0		1		0.000	0.000	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiated	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	1		0	BNA	4		1.392	0.174	
Carotene, alphamcg	0		0	BNA	4		0.045	0.006	
Cryptoxanthin, betamcg	0		0	BNA	4		0.185	0.023	
Lycopenemcg	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin mcg	20		0	BFYN	4		50.083	6.250	

## **Common Measures:**

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

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 9% Core and stem

		<u>A</u>	mount in 100	grams	ot edib	ne portio	<u>on</u>		edible portion of	of common
			N	lumber				<u>m</u>	easures of food	
			C	of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	88.25		2		1		107.67	242.69	
	_	42		0	NC	4		51	116	
Energy		176		U	NC	4		214	483	
Protein (N x 6.25)		0.50		2		1		0.61	1.38	
Total lipid (fat)	_	0.30		2		1		0.01	0.63	
Ash		0.23		2		1		0.45	1.02	
Carbohydrate, by difference		10.65		0	NC	4		12.99	29.29	
Fiber, total dietary		3.6		0	NC	1		4.4	9.9	
Sugars, total		7.05		0	0	4		8.60	19.39	
Starch	_	7.03		U	O	-		8.00	19.39	
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	-	4		2		1		5	11	
Iron, Fe	-	0.00		2		1		0.00	0.00	
Magnesium, Mg		8		2		1		10	22	
Phosphorus, P	•	11		2		1		13	30	
Potassium, K		121		2		1		148	333	
Sodium, Na		0		2		1 1		0	0	
Zinc, Zn		0.02 0.050	,	2 2		1		0.02 0.061	0.06 0.138	
Copper, Cu		0.050		2		1		0.073	0.138	
Selenium, Se		0.000	,	0	BFZN	4		0.073	0.103	
Scientini, Sc	g	0.1		ŭ	DI DI	•		0.1	V.2	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	3.8		0		1		4.6	10.5	
Thiamin		0.009	•	2		1		0.011	0.025	
Riboflavin		0.010	)	2		1		0.012	0.028	
Niacin		0.219		2		1		0.267	0.602	
Pantothenic acid		0.070		2		1		0.085	0.193	
Vitamin B-6	-	0.022	2	2		1		0.027	0.061	
Folate, total		8		2		1		10	22	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		2		1		10	22	
Folate, DFE		8		0	NC -	4		10	22	
Vitamin B-12		0.00		0	Z	7 1		0.00 0	0.00	
Vitamin A, IU Vitamin A, RAE		0		2 0	AS	1		0	0 0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.12		0	BFZN	4		0.15	0.34	
Tocopherol, beta	 ma	0.12		U	DE ZN	-		0.13	0.54	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.5		0	BFZN	4		5.5	12.5	
	<u> </u>									
Lipids:				_		_				
Fatty acids, total saturated		0.012		0		1		0.015	0.033	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	J	0		1		0.000	0.000	
13:0				^					2 222	
14:0	-	0.000	J	0		1		0.000	0.000	
15:0				_		_				
16:0		0.010	)	1		1		0.012	0.028	
17:0	_			_		_				
18:0	_	0.002	2	1		1		0.002	0.006	
20:0	_									
22:0	g									

	<u>Ar</u>	nount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
		Numbe					easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.049	0		1		0.060	0.135	
14:1g	0.043	· ·		-		0.000	0.133	
15:1g								
16:1 undifferentiatedg	0.001	1		1		0.001	0.003	
17:1g								
18:1 undifferentiatedg	0.047			1		0.057	0.129	
20:1g	0.001			1		0.001	0.003	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg		_		_				
Fatty acids, total polyunsaturated9	0.055			1		0.067	0.151	
18:2 undifferentiated	0.054			1		0.066	0.149	
18:3 undifferentiatedg	0.001			1		0.001	0.003	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated				_				
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	•		_	_		•	•	
Cholesterol mg	0	0	Z	7		0	0	
Phytosterols mg								
Amino Acids:								
Tryptophang	0.005	0		1		0.006	0.014	
Threonineg	0.013	0		1		0.016	0.036	
Isoleucineg	0.014	0		1		0.017	0.039	
Leucineg	0.025	0		1		0.031	0.069	
Lysineg	0.017	0		1		0.021	0.047	
Methionineg	0.006	0		1		0.007	0.017	
Cystineg	0.005	0		1		0.006	0.014	
Phenylalanineg	0.013	0		1		0.016	0.036	
Tyrosineg	0.004	0		1		0.005	0.011	
Valineg	0.018	0		1		0.022	0.050	
Arginineg	0.009	0		1		0.011	0.025	
Histidineg	0.005	0		1		0.006	0.014	
Alanineg	0.017	0		1		0.021	0.047	
Aspartic acidg	0.098	0		1		0.120	0.270	
Glutamic acidg	0.036	0		1		0.044	0.099	
Glycine9	0.014	0		1		0.017	0.039	
Prolineg	0.016	0		1		0.020	0.044	
Serineg	0.018	0		1		0.022	0.050	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0.0	0	z	7		0	0	
Theobromine mg	0	0	z	7		0	0	
Carotenoids:	v	v	-	•		v	v	
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	BFZN			0.000	0.000	
Lutein + zeaxanthin mcg	50	0	BFZN	4		61.102	137.729	

## **Common Measures:**

Measure 1 = 122g: 1 fruit 2-1/4" high x 2-1/2" dia Measure 2 = 275g: 1 fruit 3-3/8" high x 3" diameter NDB No. 09340 Pears, asian, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.28	0		1		197.58	58.68	
Energy	kcal	97	0	NC	4		258	77	
Energy		406			4		1080	321	
Protein (N x 6.25)		0.19	0		1		0.51	0.15	
Total lipid (fat)		0.13	0		1		0.35	0.10	
Ash		0.15	0		1		0.40	0.12	
Carbohydrate, by difference	g	25.25	0	NC	4		67.17	19.95	
Fiber, total dietary	g	1.6	0		4		4.3	1.3	
Sugars, total	g								
Starch	g								
N									
Minerals:	ma	5	0		1		13	4	
Calcium, CaIron, Fe	-	0.22	0		1		0.59	0.17	
Magnesium, Mg		4	0		1		11	3	
Phosphorus, P		7	0		1		19	6	
Potassium, K	_	64	0		1		170	51	
Sodium, Na		5	0		1		13	4	
Zinc, Zn		0.08	0		1		0.21	0.06	
Copper, Cu		0.048	0		1		0.128	0.038	
Manganese, Mn		0.032	2 0		1		0.085	0.025	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.1	0		1		2.9	0.9	
Thiamin		0.010			1		0.027	0.008	
Riboflavin		0.022			1		0.059	0.017	
Niacin		0.238			1		0.633	0.188	
Pantothenic acid		0.022			1		0.059	0.017	
Vitamin B-6		0.014			1		0.037	0.011	
Folate, total	_	1	0		1		3	1	
Folic acid	mcg	0	0	Z	7		0	0	
Folate, food	mcg	1	0		1		3	1	
Folate, DFE	mcg_DFE	1	0	NC	4		3	1	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		0	0		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0		1		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitamin K (phynoquinone)	nicg								
Lipids:									
Fatty acids, total saturated	g	0.007	0		1		0.019	0.006	
4:0									
6:0									
8:0									
10:0									
12:0	-								
13:0 14:0									
15:0	-								
16:0		0.005	. 0		1		0.013	0.004	
17:0		0.000	. •		-		0.013	0.004	
18:0		0.001	. 0		1		0.003	0.001	
20:0			·		=		,,,,,		
22:0									
24:0									

		Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence						edible portion o	of common	
						_		<u>m</u> e	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.026		0		1		0.069	0.021	
14:1										
15:1	_									
16:1 undifferentiated	-	0.001		0		1		0.003	0.001	
17:1						_				
18:1 undifferentiated		0.025		0		1		0.067	0.020	
20:1	-									
22:1 undifferentiated										
24:1 c	_	0.030		0		1		0.000	0.004	
Fatty acids, total polyunsaturated  18:2 undifferentiated		0.030		0		1		0.080 0.077	0.024 0.023	
18:3 undifferentiated	_	0.029		U		1		0.077	0.023	
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	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g	0.005		0		1		0.013	0.004	
Isoleucine	g	0.006		0		1		0.016	0.005	
Leucine	g	0.010		0		1		0.027	0.008	
Lysine	g	0.007		0		1		0.019	0.006	
Methionine	g	0.002		0		1		0.005	0.002	
Cystine	g	0.002		0		1		0.005	0.002	
Phenylalanine	g	0.005		0		1		0.013	0.004	
Tyrosine	g	0.002		0		1		0.005	0.002	
Valine	g	0.007		0		1		0.019	0.006	
Arginine	g	0.003		0		1		0.008	0.002	
Histidine	g	0.002		0		1		0.005	0.002	
Alanine		0.006		0		1		0.016	0.005	
Aspartic acid		0.038		0		1		0.101	0.030	
Glutamic acid		0.014		0		1		0.037	0.011	
Glycine		0.006		0		1		0.016	0.005	
Proline	-	0.005		0		1		0.013	0.004	
Serine	-	0.007		0		1		0.019	0.006	
Hydroxyproline	g									

#### **Common Measures:**

Measure 1 = 266g: 1 cup, halves Measure 2 = 79g: 1 half, with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	87.30		2		1		215.63	66.35	
Energy	kcal	47		0	NC	4		116	36	
Energy	kj	197				4		486	149	
Protein (N x 6.25)	g	0.30		2		1		0.74	0.23	
Total lipid (fat)	g	0.10		2		1		0.25	0.08	
Ash	g	0.10		2		1		0.25	0.08	
Carbohydrate, by difference	g	12.20		0	NC	4		30.13	9.27	
Fiber, total dietary	g	1.6		0		4		4.0	1.2	
Sugars, total	g									
Starch	g									
	_									
<u>Minerals:</u>	ma c	_		_		_			_	
Calcium, Ca	_	7		2		1		17	5	
Iron, Fe	-	0.20		2		1		0.49	0.15	
Magnesium, Mg		5		2		1		12	4	
Phosphorus, P	-	7		2		1		17	5	
Potassium, K	-	45		2		1		111	34	
Sodium, Na	-	2		2		1		5	2	
Zinc, Zn		0.07		2		1		0.17	0.05	
Copper, Cu		0.070		2		1		0.173	0.053	
Manganese, Mn		0.033	3	0		1		0.082	0.025	
Selenium, Se	Tricg									
/itamins:										
Vitamin C, total ascorbic acid	mg	2.0		2		1		4.9	1.5	
Thiamin	mg	0.010	)	2		1		0.025	0.008	
Riboflavin		0.020	)	2		1		0.049	0.015	
Niacin		0.400	)	2		1		0.988	0.304	
Pantothenic acid		0.022	2	0		1		0.054	0.017	
Vitamin B-6		0.014	Į	0		1		0.035	0.011	
Folate, total	mcg	1		0		1		3	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		1		3	1	
Folate, DFE		1		0	NC	4		3	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>	a	0.006	:	0		1		0.015	0.005	
Fatty acids, total saturated		0.000	,	U		_		0.015	0.005	
6:0	-									
8:0	-									
10:0										
12:0	-									
13:0	-									
14:0	-									
15:0	-									
16:0	-	0.004	ı	0		1		0.010	0.003	
17:0		2.20-		•		-		3.010	0.003	
18:0		0.001	L	0		1		0.002	0.001	
20:0	=	0.001	-	J		-		0.002	0.001	
22:0										
24:0										

		Amount in 100 grams of edible portion  Number				<u>on</u>		edible portion or	f common	
						0	0 5 - 1	<u></u>	casares or roou	
Nutrients and Units	3	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.021		0		1		0.052	0.016	
14:1	g									
15:1										
16:1 undifferentiated	-									
17:1										
18:1 undifferentiated		0.020		0		1		0.049	0.015	
20:1	-									
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.023		0		1		0.057	0.017	
18:2 undifferentiated		0.023		0		1		0.057	0.017	
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		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a									
Threonine		0.008		0		1		0.020	0.006	
Isoleucine	_	0.009		0		1		0.022	0.007	
Leucine	-	0.015		0		1		0.037	0.011	
Lysine		0.011		0		1		0.027	0.008	
Methionine		0.004		0		1		0.010	0.003	
Cystine		0.003		0		1		0.007	0.002	
Phenylalanine		0.008		0		1		0.020	0.006	
Tyrosine		0.003		0		1		0.020	0.002	
Valine		0.011		0		1		0.027	0.008	
Arginine		0.005		0		1		0.012	0.004	
Histidine		0.003		0		1		0.007	0.002	
Alanine	-	0.010		0		1		0.025	0.002	
Aspartic acid	-	0.059		0		1		0.146	0.045	
Glutamic acid		0.022		0		1		0.054	0.017	
Glycine	-	0.009		0		1		0.022	0.007	
Proline		0.008		0		1		0.022	0.006	
Serine		0.011		0		1		0.027	0.008	
Hydroxyproline		0.011		Ū		-		0.027	0.000	
11ydroxypronne	9									

## **Common Measures:**

Measure 1 = 247g: 1 cup, halves Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.69

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100 g	rams o	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber				me	easures of food	
				Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	~	20. 25	0.050	007				010.70	64 05	
Water	-	80.35	0.059	207		1		213.73	61.07	
Energy		74		0	NC	4		197	56	
Energy	=	310				4		824	235	
Protein (N x 6.25)		0.20	0.002			1		0.53	0.15	
Total lipid (fat)		0.13	0.009	90		1		0.35	0.10	
Ash		0.15	0.004	102		1		0.40	0.11	
Carbohydrate, by difference	g	19.17		0	NC	4		50.99	14.57	
Fiber, total dietary		1.6		0		4		4.3	1.2	
Sugars, total		15.20		1		1		40.43	11.55	
Sucrose	g	1.40		1		1		3.72	1.06	
Glucose (dextrose)	g	6.10		1		1		16.23	4.64	
Fructose		5.90		1		1		15.69	4.48	
Lactose										
Maltose	g	1.90		1		1		5.05	1.44	
Galactose										
Starch										
<u>Minerals:</u>										
Calcium, Ca	mg	5	0.095	100		1		13	4	
Iron, Fe	mg	0.22	0.008	105		1		0.59	0.17	
Magnesium, Mg	mg	4	0.059	84		1		11	3	
Phosphorus, P	mg	7	0.096	102		1		19	5	
Potassium, K	mg	65	2.119	63		1		173	49	
Sodium, Na	mg	5	0.169	83		1		13	4	
Zinc, Zn	mg	0.08	0.008	56		1		0.21	0.06	
Copper, Cu		0.049	0.002	56		1		0.130	0.037	
Manganese, Mn		0.032	?	0		1		0.085	0.024	
Selenium, Se	mcg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:	ma	1 1	0.040	101		-		2.0	0.0	
Vitamin C, total ascorbic acid		1.1	0.049	181		1		2.9	0.8	
Thiamin	_	0.010		97		1		0.027	0.008	
Riboflavin	-	0.022		109		1		0.059	0.017	
Niacin	_	0.242		90		1		0.644	0.184	
Pantothenic acid	-	0.022		0		1		0.059	0.017	
Vitamin B-6		0.014		0		1		0.037	0.011	
Folate, total		1	0.273	3		1		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		1	0.273	3		1		3	1	
Folate, DFE		1		0	NC	4		3	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0	0.000	26		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	26		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.08		0	BFYN	4		0.22	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		2	A	1		0.9	0.3	
Lipids:										
Fatty acids, total saturated	g	0.007	,	0		1		0.019	0.005	
4:0		0.000	)	0		1		0.000	0.000	
6:0	_	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	_	0.000	)	0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0										
14:0		0.000	)	0		1		0.000	0.000	
15:0				-						

		<u>Aı</u>	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number		0	0 5 - 1	1118	easures or loou		
Nutrients and Units		Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.006		0		1		0.016	0.005		
17:0	g										
18:0	g	0.001		0		1		0.003	0.001		
20:0	-										
22:0											
24:0	-										
Fatty acids, total monounsaturated		0.027		0		1		0.072	0.021		
14:1	-										
15:1		0 001		•					0.001		
16:1 undifferentiated		0.001		0		1		0.003	0.001		
17:1	-	0.026		0		1		0.069	0.020		
18:1 undifferentiated	-	0.026		0		1		0.069	0.020		
22:1 undifferentiated	-	0.000		0		1		0.000	0.000		
24:1 c	-	0.000		U		_		0.000	0.000		
Fatty acids, total polyunsaturated		0.030		0		1		0.080	0.023		
18:2 undifferentiated		0.030		0		1		0.080	0.023		
18:3 undifferentiated		0.000		0		1		0.000	0.000		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c,c								0.000	0.000		
20:3 undifferentiated.											
20:4 undifferentiated		0.000		0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3	g	0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan				_		_					
Threonine		0.005		0		1		0.013	0.004		
Isoleucine		0.006		0		1		0.016	0.005		
Leucine		0.010		0 0		1		0.027	0.008		
Lysine	-	0.007		0		1 1		0.019	0.005		
Methionine	-	0.002 0.002		0		1		0.005	0.002		
Cystine		0.002		0		1		0.005 0.013	0.002 0.004		
Phenylalanine Tyrosine		0.003		0		1		0.013	0.004		
Valine	_	0.002		0		1		0.003	0.002		
Arginine		0.007		0		1		0.008	0.003		
Histidine		0.003		0		1		0.005	0.002		
Alanine		0.002		0		1		0.019	0.002		
Aspartic acid	-	0.039		0		1		0.104	0.030		
Glutamic acid		0.014		0		1		0.037	0.011		
Glycine		0.006		0		1		0.016	0.005		
Proline		0.005		0		1		0.013	0.004		
Serine		0.007		0		1		0.019	0.005		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
<u>Carotenoids:</u>											
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	BFYN	4		0.000	0.000		
Lutein + zeaxanthin	Titica	34		0	BFYN	4		89.259	25.502		

NDB No. 09257

Pears, canned, heavy syrup pack, solids and liquids

**Common Measures:** 

Measure 1 = 266g: 1 cup

Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		A	mount in 100			ole portic	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	-		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		80.35		0	BD	4		161.50	38.57	
Energy		74		0	NC	4		148	35	
Energy		309		0	NC	4		621	148	
Protein		0.24 0.18		0	BD BD	4 4		0.49 0.36	0.12	
Total lipid (fat) Ash		0.18		0	BD	4		0.36	0.09 0.07	
Carbohydrate, by difference		19.08		0	NC	4		38.34	9.16	
Fiber, total dietary	_	2.7		0	BD	4		5.3	1.3	
Sugars, total		16.42		0	0	4		33.00	7.88	
Starch		10.42		·	Ŭ	•		33.00	7.00	
Starch	9									
Minerals:										
Calcium, Ca	-	6		0	BD	4		11	3	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.22		0	BD	4		0.44	0.11	
Magnesium, Mg		4 8		0	BD BD	4 4		8 16	2 4	
Phosphorus, P Potassium, K	•	66		0	BD	4		133	32	
Sodium, Na	-	5		0	BD	4		10	2	
Zinc, Zn		0.08		0	BD	4		0.17	0.04	
Copper, Cu		0.061	L	0	BD	4		0.122	0.029	
Manganese, Mn			_	-		-		**	****	
Selenium, Se	-	0.1		0	BFZN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	BD	4		2.2	0.5	
Thiamin	mg	0.011	L	0	BD	4		0.022	0.005	
Riboflavin	mg	0.024	1	0	BD	4		0.048	0.011	
Niacin	mg	0.242	2	0	BD	4		0.486	0.116	
Pantothenic acid										
Vitamin B-6		0.014	1	0	BD	4		0.029	0.007	
Folate, total		1		0	BD	4		3	1	
Folic acid		0		0	Z	7		0	0 1	
Folate, food	meg DEE	1 1		0	BD NC	4 4		3 3	1	
Folate, DFEVitamin B-12		0.00		0	NC Z	7		0.00	0.00	
Vitamin A, IU		8		0	NC	4		17	4	
Vitamin A, RAE	mca RAF	0		0	NC	4		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.12		0	BFZN	4		0.25	0.06	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.5		0	BFZN	4		9.1	2.2	
Lipids:										
Fatty acids, total saturated		0.010		0		4		0.020	0.005	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0 12:0		0.000		0		4		0.000 0.000	0.000 0.000	
13:0	_	0.000	•	U		*		0.000	0.000	
14:0	_	0.000	)	0		4		0.000	0.000	
15:0	_	3.000	-	·		-		2.300	5.000	
16:0	_	0.008	3	0		4		0.016	0.004	
17:0	-									
18:0		0.001	L	0		4		0.002	0.000	
20:0										
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10	00 grams Number	<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.037		0		4		0.074	0.018	
14:1										
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0		4		0.002	0.000	
17:1										
18:1 undifferentiated		0.036		0		4		0.072	0.017	
20:1	_	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	dg	0.041		0		4		0.082	0.020	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.041		0		4		0.082	0.020	
18:3 undifferentiated	g	0.000		0		4		0.000	0.000	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0		7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	4		1	A	1		8.040	1.920	
Carotene, alpha	mcg	0		0	BFZN	4		0.855	0.204	
Cryptoxanthin, beta	mcg	2		0	BFZN	4		3.518	0.840	
Lycopene	mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		50		0	BFZN	4		100.667	24.040	

## **Common Measures:**

Measure 1 = 201g: 1 cup Measure 2 = 48g: 1 half,

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.47	0.131	6		1		214.45	65.72	
Energy	kcal	50		0	NC	4		124	38	
Energy	kj	209				4		519	159	
Protein (N x 6.25)	g	0.34	0.012	15		1		0.84	0.26	
Total lipid (fat)	g	0.07	0.014	14		1		0.17	0.05	
Ash	g	0.19	0.001	6		1		0.47	0.14	
Carbohydrate, by difference	g	12.94		0	NC	4		32.09	9.83	
Fiber, total dietary	g	1.6		0		4		4.0	1.2	
Sugars, total	g	9.70		1		1		24.06	7.37	
Sucrose	g	0.60		1		1		1.49	0.46	
Glucose (dextrose)		3.30		1		1		8.18	2.51	
Fructose	g	5.80		1		1		14.38	4.41	
Lactose	g									
Maltose	g	0.00		1		1		0.00	0.00	
Galactose										
Starch										
Minerals:										
Calcium, Ca	mg	9	0.396	14		1		22	7	
Iron, Fe		0.29	0.058	7		1		0.72	0.22	
Magnesium, Mg	mg	7	0.364	13		1		17	5	
Phosphorus, P	mg	12	0.847	14		1		30	9	
Potassium, K	mg	96	8.984	13		1		238	73	
Sodium, Na	mg	4	0.462	13		1		10	3	
Zinc, Zn	mg	0.09	0.005	6		1		0.22	0.07	
Copper, Cu	mg	0.053	0.005	6		1		0.131	0.040	
Manganese, Mn	mg	0.034	1	0		4		0.084	0.026	
Selenium, Se	mcg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	0.068	7		1		4.0	1.2	
Thiamin	mg	0.011	0.001	3		1		0.027	0.008	
Riboflavin	mg	0.011	0.002	3		1		0.027	0.008	
Niacin	<u>mg</u>	0.200	)	1		1		0.496	0.152	
Pantothenic acid	mg	0.022	2	0		4		0.055	0.017	
Vitamin B-6		0.014	1	0		4		0.035	0.011	
Folate, total	mcg	1		0		4		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		1		0		4		3	1	
Folate, DFE	mcg_DFE	1		0	NC	4		3	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	6		2		1		15	5	
Vitamin A, RAE		0		2		1		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.08		0	BFYN	4		0.20	0.06	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D		0.0		•	_	-		2.2		
Vitamin K (phylloquinone)	mcg	0.3		2	A	1		0.8	0.3	
<u>Lipids:</u>		0.00	-	^				0.010	2 222	
Fatty acids, total saturated		0.004		0		1		0.010	0.003	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000	)	0		1		0.000	0.000	
13:0				_		_		_	_	
14:0	=	0.000	)	0		1		0.000	0.000	
15:0	g									

	<u>Ar</u>	nount in 100 grams	of edible porti	<u>on</u>	Amount in edible portion of common			
		Number				easures of food		
				Confidence				
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
16:0g	0.003	0	1		0.007	0.002		
17:0g								
18:0g	0.000	0	1		0.000	0.000		
20:0g								
22:0g								
24:0	0.014	0	1		0.025	0.011		
Fatty acids, total monounsaturatedg	0.014	U	1		0.035	0.011		
14.1								
16:1 undifferentiated	0.000	0	1		0.000	0.000		
17:1g								
18:1 undifferentiatedg	0.013	0	1		0.032	0.010		
20:1g	0.000	0	1		0.000	0.000		
22:1 undifferentiatedg	0.000	0	1		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	0.015	0	1		0.037	0.011		
18:2 undifferentiatedg	0.015	0	1		0.037	0.011		
18:3 undifferentiated	0.000	0	1		0.000	0.000		
18:4g	0.000	0	1		0.000	0.000		
20:2 n-6 c,c								
20:4 undifferentiated	0.000	0	1		0.000	0.000		
20:5 n-3	0.000	0	1		0.000	0.000		
22:5 n-3	0.000	0	1		0.000	0.000		
22:6 n-3g	0.000	0	1		0.000	0.000		
Fatty acids, total trans								
Cholesterolm	g 0	0	z 7		0	0		
Phytosterolsm	g							
Amino Acids:								
Tryptophan9								
Threonine9	0.009	0	1		0.022	0.007		
Isoleucine	0.010	0	1		0.025	0.008		
Leucine	0.017	0	1		0.042	0.013		
Lysine	0.012	0	1		0.030	0.009		
Methionine	0.00 <b>4</b> 0.003	0	1 1		0.010 0.007	0.003 0.002		
Cystine	0.003	0	1		0.007	0.002		
Tyrosine	0.003	0	1		0.022	0.007		
Valine	0.012	0	1		0.030	0.002		
Arginine	0.006	0	1		0.015	0.005		
Histidine	0.004	0	1		0.010	0.003		
Alanine	0.011	0	1		0.027	0.008		
Aspartic acid	0.068	0	1		0.169	0.052		
Glutamic acid	0.025	0	1		0.062	0.019		
Glycineg	0.010	0	1		0.025	0.008		
Prolineg	0.009		1		0.022	0.007		
Serineg	0.012	0	1		0.030	0.009		
Hydroxyproline9								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg	0	0	z 7		0	0		
Theobromine mg Carotenoids:	0	0	z 7		0	0		
Carotenolus:  Carotene, betamc	a 3	0	BNA 4		8.287	2.540		
Carotene, alpha mc	-	0	BNA 4		0.267	0.082		
Cryptoxanthin, betamc		0	BNA 4		1.099	0.337		
Lycopenemc	-	0	BFYN 4		0.000	0.000		
Lutein + zeaxanthinmc		0	BFYN 4		83.218	25.502		

NDB No. 09254

Pears, canned, juice pack, solids and liquids

**Common Measures:** 

Measure 1 = 248g: 1 cup, halves Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Nu	ımber	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and U	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	84.46	0.137	26		1		211.99	64.19		
Energy	kcal	57		0	NC	4		143	43		
Energy	kj	238				4		599	181		
Protein (N x 6.25)	g	0.19	0.007	18		1		0.48	0.14		
Total lipid (fat)	g	0.03	0.003	8		1		0.08	0.02		
Ash	g	0.14	0.004	18		1		0.35	0.11		
Carbohydrate, by difference	g	15.17		0	NC	4		38.08	11.53		
Fiber, total dietary	g	1.6		0		4		4.0	1.2		
Sugars, total	g	12.10		1		1		30.37	9.20		
Sucrose	g	1.10		1		1		2.76	0.84		
Glucose (dextrose)	g	4.80		1		1		12.05	3.65		
Fructose	g	5.10		1		1		12.80	3.88		
Lactose	g										
Maltose	g	1.10		1		1		2.76	0.84		
Galactose											
Starch											
<u>linerals:</u>		_	0.156	1.0		-		10			
Calcium, Ca	•	5 0.28	0.156	16		1 1		13 0.70	4 0.21		
Iron, Fe		0.28 4	0.014 0.095	20 17		1		10	3		
Magnesium, Mg Phosphorus, P		7	0.135	17		1		18	5		
Potassium, K		66	0.133	0		1		166	50		
Sodium, Na		5		0		1		13	4		
Zinc, Zn		0.08		0		1		0.20	0.06		
Copper, Cu		0.049	)	0		1		0.123	0.037		
Manganese, Mn		0.033		0		1		0.083	0.025		
Selenium, Se		0.0		0	BFYN	4		0.1	0.0		
itamins:											
Vitamin C, total ascorbic acid		0.7	0.032	47		1		1.8	0.5		
Thiamin		0.010		17		1		0.025	0.008		
Riboflavin		0.016		25		1		0.040	0.012		
Niacin		0.154		18		1		0.387	0.117		
Pantothenic acid		0.022		0		1		0.055	0.017		
Vitamin B-6		0.014	ŀ	0		1		0.035	0.011		
Folate, total		1		0	_	1		3	1		
Folic acid		0		0	Z	7 1		0	0		
Folate, food	-	1 1		0	NO.	1		3 3	1 1		
Folate, DFEVitamin B-12		0.00		0	NC Z	4 7		0.00	0.00		
	-	0.00		0	4	1		0.00	0.00		
Vitamin A. RAE		0		0		1		0	0		
Vitamin A, RAE		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.08		0	BFYN	4		0.21	0.06		
Tocopherol, beta		0.08		U	DEIN	-		0.21	0.00		
Tocopherol, gamma	-										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		2	A	1		0.8	0.3		
<u>ipids:</u>											
Fatty acids, total saturated	g	0.002		0		1		0.005	0.002		
4:0	g	0.000	)	0		1		0.000	0.000		
6:0	g	0.000		0		1		0.000	0.000		
8:0	g	0.000	)	0		1		0.000	0.000		
10:0	g	0.000		0		1		0.000	0.000		
12:0	g	0.000	)	0		1		0.000	0.000		
13:0	g										
14:0	g	0.000	)	0		1		0.000	0.000		
15:0	g										

		<u>Ar</u>	nount in 100 gra	ms of edi	Amount in edible portion of common				
		Number					measures of food		
				ita Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	0.001	(	)	1		0.003	0.001	
17:0	-								
18:0	g	0.000	(	)	1		0.000	0.000	
20:0									
22:0									
24:0	-								
Fatty acids, total monounsaturated		0.006	(	)	1		0.015	0.005	
14:1 15:1									
16:1 undifferentiated	-	0.000	(	)	1		0.000	0.000	
17:1		0.000	·	,	•		0.000	0.000	
18:1 undifferentiated	-	0.006	(	)	1		0.015	0.005	
20:1	-	0.000	(	)	1		0.000	0.000	
22:1 undifferentiated	g	0.000	(	)	1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	g	0.007	(		1		0.018	0.005	
18:2 undifferentiated		0.007	(		1		0.018	0.005	
18:3 undifferentiated		0.000		)	1		0.000	0.000	
18:4		0.000	(	)	1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	-	0.000	,				0.000	0.000	
20:4 undifferentiated	-	0.000	(	) )	1 1		0.000	0.000	
20:5 n-3	-	0.000	,		1		0.000 0.000	0.000 0.000	
22:5 n-3 22:6 n-3	-	0.000	,		1		0.000	0.000	
Fatty acids, total trans		0.000	· ·	,	-		0.000	0.000	
Cholesterol		0	(	) z	7		0	0	
Phytosterols									
Amino Acids:									
Tryptophan	g								
Threonine		0.005	(	)	1		0.013	0.004	
Isoleucine	g	0.006	(	)	1		0.015	0.005	
Leucine	g	0.010	(	)	1		0.025	0.008	
Lysine		0.007	(		1		0.018	0.005	
Methionine	-	0.002		)	1		0.005	0.002	
Cystine		0.002		)	1		0.005	0.002	
Phenylalanine		0.005		)	1		0.013	0.004	
Tyrosine		0.002		) )	1 1		0.005	0.002	
ValineArginine		0.007 0.003	(		1		0.018 0.008	0.005 0.002	
Histidine		0.003		, )	1		0.005	0.002	
Alanine	-	0.002			1		0.005	0.002	
Aspartic acid		0.038			1		0.095	0.029	
Glutamic acid		0.014		)	1		0.035	0.011	
Glycine		0.006	(	)	1		0.015	0.005	
Proline		0.005	(	)	1		0.013	0.004	
Serine	g	0.007	(	)	1		0.018	0.005	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	(		7		0.0	0.0	
Caffeine	-	0	(		7		0	0	
Theobromine	mg	0	(	) Z	7		0	0	
Carotenoids:	m.c-	-		_	_				
Carotene, beta		0	(		7 7		0.000	0.000	
Carotene, alpha		0	(	) <u>z</u> ) z	7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta Lycopene		0	,				0.000	0.000	
Lutein + zeaxanthin		34					84.225	25.502	
		<del>-</del> -			-				

NDB No. 09256

Pears, canned, light syrup pack, solids and liquids

**Common Measures:** 

Measure 1 = 251g: 1 cup, halves Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100 g	ırams	Amount in edible portion of common					
			Nu	ımber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	91.81	0.078	69		1		224.02	69.78	
Energy	kcal	29		0	NC	4		71	22	
Energy	kj	121				4		296	92	
Protein (N x 6.25)	g	0.19	0.007	12		1		0.46	0.14	
Total lipid (fat)	g	0.03	0.002	12		1		0.07	0.02	
Ash	g	0.16	0.008	12		1		0.39	0.12	
Carbohydrate, by difference	g	7.81		0	NC	4		19.06	5.94	
Fiber, total dietary	g	1.6		0		4		3.9	1.2	
Sugars, total		6.10		1		1		14.88	4.64	
Sucrose	g	0.30		1		1		0.73	0.23	
Glucose (dextrose)	g	1.90		1		1		4.64	1.44	
Fructose	g	3.90		1		1		9.52	2.96	
Lactose	g									
Maltose		0.00		1		1		0.00	0.00	
Galactose										
Starch	g									
Iinerals: Calcium, Ca	ma	4	0.245	12		1		10	3	
Iron, Fe	-	0.21	0.245	12		1		0.51	0.16	
Magnesium, Mg		4	0.062	12		1		10	3	
Phosphorus, P		7	0.334	12		1		17	5	
Potassium, K		53	1.060	54		1		129	40	
Sodium, Na		2	0.153	80		1		5	2	
Zinc, Zn		0.09		0		1		0.22	0.07	
Copper, Cu		0.051	L	0		1		0.124	0.039	
Manganese, Mn	mg	0.034	Į.	0		1		0.083	0.026	
Selenium, Se	mcg	0.0		0	BFYN	4		0.1	0.0	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		1.0	0.037	65		1		2.4	0.8	
Thiamin		0.008		12		1		0.020	0.006	
Riboflavin		0.010		12		1		0.024	0.008	
Niacin		0.054		12		1 1		0.132	0.041	
Pantothenic acid		0.022		0		_		0.054	0.017	
Vitamin B-6		0.014 1	•	0		1 1		0.034 3	0.011	
Folate, total		0		0	z	7		0	1 0	
Folic acidFolate, food		1		0	4	1		3	1	
Folate, DFE		1		0	NC	4		3	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	-	0.00		0	_	1		0.00	0.00	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.08		0	BFYN	4		0.20	0.06	
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		2	A	1		0.8	0.3	
<u>ipids:</u>										
Fatty acids, total saturated		0.002		0		1		0.005	0.002	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	g	0.000	)	0		1		0.000	0.000	
13:0 14:0		0.000		0		1		0.000	0.000	

		<u>An</u>	nount in 100 grams		ole portic	<u>on</u>		edible portion o	of common
			Numbe		0	0 5 - 1	1110	easules of loou	
Nutrients and Unit	ts	Mean	of Data Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.001	0		1		0.002	0.001	
17:0	g								
18:0	_	0.000	0		1		0.000	0.000	
20:0									
22:0									
24:0	-		_		_				
Fatty acids, total monounsaturated		0.006	0		1		0.015	0.005	
14:1	_								
15:1		0.000	0		1		0.000	0.000	
17:1		0.000	U		_		0.000	0.000	
18:1 undifferentiated	-	0.006	0		1		0.015	0.005	
20:1	-	0.000	0		1		0.000	0.000	
22:1 undifferentiated		0.000	0		1		0.000	0.000	
24:1 c	• • • • • • • • • • • • • • • • • • • •		·		_				
Fatty acids, total polyunsaturated		0.007	0		1		0.017	0.005	
18:2 undifferentiated		0.007	0		1		0.017	0.005	
18:3 undifferentiated	g	0.000	0		1		0.000	0.000	
18:4	g	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	-	0.000	0		1		0.000	0.000	
20:5 n-3	_	0.000	0		1		0.000	0.000	
22:5 n-3	_	0.000	0		1		0.000	0.000	
22:6 n-3	_	0.000	0		1		0.000	0.000	
Fatty acids, total trans		0	0	_	-		0	•	
Cholesterol		U	U	Z	7		U	0	
Phytosterols	g								
Amino Acids:	_								
Tryptophan		0.005	•		1		0.010	0.004	
Threonine		0.005	0		1		0.012 0.012	0.004 0.004	
Isoleucine		0.009	0		1		0.012	0.004	
Leucine Lysine		0.003	0		1		0.022	0.007	
Methionine		0.002	0		1		0.005	0.003	
Cystine	-	0.002	0		1		0.005	0.002	
Phenylalanine		0.005	0		1		0.012	0.004	
Tyrosine		0.002	0		1		0.005	0.002	
Valine	-	0.007	0		1		0.017	0.005	
Arginine		0.003	0		1		0.007	0.002	
Histidine	g	0.002	0		1		0.005	0.002	
Alanine	g	0.006	0		1		0.015	0.005	
Aspartic acid	g	0.037	0		1		0.090	0.028	
Glutamic acid	g	0.013	0		1		0.032	0.010	
Glycine		0.005	0		1		0.012	0.004	
Proline		0.005	0		1		0.012	0.004	
Serine		0.007	0		1		0.017	0.005	
Hydroxyproline	g								
Others:									
Alcohol, ethyl		0.0	0		7		0.0	0.0	
Caffeine		0	0	z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
Carotenoids:	maa	•	•	_	-		0.000	0.000	
Carotene, beta		0	0	Z Z	7 7		0.000 0.000	0.000 0.000	
Carotene, alpha Cryptoxanthin, beta		0	0	z Z	7		0.000	0.000	
Lycopene		0	0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin		34	0	BFYN	4		81.876	25.502	
- Lourantillii		<u> </u>	ŭ		-			_3.00_	

NDB No. 09253

Pears, canned, water pack, solids and liquids

**Common Measures:** 

Measure 1 = 244g: 1 cup, halves Measure 2 = 76g: 1 half, with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100	<u>0 grams</u>	of edib	ole portio	<u>on</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	61.20		0		1		171.36		
Energy	kcal	140		0	NC	4		392		
Energy	kj	586				4		1640		
Protein (N x 6.25)	g	0.86		0		1		2.41		
Total lipid (fat)	g	0.29		0		1		0.81		
Ash	g	0.51		0		1		1.43		
Carbohydrate, by difference	g	37.14		0	NC	4		103.99		
Fiber, total dietary	g	5.8		0		4		16.2		
Sugars, total	g									
Starch	g									
Min										
Minerals:	ma	15		^		4		40		
Calcium, Ca	-	15 0.97		0		1 1		42 2.72		
Iron, Fe	-	15		0		1		42		
Magnesium, Mg Phosphorus, P		15 27		0		1		42 76		
Potassium, K	•	245		0		1		686		
Sodium, Na	_	3		0		1		8		
Zinc, Zn	-	0.18		0		1		0.50		
Copper, Cu		0.171		0		1		0.479		
Manganese, Mn		0.151		Ö		1		0.423		
Selenium, Se		2.4		0	BFSN	4		6.7		
ŕ										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	3.8	_	0		1		10.6		
Thiamin		0.004		0		1		0.011		
Riboflavin		0.019		0		1		0.053		
Niacin		0.333		0		1		0.932		
Pantothenic acid		0.070		0		1		0.196		
Vitamin B-6	_	0.033	3	0		1		0.092		
Folate, total		0		0	_	1		0		
Folic acid		0 0		0	Z	7		0 0		
Folate, food		0		0	NC	1 4		0		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		40		0	Z	1		112		
Vitamin A, RAE		2		0		1		6		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		Ū		Ū		,		Ü		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	0	0.014	:	0		1		0.045		
Fatty acids, total saturated		0.016		0		1 1		0.045		
4:0 6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	_	0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0	_	0.000	-	3		-		0.000		
14:0	_	0.000	)	0		1		0.000		
15:0	-	3.500		·		-		3.000		
16:0		0.012	2	0		1		0.034		
17:0				·		-		3.00.		
18:0		0.002	2	0		1		0.006		
20:0				-		•				
22:0	_									
24:0	_									

		<u>An</u>	nount in 100 grams Numbe		ortion			edible portion o	f common
Nutrients and Unit	ts	Mean	of Data Std. Error Points	Deriv So		fidence Code	Measure 1	Measure 2	Measure 3
			_		_				
Fatty acids, total monounsaturated		0.061	0		1		0.171		
14:1									
15:1 16:1 undifferentiated		0.001	0		1		0.003		
17:1		0.001	U		1		0.003		
18:1 undifferentiated	-	0.059	0		1		0.165		
20:1		0.001	0		1		0.003		
22:1 undifferentiated	-	0.000	0		1		0.003		
24:1 c	•	0.000	· ·		-		0.000		
Fatty acids, total polyunsaturated		0.068	0		1		0.190		
18:2 undifferentiated		0.067	0		1		0.188		
18:3 undifferentiated		0.001	0		1		0.003		
18:4		0.000	0		1		0.000		
20:2 n-6 c.c.		0.000	·		-		0.000		
20:3 undifferentiated	-								
20:4 undifferentiated		0.000	0		1		0.000		
20:5 n-3		0.000	0		1		0.000		
22:5 n-3		0.000	0		1		0.000		
22:6 n-3		0.000	0		1		0.000		
Fatty acids, total trans	-								
Cholesterol		0	0	z	7		0		
Phytosterols	• • • • • • • • • • • • • • • • • • • •								
-	_								
Amino Acids:	_								
Tryptophan			•						
Threonine	_	0.022	0		1		0.062		
Isoleucine	_	0.025	0		1		0.070		
Leucine	-	0.043	0		1		0.120		
Lysine	_	0.030	0		1		0.084		
Methionine		0.010	0		1		0.028		
Cystine		0.008	0		_		0.022		
Phenylalanine		0.023	0		1		0.064		
Tyrosine		0.007	0		1		0.020		
Valine		0.030	0				0.084		
Arginine		0.015	0		1		0.042		
Histidine		0.009	0		1		0.025		
Alanine	-	0.029	0		1		0.081		
Aspartic acid		0.169	0		1		0.473		
Glutamic acid		0.062	0		1		0.174		
Glycine	_	0.025	0		1		0.070		
Proline		0.023 0.031	0		1		0.064 0.087		
Serine	-	0.031	U		-		0.087		
Hydroxyproline	9								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0		
Caffeine	mg								
Theobromine	mg								

# **Common Measures:**

Measure 1 = 280g: 1 cup, halves

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	umber	•			<u>m</u>	easures of food	<u>1</u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.44		1		1		164.32		
Energy	kcal	127		0	NC	4		324		
Energy	kj	531				4		1355		
Protein (N x 6.25)	g	0.91		0		1		2.32		
Total lipid (fat)	g	0.31		0		1		0.79		
Ash	g	0.54		0		1		1.38		
Carbohydrate, by difference		33.81		0	NC	4		86.22		
Fiber, total dietary		6.4		0		4		16.3		
Sugars, total		27.41		0	0	4		69.90		
Starch										
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	mg	16		0		1		41		
Iron, Fe	mg	1.02		0		1		2.60		
Magnesium, Mg	mg	16		0		1		41		
Phosphorus, P	mg	28		0		1		71		
Potassium, K	mg	258		0		1		658		
Sodium, Na	mg	3		0		1		8		
Zinc, Zn	mg	0.19		0		1		0.48		
Copper, Cu	mg	0.180	)	0		1		0.459		
Manganese, Mn	mg	0.159	)	0		1		0.405		
Selenium, Se	mcg	0.1		0	BFSN	4		0.3		
7:4 :										
/itamins:						_		10.0		
Vitamin C, total ascorbic acid	_	4.0	0.635			1		10.2		
Thiamin	-	0.004				1		0.010		
Riboflavin	-	0.020				1		0.051		
Niacin		0.351				1		0.895		
Pantothenic acid	-	0.074				1		0.189		
Vitamin B-6	-	0.035	0.002			1		0.089		
Folate, total		0		1		1		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		1		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		42	25.243	3		1		107		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.03		0	BFSN	4		0.07		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	9.9		0	BFSN	4		25.3		
<u> ipids:</u>			_							
Fatty acids, total saturated		0.017		0		1		0.043		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0										
14:0		0.000	)	0		1		0.000		
15:0										
16:0	g	0.013	3	0		1		0.033		
17:0	g									
18:0	g	0.002	!	0		1		0.005		
20:0	g									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
				Number	•			<u>m</u>	easures of food	
Nutrients and l	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.064		0		1		0.163		
14:1	_									
15:1	_	0 001		•		1		0.003		
16:1 undifferentiated	_	0.001		0		1		0.003		
17:1 18:1 undifferentiated	_	0.062		0		1		0.158		
	_	0.002		0		1		0.158		
20:1 22:1 undifferentiated				0		1				
	_	0.000	1	U		1		0.000		
24:1 c		0.072		0		1		0 104		
Fatty acids, total polyunsaturate		0.072		0		1		0.184 0.181		
18:2 undifferentiated				0		1				
18:3 undifferentiated		0.001 0.000		0		1		0.003		
18:4		0.000	1	U		1		0.000		
20:2 n-6 c,c 20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000		
20:5 n-3		0.000		0		1				
20:5 n-3		0.000		0		1		0.000 0.000		
		0.000		0		1				
22:6 n-3		0.000		U		1		0.000		
Fatty acids, total trans		0		0	z	7		0		
CholesterolPhytosterols	-	U		U	4	,		U		
Phytosterois										
Amino Acids:										
Tryptophan	g									
Threonine	g	0.023		0		1		0.059		
Isoleucine	g	0.026	i	0		1		0.066		
Leucine	g	0.046	i	0		1		0.117		
Lysine	g	0.032		0		1		0.082		
Methionine	g	0.011		0		1		0.028		
Cystine	g	0.009	ı	0		1		0.023		
Phenylalanine	g	0.024		0		1		0.061		
Tyrosine	g	0.008		0		1		0.020		
Valine	g	0.032		0		1		0.082		
Arginine	g	0.016	i	0		1		0.041		
Histidine	g	0.010	ı	0		1		0.026		
Alanine	g	0.030	1	0		1		0.077		
Aspartic acid	g	0.178		0		1		0.454		
Glutamic acid	g	0.065	i	0		1		0.166		
Glycine	g	0.026	i	0		1		0.066		
Proline	g	0.025	i	0		1		0.064		
Serine	g	0.032		0		1		0.082		
Hydroxyproline	g									
Othors										
Others:	~	0.0		•		7		0.0		
Alcohol, ethyl		0.0 0		0	z	7		0.0 0		
Caffeine		0		0	z Z	7		0		
Theobromine	y	U		U	Z	′		U		
<u>Carotenoids:</u>										
Carotene, beta	mcg	23		0	BNA	4		59.646		
Carotene, alpha	mcg	1		0	BNA	4		1.924		
Cryptoxanthin, beta	mcg	3		0	BNA	4		7.914		
Lycopene	mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin	mcg	24		0	BFSN	4		61.949		

### **Common Measures:**

Measure 1 = 255g: 1 cup, halves

NDB No. 09260

Pears, dried, sulfured, stewed, without added sugar

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.69	0.367	21		1		48.04	4.80	46.71
Energy	kcal	262		0	NC	4		472	47	459
Energy	kj	1096				4		1973	197	1918
Protein (N x 6.25)	g	1.87	0.056	19		1		3.37	0.34	3.27
Total lipid (fat)	g	0.63	0.027	19		1		1.13	0.11	1.10
Ash		1.11	0.039	19		1		2.00	0.20	1.94
Carbohydrate, by difference		69.70		0	NC	4		125.46	12.55	121.98
Fiber, total dietary	g	7.5		0		4		13.5	1.4	13.1
Sugars, total	g	62.20		0	0	4		111.96	11.20	108.85
Starch	g									
Minerals:										
Calcium, Ca	mq	34	1.069	19		1		61	6	60
Iron, Fe		2.10	0.089	19		1		3.78	0.38	3.68
Magnesium, Mg		33	0.590	19		1		59	6	58
Phosphorus, P		59	1.251	19		1		106	11	103
Potassium, K		533	16.424	21		1		959	96	933
Sodium, Na	mg	6	0.330	21		1		11	1	11
Zinc, Zn	mg	0.39	0.010	19		1		0.70	0.07	0.68
Copper, Cu	mg	0.371		19		1		0.668	0.067	0.64
Manganese, Mn		0.327	0.038	3		1		0.589	0.059	0.57
Selenium, Se	mcg	0.2		0	BFSN	4		0.4	0.0	0.4
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.0		0		1		12.6	1.3	12.3
Thiamin	_	0.008	0.000	16		1		0.014	0.001	0.01
Riboflavin		0.145		16		1		0.261	0.026	0.25
Niacin		1.372	0.086	16		1		2.470	0.247	2.40
Pantothenic acid	-	0.153		0		4		0.275	0.028	0.26
Vitamin B-6	mg	0.072		0		4		0.130	0.013	0.12
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	3	3.314	15		1		5	1	5
Vitamin A, RAE		0	0.166	15		1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.06		1	A	1		0.11	0.01	0.11
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.04		1	A	1		0.07	0.01	0.07
Tocopherol, delta		0.04		1	A	1		0.07	0.01	0.07
Vitamin D Vitamin K (phylloquinone)		20.4		0	BFSN	4		36.8	3.7	35.8
vitamini k (phynodumone)	9			·		-		30.0	3.,	33.0
<u>Lipids:</u>										
Fatty acids, total saturated	-	0.035		0		1		0.063	0.006	0.06
4:0	_	0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1 1		0.000	0.000	0.00
12:0		0.000		U		1		0.000	0.000	0.00
13:0	_	0.000		0		1		0 000	0 000	0.00
14:0	_	0.000		U		1		0.000	0.000	0.00
15:0	_	0.027		0		1		0.049	0.005	0.04
16:0 17:0	-	0.027		J		_		0.049	0.005	0.04
18:0	_	0.004		0		1		0.007	0.001	0.00
20:0		0.004		Ü		-		0.007	0.001	0.00
22:0										
24:0										

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
•										
Fatty acids, total monounsaturate		0.132	!	0		1		0.238	0.024	0.231
15:1	-	0.000		•				2 225	0.001	0.005
16:1 undifferentiated	-	0.003	1	0		1		0.005	0.001	0.005
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.128	}	0		1		0.230	0.023	0.224
20:1	-	0.002	!	0		1		0.004	0.000	0.004
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.148	1	0		1		0.266	0.027	0.259
18:2 undifferentiated	g	0.146	i	0		1		0.263	0.026	0.256
18:3 undifferentiated	g	0.002	!	0		1		0.004	0.000	0.004
18:4	g	0.000	)	0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		1		0.000	0.000	0.000
20:5 n-3	g	0.000	)	0		1		0.000	0.000	0.000
22:5 n-3	g	0.000	)	0		1		0.000	0.000	0.000
22:6 n-3	g	0.000	)	0		1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	а									
Threonine		0.049	1	0		1		0.088	0.009	0.086
Isoleucine		0.054		0		1		0.097	0.010	0.000
Leucine	-	0.094		0		1		0.169	0.017	0.165
Lysine	-	0.066		0		1		0.119	0.012	0.116
Methionine		0.022		0		1		0.040	0.004	0.039
Cystine	-	0.018		0		1		0.032	0.003	0.032
Phenylalanine		0.049		0		1		0.088	0.009	0.086
Tyrosine		0.016		0		1		0.029	0.003	0.028
Valine	-	0.066		0		1		0.119	0.012	0.116
Arginine		0.032		0		1		0.058	0.006	0.056
Histidine	-	0.020		0		1		0.036	0.004	0.035
Alanine		0.062		0		1		0.112	0.011	0.109
Aspartic acid		0.368		0		1		0.662	0.066	0.644
Glutamic acid		0.135		0		1		0.243	0.024	0.236
Glycine		0.054		0		1		0.097	0.010	0.095
Proline		0.051		0		1		0.092	0.009	0.089
Serine		0.067		0		1		0.121	0.012	0.117
Hydroxyproline	-	0.00.		·		_		******	0.012	0.117
11ydroxypromic										
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	2		0	BNA	4		3.007	0.301	2.924
Carotene, alpha		0		0	BNA	4		0.097	0.010	0.094
Cryptoxanthin, beta		0		0	BNA	4		0.399	0.040	0.388
Lycopene		0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin		50		0	BFZN	4		90.150	9.015	87.646

### **Common Measures:**

Measure 1 = 180g: 1 cup, halves

Measure 2 = 18g: 1 half Measure 3 = 175g: 10 halves NDB No. 09259

Pears, dried, sulfured, uncooked

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Includes USDA commodity food A435

Refuse: 8% Core and stem

		<u>A</u>	mount in 100 g	<u>ırams</u>	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.71	0.134	32	A	1		138.13	174.96	138.97
Energy	kcal	58		0	NC	4		96	121	96
Energy	kj	242		0	NC	4		400	507	402
Protein (N x 6.25)		0.38	0.014	29	A	1		0.62	0.79	0.63
Total lipid (fat)		0.12	0.015	24	A	1		0.20	0.26	0.20
Ash	g	0.33	0.021	24	A	1		0.54	0.68	0.54
Carbohydrate, by difference		15.46		0	NC	4		25.51	32.31	25.66
Fiber, total dietary		3.1	0.063	24	A	1		5.1	6.4	5.1
Sugars, total		9.80	0.182	24	A	1		16.16	20.47	16.26
Sucrose	g	0.78	0.184	24	A	1		1.29	1.63	1.30
Glucose (dextrose)	g	2.76	0.145	24	A	1		4.56	5.77	4.59
Fructose	g	6.23	0.112	24	A	1		10.29	13.03	10.35
Lactose	g	0.01	0.008	24	A	1		0.01	0.02	0.01
Maltose	g	0.01	0.008	24	A	1		0.01	0.02	0.01
Galactose	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	ma	9	0.256	51	A	1		15	19	15
Iron, Fe	-	0.17	0.013	51	A	1		0.27	0.35	0.27
Magnesium, Mg		7	0.082	51	A	1		11	14	11
Phosphorus, P	-	11	0.286	50	A	1		19	24	19
Potassium, K		119	1.871	50	A	1		196	249	197
Sodium, Na	mg	1	0.124	43	A	1		1	2	1
Zinc, Zn	mg	0.10	0.003	51	A	1		0.17	0.21	0.17
Copper, Cu		0.082	0.003	51	A	1		0.136	0.172	0.13
Manganese, Mn		0.049		50	A	1		0.082	0.103	0.08
Selenium, Se	mcg	0.1	0.008	8	A	1		0.1	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid		4.2	0.328	16	A	1		6.9	8.8	7.0
Thiamin	_	0.012		16	A	1		0.019	0.024	0.01
Riboflavin	-	0.025		16	A	1 1		0.041	0.052	0.04
Niacin  Pantothenic acid	_	0.157 0.048		16 14	A A	1		0.260 0.079	0.329 0.100	0.26 0.07
Vitamin B-6	-	0.048		16	A	1		0.046	0.100	0.07
Folate, total		7	0.591	16	A	1		12	15	12
Folic acid		0	0.551	0	Z	7		0	0	0
Folate, food	mca	7	0.591	16	A	1		12	15	12
Folate, DFE		7	*****	0	NC	4		12	15	12
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		23	3.894	16	A	1		38	48	38
Vitamin A, RAE		1	0.195	16	A	1		2	2	2
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.12	0.003	4	A	1		0.20	0.26	0.20
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.03	0.003	4	A	1		0.06	0.07	0.06
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.5	0.242	16	A	1		7.5	9.5	7.5
<u>Lipids:</u>			_							
Fatty acids, total saturated		0.006		0	NC	4		0.010	0.013	0.01
4:0		0.000		0		1		0.000	0.000	0.00
6:0	_	0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0	-	0.000	)	0		1		0.000	0.000	0.00
13:0	-	_		_		_		_	_	
14:0	g	0.000	)	0		1		0.000	0.000	0.00

Nutrients and Units			An	nount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion o	f common
Nutrients and Units					Number				<u>me</u>	easures of food	
170	Nutrients and Units	s	Mean	Std. Error					Measure 1	Measure 2	Measure 3
170											
18th		_	0.005		1		1		0.009	0.011	0.009
20.0			0 001		1		1		0 003	0.003	0.003
2-0		-	0.001		_		-		0.002	0.002	0.002
Fathy saids, total monounsentrated		-									
1-1		-									
151			0.026		0	NC	4		0.043	0.054	0.043
18.1 undifferentiated.   g   0.025   1   1   0.004   0.053   0.042   201   9   0.000   0   1   1   0.001   0.001   0.001   0.001   221 undifferentiated.   g   0.002   0   NC   4   0.048   0.061   0.048   18.2 undifferentiated.   g   0.029   1   1   0.048   0.061   0.048   18.2 undifferentiated.   g   0.029   1   1   0.048   0.061   0.001   0.001   18.4   9   0.000   1   1   0.000   0.0											
The second color of the	16:1 undifferentiated	g	0.001		1		1		0.001	0.001	0.001
20-1		-			_		_				
1		-									
Fatt packs total polymenturated											
18.2 mulfiferentiated											
183   Madifferentiated   9						NC					
18-4		_									
202 and ciferentiated		-									
20.4 undifferentiated   g   0.000   0   1   0.000   0.000   0.000   20.5 n-3   g   0.000   0   1   0.000   0.000   0.000   22.5 n-3   g   0.000   0   0   1   0.000											
20.5 n 3.							_				
\$\ \begin{array}{c c c c c c c c c c c c c c c c c c c											
Part											
Cholesterol.   mg   0   0   2   7   0   0   0   0   0   0   0   0   0		_	0.000		0		1		0.000	0.000	0.000
Phytosterols   mg   8	2	-									
Minio Acids:   Tryptophan		_				Z					
Tryptophan.	Phytosterois		0		U		1		13	17	13
Threonine		_				_	_				
Soleucine											
Leucine		_									
Methionine         9         0.002         0         A         1         0.004         0.005         0.004           Cystine         9         0.002         0         A         1         0.002         0.003         0.003           Phenylalanine         9         0.011         0         A         1         0.018         0.023         0.018           Tyrosine         9         0.002         0         A         1         0.003         0.003         0.003           Valine         9         0.017         0         A         1         0.028         0.035         0.028           Arginine         9         0.010         0         A         1         0.028         0.035         0.028           Arginine         9         0.010         0         A         1         0.021         0.022         0.017           Histidine         9         0.002         0         A         1         0.002         0.003         0.003           Alanine         9         0.014         0         A         1         0.023         0.029         0.023           Alanine         9         0.105         0         A         <		_	0.019		0	A	1		0.031	0.040	0.032
Cystine.         g         0.002         0         A         1         0.002         0.003         0.003           Phenylalanine.         g         0.011         0         A         1         0.018         0.023         0.013           Tyrosine.         g         0.002         0         A         1         0.003         0.003         0.003           Valine.         g         0.017         0         A         1         0.028         0.035         0.028           Arginine.         g         0.010         0         A         1         0.017         0.022         0.017           Histidine.         g         0.014         0         A         1         0.002         0.003         0.003           Alanine.         g         0.014         0         A         1         0.002         0.003         0.003           Alsartic acid.         g         0.015         0         A         1         0.174         0.220         0.175           Glutamic acid.         g         0         0.013         0         A         1         0.050         0.063         0.050           Glycine.         g         0         0.	(= '				-						
Phenylalanine         g         0.011         0         A         1         0.018         0.023         0.018           Tyrosine         g         0.002         0         A         1         0.003         0.003         0.003           Valine         g         0.017         0         A         1         0.028         0.035         0.022           Arginine         g         0.010         0         A         1         0.017         0.022         0.017           Histdine         g         0.002         0         A         1         0.002         0.003         0.003           Alanine         g         0.014         0         A         1         0.023         0.029         0.023           Aspartic acid         g         0.105         0         A         1         0.023         0.029         0.025           Glutamic acid         g         0         1.03         0         A         1         0.050         0.063         0.050           Glycine         g         0.013         0         A         1         0.025         0.025         0.025           Brition         g         0.015         0					-						
Tyrosine         9         0.002         0         A         1         0.003         0.003         0.003           Valine         9         0.017         0         A         1         0.028         0.035         0.028           Arginine         9         0.010         0         A         1         0.017         0.022         0.017           Histidine         9         0.002         0         A         1         0.017         0.022         0.013           Alanine         9         0.014         0         A         1         0.022         0.003         0.003           Aspartic acid         9         0.015         0         A         1         0.174         0.220         0.175         0.013         0.050         0.063         0.550         0.0175         0.050         0.063         0.050         0.063         0.050         0.063         0.050         0.063         0.050         0.063         0.050         0.063         0.050         0.063         0.050         0.063         0.050         0.050         0.063         0.050         0.050         0.050         0.063         0.050         0.050         0.021         0.021         0.022         0											
Valine         g         0.017         0         A         1         0.028         0.035         0.028           Arginine.         g         0.010         0         A         1         0.017         0.022         0.017           Histidine         g         0.002         0         A         1         0.002         0.003         0.003           Alanine.         g         0.014         0         A         1         0.023         0.029         0.023           Aspartic acid.         g         0.0105         0         A         1         0.023         0.029         0.023           Aspartic acid.         g         0.105         0         A         1         0.174         0.220         0.175           Glutamic acid.         g         0.030         0         A         1         0.050         0.063         0.050           Glycine         g         0.013         0         A         1         0.050         0.063         0.050           Glycine         g         0.021         0         A         1         0.025         0.032         0.025           Serine         g         0	2										
Histidine	<u> </u>		0.017		0	A	1		0.028	0.035	0.028
Alanine.         g         0.014         0         A         1         0.023         0.029         0.023           Aspartic acid.         g         0.105         0         A         1         0.174         0.220         0.175           Glutamic acid.         g         0.030         0         A         1         0.050         0.063         0.050           Glycine.         g         0.013         0         A         1         0.021         0.026         0.021           Proline.         g         0.021         0         A         1         0.035         0.044         0.035           Serine.         g         0.015         0         A         1         0.025         0.032         0.025           Bydroxyproline.         g         0.015         0         A         1         0.025         0.032         0.025           Hydroxyproline.         g         0         0         7         0.0         0         0         0           Caffeine.         mg         0         0         2         7         0         0         0         0           Carotene, lebta         mg         1         2.176	_										
Aspartic acid.         g         0.105         0         A         1         0.174         0.220         0.175           Glutamic acid.         g         0.030         0         A         1         0.050         0.063         0.050           Glycine.         g         0.013         0         A         1         0.021         0.026         0.021           Proline.         g         0.021         0         A         1         0.035         0.044         0.035           Serine.         g         0.015         0         A         1         0.025         0.032         0.025           Bydroxyproline.         g         0         0         7         0.0         0.0         0.0           Bydroxyproline.         g         0         0         7         0.0         0         0.0           Caffeine.         mg         0         0         7         0         0         0         0           Caffeine.         mg         0         0         2         7         0         0         0         0           Theobromine.         mg         0         0         2         7		_									
Glutamic acid.         g         0.030         0         A         1         0.050         0.063         0.050           Glycine.         g         0.013         0         A         1         0.021         0.026         0.021           Proline.         g         0.021         0         A         1         0.035         0.044         0.035           Serine.         g         0.015         0         A         1         0.025         0.032         0.025           Berine.         g         0.015         0         A         1         0.025         0.032         0.025           Hydroxyproline.         g           Catein.         g         0.0         0         7         0.0         0.0         0.0           Catein.         mg         0         0         7         0         0         0         0           Carotene, beta.         mg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, beta.         mg         13         2.176         16         A         1         21.321         27.007		_									
Proline         g         0.021         0         A         1         0.035         0.044         0.035           Serine         g         0.015         0         A         1         0.025         0.032         0.025           Hydroxyproline         g           Others:           Alcohol, ethyl         g         0.0         0         7         0.0         0.0         0.0           Caffeine         mg         0         0         z         7         0         0         0           Theobromine         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta         mcg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, alpha         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene         mcg         0         0.000	•										
Serine.         9         0.015         0         A         1         0.025         0.032         0.025           Hydroxyproline.         9         0         0         7         0.0         0.0         0.0         0.0           Caffeine.         mg         0         0         z         7         0         0         0         0           Theobromine.         mg         0         0         z         7         0         0         0         0           Theobromine.         mg         0         0         z         7         0         0         0         0           Carotene, beta.         mg         0         0         z         7         0         0         0         0           Carotene, beta.         mcg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, alpha         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta         mcg         2         0.476         14         A         1         0.000         0.000 <th< td=""><td>Glycine</td><td>g</td><td>0.013</td><td></td><td></td><td></td><td></td><td></td><td>0.021</td><td></td><td></td></th<>	Glycine	g	0.013						0.021		
Hydroxyproline         g           Others:         Section of the process of the											
Others:           Alcohol, ethyl		_	0.015		0	A	1		0.025	0.032	0.025
Alcohol, ethyl.         g         0.0         0         7         0.0         0.0         0.0           Caffeine.         mg         0         0         z         7         0         0         0         0           Theobromine.         mg         0         0         z         7         0         0         0           Carotene.         mg         0         0         z         7         0         0         0           Carotene, beta.         mcg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, alpha.         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta.         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene.         mcg         0         0.000         14         A         1         0.000         0.000         0.000		9									
Caffeine.         mg         0         0         z         7         0         0         0           Theobromine.         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta.         mcg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, alpha.         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta.         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene.         mcg         0         0.000         14         A         1         0.000         0.000         0.000		0	0.0		0		7		0.0	0.0	0.0
Theobromine.         mg         0         0         z         7         0         0         0           Carotenoids:           Carotene, beta.         mcg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, alpha.         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta.         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene.         mcg         0         0.000         14         A         1         0.000         0.000         0.000						7.					
Carotene, beta.         mcg         13         2.176         16         A         1         21.321         27.007         21.451           Carotene, alpha.         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta.         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene.         mcg         0         0.000         14         A         1         0.000         0.000         0.000											
Carotene, alpha         mcg         0         0.369         16         A         1         0.608         0.771         0.612           Cryptoxanthin, beta         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene         mcg         0         0.000         14         A         1         0.000         0.000         0.000	Carotenoids:										
Cryptoxanthin, beta         mcg         2         0.476         14         A         1         2.475         3.135         2.490           Lycopene         mcg         0         0.000         14         A         1         0.000         0.000         0.000	•										
Lycopene											
2) vopelie											
			45			A	1		73.468	93.059	73.913

NDB No. 09252 Pears, raw

### **Common Measures:**

Measure 1 = 165g: 1 cup slices

Measure 2 = 209g: 1 pear, large (approx 2 per lb)

Measure 3 = 166g: 1 pear, medium (approx 2-1/2 per lb)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 8% Stems

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			N	umber				m	easures of food	<u> </u>
					Deriv	Source	Confidence			
<b>Nutrients and Units</b>		Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	23.01		1		1		7.82		
Energy	-	274		0	NC	4		93		
Energy		1146				4		390		
Protein (N x 6.25)		1.38		1		1		0.47		
Total lipid (fat)		0.59		1		1		0.20		
Ash		1.59		1		1		0.54		
Carbohydrate, by difference	g	73.43		0	NC	4		24.97		
Fiber, total dietary		14.5		0		1		4.9		
Sugars, total	g									
Starch	g									
Minerals:		<b>65</b>		_		_		•		
Calcium, Ca	•	25		1		1		9		
Iron, FeMagnesium, Mg	-	0.74 31		1 1		1 1		0.25 11		
Phosphorus, P		81		1		1		28		
Potassium, K		802		1		1		273		
Sodium, Na	-	2		1		1		1		
Zinc, Zn	-	0.42		0		1		0.14		
Copper, Cu		0.442	2	0		1		0.150		
Manganese, Mn.	-	1.390		0		1		0.473		
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	-									
Riboflavin	-	0.029		1		1		0.010		
Niacin		0.180	)	1		1		0.061		
Pantothenic acid	-									
Vitamin B-6.	-									
Folate, totalFolate, DFE										
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IIJ	767		2	A	1		261		
Vitamin A, RAE	mca RAF	38		2	A	1		13		
Vitamin E (alpha-tocopherol)		33		_		_				
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										
Amino Acids:			_							
Tryptophan		0.024		0		1		0.008		
Threonine	-	0.071		0		1		0.024		
Isoleucine		0.060		0		1		0.020		
Leucine	-	0.101		0		1		0.034		
Lysine		0.078		0		1		0.027		
Methionine		0.012		0		1		0.004		
Cystine		0.030		0		1 1		0.010		
PhenylalanineTyrosine		0.063						0.021		
Lyrocine	u	0.039	,	0		1		0.013		

		<u>An</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u> e	easures of food	
Nutrients and l	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Austria	a	0.059		0		1		0.020		
Arginine Histidine		0.039		0		1		0.020		
Alanine		0.027		0		1		0.023		
Aspartic acid	_	0.136		0		1		0.046		
Glutamic acid		0.179		0		1		0.061		
Glycine		0.060		0		1		0.020		
Proline		0.053		0		1		0.018		
Serine	_	0.053		0		1		0.018		
Hydroxyproline	g									
Carotenoids:										
Carotene, beta	mcg	374		2	A	1		126.990		
Carotene, alpha		18		2	A	1		6.239		
Cryptoxanthin, beta		156		2	A	1		52.870		
Lycopene										
Lutein + zeaxanthin	mcg									

#### **Common Measures:**

Measure 1 = 34g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Diospyros kaki

Refuse: 16% 2% calyx, 14% skin

		<u>A</u>	mount in 100 gr	rams	of edib	ole portio	<u>on</u>		edible portion	
				mber				<u>m</u>	easures of food	<u>l</u>
Nutrients and Unit	ts	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	80.32	0.384	5		1		134.94		
Energy		70		0	NC	4		118		
Energy		293		_		4		492		
Protein (N x 6.25)		0.58	0.025	3		1		0.97		
Total lipid (fat)		0.19	0.055	2		1		0.32		
Ash		0.33	0.055	3		1		0.55		
Carbohydrate, by difference		18.59		0	NC	4 1		31.23		
Fiber, total dietary		3.6	0 201		_			6.0		
Sugars, total		12.53	0.321	3	A	1 1		21.06		
Sucrose		1.54	0.101	3	A			2.58		
Glucose (dextrose)		5.44	0.275	3	A	1		9.14		
Fructose	y	5.56	0.041	3	A	1		9.34		
Lactose	g									
Maltose	9									
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	8	2.413	4		1		13		
Iron, Fe.		0.15		1		1		0.25		
Magnesium, Mg		9		2		1		15		
Phosphorus, P		17		2		1		29		
Potassium, K	mg	161	28.627	3		1		270		
Sodium, Na	mg	1	0.331	3		1		2		
Zinc, Zn	<u>mg</u>	0.11		1		1		0.18		
Copper, Cu		0.113	3	1		1		0.190		
Manganese, Mn	mg	0.355	0.109	3		1		0.596		
Selenium, Se	mcg	0.6		0	CAZN	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	_	7.5		2		1		12.6		
Thiamin	-	0.030		0		1		0.050		
Riboflavin		0.020		0		1		0.034		
Niacin	-	0.100	)	0		1		0.168		
Pantothenic acid	-			_		_				
Vitamin B-6	_	0.100		0		4		0.168		
Folate, total		8	0.750	4	_	1		13		
Folic acid		0	0.750	0	Z	7		0		
Folate, food		8	0.750	4	NG	1		13		
Folate, DFE		0.00		0	NC	7		13		
Vitamin B-12 Vitamin A, IU		1627		0	Z AS	1		0.00 2734		
Vitamin A, IU		81		0	AS	1		137		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.73		0	BFZN	4		1.23		
Tocopherol, beta		0.75		Ū	DI ZIN	-		1.25		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.6		0	BFZN	4		4.3		
Lipids:										
Fatty acids, total saturated	g	0.020	)	0		4		0.034		
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		0.001	L	0		4		0.002		

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>n</u>	Amount in edible portion of common		
				Number					easures of food	
						Source	Confidence			
Nutrients and Units	N	lean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	0.016	;	0		4		0.027		
17:0	-									
18:0		0.003	1	0		4		0.005		
20:0	g									
22:0										
24:0										
Fatty acids, total monounsaturated		0.037		0		4		0.062		
14:1										
15:1	-	0.000		0		4		0.000		
16:1 undifferentiated		0.000		U		4		0.000		
18:1 undifferentiated	-	0.037		0		4		0.062		
20:1	_	0.000		0		4		0.000		
22:1 undifferentiated.	_	0.000		0		4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.043	<b>;</b>	0		4		0.072		
18:2 undifferentiated		0.039	)	0		4		0.066		
18:3 undifferentiated	g	0.004		0		4		0.007		
18:4	g	0.000	)	0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	-	0.000		0		4		0.000		
20:5 n-3	-	0.000		0		4		0.000		
22:5 n-3		0.000		0		4		0.000		
22:6 n-3		0.000	1	0		4		0.000		
Fatty acids, total trans		0		0	z	7		0		
CholesterolPhytosterols		4		0	4	1		7		
Amino Acids:										
Tryptophan	q	0.010	)	1		1		0.017		
Threonine		0.030	1	2		1		0.050		
Isoleucine	-	0.025	i	2		1		0.042		
Leucine	g	0.042		2		1		0.071		
Lysine	g	0.033	1	2		1		0.055		
Methionine	g	0.005	i	2		1		0.008		
Cystine		0.013		1		1		0.022		
Phenylalanine	-	0.026		2		1		0.044		
Tyrosine		0.016		2		1		0.027		
Valine		0.030		2		1		0.050		
Arginine		0.025		2 2		1 1		0.042 0.020		
HistidineAlanine		0.012		2		1		0.020		
Aspartic acid		0.023		2		1		0.049		
Glutamic acid		0.037		2		1		0.128		
Glycine	-	0.025		2		1		0.042		
Proline	-	0.022		2		1		0.037		
Serine	-	0.022		2		1		0.037		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	z	7		0		
Theobromine	.mg	0		0	Z	7		0		
Carotenoids:				_	_	_		405		
Carotene, beta	0	:53		2	A	1		425.040		
Carotene, alpha		0 . <b>4</b> 7		0 2	Z A	7 1		0.000 2430.708		
Cryptoxanthin, betaLycopene	0	.59		1	A A	1		2430.708		
Lutein + zeaxanthin	0	34		1	A	1		1401.120		
Luttiii + Ztaranullii	y	-		-	~	-		1401.120		

NDB No. 09263

Persimmons, japanese, raw

**Common Measures:** 

Measure 1 = 168g: 1 fruit (2-1/2" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 18% 2% calyx, 16% seeds

		<u>A</u>	mount in 10	o grams	OT eail	ole portio	<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			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	-	64.40		0		1		16.10		
Energy		127		0	NC	4		32		
Energy	kj	531				4		133		
Protein (N x 6.25)	g	0.80		0		1		0.20		
Total lipid (fat)	g	0.40		0		1		0.10		
Ash		0.90		0		1		0.23		
Carbohydrate, by difference	g	33.50		0	NC	4		8.38		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		7		
Iron, Fe	<sub>.</sub> mg	2.50		0		1		0.63		
Magnesium, Mg	mg									
Phosphorus, P	mg	26		0		1		7		
Potassium, K	mg	310		0		1		78		
Sodium, Na	mg	1		0		1		0		
Zinc, Zn	<sub>.</sub> mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		66.0		0		1		16.5		
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFEVitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0.00		U	2	,		0.00		
Vitamin A, RAE	mca RAF									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.014	1	0		1		0.004		
Threonine	g	0.041	L	0		1		0.010		
Isoleucine	g	0.035	5	0		1		0.009		
Leucine	g	0.058	3	0		1		0.015		
Lysine	g	0.045	5	0		1		0.011		
Methionine	g	0.007	7	0		1		0.002		
Cystine	g	0.018	3	0		1		0.005		
Phenylalanine	g	0.036	5	0		1		0.009		
Tyrosine		0.023	3	0		1		0.006		
Valine	g	0.042	2	0		1		0.011		
Arginine		0.034	1	0		1		0.009		

	Amount	in 100 grams of edi	Amount in edible portion of common			
		Number		<u>m</u>	easures of food	
Nutrients and Units	Mean Std. E	of Data Deriv <sub>rror</sub> Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Histidineg	0.016	0	1	0.004		
Alanineg	0.039	0	1	0.010		
Aspartic acidg	0.079	0	1	0.020		
Glutamic acidg	0.104	0	1	0.026		
Glycineg	0.035	0	1	0.009		
Prolineg	0.031	0	1	0.008		
Serine	0.031	0	1	0.008		

#### **Common Measures:**

Measure 1 = 25g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09273
Pineapple juice, canned, unsweetened, without added ascorbic acid

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	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	
Proximates: Water	a	85.53	0.131	19		1		213.83	26.77		
	_	56	0.131	0	NC	4		140	18		
Energy		234		U	NC	4		586	73		
Energy						-					
Protein (N x 6.25)		0.32	0.005	78		1		0.80	0.10		
Total lipid (fat)		0.08	0.006	57		1		0.20	0.03		
Ash		0.30	0.000	19		1		0.75	0.09		
Carbohydrate, by difference		13.78		0	NC	4		34.45	4.31		
Fiber, total dietary		0.2		0		4		0.5	0.1		
Sugars, total	g	13.58		0	0	4		33.95	4.25		
Starch	g										
Minerals:											
Vimerais: Calcium. Ca	ma	17	0.488	87		1		43	5		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.26	0.488	77		1		0.65	0.08		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	13	0.011	30		1		33	4		
Phosphorus, P		8	0.278	28		1		20	3		
Potassium, K	-	134	2.115	65		1		335	42		
Sodium, Na		1	0.113	82		1		3	0		
Zinc, Zn		0.11	0.113	20		1		0.28	0.03		
5		0.11		20		1		0.25	0.03		
Copper, Cu		0.090		1		1		2.475	0.028		
Manganese, Mn		0.990		0	CAZN	4		0.3	0.310		
Selenium, Se	Tricg	0.1		U	CAZN	4		0.3	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	10.7	0.410	52		1		26.8	3.3		
Thiamin	mg	0.055	0.001	63		1		0.138	0.017		
Riboflavin	mg	0.022	0.001	63		1		0.055	0.007		
Niacin	mg	0.257	0.008	63		1		0.643	0.080		
Pantothenic acid	-	0.100	ı	0		1		0.250	0.031		
Vitamin B-6		0.096	;	0		1		0.240	0.030		
Folate, total	-	23	1.570	3		1		58	7		
Folic acid		0		0	z	7		0	0		
Folate, food		23	1.570	3		1		58	7		
Folate, DFE	mca DFE	23		0	NC	4		58	7		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		5	4.643	14	_	1		13	2		
Vitamin A, RAE		0	1.010	0	NC	4		1	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.02		0	NR	4		0.05	0.01		
Tocopherol, beta		0.02		•	1417	-		3.03	0.01		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.8	0.1		
viamini it (phynoquinone)				-		=			V		
Lipids:											
Fatty acids, total saturated		0.005		0		1		0.013	0.002		
4:0	g	0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000		0		1		0.000	0.000		
13:0	g										
14:0	g	0.000		0		1		0.000	0.000		
15:0	g										
16:0	g	0.003	1	0		1		0.008	0.001		
17:0											
18:0	-	0.002		0		1		0.005	0.001		
20:0	-										
22:0	-										
24:0	-										

	<u>Am</u>	ount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean :	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.009	0		1		0.023	0.003	
14:1g	0.003	v		-		0.023	0.003	
15:1								
16:1 undifferentiated	0.001	0		1		0.003	0.000	
17:1g		-		_				
18:1 undifferentiated 9	0.008	0		1		0.020	0.003	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.028	0		1		0.070	0.009	
18:2 undifferentiated	0.016	0		1		0.040	0.005	
18:3 undifferentiated	0.012	0		1		0.030	0.004	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	3	0	BNA	4		7.500	0.939	
Carotene, alpha mcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	BNA	4		0.000	0.000	
Lycopene mcg	0	0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000	0.000	

### **Common Measures:**

Measure 1 = 250g: 1 cup Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09409
Pineapple juice, canned, with added ascorbic acid, unsweetened

Nutrients and Units			<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
Nutrients and Units				Nu	ımbeı	r			m	easures of food	
Nutrients and Units							Source	Confidence			
Water	Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	Provimatos										
Paregy		g	85.53	0.131	19		1		213.83	26.77	
Ferrey	Energy	kcal	56		0	NC	4		140	18	
Total Ipped (fait)			234				4		586	73	
Ash.	Protein (N x 6.25)	g	0.32	0.005	78		1		0.80	0.10	
Ash.         g         0.30         0.000         19         1         0.75         0.93           Chabolydring, by difference.         g         13.78         0         NC         4         0.5         0.1           Fiber, total dictary.         g         13.58         0         BYZN         4         0.5         0.1           Starch.           Whiterable.           Calcium, Ch.         mg         17         0.488         8" 7" 1         4.33         5           Calcium, Ch.         mg         10.26         0.011         77" 1         1         0.65         0.08           Magnesum, Mg.         mg         13         0.298         28         1         33         4         4           Poussum, Mg.         mg         13         0.294         30         1         33         4         4         3         5         4           Magnesum Mg.         mg         13         0.294         20         1         33         4         9         1         33         4         9         1         1         2,247         0         2         1         1         2,247	Total lipid (fat)	g	0.08	0.006	57		1		0.20	0.03	
Fiber, food dictary			0.30	0.000	19		1		0.75	0.09	
Sugars, 1041	Carbohydrate, by difference	g	13.78		0	NC	4		34.45	4.31	
Minerahs	Fiber, total dietary	g	0.2		0		4		0.5	0.1	
Minerals:	Sugars, total	g	13.58		0	BFZN	4		33.95	4.25	
Laleum, Ca.	Starch	g									
Lalcum, C.	Min and a										
Tron, Fe.		ma	17	0 400	97		1		43	E	
Magnesium Mg.         ng         13         0.294         30         1         33         4           Phosphons P.         ng         18         0.278         28         1         20         3           Phosphons P.         ng         14         2.115         65         1         335         42           Sociam, Na         ng         0.11         0.05         20         1         0.28         0.03           Zinc, Zn         ng         0.01         0.00         20         1         0.28         0.03           Copper, Cu         ng         0.090         1         1         1         0.225         0.028           Manganese, Mn         ng         0.090         1         1         1         0.225         0.310           Sclenium, Sc         ng         0.1         0         LC         8         60.0         7.5           Witamia C, total ascorbic acid         ng         2.4.0         0         LC         8         60.0         7.5           Pidamia C, total ascorbic acid         ng         0.052         0.001         63         1         0.13         0.17           Ribolavin         ng         0.022	· · · · · · · · · · · · · · · · · · ·	-									
Phosphorus P.											
Potascium, K.											
Sodium Na.	•	-									
Zime, Zn.         mg         0.11         0.005         20         1         0.28         0.03           Copper, Cu.         mg         0.990         0.990         1         1         2.475         0.310           Copper, Cu.         mg         0.990         1         1         1         2.475         0.310           Vitamins.           Wilding C, toola ascorbic acid.         mg         24.0         0         LC         8         60.0         7.5           Thiamin.         mg         0.055         0.001         63         1         0.138         0.017           Riborlavin.         mg         0.022         0.001         63         1         0.055         0.007           Niacin.         mg         0.022         0.001         63         1         0.055         0.007           Niacin.         mg         0.025         0.001         63         1         0.055         0.007           Niacin.         mg         0.025         0.001         63         1         0.024         0.031           Patuotheric acid.         mg         0.102         0         2         7         0         0.031											
Copper, CL.         mg         0.990         0.077         20         1         0.225         0.028           Managaness, Mn.         mg         0.990         1         1         2.475         0.310           Selenium, Se.         mGg         0.1         0         BFZN         4         0.3         0.0           Vitamis.           Vitamis.         mg         0.055         0.001         63         1         0.138         0.017           Riboflavin.         mg         0.0257         0.008         63         1         0.055         0.007           Nikicin.         mg         0.257         0.008         63         1         0.043         0.080           Pantothenic acid.         mg         0.0257         0.008         63         1         0.043         0.080           Patholic acid.         mg         0.025         0.008         2         1         0.240         0.031           Vitamin B. 12.         mg         0.006         2         7         0         0         0           Foltac, Deta.         mg         0.00         0         2         7         0         0         0 <th< td=""><td></td><td></td><td>0.11</td><td>0.005</td><td>20</td><td></td><td>1</td><td></td><td>0.28</td><td>0.03</td><td></td></th<>			0.11	0.005	20		1		0.28	0.03	
Manganese, Mn.         mg         0.990         1         1         2.475         0.310           Sclenium, Sc.         mcg         0.1         0         BFZN         4         0.3         0.0           Vitamins:           Vitamin C, total ascorbic acid.         mg         2.4.0         0         LC         8         60.0         7.5           Thiamin.         mg         0.055         0.001         63         1         0.138         0.017           Riboflavin.         mg         0.022         0.001         63         1         0.055         0.007           Niscin.         mg         0.227         0.008         63         1         0.643         0.001           Patiotheric acid.         mg         0.227         0.008         63         1         0.240         0.031           Vitatina P-C.         mg         0.096         0         1         0         2.250         0.031           Foliate, Def.         mg         0.096         1.570         3         1         58         7           Foliate, Joed.         mcg         23         1.570         3         1         1         58         7     <			0.090	0.007	20		1		0.225	0.028	
Vitamins:         Vitamin C, total ascorbic acid         mg         24.0         0         LC         8         60.0         7.5           Thiamin.         mg         0.055         0.001         63         1         0.138         0.017           Riboflavin.         mg         0.022         0.001         63         1         0.055         0.007           Niacin.         mg         0.100         0         1         0.250         0.031           Pantothenic acid.         mg         0.100         0         1         0.240         0.031           Vitamin B-6         mg         0.096         0         1         0.240         0.030           Folate, total         mcg         23         1.570         3         1         58         7           Folate, food         mcg         23         1.570         3         1         58         7           Folate, Cod         mcg         23         1.570         3         1         58         7           Folate, Cod         mcg         23         1.570         3         1         58         7           Folate, Cod         mcg         23         1.570         3			0.990		1		1		2.475	0.310	
Vitamin C, total ascorbic acid	Selenium, Se	mcg	0.1		0	BFZN	4		0.3	0.0	
Vitamin C, total ascorbic acid	Vitamine										
Thiamin		ma	24.0		0	7.0			60.0	7 -	
Riboflavin	*			0 001		шС					
Niacin											
Pantothenic acid											
Vitamin B-6.         .mg         0.096         0         1         0.240         0.030           Folate, total.         .mcg         23         1.570         3         1         58         7           Folace, total.         .mcg         0         0         z         7         0         0           Folate, DFE.         .mcg         23         1.570         3         1         58         7           Folate, DFE.         .mcgDFE         23         1.570         3         1         58         7           Vitamin B-12.         .mcg         0.00         2         7         0.00         0.00           Vitamin A, RAE         .mcgRAE         0         NC         4         1         1         0           Retinol.         .mcg         0         0         Z         7         0         0         0           Vitamin E, (alpha-tocopherol)         .mg         0.02         0         BFZN         4         0.05         0.01           Tocopherol, delta.         .mg           .mg		-									
Folate, total					0		1				
Folic acid.		-					1				
Folate, food			0		0	Z	7		0	0	
Folate, DFE.   meg_DFE   23			23	1.570	3		1		58	7	
Vitamin B-12.         mcg         0.00         0         z         7         0.00         0.00           Vitamin A, IU.         IU         5         4.643         14         1         13         2           Vitamin A, RAE         mcg RAE         0         0         NC         4         1         0           Retinol.         mcg         0         0         2         7         0         0           Vitamin E (alpha-tocopherol).         mg         0.02         0         BFZN         4         0.05         0.01           Tocopherol, beta         mg         0         0         BFZN         4         0.05         0.01           Tocopherol, gamma         mg         7         0	Folate, DFE	mcg_DFE	23		0	NC	4		58	7	
Vitamin A, RAE         mcg_RAE         0         0         NC         4         1         0           Retinol.         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol).         mg         0.02         0         BFZN         4         0.05         0.01           Tocopherol, beta.         mg         0         BFZN         4         0.05         0.01           Tocopherol, delta.         mg         0         BFZN         4         0.8         0.1           Vitamin D.         IU         V			0.00		0	Z	7		0.00	0.00	
Retinol         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.02         0         BFZN         4         0.05         0.01           Tocopherol, beta.         mg         1         0.00         0 <t< td=""><td>Vitamin A, IU</td><td>IU</td><td>5</td><td>4.643</td><td>14</td><td></td><td>1</td><td></td><td>13</td><td>2</td><td></td></t<>	Vitamin A, IU	IU	5	4.643	14		1		13	2	
Retinol         mcg         0         0         z         7         0         0           Vitamin E (alpha-tocopherol)         mg         0.02         0         BFZN         4         0.05         0.01           Tocopherol, beta         mg         0         BFZN         4         0.00         0.01           Tocopherol, delta         mg         Vitamin D.         U         Vitamin K (phylloquinone)         0.00	Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	0	
Tocopherol, beta			0		0	Z	7		0	0	
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.01	
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D.         IU           Vitamin K (phylloquinone)         mcg         0.3         0 BF2N         4         0.8         0.1           Lipids:         Fatty acids, total saturated         9         0.005         0         1         0.013         0.002           4:0.         9         0.000         0         4         0.000         0.000           6:0.         9         0.000         0         1         0.000         0.000           8:0.         9         0.000         0         1         0.000         0.000           10:0.         9         0.000         0         1         0.000         0.000           13:0.         9         0.000         0         1         0.000         0.000           15:0.         9         0.003         0         1         0.008         0.001           17:0.         9         0.002         0         1         0.005         0.001           18:0.         9         0.002         0         1         0.005         0.001           20:0.         9         0.002         0         1         0.005         0.001											
Vitamin K (phylloquinone)         mcg         0.3         BFZN         4         0.8         0.1           Lipids:         Fatty acids, total saturated         9         0.005         0         1         0.013         0.002           4:0         9         0.000         0         4         0.000         0.000           6:0         9         0.000         0         1         0.000         0.000           8:0         9         0.000         0         1         0.000         0.000           10:0         9         0.000         0         1         0.000         0.000           13:0         9         0.000         0         1         0.000         0.000           15:0         9         0.003         0         1         0.008         0.001           17:0         9         0.002         0         1         0.005         0.001           20:0         9         0.002         0         1         0.005         0.001											
Lipids:       Fatty acids, total saturated     9     0.005     0     1     0.013     0.002       4:0     9     0.000     0     4     0.000     0.000       6:0     9     0.000     0     1     0.000     0.000       8:0     9     0.000     0     1     0.000     0.000       10:0     9     0.000     0     1     0.000     0.000       13:0     9     0.000     0     1     0.000     0.000       15:0     9     0.003     0     1     0.008     0.001       17:0     9       18:0     9     0.002     0     1     0.005     0.001       20:0     9     0.002     0     1     0.005     0.001											
Fatty acids, total saturated       g       0.005       0       1       0.013       0.002         4:0       g       0.000       0       4       0.000       0.000         6:0       g       0.000       0       1       0.000       0.000         8:0       g       0.000       0       1       0.000       0.000         10:0       g       0.000       0       1       0.000       0.000         12:0       g       0.000       0       1       0.000       0.000         13:0       g       0.000       0       1       0.000       0.000         15:0       g       0.003       0       1       0.008       0.001         17:0       g       0.002       0       1       0.005       0.001         20:0       g       0.002       0       1       0.005       0.001	Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.8	0.1	
Fatty acids, total saturated       g       0.005       0       1       0.013       0.002         4:0       g       0.000       0       4       0.000       0.000         6:0       g       0.000       0       1       0.000       0.000         8:0       g       0.000       0       1       0.000       0.000         10:0       g       0.000       0       1       0.000       0.000         12:0       g       0.000       0       1       0.000       0.000         13:0       g       0.000       0       1       0.000       0.000         15:0       g       0.003       0       1       0.008       0.001         17:0       g       0.002       0       1       0.005       0.001         20:0       g       0.002       0       1       0.005       0.001	Lipids:										
4:0         9         0.000         0         4         0.000         0.000           6:0         9         0.000         0         1         0.000         0.000           8:0         9         0.000         0         1         0.000         0.000           10:0         9         0.000         0         1         0.000         0.000           13:0         9         0.000         0         1         0.000         0.000           15:0         9         0.003         0         1         0.008         0.001           17:0         9         0.002         0         1         0.005         0.001           20:0         9         0.002         0         1         0.005         0.001		g	0.005		0		1		0.013	0.002	
8:0			0.000		0		4		0.000	0.000	
10:0.       g       0.000       0       1       0.000       0.000         12:0.       g       0.000       0       1       0.000       0.000         13:0.       g       0.000       0       1       0.000       0.000         15:0.       g       0.003       0       1       0.008       0.001         17:0.       g       0.002       0       1       0.005       0.001         20:0.       g       0.002       0       1       0.005       0.001	6:0	g	0.000		0		1		0.000	0.000	
12:0.     g     0.000     0     1     0.000     0.000       13:0.     g       14:0.     g     0.000     0     1     0.000     0.000       15:0.     g       16:0.     g     0.003     0     1     0.008     0.001       17:0.     g       18:0.     g     0.002     0     1     0.005     0.001       20:0.     g	8:0	g	0.000		0		1		0.000	0.000	
13:0.	10:0	g	0.000		0		1		0.000	0.000	
14:0     g     0.000     0     1     0.000     0.000       15:0     g       16:0     g     0.003     0     1     0.008     0.001       17:0     g       18:0     g     0.002     0     1     0.005     0.001       20:0     g	12:0	g	0.000		0		1		0.000	0.000	
15:0	13:0	g									
16:0     g     0.003     0     1     0.008     0.001       17:0     g       18:0     g     0.002     0     1     0.005     0.001       20:0     g			0.000		0		1		0.000	0.000	
17:0		-									
$\begin{array}{cccccccccccccccccccccccccccccccccccc$			0.003		0		1		0.008	0.001	
20:0g		-									
		-	0.002		0		1		0.005	0.001	
22:0g		-									
24:0g		-									

		<u>An</u>	nount in 100 g	rams of	edible portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean		mber Data De ints Co		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.		0.009		0	1		0.023	0.003		
14:1	-									
15:1 16:1 undifferentiated	-	0.001		0	1		0.003	0.000		
17:1		0.001		U	1		0.003	0.000		
18:1 undifferentiated		0.008		0	1		0.020	0.003		
20:1	-	0.000		0	1		0.020	0.003		
22:1 undifferentiated		0.000		0	1		0.000	0.000		
24:1 c	•	0.000		U	-		0.000	0.000		
Fatty acids, total polyunsaturated		0.028		0	1		0.070	0.009		
18:2 undifferentiated		0.016		0	1		0.040	0.005		
18:3 undifferentiated	-	0.012		0	1		0.030	0.003		
18:4	-	0.000		0	1		0.000	0.000		
20:2 n-6 c.c.	-	0.000		·	_		0.000	0.000		
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0	1		0.000	0.000		
20:5 n-3		0.000		0	1		0.000	0.000		
22:5 n-3		0.000		0	1		0.000	0.000		
22:6 n-3	-	0.000		0	1		0.000	0.000		
Fatty acids, total trans	_									
Cholesterol		0		0	z 7		0	0		
Phytosterols										
Others:										
Alcohol, ethyl	g	0.0		0	7		0.0	0.0		
Caffeine	_	0		0	z 7		0	0		
Theobromine	mg	0		0	z 7		0	0		
Carotenoids:	-									
Carotene, beta	mcg	3		0 E	FZN 4		7.500	0.939		
Carotene, alpha		0		0 E	FZN 4		0.000	0.000		
Cryptoxanthin, beta		0		0 E	FZN 4		0.000	0.000		
Lycopene	mcg	0		0 E	FZN 4		0.000	0.000		
Lutein + zeaxanthin		0		0 B	FZN 4		0.000	0.000		

### **Common Measures:**

Measure 1 = 250g: 1 cup Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09275
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

				s of edil	Amount in edible portion of common				
			Numbe	er			<u>m</u>	easures of food	<u>l</u>
			of Data	a Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	86.50	0		1		216.25	26.99	
Energy	kcal	52	0	NC	4		130	16	
Energy	kj	218			4		544	68	
Protein (N x 6.25)	g	0.40	0		1		1.00	0.12	
Total lipid (fat)	g	0.03	0		1		0.08	0.01	
Ash	g	0.30	0		1		0.75	0.09	
Carbohydrate, by difference	g	12.77	0	NC	4		31.93	3.98	
Fiber, total dietary	g	0.2	0		4		0.5	0.1	
Sugars, total	g	12.57	0	0	4		31.43	3.92	
Starch	g								
Minerals:	mc	11	•		4		20	3	
Calcium, Ca	-	11 0.30	0		1 1		28 0.75	3 0.09	
Iron, Fe.	-	9	0		1		23	0.09 3	
Magnesium, Mg		8	0		1		20	2	
Phosphorus, P Potassium, K	_	8 136	0		1		20 340	42	
Sodium, Na		1	0		1		3	0	
Zinc, Zn	-	0.11	0		1		0.28	0.03	
Copper, Cu		0.090			1		0.225	0.028	
Manganese, Mn		0.990			1		2.475	0.309	
Selenium, Se		0.1	0	CAZN	4		0.3	0.0	
·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		12.0	0		1		30.0	3.7	
Thiamin		0.070			1		0.175	0.022	
Riboflavin		0.020			1		0.050	0.006	
Niacin		0.200			1		0.500	0.062	
Pantothenic acid		0.125			1		0.313	0.039	
Vitamin B-6	-	0.074			1		0.185	0.023	
Folate, total		11	0	_	4		27	3	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	11	0		4		27	3	
Folate, DFE		11	0	NC	4		27	3	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		10	0		1		25	3	
Vitamin A, RAE		1	0	NC	4		1	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.01	U	NR	4		0.03	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)		0.3	1	A	1		0.8	0.1	
viamim is (phynoquinone)	9	0.5	_		_		0.0	V.1	
<u>Lipids:</u>									
Fatty acids, total saturated		0.002			1		0.005	0.001	
4:0		0.000			1		0.000	0.000	
6:0	-	0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	-	0.000			1		0.000	0.000	
12:0	-	0.000	0		1		0.000	0.000	
13:0	-				_				
14:0	-	0.000	0		1		0.000	0.000	
15:0	-				_		_		
16:0		0.001	0		1		0.003	0.000	
17:0	g				_				
					1		0.003	0.000	
18:0	-	0.001	0		-		0.005	0.000	
	g	0.001	. 0		•		0.003	0.000	

NDB No. 09275
Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water

	<u>Am</u>	ount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and the total management of the	0.003	0		1		0.008	0.001	
Fatty acids, total monounsaturatedg	0.003	U		1		0.008	0.001	
14:1								
16:1 undifferentiated	0.000	0		1		0.000	0.000	
17:1g	0.000	v		-		0.000	0.000	
18:1 undifferentiated	0.003	0		1		0.008	0.001	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg	0.000	·		_		0.000	0.000	
Fatty acids, total polyunsaturated9	0.010	0		1		0.025	0.003	
18:2 undifferentiated	0.006	0		1		0.015	0.002	
18:3 undifferentiated	0.004	0		1		0.010	0.001	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, beta mcg	6	0	BNA	4		15.000	1.872	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	BNA	4		0.000	0.000	
Lycopenemcg	0	0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000	0.000	

### **Common Measures:**

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

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u> e	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	53.10		0		1		114.70		
Energy	kcal	179		0	NC	4		387		
Energy	kj	749				4		1618		
Protein (N x 6.25)		1.30		0		1		2.81		
Total lipid (fat)	g	0.10		0		1		0.22		
Ash	g	1.20		0		1		2.59		
Carbohydrate, by difference	g	44.30		0	NC	4		95.69		
Fiber, total dietary	g	0.7		0		4		1.5		
Sugars, total	g	43.60		0	0	4		94.18		
Starch	g									
Minerals:	ma	20		^		4		0.4		
Calcium, Ca	-	39 0.90		0 0		1 1		84 1.94		
Iron, Fe		0.90 35		0		1		1.94 76		
Magnesium, Mg Phosphorus, P		28		0		1		76 60		
Potassium, K	-	28 472		0		1		1020		
Sodium, Na	-	3		0		1		6		
Zinc, Zn	-	0.40		0		1		0.86		
Copper, Cu		0.313		0		1		0.676		
Manganese, Mn		3.439		0		1		7.428		
Selenium, Se		0.4		0	BFSN	4		0.9		
•				-		=				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_	42.0		0		1		90.7		
Thiamin	-	0.230		0		1		0.497		
Riboflavin		0.060		0		1		0.130		
Niacin		0.900		0		1		1.944		
Pantothenic acid	-	0.430		0		1		0.929		
Vitamin B-6	-	0.255	i	0		1		0.551		
Folate, total		37		0		4		79		
Folic acid		0		0	Z	7		0		
Folate, food		37		0		4		79		
Folate, DFE		37		0	NC	4		79		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		50		0		1		108		
Vitamin A, RAE		3		0	NC	4		5		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.03		0	BFSN	4		0.08		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		1.0		0	BFSN	4		2.3		
viainii K (phynoquiione)	9			·		-				
<u> ipids:</u>										
Fatty acids, total saturated		0.007		0		1		0.015		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000	1	0		1		0.000		
13:0		0 000		^		-				
14:0		0.000	1	0		1		0.000		
15:0				-		_				
16:0		0.004		0		1		0.009		
17:0	-	0 00-		^				0.000		
18:0	-	0.003	•	0		1		0.006		
20:0 22:0	-									
	а									

	An	nount in 10	00 grams	of edib	Amount in edible portion of common				
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
F	0.012		0		1		0.006		
Fatty acids, total monounsaturatedg	0.012		U		1		0.026		
14:1g									
15:1	0.001		0		1		0.002		
17:1g	0.001		U		-		0.002		
18:1 undifferentiated	0.011		0		1		0.024		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg	0.000		·		-		0.000		
Fatty acids, total polyunsaturated9	0.035		0		1		0.076		
18:2 undifferentiatedg	0.020		0		1		0.043		
18:3 undifferentiated	0.015		0		1		0.032		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	30		0	BNA	4		64.800		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000		

### **Common Measures:**

Measure 1 = 216g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100 g	rams of	edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data De	eriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	77.71		0		1		202.05			
Energy	-	83		0	NC	4		216			
Energy		347				4		903			
Protein (N x 6.25)		0.34		0		1		0.88			
Total lipid (fat)	g	0.11		0		1		0.29			
Ash		0.34		0		1		0.88			
Carbohydrate, by difference	g	21.50		0	NC	4		55.90			
Fiber, total dietary	g	0.8		0		4		2.1			
Sugars, total	g										
Starch	g										
N. 1											
Minerals:	ma	14		0		1		26			
Calcium, Ca Iron, Fe	_	0.38		0		1		36 0.99			
Magnesium, Mg		15		0		1		39			
Phosphorus, P		7		0		1		18			
Potassium, K	-	102		0		1		265			
Sodium, Na		1		0		1		3			
Zinc, Zn		0.11		0		1		0.29			
Copper, Cu		0.099	•	0		1		0.257			
Manganese, Mn		1.062	2	0		1		2.761			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	7.3		0		1		19.0			
Thiamin		0.089	a	0		1		0.231			
Riboflavin		0.025		0		1		0.065			
Niacin	_	0.282		0		1		0.733			
Pantothenic acid		0.100		0		1		0.260			
Vitamin B-6		0.074		0		1		0.192			
Folate, total	-	5		0		1		12			
Folic acid		0		0	Z	7		0			
Folate, food	mcg	5		0		1		12			
Folate, DFE	mcg_DFE	5		0	NC	4		12			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		14		0		1		36			
Vitamin A, RAE		1		0		1		2			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
ramin K (phynoquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		0.009	•	0		1		0.023			
4:0	-										
6:0	-										
8:0											
10:0 12:0											
13:0											
14:0											
15:0											
16:0		0.005	5	0		1		0.013			
17:0				-		_		2.020			
18:0		0.003	3	0		1		0.008			
20:0											
22:0											
24:0											

	<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common							
				Number		_		measures of food			
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	0.013		0		1		0.034			
14:1	g										
15:1	_										
16:1 undifferentiated	-	0.001		0		1		0.003			
17:1											
18:1 undifferentiated		0.012		0		1		0.031			
20:1	_										
22:1 undifferentiated											
24:1 c	_	0.038		0		1		0.099			
Fatty acids, total polyunsaturated  18:2 undifferentiated		0.038		0		1		0.099			
18:3 undifferentiated	_	0.022		0		1		0.042			
18:4		0.010		U		_		0.042			
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated											
20:5 n-3											
22:5 n-3											
22:6 n-3	_										
Fatty acids, total trans											
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.005		0		1		0.013			
Threonine		0.009		0		1		0.023			
Isoleucine		0.009		0		1		0.023			
Leucine	_	0.013		0		1		0.034			
Lysine	-	0.016		0		1		0.042			
Methionine		0.009		0		1		0.023			
Cystine	_	0.001		0		1		0.003			
Phenylalanine		0.009		0		1		0.023			
Tyrosine		0.008		0		1		0.021			
Valine	_	0.011		0		1		0.029			
Arginine	g	0.012		0		1		0.031			
Histidine		0.007		0		1		0.018			
Alanine	g	0.018		0		1		0.047			
Aspartic acid	g	0.079		0		1		0.205			
Glutamic acid	g	0.040		0		1		0.104			
Glycine	g	0.014		0		1		0.036			
Proline	g	0.009		0		1		0.023			
Serine	g	0.018		0		1		0.047			
Hydroxyproline	g										

### **Common Measures:**

Measure 1 = 260g: 1 cup, crushed, sliced, or chunks

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<u>A</u>	mount in 100 g	Amount in edible portion of common						
			Nu	ımber	•			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.99	0.190	110		1		200.63	38.71	
Energy	kcal	78		0	NC	4		198	38	
Energy	kj	326				4		829	160	
Protein (N x 6.25)	g	0.35	0.003	186		1		0.89	0.17	
Total lipid (fat)	g	0.11	0.005	186		1		0.28	0.05	
Ash	g	0.34	0.007	110		1		0.86	0.17	
Carbohydrate, by difference	g	20.20		0	NC	4		51.31	9.90	
Fiber, total dietary		0.8		0		4		2.0	0.4	
Sugars, total	g	16.90		1	A	1		42.93	8.28	
Sucrose		2.20		1	A	1		5.59	1.08	
Glucose (dextrose)		7.50		1	A	1		19.05	3.68	
Fructose	g	7.20		1	A	1		18.29	3.53	
Lactose	g									
Maltose	g a									
GalactoseStarch										
Minerals:	g									
Calcium, Ca	ma	14	0.371	185		1		36	7	
Iron, Fe		0.38	0.009	185		1		0.97	0.19	
Magnesium, Mg		16	0.203	110		1		41	8	
Phosphorus, P		7	0.151			1		18	3	
Potassium, K		104	4.233	123		1		264	51	
Sodium, Na		1	0.080	123		1		3	0	
Zinc, Zn		0.12	0.003	110		1		0.30	0.06	
Copper, Cu		0.101				1		0.257	0.049	
Manganese, Mn		1.080		0		1		2.743	0.529	
Selenium, Se		0.4		0	BFZN	4		1.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.4	0.151	185		1		18.8	3.6	
Thiamin		0.090	0.001	183		1		0.229	0.044	
Riboflavin	_	0.025	0.000	185		1		0.064	0.012	
Niacin	<del>-</del>	0.287	0.007	185		1		0.729	0.141	
Pantothenic acid		0.100	)	0		1		0.254	0.049	
Vitamin B-6		0.074	l	0		1		0.188	0.036	
Folate, total		5	0.595	3		1		12	2	
Folic acid		0		0	z	7		0	0	
Folate, food		5	0.595	3		1		12	2	
Folate, DFE		5		0	NC	4		12	2	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		14	2.374			1		36	7	
Vitamin A, RAE		1	0.119			1		2	0	
Retinol		0	3.229	0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.01		0	BFYN	4		0.04	0.01	
Tocopherol, beta				•		-		3. <b></b>	···-	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.8	0.1	
Lipids:										
Fatty acids, total saturated	g	0.009	•	0		1		0.023	0.004	
4:0		0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0		0.000	)	0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0										
14:0		0.000	)	0		1		0.000	0.000	
15:0	-									

		<u>Aı</u>	mount in 100 gra	ams of edi	Amount in edible portion of common						
			Num	ber			measures of food				
Nutrients and Uni	its	Mean	of D Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3		
16:0	q	0.005		0	1		0.013	0.002			
17:0	-										
18:0	-	0.003		0	1		0.008	0.001			
20:0											
22:0											
24:0	-	0.013		0	1		0.033	0.006			
Fatty acids, total monounsaturated 14:1		0.013		U	1		0.033	0.006			
15:1											
16:1 undifferentiated	_	0.001		0	1		0.003	0.000			
17:1											
18:1 undifferentiated	g	0.012		0	1		0.030	0.006			
20:1	g	0.000		0	1		0.000	0.000			
22:1 undifferentiated		0.000		0	1		0.000	0.000			
24:1 c				0	_		•				
Fatty acids, total polyunsaturated		0.040		0	1 1		0.102	0.020			
18:2 undifferentiated		0.023 0.017		0	1		0.058 0.043	0.011 0.008			
18:4		0.000		0	1		0.043	0.008			
20:2 n-6 c.c.		0.000		•	-		0.000	0.000			
20:3 undifferentiated											
20:4 undifferentiated	_	0.000		0	1		0.000	0.000			
20:5 n-3	g	0.000		0	1		0.000	0.000			
22:5 n-3	g	0.000		0	1		0.000	0.000			
22:6 n-3		0.000		0	1		0.000	0.000			
Fatty acids, total trans		_						_			
Cholesterol		0		0 z	7		0	0			
Phytosterols	riig										
Amino Acids:											
Tryptophan	g	0.005		0	1		0.013	0.002			
Threonine	_	0.009		0	1		0.023	0.004			
Isoleucine	-	0.009		0	1		0.023	0.004			
Leucine	-	0.013		0	1 1		0.033	0.006			
Lysine		0.016 0.009		0	1		0.041 0.023	0.008 0.004			
Methionine Cystine		0.003		0	1		0.023	0.004			
Phenylalanine		0.009		0	1		0.003	0.004			
Tyrosine		0.008		0	1		0.020	0.004			
Valine	_	0.011		0	1		0.028	0.005			
Arginine	g	0.012		0	1		0.030	0.006			
Histidine	g	0.008		0	1		0.020	0.004			
Alanine	g	0.018		0	1		0.046	0.009			
Aspartic acid		0.081		0	1		0.206	0.040			
Glutamic acid		0.041		0	1		0.104	0.020			
Glycine		0.014		0	1		0.036	0.007			
Proline	_	0.009		0	1 1		0.023	0.004			
Serine		0.019		U	1		0.048	0.009			
Hydroxyproline	9										
Others:											
Alcohol, ethyl	-	0.0		0	7		0.0	0.0			
Caffeine		0		0 Z	7		0	0			
Theobromine	mg	0		0 z	7		0	0			
Carotenoids:											
Carotene, beta		8		0 BNA			21.336	4.116			
Carotene, alpha		0		0 BNA			0.000	0.000			
Cryptoxanthin, beta		0		0 BNA			0.000	0.000			
Lycopene		0		0 BFYN			0.000 0.000	0.000 0.000			
Lutein + zeaxanthin		U		OF II	. 4		0.000	0.000			

NDB No. 09270

Pineapple, canned, heavy syrup pack, solids and liquids

**Common Measures:** 

Measure 1 = 254g: 1 cup, crushed, sliced, or chunks Measure 2 = 49g: 1 slice or ring (3" dia) with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 10	Amount in edible portion of common						
					Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		83.51		0	BD	4		151.15	162.84	135.29
Energy		60		0	NC	4		109	117	98
Energy	kj	252		0	NC	4		456	491	408
Protein		0.51		0	BD	4		0.92	0.99	0.82
Total lipid (fat)		0.11		0	BD	4		0.20	0.21	0.18
Ash		0.31		0	BD	4		0.56	0.60	0.50
Carbohydrate, by difference		15.56		0	NC	4		28.17	30.35	25.21
Fiber, total dietary		1.3		0	BD	4		2.4	2.6	2.2
Sugars, total		14.26		Ü	0	4		25.81	27.81	23.10
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	BD	4		28	31	25
Iron, Fe	mg	0.28		0	BD	4		0.51	0.55	0.45
Magnesium, Mg	mg	15		0	BD	4		26	28	24
Phosphorus, P		7		0	BD	4		12	13	11
Potassium, K		124		0	BD	4		225	243	202
Sodium, Na		1		0	BD	4		2	2	2
Zinc, Zn		0.10	-	0	BD	4		0.19	0.20	0.17
Copper, Cu		0.107	′	0	BD	4		0.193	0.208	0.17
Manganese, Mn		0.4	0.2	77 3		1		0.7	0.8	0.6
Selenium, Se	nicg	0.4	0.2	11 3	A	1		0.7	0.8	0.6
Vitamins:	ma	0.4		0	DD.			17.0	10.0	15.0
Vitamin C, total ascorbic acid		9.4	,	0	BD	4 4		0.184	18.3	15.2 0.16
ThiaminRiboflavin		0.102 0.021		0	BD BD	4		0.184	0.198	
	=	0.021		0	BD	4		0.037	0.040 0.554	0.03 0.46
Niacin Pantothenic acid	-	0.264		U	עם	4		0.514	0.554	0.40
Vitamin B-6		0.075	5	0	BD	4		0.137	0.147	0.12
Folate, total		5		0	BD	4		9	10	8
Folic acid		0		0	z	7		0	0	0
Folate, food		5		0	BD	4		9	10	8
Folate, DFE		5		0	NC	4		9	10	8
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, IU		50		0	NC	4		91	98	81
Vitamin A, RAE	mcg_RAE	3		0	NC	4		5	5	4
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.02		0	BFZN	4		0.04	0.04	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D				_		_				
Vitamin K (phylloquinone)	mcg	0.7		0	BFZN	4		1.3	1.4	1.2
<u> ipids:</u>										
Fatty acids, total saturated		0.008		0		4		0.014	0.016	0.01
4:0		0.000		0		4		0.000	0.000	0.00
6:0	-	0.000		0		4		0.000	0.000	0.00
8:0	_	0.000		0 0		4		0.000	0.000	0.00
10:0 12:0	_	0.000		0		4		0.000 0.000	0.000 0.000	0.00
13:0	_	0.000	•	U		-		0.000	0.000	0.00
14:0	_	0.000	)	0		4		0.000	0.000	0.00
15:0	_	0.000	•	U		4		0.000	0.000	0.00
16:0	_	0.006	5	0		4		0.011	0.012	0.0
17:0	-	0.000	-	Ü		-		0.011	0.012	0.0.
18:0		0.003	3	0		4		0.005	0.006	0.00
20:0		0.000		•		-		2.005	0.000	5.0
22:0	_									
24:0	_									

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common					
			Deriv		Confidence	_	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.014	0		4		0.025	0.027	0.023
14:1	0.011	v		-		0.025	0.027	0.023
15:1g								
16:1 undifferentiated 9	0.001	0		4		0.002	0.002	0.002
17:1g								
18:1 undifferentiatedg	0.012	0		4		0.022	0.023	0.019
20:1g	0.000	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.040	0		4		0.072	0.078	0.065
18:2 undifferentiatedg	0.023	0		4		0.042	0.045	0.037
18:3 undifferentiatedg	0.017	0		4		0.031	0.033	0.028
18:4g	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:6 n-3g	0.000	0		4		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterolmg	0	0	Z	7		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0
Caffeine mg	0	0	Z	7		0	0	0
Theobromine mg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene, betamcg	30	1	A	1		54.300	58.500	48.600
Carotene, alphamcg	0	0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0	0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 181g: 1 cup, chunks Measure 2 = 195g: 1 cup, crushed Measure 3 = 162g: 1 cup, sliced

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

	<u>Aı</u>	mount in 100 g	grams						
		Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
		of	Data	Deriv	Source	Confidence			
nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
g	83.51	0.128	86		1		207.94	39.25	
kcal	60		0	NC	4		149	28	
kj	251				4		625	118	
g	0.42	0.004	679		1		1.05	0.20	
g	0.08	0.001	447		1		0.20	0.04	
g	0.30	0.004	86		1		0.75	0.14	
g	15.70		0	NC	4		39.09	7.38	
g	0.8		0		4		2.0	0.4	
g	14.45		1	A	1		35.98	6.79	
g	0.25		1	A	1		0.62	0.12	
g	7.70		1	A	1		19.17	3.62	
g	6.50		1	A	1		16.19	3.06	
g									
-			667						
		L							
Ilicg	0.4		U	BFZN	4		1.0	0.2	
ma	9.5	0 119	659		1		23 7	4.5	
					_				
					_				
-					_				
					=				
		-			_				
				7.					
				_					
	-		-	NC	4			<del>-</del>	
			0		7				
-		1 788		-					
		0.089		7					
	0.01		U	BEIN	-		0.04	0.01	
	0.3		1	A	1		0.7	0.1	
g	0.006	5	0		1		0.015	0.003	
			0		1		0.000	0.000	
			0		1		0.000	0.000	
_			0		1		0.000	0.000	
-			0		1				
			0		1		0.000	0.000	
			-		•				
	0.000	`	0		1		0 000	0 000	
g	0.000	,	U				0.000	0.000	
	### ### ### ### ### ### ### ### ### ##	g 83.51 kcal 60 kj 251 g 0.42 g 0.08 g 0.30 g 15.70 g 0.8 g 14.45 g 0.25 g 7.70 g 6.50 g 9 g 7.70 g 6.50 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 9 g 14 mg 0.28 mg 122 mg 12 mg 122 mg 12 mg 1.121 mg 0.086 mg 0.096 mg 0.096 mg 0.016 mg 0.096 mg 0.016 mg 0.074 mcg 5 mcg 0 mcg 0 mcg 5 mcg 0 mcg 5 mcg 0 mcg	Std. Error   Points   Std. Error   Points	Number of Data   Number of Data	Number	Number of Data   Derivation   Desiration   Desiration		Number of Data   Deriv   Source   Confidence   Code   Co	Number

		<u>Aı</u>	nount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in	edible portion o	f common
			Num	ber			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	of D Std. Error Poir	ata Deriv its Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.004		0	1		0.010	0.002	
17:0	-								
18:0	-	0.002		0	1		0.005	0.001	
20:0 22:0									
24:0									
Fatty acids, total monounsaturated	-	0.010		0	1		0.025	0.005	
14:1									
15:1	_								
16:1 undifferentiated		0.001		0	1		0.002	0.000	
17:1	-	0.009		0	1		0.022	0.004	
20:1	_	0.000		0	1		0.022	0.004	
22:1 undifferentiated	_	0.000		0	1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated.	g	0.029		0	1		0.072	0.014	
18:2 undifferentiated		0.017		0	1		0.042	0.008	
18:3 undifferentiated		0.012		0	1		0.030	0.006	
18:4		0.000		0	1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated	_	0.000		0	1		0.000	0.000	
20:5 n-3	-	0.000		0	1		0.000	0.000	
22:5 n-3	_	0.000		0	1		0.000	0.000	
22:6 n-3	g	0.000		0	1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol		0		0 z	7		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.005		0	1		0.012	0.002	
Threonine	_	0.010		0 0	1 1		0.025	0.005	
Isoleucine	-	0.010 0.016		0	1		0.025 0.040	0.005 0.008	
Lysine	-	0.019		0	1		0.047	0.009	
Methionine		0.011		0	1		0.027	0.005	
Cystine		0.001		0	1		0.002	0.000	
Phenylalanine	g	0.010		0	1		0.025	0.005	
Tyrosine	-	0.010		0	1		0.025	0.005	
Valine		0.013		0	1		0.032	0.006	
Arginine		0.014 0.009		0 0	1 1		0.035 0.022	0.007 0.004	
HistidineAlanine	-	0.009		0	1		0.022	0.004	
Aspartic acid		0.021		0	1		0.032	0.010	
Glutamic acid		0.048		0	1		0.120	0.023	
Glycine		0.016		0	1		0.040	0.008	
Proline	g	0.011		0	1		0.027	0.005	
Serine		0.022		0	1		0.055	0.010	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	_	0.0		0	7		0.0	0.0	
Caffeine		0		0 z	7		0	0	
Theobromine	g	0		0 z	7		0	0	
Carotenoids:		_		_					
Carotene, beta		23		0 BFYN			56.097	10.589	
Carotene, alpha Cryptoxanthin, beta		0		0 BFYN 0 BFYN			0.000 0.000	0.000 0.000	
Lycopene		0		0 BFYN			0.000	0.000	
Lutein + zeaxanthin		0		0 BFYN			0.000	0.000	
_ atom · Zouvantinii		•		32 214	•				

Pineapple, canned, juice pack, solids and liquids

**Common Measures:** 

Measure 1 = 249g: 1 cup, crushed, sliced, or chunks Measure 2 = 47g: 1 slice or ring (3" dia) with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	85.73	0		1		216.04	41.15	
Energy	kcal	52	0	NC	4		131	25	
Energy		218			4		548	104	
Protein (N x 6.25)		0.36	0		1		0.91	0.17	
Total lipid (fat)		0.12	0		1		0.30	0.06	
Ash		0.35	0		1		0.88	0.17	
Carbohydrate, by difference		13.45	0	NC	4		33.89	6.46	
Fiber, total dietary		0.8	0		4		2.0	0.4	
Sugars, total		12.65	0	0	4		31.88	6.07	
Starch									
Minerals:					_			_	
Calcium, Ca	-	14	0		1		35	7	
Iron, Fe.		0.39	0		1		0.98	0.19	
Magnesium, Mg		16	-		1		40	8	
Phosphorus, P	-	7 105	0		1 1		18 265	3 50	
Potassium, K		105	0		1		265 3	0	
Sodium, Na		0.12	0		1		0.30	0.06	
Zinc, Zn		0.12			1		0.30	0.049	
Copper, Cu		1.097			1		2.764	0.527	
Manganese, Mn Selenium, Se		0.4	0	BFZN	4		1.0	0.327	
Selenium, Se	Tilog	0.4	U	DF ZN	-		1.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	7.5	0		1		18.9	3.6	
Thiamin	mg	0.091	. 0		1		0.229	0.044	
Riboflavin	mg	0.025	0		1		0.063	0.012	
Niacin	mg	0.292	2 0		1		0.736	0.140	
Pantothenic acid	mg	0.100	0		1		0.252	0.048	
Vitamin B-6	mg	0.074	0		1		0.186	0.036	
Folate, total	mcg	5	0		1		12	2	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	5	0		1		12	2	
Folate, DFE	mcg_DFE	5	0	NC	4		12	2	
Vitamin B-12	mcg	0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		38	0	NC	4		95	18	
Vitamin A, RAE	mcg_RAE	2	0	NC	4		5	1	
Retinol	mcg	0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01	0	BFYN	4		0.04	0.01	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.3	0	BFZN	4		0.8	0.1	
Lipids:									
Fatty acids, total saturated	а	0.009	0		1		0.023	0.004	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	-	0.000			1		0.000	0.000	
13:0	_								
14:0	-	0.000	0		1		0.000	0.000	
15:0	-								
16:0	-	0.005	0		1		0.013	0.002	
17:0									
18:0	-	0.003	0		1		0.008	0.001	
20:0	-								
22:0	-								
	g								

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura 14:1		0.013		0		1		0.033	0.006	
15:1	-			_		_				
16:1 undifferentiated		0.001		0		1		0.003	0.000	
18:1 undifferentiated	_	0.012		0		1		0.030	0.006	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		0.040		0		1		0.101	0.019	
18:2 undifferentiated		0.023		0 0		1 1		0.058	0.011	
18:3 undifferentiated		0.017 0.000		0		1		0.043 0.000	0.008 0.000	
20:2 n-6 c.c		0.000		U		1		0.000	0.000	
20:3 undifferentiated	_									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	-	0		0	z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.005		0		1		0.013	0.002	
Threonine	_	0.009		0		1		0.023	0.004	
Isoleucine	_	0.009		0		1		0.023	0.004	
Leucine	_	0.014		0		1		0.035	0.007	
Lysine		0.016		0 0		1 1		0.040	0.008	
Methionine		0.009		0		1		0.023 0.003	0.004 0.000	
CystinePhenylalanine		0.001		0		1		0.003	0.004	
Tyrosine		0.009		0		1		0.023	0.004	
Valine	-	0.012		0		1		0.030	0.006	
Arginine	• • • • • • • • • • • • • • • • • • • •	0.012		0		1		0.030	0.006	
Histidine	g	0.008		0		1		0.020	0.004	
Alanine	g	0.018		0		1		0.045	0.009	
Aspartic acid	g	0.082		0		1		0.207	0.039	
Glutamic acid	g	0.041		0		1		0.103	0.020	
Glycine		0.014		0		1		0.035	0.007	
Proline	_	0.009		0		1		0.023	0.004	
Serine		0.019		0		1		0.048	0.009	
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	<u>m</u> g	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta		23		0	BFYN	4		56.772	10.814	
Carotene, alpha		0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFYN	4		0.000	0.000	
Lycopene		0		0	BFYN			0.000	0.000	
Lutein + zeaxanthin	iica	0		0	BFYN	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 252g: 1 cup, crushed, sliced, or chunks Measure 2 = 48g: 1 slice or ring (3" dia) with liquid

Pineapple, canned, light syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 gı	rams o	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
			of I	Data D	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory											
Proximates: Water	q	90.82		0		1		223.42	42.69		
Energy		32		0	NC	4		79	15		
Energy		134				4		329	63		
Protein (N x 6.25)		0.43	0.018	8		1		1.06	0.20		
Total lipid (fat)		0.09	0.008	8		1		0.22	0.04		
Ash		0.35		0		1		0.86	0.16		
Carbohydrate, by difference		8.30		0	NC	4		20.42	3.90		
Fiber, total dietary		0.8		0		4		2.0	0.4		
Sugars, total		7.50		0	0	4		18.45	3.53		
Starch				·	•	-		20.10	3.33		
Salei											
Minerals:											
Calcium, Ca	-	15	1.417	9		1		37	7		
Iron, Fe		0.40		0		1		0.98	0.19		
Magnesium, Mg		18	1.205	8		1		44	8		
Phosphorus, P	-	4	0.160	8		1		10	2		
Potassium, K		127	7.709	9		1		312	60		
Sodium, Na		1	0.113	6		1		2	0		
Zinc, Zn		0.12		0		1		0.30	0.06		
Copper, Cu		0.105		0		1		0.258	0.049		
Manganese, Mn		1.121 0.4	•	0	BFZN	1 4		2.758 1.0	0.527 0.2		
Selenium, Se	Illog	0.4		U	DF ZN	4		1.0	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	7.7		0		1		18.9	3.6		
Thiamin	mg	0.093	1	0		1		0.229	0.044		
Riboflavin	mg	0.026	;	0		1		0.064	0.012		
Niacin	mg	0.298	1	0		1		0.733	0.140		
Pantothenic acid	mg	0.100	)	0		1		0.246	0.047		
Vitamin B-6	mg	0.074		0		1		0.182	0.035		
Folate, total	mcg	5		0		1		12	2		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	5		0		1		12	2		
Folate, DFE	mcg_DFE	5		0	NC	4		12	2		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		38		0	NC	4		92	18		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFYN	4		0.04	0.01		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.7	0.1		
Lipids:											
Fatty acids, total saturated	q	0.006	;	0		1		0.015	0.003		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0	_	0.000		0		1		0.000	0.000		
13:0	-										
14:0	_	0.000	1	0		1		0.000	0.000		
15:0	_										
16:0	_	0.004	l .	0		1		0.010	0.002		
17:0											
18:0	_	0.002	!	0		1		0.005	0.001		
20:0	_										
22:0	_										
24:0	-										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	vd a	0.011		0		1		0.027	0.005	
14:1		0.011		Ü		-		0.027	0.003	
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002	0.000	
17:1	-									
18:1 undifferentiated	_	0.010		0		1		0.025	0.005	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.031		0		1		0.076	0.015	
18:2 undifferentiated		0.018		0		1		0.044	0.008	
18:3 undifferentiated		0.013		0		1		0.032	0.006	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans		_			_	_		_	_	
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.006		3		1		0.015	0.003	
Threonine		0.011		3		1		0.027	0.005	
Isoleucine	-	0.011		3		1		0.027	0.005	
Leucine	-	0.017		3		1		0.042	0.008	
Lysine		0.020		3		1		0.049	0.009	
Methionine		0.011		3		1		0.027	0.005	
Cystine		0.001		3		1		0.002	0.000	
Phenylalanine		0.011		3		1		0.027	0.005	
Tyrosine		0.010		3		1		0.025	0.005	
Valine		0.014		3		1		0.034	0.007	
Arginine	-	0.015		3		1		0.037	0.007	
Histidine		0.009		3		1		0.022	0.004	
Alanine	=	0.022		3		1		0.054	0.010	
Aspartic acid		0.099		3		1		0.244	0.047	
Glutamic acid		0.050		3		1		0.123	0.024	
Glycine		0.017		3		1		0.042	0.008	
Proline		0.011		3		1		0.027	0.005	
Serine	=	0.023		3		1		0.057	0.011	
Hydroxyproline				_		_			****	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	<u>mg</u>	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	23		0	BFYN	4		55.421	10.589	
Carotene, alpha		0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFYN	4		0.000	0.000	
Lycopene		0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin		0		0	BFYN	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 246g: 1 cup, crushed, sliced, or chunks Measure 2 = 47g: 1 slice or ring (3" dia) with liquid

Pineapple, canned, water pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	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	77.10		0		1		188.90			
Energy	kcal	86		0	NC	4		211			
Energy	kj	360		0	NC	4		883			
Protein (N x 6.25)	g	0.40		0		1		0.98			
Total lipid (fat)	g	0.10		0		1		0.25			
Ash	g	0.20		0		1		0.49			
Carbohydrate, by difference	g	22.20		0	NC	4		54.39			
Fiber, total dietary	g	1.1		0		4		2.7			
Sugars, total		21.10		0	0	4		51.70			
Starch											
Staron											
<u>Minerals:</u>											
Calcium, Ca	mg	9		0		1		22			
Iron, Fe	mg	0.40		0		1		0.98			
Magnesium, Mg	mg	10		0		1		25			
Phosphorus, P	mg	4		0		1		10			
Potassium, K	mg	100		0		1		245			
Sodium, Na	mg	2		0		1		5			
Zinc, Zn	mg	0.11		0		1		0.27			
Copper, Cu	mg	0.099	)	0		1		0.243			
Manganese, Mn	mg	1.062	2	0		1		2.602			
Selenium, Se	mcg	0.1		0	BFZN	4		0.2			
7:4 :											
<u>/itamins:</u>				_							
Vitamin C, total ascorbic acid	-	8.0		0		1		19.6			
Thiamin	-	0.100		0		1		0.245			
Riboflavin		0.030		0		1		0.074			
Niacin		0.300		0		1		0.735			
Pantothenic acid	-	0.105		0		1		0.257			
Vitamin B-6	-	0.075	5	0		1		0.184			
Folate, total		11		0		4		26			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		11		0		4		26			
Folate, DFE	mcg_DFE	11		0	NC	4		26			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		30		0		1		74			
Vitamin A, RAE	mcg_RAE	2		0	NC	4		4			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.7		0	BFZN	4		1.8			
<u> ipids:</u>											
Fatty acids, total saturated		0.007		0		1		0.017			
4:0		0.000		0		1		0.000			
6:0	-	0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0		0.000	)	0		1		0.000			
13:0											
14:0	g	0.000	)	0		1		0.000			
15:0	g										
16:0	g	0.004	Į.	0		1		0.010			
17:0	g										
18:0	g	0.003	3	0		1		0.007			
20:0	g										
22:0	g										
24:0	-										

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Eatty saids total manayeastum	noted C	0.012	,	0		1		0.029		
Fatty acids, total monounsatur		0.012	•	U		-		0.029		
15:1	_									
16:1 undifferentiated	_	0.001		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.011		0		1		0.027		
20:1	g	0.000	)	0		1		0.000		
22:1 undifferentiated	g	0.000	)	0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.035	i	0		1		0.086		
18:2 undifferentiated	g	0.020	)	0		1		0.049		
18:3 undifferentiated	g	0.015	i	0		1		0.037		
18:4	g	0.000	)	0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		1		0.000		
20:5 n-3	g	0.000	)	0		1		0.000		
22:5 n-3	g	0.000	)	0		1		0.000		
22:6 n-3	g	0.000	)	0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
A . A . I										
Amino Acids:	_					_				
Tryptophan		0.005		0		1 1		0.012		
Threonine	_	0.013		0		_		0.032		
Isoleucine	_	0.013		0		1 1		0.032		
Leucine	_	0.020		-		1		0.049		
Lysine		0.026		0		1		0.064		
Methionine		0.011				1		0.027		
Cystine		0.002		0				0.005		
Phenylalanine		0.012		0		1 1		0.029		
Tyrosine	_	0.013				1		0.032		
Valine	_	0.016		0		1		0.039		
Arginine	_	0.018		0		1		0.044		
Histidine	_	0.009						0.022		
Alanine		0.018		0		1 1		0.044		
Aspartic acid		0.059		0				0.145		
Glutamic acid	<del>-</del>	0.047		0		1 1		0.115		
Glycine		0.018		-		_		0.044		
Proline	_	0.013		0		1		0.032		
Serine		0.026	)	0		1		0.064		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	-									
	maa	10		^	P			44 100		
Carotene, beta		18 0		0	BNA	4 4		44.100		
Carotene, alpha	-	0		0	BNA BNA	4		0.000 0.000		
Cryptoxanthin, beta		0		-	BRA	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin	iiicg	<u> </u>		U	DEZN	4		0.000		

## **Common Measures:**

Measure 1 = 245g: 1 cup, chunks

Pineapple, frozen, chunks, sweetened

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 48% 6% core, 10% crown, 32% parings

		<u>A</u> i	mount in 100 g	rams o	of ear	ole portio	<u>'n</u>	Amount in edible portion of common			
			Nui	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	_	86.46	1.232	21	A	1		134.02	408.11	72.63	
Energy		48		0	NC	4		75	228	41	
Energy		202		0	NC	4		313	954	170	
Protein (N x 6.25)	_	0.54	0.032	21	A	1		0.84	2.56	0.46	
Total lipid (fat)		0.12	0.020 0.031	21	A	1		0.19	0.57	0.10	
Ash		0.24	0.031	21	A	1		0.37	1.13	0.20	
Carbohydrate, by difference		12.63		0	NC	4		19.58 2.1	59.63	10.61	
Fiber, total dietary		1.4	0.005	6	A	1			6.5	1.2	
Sugars, total		9.26	0.225	13	A	1		14.36	43.72	7.78	
Sucrose	9	5.47	0.318	13	A	1		8.48	25.81	4.59	
Glucose (dextrose)	9	1.74	0.056	13	A	1		2.70	8.22	1.46	
Fructose	9	2.05	0.038	13	A	1		3.18	9.69	1.72	
Lactose		0.00	0.000	13	A	1 1		0.00	0.00	0.00	
Maltose		0.00	0.000	13	A			0.00	0.00	0.00	
Galactose		0.00	0.000	13	A	1 1		0.00	0.00	0.00	
Starch	9	0.00		6	A	1		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	mg	13	0.940	21	A	1		20	62	11	
Iron, Fe	mg	0.28	0.064	22	A	1		0.43	1.30	0.23	
Magnesium, Mg	mg	12	0.830	22	A	1		19	59	10	
Phosphorus, P	mg	8	1.425	21	A	1		13	39	7	
Potassium, K		115	11.535	22	A	1		178	542	96	
Sodium, Na	mg	1	0.074	11		1		2	5	1	
Zinc, Zn	-	0.10	0.005	19	A	1		0.16	0.48	0.09	
Copper, Cu		0.099		22	A	1		0.153	0.467	0.08	
Manganese, Mn Selenium, Se		1.177 0.1	0.276	22 5	A A	1 1		1.824 0.1	5.555 0.3	0.98 0.1	
Vitamins:											
Vitamin C, total ascorbic acid	mg	36.2	2.335	21	A	1		56.2	171.1	30.4	
Thiamin	mg	0.079	0.007	18	A	1		0.122	0.371	0.06	
Riboflavin	mg	0.031	0.009	18	A	1		0.048	0.147	0.02	
Niacin	mg	0.489	0.198	14	A	1		0.758	2.308	0.41	
Pantothenic acid	<u>mg</u>	0.205	0.035	18	A	1		0.318	0.969	0.17	
Vitamin B-6	mg	0.110	0.004	18	A	1		0.170	0.518	0.09	
Folate, total	mcg	15	5.718	18	A	1		23	71	13	
Folic acid		0		0	Z	7		0	0	0	
Folate, food	mcg	15	5.718	18	A	1		23	71	13	
Folate, DFE		15		0	NC	4		23	71	13	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		56	5.547	16	A	1		87	265	47	
Vitamin A, RAE		3	0.277	16	A	1		4	13	2	
Retinol	-	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.02	0.002	7	A	1		0.03	0.10	0.02	
Tocopherol, beta		0.00	0.000	7	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.00	0.000 0.000	7	A A	1 1		0.00	0.00	0.00	
Tocopherol, delta		0.00	0.000	7	A	1		0.00	0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.7	0.012	10	A	1		1.1	3.4	0.6	
ipids:											
Fatty acids, total saturated	g	0.009	)	0	NC	4		0.013	0.040	0.00	
4:0		0.000	)	0		1		0.000	0.000	0.00	
6:0	g	0.000	)	0		1		0.000	0.000	0.0	
8:0		0.000	)	0		1		0.000	0.000	0.0	
10:0	g	0.000	)	0		1		0.000	0.000	0.00	
12:0	g	0.000	)	0		1		0.000	0.000	0.00	
13:0	g										
		0.000		0				0.000	0.000	0.0	

		<u>Ar</u>	nount in 100	grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
			N	lumbei	•			<u>m</u> e	easures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.005		0		1		0.008	0.026	0.005	
17:0	-										
18:0	-	0.003		0		1		0.005	0.015	0.003	
20:0 22:0											
24:0											
Fatty acids, total monounsaturated		0.014		0	NC	4		0.021	0.064	0.011	
14:1											
15:1	_										
16:1 undifferentiated		0.001		0		1		0.001	0.004	0.001	
17:1	-	0.013		0		1		0.020	0.060	0.011	
20:1	_	0.000		0		1		0.020	0.000	0.000	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.042		0	NC	4		0.064	0.196	0.035	
18:2 undifferentiated		0.024		0		1		0.037	0.113	0.020	
18:3 undifferentiated		0.018		0		1		0.027	0.083	0.015	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	_										
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol		0		0	Z	7		0	0	0	
Phytosterols	mg	6		0		1		9	28	5	
Amino Acids:											
Tryptophan		0.005		0	A	1		0.008	0.025	0.004	
Threonine	-	0.019 0.019		0 0	A A	1 1		0.030 0.029	0.090	0.016	
Isoleucine	_	0.019		0	A	1		0.029	0.089 0.115	0.016 0.021	
Lysine	-	0.024		0	A	1		0.030	0.124	0.022	
Methionine		0.012		0	A	1		0.018	0.055	0.010	
Cystine		0.014		0	A	1		0.021	0.065	0.012	
Phenylalanine	g	0.021		0	A	1		0.033	0.101	0.018	
Tyrosine		0.019		0	A	1		0.030	0.092	0.016	
Valine	-	0.024		0	A	1		0.038	0.115	0.021	
Arginine		0.019		0 0	A	1		0.029	0.088	0.016	
HistidineAlanine		0.010 0.033		0	A A	1 1		0.015 0.051	0.047 0.156	0.008 0.028	
Aspartic acid		0.033		0	A	1		0.187	0.136	0.102	
Glutamic acid	_	0.079		0	A	1		0.122	0.373	0.066	
Glycine		0.024		0	A	1		0.038	0.115	0.021	
Proline	g	0.017		0	A	1		0.026	0.079	0.014	
Serine	g	0.035		0	A	1		0.055	0.167	0.030	
Hydroxyproline	g										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	z	7		0	0	0	
Theobromine	rng	0		0	Z	7		0	0	0	
Carotenoids:						_					
Carotene, beta	-	34	3.32		A	1		52.119	158.710	28.245	
Carotene, alpha Cryptoxanthin, beta		0	0.00		A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000	
Lycopene		0	0.000		A	1		0.000	0.000	0.000	
Lutein + zeaxanthin		0	0.000		A	1		0.000	0.000	0.000	

Pineapple, raw, all varieties (1)

# **Common Measures:**

Measure 1 = 155g: 1 cup, diced

Measure 2 = 472g: 1 fruit

Measure 3 = 84g: 1 slice (3-1/2" dia x 3/4" thick)

## **Footnotes**

1 Values based on data weighted 50% extra sweet variety, 50% traditional varieties.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09430 Pineapple, raw, extra sweet variety (1) Ananus comosus

Refuse: 48% 6% core, 10% crown, 32% parings

		<u>A</u> 1	mount in 100 g		of edik	ole portic	<u>on</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.66	0.390	10	A	1		132.77	71.95	95.94
Energy	kcal	51		0	NC	4		80	43	57
Energy		215		0	NC	4		333	180	240
Protein	g	0.53	0.031	10	A	1		0.82	0.45	0.59
Total lipid (fat)	_	0.11	0.016	10	A	1		0.17	0.09	0.12
Ash		0.20	0.016	10	A	1		0.31	0.17	0.23
Carbohydrate, by difference		13.50		0	NC	4		20.92	11.34	15.12
Fiber, total dietary		1.4	0.057	6	A	1		2.1	1.2	1.5
Sugars, total		10.32	0.391	10	A	1		16.00	8.67	11.56
Sucrose		6.47	0.534	10	A	1		10.03	5.44	7.25
Glucose (dextrose)	g	1.70	0.141	10	A	1		2.64	1.43	1.91
Fructose	g	2.15	0.136	10	A	1		3.34	1.81	2.41
Lactose		0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maitose	9	0.00	0.000	10	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00
Starcii	9	0.00	0.000	Ü	n	-		0.00	0.00	0.00
Minerals:										
Calcium, Ca	mg	13	0.959	10	A	1		21	11	15
Iron, Fe	mg	0.28	0.019	10	A	1		0.44	0.24	0.31
Magnesium, Mg	mg	12	0.900	10	A	1		19	10	14
Phosphorus, P	mg	8	0.517	10	A	1		12	6	9
Potassium, K	mg	108	2.176	10	A	1		167	90	121
Sodium, Na	mg	1		0	BFZN	4		2	1	1
Zinc, Zn	mg	0.12	0.008	8	A	1		0.19	0.10	0.14
Copper, Cu		0.113		10	A	1		0.175	0.095	0.127
Manganese, Mn		0.818		10	A	1		1.268	0.687	0.916
Selenium, Se	mcg	0.1	0.016	3	A	1		0.2	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	56.4	4.000	10	A	1		87.4	47.3	63.1
Thiamin	-	0.080		8	A	1		0.123	0.067	0.089
Riboflavin		0.033		8	A	1		0.051	0.028	0.037
Niacin		0.507	0.156	8	A	1		0.787	0.426	0.568
Pantothenic acid		0.217	0.054	8	A	1		0.337	0.183	0.243
Vitamin B-6		0.114	0.007	8	A	1		0.176	0.096	0.128
Folate, total	_	19	1.243	8	A	1		30	16	22
Folic acid	mcg	0		0	z	7		0	0	0
Folate, food		19	1.243	8	A	1		30	16	22
Folate, DFE	mcg_DFE	19		0	NC	4		30	16	22
Vitamin B-12	mcg									
Vitamin A, IU	IU	57	6.524	6	A	1		88	48	64
Vitamin A, RAE	mcg_RAE	3	0.326	6	A	1		4	2	3
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg	0.02	0.001	7	A	1		0.03	0.02	0.02
Tocopherol, beta	mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)		0.7	0.104	8	A	1		1.1	0.6	0.8
Carotenoids:				_	_	_		E0	05	0.5 - 5.5
Carotene, beta		34	3.915	6	A	1		52.958	28.700	38.267
Carotene, alpha		0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0	0.000	6	A	1		0.000	0.000	0.000
Lycopene	iiica	0	0.000	6	A	1		0.000	0.000	0.000

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

Pineapple, raw, extra sweet variety (1)

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

food, or similar food.

#### **Common Measures:**

Measure 1 = 155g: 1 cup, diced

Measure 2 = 84g: 1 slice (3-1/2" dia x 3/4" thick)

Measure 3 = 112g: 1 NLEA serving

### **Footnotes**

1 Values based on data for MD2 variety.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09429 Pineapple, raw, traditional varieties (1) Ananus comosus

Refuse: 48% 6% core, 10% crown, 32% parings

		<u>A</u> 1	mount in 100 g	grams	of edik	ole portio	<u>on</u>		Amount in edible portion of common			
			Nι	ımbeı	r			<u>m</u> e	easures of food			
			of	Data	Deriv	Source	Confidence					
Nutrients and Ur	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	87.24	2.460	11	A	1		135.22	73.28	97.71		
Energy	kcal	45		0	NC	4		70	38	51		
Energy	kj	190		0	NC	4		295	160	213		
Protein	g	0.55	0.045	11	A	1		0.84	0.46	0.61		
Total lipid (fat)	g	0.13	0.033	11	A	1		0.20	0.11	0.14		
Ash	g	0.27	0.049	11	A	1		0.41	0.22	0.30		
Carbohydrate, by difference		11.82		0	NC	4		18.32	9.93	13.24		
Fiber, total dietary												
Sugars, total		8.29	0.932	3	A	1		12.85	6.96	9.28		
Sucrose		4.59	0.729	3	A	1		7.12	3.86	5.14		
		1.76	0.227	3	A	1		2.73	1.48	1.97		
Glucose (dextrose)		1.76	0.325	3	A	1		3.00	1.48	2.17		
Fructose		0.00	0.325	3	A	1		0.00	0.00	0.00		
Lactose	9			3		1						
Maltose		0.00	0.000		A			0.00	0.00	0.00		
Galactose		0.00	0.000	3	A	1		0.00	0.00	0.00		
Starch	g											
Minerals:												
Calcium, Ca	ma	13	1.723	11	A	1		20	11	14		
Iron, Fe	-	0.25	0.063	12	A	1		0.39	0.21	0.28		
Magnesium, Mg		12	1.630	12	A	1		19	10	14		
Phosphorus, P		9	2.849	11	A	1		14	8	10		
Potassium, K		125	18.777	12	A	1		193	105	140		
Sodium, Na		1	201111	0	BFZN	4		2	1	1		
Zinc, Zn		0.08	0.008	11	A	1		0.13	0.07	0.09		
Copper, Cu		0.081		12	A	1		0.125	0.068	0.090		
Manganese, Mn		1.593		12	A	1		2.469	1.338	1.784		
Selenium, Se		0.0	0.475	2	A	1		0.1	0.0	0.0		
Scientini, Sc	9	• • • • • • • • • • • • • • • • • • • •		_		_		V	0.0	0.0		
Vitamins:												
Vitamin C, total ascorbic acid	mg	16.9	2.464	11	A	1		26.2	14.2	19.0		
Thiamin	mg	0.078	0.002	10	A	1		0.120	0.065	0.087		
Riboflavin	mg	0.029	0.016	10	A	1		0.045	0.025	0.033		
Niacin	mg	0.470	0.283	6	A	1		0.729	0.395	0.527		
Pantothenic acid	mg	0.193	0.032	10	A	1		0.300	0.162	0.217		
Vitamin B-6	mg	0.106	0.003	10	A	1		0.164	0.089	0.118		
Folate, total	mcg	11	2.313	10	A	1		16	9	12		
Folic acid	mcg											
Folate, food	mcg	11	2.313	10	A	1		16	9	12		
Folate, DFE												
Vitamin B-12												
Vitamin A, IU		52	6.250	10	A	1		81	44	58		
Vitamin A, RAE		3	0.312	10	A	1		4	2	3		
Retinol												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta	-											
Tocopherol, gamma	-											
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.7		2	A	1		1.2	0.6	0.8		
Carotenoids:												
Carotene, beta	mcg	31	3.750	10	A	1		48.438	26.250	35.000		
Carotene, alpha	-	0		2	A	1		0.000	0.000	0.000		
Cryptoxanthin, beta		0		2	A	1		0.000	0.000	0.000		
Lycopene		0		2	A	1		0.000	0.000	0.000		
Lutein + zeaxanthin		0		2	A	1		0.000	0.000	0.000		

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

Pineapple, raw, traditional varieties (1)

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

food, or similar food.

#### **Common Measures:**

Measure 1 = 155g: 1 cup, diced

Measure 2 = 84g: 1 slice (3-1/2" dia x 3/4" thick)

Measure 3 = 112g: 1 NLEA serving

### **Footnotes**

1 Values based on Champaka and Smoothe Cayenne varieties.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Eugenia uniflora

Refuse: 12% Seed, stem, and blossom end

	Amount in edible portion of common			
Nutrients and Units	measures of food			
Water	1 Measure 2	Measure		
Water				
Energy	6.36			
Protein (N x 6.25)	2			
Total lipid (fat)	10			
Ash	0.06			
Carbohydrate, by difference	0.03			
Fiber, total dietary	0.04			
Sugars, total	0.52			
Minerals:				
Minerals:				
Calcium, Ca				
Iron, Fe				
Magnesium, Mg.         mg         12         1         1         19           Phosphorus, P.         mg         11         0         1         19           Potassium, K.         mg         103         1         1         178           Sodium, Na.         mg         3         1         1         5           Zinc, Zn.         mg         3         1         1         5           Copper, Cu.         mg         6         1         1         5           Witamin Se.         mcg         8         2.947 6         1         45.5         5           Thiamin.         mg         0.030         0         1         0.052         6         1         45.5         5           Thiamin.         mg         0.040         0         1         0.052         6         1         0.052         6         1         0.052         1         0.052         1         0.052         1         0.052         1         0.052         1         0.052         1         0.052         1         0.052         1         0.051         0.051         0.051         0.051         0.051         0.051         0.051         0.051	1			
Phosphorus P.	0.01			
Potassium, K	1			
Sodium, Na	1			
Zinc, Zn	7			
Copper, Cu	0			
Manganese, Mn				
Vitamins.           Vitamin C, total ascorbic acid.         mg         26.3         2.947 6         1         45.5           Thiamin.         mg         0.030         0         1         0.052           Riboflavin.         mg         0.040         0         1         0.069           Niacin.         mg         0.300         0         1         0.519           Pantothenic acid.         mg         0.300         0         1         0.519           Pantothenic acid.         mg         0.300         0         1         0.519           Pantothenic acid.         mg         0.00         0         2         7         0.00           Vitamin B-6.         mg         Folate, total.         mcg         0         0         2         7         0.00           Vitamin B-12.         mcg         0.00         0         2         7         0.00           Vitamin A, IU.         IU         1500         0         1         130           Vitamin E (alpha-tocopherol).         mg         1         130           Tocopherol, gamma.         mg         1         1         130           Vitamin K (phylloquinone).         m				
Vitamin S.       Vitamin C, total ascorbic acid.     mg     26.3     2.947     6     1     45.5       Thiamin.     mg     0.030     0     1     0.052       Riboflavin.     mg     0.040     0     1     0.069       Niacin.     mg     0.300     0     1     0.519       Pantothenic acid.     mg       Vitamin B-6.     mg       Folate, total.     mcg       Folate, total.     mcg       Folate, DFE.     mcg_DFE       Vitamin B-12.     mcg_DFE       Vitamin A, IU.     IU     1500     0     1     2595       Vitamin C, total asturated.     mg     0.00     1     2595       Vitamin E (alpha-tocopherol).     mg     130     130       Tocopherol, beta.     mg       Tocopherol, gamma     mg       Tocopherol, delta.     mg       Vitamin D.     IU       Vitamin K (phylloquinone).     mcg    Fatty acids, total saturated.  9 Fatty acids, total polyunsaturated.				
Vitamin C, total ascorbic acid         mg         26.3         2.947 6         1         45.5           Thiamin         mg         0.030         0         1         0.052           Riboflavin         mg         0.040         0         1         0.069           Niacin         mg         0.300         0         1         0.519           Pantothenic acid         mg         0.300         0         1         0.519           Pantothenic acid         mg         0.300         0         1         0.519           Polate, total         mg         0.00         0         2         7         0.00           Vitamin B-6         mg         mcg         0.00         0         2         7         0.00           Vitamin B-12         mcg         0.00         0         2         7         0.00           Vitamin A, RAE         mcg-RAE         75         0         1         130           Vitamin E (alpha-tocopherol)         mg         1         130           Tocopherol, gamma         mg         1         130           Tocopherol, delta         mg         1         1           Vitamin K (phylloquinone)         mcg <td></td> <td></td>				
Thiamin.         mg         0.030         0         1         0.052           Riboflavin.         mg         0.040         0         1         0.069           Niacin.         mg         0.300         0         1         0.519           Pantothenic acid.         mg         Polate, colour acid.         mg         Polate, colour acid.         Polate, colour ac				
Riboflavin mg 0.040 0 1 0.069 Niacin mg 0.300 0 1 0.519 Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, DFE mcg_DFE Vitamin B-12 mcg 0.00 0 z 7 0.00 Vitamin A, IU IU 1500 0 1 2595 Vitamin A, RAE mcg_RAE 75 0 1 130 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin C mcg Fatty acids, total saturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total polyunsaturated 9	1.8			
Niacin       mg       0.300       0       1       0.519         Pantothenic acid       mg         Vitamin B-6       mg         Folate, total       mcg       0       0       z       7       0.00         Folate, DFE       mcg_DFE       0.00       0       z       7       0.00         Vitamin B-12       mcg       0.00       0       1       2595         Vitamin A, RAE       mcg_RAE       75       0       1       130         Vitamin E (alpha-tocopherol)       mg       1       130         Tocopherol, beta       mg       mg       1       1       1         Tocopherol, gamma       mg       1				
Pantothenic acid.				
Vitamin B-6	9 0.021			
Folate, total				
Folate, DFE				
Vitamin B-12       mcg       0.00       0       z       7       0.00         Vitamin A, IU       IU       1500       0       1       2595         Vitamin A, RAE       mcg_RAE       75       0       1       130         Vitamin E (alpha-tocopherol)       mg       Tocopherol, beta       mg         Tocopherol, gamma       mg       Tocopherol, delta       mg         Vitamin D       IU         Vitamin K (phylloquinone)       mcg         Lipids:       Fatty acids, total saturated       9         Fatty acids, total monounsaturated       9         Fatty acids, total polyunsaturated       9         Fatty acids, total polyunsaturated       9				
Vitamin A, IU.       IU       1500       0       1       2595         Vitamin A, RAE.       mcg_RAE       75       0       1       130         Vitamin E (alpha-tocopherol)       mg         Tocopherol, beta       mg         Tocopherol, gamma       mg         Tocopherol, delta       mg         Vitamin D       IU         Vitamin K (phylloquinone)       mcg         Lipids:         Fatty acids, total saturated       9         Fatty acids, total monounsaturated       9         Fatty acids, total polyunsaturated       9         Fatty acids, total polyunsaturated       9	0.00			
Vitamin A, RAE	105			
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg  Lipids: Fatty acids, total saturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total polyunsaturated 9	5			
Tocopherol, beta				
Tocopherol, gamma				
Vitamin D				
Vitamin K (phylloquinone)mcg  Lipids: Fatty acids, total saturated				
Lipids:  Fatty acids, total saturated				
Fatty acids, total saturated9 Fatty acids, total monounsaturated9 Fatty acids, total polyunsaturated9				
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg				
Fatty acids, total polyunsaturatedg				
Fatty acids total trans				
	_			
Cholesterol	0			

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

# **Common Measures:**

Measure 1 = 173g: 1 cup

Measure 2 = 7.0g: 1 fruit without refuse

Pitanga, (surinam-cherry), raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			N	umber					easures of food	
						Source	Confidence			•
Nutrients and Un	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	67.30	1.106	6		1		134.60	103.64	
Energy		116		0	NC	4		232	179	
Energy		485				4		971	747	
Protein (N x 6.25)	g	0.79	0.042	3		1		1.58	1.22	
Total lipid (fat)		0.18	0.029	3		1		0.36	0.28	
Ash	g	0.58	0.035	3		1		1.16	0.89	
Carbohydrate, by difference	g	31.15		0	NC	4		62.30	47.97	
Fiber, total dietary	g	2.3		0		4		4.6	3.5	
Sugars, total	g	14.00		0	0	4		28.00	21.56	
Starch	g									
Minorala										
Minerals: Calcium, Ca	ma	2	0.289	3		1		4	3	
Iron, Fe	-	0.58	0.289			1		1.16	0.89	
Magnesium, Mg		32	2.921			1		64	49	
Phosphorus, P		28	1.397			1		56	43	
Potassium, K		465	24.884			1		930	716	
Sodium, Na		5	0.312	3		1		10	8	
Zinc, Zn		0.13	0.007	3		1		0.26	0.20	
Copper, Cu		0.066	0.003	3		1		0.132	0.102	
Manganese, Mn	mg									
Selenium, Se	mcg	1.4		0	BFSN	4		2.8	2.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	10.9	1.611	3		1		21.8	16.8	
Thiamin	-	0.046				1		0.092	0.071	
Riboflavin		0.040				1		0.104	0.080	
Niacin		0.756				1		1.512	1.164	
Pantothenic acid		0.233				1		0.466	0.359	
Vitamin B-6	-	0.240				1		0.480	0.370	
Folate, total	-	26	0.817			1		52	40	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	26	0.817	6		1		52	40	
Folate, DFE	mcg_DFE	26		0	NC	4		52	40	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	909	116.625	3		1		1818	1400	
Vitamin A, RAE		45	5.831	3		1		91	70	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.13		0	BFSN	4		0.26	0.20	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.7		0	BFSN	4		1.4	1.1	
Vitamin K (phylloquinone)	Illog	0.7		U	DESN	4		1.4	1.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.069	)	0		4		0.138	0.106	
4:0	g	0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.001		0		4		0.002	0.002	
13:0	-									
14:0	=	0.001		0		4		0.002	0.002	
15:0								_		
16:0		0.047		0		4		0.094	0.072	
17:0				_						
18:0		0.002		0		4		0.004	0.003	
20:0	-									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	e	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Onit		Weari	Sta. Elloi	-				Weasure 1	Measure 2	Weasure 3
Fatty acids, total monounsaturated	9	0.015		0		4		0.030	0.023	
14:1	-									
15:1										
16:1 undifferentiated		0.005		0		4		0.010	0.008	
17:1	-									
18:1 undifferentiated		0.010		0		4		0.020	0.015	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.033		0		4		0.066	0.051	
18:2 undifferentiated		0.021		0		4		0.042	0.032	
18:3 undifferentiated		0.012		0		4		0.024	0.018	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.009		0		1		0.018	0.014	
Threonine		0.021		0		1		0.042	0.032	
Isoleucine	-	0.021		0		1		0.042	0.034	
Leucine		0.022		0		1		0.072	0.055	
Lysine	-	0.037		0		1		0.074	0.057	
Methionine		0.010		0		1		0.020	0.015	
Cystine	-	0.012		0		1		0.024	0.018	
Phenylalanine		0.027		0		1		0.054	0.042	
Tyrosine		0.027		0		1		0.040	0.031	
Valine	-	0.028		0		1		0.056	0.043	
Arginine	-	0.028		0		1		0.132	0.102	
Histidine		0.039		0		1		0.132	0.060	
Alanine		0.039		0		1		0.062	0.048	
		0.031		0		1		0.130	0.100	
Aspartic acid		0.000		0		1		0.140	0.100	
Glutamic acid		0.070		0		1		0.140		
Glycine				0		1		0.054	0.042	
Proline	-	0.030 0.025		0		1		0.050	0.046 0.039	
Serine	-	0.025		U		1		0.050	0.039	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
	maa	262		^	P***			737.549	E 67 010	
Carotene, beta		369		0	BNA	4			567.913	
Carotene, alpha		353		0	BNA	4		706.503	544.007	
Cryptoxanthin, beta	-	0		0	BNA	4		0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	iuca	28		0	BFSN	4		56.487	43.495	

## **Common Measures:**

Measure 1 = 200g: 1 cup, mashed Measure 2 = 154g: 1 cup slices NDB No. 09278 Plantains, cooked

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 35% Skin and stems

Proximates: Water	es	Mean		mber			<u>m</u>	easures of food		
Proximates: Water Energy	ts	Mean	of	Data						
Proximates: Water Energy	ts	Mean		vala	Deriv	Source	Confidence			
Water			Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water Energy										
Energy	a	65.28	1.063	19		1		96.61	116.85	
Energy	-	122	1.003	0	NC	4		181	218	
63		510		Ū	МС	4		755	914	
Protein (N x 6.25)	=		0 130	1 5		_				
,	_	1.30	0.138	15		1		1.92	2.33	
Total lipid (fat)		0.37	0.073	15		1		0.55	0.66	
Ash		1.17	0.161	15		1		1.73	2.09	
Carbohydrate, by difference		31.89		0	NC	4		47.20	57.08	
Fiber, total dietary		2.3		0		4		3.4	4.1	
Sugars, total		15.00		0	0	4		22.20	26.85	
Starch	g									
Minerals:										
Calcium, Ca	ma	3	0.289	3		1		4	5	
Iron, Fe	-	0.60	0.004	3		1		0.89	1.07	
Magnesium, Mg		37	1.510	6		1		55	66	
Phosphorus, P		34	2.148	3		1		50	61	
Potassium, K	-	499	43.068	8		1		739	893	
Sodium, Na		4	2.667	6		1		6	7	
Zinc, Zn		0.14	0.017	3		1		0.21	0.25	
Copper, Cu		0.081		3		1		0.120	0.145	
Manganese, Mn		0.001	0.003			-		0.120	0.145	
Selenium, Se		1.5		0	BFSN	4		2.2	2.7	
	9			·	22 511	-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		18.4	2.282	15		1		27.2	32.9	
Thiamin		0.052		3		1		0.077	0.093	
Riboflavin	mg	0.054	0.013	3		1		0.080	0.097	
Niacin	-	0.686	0.008	3		1		1.015	1.228	
Pantothenic acid	mg	0.260	0.008	3		1		0.385	0.465	
Vitamin B-6	-	0.299	0.004	3		1		0.443	0.535	
Folate, total	mcg	22	1.000	6		1		33	39	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	22	1.000	6		1		33	39	
Folate, DFE	mcg_DFE	22		0	NC	4		33	39	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		1127	62.933	3		1		1668	2017	
Vitamin A, RAE	mcg_RAE	56	3.147	3		1		83	101	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		0	BFSN	4		0.21	0.25	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4		1.1	1.3	
Linide:										
Lipids:	a	0.143		0		4		0.212	0.256	
Fatty acids, total saturated		0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
	-	0.000		0		4		0.000	0.000	
8:0 10:0		0.000		0		4		0.000	0.000	
		0.001		0		4		0.001	0.002	
12:0	-	0.002		U		4		0.003	0.004	
13:0	-	0.000		0		4		0 003	0.004	
14:0	-	0.002		U		4		0.003	0.004	
15:0	-	0.000		0				0 140	0 170	
16:0		0.096	,	0		4		0.142	0.172	
17:0		0.00=		•					2 225	
18:0		0.005	•	0		4		0.007	0.009	
20:0	-									
22:0 24:0	-									

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion of	of common
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.032	!	0		4		0.047	0.057	
14:1	_									
15:1 16:1 undifferentiated	_	0.009	)	0		4		0.013	0.016	
17:1	_									
18:1 undifferentiated	_	0.021		0		4		0.031	0.038	
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000	1	0		4		0.000	0.000	
24:1 cFatty acids, total polyunsaturat		0.069		0		4		0.102	0.124	
18:2 undifferentiated		0.043		0		4		0.102	0.124	
18:3 undifferentiated		0.025		0		4		0.037	0.045	
18:4	_	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		4		0.000	0.000	
20:5 n-3	g	0.000	)	0		4		0.000	0.000	
22:5 n-3	_	0.000		0		4		0.000	0.000	
22:6 n-3		0.000	1	0		4		0.000	0.000	
Fatty acids, total trans		_		_	_	_		_	_	
Cholesterol	_	0		0	Z	7		0	0	
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.015	i	2		1		0.022	0.027	
Threonine	g	0.034		2		1		0.050	0.061	
Isoleucine	_	0.036		2		1		0.053	0.064	
Leucine	_	0.059		2		1		0.087	0.106	
Lysine		0.060		4 4		1 1		0.089	0.107	
Methionine		0.017 0.020		3		1		0.025 0.030	0.030	
CystinePhenylalanine		0.044		2		1		0.065	0.036 0.079	
Tyrosine		0.032		2		1		0.047	0.057	
Valine	_	0.046		2		1		0.068	0.082	
Arginine		0.108		2		1		0.160	0.193	
Histidine		0.064		2		1		0.095	0.115	
Alanine	g	0.051		2		1		0.075	0.091	
Aspartic acid		0.108	1	2		1		0.160	0.193	
Glutamic acid	g	0.116		2		1		0.172	0.208	
Glycine	g	0.045		2		1		0.067	0.081	
Proline	_	0.050		2		1		0.074	0.090	
Serine		0.041		2		1		0.061	0.073	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	457		0	BNA	4		676.679	818.416	
Carotene, alpha	_	438		0	BNA	4		648.195	783.966	
Cryptoxanthin, beta	mcg	0		0	BNA	4		0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	30		0	BFSN	4		44.382	53.678	

## **Common Measures:**

Measure 1 = 148g: 1 cup, sliced Measure 2 = 179g: 1 medium NDB No. 09277 Plantains, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	! Measure 3
Proximates:										
Water	g	76.06		0	BD	4		139.19		
Energy	kcal	89		0	NC	4		163		
Energy	kj	374		0	NC	4		684		
Protein	g	0.44		0	BD	4		0.80		
Total lipid (fat)	g	0.14		0	BD	4		0.25		
Ash	g	0.25		0	BD	4		0.45		
Carbohydrate, by difference	g	23.12		0	NC	4		42.31		
Fiber, total dietary	g	1.5		0	BD	4		2.8		
Sugars, total	g	21.58		0	0	4		39.49		
Starch										
Minerals:										
Calcium. Ca	ma	10		0	BD	4		18		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.84		0	BD	4		1.54		
Magnesium, Mg		5		0	BD	4		10		
Phosphorus, P		15		0	BD	4		27		
Potassium, K		93		0	BD	4		170		
Sodium, Na		19		0	BD	4		35		
Zinc, Zn		0.07		0	BD	4		0.13		
Copper, Cu		0.046	5	0	BD	4		0.084		
Manganese, Mn	-									
Selenium, Se		0.0		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		0	BD	4		0.7		
Thiamin		0.017	,	0	BD	4		0.031		
Riboflavin	-	0.041		0	BD	4		0.075		
Niacin		0.291		0	BD	4		0.533		
Pantothenic acid.		0.232	-		22	-		0.555		
Vitamin B-6		0.028	3	0	BD	4		0.050		
Folate, total		3		0	BD	4		5		
Folic acid		0		0	Z	7		0		
Folate, food	-	3		0	BD	4		5		
Folate, DFE		3		0	NC	4		5		
Vitamin B-12		0.00				7		0.00		
Vitamin A, IU		399		0	BD	4		730		
Vitamin A, RAE	mca RAE	20		0	NC	4		36		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.26		0	BFZN	4		0.48		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		6.4		0	BFZN	4		11.6		
Lipids:										
Fatty acids, total saturated	g	0.011	L			4		0.020		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	-	0.000	)			4		0.000		
10:0	_	0.000				4		0.000		
12:0	-	0.000				4		0.000		
13:0	_									
14:0	-	0.000	)			4		0.000		
15:0	-									
16:0		0.010	)			4		0.018		
17:0										
18:0		0.001	L			4		0.002		
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	mount in 10	00 grams Number		le 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 monounsaturatedg	0.090				4		0.165			
14:1g	0.000				-		0.103			
15:1g										
16:1 undifferentiatedg	0.001				4		0.002			
17:1g										
18:1 undifferentiatedg	0.089				4		0.163			
20:1g	0.000				4		0.000			
22:1 undifferentiatedg	0.000				4		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	0.030				4		0.055			
18:2 undifferentiatedg	0.030				4		0.055			
18:3 undifferentiatedg	0.000				4		0.000			
18:4g	0.000				4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000			
20:5 n-3g	0.000				4		0.000			
22:5 n-3g	0.000				4		0.000			
22:6 n-3g	0.000				4		0.000			
Fatty acids, total transg										
Cholesterolmg	0				7		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0			
Caffeine mg	0		0	z	7		0			
Theobromine mg	0		0	z	7		0			
Carotenoids:										
Carotene, betamcg	219		0	BNA	4		400.962			
Carotene, alphamcg	0		0	BNA	4		0.000			
Cryptoxanthin, beta mcg	40		0	BNA	4		73.973			
Lycopene mcg	0		0	BFZN	4		0.000			
Lutein + zeaxanthin mcg	73		0	BFZN	4		133.590			

## **Common Measures:**

Measure 1 = 183g: 1 cup, with pits, yields

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 5% Pits

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>I</u> Measure 3
Proximates:										
Water		73.00		0		1		190.53		
Energy	kcal	101		0	NC	4		264		
Energy	kj	423				4		1103		
Protein (N x 6.25)	g	0.36		0		1		0.94		
Total lipid (fat)	g	0.10		0		1		0.26		
Ash	g	0.24		0		1		0.63		
Carbohydrate, by difference	g	26.31		0	NC	4		68.67		
Fiber, total dietary	g	1.0		0		4		2.6		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	9		0		1		23		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.82		0		1		2.14		
Magnesium, Mg		5		0		1		13		
Phosphorus, P		12		0		1		31		
Potassium, K	mg	89		0		1		232		
Sodium, Na	mg	19		0		1		50		
Zinc, Zn	mg	0.07		0		1		0.18		
Copper, Cu	mg	0.036	5	0		1		0.094		
Manganese, Mn	mg	0.031	L	0		1		0.081		
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0		
Thiamin	-	0.016	5	0		1		0.042		
Riboflavin	-	0.037		0		1		0.097		
Niacin		0.285		0		1		0.744		
Pantothenic acid		0.072		0		1		0.188		
Vitamin B-6	-	0.027	7	0		1		0.070		
Folate, total		3		0		1		7		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	3		0		1		7		
Folate, DFE		3		0	NC	4		7		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		0	Z	7		0.00		
Vitamin A, IU		254		0		1		663		
Vitamin A, RAE		13		0	_	1		33		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.008	3	0		1		0.021		
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	_									
13:0	-									
14:0										
15:0										
16:0		0.006	5	0		1		0.016		
17:0										
18:0	g	0.001	L	0		1		0.003		
20:0										
22:0										
24:0	g									

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	f common
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	dg	0.065		0		1		0.170		
14:1										
15:1	-									
16:1 undifferentiated	-	0.001		0		1		0.003		
17:1										
18:1 undifferentiated		0.064		0		1		0.167		
20:1	_									
22:1 undifferentiated										
24:1 c	-	0 001		•		1		0.055		
Fatty acids, total polyunsaturated		0.021 0.021		0		1		0.055 0.055		
18:2 undifferentiated	-	0.021		U		_		0.055		
18:4 20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	_	0.007		0		1		0.018		
Isoleucine		0.007		0		1		0.018		
Leucine	_	0.010		0		1		0.026		
Lysine		0.008		0		1		0.021		
Methionine	-	0.003		0		1		0.008		
Cystine		0.002		0		1		0.005		
Phenylalanine	_	0.008		0		1		0.021		
Tyrosine	_	0.003		0		1		0.008		
Valine		0.009		0		1		0.023		
Arginine	_	0.006		0		1		0.016		
Histidine	_	0.006		0		1 1		0.016		
Alanine		0.013		0		1		0.034 0.295		
Aspartic acid		0.113		0		1				
Glutamic acid		0.017		0		1		0.044 0.013		
Glycine	_	0.005 0.016		0		1		0.013		
Proline	_	0.016		0		1		0.042		
Serine		0.009		U		1		0.023		
Hydroxyproline	9									

### **Common Measures:**

Measure 1 = 261g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 5% Pits

		<u>Aı</u>	mount in 100 g	rams (	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
				Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	a	76.06	0.226	8		1		196.23	34.99	
Energy	=	89		0	NC	4		230	41	
Energy		372				4		961	171	
Protein (N x 6.25)		0.36	0.011	8		1		0.93	0.17	
Total lipid (fat)		0.10	0.000	8		1		0.26	0.05	
Ash		0.24	0.011	8		1		0.62	0.11	
Carbohydrate, by difference		23.24		0	NC	4		59.96	10.69	
Fiber, total dietary		0.9		0	BFYN	4		2.4	0.4	
Sugars, total		22.31		0	0	4		57.56	10.26	
Starch				•	•	-		51.55	10.20	
Suici										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9	0.633	8		1		23	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.84	0.177	8		1		2.17	0.39	
Magnesium, Mg		5		0		1		13	2	
Phosphorus, P	-	13		0		1		34	6	
Potassium, K		91	5.127	8		1		235	42	
Sodium, Na		19	1.945	8		1		49	9	
Zinc, Zn		0.07		0		1		0.18	0.03	
Copper, Cu		0.037		0		1		0.095	0.017	
Manganese, Mn		0.031		0		1		0.080	0.014	
Selenium, Se	mcg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4	0.060	7		1		1.0	0.2	
Thiamin		0.016	0.001	7		1		0.041	0.007	
Riboflavin		0.038	0.004	7		1		0.098	0.017	
Niacin		0.291	0.013	8		1		0.751	0.134	
Pantothenic acid	-	0.072		0		1		0.186	0.033	
Vitamin B-6		0.027		0		1		0.070	0.012	
Folate, total	-	3	0.938	3		1		6	1	
Folic acid		0		0	z	7		0	0	
Folate, food		3	0.938	3		1		6	1	
Folate, DFE	mca DFE	3		0	NC	4		6	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		259	63.286	8		1		668	119	
Vitamin A, RAE		13	3.164	8		1		33	6	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.18		0	BFYN	4		0.46	0.08	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.3		0	BFYN	4		11.0	2.0	
Lipids:	<b>a</b>	2 222		•				0 001	2 221	
Fatty acids, total saturated		0.008		0		1		0.021	0.004	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-	0.000		•						
14:0	_	0.000	1	0		1		0.000	0.000	
15:0	_			^		_				
16:0		0.007		0		1		0.018	0.003	
17:0	_			_		_				
18:0	_	0.001		0		1		0.003	0.000	
20:0	_									
22:0	_									
24:0	g									

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion of	of common
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatural	tedg	0.066	i	0		1		0.170	0.030	
14:1 15:1										
16:1 undifferentiated	g	0.001		0		1		0.003	0.000	
17:1 18:1 undifferentiated	-	0.065	i	0		1		0.168	0.030	
20:1	g	0.000	1	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		0.022		0		1		0.057	0.010	
18:2 undifferentiated	g	0.022		0		1		0.057	0.010	
18:3 undifferentiated		0.000	)	0		1		0.000	0.000	
18:4	g	0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		1		0.000	0.000	
20:5 n-3	g	0.000	)	0		1		0.000	0.000	
22:5 n-3	g	0.000	)	0		1		0.000	0.000	
22:6 n-3	g	0.000	)	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
A A										
Amino Acids:	_									
Tryptophan		0.000		•		1		0 001	0.004	
Threonine		0.008		0		1 1		0.021	0.004	
Isoleucine	_	0.007		0 0		1		0.018	0.003 0.005	
Leucine	_	0.010		0		1		0.026 0.021		
Lysine	_	0.003		0		1		0.008	0.00 <b>4</b> 0.001	
Methionine		0.003		0		1		0.005	0.001	
Cystine		0.002		0		1		0.005		
Phenylalanine		0.008		0		1		0.021	0.004	
Tyrosine	_			0		1		0.008	0.001	
Valine	_	0.009		0		1			0.004	
Arginine		0.006		0		1		0.015	0.003	
Histidine	-	0.006		0		1		0.015 0.034	0.003	
Alanine		0.013		0		1			0.006 0.052	
Aspartic acid								0.294		
Glutamic acid		0.017		0		1 1		0.044	0.008	
Glycine	_	0.006		-		1		0.015	0.003	
Proline		0.016		0 0		1		0.041 0.023	0.007	
Serine		0.009	•	U		1		0.023	0.004	
Hydroxyproline	9									
Others:	~			_		_		0 0	2 2	
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	g	0		0	Z	7		0	0	
Carotenoids:	mea	140		^	DMA	4		267 070	6F 447	
Carotene, beta		142		0	BNA	4		367.072	65.447	
Carotene, alpha		0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		26 0		0	BNA BFYN	4 4		67.720	12.074 0.000	
Lycopene				0				0.000		
Lutein + zeaxanthin	iiicg	49		U	BFYN	4		126.188	22.499	

## **Common Measures:**

Measure 1 = 258g: 1 cup, pitted Measure 2 = 46g: 1 plum with liquid

Plums, canned, purple, heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 5% Pits

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			Nui	mber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	q	84.02	0.327	6		1		211.73	38.65	
Energy		58		0	NC	4		146	27	
Energy		243				4		612	112	
Protein (N x 6.25)	g	0.51	0.031	6		1		1.29	0.23	
Total lipid (fat)	g	0.02	0.003	6		1		0.05	0.01	
Ash		0.30	0.009	6		1		0.76	0.14	
Carbohydrate, by difference	g	15.15		0	NC	4		38.18	6.97	
Fiber, total dietary	g	0.9		0	BFYN	4		2.3	0.4	
Sugars, total	g	14.22		0	0	4		35.83	6.54	
Starch	g									
Minerals:										
Calcium, Ca	ma	10	0.139	6		1		25	5	
Iron, Fe	-	0.34	0.040	6		1		0.86	0.16	
Magnesium, Mg		8	0.157	6		1		20	4	
Phosphorus, P		15	1.009	6		1		38	7	
Potassium, K	-	154	6.983	6		1		388	71	
Sodium, Na		1	0.126	6		1		3	0	
Zinc, Zn	mg	0.11	0.005	6		1		0.28	0.05	
Copper, Cu	mg	0.054	0.004	6		1		0.136	0.025	
Manganese, Mn		0.033	1	0		4		0.083	0.015	
Selenium, Se	mcg	0.0		0	BFYN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8	0.445	6		1		7.1	1.3	
Thiamin		0.023	0.001	6		1		0.058	0.011	
Riboflavin		0.059	0.006	6		1		0.149	0.027	
Niacin	mg	0.473	0.065	3		1		1.192	0.218	
Pantothenic acid	mg	0.072		0		4		0.181	0.033	
Vitamin B-6	mg	0.027		0		4		0.068	0.012	
Folate, total		3		0		4		7	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		7	1	
Folate, DFE		3		0	NC	4		7	1	
Vitamin B-12		0.00	40 685	0	Z	7		0.00	0.00	
Vitamin A, IU		1009	43.675	6		1		2543	464	
Vitamin A, RAE		50 0	2.184	6 0	z	1 7		127 0	23 0	
Retinol Vitamin E (alpha-tocopherol)		0.18		0	BFYN	4		0.45	0.08	
Tocopherol, beta		0.10		U	BEIN	-		0.45	0.08	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.3		0	BFYN	4		10.7	2.0	
Linide:										
Lipids: Fatty acids, total saturated	a	0.002		0		1		0.005	0.001	
4:0		0.002		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.001		0		1		0.003	0.000	
17:0	g									
18:0	-	0.000		0		1		0.000	0.000	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	L
Nutrients and l	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	ed9	0.014		0		1		0.035	0.006	
14:1	g									
15:1 16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1	-									
18:1 undifferentiated		0.014		0		1		0.035	0.006	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.005		0		1		0.013	0.002	
18:2 undifferentiated		0.005		0		1		0.013	0.002	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans						_		_	_	
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g	0.011		0		1		0.028	0.005	
Isoleucine	-	0.010		0		1		0.025	0.005	
Leucine	-	0.014		0		1		0.035	0.006	
Lysine		0.011		0		1		0.028	0.005	
Methionine	-	0.004		0		1		0.010	0.002	
Cystine		0.003		0 0		1 1		0.008	0.001	
Phenylalanine		0.011		0		1		0.028 0.010	0.005 0.002	
Tyrosine Valine	-	0.004 0.012		0		1		0.010	0.002	
Arginine		0.009		0		1		0.023	0.004	
Histidine	-	0.008		0		1		0.023	0.004	
Alanine	=	0.019		0		1		0.048	0.009	
Aspartic acid		0.162		0		1		0.408	0.075	
Glutamic acid		0.024		0		1		0.060	0.011	
Glycine		0.008		0		1		0.020	0.004	
Proline	g	0.022		0		1		0.055	0.010	
Serine	g	0.013		0		1		0.033	0.006	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	5									
<u> </u>	mea	554		0	BNA	4		1396.765	254.965	
Carotene, beta		0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		102		0	BNA	4		257.686	47.038	
Lycopene	_	0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin		49		0	BFYN	4		123.253	22.499	

## **Common Measures:**

Measure 1 = 252g: 1 cup, pitted Measure 2 = 46g: 1 plum with liquid

Plums, canned, purple, juice pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

Refuse: 5% Pits

		<u>A</u>	mount in 100 grar	ns of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	_
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	83.00	O		1		209.16	38.18	
Energy	kcal	63	O	NC	4		159	29	
Energy		264			4		664	121	
Protein (N x 6.25)		0.37	O		1		0.93	0.17	
Total lipid (fat)		0.10	O		1		0.25	0.05	
Ash		0.25	O		1		0.63	0.12	
Carbohydrate, by difference	g	16.28	O	NC	4		41.03	7.49	
Fiber, total dietary	g	0.9	0	BFYN	4		2.3	0.4	
Sugars, total	g	15.35	0	0	4		38.68	7.06	
Starch	g								
Mr. I									
Minerals:	ma	9	0		1		23	4	
Calcium, Ca Iron, Fe	-	0.86	0		1		2.17	0.40	
Magnesium, Mg		5	0		1		13	2	
Phosphorus, P		13	0		1		33	6	
Potassium, K	_	93	0		1		234	43	
Sodium, Na		20	0		1		50	9	
Zinc, Zn		0.08	0		1		0.20	0.04	
Copper, Cu		0.038	3 0		1		0.096	0.017	
Manganese, Mn		0.032	2 0		1		0.081	0.015	
Selenium, Se		0.0	0	BFYN	4		0.1	0.0	
Vitamina									
Vitamins:	ma	0.4	0		1		1.0	0.2	
Vitamin C, total ascorbic acid Thiamin		0.4			1		0.040	0.2	
Riboflavin		0.010			1		0.040	0.018	
Niacin		0.297			1		0.748	0.137	
Pantothenic acid	_	0.072			1		0.181	0.033	
Vitamin B-6		0.027			1		0.068	0.012	
Folate, total	-	3	0		1		7	1	
Folic acid		0	0	Z	7		0	0	
Folate, food		3	0		1		7	1	
Folate, DFE	mcg_DFE	3	0	NC	4		7	1	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU	IU	231	0	NC	4		583	106	
Vitamin A, RAE	mcg_RAE	12	0	NC	4		29	5	
Retinol	mcg	0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18	0	BFYN	4		0.45	0.08	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		4.0					10.7		
Vitamin K (phylloquinone)	nicg	4.3	0	BFYN	4		10.7	2.0	
Lipids:									
Fatty acids, total saturated	g	0.008	3 0		1		0.020	0.004	
4:0		0.000	0		1		0.000	0.000	
6:0	g	0.000	0		1		0.000	0.000	
8:0	g	0.000	0		1		0.000	0.000	
10:0	-	0.000			1		0.000	0.000	
12:0	-	0.000	0		1		0.000	0.000	
13:0	-								
14:0		0.000	0		1		0.000	0.000	
15:0	-				_				
16:0		0.007	0		1		0.018	0.003	
17:0	-	0 000					0 000	0.000	
18:0	-	0.001	. 0		1		0.003	0.000	
20:0 22:0	-								

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and one		Mean	Ota. Error					measure r	Micasure 2	incusure o
Fatty acids, total monounsaturated	g	0.069		0		1		0.174	0.032	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.001		0		1		0.003	0.000	
17:1	-									
18:1 undifferentiated		0.068		0		1		0.171	0.031	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.023		0		1		0.058	0.011	
18:2 undifferentiated		0.023		0		1		0.058	0.011	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a									
Threonine		0.008		0		1		0.020	0.004	
Isoleucine		0.007		0		1		0.018	0.003	
Leucine	-	0.010		0		1		0.025	0.005	
Lysine	-	0.008		0		1		0.023	0.004	
Methionine		0.003		0		1		0.020	0.001	
Cystine	-	0.003		0		1		0.005	0.001	
Phenylalanine		0.002		0		1		0.003	0.001	
Tyrosine		0.003		0		1		0.020	0.001	
Valine	-	0.003		0		1		0.023	0.001	
	_	0.009		0		1		0.015	0.004	
Arginine		0.006		0		1		0.015	0.003	
Histidine	-	0.006		0		1		0.015		
Alanine		0.014		0		1		0.292	0.006 0.053	
Aspartic acid		0.116		0		1		0.292		
Glutamic acid				0					0.008	
Glycine		0.006				1		0.015	0.003	
Proline		0.016		0		1		0.040	0.007	
Serine		0.009		0		1		0.023	0.004	
Hydroxyproline	<u>9</u>									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:		-		-	_	•		-	•	
<del></del>										
Carotene, beta		127		0	BFYN	4		320.314	58.470	
Carotene, alpha		0		0	BFYN	4		0.000	0.000	
Cryptoxanthin, beta		23		0	BFYN	4		59.094	10.787	
Lycopene		0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	49		0	BFYN	4		123.253	22.499	

#### **Common Measures:**

Measure 1 = 252g: 1 cup, pitted Measure 2 = 46g: 1 plum with liquid NDB No. 09283

Plums, canned, purple, light syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

Refuse: 5% Pits

		<u>A</u> 1	mount in 100 gram	s of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	_
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2  40.64 19 79 0.18 0.00 0.011 5.07 0.4 4.65  3 0.07 2 6 58 0 0.04 0.018 0.015 0.0  1.2 0.010 0.019 0.170 0.033 0.012 1 0 1 1 0.00 420 21 0 0.08  2.0  0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	Measure 3
Proximates:									
Water	g	88.35	1		1		219.99	40.64	
Energy	kcal	41	0	NC	4		102	19	
Energy		172			4		427	79	
Protein (N x 6.25)		0.39	1		1		0.97	0.18	
Total lipid (fat)		0.01	1		1		0.02	0.00	
Ash		0.23	1		1		0.57	0.11	
Carbohydrate, by difference	g	11.03	0	NC	4		27.46	5.07	
Fiber, total dietary	g	0.9	0	BFYN	4		2.3	0.4	
Sugars, total	g	10.10	0	0	4		25.15	4.65	
Starch	g								
Mr. I									
Minerals:	ma	7	1		1		17	2	
Calcium, Ca Iron, Fe	-	0.16	1		1		0.40		
Magnesium, Mg		5	1		1		12		
Phosphorus, P		13	1		1		32		
Potassium, K	-	126	1		1		314		
Sodium, Na		1	1		1		2		
Zinc, Zn		0.08	1		1		0.20	0.04	
Copper, Cu		0.039	1		1		0.097	0.018	
Manganese, Mn		0.033	0		1		0.082	0.015	
Selenium, Se		0.0	0	BFYN	4		0.1	0.0	
Vitamina									
<u>Vitamins:</u>	ma	2.7	1		1		6.7	1.0	
Vitamin C, total ascorbic acid Thiamin		0.021			1		0.052		
Riboflavin		0.021			1		0.102		
Niacin		0.370			1		0.921		
Pantothenic acid	-	0.072			1		0.179		
Vitamin B-6		0.027			1		0.067		
Folate, total	-	3	0		1		6		
Folic acid		0	0	Z	7		0	0	
Folate, food		3	0		1		6	1	
Folate, DFE	mcg_DFE	3	0	NC	4		6	1	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		914	1		1		2276	420	
Vitamin A, RAE	mcg_RAE	46	1		1		114	21	
Retinol	mcg	0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18	0	BFYN	4		0.44	0.08	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		4.3	0	BFYN	4		10.6	2.0	
Vitamin K (phylloquinone)	nicg	4.3	U	Brin	4		10.6	2.0	
Lipids:									
Fatty acids, total saturated	g	0.001	. 0		1		0.002	0.000	
4:0		0.000	0		1		0.000	0.000	
6:0		0.000			1		0.000		
8:0		0.000			1		0.000		
10:0	-	0.000			1		0.000		
12:0	-	0.000	0		1		0.000	0.000	
13:0	-				_				
14:0	-	0.000	0		1		0.000	0.000	
15:0	-	0 001	•					2 222	
16:0		0.001	. 0		1		0.002	0.000	
17:0	-	0.000	^		1		0.000	0.000	
18:0	-	0.000	0		1		0.000	0.000	
20:0 22:0	-								
44.U	9								

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and I	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	0.005		0		1		0.012	0.002	
14:1 15:1	_									
16:1 undifferentiated	_	0.000		0		1		0.000	0.000	
17:1	_									
18:1 undifferentiated	_	0.005		0		1		0.012	0.002	
20:1		0.000		0		1 1		0.000	0.000	
22:1 undifferentiated	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturate		0.002		0		1		0.005	0.001	
18:2 undifferentiated		0.002		0		1		0.005	0.001	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
22:6 n-3	_	0.000		0		1		0.000	0.000	
Fatty acids, total trans		_		_	_	_		_	_	
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	nig									
Amino Acids:										
Tryptophan	g									
Threonine	g	0.008		0		1		0.020	0.004	
Isoleucine	_	0.008		0		1		0.020	0.004	
Leucine	_	0.010		0		1		0.025	0.005	
Lysine		0.008		0		1		0.020	0.004	
Methionine		0.003		0		1		0.007	0.001	
Cystine		0.002		0		1 1		0.005	0.001	
Phenylalanine		0.008		0		1		0.020 0.007	0.004 0.001	
Tyrosine Valine	_	0.003		0		1		0.022	0.001	
Arginine	• • • • • • • • • • • • • • • • • • • •	0.009		0		1		0.015	0.004	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.006		0		1		0.015	0.003	
Alanine	-	0.014		0		1		0.035	0.005	
Aspartic acid		0.122		0		1		0.304	0.056	
Glutamic acid		0.018		0		1		0.045	0.008	
Glycine		0.006		0		1		0.015	0.003	
Proline	g	0.017		0		1		0.042	0.008	
Serine	g	0.010		0		1		0.025	0.005	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:	•									
Carotene, beta	mca	502		0	BNA	4		1250.193	230.959	
Carotene, beta		0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		93		0	BNA	4		230.646	42.609	
Lycopene		0		0	BFYN	4		0.000	0.000	
Lutein + zeaxanthin		49		0	BFYN	4		121.786	22.499	

#### **Common Measures:**

Measure 1 = 249g: 1 cup, pitted Measure 2 = 46g: 1 plum with liquid NDB No. 09281

Plums, canned, purple, water pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 15% Pits

		<u>A</u>	mount in 100	<u>grams</u>	ot edik	oie portio	<u>on</u>	Amount in edible portion of common			
			1	Number				m	easures of food	<del>-</del>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	σ.	65.08		0		1		161.40			
Water	-			0	NG	4					
Energy		124 519		U	NC	4		308			
Energy				•				1287			
Protein (N x 6.25)		1.09		0 0		1 1		2.70			
Total lipid (fat)		0.22		0		1		0.55 1.81			
Ash		0.73 32.88		0	NC	4		81.54			
Carbohydrate, by difference		32.88		0	NC	4		9.4			
Sugars, total		3.0		·		-		7			
Starch	-										
Minerals:											
Calcium, Ca	mg	21		0		1		52			
Iron, Fe	•	1.04		0		1		2.58			
Magnesium, Mg	_	19		0		1		47			
Phosphorus, P		33		0		1		82			
Potassium, K	mg	312		0		1		774			
Sodium, Na	mg	2		0		1		5			
Zinc, Zn	mg	0.22		0		1		0.55			
Copper, Cu		0.180		0		1		0.446			
Manganese, Mn		0.092	2	0		1		0.228			
Selenium, Se	mcg	1.0		0	BFZN	4		2.5			
Vitamins:		0.7		•				6.7			
Vitamin C, total ascorbic acid		2.7		0		1 1		6.7			
Thiamin	-	0.022		0		1		0.055 0.231			
Riboflavin		0.093		0		1		1.674			
Pantothenic acid		0.100		0		1		0.248			
Vitamin B-6		0.203		0		1		0.503			
Folate, total	_	0.200	,	0		1		0.303			
Folic acid		0		0	z	7		0			
Folate, food		0		0	_	1		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		285		0		1		707			
Vitamin A, RAE		14		0		1		35			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicg										
<u>_ipids:</u> Fatty acids, total saturated	a	0.017	1	0		1		0.042			
4:0		0.000		0		1		0.000			
6:0	_	0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	_	0.000		Ō		1		0.000			
12:0	_	0.000		0		1		0.000			
13:0	_										
14:0		0.000	)	0		1		0.000			
15:0	_										
16:0		0.014	l	0		1		0.035			
17:0											
18:0		0.003	3	0		1		0.007			
20:0	g										
22:0	g										
24:0	g										

	Amo	unt in 100 grams o	of edible portio	<u>n</u>	Amount in edible portion of common		
		Number			me	easures of food	
Nutrients and Units	Mean St	of Data d. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.142	0	1		0.352		
14:1g							
15:1g							
16:1 undifferentiatedg	0.002	0	1		0.005		
17:1g			_				
18:1 undifferentiated	0.140	0	1		0.347		
20:1g	0.000	0	1		0.000		
22:1 undifferentiatedg	0.000	0	1		0.000		
24:1 cg		•	_				
Fatty acids, total polyunsaturatedg	0.047	0	1		0.117		
18:2 undifferentiatedg	0.047	0	1		0.117		
18:3 undifferentiatedg	0.000	0	1		0.000		
18:4g	0.000	0	1		0.000		
20:2 n-6 c,cg							
20:3 undifferentiated	0.000	•	1				
20:4 undifferentiated		0	=		0.000		
20:5 n-3g	0.000	0	1		0.000		
22:5 n-3g	0.000	0	1 1		0.000		
22:6 n-3g	0.000	0	1		0.000		
Fatty acids, total trans	•	•			•		
Cholesterol mg	0	0	z 7		0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeine mg							
Theobrominemg							

#### **Common Measures:**

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 15% Pits

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			N	umbei	r			<u>m</u>	easures of food	<u></u>
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	69.73	1.031	. 3		1		172.93		
Water	_		1.031	. 3	NG	4				
Energy		107		U	NC			265		
Energy		448				4		1110		
Protein (N x 6.25)		0.96		0	BFSN			2.37		
Total lipid (fat)		0.16		0	BFSN	4		0.41		
Ash	g	1.16		0	BFSN	4		2.87		
Carbohydrate, by difference	g	28.08		0	NC	4		69.64		
Fiber, total dietary	g	3.1		0	BFSN	4		7.7		
Sugars, total	g	24.98		0	0	4		61.96		
Starch	g									
Minerals:										
Calcium, Ca		19		0	BFSN	4		46		
Iron, Fe	-	0.41		0	BFSN	4		1.01		
Magnesium, Mg	mg	18		0	BFSN	4		44		
Phosphorus, P	mg	30		0	BFSN	4		75		
Potassium, K	mg	321		0	BFSN	4		795		
Sodium, Na	mg	1		0	BFSN	4		2		
Zinc, Zn	mg	0.19		0	BFSN	4		0.47		
Copper, Cu	mg	0.123	3	0	BFSN	4		0.305		
Manganese, Mn	mg	0.131	L	0	BFSN	4		0.325		
Selenium, Se	mcg	0.1		0	BFSN	4		0.3		
¥7*, *										
<u>Vitamins:</u>				_						
Vitamin C, total ascorbic acid		2.9	0.043			1		7.2		
Thiamin	-	0.024				1		0.060		
Riboflavin	mg	0.100				1		0.248		
Niacin	-	0.723	0.039	3		1		1.793		
Pantothenic acid	mg	0.107	0.003			1		0.265		
Vitamin B-6	mg	0.218	0.009	3		1		0.541		
Folate, total	mcg	0	0.017	3		1		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0	0.017	3		1		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		342		0	NC	4		849		
Vitamin A, RAE		17		0	NC	4		42		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.19		0	BFSN	4		0.47		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		26.1		0	BFSN	4		64.7		
vitamin K (phynoquinone)		20.1		Ū	21 511	•		04.7		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.019	)	0		1		0.047		
4:0		0.000	)	0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0		0.000		0		1		0.000		
10:0.		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0	-	0.000		ŭ		-		3.000		
14:0	-	0.000	)	0		1		0.000		
	-	0.000	•	J		_		0.000		
15:0	-	0 01-	•	^		-		0.00=		
16:0		0.015	)	0		1		0.037		
17:0	q									
	-			_		_				
18:0	g	0.003	3	0		1		0.007		
	g g	0.003	3	0		1		0.007		

	<u>Ar</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
En llevi e de la	0.152		0		1		0.277		
Fatty acids, total monounsaturatedg 14:1g	0.132		U		_		0.377		
14:1									
16:1 undifferentiatedg	0.002		0		1		0.005		
17:1g	0.002		·		-		0.005		
18:1 undifferentiated	0.150		0		1		0.372		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.050		0		1		0.124		
18:2 undifferentiatedg	0.050		0		1		0.124		
18:3 undifferentiatedg	0.000		0		1		0.000		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	173		0	BFSN	4		427.906		
Carotene, alphamcg	25		0	BFSN	4		61.403		
Cryptoxanthin, beta mcg	41		0	BFSN	4		101.101		
Lycopene mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin mcg	65		0	BFSN	4		160.928		

#### **Common Measures:**

Measure 1 = 248g: 1 cup, pitted

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 13% Pits

		<u>A</u>	mount in 100 g	grams	or ean	Amount in 100 grams of edible portion								
			Nι	umber	r			<u>m</u>	easures of food	<u></u>				
			of	f Data	Deriv	Source	Confidence							
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3				
Proximates:														
Water	-	30.92	2.267	14	A	1		52.56	2.60					
Energy	kcal	240		0	NC	4		409	20					
Energy	kj	1006		0	NC	4		1710	85					
Protein (N x 6.25)	g	2.18	0.033	8	A	1		3.71	0.18					
Total lipid (fat)	g	0.38	0.114	9	A	1		0.64	0.03					
Ash	g	2.64	0.380	8	A	1		4.49	0.22					
Carbohydrate, by difference	g	63.88		0	NC	4		108.60	5.37					
Fiber, total dietary	g	7.1	0.307	10	A	1		12.0	0.6					
Sugars, total	g	38.13	6.339	10	A	1		64.81	3.20					
Sucrose	g	0.15	0.044	12	A	1		0.26	0.01					
Glucose (dextrose)	g	25.54	2.995	15	A	1		43.42	2.15					
Fructose	g	12.49	1.403	15	A	1		21.24	1.05					
Lactose	g	0.00	0.000	9	A	1		0.00	0.00					
Maltose		0.06	0.062	9	A	1		0.10	0.01					
Galactose		0.00	0.000	4	A	1		0.00	0.00					
Starch		5.11	0.000	2	A	1		8.70	0.43					
Starcii	9	3.11		_		-		0.70	0.45					
Minerals:														
Calcium, Ca	mg	43	1.519	42	A	1		73	4					
Iron, Fe	mg	0.93	0.052	42	A	1		1.58	0.08					
Magnesium, Mg	mg	41	0.615	42	A	1		69	3					
Phosphorus, P	mg	69	1.383	42	A	1		118	6					
Potassium, K	mg	732	6.876	42	A	1		1244	61					
Sodium, Na	mg	2	0.175	38	A	1		3	0					
Zinc, Zn	<u>mg</u>	0.44	0.015	42	A	1		0.74	0.04					
Copper, Cu	mg	0.281	0.011	42	A	1		0.477	0.024					
Manganese, Mn	<u>mg</u>	0.299	0.011	42	A	1		0.509	0.025					
Selenium, Se	mcg	0.3	0.062	8	A	1		0.5	0.0					
Vitamins:														
Vitamin C, total ascorbic acid		0.6	0.048	8	A	1		1.0	0.0					
Thiamin	_	0.051		8	A	1		0.087	0.004					
Riboflavin	_	0.186		8	A	1		0.316	0.016					
Niacin	• • • • • • • • • • • • • • • • • • • •	1.882		8	A	1		3.199	0.158					
Pantothenic acid	_	0.422		8	A	1		0.717	0.035					
Vitamin B-6		0.205		6	A	1		0.348	0.017					
Folate, total	_	4	0.000	4	A	1		8	0					
Folic acid	mcg	0		0	Z	7		0	0					
Folate, food		4	0.000	4	A	1		8	0					
Folate, DFE		4		0	NC	4		8	0					
Vitamin B-12		0.00		0	Z	7		0.00	0.00					
Vitamin A, IU	IU	781	230.496	31	A	1		1328	66					
Vitamin A, RAE	mcg_RAE	39	11.525	31	A	1		66	3					
Retinol		0		0	Z	7		0	0					
Vitamin E (alpha-tocopherol)	mg	0.43	0.109	5	A	1		0.73	0.04					
Tocopherol, beta	mg	0.00	0.000	5	A	1		0.00	0.00					
Tocopherol, gamma	mg	0.02	0.022	5	A	1		0.04	0.00					
Tocopherol, delta		0.00	0.000	5	A	1		0.00	0.00					
Vitamin D														
Vitamin K (phylloquinone)	mcg	59.5	1.742	8	A	1		101.2	5.0					
Lipids:	~	2 2 2		•		_								
Fatty acids, total saturated		0.088		0	NC	4		0.150	0.007					
4:0	_	0.000		0		1		0.000	0.000					
6:0		0.000		0		1		0.000	0.000					
8:0		0.007		4	A	1		0.012	0.001					
10:0	_	0.005		4	A	1		0.008	0.000					
12:0	_	0.001	0.000	4	A	1		0.001	0.000					
13:0	-													
14:0	-	0.000		4	A	1		0.000	0.000					
15:0	~	0.000	0.000	4	A	1		0.000	0.000					

	<u>Ar</u>	nount in 100	grams	of edil	ole portion		Amount in	edible portion o	f common
		N	lumber					easures of food	<u> </u>
					Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.030	0.003	3 4	A	1		0.051	0.003	
17:0g	0.000	0.000	0 4	A	1		0.000	0.000	
18:0g	0.044	0.00	14	A	1		0.075	0.004	
20:0g	0.001	0.000		A	1		0.002	0.000	
22:0g	0.001	0.000	0 4	A	1		0.001	0.000	
24:0g	0.050		•	***					
Fatty acids, total monounsaturatedg	0.053		0	NC	4		0.090	0.004	
14:19	0.000 0.000			A A	1 1		0.000	0.000 0.000	
15:1	0.000			A	1		0.000 0.067	0.003	
16:1 undifferentiatedg 17:1g	0.039	0.000		A	1		0.007	0.003	
18:1 undifferentiatedg	0.000	0.000		A	1		0.000	0.001	
20:1g	0.000			A	1		0.023	0.001	
22:1 undifferentiated 9	0.000		0	Z	7		0.000	0.000	
24:1 cg	0.000		v	-	•		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.062		0	NC	4		0.105	0.005	
18:2 undifferentiatedg	0.044			A	1		0.076	0.004	
18:3 undifferentiated	0.017	0.000		A	1		0.029	0.001	
18:3 n-6 c,c,c	0.000		2	A	1		0.000	0.000	
18:3ig									
18:4g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,cg	0.000	0.000	0 4	A	1		0.000	0.000	
20:3 undifferentiatedg	0.000	0.000	0 4	A	1		0.000	0.000	
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.000	0.000	0 4	A	1		0.000	0.000	
20:4 n-3g									
20:4 n-6g									
20:5 n-3g	0.000		0	Z	7		0.000	0.000	
22:5 n-3g	0.000		0	Z	7		0.000	0.000	
22:6 n-3g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.025		0	A	1		0.042	0.002	
Threonineg	0.049		0	A	1		0.083	0.004	
Isoleucineg	0.041		0	A	1		0.069	0.003	
Leucineg	0.066		0	A	1		0.112	0.006	
Lysineg	0.050		0	A	1		0.084	0.004	
Methionineg	0.016		0	A	1		0.027	0.001	
Cystineg	0.011		0	A	1		0.019	0.001	
Phenylalanineg	0.104		0	A	1		0.177	0.009	
Tyrosineg	0.021		0	A	1		0.036	0.002	
Valineg	0.056		0	A	1		0.096	0.005	
Arginineg	0.037		0	A	1		0.063	0.003	
Histidine9	0.027		0	A	1		0.046	0.002	
Alanineg	0.066		0	A	1		0.113	0.006	
Aspartic acidg	0.801		0	A	1		1.362	0.067	
Glutamic acidg	0.114		0	A	1		0.194	0.010	
Glycineg	0.047		0	A	1		0.080	0.004	
Proline9	0.130		0	A	1		0.222	0.011	
Serineg	0.059		0	A	1		0.100	0.005	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		Ö	z	7		0	0	
Theobrominemg	0		0	z	7		0	0	
Carotenoids:									
Carotene, betamcg	394	117.45	5 31	A	1		669.424	33.077	
Carotene, alpha mcg	57	17.43		A	1		96.059	4.746	
Cryptoxanthin, betamcg	93	24.428		A	1		158.164	7.815	
Lycopene mcg	0	0.000		A	1		0.000	0.000	
y g	-								

	<u> </u>	Amount in 10	00 grams		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthinmcg	148	18.4	60 31	A	1		251.759	12.440	

#### **Common Measures:**

Measure 1 = 170g: 1 cup, pitted Measure 2 = 8.4g: 1 prune

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 6% Pits

		<u>A</u> 1	mount in 100 g	rams of	f edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food	<u>.</u>	
			of	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	87.23	0.328	10	A	1		143.93	57.57	131.72	
Energy	kcal	46		0	NC	4		76	30	69	
Energy		192		0	NC	4		316	126	289	
Protein (N x 6.25)		0.70	0.034	9	A	1		1.16	0.46	1.06	
Total lipid (fat)	_	0.28	0.045	10	A	1		0.46	0.18	0.42	
Ash		0.37	0.008	9	A	1		0.61	0.24	0.56	
Carbohydrate, by difference		11.42		0	NC	4		18.84	7.54	17.24	
Fiber, total dietary		1.4	0.075	7	A	1		2.3	0.9	2.1	
· · · · · · · · · · · · · · · · ·		9.92	0.370	8	A	1		16.36	6.54	14.97	
Sugars, total				8		1					
Sucrose		1.57	0.260		A			2.58	1.03	2.37	
Glucose (dextrose)	9	5.07	0.267	8	A	1		8.36	3.34	7.65	
Fructose	g	3.07	0.126	8	A	1		5.06	2.02	4.63	
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00	
Maltose	g	0.08	0.020	8	A	1		0.13	0.05	0.12	
Galactose		0.14	0.140	8	A	1		0.23	0.09	0.21	
Starch		0.00	0.000	4	A	1		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	ma	6	0.546	39	A	1		10	4	9	
Iron, Fe		0.17	0.026	44	A	1		0.28	0.11	0.2	
Magnesium, Mg		7	0.148	44	A	1		12	5	11	
Phosphorus, P		16	0.665	44	A	1		27	11	24	
Potassium, K		157	3.963	41	A	1		258	103	236	
Sodium, Na		0	0.042	37	A	1		0	0	0	
Zinc, Zn		0.10	0.014	44	A	1		0.17	0.07	0.1	
Copper, Cu		0.057		44	A	1		0.095	0.038	0.0	
Manganese, Mn		0.057		44	A	1		0.085	0.034	0.0	
Selenium, Se		0.032	0.005	2	A	1		0.1	0.0	0.0	
Vitamins:	-										
Vitamin C, total ascorbic acid	mg	9.5	0.847	5		1		15.7	6.3	14.3	
Thiamin	mg	0.028	0.004	8	A	1		0.046	0.019	0.0	
Riboflavin	mg	0.026	0.001	8	A	1		0.044	0.017	0.0	
Niacin	mg	0.417	0.027	8	A	1		0.688	0.275	0.6	
Pantothenic acid	mg	0.135	0.009	8	A	1		0.223	0.089	0.20	
Vitamin B-6	mg	0.029	0.000	8	A	1		0.047	0.019	0.0	
Folate, total		5	0.125	8	A	1		9	4	8	
Folic acid		0		0	z	7		0	0	0	
Folate, food		5	0.125	8	A	1		9	4	8	
Folate, DFE	mcg DFE	5		0	NC	4		9	4	8	
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.0	
Vitamin A, IU		345	43.321	7	A	1		570	228	521	
Vitamin A, RAE		17	2.166	7	A	1		28	11	26	
Retinol		0	2.200	0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.26	0.064	5	A	1		0.44	0.17	0.4	
Tocopherol, beta		0.00	0.000	5	A	1		0.00	0.00	0.0	
Tocopherol, gamma		0.08	0.076	5	A	1		0.14	0.06	0.0	
Tocopherol, delta		0.00	0.078	5	A	1		0.14	0.00	0.0	
Vitamin D		0.00	0.000	-		-		2.00	0.00	0.0	
Vitamin K (phylloquinone)		6.4	0.929	8	A	1		10.5	4.2	9.6	
Lipids:											
Fatty acids, total saturated	а	0.017		0	NC	4		0.027	0.011	0.0	
4:0		0.000		0	-10	1		0.027	0.000	0.0	
6:0		0.000		0		1		0.000	0.000	0.0	
		0.000		0		1				0.0	
8:0						1		0.000	0.000		
10:0	_	0.000		0				0.000	0.000	0.0	
12:0	_	0.000	•	0		1		0.000	0.000	0.0	
13:0	_			•		_				<u>.</u> -	
14:0	g	0.000	1	0		1		0.000	0.000	0.0	

		Ar	mount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion o	f common
				Number	•			<u>m</u> e	easures of food	
Nutrients and Units	5	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.014		0		1		0.022	0.009	0.020
17:0		0.000		•				0.005	0.000	0.004
18:0 20:0	-	0.003		0		1		0.005	0.002	0.004
22:0	_									
24:0	-									
Fatty acids, total monounsaturated		0.134		0	NC	4		0.221	0.088	0.202
14:1 15:1										
16:1 undifferentiated		0.002		0		1		0.003	0.001	0.002
17:1	-									
18:1 undifferentiated	_	0.132		0		1		0.218	0.087	0.200
20:1 22:1 undifferentiated		0.000 0.000		0		1 1		0.000 0.000	0.000 0.000	0.000
24:1 c	_	0.000		O		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.044		0	NC	4		0.073	0.029	0.067
18:2 undifferentiated	_	0.044		0		1		0.073	0.029	0.067
18:3 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
18:4 20:2 n-6 c,c		0.000		0		1		0.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	_	0.000		0		1		0.000	0.000	0.000
22:6 n-3	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans Cholesterol	_	0		0	z	7		0	0	0
Phytosterols	_	7		0	_	1		12	5	11
Amino Acids:										
Tryptophan	q	0.009		0	A	1		0.014	0.006	0.013
Threonine		0.010		0	A	1		0.017	0.007	0.015
Isoleucine	g	0.014		0	A	1		0.023	0.009	0.021
Leucine	-	0.015		0	A	1		0.025	0.010	0.023
Lysine		0.016 0.008		0	A A	1 1		0.027 0.012	0.011 0.005	0.025 0.011
Methionine		0.008		0	A	1		0.012	0.003	0.011
Phenylalanine		0.014		0	A	1		0.024	0.009	0.022
Tyrosine		0.008		0	A	1		0.012	0.005	0.011
Valine	_	0.016		0	A	1		0.026	0.010	0.023
Arginine		0.009		0	A	1		0.014	0.006	0.013
HistidineAlanine	-	0.009 0.028		0	A A	1 1		0.015 0.046	0.006 0.018	0.014 0.042
Aspartic acid		0.352		0	A	1		0.580	0.018	0.531
Glutamic acid		0.035		0	A	1		0.057	0.023	0.052
Glycine		0.009		0	A	1		0.015	0.006	0.014
Proline		0.027		0	A	1		0.045	0.018	0.041
Serine	-	0.023		0	A	1		0.037	0.015	0.034
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0
Caffeine Theobromine		0		0	z z	7 7		0	0 0	0 0
Carotenoids:	9	ŭ		Ŭ	-	•		ŭ	Ü	Ü
Carotene, beta	mca	190	23.83	33 7	A	1		313.029	125.211	286.469
Carotene, alpha		0	0.00		A	1		0.000	0.000	0.000
Cryptoxanthin, beta		35	7.73		A	1		57.750	23.100	52.850
Lycopene		0	0.00		A	1		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	73	12.78	34 7	A	1		120.450	48.180	110.230

NDB No. 09279 Plums, raw

# **Common Measures:**

Measure 1 = 165g: 1 cup, sliced Measure 2 = 66g: 1 fruit (2-1/8" dia) Measure 3 = 151g: 1 NLEA serving

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 44% Seeds and skin

		<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	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	80.97	1.352	9		1		124.69		
Energy	kcal	68		0	NC	4		105		
Energy	kj	285				4		438		
Protein (N x 6.25)	g	0.95	0.180	7		1		1.46		
Total lipid (fat)	g	0.30		0		1		0.46		
Ash	g	0.61	0.073	9		1		0.94		
Carbohydrate, by difference	g	17.17		0	NC	4		26.44		
Fiber, total dietary	g	0.6		0		4		0.9		
Sugars, total	g	16.57		0	0	4		25.52		
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	3		0		1		5		
Iron, Fe	_	0.30		0		1		0.46		
Magnesium, Mg	_	3		0		1		5		
Phosphorus, P		8		0		1		12		
Potassium, K	_	259		0		1		399		
Sodium, Na		3		0		1		5		
Zinc, Zn	-	0.12		0		4		0.18		
Copper, Cu	mg	0.070		0		1		0.108		
Manganese, Mn	mg									
Selenium, Se	mcg	0.6		0	CAZN	4		0.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	6.1	0.710	11		1		9.4		
Thiamin	_	0.030		0		1		0.046		
Riboflavin	-	0.030		0		1		0.046		
Niacin		0.300		0		1		0.462		
Pantothenic acid		0.596		0		1		0.918		
Vitamin B-6	-	0.105		1		1		0.162		
Folate, total		6		0		4		9		
Folic acid		0		0	z	7		0		
Folate, food		6		0		4		9		
Folate, DFE		6		0	NC	4		9		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		108		0	NC	4		167		
Vitamin A, RAE		5		0	NC	4		8		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.60		0	BFSN	4		0.92		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.6		0	BFSN	4		7.0		
Lipids:										
Fatty acids, total saturated	g	0.038		0		4		0.059		
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	_	0.002		0		4		0.003		
13:0										
14:0		0.002		0		4		0.003		
15:0										
16:0		0.022		0		4		0.034		
17:0										
18:0		0.012		0		4		0.018		
20:0										
22:0	g									
24:0	g									

		<u>An</u>	nount in 10		Amount in edible portion of common					
Nutrients and Units	<b>;</b>	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.046		0		4		0.071		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.006		0		4		0.009		
17:1	g									
18:1 undifferentiated	g	0.039		0		4		0.060		
20:1	g	0.002		0		4		0.003		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.063		0		4		0.097		
18:2 undifferentiated	g	0.063		0		4		0.097		
18:3 undifferentiated	g	0.000		0		4		0.000		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3	g	0.000		0		4		0.000		
22:5 n-3	g	0.000		0		4		0.000		
22:6 n-3	g	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg	17		0		1		26		
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	40		0	T	4		61.600		
Carotene, alpha	mcg	50		0	T	4		77.000		
Cryptoxanthin, beta	mcg	0		0	T	4		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

#### **Common Measures:**

Measure 1 = 154g: 1 pomegranate (3-3/8" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 25% Seeds, skin, and bud end

		<u>A</u> :	mount in 100 gr	ams of e	dible porti	ion	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food		
				oata Der	iv Source	e Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi				Measure 1	Measure 2	Measure	
Proximates: Water	a	87.55	2.791	4	1		130.45	90.18		
	-	41	2.731		ic 4		61	42		
Energy		172		0 1	4		256	42 177		
Energy				_	=					
Protein (N x 6.25)		0.73	0.103	3	1		1.09	0.75		
Total lipid (fat)		0.51		2	1		0.76	0.53		
Ash		1.64	0.586	3	1		2.44	1.69		
Carbohydrate, by difference		9.57			IC 4		14.26	9.86		
Fiber, total dietary		3.6		0	4		5.4	3.7		
Sugars, total	-									
Starch	g									
Ainerals:										
Calcium, Ca	ma	56		1	1		83	58		
Iron, Fe	-	0.30		0	1		0.45	0.31		
Magnesium, Mg.	-	85		2	1		127	88		
Phosphorus, P		24		1	1		36	25		
Potassium, K	-	220		2	1		328	227		
Sodium, Na		5		2	1		7	5		
Zinc, Zn		0.12		0	4		0.18	0.12		
Copper, Cu		0.080	)	0	4		0.119	0.082		
Manganese, Mn		0.000	•	•	-		0.110	0.002		
Selenium, Se		0.6		0 CA	ZN 4		0.9	0.6		
·										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		14.0		1	1		20.9	14.4		
Thiamin		0.014		1	1		0.021	0.014		
Riboflavin		0.060		1	1		0.089	0.062		
Niacin	-	0.460	)	1	1		0.685	0.474		
Pantothenic acid										
Vitamin B-6		0.060	)	0	4		0.089	0.062		
Folate, total		6		0	4		9	6		
Folic acid	-	0		0 2			0	0		
Folate, food		6		0	4		9	6		
Folate, DFE	mcg_DFE	6		0 N			9	6		
Vitamin B-12		0.00		0 2			0.00	0.00		
Vitamin A, IU (1)		43	43.333	4 2			65	45		
Vitamin A, RAE		2	2.167	4 2			3	2		
Retinol		0		0 2	7		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:	···· •									
Fatty acids, total saturated	q	0.067	,	0	1		0.100	0.069		
4:0		0.000		0	1		0.000	0.000		
6:0		0.000		0	1		0.000	0.000		
8:0		0.000		0	1		0.000	0.000		
10:0.	-	0.000		0	1		0.000	0.000		
12:0		0.000		0	1		0.000	0.000		
13:0	-			-	-		0.000	2.000		
14:0	-	0.000	)	0	1		0.000	0.000		
15:0	-	5.000		-	-		0.000	2.000		
16:0	-	0.052	2	0	1		0.077	0.054		
17:0	-	5.052		-	-		0.077	0.054		
18:0	-	0.010	)	0	1		0.015	0.010		
20:0	-	0.010		,	-		3.013	0.010		
22:0	-									
24:0	-									

		<u>An</u>	ount in 10	0 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 monounsaturat		0.075		0		1		0.112	0.077	
14:1										
15:1	-									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.002		0		1		0.003	0.002	
17:1										
18:1 undifferentiated		0.072		0		1		0.107	0.074	
20:1		0.001		0		1		0.001	0.001	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		0.213		0		1		0.317	0.219	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.186		0		1		0.277	0.192	
18:3 undifferentiated	-	0.023		0		1		0.034	0.024	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine										
Theobromine	mg									
Carotenoids:										
Carotene, beta	mcg	25	24.50	00 4	A	1		36.505	25.235	
Carotene, alpha		0	0.00	00 4	A	1		0.000	0.000	
Cryptoxanthin, beta	mcg	3	3.00	00 4	A	1		4.470	3.090	
Lycopene	mcg									
Lutein + zeaxanthin										

## **Common Measures:**

Measure 1 = 149g: 1 cup

Measure 2 = 103g: 1 fruit without refuse

#### **Footnotes**

1 Green variety

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nı	umber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.24	0.119	30		1		207.97	26.00	
Energy	kcal	71		0	NC	4		182	23	
Energy	kj	297				4		760	95	
Protein (N x 6.25)	g	0.61	0.013	31		1		1.56	0.20	
Total lipid (fat)	g	0.03	0.011	25		1		0.08	0.01	
Ash		0.68	0.056	30		1		1.74	0.22	
Carbohydrate, by difference	g	17.45		0	NC	4		44.67	5.58	
Fiber, total dietary		1.0		0		1		2.6	0.3	
Sugars, total		16.45		0	0	4		42.11	5.26	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.863	30		1		31	4	
Iron, Fe	-	1.18	0.196	30		1		3.02	0.38	
Magnesium, Mg	mg	14	0.786	23		1		36	4	
Phosphorus, P		25	0.613	23		1		64	8	
Potassium, K		276	11.612	22		1		707	88	
Sodium, Na	-	4	1.165	22		1		10	1	
Zinc, Zn		0.21	0.009	17		1		0.54	0.07	
Copper, Cu		0.068		17		1		0.174	0.022	
Manganese, Mn		0.151		1 0	DEGM	1 4		0.387	0.048	
Selenium, Se	Ilicg	0.6		U	BFSN	4		1.5	0.2	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	4.1	0.769	47		1		10.5	1.3	
Thiamin		0.016	0.000	42		1		0.041	0.005	
Riboflavin	mg	0.070	0.009	43		1		0.179	0.022	
Niacin	-	0.785		30		1		2.010	0.251	
Pantothenic acid	_	0.107		0		4		0.274	0.034	
Vitamin B-6	_	0.218		0		4		0.558	0.070	
Folate, total		0	0.042	3	_	1		1	0	
Folic acid		0 0	0.042	0 3	Z	7 1		0 1	0	
Folate, foodFolate, DFE	mcg DEE	0	0.042	0	NC	4		1	0	
Vitamin B-12		0.00		0	NC Z	7		0.00	0.00	
Vitamin A, IU		3	1.338	26	2	1		8	1	
Vitamin A, RAE		0	0.067	26		1		0	0	
Retinol		0	0.00.	0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.12		1	A	1		0.31	0.04	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.4		1	A	1		8.7	1.1	
Lipids:										
Fatty acids, total saturated	g	0.003	1	0		1		0.008	0.001	
4:0		0.000	ı	0		1		0.000	0.000	
6:0	g	0.000	ı	0		1		0.000	0.000	
8:0	g	0.000	1	0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0										
14:0	_	0.000		0		1		0.000	0.000	
15:0	_					_		_		
16:0	_	0.002		1		1		0.005	0.001	
17:0	-			_		_			2 222	
18:0	_	0.000		0		1		0.000	0.000	
20:0	-									
22:0 24:0	-									

	<u>Ar</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.001		•						
Fatty acids, total monounsaturatedg	0.021		0		1		0.054	0.007	
14:1g 15:1g									
16:1 undifferentiated	0.000		0		1		0.000	0.000	
17:1g	0.000		Ū		-		0.000	0.000	
18:1 undifferentiatedg	0.021		1		1		0.054	0.007	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiated q	0.000		0		1		0.000	0.000	
24:1 cg	0.000		·		_		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.007		0		1		0.018	0.002	
18:2 undifferentiatedg	0.007		1		1		0.018	0.002	
18:3 undifferentiated	0.000		0		1		0.000	0.000	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	2		0	BNA	4		3.873	0.484	
Carotene, alphamcg	0		0	BNA	4		0.556	0.069	
Cryptoxanthin, betamcg	0		0	BNA	4		0.915	0.114	
Lycopene mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	40		0	BFSN	4		102.953	12.869	

#### **Common Measures:**

Measure 1 = 256g: 1 cup Measure 2 = 32.0g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		30.00		0	MC	9					
Energy		257		0	MC	9					
Energy	-	1075				9					
Protein		2.10		0	MC	9 9					
Total lipid (fat)		0.20 2.60		0	MC NC	4					
Ash		65.10		0	MC	9					
Carbohydrate, by difference		3.3		0	MC	9					
Fiber, total dietary		39.00		0	MC	9					
Sugars, total		39.00		U	МС	9					
Sucrose		22 27		0	мс	0					
Glucose (dextrose)		22.27		0	MC MC	9 9					
Fructose	9	13.87		U	MC	9					
Lactose	9										
Maltose											
Galactose											
Starch	g										
Minerals:											
Calcium, Ca	mg	31		0	MC	9					
Iron, Fe	mg	2.80		0	MC	9					
Magnesium, Mg	mg										
Phosphorus, P		72		0	MC	9					
Potassium, K		852		0	MC	9					
Sodium, Na	-	23		0	MC	9					
Zinc, Zn											
Copper, Cu											
Manganese, Mn Selenium, Se											
·	9										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	4.3		0	MC	9					
Thiamin	-	0.040	)	0	MC	9					
Riboflavin	-										
Niacin	-	2.500		0	MC	9					
Pantothenic acid		0.430	,	0	MC	9					
Vitamin B-6											
Folate, totalFolate, DFE											
Vitamin B-12	mca										
Vitamin A, IU	IU	2000		0	MC	9					
Vitamin A, RAE		100		0	NC	4					
Vitamin E (alpha-tocopherol)				-		-					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.016	5	0	BFFN	4					
Fatty acids, total monounsaturated				-		-					
Fatty acids, total polyunsaturated.											
Fatty acids, total trans											
Cholesterol		0		0	MC	9					
Phytosterols											

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

NDB No. 09423 Prune puree

**Common Measures:** 

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

Prunus domestica

Refuse: 12% Pits

		<u>Aı</u>	mount in 100 gr		of edit	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				nber		_		<u>m</u> :	easures of 1000	<u>.</u>	
Nutrients and Un	its	Mean	of I Std. Error Poi	Data I ints (		Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	70.67	0.250	20		1		165.37	60.78		
	_	105	0.230	0	NC	4		246	90.78		
Energy		439		U	NC	4		1028	378		
0.		0.87	0.016	20		1		2.04	0.75		
Protein (N x 6.25)		0.87	0.010	20		1		0.47	0.75		
Total lipid (fat)		0.20	0.010	20		1		1.08	0.17		
Ash		27.80	0.011	0	NC	4		65.05	23.91		
Carbohydrate, by difference		3.8		0	NC	4		8.9	3.3		
Fiber, total dietary		3.6		U		4		0.9	3.3		
Sugars, total											
Starch	9										
<u>Minerals:</u>											
Calcium, Ca	mg	17	0.391	20		1		40	15		
Iron, Fe	mg	0.41		20		1		0.96	0.35		
Magnesium, Mg	mg	15	0.398	20		1		35	13		
Phosphorus, P		26		20		1		61	22		
Potassium, K	mg	226		20		1		529	194		
Sodium, Na	mg	3	0.532	26		1		7	3		
Zinc, Zn	mg	0.19	0.005	20		1		0.44	0.16		
Copper, Cu	-	0.118		20		1		0.276	0.101		
Manganese, Mn		0.098	1	0		1		0.229	0.084		
Selenium, Se	mcg										
<del>'itamins:</del>											
Vitamin C, total ascorbic acid		2.8		21		1		6.6	2.4		
Thiamin		0.034		20		1		0.080	0.029		
Riboflavin		0.122		21		1		0.285	0.105		
Niacin		0.866		21		1		2.026	0.745		
Pantothenic acid		0.100		0		4		0.234	0.086		
Vitamin B-6	_	0.203	}	0		4		0.475	0.175		
Folate, total		0		0		4		0	0		
Folic acid	-	0		0	Z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		797		21		1		1865	685		
Vitamin A, RAE		40	3.731	21		1		93	34		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)	nicg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.016	i	0		1		0.037	0.014		
4:0											
6:0											
8:0											
10:0											
12:0	_										
13:0											
14:0											
15:0						_					
16:0		0.013	•	0		1		0.030	0.011		
17:0				_				_			
18:0		0.003	1	0		1		0.007	0.003		
20:0											
22:0	g										
24:0	g										

		<u>An</u>	nount in 100 grams	s of edib	le portio	<u>n</u>		edible portion	
			Numbe		_		<u>m</u>	easures of food	
Nutrients and Units	•	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.130	0		1		0.304	0.112	
15:1									
16:1 undifferentiated	-	0.002	0		1		0.005	0.002	
17:1									
18:1 undifferentiated	g	0.128	0		1		0.300	0.110	
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated		0.043	0		1		0.101	0.037	
18:2 undifferentiated	g	0.043	0		1		0.101	0.037	
18:3 undifferentiated	g								
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans		•	_	_	_		_	_	
Cholesterol	_	0	0	Z	7		0	0	
Phytosterols	mg								

## **Common Measures:**

Measure 1 = 234g: 1 cup

Measure 2 = 86g: 5 fruits with liquid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
				umber of Data	Deriv	Source	Confidence	<u>m</u> (	easures of food	_
Nutrients and Un	its	Mean	Std. Error P	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.99		2		1		190.37		
Energy	kcal	113		0	NC	4		316		
Energy	kj	473				4		1324		
Protein (N x 6.25)	g	1.23		0		1		3.44		
Total lipid (fat)	g	0.24		0		1		0.67		
Ash	g	0.83		0		1		2.32		
Carbohydrate, by difference	g	29.70		0	NC	4		83.16		
Fiber, total dietary										
Sugars, total										
Starch										
~										
Minerals:										
Calcium, Ca		24		0		1		67		
Iron, Fe	-	1.17		0		1		3.28		
Magnesium, Mg		21		0		1		59		
Phosphorus, P		37		0		1		104		
Potassium, K		353		0		1		988		
Sodium, Na		2		0		1		6		
Zinc, Zn		0.25		0		1		0.70		
Copper, Cu		0.204		0		1		0.571		
Manganese, Mn		0.104	1	0		1		0.291		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		2		1		0.0		
Thiamin	-	0.046	5	2		1		0.129		
Riboflavin		0.040		2		1		0.123		
Niacin		0.030		2		1		2.758		
		0.108		2		1		0.302		
Pantothenic acid	-			2		1		0.535		
Vitamin B-6	-	0.191 0	<u>.</u>	2		1		0.535		
Folate, total		0		0	z	7		0		
Folic acid		0		2	Z	1		1		
Folate, food										
Folate, DFE		0		0	NC -	4		1		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		523		2		1		1464		
Vitamin A, RAE		26		2		1		73		
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	а	0.020	)	0		1		0.056		
4:0										
6:0										
8:0										
10:0										
12:0										
13:0										
14:0										
15:0										
16:0		0.016	5	0		1		0.045		
17:0				-		-		0.040		
18:0		0.003	3	0		1		0.008		
20:0		0.003	-	Ū		-		2.000		
22:0										
44.V	ສ									

	Amount in	100 grams of		Amount in edible portion of common			
		Number of Data De	riv Source C	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean Std. Er	ror Points Co		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.161	0	1		0.451		
14:1g							
15:1g 16:1 undifferentiatedg	0.002	0	1		0.006		
17:1	0.002	U	1		0.006		
18:1 undifferentiated 9	0.159	0	1		0.445		
20:1							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated	0.053	0	1		0.148		
18:2 undifferentiatedg	0.053	0	1		0.148		
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 trans							
Cholesterolmg	0	0	z 7		0		
Phytosterols mg							

## **Common Measures:**

Measure 1 = 280g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> :	mount in 10	0 grams	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		4.00		0		1		5.28		
Energy	kcal	339		0	NC	4		447		
Energy	kj	1418				4		1872		
Protein (N x 6.25)	g	3.70		0		1		4.88		
Total lipid (fat)	g	0.73		0		1		0.96		
Ash	g	2.50		0		1		3.30		
Carbohydrate, by difference	g	89.07		0	NC	4		117.57		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	72		0		1		95		
Iron, Fe	_	3.52		0		1		4.65		
Magnesium, Mg	_	64		0		1		84		
Phosphorus, P		112		0		1		148		
Potassium, K	-	1058		0		1		1397		
Sodium, Na	-	5		0		1		7		
Zinc, Zn	mg	0.75		0		1		0.99		
Copper, Cu	mg	0.611	L	0		1		0.807		
Manganese, Mn	mg	0.312	2	0		1		0.412		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		2		1		0.0		
Thiamin	_	0.118	1	2		1		0.156		
Riboflavin	_	0.165		2		1		0.218		
Niacin		2.995		2		1		3.953		
Pantothenic acid		0.418		2		1		0.552		
Vitamin B-6		0.745	5	2		1		0.983		
Folate, total		2		2		1		3		
Folic acid		0		0	Z	7		0		
Folate, food		2		2		1		3		
Folate, DFE		2		0	NC	4		3		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	1762		2		1		2326		
Vitamin A, RAE	mcg_RAE	88		2		1		116		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	fricg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.059	•	0		1		0.078		
4:0	g									
6:0	-									
8:0										
10:0										
12:0										
13:0	-									
14:0	-									
15:0	-	0.040	,	^		4		0.000		
16:0		0.048	•	0		1		0.063		
17:0		0 010	,	^		1		0.013		
18:0		0.010	,	0		1		0.013		
20:0										
22:0	9 g									

	Amount in	100 grams of	Amount in edible portion of common				
		Number of Data De	riv Source C	Source Confidence	measures of food		
Nutrients and Units	Mean Std. Er	ror Points Co		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.483	0	1		0.638		
14:1g							
15:1g 16:1 undifferentiatedg	0.006	0	1		0.008		
17:1	0.000	·	_		0.000		
18:1 undifferentiated	0.477	0	1		0.630		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.159	0	1		0.210		
18:2 undifferentiatedg	0.159	0	1		0.210		
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							
Cholesterol mg	0	0	Z 7		0		
Phytosterols mg							

## **Common Measures:**

Measure 1 = 132g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 44% Seeds, skin, and membrane

		<u>Ar</u>	nount in 100 g	grams	Amount in edible portion of common					
			Nι	ımber	-			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Units		Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	89.10	0.765	3		1		169.29	542.62	
Energy	kcal	38		0	NC	4		72	231	
Energy	kj	159				4		302	968	
Protein (N x 6.25)	g	0.76		0		1		1.44	4.63	
Total lipid (fat)	g	0.04		0		1		0.08	0.24	
Ash	g	0.48		0		1		0.91	2.92	
Carbohydrate, by difference	g	9.62		0	NC	4		18.28	58.59	
Fiber, total dietary	g	1.0		0		1		1.9	6.1	
Sugars, total	g									
Starch										
	-									
<u>/Iinerals:</u> Calcium, Ca	ma	4		2		1		8	24	
Iron, Fe		0.11		2		1		0.21	0.67	
Magnesium, Mg		6	0.995	3		1		11	37	
Phosphorus, P		17	0.333	2		1		32	104	
Potassium, K	_	216	24.547	3		1		410	1315	
Sodium, Na		1	0.382	3		1		2	6	
Zinc, Zn	_	0.08	0.302	2		1		0.15	0.49	
Copper, Cu		0.048		2		1		0.091	0.292	
Manganese, Mn	_	0.017		2		1		0.032	0.104	
Selenium, Se				_		_			*****	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		61.0	3.365	13		1		115.9	371.5	
Thiamin	-	0.034		0		1		0.065	0.207	
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.027		0		1		0.051	0.164	
Niacin		0.220		0		1		0.418	1.340	
Pantothenic acid	-			_		_				
Vitamin B-6	-	0.036		1		1		0.068	0.219	
Folate, total										
Folate, DFE		0.00		0	_	7		0.00	0.00	
Vitamin B-12		0.00			Z				0.00	
Vitamin A, IU		8 0		1 1	A A	1 1		15 1	48 2	
Vitamin A, RAE		U		1	A	T		1	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)										
~ ~ ~ ~										
<u> ipids:</u>										
Fatty acids, total saturated										
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0		0	z	7		0	^	
Cholesterol		U		U	Z	,		0	0	
Phytosterols	9									
	mea	^		4	•	4		0.000	0 000	
Carotene, beta		0 0		1 1	A A	1 1		0.000	0.000 0.000	
Carotene, alpha		10		1	A A	1				
Cryptoxanthin, beta		10		1	A	1		18.050	57.855	
Lycopene	iiicA									

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.

NDB No. 09295 Pummelo, raw (1)

**Common Measures:** 

Measure 1 = 190g: 1 cup, sections Measure 2 = 609g: 1 fruit without refuse

#### **Footnotes**

1 Vitamin A and carotenoid values are based on white variety.

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 39% Core, seeds, and parings

		<u>A</u> 1	mount in 10	Amount in edible portion of common						
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure
Proximates:										
Water	g	83.80		0		1		77.10		
Energy	kcal	57		0	NC	4		52		
Energy	kj	238				4		219		
Protein (N x 6.25)	g	0.40		0		1		0.37		
Total lipid (fat)	g	0.10		0		1		0.09		
Ash	g	0.40		0		1		0.37		
Carbohydrate, by difference	g	15.30		0	NC	4		14.08		
Fiber, total dietary		1.9		0		4		1.7		
Sugars, total										
Starch										
Sur on	9									
<u>Minerals:</u>										
Calcium, Ca	mg	11		0		1		10		
Iron, Fe	mg	0.70		0		1		0.64		
Magnesium, Mg	mg	8		2		1		7		
Phosphorus, P	mg	17		0		1		16		
Potassium, K	mg	197		0		1		181		
Sodium, Na	mg	4		0		1		4		
Zinc, Zn	mg	0.04		0		4		0.04		
Copper, Cu	mg	0.130	)	1		1		0.120		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg	0.6		0	CAZN	4		0.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	15.0		0		1		13.8		
Thiamin		0.020	,	0		1		0.018		
		0.020		0		1		0.018		
Riboflavin		0.030		0		1		0.028		
Niacin				0		1		0.184		
Pantothenic acid		0.081		0		1		0.075		
Vitamin B-6	-	0.040	,	0		4				
Folate, total		3			_			3		
Folic acid	-	0		0	Z	7		0		
Folate, food		3		0		4		3		
Folate, DFE		3		0	NC	4		3		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		40		0		1		37		
Vitamin A, RAE		2		0	_	1		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	а	0.010	)	0		1		0.009		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0	-	0.000	-	U		-		0.000		
14:0	-	0.000	1	0		1		0.000		
	-	0.000	•	U		_		0.000		
15:0		0.005	,	1		1		0.006		
16:0		0.007	•	1		1		0.006		
17:0		0.000	<b>,</b>	-		1		0 000		
18:0		0.002	•	1		1		0.002		
20:0										
22:0	9									

		An	nount in 100 gram	Amount in edible portion of common					
Nutrients and Unit		Mean	Number of Date Std. Error Points	a Deriv		Confidence	<u>m</u> Measure 1	easures of food  Measure 2	<u>u</u> Measure 3
Nutrients and Onit	s 	wean	Sta. Error 1 omt	o o o o o o	Oode	- Code	weasure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.036	0		1		0.033		
14:1		0.030	U		_		0.033		
15:1	_								
16:1 undifferentiated		0.000	0		1		0.000		
17:1	_	0.000	·		-		0.000		
18:1 undifferentiated		0.036	1		1		0.033		
20:1		0.000	0		1		0.000		
22:1 undifferentiated	-	0.000	0		1		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.050	0		1		0.046		
18:2 undifferentiated		0.049	1		1		0.045		
18:3 undifferentiated	g	0.000	0		1		0.000		
18:4	g	0.000	0		1		0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000	0		1		0.000		
20:5 n-3	g	0.000	0		1		0.000		
22:5 n-3	g	0.000	0		1		0.000		
22:6 n-3		0.000	0		1		0.000		
Fatty acids, total trans									
Cholesterol	-	0	0	Z	7		0		
Phytosterols	mg								
Others:									
Alcohol, ethyl	_	0.0	0		7		0.0		
Caffeine									
Theobromine	mg								

#### **Common Measures:**

Measure 1 = 92g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				m	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	14.97	0.196	26		1		24.70	21.71	
Energy		302		0	NC	4		498	438	
Energy		1264				4		2085	1832	
Protein (N x 6.25)	<del>-</del>	3.39	0.056	27		1		5.59	4.92	
Total lipid (fat)		0.46	0.027	22		1		0.76	0.67	
Ash		1.66	0.025	27		1		2.74	2.41	
Carbohydrate, by difference		79.52		0	NC	4		131.21	115.30	
Fiber, total dietary		4.0		0		4		6.6	5.8	
Sugars, total		59.19		0	BFZN	4		97.66	85.82	
Starch										
Minerals:						_				
Calcium, Ca	_	53	0.920	22		1		87	77	
Iron, Fe.		1.79	0.026	22		1		2.95	2.60	
Magnesium, Mg		35 115	0.292	22 26		1 1		58 190	51 167	
Phosphorus, P	-		2.155							
Potassium, KSodium, Na		746 12	12.570 1.228	22 22		1 1		1231 20	1082 17	
Zinc, Zn		0.32	0.017	22		1		0.53	0.46	
Copper, Cu		0.32		22		1		0.599	0.526	
Manganese, Mn		0.308		0		1		0.508	0.447	
Selenium, Se		0.7		0	BFZN	4		1.2	1.0	
·										
Vitamins:										
Vitamin C, total ascorbic acid		3.2	1.034	7		1		5.3	4.6	
Thiamin		0.008		26		1		0.013	0.012	
Riboflavin		0.191		26		1		0.315	0.277	
Niacin	-	1.142		26		1		1.884	1.656	
Pantothenic acid		0.140		0		1		0.231	0.203	
Vitamin B-6	_	0.323		1		1		0.533	0.468	
Folate, total		3		0	_	1		5	5	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		5	5	
Folate, DFE		3		0	NC -	4		5	5	
Vitamin B-12		0.00		0	z NC	7 4		0.00 0	0.00	
Vitamin A, IU		0		0		4		0	0 0	
Vitamin A, RAERetinol		0		0	NC Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.12		0	BFZN	4		0.19	0.17	
Tocopherol, beta		0.12		U	DE ZN	-		0.19	0.17	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.5		0	BFZN	4		5.7	5.0	
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		0.151		0		1		0.249	0.219	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1 1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000 0.000	0.000	
12:0	-	0.000		U		1		0.000	0.000	
13:0	_	0.004		0		1		0 007	0.006	
14:0 15:0	_	0.004		U		_		0.007	0.006	
16:0	_	0.129		0		1		0.213	0.187	
17:0		0.123		5		1		0.213	0.107	
18:0	_	0.018		0		1		0.030	0.026	
20:0	_	0.016		5		1		0.030	0.020	
22:0	_									
44.V	9									

		Amount in 100 grams of edible portion  Number							Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsatura		0.019		0		1		0.031	0.028			
14:1	g											
15:1	• • • • • • • • • • • • • • • • • • • •											
16:1 undifferentiated	_	0.000		0		1		0.000	0.000			
17:1	_											
18:1 undifferentiated	_	0.019		0		1		0.031	0.028			
20:1		0.000		0		1		0.000	0.000			
22:1 undifferentiated	•	0.000		0		1		0.000	0.000			
24:1 c												
Fatty acids, total polyunsaturate		0.135		0		1		0.223	0.196			
18:2 undifferentiated	-	0.104		0		1		0.172	0.151			
18:3 undifferentiated		0.031		0		1		0.051	0.045			
18:4	-	0.000		0		1		0.000	0.000			
20:2 n-6 c,c												
20:3 undifferentiated												
20:4 undifferentiated	_	0.000		0		1		0.000	0.000			
20:5 n-3		0.000		0		1		0.000	0.000			
22:5 n-3	_	0.000		0		1		0.000	0.000			
22:6 n-3	-	0.000		0		1		0.000	0.000			
Fatty acids, total trans												
Cholesterol		0		0	Z	7		0	0			
Phytosterols	mg											
Others:												
Alcohol, ethyl	g	0.0		0		7		0.0	0.0			
Caffeine	mg	0		0	Z	7		0	0			
Theobromine	mg	0		0	Z	7		0	0			
Carotenoids:												
Carotene, beta	mcg	0		0	BFZN	4		0.000	0.000			
Carotene, alpha	mcg	0		0	BFZN	4		0.000	0.000			
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000			
Lycopene	mcg	0		0	BFZN	4		0.000	0.000			
Lutein + zeaxanthin		0		0	BFZN	4		0.000	0.000			

#### **Common Measures:**

Measure 1 = 165g: 1 cup, packed Measure 2 = 145g: 1 cup (not packed)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> e	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	16.57	0.201	35		1		27.34	24.03	
Energy	_	296	0.202	0	NC	4		488	429	
Energy		1238		Ū	NC	4		2043	1796	
63	· -	2.52	0.043	35		1		4.16	3.65	
Protein (N x 6.25)		0.54	0.043	18		1		0.89	0.78	
Total lipid (fat)		1.89	0.025	35		1		3.12	2.74	
Ash			0.055	0	27.0	4				
Carbohydrate, by difference		78.47			NC			129.48	113.78	
Fiber, total dietary		6.8		0		4		11.2	9.9	
Sugars, total	-									
Starch	9									
Minerals:										
Calcium, Ca	mg	28	1.389	34		1		46	41	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.59	0.287	34		1		4.27	3.76	
Magnesium, Mg	mg	30	0.993	34		1		50	44	
Phosphorus, P		75	3.591	34		1		124	109	
Potassium, K	mg	825	14.341	26		1		1361	1196	
Sodium, Na	mg	28	1.356	26		1		46	41	
Zinc, Zn	mg	0.18	0.010	18		1		0.30	0.26	
Copper, Cu	mg	0.302	0.017	34		1		0.498	0.438	
Manganese, Mn	mg	0.267	0.016	16		1		0.441	0.387	
Selenium, Se	mcg	0.6		1	A	1		1.0	0.9	
Vitamins:										
	ma	5.4	0.347	18		1		8.9	7.8	
Vitamin C, total ascorbic acid Thiamin		0.112		18		1		0.185	7.8 0.162	
Riboflavin		0.112		18		1		0.300	0.264	
Niacin		1.114		18		1		1.838	1.615	
Pantothenic acid	-	0.045		0		4		0.074	0.065	
Vitamin B-6		0.188		1		1		0.310	0.065	
	-	3		0		1		5	0.273 5	
Folate, total		0		0	z	7		0	0	
Folic acidFolate, food		3		0	2	1		5	5	
Folate, DFE	mca DEE	3		0	NC	4		5	5	
		0.00		0	NC Z	7		0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00	0.000	14	Z	1		0.00	0.00	
Vitamin A, RAE		0	0.000	14		1		0	0	
Retinol		0	0.000	0	z	7		0	0	
Vitamin E (alpha-tocopherol)		U		U	4	,		U	U	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		0.178		0		1		0.294	0.258	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000	1	0		1		0.000	0.000	
13:0	-					_				
14:0		0.004		0		1		0.007	0.006	
15:0	-					_				
16:0	-	0.153	•	0		1		0.252	0.222	
17:0						_				
18:0		0.021		0		1		0.035	0.030	
20:0	-									
22:0	g									

	<u>Ar</u>	mount in 100 gram	s of edible	<u>n</u>	Amount in edible portion of common			
		Number of Data		ource	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.022	0		1		0.036	0.032	
14:1						0.000	0.002	
15:1								
16:1 undifferentiatedg	0.000	0		1		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.022	0		1		0.036	0.032	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.159	0		1		0.262	0.231	
18:2 undifferentiatedg	0.122	0		1		0.201	0.177	
18:3 undifferentiatedg	0.037	0		1		0.061	0.054	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg								
Theobrominemg								

## **Common Measures:**

Measure 1 = 165g: 1 cup, packed Measure 2 = 145g: 1 cup (not packed)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 g	grams	of ear	ole portic	<u>on</u>	Amount in edible portion of common			
			Nu	ımbei	r			m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	15.43	2.446	11	A	1		25.46	22.38	2.16	
Energy	-	299	2.440	0	NC.	4		494	22.38 434	42	
23		1252		0	NC NC	4		2066	434 1815	175	
Energy	=	3.07	0.079	9	A	1		5.07	4.46	0.43	
Protein (N x 6.25) Total lipid (fat)		0.46	0.066	10	A	1		0.76	0.67	0.43	
Ash		1.85	0.177	8	A	1		3.05	2.68	0.26	
Carbohydrate, by difference		79.18	0.177	0	NC	4		130.65	114.81	11.09	
Fiber, total dietary		3.7	0.173	13	A.	1		6.1	5.4	0.5	
Sugars, total		59.19	7.887	11	A	1		97.66	85.82	8.29	
		0.45	0.184	11	A	1		0.75	0.66	0.06	
Sucrose	9	27.75	3.475	11	A	1		45.78	40.23	3.88	
Glucose (dextrose)		27.75	3.475	11	A	1		48.97		4.15	
Fructose		0.00	0.000	8	A	1		0.00	43.03 0.00	0.00	
Lactose	9	0.00	0.000	8	A	1		0.00	0.00	0.00	
Maltose		0.00	0.000	8	A	1		0.00		0.00	
GalactoseStarch		2.70	0.000	2	A	1		4.46	0.00 3.92	0.00	
Starcn	g	2.70		2	A	1		4.40	3.92	0.36	
Minerals:											
Calcium, Ca	mg	50	1.383	42	A	1		82	72	7	
Iron, Fe	mg	1.88	0.057	43	A	1		3.11	2.73	0.26	
Magnesium, Mg	mg	32	0.421	42	A	1		53	47	5	
Phosphorus, P		101	1.327	42	A	1		167	146	14	
Potassium, K		749	7.719	42	A	1		1235	1086	105	
Sodium, Na		11	0.681	41	A	1		18	16	2	
Zinc, Zn		0.22	0.009	40	A	1		0.36	0.31	0.03	
Copper, Cu		0.318		42	A	1		0.525	0.462	0.04	
Manganese, Mn		0.299	0.004	42 8	A A	1 1		0.493 1.0	0.433 0.9	0.04	
Selenium, Se	Thog	0.6	0.056	0	A	1		1.0	0.9	0.1	
Vitamins: Vitamin C, total ascorbic acid	ma	2.3	1.159	6	A	1		3.9	3.4	0.3	
Thiamin		0.106		8	A	1		0.174	0.153	0.01	
Riboflavin	_	0.100		8	A	1		0.206	0.181	0.01	
Niacin	-	0.766		8	A	1		1.263	1.110	0.10	
Pantothenic acid	_	0.095		8	A	1		0.157	0.138	0.01	
Vitamin B-6	-	0.174		8	A	1		0.286	0.252	0.02	
Folate, total		5	0.482	4	A	1		8	7	1	
Folic acid		0	0.102	0	z	7		0	0	0	
Folate, food	mca	5	0.482	4	A	1		8	7	1	
Folate, DFE		5		0	NC	4		8	7	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		0	0.000	8	A	1		0	0	0	
Vitamin A, RAE		0	0.000	8	A	1		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.12	0.027	5	A	1		0.19	0.17	0.02	
Tocopherol, beta		0.00	0.000	5	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.04	0.010	5	A	1		0.07	0.06	0.01	
Tocopherol, delta		0.00	0.000	5	A	1		0.00	0.00	0.00	
Vitamin D											
Vitamin K (phylloquinone)		3.5	1.080	9	A	1		5.7	5.0	0.5	
Lipids:											
Fatty acids, total saturated		0.058	3	0	NC	4		0.095	0.084	0.00	
4:0	g	0.000	)	0	Z	7		0.000	0.000	0.00	
6:0	g	0.000	)	0	Z	7		0.000	0.000	0.00	
8:0	g	0.000		4	A	1		0.000	0.000	0.00	
10:0	g	0.000	0.000	4	A	1		0.000	0.000	0.00	
12:0	g	0.000	0.000	4	A	1		0.000	0.000	0.00	
13:0											
14:0	-	0.001		4	A	1		0.001	0.001	0.00	
15:0	g	0.000	0.000	4	A	1		0.000	0.000	0.00	

	<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>		edible portion of	
		N	lumber	•			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	.g 0.044	0.001	L 4	A	1		0.072	0.063	0.006
17:0	-			A	1		0.000	0.000	0.000
18:0	-			A	1		0.017	0.015	0.001
20:0	-			A	1		0.002	0.001	0.000
22:0	•	0.000	0 4	A	1		0.003	0.003	0.000
24:0			_						
Fatty acids, total monounsaturated	.g 0.051		0	NC	4		0.085	0.074	0.007
14:1				A	1		0.000	0.000	0.000
15:1	-			A A	1 1		0.000 0.064	0.000 0.057	0.000
16:1 undifferentiated				A	1		0.004	0.037	0.005 0.000
17:1				A	1		0.020	0.000	0.000
20:1	-			A	1		0.020	0.000	0.002
22:1 undifferentiated	-		0	Z	7		0.000	0.000	0.000
24:1 c	-	•	·	_	•		0.000	0.000	0.000
Fatty acids, total polyunsaturated	•	,	0	NC	4		0.061	0.054	0.005
18:2 undifferentiated	-			A	1		0.046	0.041	0.004
18:3 undifferentiated	•		0 4	A	1		0.014	0.012	0.001
18:3 n-6 c,c,c			2	A	1		0.001	0.001	0.000
18:3i									
18:4	.g 0.000	)	0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c	g 0.000	0.000	0 4	A	1		0.000	0.000	0.000
20:3 undifferentiated	g 0.000	0.000	0 4	A	1		0.000	0.000	0.000
20:3 n-3	.g								
20:3 n-6	.g								
20:4 undifferentiated	g 0.000	0.000	0 4	A	1		0.000	0.000	0.000
20:4 n-3	.g								
20:4 n-6	-								
20:5 n-3	-		0	Z	7		0.000	0.000	0.000
22:5 n-3			0	Z	7		0.000	0.000	0.000
22:6 n-3		)	0	Z	7		0.000	0.000	0.000
Fatty acids, total trans			•	z	7		•	•	•
Cholesterol			0	z	,		0	0	0
Phytosterols	ing								
Amino Acids:									
Tryptophan		)	0	A	1		0.082	0.072	0.007
Threonine	_		0	A	1		0.127	0.111	0.011
Isoleucine		,	0	A	1		0.094	0.082	0.008
Leucine			0	A	1		0.159	0.139	0.013
Lysine			0	A	1		0.139	0.122	0.012
Methionine			0	A	1		0.034	0.030	0.003
Cystine	-		0	A	1		0.032	0.028	0.003
Phenylalanine			0	A	1		0.232	0.204	0.020
Tyrosine			0	A	1		0.021	0.018	0.002
Valine			0	A	1		0.137	0.121	0.012
Arginine			0 0	A	1		0.682	0.599	0.058
Histidine			0	A A	1 1		0.118	0.104	0.010
Alanine			0				0.173	0.152	0.015
Aspartic acid			0	A A	1 1		0.181 0.271	0.159	0.015
Glutamic acid			0	A	1		0.133	0.238 0.117	0.023 0.011
Proline	-		0	A	1		0.419	0.368	0.011
Serine			0	A	1		0.116	0.102	0.010
Hydroxyproline		,	Ū		-		0.110	0.102	0.010
Trydroxypromic	.9								
Others:									
Alcohol, ethyl			0		7		0.0	0.0	0.0
Caffeinen			0	Z	7		0	0	0
Theobrominen	ņg 0		0	Z	7		0	0	0
Carotenoids:									
Carotene, betan		0.000		A	1		0.000	0.000	0.000
Carotene, alpha		0.000		A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0.000		A	1		0.000	0.000	0.000
Lycopenen	ncg 0	0.000	8 (	A	1		0.000	0.000	0.000

	Α	mount in 10			ole portio	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthinmcg	0	0.0	00 8	A	1		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 165g: 1 cup, packed Measure 2 = 145g: 1 cup (not packed) Measure 3 = 14.0g: 1 miniature box (.5 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09301 Rambutan, canned, syrup pack

Nephelium lappaceum

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u></u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	;	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.04		2	A	1		117.06	167.01	7.02
Energy	kcal	82		0	NC	4		123	175	7
Energy		343				4		515	734	31
Protein (N x 6.25)		0.65		2	A	1		0.98	1.39	0.06
Total lipid (fat)		0.21		2	A	1		0.32	0.45	0.02
Ash		0.23		2	A	1		0.35	0.49	0.02
Carbohydrate, by difference		20.87		0	NC	4		31.31	44.66	1.88
Fiber, total dietary		0.9		2	A	1		1.4	1.9	0.1
Sugars, total		0.5		_		-			1.3	0.1
Starch										
Minerals:										
Calcium, Ca	mg	22		2	A	1		33	47	2
Iron, Fe	-	0.35		2	A	1		0.53	0.75	0.03
Magnesium, Mg	-	7		2	A	1		11	15	1
Phosphorus, P		9		2	A	1		14	19	1
Potassium, K	-	42		2	A	1		63	90	4
Sodium, Na	-	11		2	A	1		17	24	1
Zinc, Zn	-	0.08		2	A	1		0.12	0.17	0.01
Copper, Cu		0.066	5	2	A	1		0.099	0.141	0.006
Manganese, Mn		0.343	3	2	A	1		0.515	0.734	0.031
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9		2	A	1		7.4	10.5	0.4
Thiamin	-	0.013	3	2	A	1		0.020	0.028	0.001
Riboflavin	-	0.022	2	2	A	1		0.033	0.047	0.002
Niacin	mg	1.352	2	2	A	1		2.028	2.893	0.122
Pantothenic acid		0.018	3	2	A	1		0.027	0.039	0.002
Vitamin B-6		0.020	)	2	A	1		0.030	0.043	0.002
Folate, total	mcg	8		2	A	1		12	17	1
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	8		2	A	1		12	17	1
Folate, DFE		8		0	NC	4		12	17	1
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		3		2	A	1		5	7	0
Vitamin A, RAE		0		2	A	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
CholesterolPhytosterols	-	0		0	Z	7		0	0	0
•	<sup>,</sup> '''9									
Carotenoids:	mag	^		^	_	-		0.005	4 000	0.160
Carotene, beta		2		2	A	1		2.805	4.002	0.168
Carotene, alpha		0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0		2	A	1		0.000	0.000	0.000

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

NDB No. 09301

Rambutan, canned, syrup pack

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1

Measure 2 M

Measure 3

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

#### **Common Measures:**

Measure 1 = 150g: 1 cup, drained

Measure 2 = 214g: 1 cup Measure 3 = 9.0g: 1 fruit

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

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: Carcialim, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se. Vitamins: Vitamins: Vitamin C, total ascorbic acid. Thiamin. Riboflavin. Niacin.	_kcal _kkj 9 9 9 9 9 9	75.33 91 381 0.83 0.12 0.36 23.36 3.3 20.06			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure :
Proximates:  Water	_kcal _kkj 9 9 9 9 9 9	75.33 91 381 0.83 0.12 0.36 23.36 3.3	0.255 0.095 0.045	3 0 3	Code	Code			Measure 2	Measure
Proximates:  Water	_kcal _kkj 9 9 9 9 9 9	75.33 91 381 0.83 0.12 0.36 23.36 3.3	0.255 0.095 0.045	3 0		1	Code		Measure 2	Measure
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash. Carbohydrate, by difference. Fiber, total dietary Sugars, total Starch  Winerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins: Vitamins: Vitamin C, total ascorbic acid Thiamin Riboflavin	_kcal _kkj 9 9 9 9 9 9	91 381 0.83 0.12 0.36 23.36 3.3	0.095 0.0 <b>4</b> 5	0	NC					
Energy. Energy. Protein (N x 6.25)	_kcal _kkj 9 9 9 9 9 9	91 381 0.83 0.12 0.36 23.36 3.3	0.095 0.0 <b>4</b> 5	0	NC					
Energy	kj g g g g g g	381 0.83 0.12 0.36 23.36 3.3	0.045	3	NC	1		192.84		
Protein (N x 6.25)	g g g g g	0.83 0.12 0.36 23.36 3.3	0.045			4		233		
Total lipid (fat)	g g g g	0.12 0.36 23.36 3.3	0.045			4		975		
Ash	g g g	0.36 23.36 3.3		3		1		2.12		
Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch.  Minerals: Calcium, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se.  Vitamins: Vitamin C, total ascorbic acid. Thiamin. Riboflavin.	g g g	23.36 3.3	0.015			1		0.31		
Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na Zinc, Zn Copper, Cu. Manganese, Mn. Selenium, Se Vitamins: Vitamin C, total ascorbic acid Thiamin Riboflavin	g g	3.3		3		1		0.92		
Sugars, total	9			0	NC	4		59.80		
Starch		20.06		0		4		8.4		
Minerals: Calcium, Ca	g			0	0	4		51.35		
Calcium, Ca										
Calcium, Ca										
Iron, Fe	ma	11	1.257	3		1		28		
Magnesium, Mg	-	0.42	0.074	3		1		1.08		
Phosphorus, P	-	12	0.524	3		1		31		
Potassium, K		9	0.733	3		1		23		
Sodium, Na	-	94	10.016	3		1		241		
Zinc, Zn	-	3	0.333	3		1		8		
Copper, Cu		0.16	0.026	3		1		0.41		
Manganese, Mn		0.057		3		1		0.146		
Selenium, Se		0.233		3		1		0.596		
Vitamins: Vitamin C, total ascorbic acid Thiamin Riboflavin		0.1	0.000	0	BFYN	4		0.4		
Vitamin C, total ascorbic acid	3									
ThiaminRiboflavin										
Riboflavin	-	8.7	0.441	3		1		22.3		
	-	0.020		3		1		0.051		
Niacin	_	0.031		3		1		0.079		
	-	0.443		3		1		1.134		
Pantothenic acid	-	0.245		3		1		0.627		
Vitamin B-6	-	0.042		3		1		0.108		
Folate, total		11	0.145	3		1		27		
Folic acid		0		0	Z	7		0		
Folate, food		11	0.145	3		1		27		
Folate, DFE		11		0	NC	4		27		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		33	14.970	3		1		84		
Vitamin A, RAE		2		0	NC -	4		4		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.59		0	BFYN	4		1.50		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		5.2		0	BFYN	4		13.4		
vitamin K (phynoquinone)	9	0.2		·		-		20.1		
<u> Lipids:</u>										
Fatty acids, total saturated	9	0.005		0		1		0.013		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0				_		_				
14:0		0.000		0		1		0.000		
15:0						_				
16:0		0.003		0		1		0.008		
17:0	-									
18:0	-	0.001		0		1		0.003		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure	
Fatty acids, total monounsaturat	tedg	0.011		0		1		0.028			
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.000		0		1		0.000			
17:1											
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.011		0		1		0.028			
20:1	g	0.000		0		1		0.000			
22:1 undifferentiated	g	0.000		0		1		0.000			
24:1 c	g										
Fatty acids, total polyunsaturate	:dg	0.068		0		1		0.174			
18:2 undifferentiated	g	0.045		0		1		0.115			
18:3 undifferentiated	g	0.023		0		1		0.059			
18:4	g	0.000		0		1		0.000			
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000			
20:5 n-3	g	0.000		0		1		0.000			
22:5 n-3	g	0.000		0		1		0.000			
22:6 n-3	g	0.000		0		1		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0			
Caffeine	mg	0		0	Z	7		0			
Theobromine	mg	0		0	Z	7		0			
Carotenoids:											
Carotene, beta	mcg	12		0	BNA	4		30.100			
Carotene, alpha		16		0	BNA	4		41.176			
Cryptoxanthin, beta		0		0	BNA	4		0.000			
Lycopene		0		0	BFYN	4		0.000			
Lutein + zeaxanthin		91		0	BFYN	4		233.696			

## **Common Measures:**

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
			N	lumber	•			<u>m</u>	easures of food	<u>.</u>
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.75		2		1		181.88	206.61	
Energy	kcal	103		0	NC	4		258	293	
Energy	kj	431				4		1077	1224	
Protein (N x 6.25)	g	0.70		3		1		1.75	1.99	
Total lipid (fat)	g	0.16		3		1		0.40	0.45	
Ash	g	0.24		2		1		0.60	0.68	
Carbohydrate, by difference	g	26.16		0	NC	4		65.40	74.29	
Fiber, total dietary	g	4.4		0		4		11.0	12.5	
Sugars, total		21.76		0	0	4		54.40	61.80	
Starch										
<u> Iinerals:</u>										
Calcium, Ca	-	15		3		1		38	43	
Iron, Fe	-	0.65		3		1		1.63	1.85	
Magnesium, Mg		13		1		1		33	37	
Phosphorus, P	mg	17		2		1		43	48	
Potassium, K		114		1		1		285	324	
Sodium, Na	-	1		1		1		3	3	
Zinc, Zn		0.18		1		1		0.45	0.51	
Copper, Cu	mg	0.105	5	1		1		0.263	0.298	
Manganese, Mn	mg	0.650	)	1		1		1.625	1.846	
Selenium, Se	mcg	0.3		0	RA	4		0.7	0.8	
itamins:										
	ma	16.5		3		1		41.3	46.9	
Vitamin C, total ascorbic acid	-	0.019		3		1		0.048	0.054	
Thiamin		0.013		3		1		0.048	0.128	
Riboflavin		0.043		3		1		0.113	0.128	
Niacin		0.230		1		1		0.375	0.653	
Pantothenic acid	-	0.130		2		1		0.375		
Vitamin B-6	-		_						0.097	
Folate, total		26 0		1 0	_	1 7		65	74	
Folic acid					Z			0	0	
Foliate, food		26 26		1		1 4		65 65	74	
Folate, DFE				0	NC				74	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		60		3		1		150	170	
Vitamin A, RAE		3		0	NC	4		8	9	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.72		0	RA	4		1.81	2.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		6 5		^				16.0	10.4	
Vitamin K (phylloquinone)	riicg	6.5		0	RA	4		16.2	18.4	
ipids:										
Fatty acids, total saturated	q	0.005	5	0		1		0.013	0.014	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0				-		•				
14:0		0.000	)	0		1		0.000	0.000	
15:0				-						
16:0		0.004	ı	0		1		0.010	0.011	
17:0		5.504		•		-		3.010	0.011	
18:0	-	0.001	L	0		1		0.003	0.003	
20:0	-	0.001	-	•		-		0.005	0.003	
22:0	-									
24:0	-									

		An	nount in 100 g	grams	Amount in edible portion of common					
				umber	Doriv	Source	Confidence	m	easures of food	
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.015		0		1		0.038	0.043	
14:1	-									
15:1				•		_				
16:1 undifferentiated		0.000		0		1		0.000	0.000	
17:1		0.014		0						
18:1 undifferentiated	-	0.014		-		1		0.035	0.040	
20:1		0.001		0		1		0.003	0.003	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c		0.089		0		1		0.223	0.253	
Fatty acids, total polyunsaturated				0		1		0.223	0.253	
18:2 undifferentiated	-	0.059 0.030		0		1		0.148	0.168	
18:4		0.030		0		1		0.075	0.085	
20:2 n-6 c,c	-	0.000		U		1		0.000	0.000	
20:3 undifferentiated.										
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	
20.5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		Ü		-		0.000	0.000	
Cholesterol.		0		0	z	7		0	0	
Phytosterols		v		Ü	_	•		v	v	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	21		0	BNA	4		53.444	60.713	
Carotene, alpha	_	29		0	BNA	4		73.112	83.055	
Cryptoxanthin, beta		0		0	BNA	4		0.000	0.000	
Lycopene		0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	113		0	RA	4		282.719	321.169	

# **Common Measures:**

Measure 1 = 250g: 1 cup, unthawed Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

Refuse: 4% Caps, stems, and spoiled berries

		<u>A</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				mber		_		m	easures of 1000	<u>.</u>	
Nutrients and Unit	s	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
<u>Proximates:</u> Water	a	85.75	0.990	14	A	1		105.47	267.54	16.29	
Energy	_	52	0.990	0	NC	4		65	164	10.29	
Energy		220		0	NC NC	4		270	685	42	
· ·		1.20	0.097	12	A	1		1.47	3.73	0.23	
Protein (N x 6.25)		0.65	0.263	11	A	1		0.80	2.04	0.23	
Total lipid (fat)		0.46	0.263	12	A	1		0.56	1.42	0.12	
Ash		11.94	0.000	0	NC	4		14.69	37.26	2.27	
Carbohydrate, by difference		6.5	0.657	13	A.	1		8.0	20.2	1.2	
Fiber, total dietary		4.42	0.147	5		1		5.43		0.84	
Sugars, total					A	1			13.78		
Sucrose		0.20 1.86	0.000 0.068	5 5	A	1		0.25 2.29	0.64	0.04	
Glucose (dextrose)	9			5	A A	1			5.81	0.35	
Fructose	<u>g</u>	2.35	0.084					2.89	7.34	0.45	
Lactose	9	0.00	0.000	5	A	1		0.00	0.00	0.00	
Maltose	9	0.00	0.000	5	A	1		0.00	0.00	0.00	
Galactose		0.00	0.000	5	A	1		0.00	0.00	0.00	
Starch	g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Ainerals:											
Calcium, Ca	mg	25	1.300	11	A	1		31	77	5	
Iron, Fe		0.69	0.046	12	A	1		0.85	2.15	0.13	
Magnesium, Mg		22	2.190	12	A	1		27	68	4	
Phosphorus, P		29	2.779	11	A	1		36	91	6	
Potassium, K	-	151	20.320	12	A	1		186	472	29	
Sodium, Na		1	0.571	8	A	1		1	3	0	
Zine, Zn		0.42	0.069	12	A	1		0.51	1.30	0.08	
Copper, Cu		0.090	0.019	12	A	1		0.110	0.279	0.01	
Manganese, Mn		0.670	0.152	11	A	1		0.824	2.090	0.12	
Selenium, Se		0.2		2	A	1		0.3	0.7	0.0	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	26.2	5.588	10	A	1		32.2	81.7	5.0	
Thiamin	_	0.032	0.008	12	A	1		0.039	0.099	0.00	
Riboflavin	mg	0.038	0.007	12	A	1		0.047	0.120	0.00	
Niacin	mg	0.598	0.057	12	A	1		0.736	1.866	0.11	
Pantothenic acid	mg	0.329	0.034	12	A	1		0.405	1.027	0.06	
Vitamin B-6		0.055	0.007	12	A	1		0.068	0.172	0.01	
Folate, total	mcg	21	5.894	12	A	1		26	66	4	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		21	5.894	12	A	1		26	66	4	
Folate, DFE	mcg_DFE	21		0	NC	4		26	66	4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU	IU	33		0	AS	1		40	102	6	
Vitamin A, RAE	mcg_RAE	2		0	AS	1		2	5	0	
Retinol	mcg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.87	0.072	6	A	1		1.07	2.72	0.17	
Tocopherol, beta	mg	0.06	0.010	6	A	1		0.08	0.19	0.0	
Tocopherol, gamma	mg	1.42	0.141	6	A	1		1.74	4.43	0.27	
Tocopherol, delta	mg	1.04	0.155	6	A	1		1.28	3.26	0.20	
Vitamin D											
Vitamin K (phylloquinone)	mcg	7.8	0.553	6	A	1		9.6	24.4	1.5	
<u>ipids:</u>		2 2 2 2	<b>,</b>	•				0.004	2 222	0.00	
Fatty acids, total saturated		0.019		0	NC	4		0.024	0.060	0.00	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	_	0.000		0		1		0.000	0.000	0.00	
8:0		0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
				0		1		0 000	0 000	0.00	
12:0	_	0.000	)	U		_		0.000	0.000	0.00	
12:0 13:0	_	0.000		0		1		0.000	0.000	0.0	

0.016 0.004 0.064 0.000	of E I. Error Poi	2	Source Code	Confidence Code	0.019 0.004	Measure 2 0.049 0.011	<b>Measure 3</b>
0.004		2					
0.064			1		0.004	0.011	
0.064			1		0.004	0.011	
0.000							0.00
0.000							
0.000							
0.000							0.01
		0 NC	4		0.078	0.198	0.01
		0	1		0.000	0.000	0.00
		U	1		0.000	0.000	0.00
0.059		2	1		0.072	0.183	0.01
0.059		2	1		0.072	0.183	0.0
0.005		0	1		0.006	0.015	0.00
0.000		U	1		0.000	0.000	0.00
0 275		0 NC					0.00
0.375		0 NC	4		0.462	1.171	0.0
0.249		2	1 1		0.307	0.778	0.04
0.126			1		0.155	0.393	0.0
0.000		0	1		0.000	0.000	0.0
0.000		•	1		0.000	0.000	0.00
0.000 0.000		0	1		0.000	0.000	0.00
		0	1		0.000 0.000	0.000	
0.000		0	1			0.000	0.00
0.000		U	1		0.000	0.000	0.00
0		0 z	7		0	0	0
U		0 Z	,		U	U	U
0.0		0	7		0.0	0.0	0.0
0		0 z	7		0	0	0
0		0 z	7		0	0	0
12	8 030	16 7	1		14 307	36 292	2.21
							3.02
			_				0.00
			_				0.00
							25.88
		0 12 8.030 16 6.054 0 0.000 0 0.000	0 0 Z  12 8.030 16 A 16 6.054 12 A 0 0.000 12 A 0 0.000 4 A	0 0 Z 7  12 8.030 16 A 1 16 6.054 12 A 1 0 0.000 12 A 1 0 0.000 4 A 1	0 0 z 7  12 8.030 16 A 1 16 6.054 12 A 1 0 0.000 12 A 1 0 0.000 4 A 1	0 0 z 7 0  12 8.030 16 A 1 14.307  16 6.054 12 A 1 19.572  0 0.000 12 A 1 0.000  0 0.000 4 A 1 0.000	0 0 z 7 0 0 0  12 8.030 16 A 1 14.307 36.292  16 6.054 12 A 1 19.572 49.647  0 0.000 12 A 1 0.000 0.000  0 0.000 4 A 1 0.000 0.000

### **Common Measures:**

Measure 1 = 123g: 1 cup

Measure 2 = 312g: 1 pint as purchased, yields

Measure 3 = 19g: 10 raspberries

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<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	67.79	1.207	3		1		162.70			
Energy	kcal	116		0	NC	4		278			
Energy	kj	485				4		1165			
Protein (N x 6.25)	g	0.39	0.033	3		1		0.94			
Total lipid (fat)	g	0.05	0.009	3		1		0.12			
Ash	g	0.56	0.022	3		1		1.34			
Carbohydrate, by difference	g	31.20		0	NC	4		74.88			
Fiber, total dietary	g	2.0		0		4		4.8			
Sugars, total	g	28.70		0	FLA	4		68.88			
Starch	g										
Minerals:											
Calcium, Ca	ma	145	5.033	3		1		348			
Iron, Fe.	-	0.21	0.006	3		1		0.50			
Magnesium, Mg	-	12	0.484	3		1		29			
Phosphorus, P		8	0.733	3		1		19			
Potassium, K	•	96	3.528	3		1		230			
Sodium, Na	_	1	0.333	3		1		2			
Zinc, Zn	mg	0.08	0.003	3		1		0.19			
Copper, Cu	mg	0.027	0.007	3		1		0.065			
Manganese, Mn	mg	0.073	0.003	3		1		0.175			
Selenium, Se	mcg	0.9		0	RA	4		2.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	3.3	0.203	3		1		7.9			
Thiamin	-	0.018		3		1		0.043			
Riboflavin	_	0.023		3		1		0.055			
Niacin	=	0.200	1	0		1		0.480			
Pantothenic acid	-	0.050	0.006	3		1		0.120			
Vitamin B-6	_	0.020	0.001	3		1		0.048			
Folate, total	mcg	5	1.097	3		1		13			
Folic acid		0		0	z	7		0			
Folate, food	mcg	5	1.097	3		1		13			
Folate, DFE	mcg_DFE	5		0	NC	4		13			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU		73		0	NC	4		176			
Vitamin A, RAE		4		0	NC	4		9			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.27		0	FLA	4		0.65			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		29.6		0	FLA	4		71.0			
		23.0		•		-		,1.0			
Lipids:											
Fatty acids, total saturated	g	0.014		0		4		0.034			
4:0		0.000		0		4		0.000			
6:0	_	0.000		0		4		0.000			
8:0	_	0.000		0		4		0.000			
10:0	-	0.000		0		4		0.000			
12:0		0.000		0		4		0.000			
13:0		0.000		0		4		0.000			
14:0		0.000		0		4		0.000			
15:0		0.010		0		4		0.000			
16:0		0.012		0		4		0.029			
17:0	_	0.001		0		4		0.000			
18:0	_	0.001		U		4		0.002			
20:0 22:0	_										
24:0	_										

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.010		0		4		0.024		
14:1g	0.010		Ū		-		0.024		
15:1									
16:1 undifferentiated	0.000		0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.010		0		4		0.024		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.025		0		4		0.060		
18:2 undifferentiatedg	0.025		0		4		0.060		
18:3 undifferentiatedg	0.000		0		4		0.000		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000		0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	44		0	FLA	4		105.503		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	123		0	FLA	4		294.025		

## **Common Measures:**

Measure 1 = 240g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.78

Food Group: 09 Fruits and Fruit Juices

		<u>Ar</u>	nount in 100 g	ırams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	_	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	93.51	0.338	3		1		128.11			
Energy	kcal	21		0	NC	4		29			
Energy	kj	88				4		120			
Protein (N x 6.25)		0.55	0.003	3		1		0.75			
Total lipid (fat)	g	0.11	0.018	3		1		0.15			
Ash		0.72	0.060	3		1		0.99			
Carbohydrate, by difference		5.10		0	NC	4		6.99			
Fiber, total dietary		1.8		0		4		2.5			
Sugars, total		1.10		0	BFZN	4		1.51			
Starch	g										
Minerals:											
Calcium, Ca	mq	194	16.773	3		1		266			
Iron, Fe		0.29	0.007	3		1		0.40			
Magnesium, Mg		18	1.189	3		1		25			
Phosphorus, P		12	1.466	3		1		16			
Potassium, K		108	10.016	3		1		148			
Sodium, Na		2	0.333	3		1		3			
Zinc, Zn	mg	0.10	0.003	3		1		0.14			
Copper, Cu	mg	0.023	0.003	3		1		0.032			
Manganese, Mn	mg	0.097	0.009	3		1		0.133			
Selenium, Se	mcg	1.1		0	BFSN	4		1.5			
Vitamins:											
Vitamin C, total ascorbic acid	ma	4.8	0.173	3		1		6.6			
Thiamin	-	0.031		3		1		0.042			
Riboflavin		0.029		3		1		0.040			
Niacin		0.203	0.023	3		1		0.278			
Pantothenic acid		0.065	0.018	3		1		0.089			
Vitamin B-6	mg	0.025	0.000	3		1		0.034			
Folate, total	mcg	8	0.850	3		1		11			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		8	0.850	3		1		11			
Folate, DFE	mcg_DFE	8		0	NC	4		11			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU	IU	107	7.211	3		1		147			
Vitamin A, RAE		5	0.361	3		1		7			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	-	0.27		0	BFZN	4		0.37			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		29.3		0	BFZN	4		40.2			
Vitamin K (phylloquinone)	Ilicg	29.3		U	DF ZN	4		40.2			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.029		0		4		0.040			
4:0	g	0.000		0		4		0.000			
6:0	g	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	-	0.001		0		4		0.001			
15:0											
16:0	g	0.025		0		4		0.034			
17:0	-										
18:0	-	0.002		0		4		0.003			
20:0	g										
22:0											

	<u>Ar</u>	nount in 10	00 grams Number		le 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 monounsaturatedg	0.021		0		4		0.029			
14:1g	0.021		U		-		0.029			
15:1										
16:1 undifferentiated	0.001		0		4		0.001			
17:1g	0.002		·		-		0.002			
18:1 undifferentiatedg	0.020		0		4		0.027			
20:1g	0.000		0		4		0.000			
22:1 undifferentiatedg	0.000		0		4		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	0.054		0		4		0.074			
18:2 undifferentiatedg	0.054		0		4		0.074			
18:3 undifferentiatedg	0.000		0		4		0.000			
18:4g	0.000		0		4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		4		0.000			
20:5 n-3g	0.000		0		4		0.000			
22:5 n-3g	0.000		0		4		0.000			
22:6 n-3g	0.000		0		4		0.000			
Fatty acids, total transg										
Cholesterolmg	0		0	Z	7		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0			
Caffeine mg	0		0	Z	7		0			
Theobromine mg	0		0	Z	7		0			
Carotenoids:										
Carotene, betamcg	64		0	BNA	4		87.954			
Carotene, alphamcg	0		0	BNA	4		0.000			
Cryptoxanthin, betamcg	0		0	BNA	4		0.000			
Lycopene mcg	0		0	BFZN	4		0.000			
Lutein + zeaxanthin mcg	170		0	BFZN	4		232.900			

# **Common Measures:**

Measure 1 = 137g: 1 cup, diced

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

**Refuse:** 25% 19% ends, 6% leaves

			Nu	mber				m	easures of food	
				IIING						
					Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
Proximates: Water	ď	93.61	0.278	38		1		114.20	47.74	
Energy	_	21	0.270	0	NC	4		26	11	
0.		88		U	NC	4		107	45	
Energy			0.034	24		-				
Protein (N x 6.25)	-	0.90	0.034	34		1		1.10	0.46	
Total lipid (fat)		0.20	0.054	1		1		0.24	0.10	
Ash		0.76	0.054	33		1		0.93	0.39	
Carbohydrate, by difference		4.54		0	NC	4		5.54	2.32	
Fiber, total dietary		1.8		0		4		2.2	0.9	
Sugars, total		1.10		0	T	4		1.34	0.56	
Starch	g									
Minerals:										
Calcium. Ca	ma	86	6.096	9		1		105	44	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.22	0.019	33		1		0.27	0.11	
Magnesium, Mg	-	12	0.619	33		1		15	6	
Phosphorus, P		14	1.337	33		1		17	7	
Potassium, K	•	288	21.449	17		1		351	147	
Sodium, Na		4	1.467	17		1		5	2	
Zinc, Zn		0.10		0		1		0.12	0.05	
Copper, Cu		0.021	0.002	32		1		0.026	0.011	
Manganese, Mn		0.196		32		1		0.239	0.100	
Selenium, Se		1.1		0	BFSN	4		1.3	0.6	
Scientifi, Sci				-		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		8.0		1		1		9.8	4.1	
Thiamin		0.020		1		1		0.024	0.010	
Riboflavin	mg	0.030	)	1		1		0.037	0.015	
Niacin	-	0.300		1		1		0.366	0.153	
Pantothenic acid	mg	0.085		0		1		0.104	0.043	
Vitamin B-6	-	0.024	ļ	1		1		0.029	0.012	
Folate, total	mcg	7	0.850	4		1		9	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	7	0.850	4		1		9	4	
Folate, DFE	mcg_DFE	7		0	NC	4		9	4	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		102		1	A	1		124	52	
Vitamin A, RAE	mcg_RAE	5		1	A	1		6	3	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.38		0	BFSN	4		0.46	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	41.0		0	BFSN	4		50.0	20.9	
Lipids:										
	а	0.053	ł	0		4		0.065	0.027	
Fatty acids, total saturated		0.000		0		4		0.000	0.027	
4:0 6:0.		0.000		0		- <u>-</u> -				
8:0		0.000		0		4		0.000 0.000	0.000 0.000	
8:0		0.000		0		4		0.000		
				0		4		0.000	0.000	
12:0	-	0.000	,	U		4		0.000	0.000	
13:0	-	0 00-		•				0.001	2 225	
14:0	-	0.001	-	0		4		0.001	0.001	
15:0	-			^						
16:0		0.046	•	0		4		0.056	0.023	
17:0	-			_		_				
17:0 18:0	g	0.004	Į.	0		4		0.005	0.002	
17:0	g g	0.004	Į	0		4		0.005	0.002	

		<u>Ar</u>	nount in 100 I	) grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.039		0		4		0.048	0.020	
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0		4		0.001	0.001	
17:1	-									
18:1 undifferentiated		0.037		0		4		0.045	0.019	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.099		0		4		0.121	0.050	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.099		0		4		0.121	0.050	
18:3 undifferentiated	-	0.000		0		4		0.000	0.000	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	61		1	A	1		74.420	31.110	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta	mcg	0		1	A	1		0.000	0.000	
Lycopene	mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin	mcg	170		1	A	1		207.400	86.700	

# **Common Measures:**

Measure 1 = 122g: 1 cup, diced

Measure 2 = 51g: 1 stalk

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 33% Caps and pits

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion easures of food	
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		93.00		1		1				
Energy	kcal	25		0	NC	4				
Energy	kj	105				4				
Protein (N x 6.25)		0.60		0		1				
Total lipid (fat)		0.30		0		1				
Ash		0.40		0		1				
Carbohydrate, by difference		5.70		0	NC	4				
Fiber, total dietary		3.70		v	110	•				
Sugars, total Starch										
Minerals:										
Calcium, Ca	mg	29		1		1				
Iron, Fe	mg	0.07		1		1				
Magnesium, Mg	mg	5		1		1				
Phosphorus, P	mg	8		1		1				
Potassium, K	mg	123		1		1				
Sodium, Na	mg	0		1		1				
Zinc, Zn	mg	0.06		1		1				
Copper, Cu		0.016	5	1		1				
Manganese, Mn		0.029	)	1		1				
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.3	3.1	96 4		1				
Thiamin	mg	0.020	)	0		1				
Riboflavin	mg	0.030	)	0		1				
Niacin	mg	0.800	)	0		1				
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12		0.00		0	Z	7				
Vitamin A, IU	IU	339	214.2	09 3		1				
Vitamin A, RAE		17	10.7	10 3		1				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7				
Phytosterols	<u>mg</u>									

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

## **Common Measures:**

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

NDB No. 09312 Rose-apples, raw

Food Group: 09 Fruits and Fruit Juices

Refuse: 39% Seed pods and stem

		<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number	,				easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	86.58		1		1		49.35		
Energy		49		0	NC	4		28		
Energy		205				4		117		
Protein (N x 6.25)		0.96		0		1		0.55		
Total lipid (fat)		0.64		0		1		0.36		
Ash		0.51		0		1		0.29		
Carbohydrate, by difference	·····	11.31		0	NC	4		6.45		
		11.31		U	NC	4		6.45		
Fiber, total dietary										
Sugars, total										
Starch	9									
<u> Minerals:</u>										
Calcium, Ca		215		1		1		123		
Iron, Fe		1.48		1		1		0.84		
Magnesium, Mg	mg	51		1		1		29		
Phosphorus, P	mg	37		1		1		21		
Potassium, K	mg	208		1		1		119		
Sodium, Na	mg	6		1		1		3		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		0		1		6.8		
Thiamin	mg	0.011	<u>-</u>	0		1		0.006		
Riboflavin	mg	0.028	3	0		1		0.016		
Niacin	-	0.310	)	0		1		0.177		
Pantothenic acid										
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	-	287		0		1		164		
Vitamin A, RAE		14		0		1		8		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.	-									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols		•		•	-	•		-		

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

## **Common Measures:**

Measure 1 = 57g: 1 cup, without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

NDB No. 09311 Roselle, raw

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	71.40		1	A	1		81.40			
Energy	kcal	111		0	NC	4		126			
Energy	kj	462		0	NC	4		527			
Protein (N x 6.25)	g	2.30		1	A	1		2.62			
Total lipid (fat)	g	2.00		1	A	1		2.28			
Ash	g	0.40		1	A	1		0.46			
Carbohydrate, by difference	g	23.90		0	NC	4		27.25			
Fiber, total dietary	g	6.2		1	A	1		7.1			
Sugars, total	g	14.10		1	A	1		16.07			
Sucrose	g	12.50		1	A	1		14.25			
Glucose (dextrose)	g	1.10		1	A	1		1.25			
Fructose		0.50		1	A	1		0.57			
Lactose	g	0.00		1	A	1		0.00			
Maltose	g	0.00		1	A	1		0.00			
Galactose		0.00		1	A	1		0.00			
Starch											
Minerals:											
Calcium, Ca	ma	15		1	A	1		17			
Iron, Fe	_	2.20		1	A	1		2.51			
Magnesium, Mg	_	32		1	A	1		37			
Phosphorus, P		52		1	A	1		60			
Potassium, K		131		1	A	1		149			
Sodium, Na		4		1	A	1		5			
Zinc, Zn	_	0.43		1	A	1		0.49			
Copper, Cu		1.060	)	1	A	1		1.208			
Manganese, Mn		0.15	5	1	A	1		0.177			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	25.8		1	A	1		29.4			
Thiamin											
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6	mg										
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU	IU _	383		1	A	1		437			
Vitamin A, RAE		19		1	A	1		22			
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
4 7 1 /	9										
<u>Lipids:</u>								_			
Fatty acids, total saturated		0.24	5	1	A	1		0.279			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
CholesterolPhytosterols											
r ilytostetois	y										
<b>Carotenoids:</b>											
Carotene, beta	mcg	230		1	A	1		262.200			
Carotene, alpha		0		1	A	1		0.000			
Cryptoxanthin, beta											
Lycopene											

NDB No. 09428 Rowal, raw

## Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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 = 114g: .5 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 20% Seeds and skin

		<u>A</u> ı	mount in 100 gr	ams of ed	lible portion	<u>on</u>	Amount in	edible portion	of common
			Nun	ber			<u>m</u>	easures of food	<u>I</u>
					v Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure :
Proximates:				_	_				
Water	_	78.00		1	1		187.98	132.60	
Energy		83		0 N			200	141	
Energy	kj	347			4		837	590	
Protein (N x 6.25)	g	0.44		1	1		1.06	0.75	
Total lipid (fat)	g	1.10		0	1		2.65	1.87	
Ash	g	0.50		0	1		1.21	0.85	
Carbohydrate, by difference	g	19.96		0 N	C 4		48.10	33.93	
Fiber, total dietary	g	5.3		0	4		12.8	9.0	
Sugars, total	g								
Starch	g								
<u>Minerals:</u>				•					
Calcium, Ca	-	21		0	1		51	36	
Iron, Fe	-	0.80		0	1		1.93	1.36	
Magnesium, Mg		12		0	4		29	20	
Phosphorus, P		12		0	1		29	20	
Potassium, K		193		0	1		465	328	
Sodium, Na	-	12		0	1		29	20	
Zinc, Zn		0.10	_	0	4		0.24	0.17	
Copper, Cu		0.086	5	0	4		0.207	0.146	
Manganese, Mn									
Selenium, Se	mcg	0.6		0 CA2	N 4		1.4	1.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	14.7	2.301	12	1		35.4	25.0	
Thiamin		0.000		0	4		0.000	0.000	
Riboflavin		0.020		0	1		0.048	0.034	
Niacin		0.200		0	1		0.482	0.340	
Pantothenic acid		0.252		0	1		0.607	0.428	
Vitamin B-6		0.037		1	1		0.089	0.063	
Folate, total		14		0	4		34	24	
Folic acid		0		0 z	7		0	0	
Folate, food		14		0	4		34	24	
Folate, DFE	mca DFF	14		0 NO			34	24	
Vitamin B-12		0.00		0 z	7		0.00	0.00	
Vitamin A, IU		60		0	1		145	102	
Vitamin A, RAE		3		0	1		7	5	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)		U		0 2	,		U	U	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	а	0.194	1	0	4		0.468	0.330	
4:0		0.000		0	4		0.000	0.000	
6:0.		0.000		0	4		0.000	0.000	
8:0		0.000		0	4		0.000	0.000	
10:0		0.000		0	4		0.000	0.000	
12:0		0.000		0	4		0.000	0.000	
13:0	_	0.000	-	-	•		3.000	0.000	
14:0	_	0.000	)	0	4		0.000	0.000	
15:0	_	0.000	-	-	•		3.000	0.000	
16:0		0.100	)	0	4		0.241	0.170	
17:0		0.100	•	-	7		V.241	0.170	
18:0		0.094	1	0	4		0.227	0.160	
10.0		0.034	=	•			0.221	0.100	
20:0	α								
20:0 22:0									

	<u>Aı</u>	mount in 100 grams	of edible porti	<u>on</u>	Amount in edible portion of common			
		Number		. 0	me	easures of food		
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.521	. 0	4		1.256	0.886		
14:1g	0.521	. •	7		1.230	0.880		
15:1g								
16:1 undifferentiated	0.000	0	4		0.000	0.000		
17:1g								
18:1 undifferentiatedg	0.521		4		1.256	0.886		
20:1g	0.000		4		0.000	0.000		
22:1 undifferentiatedg	0.000	0	4		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	0.011		4		0.027	0.019		
18:2 undifferentiatedg	0.011		4		0.027	0.019		
18:3 undifferentiatedg	0.000		4		0.000	0.000		
18:4g	0.000	0	4		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		4		0.000	0.000		
20:5 n-3g	0.000		4		0.000	0.000		
22:5 n-3g	0.000		4		0.000	0.000		
22:6 n-3g	0.000	0	4		0.000	0.000		
Fatty acids, total transg	•	•			•	•		
Cholesterol mg	0	0	z 7		0	0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.005		1		0.012	0.009		
Threonineg	0.012		1		0.029	0.020		
Isoleucineg	0.015		1		0.036	0.026		
Leucineg	0.024		1		0.058	0.041		
Lysineg	0.039		1		0.094	0.066		
Methionineg	0.003	3	1		0.007	0.005		
Cystineg								
Phenylalanineg	0.013		1		0.031	0.022		
Tyrosineg	0.014		1		0.034	0.024		
Valineg	0.016		1		0.039	0.027		
Arginineg	0.017		1		0.041	0.029		
Histidineg	0.016		1		0.039	0.027		
Alanineg	0.014		1		0.034	0.024		
Aspartic acidg	0.032		1		0.077	0.054		
Glutamic acidg	0.038		1		0.092	0.065		
Glycine9	0.017		1		0.041	0.029		
Proline	0.036		1		0.087	0.061		
Serineg	0.018	1	1		0.043	0.031		
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobrominemg								

## **Common Measures:**

Measure 1 = 241g: 1 cup, pulp Measure 2 = 170g: 1 sapodilla

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pouteria sapota

Refuse: 29% Seeds and skin

		<u>A</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	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	62.43		2		1		140.47			
Energy	kcal	134		0	NC	4		302			
Energy	kj	561				4		1261			
Protein (N x 6.25)	g	2.12		1		1		4.77			
Total lipid (fat)	g	0.60		0		1		1.35			
Ash	g	1.10		0		1		2.48			
Carbohydrate, by difference	g	33.76		0	NC	4		75.96			
Fiber, total dietary	g	2.6		0		4		5.9			
Sugars, total	g										
Starch	g										
Mr. I											
Minerals: Calcium, Ca	ma	39		0		1		88			
Iron, Fe	-	1.00		0		1		88 2.25			
Magnesium, Mg	-	30		1		1		68			
Phosphorus, P		28		0		1		63			
Potassium, K		344	119.9			1		774			
Sodium, Na		10	3.2			1		23			
Zinc, Zn	-										
Copper, Cu											
Manganese, Mn											
Selenium, Se											
¥7:4											
<u>Vitamins:</u>		00.0		0		1		45.0			
Vitamin C, total ascorbic acid	-	20.0 0.010	,	0		1		0.023			
Thiamin	-	0.010		0		1		0.023			
Riboflavin	-	1.800		0		1		4.050			
NiacinPantothenic acid		1.000	,	U		_		4.050			
Vitamin B-6	-										
Folate, total	-										
Folate, DFE											
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		410		0		1		923			
Vitamin A, RAE		21		0		1		46			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	z	7		0			
Phytosterols											
Amino Acids:	a	0.023	1	2		1		0.052			
Tryptophan		0.023		1		1		0.052			
Threonine		0.038		1		1		0.131			
Isoleucine		0.046		1		1		0.104			
Leucine	-			3		1		0.189			
Lysine		0.096		3		1		0.216			
Methionine		0.016	,	3		1		0.036			
Cystine		0.053	1	1		1		0.119			
Phenylalanine		0.055		1		1					
Tyrosine								0.124			
Valine	y	0.077	'	1		1		0.173			

	Amou	nt in 100 grams of ed	Amount in edible portion of common			
Nutrients and Units	Mean Std	Number of Data Deriv . Error Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Arginine       9         Histidine       9         Alanine       9         Aspartic acid       9         Glutamic acid       9         Glycine       9         Proline       9         Serine       9	0.055 0.042 0.115 0.532 0.216 0.057 0.057	1 1 1 1 1 1 1	1 1 1 1 1 1 1	0.124 0.095 0.259 1.197 0.486 0.128 0.128		

### **Common Measures:**

Measure 1 = 225g: 1 fruit without refuse

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 33% Seeds and skin

		<u>A</u> 1	mount in 100 gr	ams of ed	Amount in edible portion of common				
			Nun	nber			<u>m</u>	easures of food	<u> </u>
				Data Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates: Water	a	81.16		1	1		182.61	507.25	
Energy	_	66		0 NC			149	413	
Energy		276		0 140	4		621	1726	
Protein (N x 6.25)		1.00		0	1		2.25	6.25	
Total lipid (fat)		0.30		0	1		0.68	1.88	
Ash		0.70		0	1		1.58	4.38	
Carbohydrate, by difference		16.84		0 NC			37.89	105.25	
Fiber, total dietary		3.3		0	4		7.4	20.6	
Sugars, total		13.54		0 0	4		30.47	84.63	
Starch		13.34		•	-		30.47	04.05	
Starcii	9								
<u>Minerals:</u>									
Calcium, Ca		14		0	1		32	88	
Iron, Fe	-	0.60		0	1		1.35	3.75	
Magnesium, Mg		21		1	1		47	131	
Phosphorus, P	_	27		0	1		61	169	
Potassium, K		278	12.676	3	1		626	1738	
Sodium, Na	-	14	5.526	3	1		32	88	
Zinc, Zn		0.10		0	4		0.23	0.63	
Copper, Cu		0.086	)	0	4		0.194	0.538	
Manganese, Mn		0.6		0 CAZ	N 4		1.4	3.8	
Selenium, Se	Tricg	0.6		U CAZ	N 4		1.4	3.8	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	20.6	1.503	16	1		46.4	128.8	
Thiamin	mg	0.070	)	0	1		0.158	0.438	
Riboflavin	mg	0.050	)	0	1		0.113	0.313	
Niacin	mg	0.900	)	0	1		2.025	5.625	
Pantothenic acid	mg	0.253	3	0	1		0.569	1.581	
Vitamin B-6	mg	0.059	)	1	1		0.133	0.369	
Folate, total		14		0	4		32	88	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	14		0	4		32	88	
Folate, DFE		14		0 NC	4		32	88	
Vitamin B-12		0.00		0 z	7		0.00	0.00	
Vitamin A, IU		2	1.476	6	1		5	13	
Vitamin A, RAE		0	0.074	6	1		0	1	
Retinol		0		0 Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.08		0 BFS	1 4		0.17	0.48	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.4		0 BFS	N 4		0.9	2.5	
					-		- · ·		
<u>Lipids:</u>									
Fatty acids, total saturated		0.051		0	4		0.115	0.319	
4:0	_	0.000		0	4		0.000	0.000	
6:0	-	0.000		0	4		0.000	0.000	
8:0		0.000		0	4		0.000	0.000	
10:0		0.000		0	4		0.000	0.000	
12:0	-	0.000	)	0	4		0.000	0.000	
13:0	-			•	_				
14:0	-	0.000	)	0	4		0.000	0.000	
15:0	-			•	_				
16:0		0.040	)	0	4		0.090	0.250	
17:0				•					
18:0		0.011	L	0	4		0.025	0.069	
20:0	-								
22:0									

	A	mount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
			of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.090	)	0		4		0.203	0.563	
14:1g 15:1g									
16:1 undifferentiated	0.004	l	0		4		0.009	0.025	
17:1g 18:1 undifferentiatedg	0.085	<b>i</b>	0		4		0.191	0.531	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	)	0		4		0.000	0.000	
Fatty acids, total polyunsaturated	0.069		0		4		0.155	0.431	
18:2 undifferentiated	0.069		0 0		4 4		0.155 0.000	0.431 0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c									
20:4 undifferentiated	0.000		0		4		0.000	0.000	
20:5 n-3	0.000		0 0		4 4		0.000 0.000	0.000 0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	0		0	z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan	0.011	-	1		1		0.025	0.069	
Isoleucineg									
Leucine	0.060	)	1		1		0.135	0.375	
Methionineg	0.007		1		1		0.016	0.044	
Cystineg Phenylalanineg									
Tyrosineg									
Valine									
Histidineg									
Alanine									
Glutamic acidg									
Glycine									
Serineg									
Hydroxyprolineg									
Others: Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeineg	0.0		0	z	7		0.0	0.0	
Theobromine mg	0		0	NR	4		0	0	
Carotenoids:	1		0	NR	4		2.700	7.500	
Carotene, betamcg Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0 0	z z	7 7		0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

## **Common Measures:**

Measure 1 = 225g: 1 cup, pulp

Measure 2 = 625g: 1 fruit (7" x 5-1/4" dia)

NDB No. 09315 Soursop, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	75.35	0.993	3		1		191.39		
Energy	kcal	92		0	NC	4		234		
Energy	kj	385				4		978		
Protein (N x 6.25)	g	0.56	0.015	3		1		1.42		
Total lipid (fat)	g	0.26	0.070	3		1		0.66		
Ash	g	0.30	0.006	3		1		0.76		
Carbohydrate, by difference	g	23.53		0	NC	4		59.77		
Fiber, total dietary	g	1.7		0		4		4.3		
Sugars, total	g	21.83		0	0	4		55.45		
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	13	3.339	3		1		33		
Iron, Fe	-	0.49	0.060	3		1		1.24		
Magnesium, Mg	-	8	0.589	3		1		20		
Phosphorus, P		12	0.939	3		1		30		
Potassium, K	•	86	4.359	3		1		218		
Sodium, Na	-	4	0.333	3		1		10		
Zinc, Zn	-	0.09	0.018	3		1		0.23		
Copper, Cu	mg	0.063	0.003	3		1		0.160		
Manganese, Mn	mg	0.200	0.006	3		1		0.508		
Selenium, Se	mcg	0.3		0	BFYN	4		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	31.7	0.882	3		1		80.5		
Thiamin	-	0.021		3		1		0.053		
Riboflavin	-	0.021		3		1		0.086		
Niacin		0.057		3		1		0.145		
Pantothenic acid	-	0.179		3		1		0.455		
Vitamin B-6	-	0.049		3		1		0.124		
Folate, total	-	28	8.122	3		1		71		
Folic acid		0		0	z	7		0		
Folate, food		28	8.122	3		1		71		
Folate, DFE		28		0	NC	4		71		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		26	5.206	3		1		66		
Vitamin A, RAE		1	0.260	3		1		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFYN	4		0.49		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	1.5		0	BFYN	4		3.7		
Lipids:										
Fatty acids, total saturated	g	0.014		0		1		0.036		
4:0		0.000		0		1		0.000		
6:0		0.000	1	0		1		0.000		
8:0	g	0.000	ı	0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0										
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.010		0		1		0.025		
17:0	g									
18:0	g	0.002		0		1		0.005		
20:0	g									
22:0	g									
24:0	g									
∠+.∪	9									

	<u>A</u>	mount in 100 grams	s of edil	Amount in edible portion of common				
		Numbe				<u>m</u> :	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.036	0		1		0.091		
14:1g 15:1g								
16:1 undifferentiated	0.001	. 0		1		0.003		
17:1	0.035	0		1		0.089		
20:1g	0.000			1		0.089		
20:1 g 22:1 undifferentiated g	0.000			1		0.000		
24:1 cg	0.000	· ·		-		0.000		
Fatty acids, total polyunsaturatedg	0.129	0		1		0.328		
18:2 undifferentiated	0.075			1		0.191		
18:3 undifferentiated	0.054			1		0.137		
18:4g	0.000			1		0.000		
20:2 n-6 c.cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		1		0.000		
20:5 n-3	0.000			1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000			1		0.000		
Fatty acids, total trans								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
•								
Amino Acids:								
Tryptophang	0.006			1		0.015		
Threonineg	0.017			1		0.043		
Isoleucine	0.013			1		0.033		
Leucineg	0.029			1		0.074		
Lysineg	0.023			1		0.058		
Methionineg	0.001			1		0.003		
Cystineg	0.005			1		0.013		
Phenylalanineg	0.016			1		0.041		
Tyrosine9	0.019			1		0.048		
Valineg	0.016			1		0.041		
Arginineg	0.024			1		0.061		
Histidine9	0.011			1		0.028		
Alanineg	0.028			1		0.071		
Aspartic acidg	0.127			1		0.323		
Glutamic acidg	0.083			1		0.211		
Glycine9	0.022			1		0.056		
Prolineg	0.018			1		0.046		
Serineg	0.021	. 0		1		0.053		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeinemg	0	0	z	7		0		
Theobrominemg	0	0	z	7		0		
Carotenoids:	ū	v	_	•		<del>-</del>		
				_				
Carotene, beta mcg	16	0	BNA	4		39.624		
Carotene, alpha mcg	0	0	BNA	4		0.000		
Cryptoxanthin, betamcg	0	0	BNA	4		0.000		
Lycopene mcg	0	0	BFYN	4		0.000		
Lutein + zeaxanthin mcg	18	0	BFYN	4		44.814		

## **Common Measures:**

Measure 1 = 254g: 1 cup

NDB No. 09317

Strawberries, canned, heavy syrup pack, solids and liquids

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.75

Food Group: 09 Fruits and Fruit Juices

		<u>A</u> 1	mount in 100 g	rams	Amount in edible portion of common					
			Nu	ımbeı	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.18	1.348	16		1		186.61	207.83	
Energy	kcal	96		0	NC	4		245	273	
Energy	kj	402				4		1024	1141	
Protein (N x 6.25)	g	0.53	0.045	18		1		1.35	1.51	
Total lipid (fat)	g	0.13	0.024	18		1		0.33	0.37	
Ash	g	0.24	0.023	15		1		0.61	0.68	
Carbohydrate, by difference	g	25.92		0	NC	4		66.10	73.61	
Fiber, total dietary		1.9		0		4		4.8	5.4	
Sugars, total	g	24.01		0	FLA	4		61.23	68.20	
Starch	g									
Minerals:										
Calcium, Ca	ma	11	0.426	18		1		28	31	
Iron, Fe	-	0.59	0.038	18		1		1.50	1.68	
Magnesium, Mg	-	7	0.384	12		1		18	20	
Phosphorus, P		13	0.861	13		1		33	37	
Potassium, K	•	98	3.122	10		1		250	278	
Sodium, Na	-	3	0.572	10		1		8	9	
Zinc, Zn	mg	0.06	0.007	10		1		0.15	0.17	
Copper, Cu		0.020	0.004	10		1		0.051	0.057	
Manganese, Mn	mg	0.250	0.016	10		1		0.638	0.710	
Selenium, Se	mcg	0.7		2	A	1		1.8	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	41.4	2.889	17		1		105.6	117.6	
Thiamin	-	0.016		18		1		0.041	0.045	
Riboflavin	-	0.010		18		1		0.130	0.145	
Niacin	=	0.401		18		1		1.023	1.139	
Pantothenic acid	-	0.108		1		1		0.275	0.307	
Vitamin B-6	-	0.030		5		1		0.077	0.085	
Folate, total	-	15		2		1		38	42	
Folic acid		0		0	z	7		0	0	
Folate, food		15		2		1		38	42	
Folate, DFE		15		0	NC	4		38	42	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	24		0	NC	4		61	68	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	3	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		0	FLA	4		0.58	0.65	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	rricg	1.7		0	FLA	4		4.4	4.9	
Lipids:										
Fatty acids, total saturated	g	0.007	•	0		1		0.018	0.020	
4:0	g	0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	1	0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	1	0		1		0.000	0.000	
13:0	-									
14:0	g	0.000	1	0		1		0.000	0.000	
15:0										
16:0	g	0.005	i	0		1		0.013	0.014	
17:0	-									
18:0	-	0.001	•	0		1		0.003	0.003	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	_	edible portion	
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.018	1	0		1		0.046	0.051	
14:1	_									
15:1 16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1		0.000	•	·		-		0.000	0.000	
18:1 undifferentiated	-	0.018	:	0		1		0.046	0.051	
20:1	g	0.000	)	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000	)	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.064	ŀ	0		1		0.163	0.182	
18:2 undifferentiated		0.037		0		1		0.094	0.105	
18:3 undifferentiated		0.027		0		1		0.069	0.077	
18:4	_	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	-	0.000		0		1		0.000	0.000	
20:4 undifferentiated		0.000		0		1		0.000 0.000	0.000 0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans	_	0.000	•	·		-		0.000	0.000	
Cholesterol		0		0	z	7		0	0	
Phytosterols	• • • • • • • • • • • • • • • • • • • •	·		•	_	·		·	· ·	
,										
Amino Acids:										
Tryptophan		0.006		0		1		0.015	0.017	
Threonine	_	0.016		0		1		0.041	0.045	
Isoleucine	_	0.012 0.027		0 0		1 1		0.031 0.069	0.034 0.077	
Leucine	_	0.027		0		1		0.056	0.077	
Methionine		0.022		0		1		0.003	0.002	
Cystine		0.005		0		1		0.003	0.014	
Phenylalanine		0.015		0		1		0.038	0.043	
Tyrosine		0.018		0		1		0.046	0.051	
Valine	_	0.015		0		1		0.038	0.043	
Arginine	_	0.023		0		1		0.059	0.065	
Histidine		0.010		0		1		0.026	0.028	
Alanine	g	0.027	,	0		1		0.069	0.077	
Aspartic acid		0.120	)	0		1		0.306	0.341	
Glutamic acid	g	0.078	1	0		1		0.199	0.222	
Glycine	g	0.021		0		1		0.054	0.060	
Proline	g	0.017	,	0		1		0.043	0.048	
Serine	g	0.020	)	0		1		0.051	0.057	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	<del>.</del>	-		-	=	•		-	•	
	ma			•				26 722	40.000	
Carotene, beta	_	14 0		0	BNA	4 4		36.720	40.896	
Carotene, alpha		0		0	BNA BNA	4		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		21		0	FLA	4		53.878	60.006	
Lutein + zeaxanthin	tircy			<u> </u>	r LA	4		33.878	60.006	

## **Common Measures:**

Measure 1 = 255g: 1 cup, thawed Measure 2 = 284g: 1 package (10 oz)

Strawberries, frozen, sweetened, sliced

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Ar</u>	nount in 100 gr	rams o	of edib	le portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u>.</u>
			of l	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	78.05	0.931	7		1		199.03	221.66	
Energy	kcal	78		0	NC	4		199	222	
Energy	kj	326				4		832	927	
Protein (N x 6.25)	g	0.52	0.059	7		1		1.33	1.48	
Total lipid (fat)	g	0.14	0.015	7		1		0.36	0.40	
Ash	g	0.30	0.071	7		1		0.77	0.85	
Carbohydrate, by difference	g	21.00		0	NC	4		53.55	59.64	
Fiber, total dietary	g	1.9		0		4		4.8	5.4	
Sugars, total		18.97		0	FLA	4		48.38	53.88	
Starch	g									
Minerals:										
Calcium, Ca	ma	11	1.048	7		1		28	31	
Iron, Fe	-	0.47	0.041	7		1		1.20	1.33	
Magnesium, Mg	-	6	0.606	3		1		15	17	
Phosphorus, P		12	0.915	5		1		31	34	
Potassium, K	-	98	7.340	3		1		250	278	
Sodium, Na	-	1	0.100	3		1		3	3	
Zine, Zn	mg	0.05	0.009	3		1		0.13	0.14	
Copper, Cu	mg	0.019	0.005	3		1		0.048	0.054	
Manganese, Mn	mg	0.249	0.051	3		1		0.635	0.707	
Selenium, Se	mcg	0.7		2	A	1		1.8	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	39.5	6.876	7		1		100.7	112.2	
Thiamin	-	0.015		7		1		0.038	0.043	
Riboflavin	-	0.013		7		1		0.196	0.219	
Niacin	=	0.293		7		1		0.747	0.832	
Pantothenic acid	-	0.108		0		1		0.275	0.307	
Vitamin B-6	=	0.028		2		1		0.071	0.080	
Folate, total	-	4		2		1		10	11	
Folic acid		0		0	z	7		0	0	
Folate, food		4		2		1		10	11	
Folate, DFE		4		0	NC	4		10	11	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU -	27	2.448	7		1		69	77	
Vitamin A, RAE		1	0.122	7		1		3	4	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	FLA	4		0.62	0.69	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.9		0	FLA	4		4.7	5.3	
Lipids:										
Fatty acids, total saturated	q	0.007		0		1		0.018	0.020	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0										
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.005		0		1		0.013	0.014	
17:0	g									
18:0	_	0.001		0		1		0.003	0.003	
20:0	_									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	0.019		0		1		0.048	0.054	
14:1	-									
15:1										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1	-					_				
18:1 undifferentiated	-	0.019		0		1		0.048	0.054	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c						_				
Fatty acids, total polyunsaturated		0.068		0		1		0.173	0.193	
18:2 undifferentiated		0.040		0		1		0.102	0.114	
18:3 undifferentiated	-	0.029		0		1		0.074	0.082	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated						_				
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans					_	_		_	_	
Cholesterol	_	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.006		0		1		0.015	0.017	
Threonine		0.016		0		1		0.041	0.045	
Isoleucine	-	0.012		0		1		0.031	0.034	
Leucine		0.026		0		1		0.066	0.074	
Lysine	-	0.021		0		1		0.054	0.060	
Methionine		0.001		0		1		0.003	0.003	
Cystine		0.004		0		1		0.010	0.011	
Phenylalanine		0.015		0		1		0.038	0.043	
Tyrosine		0.017		0		1		0.043	0.048	
Valine	-	0.015		0		1		0.038	0.043	
Arginine	-	0.022		0		1		0.056	0.062	
Histidine		0.010		0		1		0.026	0.028	
Alanine		0.026		0		1		0.066	0.074	
Aspartic acid		0.116		0		1		0.296	0.329	
Glutamic acid	-	0.076		0		1		0.194	0.216	
Glycine	-	0.020		0		1		0.051	0.057	
Proline		0.016		0		1		0.041	0.045	
Serine		0.019		0		1		0.048	0.054	
Hydroxyproline	_	0.025		•		_		0.010	0.001	
Others:						_				
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	<u>mg</u>	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	16		0	BNA	4		41.310	46.008	
Carotene, alpha	-	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta	-	0		0	BNA	4		0.000	0.000	
Lycopene	_	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		23		0	FLA	4		57.458	63.993	

## **Common Measures:**

Measure 1 = 255g: 1 cup, thawed Measure 2 = 284g: 1 package (10 oz)

Strawberries, frozen, sweetened, whole

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u> e	easures of food	_
Nutrients and Uni	ite	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Nutrients and on		Mean	Ota: Error					Micasure 1	inicasare 2	Measure
Proximates:										
Water	-	89.97	0.303	4		1		198.83	134.06	9.54
Energy		35		0	NC	4		77	52	4
Energy		146				4		324	218	16
Protein (N x 6.25)		0.43	0.054	12		1		0.95	0.64	0.05
Total lipid (fat)		0.11	0.015	6		1		0.24	0.16	0.01
Ash		0.37	0.022	10		1		0.82	0.55	0.04
Carbohydrate, by difference		9.13		0	NC	4		20.18	13.60	0.97
Fiber, total dietary		2.1		0		4		4.6	3.1	0.2
Sugars, total		4.56		0	NC	4		10.07	6.79	0.48
Sucrose	g	0.37		3	A	1		0.81	0.55	0.04
Glucose (dextrose)	g	2.02	0.145	6	A	1		4.47	3.01	0.21
Fructose		2.17	0.333	6	A	1		4.79	3.23	0.23
Lactose	g									
Maltose										
Galactose	g									
Starch										
<u>Minerals:</u>										_
Calcium, Ca		16	0.772	6		1		35	24	2
Iron, Fe	_	0.75	0.280	6		1		1.66	1.12	0.0
Magnesium, Mg		11		1		1		24	16	1
Phosphorus, P		13	1.063	7		1		29	19	1
Potassium, K		148	9.619	6		1		327	221	16
Sodium, Na		2		1		1		4	3	0
Zinc, Zn		0.13		0		1		0.29	0.19	0.0
Copper, Cu		0.049		0		1		0.108	0.073	0.00
Manganese, Mn		0.290		0		1		0.641	0.432	0.0
Selenium, Se	mcg	0.7		0	BFZN	4		1.5	1.0	0.1
Vitamins: Vitamin C, total ascorbic acid	ma	41.2	9.062	6		1		91.1	61.4	4.4
Thiamin		0.022		5		1		0.049	0.033	0.00
Riboflavin		0.022		6		1		0.082	0.055	0.00
Niacin		0.462		6		1		1.021	0.688	0.04
Pantothenic acid	_	0.108		0		1		0.239	0.161	0.0
Vitamin B-6	_	0.028		0		1		0.062	0.042	0.0
Folate, total		17	5.357	3		1		37	25	2
Folic acid		0	3.337	0	z	7		0	0	0
Folate, food		17	5.357	3	2	1		37	25	2
Folate, DFE		17	3.337	0	NC	4		37	25	2
		0.00		0	NC Z	7				
Vitamin B-12			10 176		Z			0.00	0.00	0.0
Vitamin A, IU		45	10.176	5		1		99	67	5
Vitamin A, RAE		2	0.509	5	_	1		5	3	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.29		0	BFZN	4		0.63	0.42	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.2		0	BFZN	4		4.8	3.2	0.2
ipids:	<b>.</b>	•		-						
	a	0.006		0		1		0.013	0.009	0.0
Fatty acids, total saturated		0.000		0		1				0.0
4:0	-			0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0		0.000						0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0 14:0				0		1		_		0.0
		0.000						0.000	0.000	

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion o	f common
				Number				<u>m</u> e	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	-	0.004		0		1		0.009	0.006	0.000
17:0		0.001		0		1		0.000	0 001	0.000
18:0 20:0	-	0.001		U		1		0.002	0.001	0.000
22:0										
24:0										
Fatty acids, total monounsaturated		0.015		0		1		0.033	0.022	0.002
14:1 15:1										
16:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
17:1										
18:1 undifferentiated	_	0.015		0		1		0.033	0.022	0.002
20:1		0.000		0		1 1		0.000	0.000 0.000	0.000
24:1 c	-	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.054		0		1		0.119	0.080	0.006
18:2 undifferentiated		0.031		0		1		0.069	0.046	0.003
18:3 undifferentiated	_	0.023		0		1		0.051	0.034	0.002
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.000		0		1		0.000	0.000	0.000
20:5 n-3		0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1		0.000	0.000	0.000
22:6 n-3	-	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	_	•		•	_	-		•	•	•
CholesterolPhytosterols	_	0		0	Z	7		0	0	0
	9									
Amino Acids:				_		_				
Tryptophan Threonine		0.005 0.013		0 0		1 1		0.011 0.029	0.007 0.019	0.001 0.001
Isoleucine	-	0.013		0		1		0.029	0.019	0.001
Leucine		0.022		0		1		0.049	0.033	0.002
Lysine	-	0.017		0		1		0.038	0.025	0.002
Methionine	g	0.001		0		1		0.002	0.001	0.000
Cystine		0.004		0		1		0.009	0.006	0.000
PhenylalanineTyrosine		0.012 0.014		0 0		1 1		0.027 0.031	0.018 0.021	0.001 0.001
Valine		0.014		0		1		0.031	0.021	0.001
Arginine		0.018		ō		1		0.040	0.027	0.002
Histidine		0.008		0		1		0.018	0.012	0.001
Alanine	-	0.021		0		1		0.046	0.031	0.002
Aspartic acid	-	0.096		0		1		0.212	0.143	0.010
Glutamic acid		0.063 0.017		0 0		1 1		0.139 0.038	0.094 0.025	0.007 0.002
Glycine Proline	-	0.017		0		1		0.038	0.025	0.002
Serine		0.016		0		1		0.035	0.024	0.002
Hydroxyproline										
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	mg	0		0	z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	27		0	BNA	4		59.670	40.230	2.862
Carotene, alpha		0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BNA	4		0.000	0.000	0.000
LycopeneLutein + zeaxanthin		0 26		0 0	BFZN BFZN	4 4		0.000 58.197	0.000 39.237	0.000 2.791
Lutem + zeaxantnin	iiicg	20		U	DE LIN	4		30.137	33.231	2.191

Strawberries, frozen, unsweetened

**Common Measures:** 

Measure 1 = 221g: 1 cup, thawed Measure 2 = 149g: 1 cup, unthawed

Measure 3 = 10.6g: 1 berry

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 6% Caps and stems

		<u>A</u>	mount in 100 g		of edil	ole portic	<u>on</u>		edible portion	
				mber				<u>m</u> :	easures of food	
Nutrients and Uni	ts	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		22.25	0.014	00	_	-		120.05		150.00
Water	_	90.95 32	0.214	23 0	A NC	1 4		138.25 49	211.01 75	150.98 54
Energy		32 136		0	NC	4		206	75 315	225
Energy		0.67	0.026	19	A	1		1.01	1.55	1.11
Protein (N x 6.25) Total lipid (fat)		0.87	0.026	15	A	1		0.46	0.71	0.51
Ash		0.40	0.021	19	A	1		0.40	0.71	0.66
Carbohydrate, by difference		7.68	0.021	0	NC	4		11.67	17.81	12.75
Fiber, total dietary		2.0	0.152	21	A	1		3.0	4.6	3.3
Sugars, total		4.66	0.132	0	AS	1		7.08	10.80	7.73
C -		0.12	0.064	11	A	1		0.18	0.28	0.20
Sucrose		2.04	0.004	12	A	1		3.10	4.73	3.38
Glucose (dextrose)	9	2.50	0.241	12	A	1		3.80	4.73 5.80	4.15
Fructose	9	0.00	0.243	8	A	1		0.00	0.00	0.00
Lactose	9	0.00	0.000	8	A A	1		0.00	0.00	0.00
Maltose	9	0.00	0.000	8 6	A A	1		0.00		0.00
Galactose		0.00	0.000	8	A	1		0.00	0.00	0.00
Starch	y	0.04	0.029	8	А	1		0.07	0.10	0.07
Minerals:										
Calcium, Ca	mg	16	0.506	69	A	1		24	37	26
Iron, Fe	mg	0.42	0.026	73	A	1		0.64	0.97	0.70
Magnesium, Mg	mg	13	0.222	74	A	1		19	29	21
Phosphorus, P	mg	24	0.720	73	A	1		37	56	40
Potassium, K	mg	153	4.073	76	A	1		233	356	254
Sodium, Na	mg	1	0.100	72	A	1		2	2	2
Zinc, Zn		0.14	0.013	74	A	1		0.21	0.31	0.22
Copper, Cu		0.048		70	A	1		0.073	0.112	0.08
Manganese, Mn		0.386	0.018	73	A	1		0.587	0.896	0.64
Selenium, Se	mcg	0.4		2	A	1		0.6	0.9	0.6
Vitamins:					_	_				
Vitamin C, total ascorbic acid	-	58.8	2.473	9	A	1		89.3	136.3	97.5
Thiamin	-	0.024		12	A	1		0.036	0.056	0.04
Riboflavin	_	0.022		12	A	1		0.034	0.052	0.03
Niacin	_	0.386		12	A	1		0.586	0.895	0.64
Pantothenic acid	-	0.125		12 12	A	1 1		0.189	0.289	0.20
Vitamin B-6		0.047			A	1		0.072 37	0.110	0.07
Folate, total		24	5.465	3 0	A	7			57	41
Folic acid		0 24	5.465	3	Z A	1		0 37	0	0
Foliate, food (1)			5.465	3		1			57	41
Folate, DFE		24 0.00		0	NC	7		37	57	41
Vitamin B-12			0.267	0	Z	1		0.00	0.00	0.00
Vitamin A, IU		12	0.367	8	A			18	27	20
Vitamin A, RAE		1	0.018	8	A	1		1	1	1
Retinol		0	0.004	0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.29	0.024	8	A	1		0.43	0.66	0.47
Tocopherol, beta		0.01	0.002	8	A	1		0.01	0.02	0.02
Tocopherol, gamma		0.08	0.010	8	A	1		0.12	0.18	0.13
Tocopherol, delta		0.01	0.005	8	A	1		0.02	0.03	0.02
Vitamin D Vitamin K (phylloquinone)		2.2	0.290	9	A	1		3.3	5.0	3.6
.ipids:										
Fatty acids, total saturated	а	0.015	•	0	NC	4		0.023	0.035	0.02
4:0		0.000		0	140	1		0.023	0.035	0.02
6:0		0.000		0		1		0.000	0.000	0.00
	-	0.000		0		1				0.00
8:0		0.000		0		1		0.000 0.000	0.000 0.000	0.00
10:0	_	0.000		0		1				0.00
12:0	-	0.000	,	J		1		0.000	0.000	0.00
13:0 14:0	-	0.000		0		1		0.000	0.000	0.00
		0.000	,	U		1		0.000	0.000	0.00

		<u>Am</u>	ount in 100	grams	of edib	ole portio	<u>on</u>		edible portion o	f common
				umber				<u>m</u>	easures of food	
Nutrients and Un	iits	Mean	o Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.012		2		1		0.018	0.027	0.019
17:0	_									
18:0	_	0.003		2		1		0.005	0.008	0.006
20:0 22:0										
24:0										
Fatty acids, total monounsaturated.		0.043		0	NC	4		0.066	0.100	0.072
14:1										
15:1	-									
16:1 undifferentiated		0.001		2		1		0.001	0.002	0.001
17:1 18:1 undifferentiated	-	0.042		2		1		0.065	0.098	0.070
20:1	-	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	• • • • • • • • • • • • • • • • • • • •									
Fatty acids, total polyunsaturated	g	0.155		0	NC	4		0.235	0.359	0.257
18:2 undifferentiated		0.090		2		1		0.137	0.208	0.149
18:3 undifferentiated		0.065		2		1		0.099	0.151	0.108
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated										
20:3 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	0
Phytosterols	mg	12		0		1		18	28	20
Amino Acids:										
Tryptophan		0.008		0	DA	1		0.012	0.018	0.013
Threonine Isoleucine	-	0.020 0.016		0	DA DA	1 1		0.031 0.024	0.047 0.036	0.033 0.026
Leucine	-	0.014		0	DA	1		0.052	0.038	0.026
Lysine	-	0.026		0	DA	1		0.040	0.061	0.044
Methionine		0.002		0	DA	1		0.002	0.004	0.003
Cystine		0.006		0	DA	1		0.009	0.014	0.010
Phenylalanine	g	0.019		0	DA	1		0.028	0.043	0.031
Tyrosine		0.022		0	DA	1		0.033	0.050	0.036
Valine		0.019		0	DA	1		0.028	0.043	0.031
Arginine		0.028		0	DA	1 1		0.042	0.065 0.029	0.046 0.021
Histidine		0.012 0.033		0	DA DA	1		0.019 0.049	0.029	0.021
AlanineAspartic acid		0.149		0	DA DA	1		0.226	0.076	0.034
Glutamic acid		0.098		0	DA	1		0.148	0.227	0.162
Glycine	-	0.026		0	DA	1		0.040	0.061	0.044
Proline	g	0.020		0	DA	1		0.031	0.047	0.033
Serine	-	0.025		0	DA	1		0.038	0.058	0.041
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	g	0		0	Z	7		0	0	0
Carotenoids:		_		_						
Carotene, beta	-	7	0.220		A	1		10.767	16.433	11.758
Carotene, alpha Cryptoxanthin, beta		0 0	0.000		A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000
Lycopene		0	0.000		A	1		0.000	0.000	0.000
Lutein + zeaxanthin		26	8.040		A	1		40.027	61.093	43.713
	5									

NDB No. 09316 Strawberries, raw

# **Common Measures:**

Measure 1 = 152g: 1 cup, halves Measure 2 = 232g: 1 cup, pureed Measure 3 = 166g: 1 cup, sliced

## **Footnotes**

1 Value based on the analysis of 5-methyltetrahydrofolic acid

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 45% Seeds and skin

		<u>Aı</u>	mount in 100 g	rams	of edik	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	73.23	1.078	12		1		183.08	113.51	
	-	94	1.070	0	NC	4		235	146	
Energy		393		U	NC	4		983	610	
Energy			0.050	•		_				
Protein (N x 6.25)		2.06	0.258	9		1 1		5.15	3.19	
Total lipid (fat)		0.29	0.083	8		_		0.73	0.45	
Ash		0.78	0.083	9		1		1.95	1.21	
Carbohydrate, by difference		23.64		0	NC	4		59.10	36.64	
Fiber, total dietary		4.4		0		4		11.0	6.8	
Sugars, total	_									
Starch	g									
Minerals:										
Calcium, Ca	ma	24	3.403	10		1		60	37	
Iron, Fe	-	0.60	5.105	0		1		1.50	0.93	
Magnesium, Mg	-	21		1		1		53	33	
Phosphorus, P		32	5.054	8		1		80	50	
Potassium, K	-	247	28.408	5		1		618	383	
Sodium, Na		9	3.230	5		1		23	14	
Zine, Zn	_	0.10		0		4		0.25	0.16	
Copper, Cu		0.086	5	0		4		0.215	0.133	
Manganese, Mn										
Selenium, Se		0.6		0	CAZN	4		1.5	0.9	
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		36.3	4.906	9		1		90.8	56.3	
Thiamin		0.110		7		1		0.275	0.171	
Riboflavin		0.113		7		1		0.283	0.175	
Niacin		0.883		7		1		2.208	1.369	
Pantothenic acid		0.226		0		1		0.565	0.350	
Vitamin B-6	-	0.200	)	1		1		0.500	0.310	
Folate, total		14		0		4		35	22	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		35	22	
Folate, DFE		14		0	NC	4		35	22	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		6	2.533	9		1		15	9	
Vitamin A, RAE		0	0.127	9		1		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
_ipids:										
Fatty acids, total saturated	g	0.048	3	0		4		0.120	0.074	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.000		0		4		0.000	0.000	
13:0	-									
14:0	-	0.000	)	0		4		0.000	0.000	
15:0				-		=		2.000	0.000	
16:0	-	0.028	3	0		4		0.070	0.043	
17:0	-			-		=				
18:0	-	0.020	)	0		4		0.050	0.031	
	J	0.020		-		-		3.050	0.001	
20:0	a									

	<u>A</u>	mount in 100 grams Number		o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.114	. 0		4		0.285	0.177	
14:1g							**	
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.114	0		4		0.285	0.177	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.040	0		4		0.100	0.062	
18:2 undifferentiatedg	0.040	0		4		0.100	0.062	
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterols mg								
Amino Acids:								
Tryptophang	0.010	4		1		0.025	0.016	
Threonineg								
Isoleucineg								
Leucineg								
Lysineg	0.055			1		0.138	0.085	
Methionineg	0.007	4		1		0.018	0.011	
Cystineg								
Phenylalanineg								
Tyrosineg								
Valineg								
Arginineg								
Histidineg								
Alanineg								
Aspartic acid								
Glutamic acid								
Glycine								
Proline								
Serine								
Hydroxyproline9								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg								
Theobromine mg								

#### **Common Measures:**

Measure 1 = 250g: 1 cup, pulp Measure 2 = 155g: 1 fruit (2-7/8" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

**Food Group:** 09 Fruits and Fruit Juices USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 66% Pods and seeds

		<u>A</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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	31.40		0		1		37.68	0.63	
Energy	kcal	239		0	NC	4		287	5	
Energy		1000				4		1200	20	
Protein (N x 6.25)	g	2.80		0		1		3.36	0.06	
Total lipid (fat)	g	0.60		0		1		0.72	0.01	
Ash	g	2.70		0		1		3.24	0.05	
Carbohydrate, by difference	g	62.50		0	NC	4		75.00	1.25	
Fiber, total dietary	g	5.1		0		4		6.1	0.1	
Sugars, total	g	57.40		0	0	4		68.88	1.15	
Starch	g									
Mr. 1										
Minerals:	ma	7.4		•		4		9.0	1	
Calcium, Ca	-	74 2.80		0		1 1		89 3.36	1 0.06	
Iron, Fe		92		1		1		3.36 110	0.06	
Phosphorus, P		113		0		1		136	2	
Potassium, K	_	628	106.529	3		1		754	13	
Sodium, Na		28	17.205	3		1		34	1	
Zinc, Zn		0.10	17.203	0		4		0.12	0.00	
Copper, Cu		0.086	5	0		4		0.103	0.002	
Manganese, Mn										
Selenium, Se		1.3		0	CAZN	4		1.6	0.0	
<u>Vitamins:</u>				_		_				
Vitamin C, total ascorbic acid		3.5	1.102	6		1		4.2	0.1	
Thiamin		0.428		6		1 1		0.514	0.009	
Riboflavin		0.152		5 5		1		0.182	0.003	
Niacin	_	1.938 0.143		0		1		2.326 0.172	0.039	
Pantothenic acid Vitamin B-6		0.143		1		1		0.172	0.003 0.001	
Folate, total	_	14	•	0		4		17	0.001	
Folic acid		0		0	z	7		0	0	
Folate, food		14		0		4		17	0	
Folate, DFE	mca DEE	14		0	NC	4		17	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		30		0	_	1		36	1	
Vitamin A, RAE		2		0		1		2	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.10		0	BFSN	4		0.11	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.8		0	BFSN	4		3.4	0.1	
Lipids:										
Fatty acids, total saturated	a	0.272	•	0		1		0.326	0.005	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-			-		•				
14:0	-	0.007	,	1		1		0.008	0.000	
15:0										
16:0	-	0.168	3	1		1		0.202	0.003	
17:0										
18:0		0.060	)	1		1		0.072	0.001	
20:0										
22:0	-									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u> (	easures of food	
				of Data		Source	Confidence			
Nutrients and U	Inite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and 0	onits	Wearr	Stu. Elloi	. 0				Weasure i	Weasure 2	Weasure 3
Fatty acids, total monounsaturate	edg	0.181		0		1		0.217	0.004	
14:1 15:1	-									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	
17:1 18:1 undifferentiated	_	0.181		1		1		0.217	0.004	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.059		0		1		0.071	0.001	
18:2 undifferentiated		0.059		1		1		0.071	0.001	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol		0		0	z	7		0	0	
Phytosterols										
,										
Amino Acids:										
Tryptophan	g	0.018		1		1		0.022	0.000	
Threonine	g									
Isoleucine	g									
Leucine	_									
Lysine	_	0.139		1		1		0.167	0.003	
Methionine	_	0.014		1		1		0.017	0.000	
Cystine										
Phenylalanine										
Tyrosine										
Valine	_									
Arginine										
Histidine	_									
Alanine	_									
Aspartic acid										
Glutamic acid	-									
Glycine										
Proline										
Serine										
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	18		0	NR	4		21.600	0.360	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

# **Common Measures:**

Measure 1 = 120g: 1 cup, pulp Measure 2 = 2.0g: 1 fruit (3"  $\times$  1") NDB No. 09322 Tamarinds, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<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	87.00		0		1		216.63	27.06	
Energy	kcal	50		0	NC	4		125	16	
Energy	kj	209				4		521	65	
Protein (N x 6.25)	g	0.50		0		1		1.25	0.16	
Total lipid (fat)	g	0.20		0		1		0.50	0.06	
Ash	g	0.30		0		1		0.75	0.09	
Carbohydrate, by difference		12.00		0	NC	4		29.88	3.73	
Fiber, total dietary		0.2		0		4		0.5	0.1	
Sugars, total		11.80		0	0	4		29.38	3.67	
Starch									2.0.	
Staren	9									
<u> Minerals:</u>										
Calcium, Ca	mg	18		0		1		45	6	
Iron, Fe	-	0.20		0		1		0.50	0.06	
Magnesium, Mg		8		0		1		20	2	
Phosphorus, P	mg	14		0		1		35	4	
Potassium, K	mg	178		0		1		443	55	
Sodium, Na	mg	1		0		1		2	0	
Zinc, Zn	mg	0.03		0		1		0.07	0.01	
Copper, Cu	mg	0.025	5	0		1		0.062	0.008	
Manganese, Mn	mg	0.037	7	0		1		0.092	0.012	
Selenium, Se	mcg	0.1		0	BFZN	4		0.2	0.0	
itamins:										
	ma	22.0		0		1		54.8	6.8	
Vitamin C, total ascorbic acid	-	0.060		0		1		0.149	0.019	
ThiaminRiboflavin	-	0.020		0		1		0.149	0.019	
		0.020		0		1		0.030	0.006	
Niacin		0.100		0		4		0.249	0.031	
Pantothenic acid	-	0.123		0		1		0.080		
Vitamin B-6	-	5	4	0		4			0.010	
Folate, total		0		0	z	7		11 0	1 0	
Folic acid		5		0	Z			11	1	
Folate, food		5		0	NC	4 4		11		
Folate, DFE				0		7		0.00	1	
Vitamin B-12		0.00 253		0	z NC	4			0.00	
Vitamin A, IU				-		_		630	79	
Vitamin A, RAE		13		0	NC	4 7		31 0	4	
Retinol		0		0	Z				0	
Vitamin E (alpha-tocopherol)		0.15		0	BFZN	4		0.37	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		0	BFZN	4		0.0	0.0	
Vitamin K (phylloquinone)	riicg	0.0		U	DF ZN	4		0.0	0.0	
<u>ipids:</u>										
Fatty acids, total saturated	g	0.013	3	0		1		0.032	0.004	
4:0		0.000	)	0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0		0.000	)	0		1		0.000	0.000	
15:0				-						
16:0		0.013	3	0		1		0.032	0.004	
17:0		0.010		•		-		3.032	0.004	
18:0	-	0.000	)	0		1		0.000	0.000	
20:0	-	5.000	-	Ū		-		0.000	0.000	
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion o	
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.018		0		1		0.045	0.006	
14:1	-									
15:1	-					_			2 221	
16:1 undifferentiated	-	0.003		0		1		0.007	0.001	
18:1 undifferentiated	-	0.015		0		1		0.037	0.005	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		0.025		0		1		0.062	0.008	
18:2 undifferentiated	g	0.020		0		1		0.050	0.006	
18:3 undifferentiated	g	0.005		0		1		0.012	0.002	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans Cholesterol		0		0	z	7		0	0	
Phytosterols	• • • • • • • • • • • • • • • • • • • •	U		U	4	,		U	U	
1 Hytosterois										
Amino Acids:										
Tryptophan		0.001		0		1		0.002	0.000	
Threonine	-	0.006		0		1		0.015	0.002	
Isoleucine	-	0.005		0		1		0.012	0.002	
Leucine	-	0.010		0		1 1		0.025	0.003	
Lysine		0.007 0.002		0		1		0.017 0.005	0.002 0.001	
Methionine		0.002		0		1		0.005	0.001	
Phenylalanine		0.004		0		1		0.015	0.001	
Tyrosine		0.003		0		1		0.013	0.001	
Valine	-	0.008		0		1		0.020	0.002	
Arginine	-	0.034		0		1		0.085	0.011	
Histidine		0.002		0		1		0.005	0.001	
Alanine	-	0.011		0		1		0.027	0.003	
Aspartic acid	g	0.053		0		1		0.132	0.016	
Glutamic acid	g	0.024		0		1		0.060	0.007	
Glycine	g	0.007		0		1		0.017	0.002	
Proline	g	0.031		0		1		0.077	0.010	
Serine		0.009		0		1		0.022	0.003	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	38		0	BFZN	4		93.375	11.663	
Carotene, alpha		14		0	BFZN	4		35.856	4.478	
Cryptoxanthin, beta	_	214		0	BFZN	4		532.860	66.554	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		166		0	BFZN	4		414.336	51.750	

## **Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 31.1g: 1 fl oz

Tangerine juice, canned, sweetened

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

NDB No. 09225
Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water

Refuse: 0%

		<u>Aı</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			m	easures of food		
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Water	q	88.10	(	ı	1		212.32	26.52		
Energy		46	(		4		111	14		
Energy		192			4		464	58		
Protein (N x 6.25)		0.43	0.035 3	1	1		1.04	0.13		
Total lipid (fat)		0.11	0.002	1	1		0.27	0.03		
Ash		0.30	0.021 3	1	1		0.72	0.09		
Carbohydrate, by difference		11.06	(	NC	4		26.65	3.33		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Mr. I										
Minerals:	ma		0 505 3				10	•		
Calcium, Ca	_	8 0.10	0.595 3 0.006 3		1 1		19 0.24	2 0.03		
Iron, Fe		8	0.006 3		1		0.24 19	0.03		
Phosphorus, P		8	0.331 3		1		19	2		
Potassium, K	•	113	2.209 3		1		272	34		
Sodium, Na		1	0.166 3		1		2	0		
Zinc, Zn		0.03	0.003 3		1		0.07	0.01		
Copper, Cu		0.025			1		0.060	0.008		
Manganese, Mn		0.037	0.019 3		1		0.089	0.011		
Selenium, Se										
Vitamins:										
	ma	24.2	0.596 3		1		58.3	7.3		
Vitamin C, total ascorbic acid Thiamin		0.052			1		0.125	7.3 0.016		
Riboflavin		0.032			1		0.125	0.006		
Niacin		0.013			1		0.224	0.028		
Pantothenic acid	-	0.125			1		0.301	0.038		
Vitamin B-6		0.042			1		0.101	0.013		
Folate, total	-	5	0.430 3		1		11	1		
Folic acid		0	C	Z	7		0	0		
Folate, food		5	0.430 3		1		11	1		
Folate, DFE	mcg_DFE	5	C	NC	4		11	1		
Vitamin B-12		0.00	C	Z	7		0.00	0.00		
Vitamin A, IU	IU	573	52.704 3		1		1381	172		
Vitamin A, RAE	mcg_RAE	29	2.635 3		1		69	9		
Retinol	mcg	0	C	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
Lipids:										
Fatty acids, total saturated	g	0.007	' C		1		0.017	0.002		
4:0	g									
6:0	g									
8:0										
10:0										
12:0										
13:0										
14:0	-									
15:0		0.00	,		4		0.017	2 222		
16:0		0.007	' C		1		0.017	0.002		
17:0										
18:0										
20:0 22:0										
	9									

		Amount in 1			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
			Number		_		<u></u>	casares or room		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		10	0		1		0.024	0.003		
14:1	=									
15:1		\1	0		1		0.002	0.000		
16:1 undifferentiated	_	)1	U		1		0.002	0.000		
17:1	•		•				0.010	0.000		
18:1 undifferentiated		18	0		1		0.019	0.002		
20:1										
22:1 undifferentiated	_									
24:1 c			0		1		0.034	0.004		
Fatty acids, total polyunsaturated			0		1		0.034	0.004		
	•		0		1		0.027	0.003		
18:3 undifferentiated	0	,,	U		_		0.007	0.001		
18:4 20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	_									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol			0	Z	7		0	0		
Phytosterols	5		·	_	•		·	•		
-	•									
Amino Acids:										
Tryptophan			0		1		0.002	0.000		
Threonine			0		1		0.012	0.002		
Isoleucine	-		0		1		0.012	0.002		
Leucine	=		0		1		0.019	0.002		
Lysine	-		0		1		0.014	0.002		
Methionine			0		1		0.005	0.001		
Cystine			0		1		0.007	0.001		
Phenylalanine			0		1		0.012	0.002		
Tyrosine			0		1		0.005	0.001		
Valine			0		1		0.017	0.002		
Arginine			0		1		0.070	0.009		
Histidine	=		0		1		0.005	0.001		
Alanine	=		0		1		0.022	0.003		
Aspartic acid			0		1		0.108	0.014		
Glutamic acid	_		0		1		0.048	0.006		
Glycine			0		1		0.014	0.002		
Proline	=		0		1		0.063	0.008		
Serine	-	08	0		1		0.019	0.002		
Hydroxyproline	9									

## **Common Measures:**

Measure 1 = 241g: 1 cup Measure 2 = 30.1g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Aı</u>	mount in 100 gr		dible p	ortion	<u>1</u>	Amount in edible portion of common measures of food			
			Nun	nber				<u>m</u>	easures of 1000	<u>.</u>	
			of E	Data Dei	riv So	urce	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	de C	ode	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		58.20		0		1		124.55			
Energy	kcal	161		0	NC	4		345			
Energy	kj	674				4		1442			
Protein (N x 6.25)	g	1.50	0.124	3		1		3.21			
Total lipid (fat)	g	0.39	0.009	3		1		0.83			
Ash	g	1.07	0.074	3		1		2.29			
Carbohydrate, by difference	g	38.85		0	NC	4		83.14			
Fiber, total dietary	g	0.6		0		4		1.3			
Sugars, total	g										
Starch											
<u>Minerals:</u>				_		_					
Calcium, Ca	_	27	2.088	3		1		58			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.34	0.020	3		1		0.73			
Magnesium, Mg		28	1.861	3		1		60			
Phosphorus, P	_	30	1.165	3		1		64			
Potassium, K	_	397	7.760	3		1		850			
Sodium, Na	-	3	0.581	3		1		6			
Zinc, Zn		0.09	0.010	3		1		0.19			
Copper, Cu		0.089		3		1		0.190			
Manganese, Mn		0.130	0.065	3		1		0.278			
Selenium, Se	Ilicg										
/itamins:											
Vitamin C, total ascorbic acid	mg	85.1	2.093	3		1		182.1			
Thiamin	mg	0.183	0.010	3		1		0.392			
Riboflavin	mg	0.066	0.005	3		1		0.141			
Niacin	mg	0.328	0.033	3		1		0.702			
Pantothenic acid	mg	0.438	0.029	3		1		0.937			
Vitamin B-6	mg	0.146	0.007	3		1		0.312			
Folate, total	mcg	16	1.508	3		1		35			
Folic acid		0		0	Z	7		0			
Folate, food		16	1.508	3		1		35			
Folate, DFE		16		0 1	IC	4		35			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU	IU	2767	689.740	3 .	A	1		5921			
Vitamin A, RAE		138	34.487	3 .	A	1		296			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>lipids:</u>											
Fatty acids, total saturated	a	0.026		0		1		0.056			
4:0		0.020				_		0.000			
6:0											
8:0	_										
10:0											
12:0											
13:0											
14:0											
15:0	-										
16:0	_	0.026	;	0		1		0.056			
17:0											
18:0											
20:0											
22:0											
24:0											

		<u>Ar</u>	nount in 100	) grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			ı	Numbei	•			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Ew Clark	1 0	0.024		0		1		0.072		
Fatty acids, total monounsaturate 14:1	g	0.034		U		1		0.073		
16:1 undifferentiated17:1	9	0.005		0		1		0.011		
18:1 undifferentiated20:1	g	0.029		0		1		0.062		
22:1 undifferentiated24:1 c	g									
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.048 0.038		0		1 1		0.103 0.081		
18:3 undifferentiated	9	0.010		0		1		0.021		
20:2 n-6 c,c 20:3 undifferentiated	g									
20:4 undifferentiated	g									
22:5 n-3 22:6 n-3 Fatty acids, total trans	g									
CholesterolPhytosterols	mg	0		0	Z	7		0		
Amino Acids:										
Tryptophan		0.004		0		1		0.009		
Threonine		0.017		0		1		0.036		
Isoleucine		0.016		0		1		0.034		
Leucine	_	0.029		0		1		0.062		
Lysine	-	0.020		0		1		0.043		
Methionine		0.007		0		1		0.015		
Cystine		0.011		0		1		0.024		
Phenylalanine		0.018		0		1		0.039		
Tyrosine	g	0.008		0		1		0.017		
Valine		0.024		0		1		0.051		
Arginine		0.101		0		1		0.216		
Histidine	-	0.006		0		1		0.013		
Alanine		0.032		0		1		0.068		
Aspartic acid		0.159		0		1		0.340		
Glutamic acid		0.071		0		1		0.152		
Glycine		0.020		0		1		0.043		
Proline	g	0.093		0		1		0.199		
Serine	-	0.028		0		1		0.060		
Hydroxyproline	g									
Carotenoids:  Carotene, beta	mca	277	106.82	3 3	A	1		592.067		
Carotene, alpha		211	100.62	, ,	A	-		392.007		
Cryptoxanthin, beta		2767	614.05	2 3	A	1		5920.809		
Lycopene	mcg	2101	014.05	_ ,	•	1		3920.009		
Lutein + zeaxanthin	mcg									

#### **Common Measures:**

Measure 1 = 214g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>A</u> :	mount in 100	) grams	of edib	ole portio	<u>n</u>		Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food			
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	88.90		0		1		219.58	27.47			
Energy	kcal	43		0	NC	4		106	13			
Energy	kj	180				4		444	56			
Protein (N x 6.25)	g	0.50		0		1		1.24	0.15			
Total lipid (fat)	g	0.20		0		1		0.49	0.06			
Ash	g	0.30		0		1		0.74	0.09			
Carbohydrate, by difference	g	10.10		0	NC	4		24.95	3.12			
Fiber, total dietary	g	0.2		0		4		0.5	0.1			
Sugars, total	g	9.90		0	0	4		24.45	3.06			
Starch	g											
M:												
Minerals: Calcium, Ca	ma	18		0		1		44	6			
Iron, Fe		0.20		0		1		0.49	0.06			
Magnesium, Mg	-	8		0		1		20	2			
Phosphorus, P		14		0		1		35	4			
Potassium, K		178		0		1		440	55			
Sodium, Na		1		0		1		2	0			
Zinc, Zn		0.03		0		1		0.07	0.01			
Copper, Cu		0.025	5	0		1		0.062	0.008			
Manganese, Mn		0.037		0		1		0.091	0.011			
Selenium, Se		0.1		0	BFZN	4		0.2	0.0			
Vitamins:												
Vitamin C, total ascorbic acid	-	31.0		0		1		76.6	9.6			
Thiamin		0.060		0		1		0.148	0.019			
Riboflavin		0.020		0		1		0.049	0.006			
Niacin	-	0.100		0		1		0.247	0.031			
Pantothenic acid	-	0.125		0		4		0.309	0.039			
Vitamin B-6		0.042	2	0		4		0.104	0.013			
Folate, total		5		0	_	4		11	1			
Folic acid		0 5		0	Z	7		0	0			
Folate, food		5 5		0	NG	4 4		11 11	1			
Folate, DFE				0	NC	7			1			
Vitamin B-12 Vitamin A, IU		0.00 253		7	Z A	1		0.00 624	0.00 78			
Vitamin A, IU Vitamin A, RAE		13		7	A	1		31	78 4			
Retinol		0		0	Z	7		0	0			
Vitamin E (alpha-tocopherol)	-	0.13		0	BFSN	4		0.33	0.04			
Tocopherol, beta		0.13		U	DESN	-		0.33	0.04			
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0			
<u>Lipids:</u>												
Fatty acids, total saturated	-	0.024		0		1		0.059	0.007			
4:0		0.000		0		1		0.000	0.000			
6:0	-	0.000		0		1		0.000	0.000			
8:0		0.000		0		1		0.000	0.000			
10:0	-	0.000		0		1		0.000	0.000			
12:0	-	0.000	J	0		1		0.000	0.000			
13:0	-	0.00		^		4		0.000	0 000			
14:0	-	0.001	L	0		1		0.002	0.000			
15:0		0 001		0		1		0.050	0.000			
16:0		0.021	<u>.</u>	U		T		0.052	0.006			
17:0	-	0.00		^		4		0.000	0 000			
18:0	-	0.001	L	0		1		0.002	0.000			
20:0	-											
	ч											

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			0.1.5	Number of Data	Deriv		Confidence				
Nutrients and Unit	is .	Mean	Std. Error	Pomis	Coue	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.036		0		1		0.089	0.011		
14:1	-										
15:1		0.005		•				2 010	0.000		
16:1 undifferentiated	-	0.005		0		1		0.012	0.002		
17:1	-	0 033		0		1		0.070	0.010		
18:1 undifferentiated	-	0.032		0		1		0.079	0.010		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c		0.040		•							
Fatty acids, total polyunsaturated		0.040		0		1		0.099	0.012		
18:2 undifferentiated		0.029		0		1		0.072	0.009		
18:3 undifferentiated		0.011		0		1		0.027	0.003		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated		0.000		•							
20:4 undifferentiated	-	0.000		0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		•		•	_	_		_	•		
Cholesterol	-	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	α	0.001		0		1		0.002	0.000		
Threonine		0.006		0		1		0.015	0.002		
Isoleucine	-	0.005		0		1		0.012	0.002		
Leucine	-	0.010		0		1		0.025	0.003		
Lysine	-	0.007		0		1		0.017	0.002		
Methionine		0.002		0		1		0.005	0.001		
Cystine		0.004		0		1		0.010	0.001		
Phenylalanine		0.006		0		1		0.015	0.002		
Tyrosine		0.003		0		1		0.007	0.001		
Valine	-	0.008		0		1		0.020	0.002		
Arginine	-	0.034		0		1		0.020	0.011		
Histidine		0.002		0		1		0.005	0.001		
Alanine		0.002		0		1		0.003	0.001		
Aspartic acid		0.053		0		1		0.027	0.016		
Glutamic acid		0.024		0		1		0.059	0.007		
Glycine		0.024		0		1		0.017	0.002		
Proline		0.031		0		1		0.017	0.010		
Serine	-	0.009		0		1		0.022	0.010		
Hydroxyproline	_	0.009		U		_		0.022	0.003		
riydroxypronne	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
	maa	20		7		1		00 605	11 500		
Carotene, beta	• • • • • • • • • • • • • • • • • • • •	38 14		7 7	A A	1 1		92.625 35.568	11.588 4.450		
Carotene, alpha	-	14 214		7	A A	1		528.580	4.450 66.126		
Cryptoxanthin, beta		0		0	A BFSN	4		0.000	0.000		
Lycopene											
Lutein + zeaxanthin	iiica	166		7	A	1		411.008	51.418		

## **Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

NDB No. 09221 Tangerine juice, raw

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

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. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se.	gkjggggggggggggggggg	89.51 37 155 0.62 0.03 0.28 9.57 0.7 8.87	Num of D Std. Error Poir	ta Deriv		Confidence Code	Measure 1  222.88 92 385 1.54 0.07 0.70	easures of food Measure 2	Measure 3
Proximates:  Water	gkjggggggggggggggggg	89.51 37 155 0.62 0.03 0.28 9.57 0.7 8.87		2 NC	1 4 4 1 1 1 4		222.88 92 385 1.54 0.07	Measure 2	Measure 3
Proximates:  Water	gkjggggggggggggggggg	89.51 37 155 0.62 0.03 0.28 9.57 0.7 8.87	Std. Error Poir	2 0 NC 2 2 2 2 0 NC	1 4 4 1 1 1	Code	222.88 92 385 1.54 0.07	Measure 2	Measure 3
Water	kcalkjggggggggggggggggggg	37 155 0.62 0.03 0.28 9.57 0.7 8.87		0 NC 2 2 2 2 0 NC	4 4 1 1 4		92 385 1.54 0.07		
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn	kcalkjggggggggggggggggggg	37 155 0.62 0.03 0.28 9.57 0.7 8.87		0 NC 2 2 2 2 0 NC	4 4 1 1 4		92 385 1.54 0.07		
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 Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn	kcalkjggggggggggggggggggg	37 155 0.62 0.03 0.28 9.57 0.7 8.87		0 NC 2 2 2 2 0 NC	4 4 1 1 4		92 385 1.54 0.07		
Energy	kj g g g g g g g mg mg	155 0.62 0.03 0.28 9.57 0.7 8.87		2 2 2 0 NC	4 1 1 4		385 1.54 0.07		
Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary. Sugars, total. Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn.	gggggggggggmgmgmg	0.62 0.03 0.28 9.57 0.7 8.87		2 2 0 NC 0	1 1 1 4		1.54 0.07		
Total lipid (fat)	g g g g g g mg mg	0.03 0.28 9.57 0.7 8.87		2 2 0 NC 0	1 1 4		0.07		
Ash	g g g g g mg mg mg	0.28 9.57 0.7 8.87		2 ) NC )	1				
Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn	g g g mg mg mg	9.57 0.7 8.87		NC	4		0.70		
Fiber, total dietary Sugars, total. Starch	g g mg mg mg mg	0.7 8.87		)	-		23.83		
Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K. Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn	g g mg mg mg	8.87			-		1.7		
Starch	g mg mg mg	11		, ,	4		22.09		
Minerals:  Calcium, Ca	mg mg mg				-		22.09		
Calcium, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn.	mg mg mg								
Iron, Fe	mg mg mg								
Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn.	mg mg	^ ^=		2	1		27		
Phosphorus, P	mg	0.27		2	1		0.67		
Potassium, K. Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn	-	11		2	1		27		
Sodium, NaZinc, ZnCopper, CuManganese, Mn	ma	10		2	1		25		
Zinc, Zn Copper, Cu Manganese, Mn		133		2	1		331		
Copper, Cu		5		2	1		12		
Manganese, Mn		0.51		2	1		1.27		
		0.033		2	1		0.082		
Selenium, Se		0.032		)	4		0.080		
	mcg	0.4		) CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid	ma	34.2		2	1		85.2		
Thiamin		0.082		2	1		0.204		
Riboflavin		0.029		<u>-</u> 2	1		0.072		
Niacin		0.445		- )	4		1.108		
Pantothenic acid	_	0.125		, )	4		0.311		
Vitamin B-6		0.042		, )	4		0.105		
Folate, total	-	5		)	4		11		
Folic acid		0		) Z	7		0		
Folate, food		5		)	4		11		
Folate, DFE		5		) NC	4		11		
Vitamin B-12		0.00		) Z	7		0.00		
Vitamin A, IU		852		2	1		2121		
Vitamin A, RAE		43		2	1		106		
Retinol		0		) Z	7		0		
Vitamin E (alpha-tocopherol)		0.10		BFYN			0.25		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0		) BFYN	4		0.0		
r tuta									
Lipids:	~	0.000					0 007		
Fatty acids, total saturated		0.003		)	1		0.007		
4:0		0.000		)	1		0.000		
6:0	-	0.000		)	1		0.000		
8:0	-	0.000		)	1		0.000		
10:0	-	0.000		)	1		0.000		
12:0	-	0.000	•	)	1		0.000		
13:0	-	0 000		,	4		0.000		
14:0	-	0.000	•	)	1		0.000		
15:0					_				
16:0		0.003	•	)	1		0.007		
17:0	-				_				
18:0	-	0.000	1	)	1		0.000		
20:0	-								
22:0 24:0	g								

	Amount in 100 grams of edible portion  Number						Amount in edible portion of common measures of food			
			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 monounsaturatedg	0.005		0		1		0.012			
14:1 <b>g</b>										
15:1g										
16:1 undifferentiatedg	0.001		0		1		0.002			
17:1g	0 004		•		1		0.010			
18:1 undifferentiated	0.004		0 0		1 1		0.010			
20:1g 22:1 undifferentiatedg	0.000		0		1		0.000 0.000			
22:1 undifferentiatedg 24:1 cg	0.000		U		1		0.000			
Fatty acids, total polyunsaturatedg	0.005		0		1		0.012			
18:2 undifferentiated	0.003		0		1		0.012			
18:3 undifferentiated	0.004		0		1		0.010			
18:4	0.001		0		1		0.002			
20:2 n-6 c.cg	0.000		•		_		0.000			
20:3 undifferentiatedg										
20:4 undifferentiated	0.000		0		1		0.000			
20:5 n-3	0.000		0		1		0.000			
22:5 n-3g	0.000		0		1		0.000			
22:6 n-3g	0.000		0		1		0.000			
Fatty acids, total transg										
Cholesterol mg	0		0	z	7		0			
Phytosterolsmg										
Amino Asido										
Amino Acids:	0.006		•		1		0.015			
Tryptophan	0.006		0 0		1		0.015			
Threonine	0.010		0		1		0.042			
Leucine	0.017		0		1		0.042			
Lysine	0.013		0		1		0.037			
Methionineg	0.013		0		1		0.032			
Cystineg	0.006		0		1		0.015			
Phenylalanine	0.020		0		1		0.050			
Tyrosine	0.010		0		1		0.025			
Valineg	0.026		0		1		0.065			
Arginine	0.043		0		1		0.107			
Histidineg	0.011		0		1		0.027			
Alanineg	0.033		0		1		0.082			
Aspartic acidg	0.074		0		1		0.184			
Glutamic acidg	0.062		0		1		0.154			
Glycineg	0.062		0		1		0.154			
Prolineg	0.030		0		1		0.075			
Serineg	0.021		0		1		0.052			
Hydroxyprolineg										
Others:	0.0		0		7		0.0			
Alcohol, ethylg. Caffeineg	0.0		0	z	7		0.0			
_	0		0	Z	7		0			
Theobromine mg Carotenoids:	J		U	4	,		U			
Carotene, betamcg	193		0	BNA	4		481.278			
Carotene, alpha mcg	133		0	BNA	4		329.932			
Cryptoxanthin, betamcg	503		0	BNA	4		1253.289			
Lycopene mcg	0		0	BFYN	4		0.000			
Lutein + zeaxanthin mcg	163		0	BFYN	4		405.397			

## **Common Measures:**

Measure 1 = 249g: 1 cup

Tangerines, (mandarin oranges), canned, juice pack

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

# Refuse:

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>I</u> Measure 3
Proximates:										
Water	-	89.51		0	BD	4		169.17		
Energy		38		0	NC	4		71		
Energy	kj	158		0	NC	4		298		
Protein	g	0.75		0	BD	4		1.42		
Total lipid (fat)	g	0.04		0	BD	4		0.08		
Ash	g	0.29		0	BD	4		0.55		
Carbohydrate, by difference	g	9.41		0	NC	4		17.79		
Fiber, total dietary	g	1.2		0	BD	4		2.2		
Sugars, total	g	8.25		0	0	4		15.59		
Starch	g									
Minerals:										
Calcium, Ca	ma	12		0	BD	4		23		
Iron, Fe	_	0.27		0	BD	4		0.51		
Magnesium, Mg		11		0	BD	4		22		
Phosphorus, P		11		0	BD	4		21		
Potassium, K		136		0	BD	4		256		
Sodium, Na		5		0	BD	4		10		
Zinc, Zn		0.53		0	BD	4		1.00		
Copper, Cu		0.041		0	BD	4		0.077		
Manganese, Mn		0.041	-		22	-		0.077		
Selenium, Se		0.4		0	CAZN	4		0.8		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		33.9		0	BD	4		64.0		
Thiamin	-	0.088		0	BD	4		0.166		
Riboflavin		0.031		0	BD	4		0.059		
Niacin		0.445	5	0	BD	4		0.841		
Pantothenic acid										
Vitamin B-6		0.043	3	0	BD	4		0.081		
Folate, total		5		0	BD	4		9		
Folic acid	-	0		0	z	7		0		
Folate, food		5		0	BD	4		9		
Folate, DFE		5		0	NC	4		9		
Vitamin B-12		0.00				7		0.00		
Vitamin A, IU	IU	1312		0	BD	4		2480		
Vitamin A, RAE		66		0	NC	4		124		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.15		0	BFZN	4		0.28		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•	BFZN			0.0		
Vitamin K (phylloquinone)	Ilicy	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.004	l			4		0.008		
4:0	g	0.000				4		0.000		
6:0	g	0.000	)			4		0.000		
8:0	g	0.000	)			4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000	)			4		0.000		
13:0										
14:0	-	0.000	)			4		0.000		
15:0										
16:0		0.004	l			4		0.008		
17:0	g									
18:0	g	0.000	)			4		0.000		
20:0	-									
22:0	g									
24:0	a									

	<u>Ar</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.007				4		0.013		
14:1g									
15:1	0.001				4		0.002		
17:1g	0.001				4		0.002		
18:1 undifferentiated	0.005				4		0.009		
20:1g	0.000				4		0.009		
22:1 undifferentiated	0.000				4		0.000		
24:1 cg	0.000				-		0.000		
Fatty acids, total polyunsaturated9	0.007				4		0.013		
18:2 undifferentiatedg	0.007				4		0.013		
18:3 undifferentiated	0.003				4		0.003		
18:4g	0.001				4		0.002		
20:2 n-6 c.cg	0.000				-		0.000		
20:3 undifferentiated									
20:4 undifferentiated	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3	0.000				4		0.000		
Fatty acids, total trans	0.000				-		0.000		
Cholesterol mg	0				7		0		
Phytosterolsmg	·				·		·		
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	298		0	BNA	4		562.573		
Carotene, alphamcg	204		0	BNA	4		385.663		
Cryptoxanthin, betamcg	775		0	BNA	4		1464.989		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthinmcg	243		0	BFZN	4		459.270		

## **Common Measures:**

Measure 1 = 189g: 1 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 09 Fruits and Fruit Juices

Refuse: 0%

		<u>Ar</u>	mount in 100 g	ırams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>1</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	83.06	0.069	33		1		209.31			
Energy	kcal	61		0	NC	4		154			
Energy	kj	255				4		643			
Protein (N x 6.25)	g	0.45	0.012	33		1		1.13			
Total lipid (fat)	g	0.10	0.000	33		1		0.25			
Ash	g	0.19	0.004	33		1		0.48			
Carbohydrate, by difference	g	16.19		0	NC	4		40.80			
Fiber, total dietary	g	0.7		0		4		1.8			
Sugars, total	g	15.49		0	0	4		39.03			
Starch	g										
Minerals:											
Calcium, Ca	ma	7	0.262	33		1		18			
Iron, Fe	-	0.37	0.027	32		1		0.93			
Magnesium, Mg	-	8	0.109	33		1		20			
Phosphorus, P		10	0.131	33		1		25			
Potassium, K	_	78	1.303	33		1		197			
Sodium, Na	_	6	0.285	33		1		15			
Zinc, Zn	mg	0.24	0.022	33		1		0.60			
Copper, Cu	mg	0.044	0.002	33		1		0.111			
Manganese, Mn	mg	0.032		0		4		0.081			
Selenium, Se	mcg	0.4		0	CAZN	4		1.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	19.8	0.231	33		1		49.9			
Thiamin	-	0.053		33		1		0.134			
Riboflavin	_	0.044		33		1		0.111			
Niacin	=	0.445		33		1		1.121			
Pantothenic acid	-	0.125		0		4		0.315			
Vitamin B-6	_	0.042		0		4		0.106			
Folate, total	_	5		0		4		12			
Folic acid		0		0	Z	7		0			
Folate, food		5		0		4		12			
Folate, DFE		5		0	NC	4		12			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	840	100.438	34		1		2117			
Vitamin A, RAE	mcg_RAE	42	5.022	34		1		106			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.10		0	BFYN	4		0.25			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•							
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0			
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.012		0		1		0.030			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	g	0.000		0		1		0.000			
10:0	g	0.000		0		1		0.000			
12:0	g	0.000		0		1		0.000			
13:0											
14:0	g	0.000		0		1		0.000			
15:0	g										
16:0	g	0.011		0		1		0.028			
17:0	g										
18:0	g	0.000		0		1		0.000			
20:0	g										
22:0	g										
24:0	g										

	<u>Aı</u>	mount in 100	) grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common					
			1	Number	•			measures of food				
				of Data		Source	Confidence					
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturate	dg	0.018		0		1		0.045				
14:1	g											
15:1	g											
16:1 undifferentiated	g	0.002		0		1		0.005				
17:1	g											
18:1 undifferentiated	_	0.016		0		1		0.040				
20:1		0.000		0		1		0.000				
22:1 undifferentiated	•	0.000		0		1		0.000				
24:1 c												
Fatty acids, total polyunsaturated		0.020		0		1		0.050				
18:2 undifferentiated		0.015		0		1		0.038				
18:3 undifferentiated	g	0.005		0		1		0.013				
18:4	_	0.000		0		1		0.000				
20:2 n-6 c,c	_											
20:3 undifferentiated	_											
20:4 undifferentiated	_	0.000		0		1		0.000				
20:5 n-3		0.000		0		1		0.000				
22:5 n-3	-	0.000		0		1		0.000				
22:6 n-3	g	0.000		0		1		0.000				
Fatty acids, total trans												
Cholesterol		0		0	Z	7		0				
Phytosterols	mg											
Amino Acids:												
Tryptophan	а	0.004		0		1		0.010				
Threonine		0.007		0		1		0.018				
Isoleucine	-	0.012		0		1		0.030				
Leucine	-	0.011		0		1		0.028				
Lysine	_	0.023		0		1		0.058				
Methionine		0.010		0		1		0.025				
Cystine	_	0.005		0		1		0.013				
Phenylalanine		0.015		0		1		0.038				
Tyrosine		0.008		0		1		0.020				
Valine		0.019		0		1		0.048				
Arginine		0.031		0		1		0.078				
Histidine	-	0.008		0		1		0.020				
Alanine		0.024		0		1		0.060				
Aspartic acid		0.055		0		1		0.139				
Glutamic acid		0.045		0		1		0.113				
Glycine		0.045		0		1		0.113				
Proline		0.022		0		1		0.055				
Serine		0.015		0		1		0.038				
Hydroxyproline				-		_		,,,,,				
Others:												
Alcohol, ethyl	-	0.0		0		7		0.0				
Caffeine		0		0	Z	7		0				
Theobromine	mg	0		0	Z	7		0				
Carotenoids:												
Carotene, beta	mca	191		0	BNA	4		480.216				
Carotene, alpha		131		0	BNA	4		329.204				
Cryptoxanthin, beta	-	496		0	BNA	4		1250.524				
Lycopene		0		0	BFYN	4		0.000				
Lutein + zeaxanthin	mca	163		0	BFYN	4		410.281				

## **Common Measures:**

Measure 1 = 252g: 1 cup

Tangerines, (mandarin oranges), canned, light syrup pack

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.71

Food Group: 09 Fruits and Fruit Juices

Citrus reticulata

Refuse: 28% Peel and seeds

		<u>A</u>	mount in 100 g			edible portion				
				mber				<u>m</u> :	easures of food	
Nutrients and Uni	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_	05.45	0.50		_	_		4.66.00		
Water	=	85.17	0.761	15	A	1		166.07	83.46	71.54
Energy		53		0	NC	4		104 435	52	45 187
Energy		223	0.010	-	NC	4			219	
Protein (N x 6.25)		0.81	0.012	9 7	A	1 1		1.58 0.60	0.80	0.68
Total lipid (fat)		0.31 0.38	0.041 0.026	9	A A	1		0.60	0.30 0.37	0.26 0.32
Ashdiff		13.34	0.026	0	NC	4		26.01	13.07	11.20
Carbohydrate, by difference		1.8	0.205	9	A	1		3.5	13.07	1.5
Fiber, total dietary		10.58	0.205	8	A	1		20.64	1.8	8.89
Sugars, total		6.05	0.664	8	A	1		11.80	5.93	5.08
Sucrose		2.13	0.085	8	A	1		4.16		1.79
Glucose (dextrose)					A	1			2.09	
Fructose	9	2.40	0.233	8 5		1		4.68	2.35	2.02
Lactose	9	0.00	0.000	5	A A	1		0.00	0.00	0.00
Maltose	9	0.00	0.000					0.00	0.00	0.00
Galactose		0.00	0.000	5 1	A A	1 1		0.00 0.00	0.00	0.00
Starch	9	0.00		_	Α	1		0.00	0.00	0.00
Minerals:										
Calcium, Ca	mg	37	0.752	9	A	1		71	36	31
Iron, Fe	mg	0.15	0.011	9	A	1		0.29	0.15	0.13
Magnesium, Mg	mg	12	0.068	9	A	1		24	12	10
Phosphorus, P	mg	20	0.105	9	A	1		39	20	17
Potassium, K	mg	166	2.145	9	A	1		324	163	140
Sodium, Na		2	0.908	3	A	1		4	2	2
Zinc, Zn		0.07	0.001	9	A	1		0.14	0.07	0.06
Copper, Cu		0.042		9	A	1		0.082	0.041	0.035
Manganese, Mn		0.039	0.004	9 2	A A	1 1		0.077 0.2	0.039 0.1	0.033 0.1
Selenium, Se	Thog	0.1		2	A	1		0.2	0.1	0.1
Vitamins: Vitamin C, total ascorbic acid	ma	26.7	1.868	9	A	1		52.1	26.2	22.4
Thiamin	_	0.058		9	A	1		0.113	0.057	0.049
Riboflavin		0.036		9	A	1		0.070	0.035	0.030
Niacin	_	0.376		9	A	1		0.732	0.368	0.315
Pantothenic acid	-	0.216		9	A	1		0.422	0.212	0.182
Vitamin B-6		0.078		9	A	1		0.152	0.076	0.065
Folate, total		16	2.360	9	A	1		31	16	14
Folic acid		0		0	z	7		0	0	0
Folate, food		16	2.360	9	A	1		31	16	14
Folate, DFE		16		0	NC	4		31	16	14
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		681		0	AS	1		1328	667	572
Vitamin A, RAE		34		0	AS	1		66	33	29
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.20	0.083	3	A	1		0.40	0.20	0.17
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D				•	_	_				
Vitamin K (phylloquinone)	mcg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:		0.000		0				0 075	2 222	0.000
Fatty acids, total saturated		0.039		0	NC	4		0.076	0.038	0.033
4:0		0.000		0		1 1		0.000	0.000	0.000
6:0	-	0.000				1		0.000	0.000	0.000
8:0		0.000		0				0.000	0.000	0.000
10:0	_	0.000		0		1 1		0.000	0.000	0.000
12:0	-	0.000	,	U		1		0.000	0.000	0.000
13:0	-	0.002	<b>)</b>	0		1		0.003	0.002	0.00
14:0 15:0	-	0.002	-	J		_		0.003	0.002	0.00.

		<u>Am</u>	ount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	q	0.035		0		1		0.069	0.035	0.030
17:0	-									
18:0	g	0.002		0		1		0.003	0.002	0.001
20:0	g									
22:0										
24:0										
Fatty acids, total monounsaturate		0.060		0	NC	4		0.117	0.059	0.050
14:1	-									
15:1 16:1 undifferentiated		0.007		0		1		0.014	0.007	0.006
17:1	-	0.007		·		-		0.014	0.007	0.000
18:1 undifferentiated	_	0.053		0		1		0.103	0.052	0.044
20:1	-	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	lg	0.065		0	NC	4		0.127	0.064	0.055
18:2 undifferentiated	_	0.048		0		1		0.093	0.047	0.040
18:3 undifferentiated		0.018		0		1		0.034	0.017	0.015
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-	0.000		•				0.000	0.000	0.000
20:4 undifferentiated	-	0.000		0		1 1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000 0.000	0.000 0.000	0.000
22:6 n-3	-	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	-	0.000		Ū		-		0.000	0.000	0.000
Cholesterol		0		0	z	7		0	0	0
Phytosterols										
Amino Acids:										
Tryptophan		0.002		0	A	1		0.003	0.002	0.001
Threonine		0.016		0	A	1		0.031	0.015	0.013
Isoleucine	-	0.017		0	A	1		0.032	0.016	0.014
Leucine		0.028		0	A	1		0.054	0.027	0.023
Lysine	-	0.032		0	A A	1 1		0.063	0.031	0.027
Methionine		0.002		0	A	1		0.003 0.003	0.002 0.002	0.001 0.001
Cystine Phenylalanine		0.002		0	A	1		0.005	0.002	0.001
Tyrosine		0.015		0	A	1		0.030	0.017	0.013
Valine		0.021		0	A	1		0.040	0.013	0.013
Arginine		0.068		0	A	1		0.133	0.067	0.057
Histidine	-	0.011		0	A	1		0.021	0.011	0.009
Alanine		0.028		0	A	1		0.055	0.028	0.024
Aspartic acid	-	0.129		0	A	1		0.251	0.126	0.108
Glutamic acid	g	0.061		0	A	1		0.120	0.060	0.052
Glycine	-	0.019		0	A	1		0.038	0.019	0.016
Proline	g	0.074		0	A	1		0.144	0.072	0.062
Serine		0.033		0	A	1		0.064	0.032	0.028
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta		155	58.677		A	1		301.587	151.567	129.914
Carotene, alpha		101	86.390		A	1		196.150	98.578	84.496
Cryptoxanthin, beta	_	407	77.610		A	1		794.411	399.242	342.208
Lycopene		0	0.000		A	1		0.000	0.000	0.000
Lutein + zeaxanthin	iing	138	105.174	1 8	A	1		268.761	135.070	115.774

Tangerines, (mandarin oranges), raw

**Common Measures:** 

Measure 1 = 195g: 1 cup, sections Measure 2 = 98g: 1 large (2-1/2" dia) Measure 3 = 84g: 1 medium (2-3/8" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices

NDB No. 09431 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

A404 **Refuse:** 

		<u>A</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common			
				umber				<u>m</u>	easures of food	Ĺ	
							Confidence				
Nutrients and I	Units	Mean	Std. Error P	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	84.60		1	A	1					
Energy	kcal	61		0	NC	4					
Energy		257		0	NC	4					
Protein (N x 6.25)	g	0.46		1	A	1					
Total lipid (fat)	g	0.10		1	A	1					
Ash		0.19		1	A	1					
Carbohydrate, by difference		14.65		0	NC	4					
Fiber, total dietary		1.6		1	A	1					
Sugars, total		11.25		0	AS	1					
Sucrose		0.03		1	A	1					
Glucose (dextrose)		5.49		1	A	1					
Fructose (dextrose)		4.85		1	A	1					
Lactose		0.00		1	A	1					
Maltose		0.88		1	A	1					
Galactose	a	0.00		0	z	7					
Starch		0.00		Ů	_	•					
Starcii	9										
Minerals:											
Calcium, Ca	mg	5		1	A	1					
Iron, Fe	mg	0.31		1	A	1					
Magnesium, Mg	mg	5		1	A	1					
Phosphorus, P	mg	12		1	A	1					
Potassium, K	mg	89		1	A	1					
Sodium, Na	mg										
Zinc, Zn	mg	0.09		1	A	1					
Copper, Cu		0.075	5	1	A	1					
Manganese, Mn	mg	0.027	7	1	A	1					
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.2		1	A	1					
Thiamin	_	0.012	2	1	A	1					
Riboflavin		0.024		1	A	1					
Niacin	-	0.392		1	A	1					
Pantothenic acid		0.041		1	A	1					
Vitamin B-6	_	0.016		1	A	1					
Folate, total	•	2		1	A	1					
Folic acid		0		0	z	7					
Folate, food	_	2		1	A	1					
Folate, DFE		2		0	NC	4					
Vitamin B-12											
Vitamin A, IU	_	302		1	A	1					
Vitamin A, RAE		15		1	A	1					
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	4.6		1	A	1					
Carotenoids:											
Carotene, beta		110		1	A	1					
Carotene, alpha		0		1	A	1					
Cryptoxanthin, beta		142		1	A	1					
Lycopene	mca	0		1	A	1					

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

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, drained

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

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

Measure 1

Measure 2

Measure 3

food, or similar food.

**Common Measures:** 

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

NDB No. 09432 USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

A404 **Refuse:** 

		<u>A</u>	mount in 100 grai		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
			Numb		_		<u>m</u>	easures of food	<u> </u>	
Nutrients and U	Inits	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Water	a	85.02	1	A	1					
Energy		60			4					
Energy		249		NC	4					
Protein (N x 6.25)		0.41	1		1					
Total lipid (fat)		0.08	- 1		1					
Ash		0.19	1		1					
Carbohydrate, by difference		14.30		NC	4					
Fiber, total dietary		1.2	1		1					
Sugars, total		11.46	(		1					
Sucrose		0.03	1		1					
Glucose (dextrose)		5.63	1		1					
Fructose (dextrose)		5.04	- 1		1					
Lactose		0.00	1		1					
Maltose		0.76	1		1					
Galactose	a	0.00	(		7					
Starch										
Minerals:										
Calcium, Ca	•	5	1	A	1					
Iron, Fe		_	_	_	_					
Magnesium, Mg		5 13	1 1		1 1					
Phosphorus, P		13 85	1		1					
Potassium, K Sodium, Na		65	1	A	1					
Zinc, Zn		0.08	1	A	1					
Copper, Cu		0.075			1					
Manganese, Mn		0.029			1					
Selenium, Se			_		_					
· ·										
Vitamins:			_	_	_					
Vitamin C, total ascorbic acid	-	3.1	1		1					
Thiamin		0.013			1					
Riboflavin	_	0.038			1 1					
Niacin		0.385			1					
Pantothenic acid Vitamin B-6	_	0.04			1					
Folate, total	_	2	, 1		1					
Folic acid		0	0		7					
Folate, food	-	2	1		1					
Folate, DFE		2	0	NC	4					
Vitamin B-12										
Vitamin A, IU	-	198	1	A	1					
Vitamin A, RAE		10	1	A	1					
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_	_					
Vitamin K (phylloquinone)	mcg	2.9	1	A	1					
Carotenoids:										
Carotene, beta		79	1		1					
Carotene, alpha		0	1		1					
Cryptoxanthin, beta		80	1		1					
Lycopene		0	1	A	1					

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

USDA Commodity, mixed fruit (peaches, pears, grapes), canned, light syrup, solids and liquids

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

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

food, or similar food.

**Common Measures:** 

Calories Factors: Protein Fat Carbohydrate

Food Group: 09 Fruits and Fruit Juices

Amount in edible portion of common measures of food

Refuse: 48% Rind, seeds, and cutting loss

		<u>A</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.45	0.316	14	A	1		140.83	139.00	4131.67
Energy	kcal	30		0	NC	4		47	46	1376
Energy	kj	127		0	NC	4		196	194	5756
Protein (N x 6.25)	g	0.61	0.041	11	A	1		0.94	0.93	27.52
Total lipid (fat)	g	0.15	0.037	10	A	1		0.23	0.22	6.66
Ash		0.25	0.038	11	A	1		0.38	0.37	11.14
Carbohydrate, by difference	g	7.55		0	NC	4		11.62	11.47	341.01
Fiber, total dietary	g	0.4	0.051	10	A	1		0.7	0.7	19.6
Sugars, total		6.20	0.143	6	A	1		9.55	9.43	280.27
Sucrose		1.21	0.859	6	A	1		1.86	1.84	54.55
Glucose (dextrose)	g	1.58	0.433	8	A	1		2.43	2.40	71.19
Fructose	g	3.36	0.322	8	A	1		5.18	5.11	151.84
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.06	0.043	8	A	1		0.09	0.09	2.69
Galactose	g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch	g	0.00	0.000	4	A	1		0.00	0.00	0.00
<u>linerals:</u>	ma	7	0.322	42	A	1		11	10	311
Calcium, CaIron, Fe		0.24	0.322	45	A	1		0.36	0.36	10.6
Magnesium, Mg		10	0.015	45	A	1		15	15	446
Phosphorus, P		11	0.506	42	A	1		18	17	516
Potassium, K		112	3.178	44	A	1		173	171	5078
Sodium, Na		1	0.160	40	A	1		2	2	64
Zinc, Zn		0.10	0.023	45	A	1		0.16	0.16	4.65
Copper, Cu		0.042	0.008	42	A	1		0.065	0.064	1.89
Manganese, Mn		0.038	0.002	45	A	1		0.058	0.057	1.70
Selenium, Se		0.4		2	A	1		0.6	0.6	16.6
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		8.1	2.425	6	A	1		12.5	12.3	365.9
Thiamin	-	0.033		11	A	1		0.051	0.050	1.49
Riboflavin		0.021		11	A	1		0.032	0.032	0.94
Niacin		0.178		11	A	1		0.275	0.271	8.05
Pantothenic acid		0.221		11	A	1		0.340	0.336	9.98
Vitamin B-6		0.045		11	A	1		0.069	0.068	2.0
Folate, total		3	0.251	3	A -	1		4	4	116
Folic acid		0 3	0.251	0 3	Z A	7 1		0 4	0	0
Folate, food	_	3	0.251			_		=	4	116
Folate, DFE Vitamin B-12		0.00		0	NC Z	4 7		4 0.00	<b>4</b> 0.00	116 0.0
Vitamin B-12 Vitamin A, IU	_	569		0	AS	1		877	865	25722
Vitamin A, RAE		28		0	AS	1		44	43	1286
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.05	0.013	8	A	1		0.08	0.07	2.2
Tocopherol, beta		0.00	0.000	8	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	0.003	8	A	1		0.00	0.00	0.1
Tocopherol, delta		0.00	0.005	8	A	1		0.01	0.01	0.2
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1	0.060	8	A	1		0.2	0.2	5.3
ipids:	_		_			_				. =
Fatty acids, total saturated		0.016		0	NC	4		0.025	0.025	0.7
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0		0.000		0		4		0.001	0.001	0.0
10:0	-	0.001		0		4		0.002	0.002	0.0
12:0	_	0.001	L	0		4		0.001	0.001	0.0
13:0						_				
14:0	9	0.000	J	0		4		0.001	0.001	0.0

	<u>An</u>	nount in 100 g	rams o	of edib	Amount in edible portion of common				
		Nu	mber				measures of food		
Nutrients and Units	Mean	of Std. Error Po	Data I oints (		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.008		0		4		0.012	0.012	0.356
17:0g									
18:0g	0.006		0		4		0.009	0.009	0.279
20:0g 22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.037		0	NC	4		0.056	0.056	1.656
14:1g									
15:1g									
16:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
17:1g	0.037		0		4		0.056	0.056	1.656
18:1 undifferentiatedg 20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
24:1 cg	2.230		-		-				2.223
Fatty acids, total polyunsaturatedg	0.050		0	NC	4		0.077	0.076	2.260
18:2 undifferentiatedg	0.050		0		4		0.077	0.076	2.260
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0				0.000	0.000	0.000
20:4 undifferentiatedg 20:5 n-3g	0.000		0		4 4		0.000	0.000 0.000	0.000
20.5 n-3g	0.000		0		4		0.000	0.000	0.000
22:6 n-3	0.000		0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	0		0	z	7		0	0	0
Phytosterolsmg	2		0		1		3	3	90
Amino Acids:									
Tryptophang	0.007		1		1		0.011	0.011	0.316
Threonineg	0.027		1		1		0.042	0.041	1.220
Isoleucine	0.019		1		1		0.029	0.029	0.858
Leucineg	0.018		1		1 1		0.028	0.027	0.813
Lysine	0.062 0.006		1 1		1		0.095 0.009	0.094 0.009	2.801 0.271
Methionine	0.008		1		1		0.003	0.009	0.271
Phenylalanine	0.015		1		1		0.003	0.003	0.678
Tyrosineg	0.012		1		1		0.018	0.018	0.542
Valine	0.016		1		1		0.025	0.024	0.723
Arginineg	0.059		1		1		0.091	0.090	2.666
Histidineg	0.006		1		1		0.009	0.009	0.271
Alanineg	0.017		1		1		0.026	0.026	0.768
Aspartic acidg	0.039		1		1		0.060	0.059	1.762
Glutamic acidg	0.063		1		1		0.097	0.096	2.846
Glycineg	0.010		1		1		0.015	0.015	0.452
Proline	0.024 0.016		1 1		1 1		0.037	0.036	1.084 0.723
Hydroxyproline	0.016		1		1		0.025	0.024	0.723
2									
Others:	0.0		0		7		0.0	0.0	0.0
Alcohol, ethylg  Caffeinemg	0.0		0	Z	7		0.0	0.0	0.0 0
Theobromine mg	0		0	Z	7		0	0	0
Carotenoids:	ŭ		•	-	•		ū	•	J
Carotene, beta mcg	303	8.654	14	A	1		466.389	460.332	13682.763
Carotene, alphamcg	0	0.000	9	A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	78	77.500	10	A	1		119.350	117.800	3501.450
Lycopene mcg	4532		150	A	1		6978.815	6888.181	204742.112
Lutein + zeaxanthinmcg	8	4.919	9	A	1		12.577	12.413	368.970

NDB No. 09326 Watermelon, raw

**Common Measures:** 

Measure 1 = 154g: 1 cup, balls Measure 2 = 152g: 1 cup, diced

Measure 3 = 4518g: 1 melon (15" long x 7-1/2" dia)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.6

Food Group: 09 Fruits and Fruit Juices