		<u>A</u>	mount in 100	υ grams	ot eath	ne portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	14.50		0	MC	9					
Energy	_	377		0	NC	4					
Energy		1576		0	NC	4					
Protein		4.40		0	MC	9					
Total lipid (fat)	-	7.50		0	MC	9					
Ash		0.80		0	MC	9					
Carbohydrate, by difference		72.90		0	MC	9					
Fiber, total dietary		2.1		0	MC	9					
Sugars, total		35.10		0	т	4					
Starch		55.15		·	_	-					
Minerals:											
Calcium, Ca	ma	41		0	MC	9					
Iron. Fe.	-	4.86		0	MC	9					
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	27		0	MC	9					
Phosphorus, P		103		0	MC	9					
Potassium, K		197		0	MC	9					
Sodium, Na		167		0	MC	9					
Zinc, Zn	mg	4.10		0	MC	9					
Copper, Cu	mg	0.100)	0	MC	9					
Manganese, Mn	mg										
Selenium, Se	mcg	15.0		0	FLM	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9					
Thiamin		1.000		0	MC	9					
Riboflavin		1.100		0	MC	9					
Niacin		13.500		0	MC	9					
Pantothenic acid		0.000		0	MC	9					
Vitamin B-6	-	1.400)	0	MC	9					
Folate, total		108		0	MC	9					
Folic acid		95		0	0	4					
Folate, food	IIICY	13 174		0 0	FLA NC	4 4					
Folate, DFE				U	NC	4 7					
Vitamin B-12 Vitamin A, IU		0.00 2027		0	MC	9					
Vitamin A, RAE		608		0	NC	4					
Retinol		608		0	0	4					
Vitamin E (alpha-tocopherol)		0.76		0	FLA	4					
Tocopherol, beta	mg	56		•		-					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	13.8		0	FLA	4					
Lipids:											
Fatty acids, total saturated	g	1.500)	0	MC	9					
4:0		0.000)	0		4					
6:0	g	0.000)	0		4					
8:0	-	0.000		0		4					
10:0		0.000		0		4					
12:0		0.002	2	0		4					
13:0											
14:0	-	0.001	L	0		4					
15:0											
16:0		0.860)	0		4					
17:0				_		_					
18:0		0.153	3	0		4					
20:0	-										
22:0	a										

	Ar	nount in 10	00 grams	of edib	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.000		0	MC	9				
14:1g									
15:1g									
16:1 undifferentiatedg	0.054		0		4				
17:1g									
18:1 undifferentiated	4.977		0		4				
20:1g	0.023		0		4				
22:1 undifferentiatedg	0.003		0		4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.900		0	MC	9				
18:2 undifferentiatedg	0.850		0		4				
18:3 undifferentiatedg	0.056		0		4				
18:4g	0.000		0		4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4				
20:5 n-3g	0.000		0		4				
22:5 n-3g	0.000		0		4				
22:6 n-3g	0.000		0		4				
Fatty acids, total transg									
Cholesterol mg	0				7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	0		0	FLA	4				
Carotene, alphamcg	0		0	FLA	4				
Cryptoxanthin, beta mcg	0		0	FLA	4				
Lycopene mcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	40		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 43100 Breakfast bars, oats, sugar, raisins, coconut (include granola bar)

		<u>A</u>	mount in 100	grams	of edit	ie portio	<u>n</u>		edible portion of	
			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
Proximates: Water	а	4.10				1				1.76
Energy	=	464		0	NC	4				200
Energy		1943		0	NC	4				836
Protein		9.80		·	-1.0	1				4.21
Total lipid (fat)	-	17.60				1				7.57
Ash		1.80		0	NR	4				0.77
Carbohydrate, by difference		66.70			NC	4				28.68
Fiber, total dietary		3.1				4				1.3
Sugars, total		27.52		0	FLA	4				11.84
Starch	=	27102		·		-				
Minerals:										
Calcium, Ca	mg	60				1				26
Iron, Fe		3.18				1				1.37
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	101				1				43
Phosphorus, P		277				1				119
Potassium, K		326				1				140
Sodium, Na		278				1				120
Zinc, Zn	mg	1.60				1				0.6
Copper, Cu	mg	0.360)			1				0.1
Manganese, Mn										
Selenium, Se	mcg	16.0		0	FLM	4				6.9
litamins:										
Vitamin C, total ascorbic acid		1.0				4				0.4
Thiamin	-	0.280				1				0.1
Riboflavin		0.110				1				0.04
Niacin	-	1.750)			4				0.75
Pantothenic acid	-									
Vitamin B-6	=	0.350)			4				0.1
Folate, total		81 0		0	z	4 7				35
Folic acid		81		U	Z	4				0 35
Folate, food		81		0	NC	4				35
Folate, DFEVitamin B-12		0.00		U	NC	7				0.0
Vitamin A, IU		152		0	NC	4				65
Vitamin A, RAE	mca RAF	8		0	NC	4				3
Retinol		0		0	Z	7				0
Vitamin E (alpha-tocopherol)		2.34		0	FLA	4				1.0
Tocopherol, beta		-		-		=				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	15.9		0	FLA	4				6.8
Lipids:										
Fatty acids, total saturated	g	12.690)			4				5.4
4:0		0.000				4				0.00
6:0	_	0.081				4				0.0
8:0	_	1.005				4				0.4
10:0	_	0.802				4				0.3
12:0	-	6.135	5			4				2.6
13:0		_	_			_				
14:0		2.357	1			4				1.0
15:0		. = :				_				-
16:0		1.701	L			4				0.7
17:0						_				
18:0		0.562	2			4				0.2
20:0	_									
22:0										

	<u>Ar</u>	nount in 100 g	rams of ed	<u>on</u>	Amount in edible portion of common			
		Nu	mber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.933			4				0.831
14:1g	1.555			-				0.031
15:1g								
16:1 undifferentiated 9	0.007			4				0.003
17:1g								
18:1 undifferentiated	1.926			4				0.828
20:1g	0.001			4				0.000
22:1 undifferentiatedg	0.000			4				0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	1.634			4				0.703
18:2 undifferentiatedg	1.574			4				0.677
18:3 undifferentiatedg	0.011			4				0.005
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		0 FLA	. 4				0.0
Caffeine mg	0		0 FLA	. 4				0
Theobrominemg	0		0 FLA	. 4				0
Carotenoids:								
Carotene, beta mcg	91		0 FLA	. 4				39.190
Carotene, alphamcg	0		0 FLA	. 4				0.000
Cryptoxanthin, betamcg	0		0 FLA	. 4				0.000
Lycopene mcg	0		0 FLA	. 4				0.000
Lutein + zeaxanthinmcg	107		0 FLA	. 4				46.089

Common Measures:

Measure 3 = 43g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				m	easures of food		
			c	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure	
roximates:											
Water	-	3.00		_		8		0.85			
Energy		432		0	NC	4		123			
Energy		1809		0	NC	4		513			
Protein.		8.50				8		2.41			
Total lipid (fat)		12.10		•		8		3.43			
Ash		4.05		0	FLA	4 4		1.15			
Carbohydrate, by difference		72.35 10.7		U	NC	4 8		20.51 3.0			
Fiber, total dietary				0		4					
Sugars, total		7.29		U	FLA	4		2.07			
Starch	9										
<u> finerals:</u>											
Calcium, Ca	mg	357				8		101			
Iron, Fe	mg	1.28				8		0.36			
Magnesium, Mg	mg	41				4		12			
Phosphorus, P	mg	357				4		101			
Potassium, K		286				8		81			
Sodium, Na		1285				8		364			
Zinc, Zn		2.14				8		0.61			
Copper, Cu		0.085	i			4		0.024			
Manganese, Mn				•							
Selenium, Se	mcg	9.6		0	FLM	4		2.7			
<u>itamins:</u>						_					
Vitamin C, total ascorbic acid		21.4				8		6.1			
Thiamin		0.540				8		0.153			
Riboflavin		0.610				8		0.173			
Niacin		7.140)			8		2.024			
Pantothenic acid		0.710				8		0.201			
Vitamin B-6		97	,		FLM	4		27			
Folic acid		0		0	FLA	4		0			
Folate, food		97		U	FLM	4		27			
Folate, DFE		97		0	NC	4		27			
Vitamin B-12	mca_br E	2.14		Ū	мс	8		0.61			
Vitamin A, IU		250		0	NC	4		71			
Vitamin A, RAE		44		0	NC	4		13			
Retinol		38		0	FLA	4		11			
Vitamin E (alpha-tocopherol)		4.25		0	FLA	4		1.21			
Tocopherol, beta		1.23		·		•		1.21			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.1		0	FLA	4		0.3			
ipids:											
Fatty acids, total saturated	g	2.100)			4		0.595			
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	-	0.001	<u> </u>			4		0.000			
13:0	g										
14:0	-	0.033	3			4		0.009			
15:0	-										
16:0		1.652	2			4		0.468			
17:0											
18:0		0.414	Į.			4		0.117			
20:0											
22:0	g										
24:0	a										

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of 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		3.500				4		0.992		
14:1										
15:1	-					_				
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.026				4		0.007		
17:1		0.455								
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	3.475				4		0.985		
20:1	-	0.000				4		0.000		
22:1 undifferentiated		0.000				4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		5.740				4		1.627		
18:2 undifferentiated	-	5.429				4		1.539		
18:3 undifferentiated	-	0.314				4		0.089		
18:4		0.000				4		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-					_				
20:4 undifferentiated		0.000				4		0.000		
20:5 n-3		0.000				4		0.000		
22:5 n-3	-	0.000				4		0.000		
22:6 n-3		0.000				4		0.000		
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	1				4		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	58		0	FLA	4		16.479		
Carotene, alpha	mcg	30		0	FLA	4		8.515		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000		
Lycopene	mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin	mcg	643		0	FLA	4		182.275		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<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	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	3.20				4					
Energy	kcal	536		0	NC	4					
Energy	kj	2241		0	NC	4					
Protein	g	9.60				4					
Total lipid (fat)	g	31.20				4					
Ash	g	1.90		0	NR	4					
Carbohydrate, by difference	g	54.10				4					
Fiber, total dietary	g	3.8				4					
Sugars, total		23.63		0	FLA	4					
Starch											
Minerals:											
Calcium, Ca	-	108				4					
Iron, Fe		1.45				4					
Magnesium, Mg		67				4					
Phosphorus, P	-	227				4					
Potassium, K	-	339				4					
Sodium, Na	-	193				4					
Zinc, Zn		1.47				4					
Copper, Cu		0.323	3			4					
Manganese, Mn											
Selenium, Se	mcg	15.7		0	RA	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.6				4					
Thiamin	_	0.100)			4					
Riboflavin	-	0.210				4					
Niacin		3.290				4					
Pantothenic acid		3.230				-					
Vitamin B-6	-	0.110)			4					
Folate, total		25				4					
Folic acid		0		0	Z	7					
Folate, food		25				4					
Folate, DFE		25		0	NC	4					
Vitamin B-12		0.46				4					
Vitamin A, IU		26		0	NC	4					
Vitamin A, RAE		8		0	NC	4					
Retinol		8		0	FLA	4					
Vitamin E (alpha-tocopherol)		4.59		0	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		5.7		0	FLA	4					
<u>Lipids:</u>											
Fatty acids, total saturated		17.065				4					
4:0		0.070				4					
6:0		0.040				4					
8:0	-	0.421				4					
10:0	-	0.492				4					
12:0		5.518	5			4					
13:0		_				_					
14:0		2.157	1			4					
15:0		٠ - د				_					
16:0		4.434	ı			4					
17:0						_					
18:0		3.933	3			4					
20:0	-										
22:0	g										
24:0	g										

	<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.561				4				
14:1g	0.301				-				
15:1g									
16:1 undifferentiated	0.120				4				
17:1g									
18:1 undifferentiatedg	6.411				4				
20:1g	0.030				4				
22:1 undifferentiatedg	0.000				7				
24:1 cg									
Fatty acids, total polyunsaturated	1.906				4				
18:2 undifferentiatedg	1.836				4				
18:3 undifferentiatedg	0.070				4				
18:4g	0.000				7				
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.010				4				
20:5 n-3g	0.000				7				
22:5 n-3g	0.000				7				
22:6 n-3g	0.000				7				
Fatty acids, total transg									
Cholesterolmg	12				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeinemg	3		0	BFZN	4				
Theobromine mg	41		0	BFZN	4				
Carotenoids:									
Carotene, betamcg	0		0	FLA	4				
Carotene, alphamcg	0		0	FLA	4				
Cryptoxanthin, beta mcg	0		0	FLA	4				
Lycopenemcg	0		0	FLA	4				
Lutein + zeaxanthinmcg	32		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 10	<u>υ grams</u>	ot edib	ie portio	<u>on</u>	Amount in edible portion of common			
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Duovimotore											
Proximates: Water	g	2.80				9					
Energy	=	429		0	NC	4					
Energy		1797		0	NC	4					
Protein		12.60				9					
Total lipid (fat)	-	9.50				9					
Ash		1.71		0	FLA	4					
Carbohydrate, by difference		73.39		0	NC	4					
Fiber, total dietary		14.2				4					
Sugars, total		0.54		0	FLA	4					
Starch											
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11				4					
Iron, Fe	-	2.28				9					
Magnesium, Mg		151				4					
Phosphorus, P	-	264				4					
Potassium, K	-	241				4					
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	490				9					
Zinc, Zn		3.83				4					
Copper, Cu		0.545	1			4					
Manganese, Mn Selenium, Se		8.6		0	CAZN	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0				7					
Thiamin		0.350)			4					
Riboflavin	-	0.110				4					
Niacin		2.070				4					
Pantothenic acid											
Vitamin B-6	mg	0.170	1			4					
Folate, total	mcg	17				4					
Folic acid	mcg	0		0	FLA	4					
Folate, food		17		0	FLA	4					
Folate, DFE		17		0	NC	4					
Vitamin B-12		0.00				7					
Vitamin A, IU	IU	147		0	NC	4					
Vitamin A, RAE		7		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)		5.01		0	FLA	4					
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		15.7		0	FLA	4					
Lipids:											
Fatty acids, total saturated	g	1.415	i			4					
4:0		0.000)			4					
6:0		0.000	1			4					
8:0	g	0.000	1			4					
10:0	g	0.000				4					
12:0		0.000	1			4					
13:0											
14:0		0.010	1			4					
15:0						_					
16:0		0.931				4					
17:0						_					
18:0		0.475	•			4					
20:0	_										
22:0	g										

	<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.085				4				
14:1g	4.003				•				
15:1g									
16:1 undifferentiatedg	0.038				4				
17:1g	0.000				-				
18:1 undifferentiatedg	4.037				4				
20:1g	0.000				4				
22:1 undifferentiated	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	3.572				4				
18:2 undifferentiated	3.315				4				
18:3 undifferentiated	0.247				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total trans9									
Cholesterolmg	0				7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4				
Caffeinemg	0		0	FLA	4				
Theobromine mg	0		0	FLA	4				
<u>Carotenoids:</u>									
Carotene, betamcg	66		0	FLA	4				
Carotene, alphamcg	43		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopene mcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	1087		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

Water.			<u>An</u>	nount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u>.</u>	
Provimates:					of Data	Deriv	Source	Confidence				
Energy		Nutrients and Uni	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Energy		<u>:</u>										
Fine Signature Signature	g		6.00			FLC	4					
Protein	kcal		381		0	NC	4					
Total lipid (fat)	.kj		1593		0	NC	4					
Ash.	.g		2.00			FLC	4					
Carbohydrate, by difference	.g	(fat)	1.40			FLC	4					
Fiber, total dietary	.9		0.54			FLC	4					
Sigars, total	.g	te, by difference	90.06		0	NC	4					
Starch	.g	dietary	2.5			FLC	4					
Minerals: Calcium, Ca.	.g	l	74.84		0	FLC	4					
Calcium, Ca.	.g											
Calcium, Ca.												
Iron, Fe.	mc	_	10									
Magnesium, Mg mg 27 FLC 4 Phosphorus, P mg 55 FLC 4 Potassium, K mg 110 FLC 4 Sodium, Na mg 286 LC 8 Zinc, Zn mg 0.62 FLC 4 Copper, Cu mg 0.140 FLC 4 Manganese, Mn mg 3.6 0 BFZN 4 Vitamins: meg 3.6 0 BFZN 4 Vitamins: meg 0.00 LC 8 Thiamin mg 0.038 FLC 4 Riboflavin mg 0.058 FLC 4 Niacin mg 0.342 FLC 4 Pantothenic acid mg 0.047 FLC 4 Vitamin B-6 mg 0.047 FLC 4 Folate, total mcg 4 FLC 4 Fol	-											
Phosphorus, P.												
Potassium, K.		_										
Sodium, Na	-											
Zinc, Zn	_											
Copper, Cu												
Manganese, Mn. mg Selenium, Se. mcg 3.6 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.0 LC 8 Thiamin. mg 0.038 FLC 4 Riboflavin. mg 0.058 FLC 4 Niacin. mg 0.058 FLC 4 Niacin. mg 0.342 FLC 4 Pantothenic acid. mg 0.047 FLC 4 Pantothenic acid. mg 0.047 FLC 4 Pantothenic acid. mg 0.047 FLC 4 Folate, Eodd. mcg 4 FLC 4 Folate, Dote. mcg 4 FLC 4 Vitamin B-12. mcg 0.00 z 7 Vitamin A, IU U 33 0 NC 4 Retinol. mcg 0 FLC 4 Vitamin												
Selentum, Se.	_		0.110			120	•					
Vitamins: Vitamin C, total ascorbic acid. mg 0.03 LC 8 Thiamin. mg 0.038 FLC 4 Riboflavin. mg 0.058 FLC 4 Niacin. mg 0.042 FLC 4 Pantothenic acid. mg 0.047 FLC 4 Polate, total. mcg 4 FLC 4 Folate, food. mcg 0 z 7 Folate, food. mcg 4 FLC 4 Folate, DFE. mcg_DFE 4 0 NC 4 Vitamin B-12. mcg 0.00 z 7 Vitamin A, IU. IU 33 0 NC 4 Vitamin A, RAE mcg_PAE 2 0 NC 4 Retinol. mcg 0.13 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocophe			3.6		0	BFZN	4					
Vitamin C, total ascorbic acid mg 0.0 LC 8 Thiamin. mg 0.038 FLC 4 Riboflavin. mg 0.058 FLC 4 Niacin. mg 0.342 FLC 4 Pantothenic acid. mg 0.047 FLC 4 Polate, total. mcg 4 FLC 4 Folic acid. mcg 0 0 z 7 Folate, food. mcg 4 FLC 4 Folate, DFE mcg_DFE 4 0 NC 4 Vitamin B-12 mcg 0.00 z 7 Vitamin A, IU. IU 33 0 NC 4 Vitamin A, RAE mcg_PAE 2 0 NC 4 Vitamin E (alpha-tocopherol). mg 0.13 0 FLC 4 Tocopherol, detta. mg 0 FLC 4 Vitamin K (phylloquinone). mcg <t< td=""><td></td><td>,</td><td></td><td></td><td>•</td><td></td><td>-</td><td></td><td></td><td></td><td></td></t<>		,			•		-					
Thiamin												
Riboflavin	_											
Niacin	_											
Pantothenic acid. mg Vitamin B-6 mg 0.047 FLC 4 Folate, total. mcg 4 FLC 4 Folate, food. mcg 0 0 z 7 Folate, food. mcg 4 FLC 4 Folate, food. mcg 0 0 NC 4 Vitamin B-12 mcg 0.00 z 7 Vitamin A, IU. IU 33 0 NC 4 Vitamin A, RAE mcg_RAE 2 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin K (phylloquinone) mcg 0.9 0 FLC 4 Lipids: Fatty acids, total saturated 9 0.200 FLC 4 4.0 9 0.000 FLC 4 6.0 9 0.000 FLC 4 8.0 9 0.000 FLC 4 10:0 9 0.000 FLC 4 10:0 9 0.000 FLC 4 12:0 9 0.000 FLC 4 13:0 9 0.001 FLC 4 15:0 9 0.001 FLC 4 15:0 9 0.167 FLC 4 17:0 9 0.167 FLC 4 17:0 9 0.167 FLC 4 17:0 9 0.002 FLC 4 17:0 9 0.0032 FLC 4 17:0 9 0.0032 FLC 4 17:0 18:0												
Vitamin B-6. mg 0.047 FLC 4 Folate, total. mcg 4 FIC 4 Folic acid. mcg 0 0 Z 7 Folate, food. mcg 4 FIC 4 Folate, DFE. mcg 0.00 Z 7 Vitamin B-12. mcg 0.00 Z 7 Vitamin A, IU. IU 33 0 NC 4 Vitamin A, RAE. mcgRAE 2 0 NC 4 Vitamin E (alpha-tocopherol). mg 0.13 0 FIC 4 Tocopherol, beta. mg Tocopherol, delta. Tocopherol, delta. mg Tocopherol, delta. Tocopherol, delta. mg Tocopherol, delta. Tocopherol, delta. Tocopherol, delta. Tocopherol, delta. Tocopherol, delta. Tocopherol, delta. Tocopherol, delta. </td <td>_</td> <td></td> <td>0.342</td> <td></td> <td></td> <td>FLC</td> <td>4</td> <td></td> <td></td> <td></td> <td></td>	_		0.342			FLC	4					
Folate, total	_						_					
Folic acid												
Folate, food. mcg												
Folate, DFE. mcg_DFE					U							
Vitamin B-12 mcg 0.00 z 7 Vitamin A, IU IU 33 0 NC 4 Vitamin A, RAE mcg RAE 2 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocopherol, beta mg			=		•							
Vitamin A, IU IU 33 0 NC 4 Vitamin A, RAE mcg_RAE 2 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocopherol, beta mg 0 FLC 4 Tocopherol, gamma mg 0 FLC 4 Tocopherol, delta mg 0 FLC 4 Vitamin D IU Vitamin K (phylloquinone) mcg 0.9 0 FLC 4 Lipids: Estty acids, total saturated g 0.200 FLC 4 4:0 g 0.000 FLC 4 4:0 g 0.000 FLC 4 8:0 g 0.000 FLC 4 10:0 g 0.000 FLC 4 12:0 g 0.000 FLC 4 15:0					U							
Vitamin A, RAE mcg_RAE 2 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocopherol, beta mg					•							
Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocopherol, beta mg .							_					
Vitamin E (alpha-tocopherol) mg 0.13 0 FLC 4 Tocopherol, beta mg					-							
Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg 0.9 0 FLC 4 Lipids: Fatty acids, total saturated. g 0.200 FLC 4 4:0. g 0.000 FLC 4 6:0. g 0.000 FLC 4 8:0. g 0.000 FLC 4 10:0. g 0.000 FLC 4 13:0. g 0.000 FLC 4 14:0. g 0.001 FLC 4 15:0. g 0.167 FLC 4 17:0. g 0.032 FLC 4												
Tocopherol, gamma			0.13		U	FLC	4					
Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 0.9 0 FLC 4 Lipids: Fatty acids, total saturated 9 0.200 FLC 4 4:0 9 0.000 FLC 4 6:0 9 0.000 FLC 4 8:0 9 0.000 FLC 4 10:0 9 0.000 FLC 4 12:0 9 0.000 FLC 4 13:0 9 0.001 FLC 4 15:0 9 0.167 FLC 4 17:0 9 0.032 FLC 4												
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.9 0 FLC 4 Lipids: Fatty acids, total saturated 9 0.200 FLC 4 4 4:0. 9 0.000 FLC 4 6:0. 9 0.000 FLC 4 8:0. 9 0.000 FLC 4 10:0. 9 0.000 FLC 4 12:0. 9 0.000 FLC 4 13:0. 9 0.001 FLC 4 15:0. 9 0.167 FLC 4 17:0. 9 0.032 FLC 4		_										
Vitamin K (phylloquinone) mcg 0.9 FLC 4 Lipids:												
Lipids: Fatty acids, total saturated. 9 0.200 FLC 4 4:0. 9 0.000 FLC 4 6:0. 9 0.000 FLC 4 8:0. 9 0.000 FLC 4 10:0. 9 0.000 FLC 4 12:0. 9 0.000 FLC 4 13:0. 9 14:0. 9 0.001 FLC 4 15:0. 9 16:0. 9 0.167 FLC 4 17:0. 9 18:0. 9 0.032 FLC 4			0.9		0	FLC	4					
Fatty acids, total saturated. 9 0.200 FLC 4 4:0		(pnynoqumone)										
4:0. g 0.000 FLC 4 6:0. g 0.000 FLC 4 8:0. g 0.000 FLC 4 10:0. g 0.000 FLC 4 12:0. g 0.000 FLC 4 13:0. g 14:0. g 0.001 FLC 4 15:0. g 0.167 FLC 4 17:0. g 0.032 FLC 4												
6:0							4					
8:0 g 0.000 FLC 4 10:0 g 0.000 FLC 4 12:0 g 0.000 FLC 4 13:0 g 0.001 FLC 4 15:0 g 0.167 FLC 4 17:0 g 0.032 FLC 4							4					
10:0.							4					
12:0							4					
13:0	-						_					
14:0	-		0.000			FLC	4					
15:0												
16:0			0.001			FLC	4					
17:0												
18:0g 0.032 FLC 4			0.167			FTC	4					
			0 000									
20:09			0.032			FTC	4					
22.0	-											
22:0g 24:0g	-											

	<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.260			FLC	4				
14:1 g									
15:1 g									
16:1 undifferentiated	0.003			FLC	4				
17:1 g									
18:1 undifferentiatedg	0.257			FLC	4				
20:1g	0.000			FLC	4				
22:1 undifferentiatedg	0.000			FLC	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.634			FLC	4				
18:2 undifferentiatedg	0.588			FLC	4				
18:3 undifferentiatedg	0.046			FLC	4				
18:4g	0.000			FLC	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			FLC	4				
20:5 n-3g	0.000			FLC	4				
22:5 n-3g	0.000			FLC	4				
22:6 n-3g	0.000			FLC	4				
Fatty acids, total transg									
Cholesterolmg	0			Z	7				
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeinemg	0		0	FLC	4				
Theobrominemg	0		0	FLC	4				
<u>Carotenoids:</u>									
Carotene, beta mcg	15		0	FLC	4				
Carotene, alphamcg	10		0	FLC	4				
Cryptoxanthin, betamcg	0		0	FLC	4				
Lycopene mcg	0		0	FLC	4				
Lutein + zeaxanthin mcg	242		0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 10	u grams	ot edit	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatora										
Proximates: Water	q	1.00				4				
Energy	_	487		0	NC	4				
Energy		2037		0	NC	4				
Protein		7.10				4				
Total lipid (fat)	g	20.80				4				
Ash	g	3.30		0	0	4				
Carbohydrate, by difference	g	67.80		0	NC	4				
Fiber, total dietary		6.1				4				
Sugars, total		0.22		0	0	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	21				4				
Iron, Fe	-	1.35				4				
Magnesium, Mg	mg	89				4				
Phosphorus, P		193				4				
Potassium, K	-	1744				4				
Sodium, Na		8				4				
Zinc, Zn		1.01 0.348				1 1				
Copper, Cu Manganese, Mn		0.340				1				
Selenium, Se		8.1		0	BFZN	4				
Vitamins:		05.7								
Vitamin C, total ascorbic acid		25.7 0.210				4				
ThiaminRiboflavin	-	0.210				4				
Niacin		7.000				4				
Pantothenic acid		7.000				-				
Vitamin B-6	-	0.670				4				
Folate, total	mcg	10				1				
Folic acid	mcg	0		0	Z	7				
Folate, food		10		0	NR	4				
Folate, DFE		10		0	NC	4				
Vitamin B-12		0.00				4				
Vitamin A, IU	IU	0		0	AS	1				
Vitamin A, RAE		0		0 0	AS Z	1 7				
Retinol Vitamin E (alpha-tocopherol)		5.47		0	0	4				
Tocopherol, beta		3.47		Ū	Ŭ	-				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	13.3		0	0	4				
Lipids:										
Fatty acids, total saturated	g	4.160	ı			4				
4:0		0.000				4				
6:0		0.000				4				
8:0	g	0.000				4				
10:0	_	0.000				4				
12:0		0.000				4				
13:0						_				
14:0		0.120				4				
15:0		3.520				A				
16:0		3.520				4				
17:0 18:0		0.510				4				
20:0		0.510				-				
22:0	_									
24:0	_									

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	4.800				4				
14:1g	4.000				-				
15:1 9									
16:1 undifferentiated	0.500				4				
17:1g					_				
18:1 undifferentiated	4.300				4				
20:1g	0.000				4				
22:1 undifferentiated	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	10.940				4				
18:2 undifferentiated	10.750				4				
18:3 undifferentiatedg	0.190				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterol mg	0				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:									
Carotene, beta mcg	0		0	z	7				
Carotene, alphamcg	0		0	Z	7				
Cryptoxanthin, betamcg	0		0	Z	7				
Lycopenemcg	0		0	Z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Ai</u>	mount in 100	grams)	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
			N	Number	•			m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		15.00				4		21.45	17.25	9.30
Energy	kcal	338		0	NC	4		484	389	210
Energy		1415		0	NC	4		2024	1628	878
Protein		8.20				4		11.73	9.43	5.08
Total lipid (fat)		3.10				4		4.43	3.57	1.92
Ash		4.31		0	BFSN	4		6.16	4.95	2.6
Carbohydrate, by difference		69.39		0	NC	4		99.23	79.80	43.02
Fiber, total dietary		1.7				4		2.4	2.0	1.1
Sugars, total	g	0.25		0	FLA	4		0.35	0.28	0.15
Starch	g									
Minerals:										
Calcium, Ca	mg	23				4		33	26	14
Iron, Fe		3.92				4		5.61	4.51	2.4
Magnesium, Mg	mg	21				4		30	24	13
Phosphorus, P	mg	79				4		113	91	49
Potassium, K	mg	88				4		126	101	55
Sodium, Na	mg	1404				4		2008	1615	870
Zinc, Zn	mg	0.94				4		1.34	1.08	0.5
Copper, Cu	mg	0.126	5			4		0.180	0.145	0.0
Manganese, Mn	mg									
Selenium, Se	mcg	17.2		0	BFZN	4		24.6	19.8	10.7
itamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	0.0
Thiamin	mg	0.410)			4		0.586	0.472	0.2
Riboflavin	mg	0.290)			4		0.415	0.334	0.1
Niacin		4.270)			4		6.106	4.911	2.6
Pantothenic acid										
Vitamin B-6		0.020)			4		0.029	0.023	0.0
Folate, total		24		0	FLA	4		34	28	15
Folic acid	-	0		0	FLA	4		0	0	0
Folate, food		24		0	FLA	4		34	28	15
Folate, DFE	mcg_DFE	24		0	NC	4		34	28	15
Vitamin B-12		0.00				7		0.00	0.00	0.0
Vitamin A, IU		0		0	NC	4		1	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.54		0	FLA	4		0.77	0.62	0.3
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.7		0	FLA	4		3.9	3.1	1.7
		2.,		Ū	LIM	-		3.3	5.1	1.7
_ipids: Fatty acids, total saturated	a	0.695	;			4		0.994	0.799	0.4
		0.000				4		0.994	0.799	0.4
4:0 6:0	_	0.000				4		0.000	0.000	0.0
8:0	-	0.000				4		0.000	0.000	0.0
10:0	-	0.000				4		0.000	0.000	0.0
12:0	-	0.000				4		0.000	0.000	0.0
13:0		0.000	•			-		0.000	0.000	0.0
14:0		0.009	•			4		0.013	0.010	0.0
15:0	_	0.009	•			-		0.013	0.010	0.0
16:0	_	0.446	5			4		0.638	0.513	0.2
	-	0.440	•			*		0.038	0.513	0.2
17:0		0.243	1			4		0.347	0.070	0.1
18:0		0.243	,			4		0.347	0.279	0.1
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	
Fatty acids, total monounsatura		1.071				4		1.532	1.232	0.664	
14:1	g										
15:1											
16:1 undifferentiated	-	0.000				4		0.000	0.000	0.000	
17:1											
18:1 undifferentiated		1.070				4		1.530	1.231	0.663	
20:1	-	0.000				4		0.000	0.000	0.000	
22:1 undifferentiated	•	0.000				4		0.000	0.000	0.000	
24:1 c	-										
Fatty acids, total polyunsaturat		0.948				4		1.356	1.090	0.588	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.892				4		1.276	1.026	0.553	
18:3 undifferentiated	=	0.055				4		0.079	0.063	0.034	
18:4	-	0.000				4		0.000	0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	-	0.000				4		0.000	0.000	0.000	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000	0.000	
22:5 n-3	-	0.000				4		0.000	0.000	0.000	
22:6 n-3		0.000				4		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	_	3				4		4	3	2	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0				7		0.0	0.0	0.0	
Caffeine	<u>mg</u>	0		0	FLA	4		0	0	0	
Theobromine	mg	0		0	FLA	4		0	0	0	
Carotenoids:											
Carotene, beta	mcg	0		0	FLA	4		0.199	0.160	0.086	
Carotene, alpha	mcg	0		0	FLA	4		0.093	0.075	0.040	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.133	0.107	0.058	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin		17		0	FLA	4		24.052	19.342	10.428	

Common Measures:

Measure 1 = 143g: 1 large Measure 2 = 115g: 1 medium Measure 3 = 62g: 1 small

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100	grams	ot edib	ie portio	<u>on</u>	Amount in	edible portion of	of common
			N	Number	,			<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	5.80				4		0.24		
Energy		392		0	NC	4		16		
Energy		1638		0	NC	4		69		
Protein		7.10				4		0.30		
Total lipid (fat)		4.30				4		0.18		
Ash		1.70		0	BFSN	4		0.07		
Carbohydrate, by difference		81.10		0	NC	4		3.41		
Fiber, total dietary		4.2		•		4		0.2		
Sugars, total	-	0.88		0	BFSN	4		0.04		
Starch	9									
Minerals:										
Calcium, Ca	mg	11				4		0		
Iron, Fe.	-	1.49				4		0.06		
Magnesium, Mg	mg	131				4		6		
Phosphorus, P		360				4		15		
Potassium, K		428				4		18		
Sodium, Na		71				4		3		
Zinc, Zn		3.00	_			4		0.13		
Copper, Cu		0.445	5			4		0.019		
Manganese, Mn		04.6		•				1.0		
Selenium, Se	mcg	24.6		0	BFZN	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid		0.0				4		0.0		
Thiamin	-	0.060				4		0.003		
Riboflavin		0.160				4		0.007		
Niacin		7.810)			4		0.328		
Pantothenic acid	-	0.150						0.006		
Vitamin B-6	_	0.150)			4		0.006		
Folate, total		21 0		0	z	7		1 0		
Folic acid		21		U	4	4		1		
Folate, foodFolate, DFE		21		0	NC	4		1		
Vitamin B-12		0.00		Ū	МС	7		0.00		
Vitamin A, IU		0		0	NC	4		0		
Vitamin A, RAE	mca RAF	0		0	NC	4		Ö		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		1.24		0	BFSN	4		0.05		
Tocopherol, beta		-·- -		-		-				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		0	BFSN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.875	5			4		0.037		
4:0		0.000				7		0.000		
6:0	_	0.000)			7		0.000		
8:0		0.000)			7		0.000		
10:0	g	0.000)			7		0.000		
12:0	g	0.000)			4		0.000		
13:0	g									
14:0	g	0.015	5			4		0.001		
15:0	g									
16:0	g	0.737	7			4		0.031		
17:0	g									
18:0	g	0.077	7			4		0.003		
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 10)0 grams	of edit	ole portio	<u>on</u>		edible portion o	
Nutrients and	Unite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and	Offics	Mean	Sta. Elloi					Weasure i	Weasure 2	Weasure 3
Fatty acids, total monounsatura	atedg	1.582				4		0.066		
14:1										
15:1	-									
16:1 undifferentiated	g	0.015				4		0.001		
17:1	g									
18:1 undifferentiated	g	1.566				4		0.066		
20:1	g	0.000				7		0.000		
22:1 undifferentiated	g	0.000				7		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	1.520				4		0.064		
18:2 undifferentiated	g	1.490				4		0.063		
18:3 undifferentiated	g	0.015				4		0.001		
18:4	g	0.000				7		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000				7		0.000		
20:5 n-3	g	0.000				7		0.000		
22:5 n-3	g	0.000				7		0.000		
22:6 n-3	g	0.000				7		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0				7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	BFSN	4		0		
Theobromine	mg	0		0	BFSN	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	BFSN	4		0.000		
Carotene, alpha		0		0	BFSN	4		0.000		
Cryptoxanthin, beta		0		0	BFSN	4		0.000		
Lycopene		0		0	BFSN	4		0.000		
Lutein + zeaxanthin		0		0	BFSN	4		0.000		

Common Measures:

Measure 1 = 4.2g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		1		1		0.99	2.00	
Energy	kcal	425		0	NC	4		120	242	
Energy	kj	1778				4		504	1014	
Protein (N x 5.9)	g	11.00		1		1		3.12	6.27	
Total lipid (fat)	g	17.30		1		1		4.90	9.86	
Ash	g	3.14		0		4		0.89	1.79	
Carbohydrate, by difference	g	65.10		0	NC	4		18.46	37.11	
Fiber, total dietary	g	5.6		0		4		1.6	3.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	35		1		4		10	20	
Iron, Fe		24.70		1		1		7.00	14.08	
Magnesium, Mg		63		1		1		18	36	
Phosphorus, P		187		1		1		53	107	
Potassium, K	-	269		1		4		76	153	
Sodium, Na	-	1017		1		1		288	580	
Zinc, Zn		2.09		1		4		0.59	1.19	
Copper, Cu		0.448		1		4		0.127	0.255	
Manganese, Mn	mg	1.553	1	1		4		0.440	0.885	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	47.5		1		1		13.5	27.1	
Thiamin	• • • • • • • • • • • • • • • • • • • •	1.555	i	1		1		0.441	0.886	
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.497		1		1		0.141	0.283	
Niacin		16.838		1		1		4.774	9.598	
Pantothenic acid		0.451		1		4		0.128	0.257	
Vitamin B-6		1.555	i	1		1		0.441	0.886	
Folate, total		50			0	4		14	29	
Folic acid		50			0	4		14	29	
Folate, food		0			0	4		0	0	
Folate, DFE		85			0	4		24	48	
Vitamin B-12		12.40		1		1		3.52	7.07	
Vitamin A, IU	IU	145		1		4		41	83	
Vitamin A, RAE		7		0	NC	4		2	4	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	g	5.530)	0		4		1.568	3.152	
Fatty acids, total monounsaturated				-		=			-	
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		1		4		0	0	
Phytosterols	ma									

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

Common Measures:

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

NDB No. 19033 Snacks, CHEX mix Measure 2 = 57g: 2 oz

Calories Factors: Protein 4 Fat 8.5 Carbohydrate 3.6

Food Group: 25 Snacks

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber					easures of food	
					Deriv	Source	Confidence			•
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		3.00	0.323	3		1		1.71	0.84	
Energy	kcal	456		0	NC	4		260	128	
Energy	kj	1908				4		1088	534	
Protein (N x 5.8)	g	10.30	0.912	3		1		5.87	2.88	
Total lipid (fat)	g	18.50	0.512	3		1		10.55	5.18	
Ash	g	3.80	0.122	3		1		2.17	1.06	
Carbohydrate, by difference		64.30		0	NC	4		36.65	18.00	
Fiber, total dietary	g	6.8		0		1		3.9	1.9	
Sugars, total	g									
Starch	-									
<i>c</i> : 1										
Minerals:	ma	74	2.719	2		1		42	21	
Calcium, Ca	_	2.50	1.050	3 3		1		1.43	0.70	
Iron, Fe		60	1.050	1		4		34	17	
Phosphorus, P		296		1		4		169	83	
Potassium, K	_	277	12.429	3		1		158	78	
Sodium, Na	_	1271	95.048	3		1		724	356	
Zinc, Zn	_	2.25	33.040	1		4		1.28	0.63	
Copper, Cu	-	0.321		1		4		0.183	0.090	
Manganese, Mn		1.765		1		4		1.006	0.494	
Selenium, Se										
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	0.1		1		4		0.1	0.0	
Thiamin		0.360	0.074	3		1		0.205	0.101	
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.260		3		1		0.148	0.073	
Niacin	-	5.370		3		1		3.061	1.504	
Pantothenic acid		0.578		1		4		0.329	0.162	
Vitamin B-6		0.204		1		4		0.116	0.102	
Folate, total		93	•	-	0	4		53	26	
Folic acid		73			0	4		42	20	
Folate, food		20			0	4		11	6	
Folate, DFE		144		0	NC	4		82	40	
Vitamin B-12		0.01		1		4		0.01	0.00	
Vitamin A, IU		151		1		4		86	42	
Vitamin A, RAE		43		0	NC	4		24	12	
Retinol		42		0	NC	4		24	12	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated		3.530)	0		4		2.012	0.988	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	1		1		4		1	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 = 57g: 1 cup

NDB No. 19032 Snacks, DOO DADS snack mix, original flavor

Measure 2 = 28g: .5 cup

Calories Factors: Protein 3.8 Fat 8.6 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
					Deriv	Source	Confidence	<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.70		1	A	1		3.82		
Energy	kcal	341		0	NC	4		89		
Energy		1428				4		371		
Protein		4.40		1	A	1		1.14		
Total lipid (fat)		0.00		1	A	1		0.00		
Ash		0.00		1	A	1		0.00		
Carbohydrate, by difference		80.90		0	NC	4		21.03		
Fiber, total dietary		00.50		·		-				
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	36		1	A	1		9		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	90.3		1	A	1		23.5		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	5436		1	MA	12		1413		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Measure 1 = 26g: 1 pouch

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19269 Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			N	lumber				<u>m</u>	easures of food	<u> </u>
			c	of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	10.20		1	A	1		2.86		
Energy	_	373		0	NC	4		104		
Energy		1559		•		4		437		
Protein		0.10		1	A	1		0.03		
	-	3.50		1	A	1		0.03		
Total lipid (fat)										
Ash		1.00		1	A	1		0.28		
Carbohydrate, by difference		85.20		0	NC	4		23.86		
Fiber, total dietary										
Sugars, total	-	38.70		1	A	1		10.84		
Starch	g									
3.4° 1										
Minerals:	ma									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •									
Iron, Fe	_									
Magnesium, Mg										
Phosphorus, P										
Potassium, K				_		_				
Sodium, Na	_	317		1	A	1		89		
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg	3.2	0.387	1 12	A	1		0.9		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	120.0		1	A	1		33.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.990	0	1	A	1		0.277		
4:0	g									
6:0	g									
8:0	g	0.002	2	1	A	1		0.001		
10:0	g	0.002	2	1	A	1		0.001		
12:0		0.008	8	1	A	1		0.002		
13:0	-									
14:0	-	0.023	3	1	A	1		0.006		
15:0	-	0.002	2	1	A	1		0.001		
16:0		0.614		1	A	1		0.172		
17:0		0.004		1	A	1		0.001		
18:0		0.33		1	A	1		0.001		
		0.330		1	A	1		0.092		
20:0				1	A	1				
22:0	-	0.000	o	1	A	1		0.002		
24:0	-	1 70	4	^		4		0.400		
Fatty acids, total monounsaturated		1.724		0	-	4		0.483		
14:1	g	0.002	2	1	A	1		0.001		

NDB No. 19269
Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Nutrients and Onits	Weari	Stu. Error	1 011113	Oode	Couc	Couc	weasure i	Measure 2	Weasure 3
16:1 undifferentiatedg	0.014		1	A	1		0.004		
17:1			1	A	1		0.001		
18:1 undifferentiated			1	A	1		0.477		
20:1			1	A	1		0.002		
22:1 undifferentiated							0.002		
24:1 c									
Fatty acids, total polyunsaturated			0		4		0.026		
18:2 undifferentiated 9			1	A	1		0.022		
18:3 undifferentiated9	0.011		1	A	1		0.003		
18:49									
20:2 n-6 c,c9									
20:3 undifferentiated9	0.002		1	A	1		0.001		
20:4 undifferentiated9	0.002		1	A	1		0.001		
20:5 n-3									
22:5 n-39									
22:6 n-39									
Fatty acids, total trans9									
Cholesteroln	ng								
Phytosterolsn	ng								

Common Measures:

Measure 1 = 28g: 2 rolls

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19439 Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

		<u>A</u>	mount in 10	<u>v grams</u>	ot eath	oie portic	<u>on</u>		edible portion	
				Number	,			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	:s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	5.00		0	MC	9				
Energy		390		0	MC	9				
Energy		1632		•		9				
Protein	-	8.00		0	MC	9				
Total lipid (fat)		7.40		0 0	MC MC	9 9				
Ash	-	1.60 78.00		0	MC	9				
Carbohydrate, by difference		6.2		0	MC	9				
Fiber, total dietary		6.2		U	MC	9				
Sugars, total	_									
Starch	9									
Minerals:										
Calcium, Ca	mg	35		0	MC	9				
Iron, Fe	_	8.60		0	MC	9				
Magnesium, Mg	mg	87		0	MC	9				
Phosphorus, P		248		0	MC	9				
Potassium, K	-	249		0	MC	9				
Sodium, Na	-	291		0	MC	9				
Zinc, Zn		2.20		0	MC	9				
Copper, Cu	-	0.700		0	MC	9				
Manganese, Mn		1.797	′	0	FLC	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	MC	9				
Thiamin	_	0.700		0	MC	9				
Riboflavin	_	0.800		0	MC	9				
Niacin	_	9.500		0	MC FLC	9 4				
Pantothenic acid		0.671 1.000		0		9				
Vitamin B-6.	_	0	,	0	MC MC	9				
Folic acid		0		0	Z	7				
Folate, food		0		0	MC	9				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU		2381		0	MC	9				
Vitamin A, RAE		713		0	NC	4				
Retinol		713		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	9	1.100		0	MC	9				
4:0		0.000		0	FLC	4				
6:0		0.000		0	FLC	4				
8:0		0.000		0	FLC	4				
10:0		0.000		0	FLC	4				
12:0		0.009	•	0	FLC	4				
13:0				_						
14:0		0.004	ı	0	FLC	4				
15:0				_						
16:0		0.684	ŀ	0	FLC	4				
17:0		0 00-	,	^	mr ~					
18:0		0.237	•	0	FLC	4				
20:0										
22:0	9									

NDB No. 19439 Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

	<u>Ar</u>	nount 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	1.800		0	MC	9				
15:1	0.004		0	FLC	4				
18:1 undifferentiated	1.769 0.000		0 0	FLC FLC	4 4				
22:1 undifferentiatedg 24:1 cg	0.000		0	FLC	4				
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	4.500 4.038		0 0	MC FLC	9 4				
18:3 undifferentiatedg 18:4g	0.043 0.000		0 0	FLC FLC	4 4				
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiatedg 20:5 n-3g	0.000		0 0	FLC FLC	<u>4</u> 4				
22:5 n-3g	0.000		0	FLC	4				
22:6 n-3	0.000		0	FLC	4				
Cholesterolmg Phytosterolsmg	0		0	MC	9				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 10	00 grams		edible portion					
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	14.50		0	MC	9					
Energy	kcal	368		0	MC	9					
Energy	kj	1540				9					
Protein	g	4.40		0	MC	9					
Total lipid (fat)	g	7.50		0	MC	9					
Ash	g	0.80		0	MC	9					
Carbohydrate, by difference	g	72.90		0	MC	9					
Fiber, total dietary		2.1		0	MC	9					
Sugars, total											
Starch											
Suici	9										
<u> Minerals:</u>											
Calcium, Ca	mg	41		0	MC	9					
Iron, Fe	-	4.86		0	MC	9					
Magnesium, Mg	mg	27		0	MC	9					
Phosphorus, P	mg	103		0	MC	9					
Potassium, K	mg	197		0	MC	9					
Sodium, Na	mg	297		0	MC	9					
Zinc, Zn	mg	4.10		0	MC	9					
Copper, Cu	mg	0.100)	0	MC	9					
Manganese, Mn	mg										
Selenium, Se	mcg										
\$7 : 4 :											
Vitamins:						•					
Vitamin C, total ascorbic acid	-	0.0		0	MC	9					
Thiamin	-	1.000		0	MC	9					
Riboflavin		1.100		0	MC	9					
Niacin	-	13.500		0	MC	9					
Pantothenic acid	-	0.000		0	MC	9					
Vitamin B-6	-	1.400)	0	MC	9					
Folate, total		108		0	MC	9					
Folic acid		0		0	Z	7					
Folate, food		108		0	MC	9					
Folate, DFE		108		0	NC	4					
Vitamin B-12		0.00		0	Z	7					
Vitamin A, IU		2027		0	MC	9					
Vitamin A, RAE		608		0	NC	4					
Retinol		608		0	NC	4					
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	1.500)	0	MC	9					
4:0		0.000		0	FLM	4					
6:0		0.000		0	FLM	4					
		0.000		0	FLM	4					
8:0 10:0		0.000		0	FLM	4					
12:0	-	0.000		0	FLM	4					
	•	0.002	-	U	E TW	4					
13:0	-	0.001		0	FLM	4					
14:0	-	0.001	-	U	ьтW	4					
15:0		0.000		^							
16:0		0.860	,	0	FLM	4					
17:0		0	,	_							
18:0		0.153	5	0	FLM	4					
20:0	g										
22:0											

		<u>Ar</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.000		0	FLM	4				
14:1										
15:1										
16:1 undifferentiated		0.054		0	FLM	4				
17:1 18:1 undifferentiated		4.977		0	FLM	4				
20:1		0.023		0	FLM	4				
22:1 undifferentiated		0.023		0	FLM	4				
24:1 c	•	0.003		U	FLM	4				
Fatty acids, total polyunsaturated		0.900		0	FLM	4				
18:2 undifferentiated		0.850		0	FLM	4				
18:3 undifferentiated		0.056		0	FLM	4				
18:4		0.000		0	FLM	4				
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0	FLM	4				
20:5 n-3	-	0.000		0	FLM	4				
22:5 n-3	-	0.000		0	FLM	4				
22:6 n-3	-	0.000		0	FLM	4				
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7				
Phytosterols	mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 10		Amount in edible portion of common						
				Number	•			measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		5.90		0	MC	9					
Energy	kcal	414		0	MC	9					
Energy	kj	1732				9					
Protein	g	3.40		0	MC	9					
Total lipid (fat)	g	9.00		0	MC	9					
Ash	g	1.20		0	MC	9					
Carbohydrate, by difference	g	80.50		0	MC	9					
Fiber, total dietary	g	0.6		0	MC	9					
Sugars, total	g										
Starch											
<u>Minerals:</u>											
Calcium, Ca	_	3		0	MC	9					
Iron, Fe	_	1.27		0	0	4					
Magnesium, Mg		13		0	MC	9					
Phosphorus, P	-	42		0	MC	9					
Potassium, K	-	39		0	MC	9					
Sodium, Na	_	351		0	MC	9					
Zinc, Zn		0.50		0	MC	9					
Copper, Cu		0.100		0	MC	9					
Manganese, Mn		1.601	L	0	BFZY	4					
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9					
Thiamin	_	1.268	,	0	0	4					
Riboflavin	_	1.365		0	0	4					
		16.285		0	0	4					
Niacin	_	0.000		0	MC	9					
Pantothenic acid	-	0.900		0	MC	9					
Vitamin B-6	_	109	,	0	мс 0	4					
Folate, total		90		0	0	4					
Folic acid		90 19		0	0	4					
Folate, food		172		0	NC	4					
Folate, DFE				0							
Vitamin B-12		0.00		0	MC	9					
Vitamin A, IU		1080		-	NR	4					
Vitamin A, RAE		324		0	NC	4					
Retinol		324		0	NR	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>lipids:</u>											
Fatty acids, total saturated	a	1.400)	0	MC	9					
4:0		0.000		0	FLC	4					
6:0		0.000		0	FLC	4					
8:0		0.000		0	FLC	4					
10:0		0.000		0	FLC	4					
12:0	-	0.000		0	FLC	4					
13:0	-	0.000		v	- 10	•					
14:0	-	0.009	•	0	FLC	4					
15:0	-	3.003		·	- 10	-					
16:0		0.878	1	0	FLC	4					
17:0		0.076	-	v	2110	-					
18:0		0.324	ı	0	FLC	4					
		0.324	•	U	2.110	-					
20:0											
22:0	g g										

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common					
		Numbe	measures of food					
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.500	0	FLC	4				
14:1		•		=				
15:1								
16:1 undifferentiated	0.018	0	FLC	4				
17:1g								
18:1 undifferentiatedg	1.943	0	FLC	4				
20:1g	0.018	0	FLC	4				
22:1 undifferentiatedg	0.000	0	FLC	4				
24:1 cg								
Fatty acids, total polyunsaturated9	5.100	0	FLC	4				
18:2 undifferentiatedg	4.346	0	FLC	4				
18:3 undifferentiatedg	0.579	0	FLC	4				
18:4g	0.000	0	FLC	4				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLC	4				
20:5 n-3g	0.000	0	FLC	4				
22:5 n-3g	0.000	0	FLC	4				
22:6 n-3g	0.000	0	FLC	4				
Fatty acids, total transg								
Cholesterol mg	0	0	MC	9				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7				
Caffeine mg	0		z	7				
Theobrominemg	0		Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30	0.296	8		1		0.37	0.74	
Energy	kcal	446		0	NC	4		127	254	
Energy	kj	1868		0	NC	4		530	1065	
Protein (N x 6.25)	g	8.50	0.120	8		1		2.41	4.85	
Total lipid (fat)	g	15.64		0	MA	12		4.43	8.91	
Ash	g	2.70	0.249	8		1		0.77	1.54	
Carbohydrate, by difference	g	71.86		0	NC	4		20.37	40.96	
Fiber, total dietary	g	6.9		0		1		2.0	3.9	
Sugars, total	g	0.61		0	FLA	4		0.17	0.35	
Starch	g									
Min and a										
Minerals:	ma	9	1.166	8		1		3	5	
Calcium, CaIron, Fe	-	1.67	0.039	8		1		3 0.47	0.95	
Magnesium, Mg	-	113	3.299	8		1		32	64	
Phosphorus, P		275	5.169	8		1		32 78	157	
Potassium, K	•	278	11.492	8		1		79	158	
Sodium, Na		549	45.568	8		1		156	313	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.78	0.068	8		1		0.50	1.01	
Copper, Cu		0.115		8		1		0.033	0.066	
Manganese, Mn.		0.455		8		1		0.129	0.259	
Selenium, Se		14.8		0	FLM	4		4.2	8.4	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0	
Thiamin	-	0.041		6		1		0.012	0.023	
Riboflavin	=	0.130		1		1		0.037	0.074	
Niacin	-	1.694		8		1		0.480	0.966	
Pantothenic acid	-	0.366		1		4		0.104	0.209	
Vitamin B-6	-	0.229	0.013	8		1		0.065	0.131	
Folate, total		0		1	_	4		0	0	
Folic acid		0		0 1	Z	7		0	0 0	
Folate, food		0		0	NC	4 4		0	0	
Folate, DFE		0.00			NC			0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00		1 1	MC	4 9		0.00	0.00	
Vitamin A, IU		0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		1.98		0	FLA	4		0.56	1.13	
Tocopherol, beta		1.50		Ü	LIIA	-		0.50	1.13	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		9.3		0	FLA	4		2.6	5.3	
<u>Lipids:</u>	_								4 005	
Fatty acids, total saturated		2.430		0	MC	9 1		0.689	1.385	
4:0		0.000		0				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 12:0	-	0.000		0		1		0.000	0.000	
13:0		0.000		J		1		0.000	0.000	
14:0		0.030		0	FLM	4		0.009	0.017	
15:0		0.030		Ü	E 1101	-		0.009	0.017	
16:0		1.025		0	FLM	4		0.291	0.584	
17:0		1.023		•		•		J.231	0.504	
18:0	_	1.064		0	FLM	4		0.302	0.606	
20:0	_	1.004		•		•		3.302	0.000	
22:0	_									
24:0	_									

	<u>Ar</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 monounsaturatedg	9.460		0	МС	9		2.682	5.392	
14:1g	9.400		U	МС	,		2.002	5.392	
15:1g									
16:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
17:1g	0.000		•		-		0.000	0.000	
18:1 undifferentiated	7.490		0	FLM	4		2.123	4.269	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	3.050		0	MC	9		0.865	1.739	
18:2 undifferentiatedg	3.009		0	FLM	4		0.853	1.715	
18:3 undifferentiatedg	0.058		0	FLM	4		0.016	0.033	
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		1		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	q	1.67		0	MC	9		0.47	0.50		
Energy		463		0	MC	9		131	139		
Energy		1937				9		549	581		
Protein		9.85		0	MC	9		2.79	2.96		
Total lipid (fat)		16.92		0	MC	9		4.80	5.08		
Ash		5.01		0	MC	9		1.42	1.50		
Carbohydrate, by difference		66.50		0	MC	9		18.85	19.95		
Fiber, total dietary		00.00		•		•		20.00	13.33		
Sugars, total											
Starch											
Suite!!	⊎										
Minerals:											
Calcium, Ca	-	197		0	MC	9		56	59		
Iron, Fe		0.92		0	MC	9		0.26	0.28		
Magnesium, Mg	-	22		1		4		6	7		
Phosphorus, P	•	143		1		4		41	43		
Potassium, K	-	130		1		1		37	39		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	1117	53.7			1		317	335		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.73		1		4		0.21	0.22		
Copper, Cu		0.119 0.448		1 1		4 4		0.034 0.127	0.036 0.134		
Manganese, Mn Selenium. Se		0.448		_		4		0.127	0.134		
Seienium, Se	Tricg										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0	0.0	00 3		1		0.0	0.0		
Thiamin	mg	0.300		0	MC	9		0.085	0.090		
Riboflavin	mg	0.557	0.0	19 3		1		0.158	0.167		
Niacin	mg	3.183	0.4	36 3		1		0.902	0.955		
Pantothenic acid		0.481		1		4		0.136	0.144		
Vitamin B-6		0.046		1		4		0.013	0.014		
Folate, total	mcg	8		1		4		2	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		1		4		2	2		
Folate, DFE		8		0	NC	4		2	2		
Vitamin B-12		0.12		1		4		0.03	0.04		
Vitamin A, IU		67	30.2			1		19	20		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		1	1		
Retinol		1		0	NC	4		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	fiicg										
Lipids:											
Fatty acids, total saturated											
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		5		0	мс	9		1	2		

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19049 Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel

Measure 2 = 30g: 10 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 10	00 grams	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	4.90		0	MC	9					
Energy	kcal	437		0	MC	9					
Energy	kj	1828				9					
Protein	g	5.76		0	MC	9					
Total lipid (fat)	g	16.35		0	MC	9					
Ash	g	5.30		0	MC	9					
Carbohydrate, by difference	g	67.69		0	MC	9					
Fiber, total dietary	g	3.6		0	MC	9					
Sugars, total	g										
Starch	g										
Minerals:	ma	702		^		•					
Calcium, Ca	_	783 9.17		0	MC MC	9 9					
Iron, Fe	_	9.17 70		0	FLC	4					
Phosphorus, P		207		0	FLC	4					
Potassium, K	-	279		0	FLC	4					
Sodium, Na	-	280		0	MC	9					
Zinc, Zn	_	1.41		0	FLC	4					
Copper, Cu		0.312	•	0	FLC	4					
Manganese, Mn		1.067		0	FLC	4					
Selenium, Se				•		_					
· ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	46.6	_	0	MC	9					
Thiamin	_	0.169		0	FLC	4					
Riboflavin		0.201		0	FLC	4					
Niacin		1.539		0	FLC	4					
Pantothenic acid	-	0.468		0	FLC	4					
Vitamin B-6	_	0.117 13	,	0	FLC FLC	4 4					
Folate, total		0		0	r LC Z	7					
Folic acid		13		0	FLC	4					
Folate, DFE		13		0	NC	4					
Vitamin B-12		0.14		0	FLC	4					
Vitamin A, IU		57		0	NC	4					
Vitamin A, RAE		15		0	NC	4					
Retinol		14		0	NR	4					
Vitamin E (alpha-tocopherol)				•		-					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)											
inide											
Lipids: Fatty acids, total saturated	a	9.450)	0	MC	9					
4:0		0.070		0	FLC	4					
6:0		0.070	-	·	2110	-					
8:0		0.025	5	0	FLC	4					
10:0		0.023		0	FLC	4					
12:0.		0.063		0	FLC	4					
13:0				-		•					
14:0	-	0.512	2	0	FLC	4					
15:0	-			-		•					
16:0		4.525	5	0	FLC	4					
17:0											
18:0		4.043	3	0	FLC	4					
20:0											
22:0											
24:0											

		<u>An</u>	nount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion o	f common
				Number of Data		Source	Confidence	m	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	5.243		0	FLC	4				
14:1		3.243		U	FLC	7				
15:1										
16:1 undifferentiated	_	0.051		0	FLC	4				
17:1	_									
18:1 undifferentiated		5.161		0	FLC	4				
20:1	g	0.000		0	FLC	4				
22:1 undifferentiated	g	0.000		0	FLC	4				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.851		0	FLC	4				
18:2 undifferentiated	g	0.803		0	FLC	4				
18:3 undifferentiated	g	0.048		0	FLC	4				
18:4	g	0.000		0	FLC	4				
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0	FLC	4				
20:5 n-3		0.000		0	FLC	4				
22:5 n-3		0.000		0	FLC	4				
22:6 n-3	_	0.000		0	FLC	4				
Fatty acids, total trans										
Cholesterol		136		0	MC	9				
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	6		0	NR	4				
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number		Source	Confidence	<u>m</u>	easures of food	L
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	14.60		1	A	1		3.07		
Energy	kcal	342		0	NC	4		72		
Energy	kj	1432				4		301		
Protein	g	0.60		1	A	1		0.13		
Total lipid (fat)		1.00		1	A	1		0.21		
Ash		1.10		1	A	1		0.23		
Carbohydrate, by difference		82.70		0	NC	4		17.37		
Fiber, total dietary		7.7		1	A	1		1.6		
Sugars, total										
Starch										
Staron										
Minerals:										
Calcium, Ca	-									
Iron, Fe										
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-	111		1	A	1		23		
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	81.6		1	A	1		17.1		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12				_		_				
Vitamin A, IU		835		1	A	1		175		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	IIICY									

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 = 21g: 1 roll

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	4.30		2		1		1.22	3.66	1.81
Energy		519		0	NC	4		147	441	218
Energy		2171				4		616	1846	912
Protein (N x 6.25)		2.30		2		1		0.65	1.96	0.97
Total lipid (fat)		33.60		2		1		9.53	28.56	14.11
Ash		1.40		2		1		0.40	1.19	0.59
Carbohydrate, by difference		58.40		0	NC	4		16.56	49.64	24.53
Fiber, total dietary		7.7		0		1		2.2	6.5	3.2
Sugars, total		35.34		0	FLA	4		10.02	30.04	14.84
Starch										
Minerals:				_		_		_	4-	_
Calcium, Ca		18		2		1		5	15	8
Iron, Fe	_	1.25		2		1		0.35	1.06	0.53
Magnesium, Mg		76		2		1		22	65	32
Phosphorus, P		56		2		1		16	48	24
Potassium, K		536		2		1		152	456	225
Sodium, Na		6		2		1		2	5	3
Zinc, Zn		0.75	_	2		1		0.21	0.64	0.3
Copper, Cu		0.205		2		1		0.058	0.174	0.0
Manganese, Mn		1.560)	2		1		0.442	1.326	0.6
Selenium, Se	mcg	1.5		0	FLM	4		0.4	1.3	0.6
/itamins:										
Vitamin C, total ascorbic acid	ma	6.3		2		1		1.8	5.4	2.6
Thiamin	-	0.085	5	2		1		0.024	0.072	0.0
Riboflavin		0.017	7	2		1		0.005	0.014	0.00
Niacin		0.710		2		1		0.201	0.604	0.29
Pantothenic acid	_	0.620		2		1		0.176	0.527	0.2
Vitamin B-6	_	0.260		2		1		0.074	0.221	0.10
Folate, total	-	14		2		1		4	12	6
Folic acid		0		0	z	7		0	0	0
Folate, food		14		2		1		4	12	6
Folate, DFE		14		0	NC	4		4	12	6
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin A, IU	IU	83		1		4		24	71	35
Vitamin A, RAE		4		0	NC	4		1	4	2
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.24		0	FLA	4		0.07	0.21	0.1
Tocopherol, beta	-	V		·		-			V	***
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.3		0	FLA	4		0.4	1.1	0.5
4 7 1										
<u> Lipids:</u>										
Fatty acids, total saturated		28.970		0		1		8.213	24.625	12.1
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.200		1		1		0.057	0.170	0.0
8:0		2.510		1		1		0.712	2.134	1.0
10:0		2.010		1		1		0.570	1.709	0.8
12:0	-	14.910)	1		1		4.227	12.674	6.2
13:0	_									
14:0	g	5.620)	1		1		1.593	4.777	2.3
15:0	g									
16:0	g	2.790)	1		1		0.791	2.372	1.1
17:0	g									
18:0	g	0.940)	1		1		0.266	0.799	0.3
20:0	g									
22:0	g									
24:0	a									

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura		1.950		0		1		0.553	1.658	0.819	
15:1 16:1 undifferentiated	g	0.000		1		1		0.000	0.000	0.000	
17:1	g	1.950		1 0		1 1		0.553	1.658	0.819	
20:1 22:1 undifferentiated 24:1 c	g	0.000		0		1		0.000	0.000 0.000	0.000	
Fatty acids, total polyunsaturate 18:2 undifferentiated	edg	0.630 0.620		0 1		1 1		0.179 0.176	0.536 0.527	0.265 0.260	
18:3 undifferentiated	g	0.010		1		1 1		0.003	0.009	0.004	
20:2 n-6 c,c 20:3 undifferentiated	g										
20:4 undifferentiated 20:5 n-3	-	0.000		0 0		1 1		0.000 0.000	0.000 0.000	0.000 0.000	
22:5 n-3 22:6 n-3	g	0.000		0		1 1		0.000 0.000	0.000 0.000	0.000	
Fatty acids, total trans Cholesterol Phytosterols	mg	0		1		4		0	0	0	
Amino Acids:											
TryptophanThreonine		0.027 0.076		0 0		1 1		0.008 0.022	0.023 0.065	0.011 0.032	
Isoleucine		0.074 0.158		0 0		1 1		0.021 0.045	0.063 0.134	0.031 0.066	
LysineMethionine	g	0.107		0		1		0.030	0.091	0.045 0.010	
PhenylalanineTyrosine	g	0.039 0.086 0.053		0 0 0		1 1 1		0.011 0.024 0.015	0.033 0.073 0.045	0.016 0.036 0.022	
ValineArginine	g	0.104 0.104		0		1		0.029	0.088	0.044 0.044	
HistidineAlanine	g	0.180		0		1 1		0.051 0.025	0.153 0.074	0.076	
Aspartic acidGlutamic acid		0.253 0.248		0 0		1 1		0.072 0.070	0.215 0.211	0.106 0.104	
Glycine	g	0.082 0.089		0 0		1 1		0.023 0.025	0.070 0.076	0.03 4 0.037	
Serine Hydroxyproline	-	0.104		0		1		0.029	0.088	0.044	
Others: Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine Theobromine		0 0		0 0	FLA FLA	4 4		0 0	0 0	0 0	
Carotenoids:	mea	34		0	BNA	4		9.546	28.622	14.142	
Carotene, beta	mcg	32		0	BNA	4		9.144	27.417	13.547	
Cryptoxanthin, beta Lycopene	mcg	0 0		0	BNA FLA	4		0.000 0.000	0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	riicg	46		0	FLA	4		12.911	38.709	19.127	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz Measure 3 = 42g: 1.5 oz NDB No. 19400 Snacks, banana chips

Calories Factors: Protein 3.4 Fat 8.6 Carbohydrate 3.8

Food Group: 25 Snacks

Proximates:		<u> </u>		mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	of common
Proximates:					Number				<u>me</u>	easures of food	
Proximates:					of Data	Deriv	Source	Confidence			
	Nutrients and Units	Mean	Nutrients and Units	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
	ates:		ates:								
Energy		23.36	g		1	MA	12		6.62	4.67	
Protein		410	kcal		0	MC	9		116	82	
Total lipid (lati)		1715	kj				9		486	343	
Ash		33.20	g		1	MA	12		9.41	6.64	
Carbohydrate, by difference	pid (fat)	25.60	ipid (fat)g		1	MA	12		7.26	5.12	
Fiber, total detary		6.80	g		1	MA	12		1.93	1.36	
Sugars, total	ydrate, by difference	11.00	ydrate, by difference9		0	MC	9		3.12	2.20	
Starch	otal dietary	1.8	otal dietary9		1	MA	12		0.5	0.4	
Minerals: Calcium, Ca.	total	9.00	, totalg		0	0	4		2.55	1.80	
Tablemin Ca			g								
Calcium Ca	6.		la.								
Tron, Fc.		20			1	MA	10		6	4	
Magnesium, Mg. mg 51 0 FLC 4 14 10 Phosphons, P. mg 407 0 FLC 4 115 81 Potassium, K. mg 597 0 FLC 4 169 119 Sodiun, Na. mg 2213 1 Ma 12 2.30 1.52 Zine, Zn. mg 0.227 2 Ma 12 0.064 0.04 Maganese, Mm mg 0.111 2 Ma 12 0.064 0.04 Maganese, Mm mg 0.127 0 FLM 4 0.064 0.02 Selenium, Se mcg 10.7 0 FLM 4 0.04 0.02 Selenium, Se mcg 0.0 0 FLC 4 0.0 0 0.0 Vitamins mg 0.154 0 FLC 4 0.04 0.0 0 0 2 0 1.0 <t< td=""><td>*</td><td></td><td>,</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	*		,								
Phosphorus P.			_								
Potassium, K.	· · · · · ·		· · ·								
Sodium, Na.	-		-								
Zinc, Zin.			- ·								
Copper, Cu	,		,								
Manganese, Mn. mg 0.111 2 Ma 12 0.031 0.02 Sclenium, Se. mcg 10.7 0 FLM 4 3.0 2.1 Vitamins. Vitamin C, total ascorbic acid. mg 0.0 0 FLC 4 0.04 0.02 Thiamin. mg 0.154 0 FLC 4 0.040 0.02 Riboflavin. mg 0.142 0 FLC 4 0.491 0.34 Pantorhenic acid. mg 0.163 0 FLC 4 0.491 0.34 Pantorhenic acid. mg 0.163 0 FLC 4 0.046 0.03 Vitamin B-6. mg 0.179 0 FLC 4 0.051 0.03 Folate, total mg 0 0 ELC 4 38 27 Folate, total mg 0 0 FLC 4 0.28 2.2 <t< td=""><td></td><td></td><td></td><td>,</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>				,							
Scientum, Se										0.022	
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 FLC 4 0.0 0.0 Thiamin. mg 0.154 0 FLC 4 0.044 0.03 Riboflavin. mg 0.142 0 FLC 4 0.040 0.02 Niacin. mg 0.163 0 FLC 4 0.491 0.34 Pantothenic acid. mg 0.163 0 FLC 4 0.046 0.03 Vitamin B-6. mg 0.179 0 FLC 4 0.046 0.03 Folate, total. mcg 134 0 FLC 4 38 27 Folate, total. mcg 134 0 FLC 4 38 27 Folate, DFE. mcg 0.99 0 FLC 4 38 27 Vitamin B-12. mcg 0.99 0 FLC 4 0.28 0.20 Vitamin A				-							
Vitamin C, total ascorbic acid											
Thiamin											
Riboflavin mg 0.142 0 FLC 4 0.040 0.02 Niacin mg 1.732 0 FLC 4 0.491 0.34 Pantothenic acid mg 0.163 0 FLC 4 0.046 0.03 Vitamin B-6 mg 0.179 0 FLC 4 0.051 0.03 Folate, total mcg 134 0 FLC 4 38 27 Folate, food mcg 134 0 FLC 4 38 27 Folate, DFE mcg 0.99 0 FLC 4 38 27 Folate, DFE mcg 0.99 0 FLC 4 0.28 0.20 Vitamin A, IU IU 0 0 FLC 4 0 0 0 Retinol mcg 0 4.9 0 NR 4 0.14 0.10 Vitamin E, (a)pha-tocopherol) mg	*		-								
Niacin										0.031	
Pantothenic acid. mg 0.163 0 FLC 4 0.046 0.03 Vitamin B-6 mg 0.179 0 FLC 4 0.051 0.03 Folate, total. mcg 134 0 FLC 4 38 27 Folice acid. mcg 0 0 2 7 0 <			-							0.028	
Vitamin B-6			_		-					0.346	
Folate, total			-		-						
Folic acid.			_)						0.036	
Folate, food											
Folate, DFE											
Vitamin B-12 mcg 0.99 0 FLC 4 0.28 0.20 Vitamin A, IU IU 0 0 FLC 4 0 0 Vitamin A, RAE mcg 0 0 As 1 0 0 Retinol mcg 0 0 As 1 0 0 Vitamin E (alpha-tocopherol) mg 0.49 NR 4 0.14 0.10 Tocopherol, beta mg 0 NR 4 0.14 0.10 Tocopherol, delta mg 0 NR 4 0.6 0.5 User mg 0 NR 4 0.6 0.5 User mg 0 NR 4 0.6 0.5 Lipids: mcg 2.3 0 BFFN 4 0.6 0.5 Lipids: Fatty acids, total saturated g 1 MA 12 3.076 2.17 4:0											
Vitamin A, IU											
Vitamin A, RAE mcg_RAE 0 0 AS 1 0 0 Retinol mcg 0 0 2 7 0 0 Vitamin E (alpha-tocopherol) mg 0.49 0 NR 4 0.14 0.10 Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 2.3 0 BFFN 4 0.6 0.5 Lipids: Eatty acids, total saturated g 10.850 1 MA 12 3.076 2.17 4:0 9 0.000 0 FLC 4 0.000 0.00 6:0 9 0.000 0 FLC 4 0.000 0.00 6:0 9 0.000 0.000 0 FLC 4 0.000 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00					-						
Retinol mcg 0 0 z 7 0 0 Vitamin E (alpha-tocopherol) mg 0.49 0 NR 4 0.14 0.10 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 2.3 0 BFFN 4 0.6 0.5 Lipids: Fatty acids, total saturated 9 10.850 1 MA 12 3.076 2.17 4:0 9 0.000 0 FLC 4 0.000 0.00 6:0 9 0.000 0 FLC 4 0.000 0.00 8:0 9 0.000 0 FLC 4 0.004 0.00 10:0 9 0.015 0 FLC 4 0.046 0.03 13:0 9 0.162 0 FLC					-				-		
Vitamin E (alpha-tocopherol) mg 0.49 0 NR 4 0.14 0.10 Tocopherol, beta											
Tocopherol, beta		•							-		
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 2.3 0 BFFN 4 0.6 0.5 Lipids: Fatty acids, total saturated 9 10.850 1 MA 12 3.076 2.17 4:0 9 0.000 0 FLC 4 0.000 0.00 6:0 9 0.000 0 FLC 4 0.000 0.00 8:0 9 0.000 0 FLC 4 0.000 0.00 10:0 9 0.015 0 FLC 4 0.000 0.00 12:0 9 0.162 0 FLC 4 0.004 0.00 13:0 9 14:0 9 0.819 0 FLC 4 0.232 0.16 15:0 9 16:0 9 5.720 0 FLC 4 1.622 1.14		0.49			U	NR	4		0.14	0.10	
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg 2.3 0 BFFN 4 0.6 0.5 Lipids: Entry acids, total saturated 9 10.850 1 MA 12 3.076 2.17 4:0. 9 0.000 0 FLC 4 0.000 0.00 6:0. 9 0.000 0 FLC 4 0.000 0.00 8:0. 9 0.000 0 FLC 4 0.000 0.00 10:0. 9 0.015 0 FLC 4 0.004 0.00 12:0. 9 0.162 0 FLC 4 0.046 0.03 13:0. 9 0.819 0 FLC 4 0.232 0.16 15:0. 9 5.720 0 FLC 4 1.622 1.14 17:0. 9	- 0		, 9								
Vitamin K (phylloquinone) mcg 2.3 0 BFFN 4 0.6 0.5 Lipids: Fatty acids, total saturated 9 10.850 1 MA 12 3.076 2.17 4:0 9 0.000 0 FLC 4 0.000 0.00 6:0 9 0.000 0 FLC 4 0.000 0.00 8:0 9 0.015 0 FLC 4 0.004 0.00 10:0 9 0.015 0 FLC 4 0.046 0.03 13:0 9 0.819 0 FLC 4 0.232 0.16 15:0 9 0.819 0 FLC 4 0.232 0.16 15:0 9 5.720 0 FLC 4 1.622 1.14 17:0 9 5.720 0 FLC 4 1.622 1.14											
Lipids: Fatty acids, total saturated 9 10.850 1 MA 12 3.076 2.17 4:0. 9 0.000 0 FLC 4 0.000 0.00 6:0. 9 0.000 0 FLC 4 0.000 0.00 8:0. 9 0.015 0 FLC 4 0.004 0.00 10:0. 9 0.015 0 FLC 4 0.046 0.03 13:0. 9 14:0. 9 0.819 0 FLC 4 0.232 0.16 15:0. 9 16:0. 9 5.720 0 FLC 4 1.622 1.14 17:0. 9		2.3			0	BFFN	4		0.6	0.5	
Fatty acids, total saturated g 10.850 1 MA 12 3.076 2.17 4:0 g 0.000 0 FLC 4 0.000 0.00 6:0 g 0.000 0 FLC 4 0.000 0.00 8:0 g 0.000 0 FLC 4 0.000 0.00 10:0 g 0.015 0 FLC 4 0.046 0.03 13:0 g 0.162 0 FLC 4 0.232 0.16 15:0 g 0.819 0 FLC 4 0.232 0.16 15:0 g 5.720 0 FLC 4 1.622 1.14 17:0 g 5.720 0 FLC 4 1.622 1.14	r K (phylioquinone)		ii k (phynodumone)		·	2221	-		0.0	0.5	
4:0. 9 0.000 0 FLC 4 0.000 0.00 6:0. 9 0.000 0 FLC 4 0.000 0.00 8:0. 9 0.000 0 FLC 4 0.000 0.00 10:0. 9 0.015 0 FLC 4 0.004 0.00 12:0. 9 0.162 0 FLC 4 0.046 0.03 13:0. 9 14:0. 9 0.819 0 FLC 4 0.232 0.16 15:0. 9 16:0. 9 5.720 0 FLC 4 1.622 1.14 17:0. 9											
6:0. 9 0.000 0 FLC 4 0.000 0.00 8:0. 9 0.000 0 FLC 4 0.000 0.00 10:0. 9 0.015 0 FLC 4 0.004 0.00 12:0. 9 0.162 0 FLC 4 0.046 0.03 13:0. 9 14:0. 9 0.819 0 FLC 4 0.232 0.16 15:0. 9 16:0. 9 5.720 0 FLC 4 1.622 1.14	eids, total saturated	10.85	cids, total saturated9)					3.076	2.170	
8:0.			_							0.000	
10:0 g 0.015 0 FLC 4 0.004 0.004 12:0 g 0.162 0 FLC 4 0.046 0.03 13:0 g 14:0 g 0.819 0 FLC 4 0.232 0.16 15:0 g 16:0 g 5.720 0 FLC 4 1.622 1.14 17:0 g			•		-					0.000	
12:0			_							0.000	
13:0			=							0.003	
14:0		0.16		2	0	FLC	4		0.046	0.032	
15:0				,	^						
16:0		0.81		,	0	F'LC	4		0.232	0.164	
17:09					^	ET 0			1 600		
		5.72	-	,	U	FLC	4		1.622	1.144	
18:0		2.22	_	,	^	E- 0			1 105	0 770	
20.0		3.89	_	•	U	FLC	4		1.105	0.779	
20:0g			_								
22:0			_								

Ar	nount in 10	00 grams	<u>on</u>	Amount in edible portion of common				
		of Data	Deriv			<u>m</u>	easures of food	
Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
11.305		1	MA	12		3.205	2, 261	
						0.200		
1.135		0	FLC	4		0.322	0.227	
10.099		0	FLC	4		2.863	2.020	
0.071		0	FLC	4		0.020	0.014	
0.000		0	FLC	4		0.000	0.000	
1.011		1	MA	12		0.287	0.202	
0.810		0	FLC	4		0.230	0.162	
0.185		0	FLC	4		0.052	0.037	
0.000		0	FLC	4		0.000	0.000	
0.016		0	FLC	4		0.005	0.003	
0.000		0	FLC	4		0.000	0.000	
0.000		0	FLC	4		0.000	0.000	
0.000		0	FLC	4		0.000	0.000	
48		1	MA	12		14	10	
0.0		0		7		0.0	0.0	
0		0	Z	7		0	0	
0		0	Z	7		0	0	
0		0	z	7		0.000	0.000	
0		0	z	7		0.000	0.000	
0		0	Z	7		0.000	0.000	
0		0	Z	7		0.000	0.000	
0		0	Z	7		0.000	0.000	
	Mean 11.305 1.135 10.099 0.071 0.000 1.011 0.810 0.185 0.000 0.000 0.000 48 0.0 0 0 0 0 0 0 0 0 0 0 0	Mean Std. Error 11.305 1.135 10.099 0.071 0.000 1.011 0.810 0.185 0.000 0.016 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	Mean Std. Error Number of Data Points 11.305 1 1.135 0 10.099 0 0.071 0 0.000 0 1.011 1 0.810 0 0.185 0 0.000 0 0.000 0 0.000 0 0.000 0 0 0 <	Mean Number of Data Points Deriv Code 11.305 1 MA 10.099 0 FLC 0.071 0 FLC 0.071 0 FLC 1.011 1 MA 0.810 0 FLC 0.185 0 FLC 0.000 0	Number of Data Deriv Code Source Code	Mean Std. Error Points Deriv Code Source Code Code 11.305 1 MA 12 1.135 0 FLC 4 10.099 0 FLC 4 0.071 0 FLC 4 0.000 0 FLC 4 1.011 1 MA 12 0.810 0 FLC 4 0.185 0 FLC 4 0.000 0 FLC 4 0.0 0 FLC 4 0.0 0 T 7 0 0 Z 7 0 0 Z 7 0 0 Z	Number Of Data Deriv Source Confidence Code Code Code Code Measure 1	Number

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 piece, large

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100 grar	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	19.10	0.190 5	i	1		5.41	3.82	
Energy	kcal	550	C	NC	4		156	110	
Energy		2301			4		652	460	
Protein (N x 6.2)		21.50	0.512 5	i	1		6.10	4.30	
Total lipid (fat)		49.60	0.695 5	i	1		14.06	9.92	
Ash		4.40	0.151 5	i	1		1.25	0.88	
Carbohydrate, by difference	g	5.40	C	NC	4		1.53	1.08	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
3.47									
Minerals:	ma	60			4		10	1.4	
Calcium, Ca		68 3.40	1		1 1		19 0.96	14 0.68	
Iron, Fe	_	3.40 21	1		4		0.96 6	0.68 4	
Magnesium, Mg Phosphorus, P		180	1		1		51	4 36	
Prospriorus, P	•	257	1		4		73	50 51	
Sodium, Na	-	1480	37.417 5		1		420	296	
Zinc, Zn		2.42	37.417 3		4		0.69	0.48	
Copper, Cu		0.130			4		0.037	0.026	
Manganese, Mn		0.086			4		0.024	0.017	
Selenium, Se									
	-								
Vitamins:			_						
Vitamin C, total ascorbic acid		6.8	1		4		1.9	1.4	
Thiamin		0.141 0.436			1 1		0.040 0.124	0.028	
Riboflavin		4.540			1		1.287	0.087 0.908	
Niacin Pantothenic acid		0.328			4		0.093	0.908	
Vitamin B-6		0.326			4		0.058	0.041	
Folate, total	-	0.200	, 1		1		0.030	0.041	
Folic acid		0	0		7		0	0	
Folate, food		0	1		1		0	0	
Folate, DFE	mca DFE	0	0		4		0	0	
Vitamin B-12		1.00	1		4		0.28	0.20	
Vitamin A, IU		250	0		4		71	50	
Vitamin A, RAE		13	0		4		4	3	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	20.800) 0		1		5.897	4.160	
4:0			,		_		0.007		
6:0	_								
8:0									
10:0		0.010) 1		1		0.003	0.002	
12:0		0.330) 1		1		0.094	0.066	
13:0									
14:0		1.430) 1		1		0.405	0.286	
15:0									
16:0	-	11.770) 1		1		3.337	2.354	
17:0	g								
18:0	g	7.260) 1		1		2.058	1.452	
20:0	g								
22:0	g								
24:0	a								

	<u>A</u>	mount in 100 gran		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 Units	Mean	of Da Std. Error Point	a Deriv s Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	20.470	0		1		5.803	4.094		
14:1	20.470	·		-		3.803	4.034		
16:1 undifferentiated	2.300	1		1		0.652	0.460		
18:1 undifferentiatedg	17.910			1		5.077	3.582		
20:1	0.250	1		1		0.071	0.050		
Fatty acids, total polyunsaturatedg	4.420	0		1		1.253	0.884		
18:2 undifferentiatedg	4.030			1		1.143	0.806		
18:3 undifferentiated	0.380	1		1		0.108	0.076		
20:2 n-6 c,cg									
20:3 undifferentiated	0.016								
20:4 undifferentiated	0.010	1		1		0.003	0.002		
20:5 n-3									
22:5 n-3g 22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	133	0.926 4		1		38	27		
Phytosterols mg				_					
-									
Amino Acids:	0.10	•				0.050			
Tryptophan9	0.184			1 1		0.052	0.037		
Threonine	0.832			1		0.236	0.166		
Isoleucine	0.818			1		0.232	0.164		
Leucine	1.473			1		0.418	0.295		
Lysine	1.518			1		0.430	0.304		
Methionine	0.454			1		0.129	0.091		
Cystine	0.291					0.082	0.058		
Phenylalanine	0.801			1 1		0.227	0.160		
Tyrosine	0.596			1		0.169	0.119		
Valine	0.950			1		0.269	0.190		
Arginineg Histidineg	1.522 0.530			1		0.431 0.150	0.304		
				1			0.106		
Alanine	1.470 1.979			1		0.417 0.561	0.294		
Aspartic acid				1			0.396		
	3.037			1		0.861 0.612	0.607		
Glycine g	2.160			1			0.432		
Prolineg	1.463			1		0.415	0.293 0.179		
Serine	0.894	U		1		0.253	0.179		
Carotenoids:				_					
Carotene, betamcg	150	0	NR	4		42.525	30.000		
Carotene, alpha mcg									
Cryptoxanthin, beta mcg									
Lycopene mcg									
Lutein + zeaxanthinmcg									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 20g: 1 stick

Calories Factors: Protein 4.1 Fat 9 Carbohydrate 2.9

NDB No. 19407

Snacks, beef sticks, smoked

Food Group: 25 Snacks

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				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	4.60		1		1		0.41	0.83		
Energy	kcal	387		0	NC	4		35	70		
Energy	kj	1619				4		146	291		
Protein (N x 6.1)	g	8.10		1		1		0.73	1.46		
Total lipid (fat)	g	2.40		1		1		0.22	0.43		
Ash	g	1.50		1		1		0.14	0.27		
Carbohydrate, by difference	g	83.40		0	NC	4		7.51	15.01		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minanda											
Minerals:	ma	19		1		1		2	3		
Calcium, CaIron, Fe	-	1.40		1		1		0.13	0.25		
Magnesium, Mg	-	114		1		1		10	21		
Phosphorus, P		157		1		1		10 14	28		
Potassium, K	-	157		1		1		14 14	28		
Sodium. Na		28		1		1		3	5		
Zinc, Zn	•	2.00		1		1		0.18	0.36		
Copper, Cu		0.420)	1		1		0.038	0.076		
Manganese, Mn		1.815		1		4		0.163	0.327		
Selenium, Se		9.9		0	BFZN	4		0.9	1.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0		
Thiamin	-	0.250		1		1		0.023	0.045		
Riboflavin	=	0.050		1		1		0.005	0.009		
Niacin	-	5.150		1		1		0.464	0.927		
Pantothenic acid	_	0.830		1		4		0.075	0.149		
Vitamin B-6	_	0.140)	1		1		0.013	0.025		
Folate, total		19		1		1		2	3		
Folic acid		0		0	Z	7		0	0		
Folate, food		19		1		1		2	3		
Folate, DFE		19		0	NC	4		2	3		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		242		1		1		22	44		
Vitamin A, RAE		12		0	NC	4		1	2		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
vitamini ix (phylioquillone)	9										
<u>Lipids:</u>											
Fatty acids, total saturated		0.420)	0		1		0.038	0.076		
4:0	-										
6:0	-										
8:0											
10:0	_	2 22		-							
12:0		0.000	,	1		1		0.000	0.000		
13:0		0.017	,	-		1		0 001	0.000		
14:0		0.010	,	1		1		0.001	0.002		
15:0	_	0.366	,	1		1		0.030	0.065		
16:0	_	0.360	,	1		1		0.032	0.065		
17:0 18:0	_	0.040	1	1		1		0.004	0.007		
	-	0.040	,	_		1		0.004	0.007		
20:0	_										
44.U	9										

		<u>Aı</u>	nount in 10			<u>n</u>	Amount in edible portion of common measures of food			
				Number		_		<u>m</u> e	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.760		0		1		0.068	0.137	
14:1										
15:1	-									
16:1 undifferentiated	_	0.010		1		1		0.001	0.002	
17:1										
18:1 undifferentiated		0.760		1		1		0.068	0.137	
20:1	-									
22:1 undifferentiated										
24:1 c	-					_				
Fatty acids, total polyunsaturated		0.930		0		1		0.084	0.167	
18:2 undifferentiated	-	0.890		1 1		1 1		0.080	0.160	
18:3 undifferentiated		0.030		1		1		0.003	0.005	
18:4	_									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated 20:5 n-3										
20:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	_	0		1		4		0	0	
Phytosterols	_	·		_		-		· ·	·	
-	_									
Amino Acids:				_						
Tryptophan		0.081		0		1		0.007	0.015	
Threonine		0.301		0		1		0.027	0.054	
Isoleucine	-	0.316		0		1		0.028	0.057	
Leucine	_	0.837		0		1		0.075	0.151	
Lysine		0.267		0		1		0.024	0.048	
Methionine	-	0.177		0		1		0.016	0.032	
Cystine		0.124		0		1 1		0.011	0.022	
Phenylalanine		0.408		0		1		0.037	0.073	
Tyrosine	-	0.317		0		_		0.029	0.057	
Valine	_	0.442		0		1 1		0.040	0.080	
Arginine		0.506		-		1		0.046	0.091	
Histidine		0.227		0 0		1		0.020	0.041	
Alanine	_	0.540 0.659		0		1		0.049 0.059	0.097	
Aspartic acid	_			0		1			0.119 0.285	
Glutamic acid		1.584 0.365		0		1		0.143 0.033		
Glycine	-	0.365		0		1		0.033	0.066	
Proline				0		1			0.099	
Serine	_	0.402		U		T		0.036	0.072	
Hydroxyproline	y									

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	1.20	0.095	21		1		0.34	2.38	
Energy	_	523	0.033	0		4		148	1036	
Energy		2188		·		4		620	4333	
		7.00	0.177	21		1		1.98	13.86	
Protein (N x 6.1)		32.70	0.177	22		1		9.27	64.75	
Total lipid (fat)		2.80		20		1		9.27 0.79		
Ash			0.162						5.54	
Carbohydrate, by difference		56.20		0	NC	4		15.93	111.28	
Fiber, total dietary		5.2		0		4		1.5	10.3	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	131	5.863	21		1		37	259	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.54	0.087	21		1		0.44	3.05	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	77	1.784	19		1		22	152	
Phosphorus, P		207	6.006	19		1		59	410	
Potassium, K	_	236	31.024	22		1		67	467	
Sodium, Na		763	35.568	7		1		216	1511	
Zinc, Zn		1.06	0.109	19		1		0.30	2.10	
Copper, Cu		0.166		18		1		0.047	0.329	
Manganese, Mn		0.774		14		1		0.219	1.533	
Selenium, Se		4.1		0	FLM	4		1.2	8.1	
·	9			-		=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		1.7	0.853	6		1		0.5	3.4	
Thiamin		0.075		20		1		0.021	0.149	
Riboflavin	mg	0.210		17		1		0.060	0.416	
Niacin	_	1.645		20		1		0.466	3.257	
Pantothenic acid		0.143		3		1		0.041	0.283	
Vitamin B-6	mg	0.230	0.023	6		1		0.065	0.455	
Folate, total	mcg	39		1		4		11	77	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	39		1		4		11	77	
Folate, DFE	mcg_DFE	39		0	NC	4		11	77	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		611	58.327	15		1		173	1210	
Vitamin A, RAE	mcg_RAE	31		0	NC	4		9	60	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>	_			_		_			0.001	
Fatty acids, total saturated		4.460		0		1		1.264	8.831	
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0										
15:0				_		_				
16:0		3.510	1	2		1		0.995	6.950	
17:0				_		_			_	
18:0	g	0.960)	2		1		0.272	1.901	
20:0 22:0.	-									

		<u>Ar</u>	mount in 100		o <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
Fatty acids, total monounsaturated.		9.480		0		1		2.688	18.770	
14:1										
15:1	_					_				
16:1 undifferentiated	_	0.090		2		1		0.026	0.178	
17:1						_				
18:1 undifferentiated		9.390		2		1		2.662	18.592	
20:1	-									
22:1 undifferentiated	-									
24:1 c	_	16.170		0		1		4.584	20 017	
Fatty acids, total polyunsaturated 18:2 undifferentiated		14.940		2		1		4.584	32.017 29.581	
18:3 undifferentiated	•	1.230		2		1		0.349	29.381	
18:4		1.230		2		_		0.349	2.433	
20:2 n-6 c.c	_									
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	0.11	1 4		1		0	0	
Phytosterols	-									
Amino Acids:										
Tryptophan	g	0.063		0		1		0.018	0.125	
Threonine	g	0.279		0		1		0.079	0.552	
Isoleucine	g	0.277		0		1		0.079	0.548	
Leucine	g	0.747		0		1		0.212	1.479	
Lysine	g	0.284		0		1		0.081	0.562	
Methionine	g	0.134		0		1		0.038	0.265	
Cystine	g	0.119		0		1		0.034	0.236	
Phenylalanine	g	0.333		0		1		0.094	0.659	
Tyrosine	g	0.273		0		1		0.077	0.541	
Valine	g	0.357		0		1		0.101	0.707	
Arginine	g	0.373		0		1		0.106	0.739	
Histidine		0.200		0		1		0.057	0.396	
Alanine		0.475		0		1		0.135	0.941	
Aspartic acid		0.586		0		1		0.166	1.160	
Glutamic acid		1.243		0		1		0.352	2.461	
Glycine		0.293		0		1		0.083	0.580	
Proline		0.521		0		1		0.148	1.032	
Serine	_	0.337		0		1		0.096	0.667	
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.7 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

NDB No. 19804 Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour

		<u>A</u> 1	mount in 10	00 grams	of edib	le portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
roximates:	_									
Water		1.20		0	BFZN			0.34		
Energy		523		0	BFZN	4		148		
Energy	· ·	2188		•		4		620		
Protein	-	7.00 32.70		0 0	BFZN			1.98 9.27		
Total lipid (fat)		2.80		0	BFZN BFZN			9.27 0.79		
AshCarbohydrate, by difference		56.20		0	BFZN			15.93		
Fiber, total dietary		30.20		U	DF ZN	7		13.93		
Sugars, total										
Starch										
Suici										
Minerals:				_		_				
Calcium, Ca	-	131		0	BFZN	4		37		
Iron, Fe.		4.90		0	BFZN	4 4		1.39		
Magnesium, Mg		77 207		0 0	BFZN BFZN	4		22 59		
Phosphorus, P Potassium, K		236		0	BFZN	4		67		
Sodium, Na		763		0	BFZN	4		216		
Zinc, Zn		1.06		0	BFZN	4		0.30		
Copper, Cu		0.166	5	0	BFZN	4		0.047		
Manganese, Mn		0.774	Į	0	BFZN	4		0.219		
Selenium, Se		6.7		0	BFZN	4		1.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0	BFZN	4		0.5		
Thiamin		0.420)	1	MA	12		0.119		
Riboflavin	mg	0.480)	1	MA	12		0.136		
Niacin	mg	6.300)	1	MA	12		1.786		
Pantothenic acid	mg	0.143		0	BFZN	4		0.041		
Vitamin B-6	-	0.230)	0	BFZN	4		0.065		
Folate, total		200		1	MA	12		57		
Folic acid		0		0	Z	7		0		
Folate, food		200		1	MA	12		57		
Folate, DFE		200 0.00		0	NC Z	4 7		57		
Vitamin B-12 Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	611		0	BFZN	4		0.00 173		
Vitamin A, RAE		31		0	NC	4		9		
Retinol		0		0	Z	7		ő		
Vitamin E (alpha-tocopherol)	-	-		•	_	•				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.460)	0	BFZN	4		1.264		
4:0		0.000		0	BFZN	4		0.000		
6:0	_	0.000		0	BFZN	4		0.000		
8:0	-	0.000		0	BFZN	4		0.000		
10:0		0.000		0	BFZN	4		0.000		
12:0		0.000	,	0	BFZN	4		0.000		
13:0 14:0	_	0.000	1	0	BFZN	4		0.000		
15:0	_	0.000	,	U	Df AN	4		0.000		
16:0		3.510)	0	BFZN	4		0.995		
17:0		3.310		·		-		3.333		
18:0		0.960)	0	BFZN	4		0.272		
20:0										
22:0										
24:0										

		<u>Ar</u>	nount in 10			le portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u>m</u>	easures of 1000	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.480		0	BFZN	4		2.688		
14:1										
15:1	-									
16:1 undifferentiated	-	0.090		0	BFZN	4		0.026		
17:1				_						
18:1 undifferentiated		9.390		0	BFZN	4		2.662		
20:1	-	0.000		0	BFZN	4		0.000		
22:1 undifferentiated24:1 c	-	0.000		0	BFZN	4		0.000		
Fatty acids, total polyunsaturated	g	16.170		0	BFZN	4		4.584		
18:2 undifferentiated	g	14.940		0	BFZN	4		4.235		
18:3 undifferentiated	g	1.230		0	BFZN	4		0.349		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:5 n-3	g	0.000		0	BFZN	4		0.000		
22:5 n-3	g	0.000		0	BFZN	4		0.000		
22:6 n-3	-	0.000		0	BFZN	4		0.000		
Fatty acids, total trans										
Cholesterol	_	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.063		0	BFZN	4		0.018		
Threonine	-	0.279		0	BFZN	4		0.079		
Isoleucine		0.277		0	BFZN	4		0.079		
Leucine		0.747		0	BFZN	4		0.212		
Lysine	-	0.284		0	BFZN	4		0.081		
Methionine	-	0.134		0	BFZN	4		0.038		
Cystine		0.119		0	BFZN	4		0.034		
Phenylalanine		0.333		0	BFZN	4		0.094		
Tyrosine		0.273		0	BFZN	4		0.077		
Valine	-	0.357		0	BFZN	4		0.101		
Arginine		0.373		0	BFZN	4		0.106		
Histidine		0.200		0	BFZN	4		0.057		
Alanine	-	0.475		0	BFZN	4		0.135		
Aspartic acid		0.586		0	BFZN	4		0.166		
Glutamic acid	-	1.243		0	BFZN	4		0.352		
Glycine		0.293		0	BFZN	4		0.083		
Proline	-	0.521		0	BFZN BFZN	4 4		0.148		
Serine		0.337		U	BFZN	4		0.096		
Hydroxyproline	y									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

						Amount in edible portion of common				
			Nι	ımber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00	0.053	100		1		0.28	1.98	
Energy	kcal	539		0	NC	4		153	1067	
Energy	kj	2255				4		639	4465	
Protein (N x 6.25)	g	6.60	0.093	91		1		1.87	13.07	
Total lipid (fat)	g	33.40	0.276	94		1		9.47	66.13	
Ash	g	2.20	0.047	92		1		0.62	4.36	
Carbohydrate, by difference	g	56.90		0	NC	4		16.13	112.66	
Fiber, total dietary	g	4.9		0		1		1.4	9.7	
Sugars, total	g	1.41		0	T	4		0.40	2.80	
Starch	g									
3.4° 1										
Minerals:	ma	127	2.792	126		1		36	251	
Calcium, Ca Iron, Fe	_	1.32	0.030	126		1		0.37	251	
Magnesium, Mg	_	76	1.208	125		1		22	150	
Phosphorus, P		185	3.592	124		1		52	366	
Potassium, K	_	142	2.808	121		1		40	281	
Sodium, Na		630	12.863	128		1		179	1247	
Zinc, Zn	-	1.26	0.047	94		1		0.36	2.49	
Copper, Cu		0.161		127		1		0.046	0.319	
Manganese, Mn		0.381		95		1		0.108	0.754	
Selenium, Se	-	6.7	0.845	39	A	1		1.9	13.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0	0.000	8		1		0.0	0.0	
Thiamin	-	0.027		83		1		0.008	0.053	
Riboflavin	=	0.144		88		1		0.041	0.285	
Niacin	_	1.183		92		1		0.335	2.342	
Pantothenic acid	=	0.394		1		4		0.112	0.780	
Vitamin B-6	-	0.242	0.030	18		1		0.069	0.479	
Folate, total		20		1		1		6	40	
Folic acid		0		0	Z	7		0	0	
Folate, food		20		0	NR	4		6	40	
Folate, DFE		20		0	NC	4		6	40	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		94		0	NC	4		27	186	
Vitamin A, RAE		5		0	NC	4		1	9	
Retinol		0		0	BNA	4		0	0	
Vitamin E (alpha-tocopherol)		1.36		0	NR	4		0.39	2.69	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		33.6		0	A	1		9.5	66.5	
vitamini ix (phynoquinone)	9	55.5		·		-		3.0	00.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.550		0		1		1.290	9.009	
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		0.000		0		1		0.000	0.000	
15:0		a		_		_				
16:0		3.570		2		1		1.012	7.069	
17:0	-			_		_				
18:0	-	0.970		2		1		0.275	1.921	
20:0	-									
22:0										

		<u>A</u> 1	mount in 10			ole portio	<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	tedg	9.660	1	0		1		2.739	19.127	
14:1										
15:1 16:1 undifferentiated	-	0.090)	2		1		0.026	0.178	
17:1	_									
18:1 undifferentiated	-	9.570		2		1		2.713	18.949	
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		16.480		0		1		4.672	32.630	
18:2 undifferentiated		15.230		2		1		4.318	30.155	
18:3 undifferentiated	_	1.260		2 0		1 1		0.357	2.495	
18:4 20:2 n-6 c.c.	-	0.000	1	U		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	_	0.000	1	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	0.0	00 12		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.046	:	0		1		0.013	0.091	
Threonine		0.246		0		1		0.013	0.487	
Isoleucine	=	0.235		0		1		0.067	0.465	
Leucine	-	0.803		0		1		0.228	1.590	
Lysine	-	0.185		0		1		0.052	0.366	
Methionine		0.137		0		1		0.039	0.271	
Cystine		0.119)	0		1		0.034	0.236	
Phenylalanine		0.322	!	0		1		0.091	0.638	
Tyrosine		0.266	i	0		1		0.075	0.527	
Valine	g	0.331		0		1		0.094	0.655	
Arginine	g	0.326	;	0		1		0.092	0.645	
Histidine	g	0.200)	0		1		0.057	0.396	
Alanine	g	0.491		0		1		0.139	0.972	
Aspartic acid	g	0.456	i	0		1		0.129	0.903	
Glutamic acid	g	1.230		0		1		0.349	2.435	
Glycine	g	0.269		0		1		0.076	0.533	
Proline	-	0.572		0		1		0.162	1.133	
Serine		0.312	!	0		1		0.088	0.618	
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	42		0	BNA	4		12.047	84.135	
Carotene, alpha		28		0	BNA	4		7.886	55.075	
Cryptoxanthin, beta	-	0		0	BNA	4		0.000	0.000	
Lycopene	_	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		212		0	BNA	4		59.960	418.770	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

NDB No. 19003

Snacks, corn-based, extruded, chips, plain

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

Nutrients and Units	Amount in edible portion of common			
Nutrients and Units	measures of foo	<u>od</u>		
Proximates:				
Water.	1 Measure 2	Measure		
Energy				
Energy	0.28	0.1		
Protein 9 6.60 0 0 4 5.81 Total lipid (fan) 9 33.40 0 0 4 29.39 Ash 9 1.60 0 0 4 1.41 Carbohydrate, by difference 9 57.40 0 MC 4 50.51 There, total dictary 9 4.4 1 3.9 3.9 3.44 1 3.9 3.9 3.44 1.24	156	100		
Total lipid (fat)	652	419		
Ash.	1.85	1.1		
Carbohydrate, by difference	9.35	6.0		
Fiber, total dietary	0.45	0.2		
Sugars, total 9 1.41 0 0 4 1.24 Surch 9 1.70 4 1.90 Minerals:	16.07	10.3		
	1.2	0.8		
Minerals: Calcium, Ca.	0.39	0.2		
Calcium, Ca. mg 1.4 4 1.9 Iron, Fe. mg 1.70 4 1.50 Magnesium, Mg. mg 70 4 62 Phosphoris, P. mg 184 4 162 Phosphoris, P. mg 185 4 163 Sodium, Na. mg 15 1 13 Zine, Zn. mg 0.85 4 0.75 Copper, Cu. mg 0.249 4 0.219 Manganese, Mm. mg 2.20 4 0.219 Witamins, Sc. mcg 6.7 0 BFZN 4 1.8 Thiamin. mg 0.140 4 0.123 1.8				
Calcium, Ca. mg 1.70 4 1.50 Iron, Fe. mg 1.70 4 6.2 Magnesium, Mg. mg 70 4 62 Phosphorus, P. mg 184 4 162 Phosphorus, P. mg 185 4 163 Sodium, Na. mg 15 1 13 Zine, Zn. mg 0.85 4 0.75 Copper, Cu. mg 0.249 4 0.219 Maganese, Mm. mg 0.249 4 0.219 Witamins, Ce. mcg 6.7 0 BFZN 4 0.219 Witamins, Se. mcg 6.7 0 BFZN 4 1.8 1.8 Vitamins, Se. mcg 6.7 0 BFZN 4 1.8 1.8 Vitamins, Se. mcg 0.140 4 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 1.8 <td< td=""><td></td><td></td></td<>				
Fron, Fe.	35	22		
Magnesium, Mg. mg 70 4 62 Phosphons, P. mg 184 4 162 Phosphons, P. mg 185 4 163 Sodium, Na. mg 0.85 4 0.75 Copper, Cu. mg 0.249 4 0.219 Manganese, Mn. mg 8 7 0 BFZN 4 0.219 Manganese, Mn. mg 0.249 4 0.219 5.9 9 Vitamins. mg 6.7 0 BFZN 4 0.219 5.9 9 Vitamins. mg 6.7 0 BFZN 4 1.8		0.3		
Phosphorus, P. mg 184 4 162 Potassium, K. mg 185 4 163 Sodium, Na. mg 0.85 4 0.75 Copper, Cu. mg 0.249 4 0.219 Manganese, Mn. mg 8.8 8.9 8.9 Vitamins: Vitamins (Copper, Cu. mg 6.7 0 BFZN 4 0.213 Selenium, Se. mG 6.7 0 BFZN 4 1.8 Vitamins C, total ascorbic acid mg 2.0 4 1.8 1.8 Thiamin. mg 0.140 4 0.123 1.8 Thiamin. mg 0.140 4 0.123 1.302 Particularies mg 0.140 4 0.185 6 1.302 1.302 1.302 1.302 1.302 1.302 1.302 1.302 1.302 1.302 1.302 1.302	20	13		
Sodium, Na.	52	33		
Sodium, Na.	52	33		
Copper, Cu. mg 0.249 4 0.219 Manganese, Mn. mg 8 9 Vitamins; Witamin C, total ascorbic acid mg 2.0 4 1.8 Thiamin mg 2.0 4 1.8 0.123 Riboflavin mg 0.140 4 0.123 Riboflavin mg 0.160 4 0.123 Patic scid mg 0.210 4 0.143 Polita cid mcg 7 4 6 Folita cid mcg 0 0 z 7 0 Folate, DFE mcg 7 4 6 6 Vitamin B-12 mcg 0 NC 4 6 Vitamin A, IU IU 70 NC	4	3		
Manganese, Mn. mg mg mcg m	0.24	0.1		
Scientium, Sc.	9 0.070	0.0		
VitaminS: Vitamin C, total ascorbic acid. mg 2.0 4 1.8 Thiamin mg 0.140 4 0.123 Riboflavin. mg 0.160 4 0.141 Niacin. mg 1.480 4 0.141 Nicin. mg 1.480 4 0.141 Vitamin B-6. mg 0.210 4 0.185 Folate, food. mcg 7 4 6 Folate, food. mcg 7 4 6 Folate, food. mcg 7 0 NC 4 6 Vitamin B-12 mcg 0.00 NC 4 0.00 Vitamin A, RAE mcg 1.36 0				
Vitamin C, total ascorbic acid mg 2.0	1.9	1.2		
Vitamin C, total ascorbic acid mg 2.0				
Thiamin mg 0.140 4 0.123 Riboflavin mg 0.160 4 0.141 Niacin mg 1.480 4 0.1302 Pantothenic acid mg 1.480 4 0.185 Folate, fod mg 0.210 4 0.185 Folate, total mcg 7 4 6 Folate, total mcg 0 0 2 7 0 Folate, food mcg 7 4 6 2 7 0 0 2 7 0 0 2 7 0 0 2	0.6	0.4		
Riboflavin mg 0.160 4 0.141 Niacin mg 1.480 4 1.302 Pantothenic acid. mg				
Niacin				
Pantothenic acid. mg Vitamin B-6 mg 0.210 4 0.185 Folate, total. mcg 7 4 6 Folice, total. mcg 0 0 2 7 0 Folate, food. mcg 7 4 6 Folate, DFE. mcg_DFE 7 0 NC 4 6 Vitamin B-12 mcg 0.00 NC 4 62 Vitamin A, IU IU 70 0 NC 4 62 Vitamin A, RAE mcg_RAE 4 0 NC 4 62 Vitamin A, RAE mcg_RAE 4 0 NC 4 3 Retinol mcg 0 0 2 7 0 Vitamin E (alpha-tocopherol) mg 1.36 0 0 2 7 0 Vitamin D mcg 33.6 0 0 4 29.6 Lipids: Li				
Folate, total				
Folic acid mcg	5 0.059	0.0		
Folic acid	2	1		
Folate, DFE. mcg_DFE 7 0 NC 4 6 Vitamin B-12 mcg 0.00 4 0.00 Vitamin A, IU IU 70 0 NC 4 62 Vitamin A, RAE. mcg_RAE 4 0 NC 4 3 Retinol. mcg 0 0 0 Z 7 0 Vitamin E (alpha-tocopherol). mg 1.36 0 0 4 1.20 Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone). mcg 33.6 0 0 0 4 29.6 Lipids: Fatty acids, total saturated 9 4.344 4 3.823 4.0. 9 0.000 4 3 3.823 4.0. 9 0.000 4 0.000 6:0. 9 0.000 4 0.000 6:0. 9 0.000 4 0.000 10:0. 9 0.000 4 0.000 11:0. 9 0.000 12:0. 9 0.000 4 0.000 12:0. 9 0.000 4 0.000 12:0. 9 0.000 4 0.000 12:0. 9 0.000 4 0.000 13:0. 9 10:000 9 0.000 13:0. 9 10:000 9 0.000 13:0. 9 10:000 9 0.000 13:0. 9 10:000 9 0.000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:0. 9 10:000 9 0.0000 13:00 9 10:000 9 0.0000 13:00 9 10:000 9 0.0000 13:00 9 10:0000 9 0.0000 13:00 9 10:000 9 0.0000 13:00 9 10:000 9 0.0000 13:00 9 10:00000 9 0.0000 13:00 9 10:0000 9 0.0000 1	0	0		
Vitamin B-12 mcg 0.00 4 0.00 Vitamin A, IU IU 70 0 NC 4 62 Vitamin A, RAE mcg_RAE 4 0 NC 4 3 Retinol mcg 0 0 z 7 0 Vitamin E (alpha-tocopherol) mg 1.36 0 0 4 1.20 Tocopherol, beta mg 1.36 0 0 4 1.20 Tocopherol, gamma mg 1.36 0 0 4 1.20 Tocopherol, gamma mg 1.36 0 0 4 2.96 Vitamin D IU Vitamin K (phylloquinone) mcg 33.6 0 0 4 29.6 Lipids: Fatty acids, total saturated 9 4.344 4 3.823 4.0 4 9.0 4:0. 9 0.000 4 4 0.000 6:0 4 0.000 8:0. <td>2</td> <td>1</td>	2	1		
Vitamin B-12 mcg 0.00 4 0.00 Vitamin A, IU IU 70 0 NC 4 62 Vitamin A, RAE mcg_RAE 4 0 NC 4 3 Retinol mcg 0 0 z 7 0 Vitamin E (alpha-tocopherol) mg 1.36 0 0 4 1.20 Tocopherol, beta mg 1.36 0 0 4 1.20 Tocopherol, gamma mg 1.36 0 0 4 1.20 Tocopherol, gamma mg 1.36 0 0 4 2.96 Vitamin D IU Vitamin K (phylloquinone) mcg 33.6 0 0 4 29.6 Lipids: Fatty acids, total saturated 9 4.344 4 3.823 4.0 4 9.0 4:0. 9 0.000 4 4 0.000 6:0 4 0.000 8:0. <td>2</td> <td>1</td>	2	1		
Vitamin A, RAE mcg_RAE 4 0 NC 4 3 Retinol mcg 0 0 z 7 0 Vitamin E (alpha-tocopherol) mg 1.36 0 0 4 1.20 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 33.6 0 0 4 29.6 Lippids: Fatty acids, total saturated g 4.344 4 29.6 Lippids: Fatty acids, total saturated g 4.344 4 3.823 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 g 0.000 4 0.000 13:0 g 0.016 4 0.014 15:0 g	0.00	0.0		
Retinol mcg 0 z 7 0 Vitamin E (alpha-tocopherol) mg 1.36 0 0 4 1.20 Tocopherol, beta mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg 33.6 0 0 4 29.6 Lipids: Fatty acids, total saturated g 4.344 4 3.823 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 g 0.000 4 0.000 12:0 g 0.000 4 0.000 13:0 g 0.016 4 0.014 15:0 g 2.938 4 2.585 17:0 g 2.938 4 2.585	20	13		
Vitamin E (alpha-tocopherol) mg 1.36 0 0 4 1.20 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D UU Vitamin K (phylloquinone) mcg 33.6 0 0 4 29.6 Lipids: Fatty acids, total saturated g 4 4 3.823 4:0 g 9 0.000 4 0.000 8:0 g 0.000 4 0.000 10:0 g 0.000 4 0.000 13:0 g 0.016 4 0.014 15:0 g 0.016 4 0.014 15:0 g 0.016 4 0.014 16:0 g				

	<u>Ar</u>	nount in 100	<u>0 grams</u> Number	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	9.040				4		7.955	2.531	1.627	
14:1g										
15:1g										
16:1 undifferentiatedg	0.025				4		0.022	0.007	0.005	
17:1g										
18:1 undifferentiatedg	8.889				4		7.822	2.489	1.600	
20:1g	0.118				4		0.104	0.033	0.021	
22:1 undifferentiatedg	0.000				4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	17.093				4		15.042	4.786	3.077	
18:2 undifferentiatedg	16.488				4		14.509	4.617	2.968	
18:3 undifferentiatedg	0.597				4		0.525	0.167	0.107	
18:4g	0.000				4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0				7		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0	0.0	
Caffeine mg	0		0	NR	4		0	0	0	
Theobromine mg	0		0	Z	7		0	0	0	
Carotenoids:										
Carotene, betamcg	42		0	0	4		36.960	11.760	7.560	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	212		0	0	4		186.560	59.360	38.160	

Common Measures:

Measure 1 = 88g: 1 cup, crushed

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> :	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>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.90		1		1		0.54		
Energy	kcal	536		0	NC	4		152		
Energy	kj	2243				4		636		
Protein (N x 6.2)		6.50		1		1		1.84		
Total lipid (fat)		31.70		1		1		8.99		
Ash		2.60		1		1		0.74		
Carbohydrate, by difference		57.30		0	NC	4		16.24		
Fiber, total dietary		1.0		0		4		0.3		
Sugars, total										
Starch										
Staten	9									
<u>Minerals:</u>										
Calcium, Ca	mg	36		1		1		10		
Iron, Fe	<u>mg</u>	1.27		1		1		0.36		
Magnesium, Mg	mg	25		1		4		7		
Phosphorus, P	mg	76		1		1		22		
Potassium, K	mg	123		1		1		35		
Sodium, Na	mg	952		1		1		270		
Zinc, Zn	mg	0.48		1		4		0.14		
Copper, Cu	mg	0.059	•	1		4		0.017		
Manganese, Mn	mg	0.078	3	1		4		0.022		
Selenium, Se	mcg	3.8		0	BFZN	4		1.1		
7*4										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.1		1		4		0.0		
Thiamin	-	0.210		1		1		0.060		
Riboflavin		0.120		1		1		0.034		
Niacin		1.410		1		1		0.400		
Pantothenic acid	-	0.401		1		4		0.114		
Vitamin B-6	-	0.116	5	1		4		0.033		
Folate, total		5		1		4		1		
Folic acid		0		0	Z	7		0		
Folate, food		5		1		4		1		
Folate, DFE		5		0	NC	4		1		
Vitamin B-12		0.00		1		4		0.00		
Vitamin A, IU		315		1		4		89		
Vitamin A, RAE		24		0	NC	4		7		
Retinol		10		0	NC	4		3		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	а	26.790)	0		1		7.595		
4:0		0.030		1		1		0.009		
6:0		0.200		1		1		0.009		
8:0		2.280		1		1		0.646		
10:0	-	1.830		1		1		0.519		
12:0	-	13.520		1		1		3.833		
13:0	-	13.320	•			-		3.033		
14:0	-	5.170	1	1		1		1.466		
	-	5.1/0	,	_		1		1.400		
15:0		2.810	,	1		1		0.797		
16:0		2.810	,	T		T		0.797		
17:0		0.000	,	-		4		0.070		
18:0		0.960	,	1		1		0.272		
20:0	-									
22:0	g g									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				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	2.140		0		1		0.607			
14:1											
15:1	g										
16:1 undifferentiated	g	0.030		1		1		0.009			
17:1	g										
18:1 undifferentiated	g	2.120		1		1		0.601			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.840		0		1		0.238			
18:2 undifferentiated	g	0.830		1		1		0.235			
18:3 undifferentiated	g	0.020		1		1		0.006			
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	_	5		1		4		1			
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	a	0.056		0		1		0.016			
Threonine		0.252		0		1		0.071			
Isoleucine		0.265		0		1		0.075			
Leucine	-	0.758		0		1		0.215			
Lysine	-	0.262		0		1		0.074			
Methionine		0.141		0		1		0.040			
Cystine	_	0.105		0		1		0.030			
Phenylalanine		0.319		0		1		0.090			
Tyrosine		0.274		0		1		0.078			
Valine	-	0.350		0		1		0.099			
Arginine	-	0.305		0		1		0.086			
Histidine.		0.199		0		1		0.056			
Alanine		0.427		0		1		0.121			
Aspartic acid	-	0.455		0		1		0.129			
Glutamic acid	-	1.260		0		1		0.357			
Glycine		0.235		0		1		0.067			
Proline	-	0.587		0		1		0.166			
Serine		0.320		0		1		0.091			
Hydroxyproline	-										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gran	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
				a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	2.00	1		1		0.57		
Energy	kcal	510	0	NC	4		145		
Energy	kj	2134			4		605		
Protein (N x 6.2)	g	5.80	1		1		1.64		
Total lipid (fat)		26.90	1		1		7.63		
Ash		2.30	1		1		0.65		
Carbohydrate, by difference		62.90	0	NC	4		17.83		
Fiber, total dietary		1.1	0		4		0.3		
Sugars, total									
Starch									
Minerals:		_			_		_		
Calcium, Ca	_	3	1		4		1		
Iron, Fe	_	2.54	1		1		0.72		
Magnesium, Mg		11	1		1 1		3		
Phosphorus, P	•	44 81	1		1 1		12 23		
Potassium, K	-	1022	1		1		23 290		
Sodium, Na		0.21	1		1		0.06		
Zinc, Zn Copper, Cu		0.040			1		0.01		
Manganese, Mn		0.040			4		0.011		
Selenium, Se		3.8	0	FLM	4		1.1		
Scientini, Sc	9	3.0	ŭ		•				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	1		4		0.0		
Thiamin		0.320) 1		1		0.091		
Riboflavin	mg	0.240) 1		1		0.068		
Niacin	mg	1.410) 1		1		0.400		
Pantothenic acid	mg	0.225	5 1		4		0.064		
Vitamin B-6	mg	0.040) 1		1		0.011		
Folate, total	mcg	3	1		4		1		
Folic acid		0	0	Z	7		0		
Folate, food	mcg	3	1		4		1		
Folate, DFE		3	0	NC	4		1		
Vitamin B-12		0.00	1		4		0.00		
Vitamin A, IU		318	1		4		90		
Vitamin A, RAE		16	0	NC	4		5		
Retinol		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (pilynoquinone)	Inog								
Lipids:									
Fatty acids, total saturated		22.750	0		1		6.450		
4:0									
6:0		0.160			1		0.045		
8:0	-	1.960			1		0.556		
10:0	-	1.570			1		0.445		
12:0	-	11.680) 1		1		3.311		
13:0					_				
14:0	-	4.400) 1		1		1.247		
15:0	-				_		_		
16:0	-	2.230) 1		1		0.632		
17:0	-				_				
18:0	-	0.740) 1		1		0.210		
20:0									
22:0	g								

	<u>Aı</u>	mount in 10	0 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.700		0		1		0.482			
14:1g										
15:1g			_		_					
16:1 undifferentiatedg	0.000		1		1		0.000			
17:1g	1 700		1		1					
18:1 undifferentiatedg	1.700		1		1		0.482			
20:1g										
22:1 undifferentiated										
_	0.780		0		1		0.221			
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.780		1		1		0.221			
18:3 undifferentiatedg	0.780		1		1		0.003			
18:4g	0.010		_		_		0.003			
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiated										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterolmg	0		1		4		0			
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.041		0		1		0.012			
Threonineg	0.219		0		1		0.062			
Isoleucineg	0.209		0		1		0.059			
Leucineg	0.715		0		1		0.203			
Lysineg	0.164		0		1		0.046			
Methionineg	0.122		0		1		0.035			
Cystineg	0.105		0		1		0.030			
Phenylalanineg	0.286		0		1		0.081			
Tyrosineg	0.237		0		1		0.067			
Valineg	0.295		0		1		0.084			
Arginineg	0.290		0		1		0.082			
Histidineg	0.178		0		1		0.050			
Alanineg	0.437		0		1		0.124			
Aspartic acidg	0.406		0		1		0.115			
Glutamic acidg	1.094		0		1		0.310			
Glycineg	0.239		0		1		0.068			
Prolineg	0.508		0		1		0.144			
Serineg	0.277		0		1		0.079			
Hydroxyprolineg										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100 g	ırams	of edit	le portio	<u>n</u>		edible portion	
			Nu	ımbeı	•			<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	2.00	0.078	15		1		0.57	1.14	
Energy	kcal	500		0	NC	4		142	285	
Energy	kj	2092				4		593	1192	
Protein (N x 6.2)	g	7.70	0.166	15		1		2.18	4.39	
Total lipid (fat)	g	22.60	0.219	15		1		6.41	12.88	
Ash		2.60	0.076	15		1		0.74	1.48	
Carbohydrate, by difference	g	65.10		0	NC	4		18.46	37.11	
Fiber, total dietary		3.9		0		4		1.1	2.2	
Sugars, total	g	4.83		0	FLA	4		1.37	2.75	
Starch	g									
Minerals:										
Calcium, Ca	ma	29	1.162	15		1		8	17	
Iron. Fe.	-	3.72	0.490	13		1		1.05	2.12	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	28	2.116	15		1		8	16	
Phosphorus, P		72	7.292	15		1		20	41	
Potassium, K	-	143	4.997	14		1		41	82	
Sodium, Na	_	981	43.143	14		1		278	559	
Zinc, Zn	mg	0.33	0.024	14		1		0.09	0.19	
Copper, Cu	mg	0.118	0.023	15		1		0.033	0.067	
Manganese, Mn	mg	0.202		12		1		0.057	0.115	
Selenium, Se	mcg	10.6		0	FLM	4		3.0	6.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8	1.790	4		1		0.5	1.0	
Thiamin	-	0.220		13		1		0.062	0.125	
Riboflavin		0.220		13		1		0.088	0.177	
Niacin	_	3.180		13		1		0.902	1.813	
Pantothenic acid	-	0.262		1		4		0.074	0.149	
Vitamin B-6	_	0.148		4		1		0.042	0.084	
Folate, total	-	110		1	MA	12		31	63	
Folic acid		94		0	NC	4		27	54	
Folate, food		16		0		4		5	9	
Folate, DFE		176		0	NC	4		50	100	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU -	120	33.471	4		1		34	68	
Vitamin A, RAE		8		0	NC	4		2	4	
Retinol	mcg	2		0	BNA	4		1	1	
Vitamin E (alpha-tocopherol)	mg	2.69		0	FLA	4		0.76	1.54	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•				4 -		
Vitamin K (phylloquinone)	mcg	5.1		0	FLA	4		1.5	2.9	
Lipids:										
Fatty acids, total saturated	g	4.340		0		1		1.230	2.474	
4:0		0.020		3		1		0.006	0.011	
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		0.040		3		1		0.011	0.023	
13:0										
14:0	g	0.160		3		1		0.045	0.091	
15:0										
16:0		2.800		3		1		0.794	1.596	
17:0	-									
18:0	-	1.310		3		1		0.371	0.747	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u> :	easures of food		
Nutrients and I	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	edg	13.360		0		1		3.788	7.615		
14:1	g										
15:1 16:1 undifferentiated	-	0.080		3		1		0.023	0.046		
17:1	-	0.000				_		0.025	0.010		
18:1 undifferentiated	g	13.270		3		1		3.762	7.564		
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				_		_					
Fatty acids, total polyunsaturate		3.140		0		1		0.890	1.790		
18:2 undifferentiated		3.010		3 3		1 1		0.853	1.716		
18:3 undifferentiated		0.130		0		1		0.037 0.000	0.07 4 0.000		
18:4 20:2 n-6 c.c	-	0.000		U		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-3	g	0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		1		4		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.059		0		1		0.017	0.034		
Threonine		0.288		0		1		0.082	0.164		
Isoleucine	g	0.284		0		1		0.081	0.162		
Leucine	g	0.906		0		1		0.257	0.516		
Lysine	g	0.241		0		1		0.068	0.137		
Methionine	g	0.154		0		1		0.044	0.088		
Cystine		0.134		0		1		0.038	0.076		
Phenylalanine		0.378		0		1		0.107	0.215		
Tyrosine	-	0.310		0		1		0.088	0.177		
Valine	-	0.386		0		1		0.109	0.220		
Arginine	•••••••••••••••••••••••••••••••••••••••	0.402 0.232		0 0		1 1		0.114	0.229		
Histidine	-	0.232		0		1		0.066 0.155	0.132 0.312		
Alanine		0.540		0		1		0.162	0.312		
Glutamic acid		1.445		0		1		0.410	0.824		
Glycine	-	0.314		0		1		0.089	0.179		
Proline		0.646		0		1		0.183	0.368		
Serine	-	0.369		0		1		0.105	0.210		
Hydroxyproline											
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:		-		-	_	•		-	•		
	mc~	F-1		^	P			14 555	20, 202		
Carotene, beta		51 33		0 0	BNA	4 4		14.555	29.263		
Carotene, alpha Cryptoxanthin, beta	-	33		0	BNA BNA	4		9.440 0.000	18.979 0.000		
Lycopene	_	0		0	FLA	4		0.000	0.000		
_усорсис	y	879		0	FLA	-		0.000	500.949		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz NDB No. 19007

Snacks, corn-based, extruded, onion-flavor

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 4.2

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	Ĺ
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duranian										
Proximates: Water	g	1.50	0.038	156		1		0.43	3.41	
Energy	_	554		0	NC	4		157	1258	
Energy		2318				4		657	5262	
Protein (N x 6.3)	-	7.60	0.148	139		1		2.15	17.25	
Total lipid (fat)		34.40	0.236	151		1		9.75	78.09	
Ash		2.70	0.048	121		1		0.77	6.13	
Carbohydrate, by difference		53.80		0	NC	4		15.25	122.13	
Fiber, total dietary		1.1		0		1		0.3	2.5	
Sugars, total		2.87		0	A	1		0.81	6.51	
Starch				•		_		0.02	0.51	
Starch	9									
Minerals:										
Calcium, Ca	_	58	1.197			1		16	132	
Iron, Fe		2.35	0.070			1		0.67	5.33	
Magnesium, Mg		18	0.247			1		5	41	
Phosphorus, P	-	108	2.660	151		1		31	245	
Potassium, K		166		154		1		47	377	
Sodium, Na		1050		165		1		298	2384	
Zinc, Zn		0.38	0.019			1 1		0.11	0.86	
Copper, Cu		0.063		79		1		0.018	0.143	
Manganese, Mn		0.071 3.0	0.003	110	A	1		0.020 0.9	0.161 6.8	
Selenium, Se	Illog	3.0		1	A	_		0.9	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.050	20		1		0.1	0.5	
Thiamin	mg	0.264	0.011	93		1		0.075	0.599	
Riboflavin	mg	0.354	0.015	92		1		0.100	0.804	
Niacin	mg	3.232	0.119	93		1		0.916	7.337	
Pantothenic acid	mg	0.374	0.041	7		1		0.106	0.849	
Vitamin B-6	mg	0.133	0.007	26		1		0.038	0.302	
Folate, total	mcg	120		1		1		34	272	
Folic acid		86			0	4		24	195	
Folate, food	mcg	34			0	4		10	77	
Folate, DFE	mcg_DFE	180		0	NC	4		51	409	
Vitamin B-12	mcg	0.14		1		1		0.04	0.32	
Vitamin A, IU		122		0	NC	4		35	277	
Vitamin A, RAE		6		0	NC	4		2	14	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	4.25		0	FLA	4		1.21	9.65	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D		0.6.4		•	_	_		10.0		
Vitamin K (phylloquinone)	mcg	36.1		0	A	1		10.2	81.8	
Lipids:										
Fatty acids, total saturated	g	6.590)	0		1		1.868	14.959	
4:0		0.030	1	3		1		0.009	0.068	
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		0.060	1	3		1		0.017	0.136	
13:0	-									
14:0	_	0.240	1	3		1		0.068	0.545	
15:0	_									
16:0	_	4.250	1	3		1		1.205	9.648	
17:0										
18:0	_	2.000	1	3		1		0.567	4.540	
20:0	_									
22:0	_									
24:0	-									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion 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 monounsatura	atedg	20.280)	0		1		5.749	46.036	
14:1	g									
15:1 16:1 undifferentiated	-	0.130	1	3		1		0.037	0.295	
17:1		0.130	,	3		-		0.037	0.295	
18:1 undifferentiated		20.160)	3		1		5.715	45.763	
20:1	-	0.000)	0		1		0.000	0.000	
22:1 undifferentiated		0.000)	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	4.760)	0		1		1.349	10.805	
18:2 undifferentiated	g	4.570)	3		1		1.296	10.374	
18:3 undifferentiated	g	0.190)	3		1		0.054	0.431	
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		4	0.1	72 63		1		1	9	
Cholesterol.	-	4	0.1	12 63		1		1	9	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.094	Į.	0		1		0.027	0.213	
Threonine	g	0.391	=	0		1		0.111	0.888	
Isoleucine	g	0.366	5	0		1		0.104	0.831	
Leucine	-	0.783		0		1		0.222	1.777	
Lysine		0.456		0		1		0.129	1.035	
Methionine		0.151		0		1		0.043	0.343	
Cystine		0.138		0		1		0.039	0.313	
Phenylalanine		0.299		0		1		0.085	0.679	
Tyrosine	-	0.258		0		1		0.073	0.586	
Valine	-	0.404		0		1		0.115	0.917	
Arginine		0.283		0		1		0.080	0.642	
Histidine	-	0.181		0		1		0.051	0.411	
Alanine		0.424		0		1 1		0.120	0.962	
Aspartic acid		0.645		0		1		0.183	1.464	
Glutamic acid	-	1.387 0.217		0		1		0.393 0.062	3.148 0.493	
Glycine		0.558		0		1		0.158	1.267	
Proline	-	0.367		0		1		0.104	0.833	
Serine Hydroxyproline		0.367		U		1		0.104	0.633	
	9									
Others:	~	2.2		^		-		0.0		
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0 0	
Theobromine	9	U		U	FLA	4		0	U	
Carotenoids:										
Carotene, beta		58		0	FLA	4		16.479	131.951	
Carotene, alpha	_	30		0	FLA	4		8.515	68.181	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	643		0	FLA	4		182.275	1459.482	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

NDB No. 19008

Snacks, corn-based, extruded, puffs or twists, cheese-flavor

Calories Factors: Protein 4 Fat 8.8 Carbohydrate 4.1

Food Group: 25 Snacks

NDB No. 19802 Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nι	umber	measures of food					
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	1.50	0.038	156		1		0.43	3.41	
	_	554	0.038	0	NC	4		157	1258	
Energy		2318		U	NC	4		657	5262	
Energy			0 140	120		=				
Protein (N x 6.3)		7.60	0.148			1		2.15	17.25	
Total lipid (fat)		34.40	0.236	151		1		9.75	78.09	
Ash		2.70	0.048	121		1		0.77	6.13	
Carbohydrate, by difference		53.80		0	NC	4		15.25	122.13	
Fiber, total dietary		1.1		0		4		0.3	2.5	
Sugars, total	_									
Starch	g									
Minerals:										
Calcium, Ca	ma	58	1.197	158		1		16	132	
Iron. Fe.	_	1.10	,	1		1		0.31	2.50	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	18	0.247			1		5	41	
Phosphorus, P		108	2.660	151		1		31	245	
Potassium, K	-	166	2.529	154		1		47	377	
Sodium, Na		1050	15.620			1		298	2384	
Zinc, Zn		0.38	0.019			1		0.11	0.86	
Copper, Cu		0.063		79		1		0.018	0.143	
Manganese, Mn		0.071				1		0.020	0.161	
Selenium, Se		3.0	0.005	0	BFZN	4		0.9	6.8	
Scientini, Sc	9	3.0		ŭ		-		0.15	0.0	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.2	0.050	20		1		0.1	0.5	
Thiamin	-	0.260		0		1		0.074	0.590	
Riboflavin		0.200		0		1		0.057	0.454	
Niacin	-	1.180		0		1		0.335	2.679	
Pantothenic acid		0.374		7		1		0.106	0.849	
Vitamin B-6	_	0.133	0.007	26		1		0.038	0.302	
Folate, total		23		0	FLM	4		7	52	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	23		0	FLM	4		7	52	
Folate, DFE		23		0	NC	4		7	52	
Vitamin B-12		0.14		1		1		0.04	0.32	
Vitamin A, IU		265	14.548	56		1		75	602	
Vitamin A, RAE		23		0	NC	4		6	51	
Retinol	mcg	11		0	NC	4		3	25	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	6.590)	0		1		1.868	14.959	
4:0		0.030		3		1		0.009	0.068	
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		0.060		3		1		0.017	0.136	
13:0		2.000		-		_		- · · · ·		
14:0		0.240)	3		1		0.068	0.545	
15:0		3.2.30		-		-		0.000	0.545	
16:0	_	4.250)	3		1		1.205	9.648	
17:0	_	4.230				-		1.205	3.040	
18:0		2.000)	3		1		0.567	4.540	
20:0		2.000				-		0.307	4.540	
22:0	_									
24:0										

	<u>A</u> 1	mount in 100 grams Numbe		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	20.280	0		1		5.749	46,026	
Fatty acids, total monounsaturatedg	20.280	U		_		5.749	46.036	
15:1g								
16:1 undifferentiated	0.130	3		1		0.037	0.295	
17:1g	0.200			_		0.007	0.250	
18:1 undifferentiated	20.160	3		1		5.715	45.763	
20:1	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 polyunsaturated9	4.760	0		1		1.349	10.805	
18:2 undifferentiatedg	4.570			1		1.296	10.374	
18:3 undifferentiated	0.190			1		0.054	0.431	
18:4g	0.000			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			1		0.000	0.000	
22:5 n-3	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000			1		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	4	0.172 63		1		1	9	
Phytosterolsmg								
Amino Acids:	0.094	0				0.027		
Tryptophan				1			0.213	
Threonine	0.391			1		0.111	0.888	
Isoleucine	0.366			1		0.104	0.831	
Leucine	0.783			1		0.222	1.777	
Lysine	0.456			1		0.129	1.035	
Methionine	0.151			1		0.043	0.343	
Cystineg	0.138			1		0.039	0.313	
Phenylalanine	0.299			1		0.085	0.679	
Tyrosineg	0.258			1		0.073	0.586	
Valine	0.404			1		0.115	0.917	
Arginine	0.283			1		0.080	0.642	
Histidine	0.181			1		0.051	0.411	
Alanineg	0.424			1		0.120	0.962	
Aspartic acidg	0.645			1		0.183	1.464	
Glutamic acid	1.387			1		0.393	3.148	
Glycine9	0.217			1		0.062	0.493	
Proline	0.558			1		0.158	1.267	
Serine	0.367	0		1		0.104	0.833	
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 4 Fat 8.8 Carbohydrate 4.1

Food Group: 25 Snacks

	Amount in 100 grams of edible portion						Amount in edible portion of common			
				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 :
Proximates:										
Water	g	1.60	0.138	4		1		0.45	0.91	
Energy	kcal	436		0	NC	4		124	249	
Energy	kj	1824				4		517	1040	
Protein (N x 6.2)	g	9.00	0.199	4		1		2.55	5.13	
Total lipid (fat)	g	14.30	1.038	4		1		4.05	8.15	
Ash	g	3.40	0.204	4		1		0.96	1.94	
Carbohydrate, by difference	g	71.70		0	NC	4		20.33	40.87	
Fiber, total dietary	g	8.4		0		1		2.4	4.8	
Sugars, total	g									
Starch	g									
Min and las										
Minerals: Calcium. Ca	ma	17	1.796	4		1		5	10	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.70	0.019	4		1		0.48	0.97	
Magnesium, Mg	-	109	4.796	4		1		31	62	
Phosphorus, P		283	10.570	4		1		80	161	
Potassium, K		286	14.320	4		1		81	163	
Sodium, Na		976	45.193	6		1		277	556	
Zinc, Zn		1.88	0.211	4		1		0.53	1.07	
Copper, Cu		0.136		4		1		0.039	0.078	
Manganese, Mn		0.487		4		1		0.138	0.278	
Selenium, Se										
•										
Vitamins:				_						
Vitamin C, total ascorbic acid	-	0.4		1		4		0.1	0.2	
Thiamin		0.350		1		4		0.099	0.200	
Riboflavin		0.142		1		4		0.040	0.081	
Niacin		1.507		4		1		0.427	0.859	
Pantothenic acid	-	0.374		1		4		0.106	0.213	
Vitamin B-6	-	0.187		4		1		0.053	0.107	
Folate, total		0	0.001	3	_	1		0	0	
Folic acid		0 0	0.001	0 3	Z	7 1		0 0	0	
Folate, food	IIICG	0	0.001	0	NG	4		0	0	
Folate, DFE		-			NC	1		-	0	
Vitamin B-12	IIICG	0.00 338		1 1		4		0.00 96	0.00	
Vitamin A, IU		338 17		0	NC	4			193	
Vitamin A, RAE		0		0	NC Z	7		5 0	10 0	
Retinol		U		U	2	,		U	U	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		2.580		0		1		0.731	1.471	
4:0										
6:0										
8:0	-									
10:0 12:0										
13:0										
14:0		0.030		1		1		0.009	0.017	
15:0		0.030		-		-		0.009	0.017	
16:0		1.600		1		1		0.454	0.912	
17:0		1.000		-		-		0.434	0.512	
18:0		0.950		1		1		0.269	0.542	
20:0		0.550		-		-		0.209	0.342	
22:0	_									
44.U	y									

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>		edible portion	
					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
En il del de de	a	7.360		0		1		0.007	4 105	
Fatty acids, total monounsaturated		7.360		U		1		2.087	4.195	
15:1										
16:1 undifferentiated		0.010	1	1		1		0.003	0.006	
17:1										
18:1 undifferentiated		7.340	1	1		1		2.081	4.184	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.220)	0		1		0.913	1.835	
18:2 undifferentiated	g	3.170)	1		1		0.899	1.807	
18:3 undifferentiated	g	0.050)	1		1		0.014	0.029	
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		1		4		0	0	
Phytosterols	mg									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.7 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.10	0.210	4		1		0.60	1.20	
Energy	kcal	438		0	NC	4		124	250	
Energy	kj	1833				4		520	1045	
Protein (N x 6.3)	g	9.40	0.145	4		1		2.66	5.36	
Total lipid (fat)	g	14.20	0.385	4		1		4.03	8.09	
Ash	g	2.70	0.132	4		1		0.77	1.54	
Carbohydrate, by difference	g	71.60		0	NC	4		20.30	40.81	
Fiber, total dietary	g	8.0		0		1		2.3	4.6	
Sugars, total	g									
Starch	g									
<i>r</i> : 1										
Minerals:	ma	25	1 000	4		4		10	20	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	35 1.68	1.083 0.043	4 4		1 1		10 0.48	20 0.96	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.68	0.043 4.080	4		1		0.48 31	0.96 62	
Magnesium, Mg Phosphorus, P		309	4.080	4		1		88	62 176	
Potassium, K	-	311	13.134	4		1		88	176	
Sodium, Na	-	634	38.053	4		1		180	361	
Zinc, Zn	_	1.80	0.138	4		1		0.51	1.03	
Copper, Cu		0.152		4		1		0.043	0.087	
Manganese, Mn		0.410		4		1		0.116	0.234	
Selenium, Se		0.410	0.021	-		-		0.110	0.234	
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	15.5		1		4		4.4	8.8	
Thiamin		0.366		1		4		0.104	0.209	
Riboflavin		0.079		3		1		0.022	0.045	
Niacin		1.212		4		1		0.344	0.691	
Pantothenic acid		0.539		1		4		0.153	0.307	
Vitamin B-6	_	0.205	0.005	4		1		0.058	0.117	
Folate, total		15		1		4		4	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		15		1		4		4	9	
Folate, DFE		15		0	NC	4		4	9	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		39		1		4		11	22	
Vitamin A, RAE		2		0	NC	4		1	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitanini ik (phynoquinone)	9									
<u> ipids:</u>										
Fatty acids, total saturated		2.560)	0		1		0.726	1.459	
4:0	-									
6:0	-									
8:0	-									
10:0	-									
12:0	-									
13:0	-	0.030	1	1		1		0.000	0.017	
14:0	-	0.030	,	Τ.		1		0.009	0.017	
15:0	-	1.590	1	1		1		0.451	0.906	
16:0		1.590	,	Τ.		1		U.431	0.906	
17:0		0.940	1	1		1		0.266	0.536	
18:0		0.940	•	-		_		0.200	0.536	
20:0	-									
22:0 24:0	-									

		Ame	ount in 100 g	rams of ed	<u>on</u>		Amount in edible portion of common			
			of			Confidence	<u>m</u>	easures of food		
Nutrients and Uni	ts	Mean S	Std. Error Po	ints Cod	e Code	Code	Measure 1	Measure 2	Measure 3	
		7 210					0.000			
Fatty acids, total monounsaturated		7.310		0	1		2.072	4.167		
15:1										
16:1 undifferentiated		0.010		1	1		0.003	0.006		
17:1										
18:1 undifferentiated	g	7.290		1	1		2.067	4.155		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.200		0	1		0.907	1.824		
18:2 undifferentiated	g	3.150		1	1		0.893	1.796		
18:3 undifferentiated	g	0.050		1	1		0.014	0.029		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	2	0.088	3	1		1	1		
Phytosterols	mg									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 3 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	7.00		1		1		1.96			
Energy	kcal	404		0		4		113			
Energy	kj	1690				4		473			
Protein (N x 5.8)	g	5.10		2		1		1.43			
Total lipid (fat)	g	13.50		2		1		3.78			
Ash	g	1.30		1		1		0.36			
Carbohydrate, by difference	g	73.00		0	NC	4		20.44			
Fiber, total dietary	g	2.2		0		1		0.6			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	21		2		1		6			
Iron, Fe.	_	6.30		2		1		1.76			
Magnesium, Mg	•	48		2		1		13			
Phosphorus, P		134		2		1		38			
Potassium, K	•	168		2		1		47			
Sodium, Na	_	278		1		1		78			
Zinc, Zn	mg	0.86		1		1		0.24			
Copper, Cu	mg	0.310)	2		1		0.087			
Manganese, Mn	mg	0.999)	1		4		0.280			
Selenium, Se	mcg	9.7		0	FLM	4		2.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0			
Thiamin	_	0.530)	2		1		0.148			
Riboflavin	-	0.600		2		1		0.168			
Niacin		7.050)	2		1		1.974			
Pantothenic acid		0.000)	1		4		0.000			
Vitamin B-6	_	0.705	5	2		1		0.197			
Folate, total	mcg	140		1		1		39			
Folic acid		0		0	Z	7		0			
Folate, food		140		1		1		39			
Folate, DFE	mcg_DFE	140		0	NC	4		39			
Vitamin B-12		0.00		1		4		0.00			
Vitamin A, IU		1764		2		1		494			
Vitamin A, RAE											
Retinol	-										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
vitanini K (priyrioquinone)	Inog										
Lipids:											
Fatty acids, total saturated	g	5.240)	0		1		1.467			
4:0	g										
6:0	-	0.010		2		1		0.003			
8:0	-	0.080		2		1		0.022			
10:0		0.060		2		1		0.017			
12:0	-	0.460)	2		1		0.129			
13:0	-			_		_					
14:0	-	0.200)	2		1		0.056			
15:0	-			_		-					
16:0	-	2.460	,	2		1		0.689			
17:0		1 000		^		4		0			
18:0		1.980	,	2		1		0.554			
20:0	-										
22:0	g g										

		<u>Aı</u>	mount in 100		o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	3.990		0	1		1.117		
14:1									
15:1	-								
16:1 undifferentiated		0.030		2	1		0.008		
17:1	-								
18:1 undifferentiated	g	3.970		2	1		1.112		
20:1	-								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		3.650		0	1		1.022		
18:2 undifferentiated		3.450		2	1		0.966		
18:3 undifferentiated	•	0.200		2	1		0.056		
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		1	4		0		
Phytosterols	-								
Amino Acids:									
Tryptophan	g	0.075		0	1		0.021		
Threonine	g	0.164		0	1		0.046		
Isoleucine	g	0.200		0	1		0.056		
Leucine	g	0.390		0	1		0.109		
Lysine	g	0.201		0	1		0.056		
Methionine	g	0.102		0	1		0.029		
Cystine	g	0.121		0	1		0.034		
Phenylalanine		0.260		0	1		0.073		
Tyrosine		0.198		0	1		0.055		
Valine		0.287		0	1		0.080		
Arginine		0.389		0	1		0.109		
Histidine		0.116		0	1		0.032		
Alanine	-	0.263		0	1		0.074		
Aspartic acid	-	0.459		0	1		0.129		
Glutamic acid		0.979		0	1		0.274		
Glycine	_	0.244		0	1		0.068		
Proline	_	0.253		0	1		0.071		
Serine	_	0.253		0	1		0.071		
Hydroxyproline	_			-	-				

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.6 Carbohydrate 3.7

Food Group: 25 Snacks

		<u>A</u>	mount in 10	u grams	ot edik	oie portic	<u>on</u>			Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>			
				of Data	Deriv	Source	Confidence						
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure			
Proximates: Water	а	13.70			FLC	4							
Energy	=	342		0	NC	4							
Energy		1431		0	NC	4							
Protein	=	5.90			LC	8							
Total lipid (fat)		0.90			LC	8							
Ash		1.90			NC	4							
Carbohydrate, by difference		77.60			FLC	4							
Fiber, total dietary		7.4			LC	8							
Sugars, total		55.34		0	FLM	4							
Starch		55.51				-							
Minerals:													
Calcium, Ca	ma	3			LC	8							
Iron. Fe.	-	4.00			LC	8							
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	50			FLC	4							
Phosphorus, P		122			FLC	4							
Potassium, K		220			FLC	4							
Sodium, Na		16			LC	8							
Zinc, Zn	mg	1.42			FLC	4							
Copper, Cu		0.234	l		FLC	4							
Manganese, Mn	mg												
Selenium, Se	mcg	8.3		0	FLM	4							
<u>Vitamins:</u>													
Vitamin C, total ascorbic acid	mg	1.7			FLC	4							
Thiamin	mg	0.030)		FLC	4							
Riboflavin	mg	0.070)		FLC	4							
Niacin	mg	0.400)		FLC	4							
Pantothenic acid	mg												
Vitamin B-6	mg	1.590)		FLC	4							
Folate, total		316			FLC	4							
Folic acid		300		0	0	4							
Folate, food		12		0	FLM	4							
Folate, DFE		522		0	NC	4							
Vitamin B-12		0.18			FLC	4							
Vitamin A, IU	IU	491		0	NC	4							
Vitamin A, RAE		25		0	NC	4							
Retinol		0 0.26		0 0	FLM FLM	4 4							
Vitamin E (alpha-tocopherol)		0.26		U	P. L.M	4							
Tocopherol, beta													
Tocopherol, gamma Tocopherol, delta													
Vitamin D													
Vitamin K (phylloquinone)		2.7		0	FLM	4							
Lipids:													
Fatty acids, total saturated	g	0.200)		FLC	4							
4:0		0.000			FLC	4							
6:0		0.000)		FLC	4							
8:0	-	0.000)		FLC	4							
10:0	-	0.000)		FLC	4							
12:0	g	0.002	2		FLC	4							
13:0	g												
14:0		0.002	2		FLC	4							
15:0	g												
16:0	g	0.175	5		FLC	4							
17:0	g												
18:0		0.021	L		FLC	4							
20:0	g												
22:0	g												
24:0	g												

	<u>Am</u>	ount in 100 gram	Amount in edible portion of common					
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.240		FLC	4				
14:19								
15:1	0.001		== 0	4				
16:1 undifferentiatedg	0.001		FLC	4				
17:1g	0.241		TT 0	4				
18:1 undifferentiated	0.241		FLC FLC	4				
20:1g				4				
22:1 undifferentiatedg	0.000		FLC	4				
24:1 c	0.350		FLC	4				
Fatty acids, total polyunsaturatedg			FLC	4				
18:2 undifferentiated	0.332 0.019		FLC	4				
	0.019		FLC	4				
18:4g	0.000		FLC	4				
20:2 n-6 c,c								
20:3 undifferentiated	0.000		FLC	4				
20:4 undifferentiated	0.000		FLC	4				
_				4				
22:5 n-3g	0.000		FLC FLC	4				
22:6 n-3	0.000		FLC	4				
Fatty acids, total transg	0		z	7				
Cholesterolmg Phytosterolsmg	U		Z	,				
Others:								
Alcohol, ethylg	0.0		Z	7				
Caffeine mg	0	0	FLM	4				
Theobromine mg	0	0	FLM	4				
Carotenoids:								
Carotene, betamcg	173	0	BNA	4				
Carotene, alphamcg	0	0	BNA	4				
Cryptoxanthin, betamcg	242	0	BNA	4				
Lycopenemcg	1	0	FLM	4				
Lutein + zeaxanthin mcg	103	0	FLM	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100	<u>grams</u>	ot edik	ne portio	<u>on</u>		edible portion	
			I	Number				<u>m</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Duovimotore										
Proximates: Water	а	6.10				9				
Energy	_	531		0	NC	4				
Energy		2223		0	NC	4				
Protein		5.20				9				
Total lipid (fat)	g	32.20				9				
Ash	g	1.30		0	NR	4				
Carbohydrate, by difference	g	55.20		0	NC	4				
Fiber, total dietary	g	6.2				9				
Sugars, total		35.89		0	FLA	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	42				9				
Iron, Fe	_	1.75				9				
Magnesium, Mg	mg	56				9				
Phosphorus, P		154				9				
Potassium, K	-	254				9				
Sodium, Na	_	152				9				
Zinc, Zn		1.17 0.319				9 9				
Copper, Cu Manganese, Mn		0.319	•			9				
Selenium, Se		16.4		1	MA	12				
				_						
Vitamins:						_				
Vitamin C, total ascorbic acid		0.5				9				
Thiamin	_	0.140				9 9				
Riboflavin		0.080				9				
Pantothenic acid	-	0.420	•			9				
Vitamin B-6	-	0.120)			9				
Folate, total	-	9				9				
Folic acid		0		0	FLA	4				
Folate, food		9				9				
Folate, DFE	mcg_DFE	9		0	NC	4				
Vitamin B-12		0.07				9				
Vitamin A, IU	IU	0		0	NC	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	FLA	4				
Vitamin E (alpha-tocopherol)		0.30		0	FLA	4				
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	FLA	4				
Lipids:										
Fatty acids, total saturated	а	22.720)			9				
4:0		0.000				4				
6:0		0.160				4				
8:0		1.970				4				
10:0	g	1.580)			4				
12:0	_	11.720)			4				
13:0	g									
14:0		4.410)			4				
15:0										
16:0		2.150)			4				
17:0						_				
18:0		0.740	,			4				
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 measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	4.970				9				
14:1g	4.970				9				
15:1									
16:1 undifferentiated	0.000				4				
17:1g	0.000				-				
18:1 undifferentiated	4.970				4				
20:1g	0.000				4				
22:1 undifferentiated	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	3.100				9				
18:2 undifferentiated	3.100				4				
18:3 undifferentiated	0.000				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterolmg	0				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	3		1	MA	12				
Theobrominemg	41		0	FLC	4				
Carotenoids:									
Carotene, betamcg	0		0	FLA	4				
Carotene, alphamcg	0		0	FLA	4				
Cryptoxanthin, beta mcg	0		0	FLA	4				
Lycopenemcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	48		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.10		1		1		0.88	0.74	
Energy	kcal	495		0	NC	4		140	119	
Energy	kj	2071				4		587	497	
Protein (N x 5.7)		7.70		1		1		2.18	1.85	
Total lipid (fat)	g	25.50		1		1		7.23	6.12	
Ash	g	1.60		1		1		0.45	0.38	
Carbohydrate, by difference	g	62.00		0	NC	4		17.58	14.88	
Fiber, total dietary		4.8		0		4		1.4	1.2	
Sugars, total										
Starch	_									
<u>Minerals:</u>						_		_	_	
Calcium, Ca	_	32		1		1		9	8	
Iron, Fe	-	2.50		1		1		0.71	0.60	
Magnesium, Mg		81		1		1		23	19	
Phosphorus, P	•	228		1		1		65	55	
Potassium, K	-	273		1		1		77	66	
Sodium, Na	-	256		1		1		73	61	
Zinc, Zn		1.58	_	1		4		0.45	0.38	
Copper, Cu		0.127		1		4		0.036	0.030	
Manganese, Mn		1.365)	1		4		0.387	0.328	
Selenium, Se	Tricg	15.0		0	BFZN	4		4.3	3.6	
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.280)	1		1		0.079	0.067	
Riboflavin	mg	0.070)	1		1		0.020	0.017	
Niacin		0.610)	1		1		0.173	0.146	
Pantothenic acid	mg	0.466	5	1		4		0.132	0.112	
Vitamin B-6	mg	0.047	7	1		4		0.013	0.011	
Folate, total	mcg	12		1		4		3	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		12		1		4		3	3	
Folate, DFE	mcg_DFE	12		0	NC	4		3	3	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	37		1		4		10	9	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>ipids:</u>										
Fatty acids, total saturated	g	12.510)	0		1		3.547	3.002	
4:0										
6:0		0.080)	1		1		0.023	0.019	
8:0	g	0.940)	1		1		0.266	0.226	
10:0	-	0.750)	1		1		0.213	0.180	
12:0	-	5.600)	1		1		1.588	1.344	
13:0	g									
14:0	-	2.120)	1		1		0.601	0.509	
15:0	g									
16:0	g	2.430)	1		1		0.689	0.583	
17:0	g									
18:0		0.530)	1		1		0.150	0.127	
20:0	g									
22:0										
24:0	g									

		<u>Aı</u>	mount in 10		<u>n</u>	Amount in edible portion of common measures of food			
				Number	_		m	easures of 1000	
Nutrients and Un	iits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	7.740		0	1		2.194	1.858	
14:1									
15:1	_	0.050		1	1		0.014	0.010	
16:1 undifferentiated	-	0.050		1	1		0.014	0.012	
17:1 18:1 undifferentiated		7.690		1	1		2.180	1.846	
20:1		7.090		_	_		2.160	1.040	
22:1 undifferentiated	_								
24:1 c									
Fatty acids, total polyunsaturated	_	3.760		0	1		1.066	0.902	
18:2 undifferentiated		3.660		1	1		1.038	0.878	
18:3 undifferentiated	_	0.100		1	1		0.028	0.024	
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		1	4		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.142		0	1		0.040	0.034	
Threonine		0.221		0	1		0.063	0.053	
Isoleucine		0.289		0	1		0.082	0.069	
Leucine	_	0.585		0	1		0.166	0.140	
Lysine	-	0.313		0	1		0.089	0.075	
Methionine		0.135		0	1		0.038	0.032	
Cystine	g	0.231		0	1		0.065	0.055	
Phenylalanine		0.390		0	1		0.111	0.094	
Tyrosine		0.282		0	1		0.080	0.068	
Valine	g	0.406		0	1		0.115	0.097	
Arginine	g	0.596		0	1		0.169	0.143	
Histidine		0.178		0	1		0.050	0.043	
Alanine	g	0.369		0	1		0.105	0.089	
Aspartic acid	g	0.698		0	1		0.198	0.168	
Glutamic acid	g	1.679		0	1		0.476	0.403	
Glycine	g	0.411		0	1		0.117	0.099	
Proline	g	0.425		0	1		0.120	0.102	
Serine	g	0.374		0	1		0.106	0.090	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gram	s of edi	ole portio	ortion Amount in edible portion of common				
			Numbe	r			<u>m</u>	easures of food	<u>[</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	2.40	1		1		0.68	0.58		
Energy		438	0	NC	4		124	105		
Energy		1833			4		520	440		
Protein (N x 5.8)		7.30	1		1		2.07	1.75		
Total lipid (fat)		16.30	1		1		4.62	3.91		
Ash		1.80	1		1		0.51	0.43		
Carbohydrate, by difference	g	72.10	0	NC	4		20.44	17.30		
Fiber, total dietary	g	4.4	0		1		1.2	1.1		
Sugars, total	g									
Starch	g									
Mr. I										
Minerals:	ma	77	1		1		22	18		
Calcium, CaIron, Fe	-	3.05	1		1		0.86	0.73		
Magnesium, Mg		72	1		4		20	17		
Phosphorus, P		204	1		4		58	49		
Potassium, K	•	251	1		1		71	60		
Sodium, Na		344	1		1		98	83		
Zinc, Zn		1.93	1		4		0.55	0.46		
Copper, Cu		0.261	1		4		0.074	0.063		
Manganese, Mn		1.507	1		4		0.427	0.362		
Selenium, Se	mcg	12.5	0	FLM	4		3.5	3.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1	1		4		0.0	0.0		
Thiamin		0.180			1		0.051	0.043		
Riboflavin		0.100			1		0.028	0.024		
Niacin		0.555			4		0.157	0.133		
Pantothenic acid	-	0.506			4		0.143	0.121		
Vitamin B-6		0.058			4		0.016	0.014		
Folate, total	-	13	1		4		4	3		
Folic acid		0	0	z	7		0	0		
Folate, food	mcg	13	1		4		4	3		
Folate, DFE	mcg_DFE	13	0	NC	4		4	3		
Vitamin B-12		0.01	1		4		0.00	0.00		
Vitamin A, IU		42	1		4		12	10		
Vitamin A, RAE		2	0	NC	4		1	1		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (pilynoquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated		11.410	0		1		3.235	2.738		
4:0	-				_		_			
6:0		0.060			1		0.017	0.014		
8:0		0.760			1		0.215	0.182		
10:0	-	0.610			1		0.173	0.146		
12:0		4.550	1		1		1.290	1.092		
13:0	_	1.720) 1		1		0.488	0.413		
14:0 15:0	-	1.720	, 1		1		0.488	0.413		
16:0	_	2.160) 1		1		0.612	0.518		
17:0	_	2.100			-		0.012	0.318		
18:0	_	1.520) 1		1		0.431	0.365		
20:0	_		-		-		0.401	2.303		
22:0										
24:0										

		<u>Ar</u>	mount in 100	grams o	<u>on</u>		edible portion o	of common	
Nutrients and Units	•	Mean		of Data I	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	O	2.630		0	1		0.746	0.631	
14:1		2.030		·	-		0.740	0.031	
15:1	-								
16:1 undifferentiated		0.010		1	1		0.003	0.002	
17:1	-	0.020		-	_		0.000	0.002	
18:1 undifferentiated		2.610		1	1		0.740	0.626	
20:1	-	2.020		_	_		0.740	0.020	
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		1.270		0	1		0.360	0.305	
18:2 undifferentiated		1.220		1	1		0.346	0.293	
18:3 undifferentiated	•	0.050		1	1		0.014	0.012	
18:4	-	0.030		-	-		0.014	0.012	
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3	-								
20.5 n-3									
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol	-	0		1	4		0	0	
Phytosterols	_	· ·		-	-		v	· ·	
Filytosterois									
Amino Acids:									
Tryptophan	g	0.134		0	1		0.038	0.032	
Threonine	g	0.211		0	1		0.060	0.051	
Isoleucine	g	0.274		0	1		0.078	0.066	
Leucine	g	0.552		0	1		0.156	0.132	
Lysine	g	0.311		0	1		0.088	0.075	
Methionine	-	0.134		0	1		0.038	0.032	
Cystine	q	0.222		0	1		0.063	0.053	
Phenylalanine		0.368		0	1		0.104	0.088	
Tyrosine		0.274		0	1		0.078	0.066	
Valine	-	0.396		0	1		0.112	0.095	
Arginine		0.517		0	1		0.147	0.124	
Histidine		0.164		0	1		0.046	0.039	
Alanine	-	0.356		0	1		0.101	0.085	
Aspartic acid	-	0.648		0	1		0.184	0.156	
Glutamic acid		1.494		0	1		0.424	0.359	
Glycine	-	0.380		0	1		0.108	0.091	
Proline	-	0.395		0	1		0.112	0.095	
Serine	-	0.359		0	1		0.102	0.086	
Hydroxyproline	-	0.339		Ü	-		0.102	0.000	
11yuroxypromic	9								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 3.8

Food Group: 25 Snacks

Proximates: Water			<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u>l</u>
Water					of Data	Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Exergy	Proximates:										
Energy	Water	g	2.30		1		1		0.65		
Protein (N s 57)	Energy	kcal	479		0	NC	4		136		
Protein (N × 5 7)	Energy	kj	2004				4		568		
Anh			11.00		2		1		3.12		
Carbohydrake, by difference	Total lipid (fat)	g	21.40		2		1		6.07		
Fiber, total dietary	Ash	g	1.50		1		1		0.43		
Signars, fortial	Carbohydrate, by difference	g	63.70		0	NC	4		18.06		
ShareA S	Fiber, total dietary	g	4.3		0		4		1.2		
Calcium, Ca.	Sugars, total	g	33.96		0	FLM	4		9.63		
Calcium, Ca	Starch	g									
Calcium, Ca.											
Inon, Fr.		ma	20		4		4		11		
Magnesium Mg.		-									
Phosphous P.	, , , , , , , , , , , , , , , , , , , ,	• • • • • • • • • • • • • • • • • • • •									
Potassim, K. mg 305 1 1 79 Sodium, Na. mg 2.09 1 4 0.59 Zinc, Zin. mg 0.279 1 4 0.399 Copper, Cu. mg 1.407 1 4 0.399 Selenium, Se. mcg 15.0 0 PILM 4 0.399 Selenium, Se. mcg 15.0 0 PILM 4 0.399 Selenium, Se. mcg 1.0 1 4 0.079 Selenium, Se. mcg 1.0 1 4 0.0 Selenium, Se. mcg 1.0 1 1 0.054 Klamin E. mcg 0.190 1 1 0.054 Klamin B. mg 0.190 1 1 0.023 Niacin mg 0.060 1 4 0.770 Vitamin B.G. mg 0.070 1 4 0.020 Folate, food											
Sedium, Na. mg 278 2 1 79 Zine, Zn. mg 2.99 1 4 0.59 Copper, Cu. mg 0.279 1 4 0.079 Manganese, Mn. mg 1.407 1 4 0.39 Selenium, Se. mg 1.50 0 FLM 4 4.3 Vitamines. Vitamines. Vitamines. 0 0 FLM 4 0.0 Thanitin. mg 0.190 1 1 0.054 Riboflavin. mg 0.080 1 1 0.023 Riboflavin. mg 0.600 1 4 0.020 Vatamin B. G. mg 0.600 1 4 0.020 Foliate, food. mg 0.600 1 4 0.020 Foliate, food. mcg 34 0 FLM 4 1.0 Foliate, food. mcg <td>•</td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	•	-									
Zinc, Zn. mg 2.09 1 4 0.59 Copper, Cu. mg 0.279 1 4 0.079 Manganes, Mn. mg 1.407 1 4 0.399 Selenium, Sc. mCg 15.0 0 FIM 4 0.09 Yitamins, C. mG 0.0 1 4 0.0 0.0 Thiamins. mg 0.00 1 1 0.054 1 Ribollavin mg 0.080 1 1 0.023 1 Niacin. mg 0.080 1 1 0.414 1 Patothenic acid. mg 0.060 1 4 0.170 1 4 0.20 Folate, Cotal. mGg 34 0 FIM 4 10 0 0 1 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0	The state of the s	-									
Copper, Cu. mg 0.279 1 4 0.079 Manganese, Mn. mg 1.407 1 4 0.399 Sclenium, Sc. meg 15.0 0 FLM 4 0.0 Vitamins; Vitamins; Vitamins; Vitamin C, total ascorbic acid. mg 0.00 1 4 0.054 Ribollavin. mg 0.080 1 1 0.023 Nikarin. mg 1.460 1 1 0.414 Pantothenic acid. mg 0.600 1 4 0.070 Vitamin B-6. mg 0.600 1 4 0.020 Folate, fool. mcg 34 0 FLM 4 10 Folate, food. mcg 34 0 FLM 4 10 Vitamin A, IU. U 0 NC 4 0 Vitamin A, IU. U 0 NC 4 0 Vi		-									
Manganese, Mn.				,							
Selenium, Se. mög 15.0 0 FLM 4 4.3 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 1 4 0.0 Thiamin. mg 0.190 1 1 0.023 Ribollavin. mg 0.080 1 1 0.023 Niacin. mg 0.600 1 4 0.170 Vitamin B-G. mg 0.600 1 4 0.020 Folate, food. mg 34 0 FIM 4 10 Folate, food. mcg 34 0 FIM 4 10 Folate, food. mcg 34 0 FIM 4 10 Folate, food. mcg 34 0 PIM 4 10 Vitamin B-C. mcg 34 0 NC 4 10 Vitamin B-C. mcg 0 0 NC 4 0 Vitamin A, RAE	• •										
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 1 4 0.0 Thismin. mg 0.190 1 1 0.054 Ribollavin. mg 0.080 1 1 0.023 Niacin. mg 1.460 1 1 0.414 Partothenic acid. mg 0.600 1 4 0.170 Vitamin B-6. mg 0.070 1 4 0.020 Folate, 6od. mcg 34 0 FLM 4 10 Folate, food. mcg 34 0 FLM 4 10 Folate, food. mcg 34 0 FLM 4 10 Folate, food. mcg 34 0 FLM 4 10 Vitamin B-12. mcg 0.00 1 4 0.00 1 4 0.00 1 4 0.00 1 4 0.00 1 1 1.56 1						FLM					
Vitamin C, total ascorbic acid	·										
Thiamin											
Ribolavin mg 0.080 1 1 0.023 Niacin mg 1.460 1 1 0.414 Pantothenic acid mg 0.600 1 4 0.170 Vitamin B-6 mg 0.070 1 4 0.020 Folta cid mcg 34 0 FLM 4 10 Foltacid mcg 34 0 FLM 4 10 Foltacid mcg 34 0 FLM 4 10 Foltacid mcg 0 0 NC 4 10 Foltacid mcg 0 0 NC 4 10 Vitamin B-12 mcg 0.00 1 4 0.00 Vitamin A, IU. U 0 NC 4 0 Vitamin A, EL mcg PAE 0 NC 4 1.56 Tocopherol, beta. mg 1 4 1.56 Tocophe		_									
Niacin mg 1.460 1 1 0.414 Pantothenic acid. mg 0.600 1 4 0.170 Vitamin B-6 mg 0.070 1 4 0.020 Folate, total. mCg 34 0 FLM 4 10 Folate, food. mCg 34 0 FLM 4 10 Folate, food. mCg 34 0 FLM 4 10 Folate, food. mCg 34 0 NC 4 10 Folate, food. mCg 34 0 NC 4 10 Vitamin B-12. mCg 0.00 1 4 0.00 Vitamin B-12. mCg 0 NC 4 0 Vitamin A, RAE. mCg_FAE 0 NC 4 0 Retinol. mG 0 FLM 4 1.56 Tocopherol, beta. mg 1 T 1.5 1		-									
Pantothenic acid.											
Vitamin B-6. mg 0.070 1 4 0.020 Folate, total mcg 34 0 FIM 4 10 Folate, total mcg 0 FIM 4 10 Folate, food mcg 34 0 FIM 4 10 Vitamin B-12 mcg 0.00 1 4 0.00 Vitamin A, IU IU 0 0 NC 4 0 Vitamin B, Edpha-tocopherol) mcg 0 0 NC 4 0 Vitamin B, Glapha-tocopherol, beta mcg 0 NC 4 0 Tocopherol, beta mg 5 5.52 0 FIM 4 1.56 Tocopherol, delta mg 1 V 1 1.56 1.56 Vitamin K (phylloquinone) mcg 3.6 0 FIM 4 1.0 Total Colspan="2">Total Colspan="2">Total Colspan="2">Total Colspan="2">Total Colspan="2">Total Colspan="2">Total Colspan="2">Total Colspan="2">To							_				
Folate, total		-					_				
Folic acid mcg 0 0 0 FIM 4 10 Folate, food mcg 34 0 FIM 4 10 Folate, food mcg 34 0 FIM 4 10 Folate, food mcg 34 0 FIM 4 10 Vitamin B-12 mcg 0 0.00 1 4 0.00 Vitamin B-12 mcg 0 0.00 1 4 0.00 Vitamin A, IU IU 0 0 NC 4 0 Vitamin A, RAE mcg_RAE 0 NC 4 0 Retinol mcg 0 FIM 4 0 Vitamin E (alpha-tocopherol). mg 5.52 0 FIM 4 0.56 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Tocopherol, delta mg Tocopherol, mcg 3.6 0 FIM 4 1.0 Vitamin K (phylloquinone). mcg 3.6 0 FIM 4 1.0 IU Vitamin K (phylloquinone). mcg 3.6 0 FIM 4 1.0 ID Vitamin K (phylloquinone). mcg 3.6 0 FIM 4 0.000 At 0.000 At 0		-)			_				
Folate, food.											
Folate, DFE											
Vitamin B-12 mcg 0.00 1 4 0.00 Vitamin A, IU IU 0 NC 4 0 Vitamin A, RAE mcg_RAE 0 0 NC 4 0 Retinol mcg 0 0 FIM 4 0 Vitamin E (alpha-tocopherol) mg 5.52 0 FIM 4 0 Tocopherol, beta mg 5.52 0 FIM 4 1.56 Tocopherol, gamma mg 7 FIM 4 1.0 Vitamin D IU Vitamin K (phylloquinone) mcg 3.6 0 FIM 4 1.0 Eithy acids young 3.6 0 FIM 4 1.0 0.714 <											
Vitamin A, IU. IU 0 NC 4 0 Vitamin A, RAE mcg RAE 0 NC 4 0 Retinol. mcg 0 0 NE 4 0 Vitamin E (alpha-tocopherol) mg 5.52 0 FIM 4 1.56 Tocopherol, beta. mg 7 7 7 7 7 Tocopherol, gamma mg 7 8 8 8 8 8 8 9 9 1.0 Vitamin D IU IU 1 1.0 9 1.0 1.0 1.0						NC					
Vitamin A, RAE mcg_RAE 0 NC 4 0 Retinol mcg 0 0 FLM 4 0 Vitamin E (alpha-tocopherol) mg 5.52 0 FLM 4 1.56 Tocopherol, beta mg 7 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>							_				
Retinol mcg 0 FLM 4 0 Vitamin E (alpha-tocopherol) mg 5.52 0 FLM 4 1.56 Tocopherol, beta mg							_				
Vitamin E (alpha-tocopherol) mg 5.52 0 FLM 4 1.56 Tocopherol, beta mg											
Tocopherol, beta											
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. UU Vitamin K (phylloquinone) mcg 3.6 0 FIM 4 1.0 ipids: Fatty acids, total saturated g 0.000 0 4 0.000 6:0. 9 0.000 0 4 0.000 8:0. 9 0.000 0 4 0.000 8:0. 9 0.000 0 4 0.000 10:0. 9 0.000 0 4 0.000 10:0. 9 0.000 0 4 0.000 11:0. 9 0.000 0 1 0.000 12:0. 9 0.000 0 1 0.000 12:0. 9 0.000 0 1 0.000 13:0. 9 0.010 2 1 0.003 13:0. 9 1.630 2 1 0.003 15:0. 9 1.630 2 1 0.462 17:0. 9 1.630 9 1.630 2 1 0.221 18:0. 9 0.780 9 1 0.221			5.52		U	F.TW	4		1.56		
Tocopherol, delta	-										
Vitamin D. IU Vitamin K (phylloquinone) mcg 3.6 0 FLM 4 1.0 Lipids: Fatty acids, total saturated. g 2.520 0 1 0.714 4:0. g 0.000 0 4 0.000 6:0. g 0.000 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 0.010 2 1 0.003 13:0. g 0.010 2 1 0.003 15:0. g 1.630 2 1 0.462 17:0. g 1.630 2 1 0.221 20:0. g 0.780 2 1 0.221											
Vitamin K (phylloquinone) mcg 3.6 0 FLM 4 1.0 Lipids: Fatty acids, total saturated g 2.520 0 1 0.714 4:0 g 0.000 0 4 0.000 6:0 g 0.000 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 0.010 2 1 0.003 13:0 g 0.010 2 1 0.003 15:0 g 1.630 2 1 0.462 17:0 g 18:0 g 0.780 2 1 0.221 20:0 g											
Lipids: Fatty acids, total saturated g 2.520 0 1 0.714 4:0. g 0.000 0 4 0.000 6:0. g 0.000 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 0.010 2 1 0.003 13:0. g 14:0. g 0.010 2 1 0.003 15:0. g 16:0. g 1.630 2 1 0.462 17:0. g 18:0. g 0.780 2 1 0.221 20:0. g			3.6		0	FT.M	4		1.0		
Fatty acids, total saturated. g 2.520 0 1 0.714 4:0	vitamini K (piryiloquiilone)	9	3.0		·		-				
4:0. 9 0.000 0 4 0.000 6:0. 9 0.000 0 4 0.000 8:0. 9 0.000 0 4 0.000 10:0. 9 0.000 0 4 0.000 12:0. 9 0.010 2 1 0.003 13:0. 9 0.010 2 1 0.003 15:0. 9 1.630 2 1 0.462 17:0. 9 18:0. 9 0.780 2 1 0.221 20:0. 9	<u> Lipids:</u>										
6:0. 9 0.000 0 4 0.000 8:0. 9 0.000 0 4 0.000 10:0. 9 0.000 0 4 0.000 12:0. 9 0.010 2 1 0.003 13:0. 9 0.010 2 1 0.003 15:0. 9 0.010 2 1 0.003 15:0. 9 1.630 2 1 0.462 17:0. 9 18:0. 9 0.780 2 1 0.221 20:0. 9	Fatty acids, total saturated	g	2.520)					0.714		
8:0 g 0.000 0 4 0.000 10:0 g 0.000 0 4 0.000 12:0 g 0.010 2 1 0.003 13:0 g 0.010 2 1 0.003 15:0 g 0.010 2 1 0.003 15:0 g 1.630 2 1 0.462 17:0 g 18:0 g 0.780 2 1 0.221 20:0 g					0		4				
10:0			0.000)	0		4		0.000		
12:0	8:0	g			0		4		0.000		
13:0		-			-		4				
14:0			0.010)	2		1		0.003		
15:0		-									
16:0			0.010)	2		1		0.003		
17:0											
18:0g 0.780 2 1 0.221 20:0g			1.630)	2		1		0.462		
20:0g		-									
		-	0.780)	2		1		0.221		
** **		-									
22:0		-									

	Amount in 100 grams of edible					<u>on</u>		edible portion o	f common
			umber				<u>m</u>	easures of food	
				Deriv		Confidence			
Nutrients and Units	Mean	Std. Error P	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.760		0		1		1.633		
14:1g									
15:1 g									
16:1 undifferentiatedg	0.010		2		1		0.003		
17:1g			_						
18:1 undifferentiatedg	5.680		2		1		1.610		
20:1g	0.060		2		1		0.017		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg	11 000		0		1		2 260		
Fatty acids, total polyunsaturated9	11.880		2		1		3.368 3.359		
18:2 undifferentiatedg 18:3 undifferentiatedg	11.850		2		1				
18:4g	0.030		0		4		0.009 0.000		
	0.000		U		4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
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 trans9	0.000		·		-		0.000		
Cholesterolmg	0		1		4		0		
Phytosterolsmg									
•									
Amino Acids:									
Tryptophang	0.172		0		1		0.049		
Threonineg	0.331		0		1		0.094		
Isoleucineg	0.402		0		1		0.114		
Leucineg	0.800		0		1		0.227		
Lysineg	0.443		0		1 1		0.126		
Methionineg	0.182		0		1		0.052		
Cystineg	0.280		0		1		0.079		
Phenylalanine	0.564 0.423		0		1		0.160 0.120		
Tyrosine	0.423		0		1		0.120		
Arginine	0.549		0		1		0.136		
Histidine	0.261		0		1		0.275		
Alanineg	0.201		0		1		0.143		
Aspartic acid	1.098		0		1		0.143		
Glutamic acid	2.306		0		1		0.654		
Glycine9	0.611		0		1		0.173		
Prolineg	0.564		ō		1		0.160		
Serine 9	0.549		0		1		0.156		
Hydroxyproline	0.040		•		_		3.203		
•									
Others:							_		
Alcohol, ethylg	0.0		0	_	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	FLM	4		0.000		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthinmcg	74		0	FLM	4		21.085		

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19019

Snacks, granola bars, hard, peanut

Calories Factors: Protein 3.5 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</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	2.30	1		1		0.65	0.55	
Energy	kcal	483	0	NC	4		137	116	
Energy		2021			4		573	485	
Protein (N x 5.6)	g	9.80	1		1		2.78	2.35	
Total lipid (fat)	g	23.80	1		1		6.75	5.71	
Ash	g	1.70	1		1		0.48	0.41	
Carbohydrate, by difference	g	62.30	0	NC	4		17.66	14.95	
Fiber, total dietary	g	2.9	0		4		0.8	0.7	
Sugars, total	g								
Starch	g								
XC 1									
Minerals:	ma	41	4		4		10	10	
Calcium, Ca	-	41 2.40	1		1 1		12 0.68	10 0.58	
Iron, FeMagnesium, Mg		55	1		4		16	13	
Phosphorus, P		139	1		4		39	33	
Potassium, K	•	291	1		1		82	70	
Sodium, Na		283	1		1		80	68	
Zinc, Zn		1.25	1		4		0.35	0.30	
Copper, Cu		0.218			4		0.062	0.052	
Manganese, Mn.		0.922			4		0.261	0.221	
Selenium, Se		15.0	0	FLM	4		4.3	3.6	
	_								
Vitamins:									
Vitamin C, total ascorbic acid		0.2	1		4		0.1	0.0	
Thiamin		0.210			1 1		0.060	0.050	
Riboflavin		0.090			1		0.026	0.022	
Niacin	-	1.970 0.387			4		0.558	0.473	
Pantothenic acid Vitamin B-6		0.096			4		0.110 0.027	0.093 0.023	
	-	18	1		4		5	0.023 4	
Folate, totalFolic acid		0	0	z	7		0	0	
Folate, food		18	1		4		5	4	
Folate, DFE	mca DFF	18	0	NC	4		5	4	
Vitamin B-12		0.00	1	110	4		0.00	0.00	
Vitamin A, IU		16	1		4		5	4	
Vitamin A, RAE		1	0	NC	4		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	-								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Linida									
Lipids:	0	3.200	0		1		0.907	0.768	
Fatty acids, total saturated4:0		3.200	,		_		0.907	0.700	
6:0									
8:0									
10:0									
12:0		0.020	2		1		0.006	0.005	
13:0	_		_				2		
14:0		0.020	2		1		0.006	0.005	
15:0	_		_				2		
16:0	-	2.210) 2		1		0.627	0.530	
17:0	-								
18:0	-	0.900) 2		1		0.255	0.216	
20:0	-								
22:0	-								
	g								

		<u>Ar</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number	_		<u> </u>	easures or roou		
Nutrients and Unit	ts	Mean	Std. Error	of Data Points	 Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	7.000		0	1		1.985	1.680		
14:1										
15:1	_			•	_					
16:1 undifferentiated	-	0.010		2	1		0.003	0.002		
17:1		6.910		2	1		1 050	1 (50		
18:1 undifferentiated		0.080		2	1		1.959	1.658		
20:1	-	0.080		2	1		0.023	0.019		
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	•	12.080		0	1		3.425	2.899		
18:2 undifferentiated		11.950		2	1		3.388	2.868		
18:3 undifferentiated		0.110		2	1		0.031	0.026		
18:4		0.110		_	-		0.031	0.020		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.020		2	1		0.006	0.005		
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	mg	0		1	4		0	0		
Phytosterols	mg									
Amino Asida										
Amino Acids:	~	0 131		•	1		0.027	0 001		
Tryptophan		0.131 0.310		0 0	1		0.037 0.088	0.031 0.074		
Threonine		0.310		0	1		0.088	0.074		
Isoleucine		0.350		0	1		0.192	0.084		
Leucine	-	0.879		0	1		0.192	0.163		
Lysine Methionine		0.376		0	1		0.107	0.035		
Cystine		0.200		0	1		0.041	0.035		
*	-	0.502		0	1		0.142	0.120		
Phenylalanine Tyrosine		0.302		0	1		0.142	0.120		
Valine		0.455		0	1		0.109	0.109		
Arginine	-	0.433		0	1		0.123	0.109		
Histidine	-	0.236		0	1		0.067	0.254		
Alanine	_	0.424		0	1		0.120	0.102		
Aspartic acid	-	1.059		0	1		0.300	0.102		
Glutamic acid		2.036		0	1		0.577	0.489		
Glycine	_	0.558		0	1		0.158	0.134		
Proline	-	0.495		0	1		0.140	0.119		
Serine	_	0.483		0	1		0.137	0.116		
Hydroxyproline				-	_					

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 24g: 1 bar

Calories Factors: Protein 3.4 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100 g	rams	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 Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	3.90	0.241	27		1		0.98	1.09		
	-	471	0.241	0	NC	4		118	132		
Energy		1971		U	NC	4		493	552		
Energy			0.000	00		=					
Protein (N x 6.25)		10.10	0.292	28		1		2.53	2.83		
Total lipid (fat)		19.80	0.445	27		1		4.95	5.54		
Ash		1.90	0.038	25		1		0.48	0.53		
Carbohydrate, by difference		64.40		0	NC	4		16.10	18.03		
Fiber, total dietary		5.3		0		4		1.3	1.5		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium. Ca	ma	61	2.995	18		1		15	17		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	2.95	0.099	22		1		0.74	0.83		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	97	7.625	3		1		24	27		
Phosphorus, P		277	4.152	21		1		69	78		
Potassium, K	-	336	10.383	19		1		84	94		
Sodium, Na		294	7.089	24		1		74	82		
Zinc, Zn		2.03	7.003	1		1		0.51	0.57		
Copper, Cu		0.392	•	1		1		0.098	0.110		
Manganese, Mn		1.777		1		1		0.444	0.498		
Selenium, Se		16.2		0	FLM	4		4.1	4.5		
Scientini, Sc	9			·		-					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.9	0.001	3		1		0.2	0.3		
Thiamin		0.264		23		1		0.066	0.074		
Riboflavin		0.119		18		1		0.030	0.033		
Niacin	-	1.581		9		1		0.395	0.443		
Pantothenic acid		0.813		4		1		0.203	0.228		
Vitamin B-6	_	0.085		4		1		0.021	0.024		
Folate, total		23	1.698	3		1		6	6		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	23	1.698	3		1		6	6		
Folate, DFE		23		0	NC	4		6	6		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		151	23.302	3		1		38	42		
Vitamin A, RAE		8		0	NC	4		2	2		
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										
Lipids:											
Fatty acids, total saturated	а	2.370)	0		1		0.593	0.664		
4:0											
6:0	-										
8:0	-										
10:0											
12:0		0.010)	1		1		0.003	0.003		
13:0											
14:0		0.010)	1		1		0.003	0.003		
15:0											
16:0	_	1.540)	1		1		0.385	0.431		
17:0	_					•					
18:0	_	0.760)	1		1		0.190	0.213		
20:0	_	350		_		_		0.150	3.213		
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 100 gram	s of edib	le portion	1	Amount in edible portion of common measures of food			
		Numbe				<u>m</u> :	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	4.380	0		1		1.095	1.226		
14:1g									
15:1g									
16:1 undifferentiatedg	0.010	1		1		0.003	0.003		
17:1g									
18:1 undifferentiatedg	4.370	1		1		1.093	1.224		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	12.050	0		1		3.013	3.374		
18:2 undifferentiatedg	11.990	1		1		2.998	3.357		
18:3 undifferentiatedg	0.060	1		1		0.015	0.017		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg									
20:5 n-3									
22:5 n-3g 22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	0	1		4		0	0		
Phytosterols mg	v	-		•		Ü	Ü		
Amino Acids:									
Tryptophang	0.177	0		1		0.044	0.050		
Threonine	0.264	0		1		0.066	0.074		
Isoleucine	0.352			1		0.088	0.099		
Leucineg	0.724	0		1		0.181	0.203		
Lysine	0.400	0		1		0.100	0.112		
Methionine	0.177	0		1		0.044	0.050		
Cystine	0.304	0		1		0.076	0.085		
Phenylalanine	0.479	0		1		0.120	0.134		
Tyrosine	0.352	0		1		0.088	0.099		
Valineg	0.508	0		1		0.127	0.142		
Arginine	0.674	0		1		0.169	0.189		
Histidine	0.216	0		1		0.054	0.060		
Alanineg	0.460	0		1		0.115	0.129		
Aspartic acidg	0.830	0		1		0.208	0.232		
Glutamic acidg	1.975	0		1		0.494	0.553		
Glycineg	0.499	0		1		0.125	0.140		
Prolineg	0.518	0		1		0.130	0.145		
Serineg	0.470	0		1		0.118	0.132		
Hydroxyprolineg									

Common Measures:

Measure 1 = 25g: 1 bar

Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>me</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	7.20				4					
Energy	kcal	397		0	NC	4					
Energy	kj	1662		0	NC	4					
Protein	g	7.70				4					
Total lipid (fat)	g	6.30				4					
Ash	g	1.38		0	FLA	4					
Carbohydrate, by difference	g	77.42		0	NC	4					
Fiber, total dietary	g	5.3				4					
Sugars, total	g	43.24		0	FLA	4					
Starch	g										
M:											
Minerals: Calcium. Ca	ma	36				4					
Iron. Fe.		5.30				4					
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	85				4					
Phosphorus, P		243				т <u>.</u> Л					
Potassium, K	_	243				4					
Sodium, Na	_	251				4					
Zinc, Zn	-	1.87				4					
Copper, Cu		0.670				4					
Manganese, Mn		0.070				-					
Selenium, Se		15.4		0	BFZN	4					
·											
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0				4					
Thiamin	-	0.490				4					
Riboflavin		0.440				4					
Niacin	-	5.120				4					
Pantothenic acid	-										
Vitamin B-6		0.800				4					
Folate, total		160				4					
Folic acid		0		0	FLA	4					
Folate, food		160		0	NO	4 4					
Folate, DFE		160 0.00		U	NC	_					
Vitamin B-12				•		4					
Vitamin A, IU		94 28		0 0	NC NC	4 4					
Vitamin A, RAE				0		4					
Retinol		28		0	FLA	4					
Vitamin E (alpha-tocopherol)	-	1.09		U	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D	III										
Vitamin K (phylloquinone)		2.6		0	FLA	4					
	9			·		-					
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.730				4					
4:0		0.000				4					
6:0		0.000				4					
8:0	-	0.000				4					
10:0		0.000				4					
12:0	-	0.006	ı			4					
13:0											
14:0		0.011				4					
15:0											
16:0		0.540				4					
17:0											
18:0		0.170				4					
20:0	_										
22:0											

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fetter wide total measures treated and	0.170				4				
Fatty acids, total monounsaturatedg	0.170				4				
15:1									
16:1 undifferentiatedg	0.001				4				
17:1g	0.001				•				
18:1 undifferentiated	0.171				4				
20:1g	0.000				4				
22:1 undifferentiated	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated9	4.830				4				
18:2 undifferentiatedg	4.666				4				
18:3 undifferentiated	0.166				4				
18:4g	0.000				4				
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterol mg	0				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	1		0	FLA	4				
Carotene, alphamcg	0		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopenemcg	0		0	FLA	4				
Lutein + zeaxanthinmcg	59		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19024 Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u> </u>	
				Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	3.60	2		1		1.26	1.01		
Energy	_	466	0		4		163	130		
Energy		1950			4		682	546		
Protein (N x 6.1)		5.80	1		1		2.03	1.62		
Total lipid (fat)		24.90	2		1		8.72	6.97		
Ash		1.50	1		1		0.53	0.42		
Carbohydrate, by difference		63.80	0	NC	4		22.33	17.86		
Fiber, total dietary		3.4	0		1		1.2	1.0		
Sugars, total			-		_					
Starch	_									
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	-	103	2		1		36	29		
Iron, Fe	-	2.33	2		1		0.82	0.65		
Magnesium, Mg		66	1		1		23	18		
Phosphorus, P	•	199	1		1		70	56		
Potassium, K		313	1		1		110	88		
Sodium, Na		200	2		1		70	56		
Zinc, Zn		1.30	1		1		0.46	0.36		
Copper, Cu		0.350			1		0.123	0.098		
Manganese, Mn		0.930) 1		1		0.326	0.260		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	1		1		0.0	0.0		
Thiamin		0.090) 2		1		0.032	0.025		
Riboflavin		0.250			1		0.088	0.070		
Niacin		0.720) 2		1		0.252	0.202		
Pantothenic acid	-	0.510) 1		1		0.179	0.143		
Vitamin B-6		0.100) 1		1		0.035	0.028		
Folate, total	-	26	1		1		9	7		
Folic acid		0	0	Z	7		0	0		
Folate, food		26	1		1		9	7		
Folate, DFE	mcg_DFE	26	0	NC	4		9	7		
Vitamin B-12		0.57	1		1		0.20	0.16		
Vitamin A, IU		39	1		4		14	11		
Vitamin A, RAE		7	0	NC	4		2	2		
Retinol		5	0	NC	4		2	1		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	14.220	0		1		4.977	3.982		
4:0		0.100			1		0.035	0.028		
6:0	-	0.040			1		0.033	0.011		
8:0		0.130			1		0.014	0.036		
10:0		0.150			1		0.053	0.042		
12:0	_	0.630			1		0.033	0.176		
13:0	-	0.030			-		V.221	0.170		
14:0		0.570) 1		1		0.200	0.160		
15:0	_	3.570	-		-		0.200	0.100		
16:0	-	6.040) 1		1		2.114	1.691		
17:0	-	3.040	-		-			051		
18:0	-	6.570) 1		1		2.300	1.840		
20:0	_	3.570	-		-		2.500	1.040		
22:0	_									
24:0										

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number	•			<u>me</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	7.770	ı	0		1		2.720	2.176		
14:1	g										
15:1	-										
16:1 undifferentiated	_	0.190)	1		1		0.067	0.053		
17:1											
18:1 undifferentiated		7.580	1	1		1		2.653	2.122		
20:1	-										
22:1 undifferentiated											
24:1 c	-			_		_					
Fatty acids, total polyunsaturated		1.820		0		1		0.637	0.510		
18:2 undifferentiated	-	1.710		1		1		0.599	0.479		
18:3 undifferentiated		0.110)	1		1		0.039	0.031		
18:4	_										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated											
20:5 n-3											
22:5 n-3	-										
22:6 n-3Fatty acids, total trans											
Cholesterol	_	5		1		1		2	1		
Phytosterols	-	3		•		-		-	-		
Amino Acids:											
Tryptophan	g	0.070		0		1		0.025	0.020		
Threonine		0.226		0		1		0.079	0.063		
Isoleucine	-	0.270		0		1		0.095	0.076		
Leucine	-	0.474		0		1		0.166	0.133		
Lysine		0.289		0		1		0.101	0.081		
Methionine	-	0.114		0		1		0.040	0.032		
Cystine		0.063		0		1		0.022	0.018		
Phenylalanine		0.291		0		1		0.102	0.081		
Tyrosine		0.244		0		1		0.085	0.068		
Valine	_	0.345		0		1		0.121	0.097		
Arginine		0.241		0		1		0.084	0.067		
Histidine	-	0.105		0		1		0.037	0.029		
Alanine		0.222		0		1		0.078	0.062		
Aspartic acid	-	0.479		0		1		0.168	0.134		
Glutamic acid		1.112		0		1		0.389	0.311		
Glycine		0.177		0		1		0.062	0.050		
Proline		0.393		0		1		0.138	0.110		
Serine	_	0.254		0		1		0.089	0.071		
Hydroxyproline	y										

Common Measures:

Measure 1 = 35g: 1 bar (1.25 oz) Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 3.6

Food Group: 25 Snacks

NDB No. 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Refuse: 0%

		<u>A</u> 1	mount in 100 gran	s of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
				a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:									
Water	g	3.20	1		1		0.91	1.18	
Energy	-	509	0		4		144	188	
Energy		2130			4		604	788	
Protein (N x 5.9)		10.20	2		1		2.89	3.77	
Total lipid (fat)		31.10	2		1		8.82	11.51	
Ash		1.90	1		1		0.54	0.70	
Carbohydrate, by difference		53.40	0	NC	4		15.14	19.76	
Fiber, total dietary		2.8	0		4		0.8	1.0	
Sugars, total									
Starch	-								
Minerals:									
Calcium, Ca	-	108	13.062 3		1		31	40	
Iron, Fe	-	1.45	0.221 3		1		0.41	0.54	
Magnesium, Mg		67	1		4		19	25	
Phosphorus, P.	•	227	1		4		64	84	
Potassium, K		339	1 2		1 1		96 55	125	
Sodium, Na		193 1. 4 7	1		4		0.42	71 0.54	
Zinc, Zn		0.323			4		0.42	0.54	
Copper, Cu Manganese, Mn		1.350			4		0.383	0.120	
Selenium, Se		1.550	,		-		0.303	0.300	
Scientini, Sc	9								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.6	1		4		0.2	0.2	
Thiamin		0.100			1		0.028	0.037	
Riboflavin	mg	0.210	0.032 3		1		0.060	0.078	
Niacin		3.290	0.067 3		1		0.933	1.217	
Pantothenic acid		0.530			4		0.150	0.196	
Vitamin B-6	_	0.106			4		0.030	0.039	
Folate, total		25	1		4		7	9	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	25	1		4		7	9	
Folate, DFE		25	0	NC	4		7	9	
Vitamin B-12		0.00	1		4		0.00	0.00	
Vitamin A, IU		25	0	NC	4		7	9	
Vitamin A, RAE		5	0	NC	4		1	2	
Retinol		5	0	NR	4		1	2	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
vitanini K (phynoquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated	g	17.010			1		4.822	6.294	
4:0		0.070			1		0.020	0.026	
6:0		0.040			1		0.011	0.015	
8:0		0.420			1		0.119	0.155	
10:0	-	0.490			1		0.139	0.181	
12:0	-	5.500) 1		1		1.559	2.035	
13:0					_		_	_	
14:0		2.150) 1		1		0.610	0.796	
15:0	-	_			_		_	_	
16:0	-	4.420) 1		1		1.253	1.635	
17:0	-				_				
18:0	-	3.920) 1		1		1.111	1.450	
20:0	-								
22:0	g								

	<u>A</u> 1	mount in 100 gr		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
			ata Deriv		Confidence			•	
Nutrients and Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g 6.54 0	ı	0	1		1.854	2.420		
14:1	-								
15:1 16:1 undifferentiated	. •		1	1		0.034	0.044		
17:1	-		1	-		0.034	0.044		
18:1 undifferentiated	=	ı	1	1		1.812	2.364		
20:1	•		1	1		0.009	0.011		
22:1 undifferentiated	-								
24:1 c	•								
Fatty acids, total polyunsaturated		ı	0	1		0.539	0.703		
18:2 undifferentiated	g 1.830		1	1		0.519	0.677		
18:3 undifferentiated	g 0.070		1	1		0.020	0.026		
18:4	g								
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated			1	1		0.003	0.004		
20:5 n-3	-								
22:5 n-3	•								
22:6 n-3 Fatty acids, total trans	-								
Cholesterol			1	1		3	4		
Phytosterols	. 5		•	•		3	•		
	9								
Amino Acids:									
Tryptophan			0	1		0.035	0.046		
Threonine	-		0	1		0.110	0.143		
Isoleucine			0	1		0.129	0.169		
Leucine			0	1		0.228	0.297		
Lysine			0	1		0.147	0.192		
Methionine			0	1		0.049	0.064		
Cystine			0	1 1		0.034	0.045		
Phenylalanine			0	1		0.145 0.122	0.189		
Tyrosine	•		0	1		0.122	0.159 0.205		
Valine			0	1		0.137	0.205		
Arginine	-		0	1		0.196	0.255		
Alanine	=		0	1		0.110	0.143		
Aspartic acid	•		0	1		0.276	0.360		
Glutamic acid			0	1		0.583	0.760		
Glycine			0	1		0.115	0.150		
Proline	·		0	1		0.113	0.252		
Serine	=		0	1		0.139	0.182		
Hydroxyproline	-								
J J1	-								
Others:									
Alcohol, ethyl						2	•		
Caffeine n	=		1	1		2	2		
Theobrominen	ng 42		1	1		12	16		
<u>Carotenoids:</u>									
Carotene, betan			0 NR	4		1.701	2.220		
Carotene, alphan									
Cryptoxanthin, beta									
Lycopenen									
Lutein + zeaxanthinn	ncg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 37g: 1 bar NDB No. 19026

Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter

Calories Factors: Protein 3.7 Fat 8.6 Carbohydrate 3.8

Food Group: 25 Snacks

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Number	•			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.40	2		1		2.32	1.51	
Energy	kcal	420	0	NC	4		181	118	
Energy		1757			4		756	492	
Protein (N x 5.8)	g	7.30	2		1		3.14	2.04	
Total lipid (fat)		16.60	2		1		7.14	4.65	
Ash		1.70	2		1		0.73	0.48	
Carbohydrate, by difference	g	69.10	0	NC	4		29.71	19.35	
Fiber, total dietary	g	4.8	0		1		2.1	1.3	
Sugars, total	g								
Starch	g								
M. 1									
Minerals:	ma	0.3	^		4		40	26	
Calcium, Ca	-	93 2.54	2		1 1		40 1.09	26 0.71	
Iron, Fe		78	1		1		1.09 34	22	
Phosphorus, P		230	1		1		34 99	22 64	
Potassium, K	•	340	2		1		146	95	
Sodium, Na		272	2		1		117	76	
Zinc, Zn		1.50	1		1		0.65	0.42	
Copper, Cu		0.400			1		0.172	0.112	
Manganese, Mn		1.300			1		0.559	0.364	
Selenium, Se		12.5	0	BFZN	4		5.4	3.5	
Vitamins:			_		_				
Vitamin C, total ascorbic acid		0.0	1		1 1		0.0	0.0	
Thiamin		0.228 0.148			1		0.098 0.064	0.064	
Riboflavin		0.146			1		0.411	0.041 0.268	
Niacin Pantothenic acid	_	0.520			1		0.224	0.268	
Vitamin B-6		0.103			1		0.224	0.146	
Folate, total	-	22	2		1		9	6	
Folic acid		0	0	z	7		ő	0	
Folate, food		22	2	_	1		9	6	
Folate, DFE	mca DFE	22	0	NC	4		9	6	
Vitamin B-12		0.17	1		1		0.07	0.05	
Vitamin A, IU		43	1		4		18	12	
Vitamin A, RAE		3	0	NC	4		1	1	
Retinol		1	0	NC	4		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	a	10.180	0		1		4.377	2.850	
4:0		10.100	v		-		2.0	2.000	
6:0		0.060	1		1		0.026	0.017	
8:0		0.550			1		0.237	0.154	
10:0		0.440			1		0.189	0.123	
12:0	-	3.250			1		1.398	0.910	
13:0	g								
14:0		1.240	1		1		0.533	0.347	
15:0	-								
16:0	g	2.580	1		1		1.109	0.722	
17:0	g								
18:0	g	2.060	1		1		0.886	0.577	
20:0	g								
22:0	0								

		<u>Aı</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number	_		m	easures of 1000		
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	3.530		0	1		1.518	0.988		
14:1										
15:1	-			_	_					
16:1 undifferentiated	_	0.050		1	1		0.022	0.014		
17:1 18:1 undifferentiated		3.480		1	1		1.496	0.074		
		3.480		1	1		1.496	0.974		
20:1	-									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	-	1.970		0	1		0.847	0.552		
18:2 undifferentiated		1.870		1	1		0.804	0.532		
18:3 undifferentiated	-	0.100		1	1		0.043	0.028		
18:4		0.200		_	-		0.043	0.020		
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	1		1	1		0	0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.091		0	1		0.039	0.025		
Threonine		0.231		0	1		0.099	0.065		
Isoleucine		0.273		0	1		0.117	0.076		
Leucine	-	0.500		0	1		0.215	0.140		
Lysine	_	0.278		0	1		0.120	0.078		
Methionine		0.123		0	1		0.053	0.034		
Cystine	-	0.150		0	1		0.065	0.042		
Phenylalanine		0.350		0	1		0.151	0.098		
Tyrosine		0.241		0	1		0.104	0.067		
Valine	-	0.375		0	1		0.161	0.105		
Arginine	g	0.472		0	1		0.203	0.132		
Histidine		0.155		0	1		0.067	0.043		
Alanine	g	0.345		0	1		0.148	0.097		
Aspartic acid	g	0.586		0	1		0.252	0.164		
Glutamic acid	g	1.400		0	1		0.602	0.392		
Glycine		0.325		0	1		0.140	0.091		
Proline	g	0.362		0	1		0.156	0.101		
Serine	g	0.299		0	1		0.129	0.084		
Hydroxyproline	g									

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz) Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19405 Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>on</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food	_	
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
			-					-	-		
Proximates:											
Water	g	6.00		1		1		1.68			
Energy	kcal	427		0	NC	4		120			
Energy	kj	1787				4		500			
Protein (N x 5.8)	g	6.10		1		1		1.71			
Total lipid (fat)	g	15.50		1		1		4.34			
Ash		1.60		1		1		0.45			
Carbohydrate, by difference	g	70.80		0	NC	4		19.82			
Fiber, total dietary	g	4.0		0		1		1.1			
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg	89		1		1		25			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.57		1		1		0.72			
Magnesium, Mg	-	71		1		1		20			
Phosphorus, P		202		1		1		57			
Potassium, K	-	275		1		1		77			
Sodium, Na	mg	316		1		1		88			
Zinc, Zn	mg	1.30		1		1		0.36			
Copper, Cu		0.280		1		1		0.078			
Manganese, Mn		1.280)	1		1		0.358			
Selenium, Se	mcg	15.4		0	BFZN	4		4.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0			
Thiamin	-	0.140		1		1		0.039			
Riboflavin	-	0.150		1		1		0.042			
Niacin	-	1.000		1 1		1 1		0.280			
Pantothenic acid		0.380		1		1		0.106 0.014			
Vitamin B-6 Folate, total		21	,	1		1		6			
Folic acid		0		0	z	7		0			
Folate, food		21		1	_	1		6			
Folate, DFE		21		0	NC	4		6			
Vitamin B-12		0.00		1	-1.0	4		0.00			
Vitamin A, IU		47		1		4		13			
Vitamin A, RAE	mcg RAE	2		0	NC	4		1			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	9.180)	0		1		2.570			
4:0											
6:0		0.060		1		1		0.017			
8:0	_	0.620		1		1		0.174			
10:0	-	0.490		1		1		0.137			
12:0		3.630)	1		1		1.016			
13:0	-			_		_					
14:0	-	1.380)	1		1		0.386			
15:0		0.000									
16:0	_	2.000	,	1		1		0.560			
17:0		1 000	,	4		4		0.000			
18:0		1.000	,	1		1		0.280			
20:0											
22:0	g g										

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number		_		<u>m</u>	easures of food		
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.920		0		1		0.818			
14:1	g										
15:1	-										
16:1 undifferentiated	_	0.050		1		1		0.014			
17:1											
18:1 undifferentiated		2.870		1		1		0.804			
20:1	-										
22:1 undifferentiated											
24:1 c	-	0		•							
Fatty acids, total polyunsaturated		2.550		0		1 1		0.714			
18:2 undifferentiated	-	2.410		1 1		1		0.675			
18:3 undifferentiated		0.130		1		1		0.036			
18:4	_										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated 20:5 n-3											
20:5 n-3											
22:6 n-3	-										
Fatty acids, total trans											
Cholesterol	_	1		1		1		0			
Phytosterols	_	_		-		-		· ·			
-											
Amino Acids:											
Tryptophan		0.086		0		1		0.024			
Threonine		0.208		0		1		0.058			
Isoleucine	-	0.247		0		1		0.069			
Leucine	_	0.457		0		1		0.128			
Lysine		0.246		0		1		0.069			
Methionine	-	0.117		0		1		0.033			
Cystine		0.140		0		1		0.039			
Phenylalanine		0.318		0		1		0.089			
Tyrosine	-	0.212		0		1		0.059			
Valine	_	0.337		0		1		0.094			
Arginine		0.452		0		1		0.127			
Histidine		0.147		0		1		0.041			
Alanine	_	0.312		0		1 1		0.087			
Aspartic acid	_	0.522		-		_		0.146			
Glutamic acid		1.313		0		1		0.368			
Glycine	-	0.303		0		1 1		0.085			
Proline		0.335		0				0.094			
Serine	_	0.274		0		1		0.077			
Hydroxyproline	y										

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 25 Snacks

Nutrients and Units						Amount in edible portion of common measures of food				
Nutrients and Units				Number				<u>m</u> e	easures of food	<u> </u>
Nutrients and Units				of Data	Deriv	Source	Confidence			
	s	Number <u>measures of food</u> of Data Deriv Source Confidence	Measure							
Proximates:										
Water	g	6.10		1		1		1.71		
Energy	kcal	454		0	NC	4		127		
Energy	kj	1900				4		532		
Protein (N x 5.7)	g	8.00		1		1				
Total lipid (fat)	g	20.40		1		1		5.71		
Ash	g	1.90		1		1		0.53		
Carbohydrate, by difference	g	63.60		0	NC	4		17.81		
Fiber, total dietary	g	5.6		0		1		1.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	84		1		1		24		
Iron. Fe.	_									
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •									
Phosphorus, P										
Potassium, K	_									
Sodium, Na	_	254		1		1		71		
Zinc, Zn	-	1.60		1		1		0.45		
Copper, Cu	mg	0.380)	1		1		0.106		
Manganese, Mn	mg	1.200)	1		1		0.336		
Selenium, Se	mcg	15.4		0	BFZN	4		4.3		
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0		
Thiamin	-		1							
Riboflavin										
Niacin										
Pantothenic acid						_				
Vitamin B-6	_					1				
Folate, total	_									
Folic acid				0	z	7				
Folate, food		30		1		1		8		
Folate, DFE		30		0	NC	4		8		
Vitamin B-12		0.24		1		1		0.07		
Vitamin A, IU		41		1		4		11		
Vitamin A, RAE		2		0	NC	4		1		
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									
_ipids:										
Fatty acids, total saturated	g	9.540)	0		1		2.671		
4:0										
6:0		0.060)	1		1		0.017		
8:0	g	0.670)	1		1		0.188		
10:0	g	0.530)	1		1		0.148		
12:0	g	3.990)	1		1		1.117		
13:0	g									
14:0	g	1.540)	1		1		0.431		
15:0	g									
16:0	g	2.090)	1		1		0.585		
17:0										
18:0		0.660)	1		1		0.185		
20:0										
22:0	g									

	<u> </u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Number	•			<u>m</u> :	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 4.22	0	0		1		1.182		
14:1	g								
15:1	g								
16:1 undifferentiated	g 0.04	0	1		1		0.011		
17:1	g								
18:1 undifferentiated	g 4.14	0	1		1		1.159		
20:1	g 0.03	0	1		1		0.008		
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g 5.52	0	0		1		1.546		
18:2 undifferentiated	_g 5.36	0	1		1		1.501		
18:3 undifferentiated	_g 0.17	0	1		1		0.048		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg 1		1		1		0		
Phytosterols	_. mg								
Amino Acids:									
Tryptophan			0		1		0.028		
Threonine	-	0	0		1		0.073		
Isoleucine	.g 0.30	1	0		1		0.084		
Leucine	-		0		1		0.152		
Lysine	g 0.30	0	0		1		0.084		
Methionine			0		1		0.038		
Cystine	g 0.16	1	0		1		0.045		
Phenylalanine	.g 0.38	7	0		1		0.108		
Tyrosine	g 0.25	9	0		1		0.073		
Valine			0		1		0.111		
Arginine	-	5	0		1		0.178		
Histidine	•		0		1		0.052		
Alanine	.g 0.37	2	0		1		0.104		
Aspartic acid			0		1		0.199		
Glutamic acid	-		0		1		0.461		
Glycine			0		1		0.109		
Proline	.g 0.39	7	0		1		0.111		
Serine	-	5	0		1		0.097		
Hydroxyproline	g								

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>n</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1		Measure	
Proximates:										
Water	g	7.30	2		1		2.04			
Energy	-	426	0	NC	4		119			
Energy		1782			4		499			
Protein (N x 5.6)		10.50	2		1		2.94			
Total lipid (fat)		15.80	2		1		4.42			
Ash		2.10	2		1		0.59			
Carbohydrate, by difference		64.40	0	NC	4		18.03			
Fiber, total dietary		4.3	0		1		1.2			
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	_	91	2		1		25			
Iron, Fe	-	2.13	2		1		0.60			
Magnesium, Mg		86	1		1		24			
Phosphorus, P	_	250	1		1		70			
Potassium, K		291	2		1		81			
Sodium, Na	-	409	2		1		115			
Zinc, Zn		1.86	1		1		0.52			
Copper, Cu		0.660			1		0.185			
Manganese, Mn		1.400			1		0.392			
Selenium, Se	mcg	18.9	0	FLM	4		5.3			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	1		1		0.0			
Thiamin	mg	0.228	3 2		1		0.064			
Riboflavin		0.148	3 2		1		0.041			
Niacin		3.142	2 2		1		0.880			
Pantothenic acid		0.540) 1		1		0.151			
Vitamin B-6		0.103	3 2		1		0.029			
Folate, total	mcg	32	2		1		9			
Folic acid		0	0	Z	7		0			
Folate, food		32	2		1		9			
Folate, DFE	mcg_DFE	32	0	NC	4		9			
Vitamin B-12		0.20	1		1		0.06			
Vitamin A, IU		14	1		4		4			
Vitamin A, RAE	mcg_RAE	2	0	NC	4		0			
Retinol		1	0	NC	4		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	3.650	0		1		1.022			
4:0		5.030	. 0		-		1.022			
6:0	-	0.010) 1		1		0.003			
8:0		0.150			1		0.042			
10:0	-	0.120	-		1		0.034			
12:0	-	0.890			1		0.249			
13:0	-	2.030			-		0.233			
14:0	-	0.340) 1		1		0.095			
15:0	-	3.340			-		0.000			
16:0	-	1.670) 1		1		0.468			
17:0	-		-		-		0.400			
18:0	-	0.460) 1		1		0.129			
20:0	-	3.400			-		0.123			
22:0	9 9									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	S	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	6.590		0		1		1.845		
14:1		0.550		·		-		1.045		
15:1	-									
16:1 undifferentiated		0.010		1		1		0.003		
17:1	-	0.020		_		_		0.000		
18:1 undifferentiated		6.410		1		1		1.795		
20:1	-	0.160		1		1		0.045		
22:1 undifferentiated.		0.100		_		-		0.043		
24:1 c										
Fatty acids, total polyunsaturated	•	4.270		0		1		1.196		
18:2 undifferentiated		4.220		1		1		1.190		
18:3 undifferentiated		0.030		1		1		0.008		
18:4		0.030		-		-		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.020		1		1		0.006		
	-	0.020		_		_		0.006		
20:5 n-3 22:5 n-3										
	-									
22:6 n-3										
Fatty acids, total trans		1		1		1		0		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	-		_		_		O		
Phytosterois										
Amino Acids:										
Tryptophan	g	0.110		0		1		0.031		
Threonine	g	0.350		0		1		0.098		
Isoleucine	g	0.374		0		1		0.105		
Leucine		0.696		0		1		0.195		
Lysine		0.374		0		1		0.105		
Methionine	-	0.148		0		1		0.041		
Cystine	-	0.153		0		1		0.043		
Phenylalanine		0.531		0		1		0.149		
Tyrosine		0.417		0		1		0.117		
Valine	_	0.466		0		1		0.130		
Arginine		1.107		0		1		0.310		
Histidine	-	0.256		0		1		0.072		
Alanine	-	0.441		0		1		0.123		
Aspartic acid	-	1.158		0		1		0.123		
Glutamic acid		2.121		0		1		0.594		
Glycine	-	0.584		0		1		0.164		
Proline	•	0.384		0		1		0.132		
Serine		0.499		0		1		0.132		
Hydroxyproline	-	0.499		U		_		0.140		
ттушохургонне	9									

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19027 Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	ts	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	5.90		1		1		1.65		
Energy	kcal	432		0		4		121		
Energy	kj	1807				4		506		
Protein (N x 5.6)	g	9.80		1		1		2.74		
Total lipid (fat)	g	20.00		1		1		5.60		
Ash	g	2.00		1		1		0.56		
Carbohydrate, by difference	g	62.20		0	NC	4		17.42		
Fiber, total dietary	g	4.2		0		1		1.2		
Sugars, total										
Starch										
Suici	9									
<u>Minerals:</u>										
Calcium, Ca	-	80		1		1		22		
Iron, Fe	mg	1.94		1		1		0.54		
Magnesium, Mg	mg	88		1		1		25		
Phosphorus, P	mg	262		1		1		73		
Potassium, K	mg	377		1		1		106		
Sodium, Na	mg	328		1		1		92		
Zinc, Zn	mg	1.70		1		1		0.48		
Copper, Cu	mg	0.400)	1		1		0.112		
Manganese, Mn	mg	1.350)	1		1		0.378		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin		0.120)	1		1		0.034		
Riboflavin	mg	0.120)	1		1		0.034		
Niacin		3.150)	1		1		0.882		
Pantothenic acid		0.530)	1		1		0.148		
Vitamin B-6		0.100)	1		1		0.028		
Folate, total	_	33		1		1		9		
Folic acid		0		0	Z	7		0		
Folate, food	_	33		1		1		9		
Folate, DFE		33		0	NC	4		9		
Vitamin B-12		0.45		1		1		0.13		
Vitamin A, IU		12		1		4		3		
Vitamin A, RAE		2		0	NC	4		0		
Retinol		1		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	5.590)	0		1		1.565		
4:0										
6:0		0.010)	1		1		0.003		
8:0		0.100		1		1		0.028		
10:0	-	0.080		1		1		0.020		
12:0		0.590		1		1		0.165		
13:0	-	2.550		-		-		0.103		
14:0	-	0.240)	1		1		0.067		
15:0	-	0.240	-	1		_		0.007		
16:0	-	2.730)	1		1		0.764		
17:0	-	2.730	-	1		_		0.704		
		1.850	1	1		1		0.518		
18:0		1.650	•	_		_		0.516		
20:0										
22:0	9 g									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		8.360		0		1		2.341			
14:1											
15:1											
16:1 undifferentiated	-	0.020		1		1		0.006			
17:1	-										
18:1 undifferentiated	_	8.170		1		1		2.288			
20:1	-	0.180		1		1		0.050			
22:1 undifferentiated	•										
24:1 c	•										
Fatty acids, total polyunsaturated	-	4.610		0		1		1.291			
18:2 undifferentiated	g	4.540		1		1		1.271			
18:3 undifferentiated	g	0.030		1		1		0.008			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.030		1		1		0.008			
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	1		1		1		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.101		0		1		0.028			
Threonine		0.330		0		1		0.092			
Isoleucine	q	0.348		0		1		0.097			
Leucine		0.641		0		1		0.179			
Lysine		0.357		0		1		0.100			
Methionine	-	0.131		0		1		0.037			
Cystine		0.137		0		1		0.038			
Phenylalanine		0.497		0		1		0.139			
Tyrosine	-	0.389		0		1		0.109			
Valine		0.433		0		1		0.121			
Arginine		1.046		0		1		0.293			
Histidine	•	0.236		0		1		0.066			
Alanine		0.407		0		1		0.114			
Aspartic acid		1.105		0		1		0.309			
Glutamic acid		1.103		0		1		0.552			
Glycine		0.551		0		1		0.154			
Proline	-	0.444		0		1		0.134			
Serine		0.444		0		1		0.124			
	-	0.469		U		1		0.131			
Hydroxyproline	9										

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

		<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 Unit	ts	Mean	Number	Measure						
Proximates:										
Water	g	6.40		1		1		1.79		
Energy	kcal	443		0	NC	4		124		
Energy	kj	1854				4		519		
Protein (N x 5.9)	g	7.40		2		1		2.07		
Total lipid (fat)	g	17.20		2		1		4.82		
Ash	g	1.70		1		1		0.48		
Carbohydrate, by difference	g	67.30			NC	_				
Fiber, total dietary	g	4.6		0		1		1.3		
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	105		1		1		29		
Iron, Fe	-	2.56								
Magnesium, Mg	-	74								
Phosphorus, P		230								
Potassium, K	•	325								
Sodium, Na	-	278		1		1		78		
Zinc, Zn	mg	1.50		1		1		0.42		
Copper, Cu	mg	0.270)	1		1		0.076		
Manganese, Mn	mg	1.530)	1		1		0.428		
Selenium, Se	mcg	16.2		0	FLM	4		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0 0		
Thiamin	-		:							
Riboflavin		0.165								
Niacin		0.515								
Pantothenic acid		0.520				_				
Vitamin B-6	-	0.100				1				
Folate, total	-	24								
Folic acid		0		0	z	7		0		
Folate, food		24		1		1		7		
Folate, DFE		24		0	NC	4		7		
Vitamin B-12		0.39		1		1		0.11		
Vitamin A, IU		0		1		1		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.240)	0		1		2.027		
4:0										
6:0		0.050)	1		1		0.014		
8:0	g	0.460)	1		1		0.129		
10:0	g	0.360)	1		1		0.101		
12:0	g	2.680)	1		1		0.750		
13:0	g									
14:0	g	1.040)	1		1		0.291		
15:0	g									
16:0	g	2.120)	1		1		0.594		
17:0										
18:0		0.540)	1		1		0.151		
20:0										
22:0	a									

		<u>Aı</u>	mount 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 Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.810		0		1		1.067		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		1		1		0.014		
17:1	g									
18:1 undifferentiated	g	3.770		1		1		1.056		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	5.320		0		1		1.490		
18:2 undifferentiated	g	5.020		1		1		1.406		
18:3 undifferentiated	g	0.300		1		1		0.084		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	1		1		1		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.101		0		1		0.028		
Threonine		0.239		0		1		0.023		
Isoleucine		0.293		0		1		0.082		
Leucine	-	0.536		0		1		0.150		
Lysine	-	0.292		0		1		0.130		
Methionine		0.128		0		1		0.036		
	_	0.128		0		1		0.046		
Cystine		0.103		0		1		0.107		
Phenylalanine		0.381		0		1		0.107		
Tyrosine	-	0.250		0		1		0.070		
Valine	-	0.396		0		1		0.111		
Arginine		0.490		0		1		0.137		
Histidine				0		1				
Alanine	-	0.365 0.645		0		1		0.102 0.181		
Aspartic acid	-			0		1				
Glutamic acid		1.495		0		1		0.419		
Glycine	-	0.347						0.097		
Proline		0.601		0		1		0.168		
Serine	-	0.318		0		1		0.089		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 4

Food Group: 25 Snacks

		<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	g	6.40		2		1		2.75	1.79	
Energy	kcal	448		0	NC	4		193	125	
Energy	kj	1874				4		806	525	
Protein (N x 5.8)	g	7.60		2		1		3.27	2.13	
Total lipid (fat)	g	17.80		2		1		7.65	4.98	
Ash	g	1.80		2		1		0.77	0.50	
Carbohydrate, by difference	g	66.40		0	NC	4		28.55	18.59	
Fiber, total dietary	g	4.2		0		1		1.8	1.2	
Sugars, total	g									
Starch	g									
Minerals:	ma	101		•		4		42	20	
Calcium, Ca	-	101 2.44		2 2		1 1		43 1.05	28 0.68	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.44 72		1		1		1.05 31	0.68 20	
Magnesium, Mg Phosphorus, P		220		1		1		31 95	20 62	
Potassium, K	-	362		2		1		95 156	101	
Sodium, Na	-	282		2		1		121	79	
Zinc, Zn	-	1.30		1		1		0.56	0.36	
Copper, Cu		0.280)	1		1		0.120	0.078	
Manganese, Mn		1.260		1		1		0.542	0.353	
Selenium, Se		15.7	•	0	FLM	4		6.8	4.4	
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	
Thiamin		0.231		2		1		0.099	0.065	
Riboflavin		0.163		2		1		0.070	0.046	
Niacin		1.101		2		1		0.473	0.308	
Pantothenic acid		0.480		1		1		0.206	0.134	
Vitamin B-6	-	0.103	3	2		1		0.044	0.029	
Folate, total		21		2		1		9	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		2		1		9	6	
Folate, DFE		21		0	NC	4		9	6	
Vitamin B-12		0.18		1		1		0.08	0.05	
Vitamin A, IU		0		1		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)	9									
<u> ipids:</u>										
Fatty acids, total saturated	g	9.570)	0		1		4.115	2.680	
4:0										
6:0		0.070		1		1		0.030	0.020	
8:0	-	0.730		1		1		0.314	0.204	
10:0	-	0.570		1		1		0.245	0.160	
12:0	-	4.270)	1		1		1.836	1.196	
13:0	-									
14:0		1.620)	1		1		0.697	0.454	
15:0	-									
16:0	-	1.850)	1		1		0.796	0.518	
17:0										
18:0		0.460)	1		1		0.198	0.129	
20:0										
22:0	a									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portion	<u>n</u>	Amount in edible portion of common measures of food			
			Number				<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.840		0		1		1.221	0.795		
14:1g										
15:1g										
16:1 undifferentiatedg	0.050		1		1		0.022	0.014		
17:1g										
18:1 undifferentiatedg	2.790		1		1		1.200	0.781		
20:1g										
22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturatedg	3.210		0		1		1.380	0.899		
18:2 undifferentiatedg	3.040		1		1		1.307	0.851		
18:3 undifferentiatedg	0.170		1		1		0.073	0.048		
18:4g										
20:2 n-6 c.c										
20:3 undifferentiatedg										
20:4 undifferentiated										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterolmg	1		1		1		0	0		
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.108		0		1		0.046	0.030		
Threonineg	0.257		0		1		0.111	0.072		
Isoleucineg	0.305		0		1		0.131	0.085		
Leucine9	0.565		0		1		0.243	0.158		
Lysineg	0.301		0		1		0.129	0.084		
Methionineg	0.141		0		1		0.061	0.039		
Cystineg	0.173		0		1		0.074	0.048		
Phenylalanineg	0.394		0		1		0.169	0.110		
Tyrosineg	0.255		0		1		0.110	0.071		
Valineg	0.411		0		1		0.177	0.115		
Arginineg	0.586		0		1		0.252	0.164		
Histidineg	0.183		0		1		0.079	0.051		
Alanineg	0.385		0		1		0.166	0.108		
Aspartic acidg	0.650		0		1		0.280	0.182		
Glutamic acid	1.646		0		1		0.708	0.461		
Glycineg	0.381		0		1		0.164	0.107		
Prolineg	0.414		0		1		0.178	0.116		
Serineg	0.335		0		1		0.144	0.094		
Hydroxyprolineg										

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz) Measure 2 = 28g: 1 bar (1 oz)

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.55		0	A	1		0.72	1.45	
Energy	kcal	506		0	NC	4		143	288	
Energy	kj	2117		0	NC	4		600	1207	
Protein (N x 0)	g	17.31		1	A	1		4.91	9.87	
Total lipid (fat)	g	25.58		1	A	1		7.25	14.58	
Ash	g	2.94		1	A	1		0.83	1.68	
Carbohydrate, by difference	g	51.62		0	NC	4		14.63	29.42	
Fiber, total dietary	g	13.2		1	A	1		3.7	7.5	
Sugars, total	g	3.00		0	0	4		0.85	1.71	
Starch	g									
Minerals:										
Calcium, Ca	ma	54		1	A	1		15	31	
Iron, Fe	-	2.44		1	A	1		0.69	1.39	
Magnesium, Mg	-	118		1	A	1		33	67	
Phosphorus, P		262		1	A	1		7 4	149	
Potassium, K	•	328		1	A	1		93	187	
Sodium. Na		413		1	A	1		117	235	
Zinc, Zn	•	2.66		1	A	1		0.75	1.52	
Copper, Cu		0.134	ı	1	A	1		0.038	0.076	
Manganese, Mn		1.273		1	A	1		0.361	0.726	
Selenium, Se		8.1		0	FLM	4		2.3	4.6	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.3		0	FLC	4		0.1	0.2	
Thiamin	-	0.311		1	A	1		0.088	0.177	
Riboflavin	=	0.141		1	A	1		0.040	0.080	
Niacin	-	3.081		1	A	1		0.873	1.756	
Pantothenic acid	=	0.475		1	A	1		0.135	0.271	
Vitamin B-6	_	0.072	2	1	A	1		0.020	0.041	
Folate, total		38		1	A	1		11	22	
Folic acid		0		0	Z	7		0	0	
Folate, food		38		1	A	1		11	22	
Folate, DFE		38		0	NC	4		11	22	
Vitamin B-12		0.00		0		1		0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		5.60		0	0	4		1.59	3.19	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.4		0	0	4		0.7	1.4	
vitamin K (phynoquinone)	niog	2.4		U	O	•		0.7	1.4	
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.785	5	0	FLC	4		1.073	2.157	
4:0	g	0.000)	0	FLC	4		0.000	0.000	
6:0	g	0.000)	0	FLC	4		0.000	0.000	
8:0	g	0.002	2	0	FLC	4		0.001	0.001	
10:0	g	0.000)	0	FLC	4		0.000	0.000	
12:0	g	0.000)	0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.059	•	0	FLC	4		0.017	0.034	
15:0	g									
16:0		2.517	,	0	FLC	4		0.714	1.435	
17:0	g									
18:0	_	1.064	l	0	FLC	4		0.302	0.606	
20:0	g									
22:0	g									
24:0	a									

		<u>A</u> 1	mount in 100			ole portic	<u>on</u>		edible portion o	f common
				Number of Data		Source	Confidence	<u> </u>	easures or roou	
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.860		0	FLC	4		2.795	5.620	
14:1	-									
15:1 16:1 undifferentiated		0.089)	0	FLC	4		0.025	0.051	
17:1	-									
18:1 undifferentiated	-	9.709		0	FLC	4		2.753	5.534	
20:1		0.029		0	FLC	4		0.008	0.017	
22:1 undifferentiated 24:1 c	•	0.000	1	0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated		10.643		0	FLC	4		3.017	6.067	
18:2 undifferentiated		10.286		0	FLC	4		2.916	5.863	
18:3 undifferentiated		0.317		0	FLC	4		0.090	0.181	
18:4	g	0.000)	0	FLC	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.001		0	FLC	4		0.000	0.001	
20:5 n-3	-	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 22:6 n-3		0.000		0	FLC FLC	4 4		0.000 0.000	0.000 0.000	
Fatty acids, total trans		0.000		U	FLC	*		0.000	0.000	
Cholesterol		0		0		1		0	0	
Phytosterols	_	25		0		1		7	14	
Amino Acids:	~	0.100		•		1		0.054	0.100	
Tryptophan Threonine		0.192 0.640		0		1		0.054 0.181	0.109 0.365	
Isoleucine	-	0.675		0		1		0.191	0.385	
Leucine	-	1.240		0		1		0.352	0.707	
Lysine		0.681		0		1		0.193	0.388	
Methionine		0.247		0		1		0.070	0.141	
Cystine	g	0.254		0		1		0.072	0.145	
Phenylalanine	g	0.972		0		1		0.276	0.554	
Tyrosine	-	0.743		0		1		0.211	0.424	
Valine		0.797		0		1		0.226	0.454	
Arginine		2.103		0		1		0.596	1.199	
Histidine	-	0.473		0		1 1		0.134	0.270	
Alanine		0.745 2.161		0		1		0.211 0.613	0.425 1.232	
Aspartic acidGlutamic acid	-	4.109		0		1		1.165	2.342	
Glycine		1.081		0		1		0.306	0.616	
Proline	-	0.945		0		1		0.268	0.539	
Serine	-	0.929		0		1		0.263	0.530	
Hydroxyproline	-									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine		0			NR	4		0	0	
Theobromine	mg	0			NR	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha	-	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz NDB No. 19031

Snacks, oriental mix, rice-based

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u> e	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	4.10	0.289	3		1		0.33	1.16	
Energy	kcal	382		0	NC	4		31	108	
Energy	kj	1598				4		128	453	
Protein (N x 6.25)	g	12.00	0.569	3		1		0.96	3.40	
Total lipid (fat)	g	4.20	1.185	3		1		0.34	1.19	
Ash	g	1.80	0.088	3		1		0.14	0.51	
Carbohydrate, by difference	g	77.90		0	NC	4		6.23	22.08	
Fiber, total dietary	g	15.1		0		1		1.2	4.3	
Sugars, total	g	0.73		0	T	4		0.06	0.21	
Starch	g									
M:										
Minerals: Calcium, Ca	ma	10	1.739	3		1		1	3	
Iron, Fe	_	2.66	0.300	3		1		0.21	0.75	
Magnesium, Mg		131	16.063	4		1		10	37	
Phosphorus, P		300	49.950	3		1		24	85	
Potassium, K		301	28.884	3		1		24	85	
Sodium, Na		4	20.004	2		1		0	1	
Zinc, Zn	-	3.44	0.381	3		1		0.28	0.98	
Copper, Cu	-	0.420		3		1		0.034	0.119	
Manganese, Mn		0.943		3		1		0.075	0.267	
Selenium, Se		9.9		0	BFZN	4		0.8	2.8	
· ·	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		2		1		0.0	0.0	
Thiamin		0.203		4		1		0.016	0.058	
Riboflavin		0.283		4		1		0.023	0.080	
Niacin		1.944		4		1		0.156	0.551	
Pantothenic acid	_	0.420		5		1		0.034	0.119	
Vitamin B-6	-	0.245	0.039	4		1		0.020	0.069	
Folate, total		23		2	_	1		2	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		23		0	NR	4		2	7	
Folate, DFE		23		0	NC	4		2	7	
Vitamin B-12	mcg	0.00		1		4 1		0.00	0.00	
Vitamin A, IU		196		1	27.0	_		16	56	
Vitamin A, RAE		10 0		0	NC	4 4		1 0	3	
Retinol		-		0	BNA T			0.02	0	
Vitamin E (alpha-tocopherol)	_	0.29		U	т	4		0.02	0.08	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.2		0	0	4		0.1	0.3	
				-	-	=				
<u>Lipids:</u>										
Fatty acids, total saturated		0.570		0		1		0.046	0.162	
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		0.500		1		1		0.040	0.142	
17:0	-									
18:0	-	0.070		1		1		0.006	0.020	
20:0	-									
22:0	0									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	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
F		1 100		0		1		0.000	0.210	
Fatty acids, total monounsatur		1.100		0		1		0.088	0.312	
15:1	g									
16:1 undifferentiated	g	0.000		1		1		0.000	0.000	
17:1	g									
18:1 undifferentiated	_	1.100		1		1		0.088	0.312	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	itedg	1.900		0		1		0.152	0.539	
18:2 undifferentiated	g	1.840		1		1		0.147	0.522	
18:3 undifferentiated	g	0.060		1		1		0.005	0.017	
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		1		4		0	0	
Phytosterols	mg									
Amino Acide:										
Amino Acids:	•	0.085		0		1		0.007	0.024	
Tryptophan		0.452		0		1		0.036	0.024	
Threonine	-	0.432		0		1		0.034	0.128	
Isoleucine	-	1.473		0		1		0.118	0.122	
Leucine		0.338		0		1		0.027	0.418	
Methionine		0.338		0		1		0.027	0.071	
		0.232		0		1		0.020	0.062	
Cystine		0.217		0		1		0.017	0.167	
Phenylalanine Tyrosine		0.488		0		1		0.039	0.138	
•		0.488		0		1		0.039	0.138	
Valine	-			0		1				
Arginine		0.598		0		1		0.048 0.029	0.170	
Histidine	=	0.367		0		1		0.029	0.104 0.255	
Alanine		0.900 0.836		0		1		0.072	0.235	
Aspartic acid		2.255		0		1				
Glutamic acid	-	0.492		0		1		0.180 0.039	0.639	
Glycine				0		1			0.139	
Proline	-	1.048		0		1		0.084	0.297	
Serine		0.571		U		_		0.046	0.162	
Hydroxyproline	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	mea	89		0	BNA	4		7.088	25.118	
Carotene, alpha	_	58		0	BNA	4		4.640	16.443	
Cryptoxanthin, beta	_	0		0	BNA	4		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		1450		0	BFSN	4		115.983	411.015	
Luciii T Zeaxdiiliiii		1430		U	DE SN	-		113.903	411.013	

Common Measures:

Measure 1 = 8.0g: 1 cup Measure 2 = 28.35g: 1 oz NDB No. 19034

Snacks, popcorn, air-popped

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

		AI	mount in 100 g	rams	or ear	ne portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.10	0.289	3		1		0.33	1.16	
Energy	kcal	382		0	NC	4		31	108	
Energy	kj	1598				4		128	453	
Protein (N x 6.25)	g	12.00	0.569	3		1		0.96	3.40	
Total lipid (fat)	g	4.20	1.185	3		1		0.34	1.19	
Ash	g	1.80	0.088	3		1		0.14	0.51	
Carbohydrate, by difference	g	77.90		0	NC	4		6.23	22.08	
Fiber, total dietary	g	15.1		0		4		1.2	4.3	
Sugars, total	g									
Starch	g									
π· 1										
<u>Minerals:</u>	ma	10	1.739	3		1		1	3	
Calcium, Ca	_	2.66	0.300	3		1		0.21	0.75	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	131	16.063	4		1		10	37	
Phosphorus, P		300	49.950	3		1		24	85	
Potassium, K	•	301	28.884	3		1		24	85	
Sodium, Na	_	4	20.001	2		1		0	1	
Zine, Zn	-	3.44	0.381	3		1		0.28	0.98	
Copper, Cu		0.420	0.080	3		1		0.034	0.119	
Manganese, Mn		0.943	0.092	3		1		0.075	0.267	
Selenium, Se	mcg	9.9		0	BFZN	4		0.8	2.8	
7.4										
<u>/itamins:</u>		0.0		•				0.0		
Vitamin C, total ascorbic acid	-	0.0	0.004	2 4		1 1		0.0	0.0	
Thiamin		0.203 0.283		4		1		0.016 0.023	0.058 0.080	
Riboflavin		1.944		4		1		0.023	0.551	
Pantothenic acid		0.420		5		1		0.136	0.119	
Vitamin B-6		0.420		4		1		0.034	0.119	
Folate, total	_	23	0.039	2		1		2	7	
Folic acid		0		0	z	7		0	0	
Folate, food		23		2	_	1		2	7	
Folate, DFE		23		0	NC	4		2	7	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		27		0		1		2	8	
Vitamin A, RAE		1		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	а	0.570		0		1		0.046	0.162	
4:0		0.570		·		-		0.040	0.102	
6:0										
8:0	_									
10:0	-									
12:0	-									
13:0	g									
14:0	_									
15:0	g									
16:0	g	0.500		1		1		0.040	0.142	
17:0	g									
18:0	g	0.070	1	1		1		0.006	0.020	
20:0	g									

		<u>Ar</u>	nount in 100		of edib	ole portio	<u>on</u>		edible portion o	of common
Nutrients and Units	;	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.100		0		1		0.088	0.312	
14:1	-									
15:1										
16:1 undifferentiated	-	0.000		1		1		0.000	0.000	
17:1										
18:1 undifferentiated	-	1.100		1		1		0.088	0.312	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.900		0		1		0.152	0.539	
18:2 undifferentiated	g	1.840		1		1		0.147	0.522	
18:3 undifferentiated	g	0.060		1		1		0.005	0.017	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	_. mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.085		0		1		0.007	0.024	
Threonine	g	0.452		0		1		0.036	0.128	
Isoleucine	g	0.431		0		1		0.034	0.122	
Leucine	g	1.473		0		1		0.118	0.418	
Lysine	g	0.338		0		1		0.027	0.096	
Methionine	g	0.252		0		1		0.020	0.071	
Cystine	g	0.217		0		1		0.017	0.062	
Phenylalanine		0.590		0		1		0.047	0.167	
Tyrosine		0.488		0		1		0.039	0.138	
Valine	-	0.607		0		1		0.049	0.172	
Arginine		0.598		0		1		0.048	0.170	
Histidine		0.367		0		1		0.029	0.104	
Alanine	-	0.900		0		1		0.072	0.255	
Aspartic acid	-	0.836		0		1		0.067	0.237	
Glutamic acid		2.255		0		1		0.180	0.639	
Glycine	-	0.492		0		1		0.039	0.139	
Proline	-	1.048		0		1		0.084	0.297	
Serine	-	0.571		0		1		0.046	0.162	
Hydroxyproline	-	0.371		J		_		0.040	0.102	
11ydroxypromie	9									

Common Measures:

Measure 1 = 8.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	<u>[</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	5.00	0.903	4		1		0.50	1.00	
Energy	kcal	384		0	NC	4		38	77	
Energy	kj	1607				4		161	321	
Protein (N x 6.1)	g	9.70	0.387	4		1		0.97	1.94	
Total lipid (fat)	g	3.10	0.437	4		1		0.31	0.62	
Ash	g	2.00	0.263	4		1		0.20	0.40	
Carbohydrate, by difference	g	80.10		0	NC	4		8.01	16.02	
Fiber, total dietary	g	2.9		0		4		0.3	0.6	
Sugars, total	g	0.72		0	BFSN	4		0.07	0.14	
Starch	g									
Minanda										
Minerals: Calcium, Ca	ma	9	1.495	3		1		1	2	
Iron, Fe		1.87	0.333	3		1		0.19	0.37	
Magnesium, Mg		159	0.333	1		4		16	32	
Phosphorus, P		277		1		4		28	55	
Potassium, K		327	28.480	3		1		33	65	
Sodium, Na		288	55.434	4		1		29	58	
Zinc, Zn		3.99		1		4		0.40	0.80	
Copper, Cu		0.569		1		4		0.057	0.114	
Manganese, Mn		0.985		1		4		0.099	0.197	
Selenium, Se		9.9		0	BFZN	4		1.0	2.0	
¥7:4										
Vitamins:		0.0						0.0		
Vitamin C, total ascorbic acid	_	0.0	0.005	1 3		4 1		0.0	0.0	
Thiamin		0.075 0.178		3		1		0.008 0.018	0.015	
Riboflavin		6.006		3		1		0.601	0.036 1.201	
Niacin Pantothenic acid	-	0.434		1		4		0.043	0.087	
Vitamin B-6	_	0.434		1		4		0.043	0.036	
Folate, total		18		1		4		2	4	
Folic acid		0		0	z	7		0	0	
Folate, food		18		1	-	4		2	4	
Folate, DFE		18		0	NC	4		2	4	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		72	28.000	3		1		7	14	
Vitamin A, RAE		4	20.000	0	NC	4		0	1	
Retinol		0		0	BNA	4		0	0	
Vitamin E (alpha-tocopherol)	-	0.29		0	BFSN	4		0.03	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	BFSN	4		0.1	0.2	
Linider										
Lipids: Fatty acids, total saturated	a	0.480		0		1		0.048	0.096	
• .		0.000		0		1		0.000	0.000	
4:0 6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	_	0.000		1		1		0.000	0.000	
13:0	-	0.000		-		-		2.000	0.000	
14:0	-	0.000		1		1		0.000	0.000	
15:0	-			_		_		2.000	2.000	
16:0		0.420		1		1		0.042	0.084	
17:0				-		-			0.001	
18:0	_	0.050		1		1		0.005	0.010	
20:0	_								-	
22:0	_									
24:0	_									

		<u>An</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated 0	0.920		0		1		0.092	0.184	
14:1		0.320		ŭ		-		0.032	0.104	
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.001	0.002	
17:1	g									
18:1 undifferentiated	g	0.910		1		1		0.091	0.182	
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	ted9	1.350		0		1		0.135	0.270	
18:2 undifferentiated	g	1.310		1		1		0.131	0.262	
18:3 undifferentiated	g	0.040		1		1		0.004	0.008	
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		1		4		0	0	
Phytosterols	mg									
Amino Asido										
Amino Acids:	~	0.001		•		1		0.000		
Tryptophan		0.091		0 0		1		0.009	0.018	
Threonine	-	0.363				1		0.036	0.073	
Isoleucine	-	0.372		0 0		1		0.037	0.074	
Leucine		1.053				_		0.105	0.211	
Lysine		0.312		0		1 1		0.031	0.062	
Methionine		0.210		0				0.021	0.042	
Cystine		0.156		0		1		0.016	0.031	
Phenylalanine		0.488		0		1		0.049	0.098	
Tyrosine		0.387		0		1		0.039	0.077	
Valine	-	0.523		0		1		0.052	0.105	
Arginine		0.581		0		1		0.058	0.116	
Histidine	-	0.280		0		1		0.028	0.056	
Alanine		0.671		0		1		0.067	0.134	
Aspartic acid		0.767		0		1		0.077	0.153	
Glutamic acid		1.890		0		1		0.189	0.378	
Glycine	9	0.431		0		1		0.043	0.086	
Proline	-	0.706		0		1		0.071	0.141	
Serine		0.480		0		1		0.048	0.096	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine	=	0		0	BFSN	4		0	0	
Theobromine		0		0	BFSN	4		0	0	
Carotenoids:	J	-		-				*	-	
								_		
Carotene, beta	• • • • • • • • • • • • • • • • • • • •	33		0	BNA	4		3.255	6.509	
Carotene, alpha	-	21		0	BNA	4		2.131	4.261	
Cryptoxanthin, beta		0		0	BNA	4		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	537		0	0	4		53.700	107.400	

Common Measures:

Measure 1 = 10.0g: 1 cake

Measure 2 = 20g: 2 cakes

NDB No. 19036

Snacks, popcorn, cakes

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	ırams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nu	mber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatan										
Proximates: Water	q	3.30	0.180	12		1		0.94	1.88	
Energy		400		0	NC	4		113	228	
Energy		1674				4		474	954	
Protein (N x 5.9)		6.40		2		1		1.81	3.65	
Total lipid (fat)		7.80	0.709	5		1		2.21	4.45	
Ash		1.80		1		1		0.51	1.03	
Carbohydrate, by difference		80.70		0	NC	4		22.88	46.00	
Fiber, total dietary		3.8		0		1		1.1	2.2	
Sugars, total	g	47.76		0	FLM	4		13.54	27.22	
Starch										
X.C. 1										
Minerals:	ma	66	A 461	1,		1		10	20	
Calcium, Ca	-	66 3.91	4.461 0.148	14 14		1 1		19 1.11	38 2.23	
Iron, Fe		80	3.506	14		1		23	2.23 46	
Phosphorus, P		127	4.885	11		1		36	72	
Potassium, K	-	355	12.151	15		1		101	202	
Sodium, Na		295	10.008	15		1		84	168	
Zinc, Zn		1.24	0.060	14		1		0.35	0.71	
Copper, Cu		0.297		12		1		0.084	0.169	
Manganese, Mn		0.764	0.026	12		1		0.217	0.435	
Selenium, Se		3.9		0	FLM	4		1.1	2.2	
Vitamina										
Vitamins:								0.0		
Vitamin C, total ascorbic acid		0.0 0.051		1 1		1 1		0.0 0.014	0.0 0.029	
ThiaminRiboflavin		0.031		1		1		0.014	0.029	
Niacin		1.990		1		1		0.564	1.134	
Pantothenic acid	-	0.230		1		1		0.065	0.131	
Vitamin B-6		0.185		1		1		0.052	0.105	
Folate, total	-	16	•	1		4		5	9	
Folic acid		0		0	FLM	4		0	0	
Folate, food		16		1		4		5	9	
Folate, DFE	mcg DFE	16		0	NC	4		5	9	
Vitamin B-12		0.00		1		1		0.00	0.00	
Vitamin A, IU		78		0	NC	4		22	45	
Vitamin A, RAE		4		0	NC	4		1	2	
Retinol		0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.85		0	FLM	4		0.24	0.48	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.9		0	FLM	4		1.1	2.2	
Lipids:										
Fatty acids, total saturated	g	1.040	1	0		1		0.295	0.593	
4:0		0.000		0		1		0.000	0.000	
6:0		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	-	0.000	1	0		1		0.000	0.000	
13:0										
14:0	-	0.000)	1		1		0.000	0.000	
15:0	-									
16:0		0.820)	1		1		0.232	0.467	
17:0	-									
18:0	-	0.160	1	1		1		0.045	0.091	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<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	nted Q	2.730		0		1		0.774	1.556	
14:1	g									
15:1 16:1 undifferentiated	-	0.010		1		1		0.003	0.006	
17:1	-									
18:1 undifferentiated	=	2.670		1		1		0.757	1.522	
20:1		0.050		1 0		1 1		0.014	0.029	
22:1 undifferentiated	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturat		3.270		0		1		0.927	1.864	
18:2 undifferentiated		3.210		1		1		0.910	1.830	
18:3 undifferentiated		0.060		1		1		0.017	0.034	
18:4		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		1		1		0	0	
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.052		0		1		0.015	0.030	
Threonine	g	0.231		0		1		0.065	0.132	
Isoleucine	g	0.227		0		1		0.064	0.129	
Leucine	_	0.641		0		1		0.182	0.365	
Lysine		0.199		0		1		0.056	0.113	
Methionine		0.112		0		1		0.032	0.064	
Cystine		0.103		0		1		0.029	0.059	
Phenylalanine		0.320 0.261		0 0		1 1		0.091 0.074	0.182	
TyrosineValine	-	0.303		0		1		0.074	0.149 0.173	
Arginine	• • • • • • • • • • • • • • • • • • • •	0.489		0		1		0.139	0.173	
Histidine		0.182		0		1		0.052	0.104	
Alanine	_	0.182		0		1		0.111	0.104	
Aspartic acid		0.572		0		1		0.162	0.326	
Glutamic acid		1.250		0		1		0.354	0.713	
Glycine		0.309		0		1		0.088	0.176	
Proline		0.452		0		1		0.128	0.258	
Serine	_	0.308		0		1		0.087	0.176	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLM	4		0	0	
Theobromine		0		0	FLM	4		0	0	
Carotenoids:										
	mea	35		0	FLM	4		10.040	20.187	
Carotene, beta		23		0	FLM	4		6.572	13.214	
Cryptoxanthin, beta		0		0	FLM	4		0.000	0.000	
Lycopene		0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin		580		0	FLM	4		164.293	330.324	

Common Measures:

Measure 1 = 28.35g: 1 oz (approx 2/3 cup)

Measure 2 = 57g: 2 oz

NDB No. 19038

Snacks, popcorn, caramel-coated, with peanuts

Calories Factors: Protein 3 Fat 8.5 Carbohydrate 3.9

Food Group: 25 Snacks

		<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	2.80	0.189	5		1		0.79		
Energy	kcal	431		0	NC	4		122		
Energy	kj	1803				4		511		
Protein (N x 6.2)	g	3.80	0.405	5		1		1.08		
Total lipid (fat)	g	12.80	3.312	5		1		3.63		
Ash		1.50	0.201	5		1		0.43		
Carbohydrate, by difference	g	79.10		0	NC	4		22.42		
Fiber, total dietary		5.2		0		1		1.5		
Sugars, total		53.94		0	FLM	4		15.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	43		2		1		12		
Iron, Fe	-	1.74	0.460	3		1		0.49		
Magnesium, Mg	-	35	-	1		1		10		
Phosphorus, P		83		1		1		24		
Potassium, K	-	109		1		1		31		
Sodium, Na	mg	206		2		1		58		
Zinc, Zn	<u>mg</u>	0.58		1		1		0.16		
Copper, Cu	mg	0.119		1		1		0.034		
Manganese, Mn	-	0.220		1		1		0.062		
Selenium, Se	mcg	3.6		0	FLM	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0		
Thiamin	-	0.065		1		1		0.018		
Riboflavin	-	0.070		1		1		0.020		
Niacin	=	2.200		1		1		0.624		
Pantothenic acid	-	0.082		1		4		0.023		
Vitamin B-6	mg	0.028		1		4		0.008		
Folate, total	mcg	5		0	FLM	4		2		
Folic acid		0		0	FLM	4		0		
Folate, food		5		0	FLM	4		2		
Folate, DFE	mcg_DFE	5		0	NC	4		2		
Vitamin B-12		0.01		1		4		0.00		
Vitamin A, IU		8		0	NC	4		2		
Vitamin A, RAE		2		0	NC	4		1		
Retinol		2		0	FLM	4		1		
Vitamin E (alpha-tocopherol)		1.20		0	FLM	4		0.34		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		12.5		0	FLM	4		3.5		
	9			·		-		3.3		
<u>Lipids:</u>										
Fatty acids, total saturated		3.610		0		1		1.023		
4:0		0.110		1		1		0.031		
6:0	_	0.070		1		1		0.020		
8:0		0.040		1		1		0.011		
10:0		0.090		1		1		0.026		
12:0		0.100		1		1		0.028		
13:0		0 350		1		4		0 105		
14:0		0.370		T		1		0.105		
15:0		2 100		1		1		0 601		
16:0		2.120		1		1		0.601		
17:0	-	0.720		1		1		0.204		
18:0 20:0	-	0.720		1		1		0.204		
22:0	-									
44.U	9									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	_	edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
						_				
Fatty acids, total monounsatura		2.880		0		1		0.816		
15:1	_									
16:1 undifferentiated	-	0.100		1		1		0.028		
17:1	-	0.100		-		-		0.020		
18:1 undifferentiated	-	2.780		1		1		0.788		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	-	0.000		v		-		0.000		
Fatty acids, total polyunsaturat		4.480		0		1		1.270		
18:2 undifferentiated		4.070		1		1		1.154		
18:3 undifferentiated		0.400		1		1		0.113		
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		0.000		·		_		0.000		
Cholesterol		5		1		4		1		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	· ·		_		-		-		
1 hy tosterois										
Amino Acids:										
Tryptophan	g	0.045		0		1		0.013		
Threonine	_	0.151		0		1		0.043		
Isoleucine	g	0.157		0		1		0.045		
Leucine	_	0.284		0		1		0.081		
Lysine		0.281		0		1		0.080		
Methionine	g	0.073		0		1		0.021		
Cystine	g	0.039		0		1		0.011		
Phenylalanine	g	0.154		0		1		0.044		
Tyrosine	_	0.109		0		1		0.031		
Valine	_	0.177		0		1		0.050		
Arginine	_	0.235		0		1		0.067		
Histidine	_	0.109		0		1		0.031		
Alanine	g	0.208		0		1		0.059		
Aspartic acid		0.389		0		1		0.110		
Glutamic acid	g	0.658		0		1		0.187		
Glycine	g	0.224		0		1		0.064		
Proline	g	0.171		0		1		0.048		
Serine		0.156		0		1		0.044		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0		
Caffeine		0.0		0	FLM	4		0.0		
	-	0		0	FLM	4		0		
Theobromine	9	U		U	E TIM	4		U		
Carotenoids:										
Carotene, beta	mcg	1		0	FLM	4		0.146		
Carotene, alpha	mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000		
Lycopene	mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin	mcg	0		0	FLM	4		0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 19039

Snacks, popcorn, caramel-coated, without peanuts

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	ırams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</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	2.50	0.210	13		1		0.28	0.71	
Energy	kcal	526		0	NC	4		58	149	
Energy	kj	2201				4		242	624	
Protein (N x 6.3)	g	9.30	0.292	10		1		1.02	2.64	
Total lipid (fat)	g	33.20	0.903	12		1		3.65	9.41	
Ash		3.40	0.194	8		1		0.37	0.96	
Carbohydrate, by difference	g	51.60		0	NC	4		5.68	14.63	
Fiber, total dietary		9.9		0		1		1.1	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	113	11.074	11		1		12	32	
Iron, Fe	_	2.24	0.181	10		1		0.25	0.64	
Magnesium, Mg	_	91	5.826	6		1		10	26	
Phosphorus, P		361	36.838	6		1		40	102	
Potassium, K	•	261	23.823	8		1		29	74	
Sodium, Na	-	889	73.308	10		1		98	252	
Zinc, Zn	mg	2.01	0.136	6		1		0.22	0.57	
Copper, Cu	mg	0.140	0.024	4		1		0.015	0.040	
Manganese, Mn	mg	0.713	0.031	5		1		0.078	0.202	
Selenium, Se	mcg	12.0		0	FLM	4		1.3	3.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5	0.496	3		1		0.1	0.1	
Thiamin	_	0.124		8		1		0.014	0.035	
Riboflavin	-	0.124		7		1		0.014	0.068	
Niacin	=	1.453		8		1		0.160	0.412	
Pantothenic acid	_	0.461		3		1		0.051	0.131	
Vitamin B-6	=	0.235		3		1		0.026	0.067	
Folate, total	-	11		1		4		1	3	
Folic acid		0		0	z	7		0	0	
Folate, food		11		1		4		1	3	
Folate, DFE		11		0	NC	4		1	3	
Vitamin B-12		0.53		1		4		0.06	0.15	
Vitamin A, IU	IU -	244	53.167	3		1		27	69	
Vitamin A, RAE		38		0	NC	4		4	11	
Retinol	mcg	30		0	NC	4		3	9	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.410	1	0		1		0.705	1.817	
4:0		0.030)	1		1		0.003	0.009	
6:0	g	0.020)	1		1		0.002	0.006	
8:0	g	0.010)	1		1		0.001	0.003	
10:0	g	0.030)	1		1		0.003	0.009	
12:0	g	0.020	1	1		1		0.002	0.006	
13:0	g									
14:0	-	0.220	1	1		1		0.024	0.062	
15:0										
16:0		4.800)	1		1		0.528	1.361	
17:0										
18:0		1.280	1	1		1		0.141	0.363	
20:0	-									
22:0	n									

	<u>Ar</u>	nount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9		0	1		1.067	2.750		
15:1g								
16:1 undifferentiated		1	1		0.011	0.028		
17:1g								
18:1 undifferentiated		1	1		1.056	2.722		
20:1		0	1		0.000	0.000		
22:1 undifferentiatedg		0	1		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg		0	1		1.691	4.357		
18:2 undifferentiatedg		1	1		1.595	4.111		
18:3 undifferentiatedg	0.880	1	1		0.097	0.249		
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								
Cholesteroln	ng 11	2.722 5	1		1	3		
Phytosterolsn	ng							
Amino Acids:								
Tryptophang	0.094	0	1		0.010	0.027		
Threonineg	0.417	0	1		0.046	0.118		
Isoleucineg	0.402	0	1		0.044	0.114		
Leucineg	1.024	0	1		0.113	0.290		
Lysineg	0.443	0	1		0.049	0.126		
Methionineg	0.191	0	1		0.021	0.054		
Cystineg	0.160	0	1		0.018	0.045		
Phenylalanineg	0.405	0	1		0.045	0.115		
Tyrosineg	0.349	0	1		0.038	0.099		
Valineg	0.489	0	1		0.054	0.139		
Arginineg	0.391	0	1		0.043	0.111		
Histidineg	0.252	0	1		0.028	0.071		
Alanineg	0.580	0	1		0.064	0.164		
Aspartic acid	0.718	0	1		0.079	0.204		
Glutamic acidg		0	1		0.190	0.490		
Glycine9		0	1		0.034	0.087		
Proline	0.743	0	1		0.082	0.211		
Serineg	0.446	0	1		0.049	0.126		
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg	J							
Theobromine mg]							

Common Measures:

Measure 1 = 11.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100 g	grams	of edik	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 3
Proximates:										
Water	g	2.80	0.153	50		1		0.31	0.79	
Energy	kcal	500		0	NC	4		55	142	
Energy	kj	2092				4		230	593	
Protein (N x 6.25)	g	9.00	0.264	32		1		0.99	2.55	
Total lipid (fat)	g	28.10	1.074	40		1		3.09	7.97	
Ash	g	2.90	0.215	32		1		0.32	0.82	
Carbohydrate, by difference	g	57.20		0	NC	4		6.29	16.22	
Fiber, total dietary	g	10.0		0		1		1.1	2.8	
Sugars, total	g	0.54		0	FLA	4		0.06	0.15	
Starch	g									
Minerals:										
Calcium, Ca	ma	10	1.080	55		1		1	3	
Iron, Fe	_	2.78	0.091	63		1		0.31	0.79	
Magnesium, Mg	_	108	3.124	50		1		12	31	
Phosphorus, P		250	7.888	49		1		28	71	
Potassium, K	-	225	9.120	51		1		25	64	
Sodium, Na	-	884	65.964	29		1		97	251	
Zinc, Zn	mg	2.64	0.094	52		1		0.29	0.75	
Copper, Cu		0.221	0.010	48		1		0.024	0.063	
Manganese, Mn	mg	0.879	0.031	48		1		0.097	0.249	
Selenium, Se	mcg	7.3	1.149	28	A	1		0.8	2.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3	0.195	5		1		0.0	0.1	
Thiamin	_	0.134		20		1		0.015	0.038	
Riboflavin	-	0.134		23		1		0.015	0.039	
Niacin	<u>-</u>	1.550		20		1		0.171	0.439	
Pantothenic acid	_	0.305		7		1		0.034	0.086	
Vitamin B-6	<u>-</u>	0.209		6		1		0.023	0.059	
Folate, total	-	17	1.686	3		1		2	5	
Folic acid		0		0	z	7		0	0	
Folate, food		17	1.686	3		1		2	5	
Folate, DFE		17		0	NC	4		2	5	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	154	20.972	12		1		17	44	
Vitamin A, RAE		8		0	NC	4		1	2	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	5.01		0	FLA	4		0.55	1.42	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	15.7		0	FLA	4		1.7	4.4	
Lipids:										
Fatty acids, total saturated	q	4.890)	0		1		0.538	1.386	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000	1	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	g	0.000	1	0		1		0.000	0.000	
13:0										
14:0		0.070)	1		1		0.008	0.020	
15:0										
16:0		3.860)	1		1		0.425	1.094	
17:0	g									
18:0	g	0.960)	1		1		0.106	0.272	
20:0	g									
22:0	g									
24:0	q									

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number		_			easures of food		
Nutrients and l	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	end (I	8.170		0		1		0.899	2.316		
14:1		0.170		Ū		-		0.633	2.310		
15:1	-										
16:1 undifferentiated	-	0.050		1		1		0.006	0.014		
17:1	-										
18:1 undifferentiated	-	8.120		1		1		0.893	2.302		
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		13.420		0		1		1.476	3.805		
18:2 undifferentiated		12.680		1		1		1.395	3.595		
18:3 undifferentiated		0.730		1		1		0.080	0.207		
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	0.0	00 6		1		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.063		0		1		0.007	0.018		
Threonine		0.338		0		1		0.037	0.096		
Isoleucine	g	0.323		0		1		0.036	0.092		
Leucine	g	1.103		0		1		0.121	0.313		
Lysine	g	0.253		0		1		0.028	0.072		
Methionine	g	0.189		0		1		0.021	0.054		
Cystine	g	0.163		0		1		0.018	0.046		
Phenylalanine	g	0.442		0		1		0.049	0.125		
Tyrosine		0.366		0		1		0.040	0.104		
Valine	g	0.455		0		1		0.050	0.129		
Arginine	g	0.448		0		1		0.049	0.127		
Histidine		0.275		0		1		0.030	0.078		
Alanine	g	0.674		0		1		0.074	0.191		
Aspartic acid		0.626		0		1		0.069	0.177		
Glutamic acid	g	1.689		0		1		0.186	0.479		
Glycine	g	0.369		0		1		0.041	0.105		
Proline		0.785		0		1		0.086	0.223		
Serine	=	0.428		0		1		0.047	0.121		
Hydroxyproline											
3 3.											
Others:											
Alcohol, ethyl		0.0		0	FLA	4		0.0	0.0		
Caffeine		0		0	FLA	4		0	0		
Theobromine	g	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta	mcg	70		0	BNA	4		7.658	19.736		
Carotene, alpha	mcg	46		0	BNA	4		5.013	12.919		
Cryptoxanthin, beta	mcg	0		0	BNA	4		0.000	0.000		
Lycopene	mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin		1087		0	FLA	4		119.608	308.263		

Common Measures:

Measure 1 = 11.0g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 19035

Snacks, popcorn, oil-popped

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
Nutrients and Un	iits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.80				1				
Energy	-	425		0	NC	4				
Energy		1777		0	NC	4				
Protein		12.60		v	110	1				
Total lipid (fat)	-	9.50				1				
Ash		2.90		0	BFSN	4				
Carbohydrate, by difference		72.20		0	NC	4				
Fiber, total dietary		14.2		v	110	4				
Sugars, total		0.69		0	BFCN	4				
Starch		0.03		·	DION	•				
Starcii	9									
Minerals:										
Calcium, Ca	-	11				4				
Iron, Fe		2.28				1				
Magnesium, Mg		151				4				
Phosphorus, P		264				4				
Potassium, K		241				4				
Sodium, Na		884				1				
Zinc, Zn		3.83				4				
Copper, Cu		0.545)			4				
Manganese, Mn		8.6		0	CAZN	4				
Selenium, Se	Ilicg	0.0		U	CAZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7				
Thiamin	mg	0.350)			4				
Riboflavin	mg	0.110)			4				
Niacin	<u>mg</u>	2.070)			4				
Pantothenic acid										
Vitamin B-6		0.170)			4				
Folate, total		17				4				
Folic acid		0		0	Z	7				
Folate, food		17				4				
Folate, DFE		17		0	NC	4				
Vitamin B-12		0.00				7				
Vitamin A, IU	IU	187		0	NC	4				
Vitamin A, RAE		9		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)		0.82		0	BFFN	4				
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFFN	4				
vitamini K (phynodumone)	9			·		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.415				4				
4:0	g	0.000				4				
6:0	-	0.000				4				
8:0		0.000				4				
10:0		0.000				4				
12:0	-	0.000)			4				
13:0						_				
14:0		0.010)			4				
15:0										
16:0		0.931				4				
17:0										
18:0		0.475	•			4				
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		4.085				4					
14:1											
15:1	-										
16:1 undifferentiated		0.038				4					
17:1											
18:1 undifferentiated		4.037				4					
20:1	-	0.000				4					
22:1 undifferentiated	•	0.000				4					
24:1 c											
Fatty acids, total polyunsaturated		3.572				4					
18:2 undifferentiated		3.315				4					
18:3 undifferentiated		0.247				4					
18:4		0.000				4					
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated		0.000				4					
20:5 n-3		0.000				4					
22:5 n-3	_	0.000				4					
22:6 n-3		0.000				4					
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0				7					
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0				7					
Caffeine	mg	0		0	Z	7					
Theobromine	mg	0		0	Z	7					
Carotenoids:											
Carotene, beta	mcg	84		0	BFNN	4					
Carotene, alpha	mcg	55		0	BFNN	4					
Cryptoxanthin, beta	mcg	0		0	BFNN	4					
Lycopene	mcg	0		0	BFNN	4					
Lutein + zeaxanthin	mcg	1380		0	BFNN	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100	grams	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common
			N	lumber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		2.80				4				
Energy	kcal	521		0	NC	4				
Energy	kj	2181		0	NC	4				
Protein	g	9.00				4				
Total lipid (fat)	g	28.10				4				
Ash	g	2.00		0	0	4				
Carbohydrate, by difference	g	58.10		0	NC	4				
Fiber, total dietary	g	10.0				4				
Sugars, total	g	0.54		0	0	4				
Starch										
<u> Minerals:</u>										
Calcium, Ca	_	10				4				
Iron, Fe		2.78				4				
Magnesium, Mg	mg	108				4				
Phosphorus, P	mg	250				4				
Potassium, K	mg	225				4				
Sodium, Na	mg	3				4				
Zinc, Zn	mg	2.64				4				
Copper, Cu	mg	0.221	L			4				
Manganese, Mn	mg									
Selenium, Se	mcg	7.3		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3				4				
Thiamin		0.130)			4				
Riboflavin		0.140				4				
Niacin		1.550				4				
Pantothenic acid.		1.550	,			-				
Vitamin B-6		0.210	1			4				
Folate, total		17	,			4				
Folic acid	-	0		0	z	7				
Folate, food	-	17		·	_	4				
Folate, DFE		17		0	NC	4				
Vitamin B-12		0.00		Ū	мс	7				
				0	27.0	4				
Vitamin A, IU	IU	154 8		0	NC NC	4				
Vitamin A, RAE				-						
Retinol		0		0	BNA	4				
Vitamin E (alpha-tocopherol)		2.43		0	0	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		4 2		^	^	4				
Vitamin K (phylloquinone)	Ilicy	4.3		0	0	4				
Lipids:										
Fatty acids, total saturated	g	4.890				4				
4:0		0.000				4				
6:0	g	0.000)			4				
8:0	g	0.000)			4				
10:0	g	0.000)			4				
12:0	g	0.000)			4				
13:0	g									
14:0		0.080)			4				
15:0										
16:0	_	3.930)			4				
17:0		2.230				-				
18:0		1.040)			4				
20:0		1.040	-			-				
	_									
22:0 24:0	-									

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	of common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	8.170				4				
14:1g	0.170				-				
15:1g									
16:1 undifferentiated	0.060				4				
17:1g									
18:1 undifferentiated	8.230				4				
20:1g	0.000				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	13.420				4				
18:2 undifferentiatedg	12.730				4				
18:3 undifferentiatedg	0.790				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterolmg	0				7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	70		0	BNA	4				
Carotene, alpha mcg	46		0	BNA	4				
Cryptoxanthin, beta mcg	0		0	BNA	4				
Lycopenemcg	0		0	Z	7				
Lutein + zeaxanthin mcg	1087		0	0	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>on</u>	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	2.80	0.153	50		1		0.31	0.79		
Energy	kcal	500		0	NC	4		55	142		
Energy	kj	2092				4		230	593		
Protein (N x 6.25)	g	9.00	0.264	32		1		0.99	2.55		
Total lipid (fat)	g	28.10	1.074	40		1		3.09	7.97		
Ash	g	2.90	0.215	32		1		0.32	0.82		
Carbohydrate, by difference	g	57.20		0	NC	4		6.29	16.22		
Fiber, total dietary		10.0		0		4		1.1	2.8		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	10	1.080	55		1		1	3		
Iron, Fe	-	2.78	0.091	63		1		0.31	0.79		
Magnesium, Mg		108	3.124	50		1		12	31		
Phosphorus, P	mg	250	7.888	49		1		28	71		
Potassium, K		225	9.120	51		1		25	64		
Sodium, Na		884	65.964	29		1		97	251		
Zinc, Zn		2.64	0.094	52		1		0.29	0.75		
Copper, Cu		0.221		48		1		0.024	0.063		
Manganese, Mn		0.879	0.031	48		1		0.097	0.249		
Selenium, Se	Ilicy	7.3		0	BFZN	4		0.8	2.1		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3	0.195	5		1		0.0	0.1		
Thiamin		0.134	0.021	20		1		0.015	0.038		
Riboflavin	mg	0.136	0.015	23		1		0.015	0.039		
Niacin	-	1.550		20		1		0.171	0.439		
Pantothenic acid		0.305		7		1		0.034	0.086		
Vitamin B-6	-	0.209		6		1		0.023	0.059		
Folate, total		17	1.686	3	_	1		2	5		
Folic acid		0 17	1.686	0	Z	7 1		0 2	0 5		
Folate, food	IIICY	17 17	1.686	3 0	NC	4		2	5		
Folate, DFEVitamin B-12		0.00		1	NC	4		0.00	0.00		
Vitamin B-12		11		0		1		1	3		
Vitamin A, RAE		1		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		-		-	_	•		-	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	4.890)	0		1		0.538	1.386		
4:0											
6:0	g										
8:0	g										
10:0											
12:0											
13:0				_		_					
14:0	_	0.070)	1		1		0.008	0.020		
15:0		2 000	•	-		4		A :	1 224		
16:0		3.860	,	1		1		0.425	1.094		
17:0 18:0	-	0.960	1	1		1		0.106	0.272		
20:0	-	0.960	•	-		-		0.106	0.272		
22:0	-										
24:0	-										

		<u>An</u>	nount in 100 gra Numl		Amount in edible portion of commo measures of food				
Nutrients and Unit	ts	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	8.170	(ı	1		0.899	2.316	
14:1									
15:1	-								
16:1 undifferentiated	g	0.050	1		1		0.006	0.014	
17:1	-								
18:1 undifferentiated	g	8.120	1		1		0.893	2.302	
20:1	_								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		13.420	()	1		1.476	3.805	
18:2 undifferentiated		12.680	1		1		1.395	3.595	
18:3 undifferentiated	•	0.730	1		1		0.080	0.207	
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	0.000	í	1		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.063	()	1		0.007	0.018	
Threonine		0.338	(J	1		0.037	0.096	
Isoleucine	_	0.323	(J	1		0.036	0.092	
Leucine	_	1.103	(J	1		0.121	0.313	
Lysine	-	0.253	()	1		0.028	0.072	
Methionine	-	0.189	(J	1		0.021	0.054	
Cystine		0.163	(ı	1		0.018	0.046	
Phenylalanine		0.442	(1		0.049	0.125	
Tyrosine		0.366		J	1		0.040	0.104	
Valine	_	0.455			1		0.050	0.129	
Arginine		0.448	Č		1		0.049	0.127	
Histidine		0.275			1		0.030	0.078	
Alanine	-	0.674			1		0.074	0.191	
Aspartic acid	-	0.626			1		0.069	0.177	
Glutamic acid		1.689	Č		1		0.186	0.479	
Glycine	_	0.369	Č		1		0.041	0.105	
Proline	_	0.785	Č		1		0.086	0.223	
Serine	_	0.428	,		1		0.047	0.121	
Hydroxyproline	_	0.420	`		-		0.047	V.121	
Trydroxypronne	9								

Common Measures:

Measure 1 = 11.0g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gr		<u>n</u>		n edible portion of common			
			Nur	nber				<u>m</u>	easures of food	<u>.</u>
			of l	Data D	eriv	Source	Confidence			
Nutrients and Uni	Nutrients and Units		Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.10	0.171	6		1		0.60	0.30	
Energy	kcal	538		0		4		153	76	
Energy	kj	2251				4		638	320	
Protein (N x 6.25)	g	57.90	0.474	6		1		16.41	8.22	
Total lipid (fat)	g	31.80	1.124	6		1		9.02	4.52	
Ash	g	7.00	0.759	6		1		1.98	0.99	
Carbohydrate, by difference	g	1.60		0	NC	4		0.45	0.23	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	43		1		1		12	6	
Iron. Fe	-	1.04		2		1		0.29	0.15	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0		1		1		0.29	0.13	
Phosphorus, P		220		1		1		62	31	
Potassium, K	•	180		1		1		51	26	
Sodium. Na		2667	194.365	9		1		756	379	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.71	2511500	1		4		0.20	0.10	
Copper, Cu		0.350)	1		1		0.099	0.050	
Manganese, Mn		0.074		1		4		0.021	0.011	
Selenium, Se										
·	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.5		1		1		0.4	0.2	
Thiamin	-	0.084		1		1		0.024	0.012	
Riboflavin	=	0.432		2		1		0.122	0.061	
Niacin	_	3.355		2		1		0.951	0.476	
Pantothenic acid	=	0.430		1		4		0.122	0.061	
Vitamin B-6		0.156		1		1		0.044	0.022	
Folate, total		31		1	_	4		9	4	
Folic acid		0 31		0	Z	7		0	0	
Folate, food	IIICG			1		4		9 9	4	
Folate, DFE		31		0	NC	4		-	4	
Vitamin B-12		0.13		1 0		4		0.04	0.02	
Vitamin A, IU		667		0	NC	4		189	95 9	
Vitamin A, RAE		65 38		0	NC NR	4 4		18 11	5	
Retinol		36		U	NK	4		11	5	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		11.560)	0		1		3.277	1.642	
4:0	-									
6:0	-									
8:0		0.000				1		0.006	0.000	
10:0		0.020		1 1		1 1		0.006 0.020	0.003 0.010	
12:0		0.070	,	1		1		0.020	0.010	
13:0		0.400	1	1		1		0.113	0.057	
14:0		0.400	•	_		1		0.113	0.057	
15:0 16:0	-	6.960	1	1		1		1.973	0.988	
17:0	-	0.900	•	-		1		1.9/3	0.908	
18:0	-	4.100)	1		1		1.162	0.582	
	-	4.100	•	_		1		1.102	0.562	
20:0 22:0	-									
44.U	y									

	<u>Aı</u>	mount in 100 grams			edible portion of common easures of food		
		Numbe		0 51	<u></u>	easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	15.030	0	1		4.261	2.134	
14:1g							
15:1g							
16:1 undifferentiatedg	0.990	1	1		0.281	0.141	
17:1g							
18:1 undifferentiated	13.780		1		3.907	1.957	
20:1g	0.250	1	1		0.071	0.036	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	3.450		1		0.978	0.490	
18:2 undifferentiatedg	3.410		1		0.967	0.484	
18:3 undifferentiatedg	0.000	1	1		0.000	0.000	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.040	1	1		0.011	0.006	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg			_				
Cholesterol mg	115	4.853 8	1		33	16	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.131	. 0	1		0.037	0.019	
Threonineg	1.765		1		0.500	0.251	
Isoleucine 9	1.373		1		0.389	0.195	
Leucine	3.221		1		0.913	0.457	
Lysineg	2.698		1		0.765	0.383	
Methionineg	0.476		1		0.135	0.068	
Cystineg	0.514		1		0.146	0.073	
Phenylalanine	1.877		1		0.532	0.267	
Tyrosine	1.186		1		0.336	0.168	
Valineg	2.334		1		0.662	0.331	
Arginineg	4.547		1		1.289	0.646	
Histidine	0.719		1		0.204	0.102	
Alanine	5.472		1		1.551	0.777	
Aspartic acid	4.295		1		1.218	0.610	
Glutamic acid	7.302		1		2.070	1.037	
Glycineg	11.036		1		3.129	1.567	
Proline 9	6.769		1		1.919	0.961	
Serine	2.484		1		0.704	0.353	
Hydroxyproline	2.404		_		3.704	0.333	
Carotenoids:							
·							
Carotene, beta mcg	324	0	NR 4		91.854	46.008	
Carotene, alphamcg							
Cryptoxanthin, beta							
Lycopene mcg							
Lutein + zeaxanthinmcg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 19408

Snacks, pork skins, barbecue-flavor

Food Group: 25 Snacks

	<u>Aı</u>	nount in 100 g	grams	of edib		edible portion				
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	Nutrients and Units		Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.80	0.099	24		1		0.51	0.26	
Energy	kcal	545		0	NC	4		155	77	
Energy	kj	2280				4		646	324	
Protein (N x 6.25)		61.30	1.492	20		1		17.38	8.70	
Total lipid (fat)	g	31.30	0.441	16		1		8.87	4.44	
Ash		5.40	0.193	24		1		1.53	0.77	
Carbohydrate, by difference		0.00		0		1		0.00	0.00	
Fiber, total dietary		0.0		0		7		0.0	0.0	
Sugars, total		0.00		0	FLA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	30	2.750	21		1		9	4	
Iron, Fe		0.88	0.043	23		1		0.25	0.12	
Magnesium, Mg		11	0.923	21		1		3	2	
Phosphorus, P	mg	85	1.956	18		1		24	12	
Potassium, K	mg	127	5.130	24		1		36	18	
Sodium, Na	mg	1838	67.941	14		1		521	261	
Zinc, Zn		0.56	0.034	20		1		0.16	0.08	
Copper, Cu		0.094		17		1		0.027	0.013	
Manganese, Mn		0.069	0.010	19		1		0.020	0.010	
Selenium, Se	mcg	41.0		0	FLM	4		11.6	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.151	13		1		0.1	0.1	
Thiamin	-	0.099	0.010	7		1		0.028	0.014	
Riboflavin		0.283	0.070	12		1		0.080	0.040	
Niacin		1.549	0.120	21		1		0.439	0.220	
Pantothenic acid	mg	0.430	0.005	5		1		0.122	0.061	
Vitamin B-6	mg	0.023		2		1		0.007	0.003	
Folate, total	mcg	0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.64	0.011	5		1		0.18	0.09	
Vitamin A, IU		40		0	NC	4		11	6	
Vitamin A, RAE		12		0	NC	4		3	2	
Retinol	-	12		0	FLA	4		3	2	
Vitamin E (alpha-tocopherol)		0.53		0	FLA	4		0.15	0.07	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	-	11.370		0		1		3.223	1.615	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.020		1 1		1		0.006	0.003	
12:0	_	0.070		1		1		0.020	0.010	
13:0	-	0 300		1		1		0 111	0.055	
14:0	-	0.390		1		1		0.111	0.055	
15:0 16:0		6.850		1		1		1.942	0.973	
17:0		0.650		1		1		1.942	0.9/3	
18:0	-	4.040		1		1		1.145	0.574	
20:0	-	4.040		-		-		1.145	0.574	
22:0	-									
	g									

		<u>Aı</u>	mount in 10			<u>on</u>		Amount in edible portion of common measures of food		
Nutrients and Un	ite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and on	113	Wearr	Sta. Error					Weasure 1	Weasure 2	Wiedsure 3
Fatty acids, total monounsaturated	g	14.780		0		1		4.190	2.099	
14:1	-									
15:1	_									
16:1 undifferentiated		0.970		1		1		0.275	0.138	
17:1	-	12 560		1				2 244	1 000	
18:1 undifferentiated 20:1	-	13.560		1 1		1 1		3.844	1.926	
20:1 undifferentiated		0.250 0.000		0		1		0.071 0.000	0.036 0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturated		3.640		0		1		1.032	0.517	
18:2 undifferentiated		3.350		1		1		0.950	0.476	
18:3 undifferentiated		0.260		1		1		0.074	0.037	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c.c.	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.030		1		1		0.009	0.004	
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	95	6.0	90 15		1		27	13	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	а	0.118		0		1		0.033	0.017	
Threonine		1.823		0		1		0.517	0.259	
Isoleucine	-	1.382		0		1		0.392	0.196	
Leucine	-	3.322		0		1		0.942	0.472	
Lysine	-	2.783		0		1		0.789	0.395	
Methionine		0.480		0		1		0.136	0.068	
Cystine		0.529		0		1		0.150	0.075	
Phenylalanine		1.940		0		1		0.550	0.275	
Tyrosine		1.205		0		1		0.342	0.171	
Valine	-	2.421		0		1		0.686	0.344	
Arginine	-	4.841		0		1		1.372	0.687	
Histidine		0.725		0		1		0.206	0.103	
Alanine		5.811		0		1		1.647	0.825	
Aspartic acid		4.469		0		1		1.267	0.635	
Glutamic acid		7.625		0		1		2.162	1.083	
Glycine		11.917		0		1		3.378	1.692	
Proline		7.262		0		1		2.059	1.031	
Serine	g	2.597		0		1		0.736	0.369	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0.0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:		ŭ		·		•		•	·	
Carotene, beta		0		0	FLA	4		0.000	0.000	
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	iuca	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 14.2g: .5 oz NDB No. 19041

Snacks, pork skins, plain

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.90	0.050	41		1		0.54	3.76	
Energy	kcal	491		0		4		139	972	
Energy	kj	2054				4		582	4068	
Protein (N x 6.1)	g	7.70	0.135	42		1		2.18	15.25	
Total lipid (fat)	g	32.40	0.450	43		1		9.19	64.15	
Ash	g	5.00	0.111	42		1		1.42	9.90	
Carbohydrate, by difference	g	52.80		0	NC	4		14.97	104.54	
Fiber, total dietary	g	4.4		0		1		1.2	8.7	
Sugars, total	g									
Starch	g									
Minopole										
Minerals: Calcium, Ca	ma	50	3.052	40		1		14	99	
Iron, Fe	-	1.94	0.090	41		1		0.55	3.84	
Magnesium, Mg	-	75	2.685	36		1		21	149	
Phosphorus, P		186	7.383	36		1		53	368	
Potassium, K	•	1261	29.069	43		1		357	2497	
Sodium, Na		750	61.222	13		1		213	1485	
Zinc, Zn	-	0.94	0.055	35		1		0.27	1.86	
Copper, Cu		0.360	0.036	31		1		0.102	0.713	
Manganese, Mn		0.500	0.029	24		1		0.142	0.990	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	16.0	
Vitamins:										
	ma	33.9	4.238	12		1		9.6	67.1	
Vitamin C, total ascorbic acid Thiamin	-	0.215		42		1		0.061	0.426	
Riboflavin		0.215		42		1		0.061	0.426	
Niacin	-	4.692		42		1		1.330	9.290	
Pantothenic acid	-	0.617		1		4		0.175	1.222	
Vitamin B-6	-	0.622		14		1		0.176	1.232	
Folate, total	-	83	2.309	3		1		24	164	
Folic acid		0		0	z	7		0	0	
Folate, food		83	2.309	3		1		24	164	
Folate, DFE		83		0	NC	4		24	164	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	217	33.113	3		1		62	430	
Vitamin A, RAE		11		0	NC	4		3	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									
Lipids:										
Fatty acids, total saturated	q	8.050)	0		1		2.282	15.939	
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	1	0		1		0.000	0.000	
10:0	g	0.000	1	1		1		0.000	0.000	
12:0	-	0.010	1	1		1		0.003	0.020	
13:0	g									
14:0	g	0.250)	1		1		0.071	0.495	
15:0	g									
16:0	g	7.000)	1		1		1.985	13.860	
17:0	g									
18:0	g	0.750)	1		1		0.213	1.485	
20:0	g									

		<u>Am</u>	nount in 100 grams Number		<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	6.540	0	1		1.854	12.949	
14:1		0.540	Ů	-		1.034	12.949	
15:1								
16:1 undifferentiated		0.250	1	1		0.071	0.495	
17:1	-	6.260	1	1		1.775	10 205	
18:1 undifferentiated 20:1		0.030	1	1		0.009	12.395 0.059	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000	0	1		0.009	0.059	
24:1 c	_	0.000	U	1		0.000	0.000	
Fatty acids, total polyunsaturated		16.370	0	1		4.641	32.413	
18:2 undifferentiated	-	16.280	1	1		4.615	32.234	
18:3 undifferentiated	_	0.090	1	1		0.026	0.178	
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	0.000 5	1		0	0	
Phytosterols								
Amino Acids:								
Tryptophan	а	0.108	0	1		0.031	0.214	
Threonine		0.322	0	1		0.091	0.638	
Isoleucine	-	0.344	0	1		0.098	0.681	
Leucine	-	0.506	0	1		0.143	1.002	
Lysine		0.501	0	1		0.142	0.992	
Methionine		0.127	0	1		0.036	0.251	
Cystine	_	0.108	0	1		0.031	0.214	
Phenylalanine		0.336	0	1		0.095	0.665	
Tyrosine		0.275	0	1		0.078	0.545	
Valine	g	0.426	0	1		0.121	0.843	
Arginine	g	0.380	0	1		0.108	0.752	
Histidine	g	0.176	0	1		0.050	0.348	
Alanine	g	0.342	0	1		0.097	0.677	
Aspartic acid	g	1.363	0	1		0.386	2.699	
Glutamic acid	g	1.188	0	1		0.337	2.352	
Glycine	g	0.288	0	1		0.082	0.570	
Proline	g	0.304	0	1		0.086	0.602	
Serine		0.345	0	1		0.098	0.683	
Hydroxyproline	g							
Others:								
Alcohol, ethyl	g	0.0	0	7		0.0	0.0	
Caffeine	mg							
Theobromine	mg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.4 Fat 8.7 Carbohydrate 3.6

Food Group: 25 Snacks

		<u>A</u> :	mount in 100 g	rams of	edible	e portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data De	riv S	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.80	0.165	4		1		0.51	3.06		
Energy	kcal	496		0	NC	4		141	843		
Energy		2075				4		588	3528		
Protein (N x 6.3)	g	8.50	0.481	4		1		2.41	14.45		
Total lipid (fat)	g	27.20	0.784	4		1		7.71	46.24		
Ash		4.80	0.303	4		1		1.36	8.16		
Carbohydrate, by difference	g	57.70		0	NC	4		16.36	98.09		
Fiber, total dietary	g	5.2		0		4		1.5	8.8		
Sugars, total	g										
Starch	g										
Minarala											
Minerals: Calcium. Ca	ma	72	2.237	4		1		20	122		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.84	0.275	4		1		0.52	3.13		
Magnesium, Mg	-	75	2.182	4		1		21	128		
Phosphorus, P		299	7.739	4		1		85	508		
Potassium, K	-	1528	31.456	4		1		433	2598		
Sodium, Na		793	104.016	5		1		225	1348		
Zinc, Zn	mg	0.91	0.143	4		1		0.26	1.55		
Copper, Cu	mg	0.250	0.052	4		1		0.071	0.425		
Manganese, Mn		0.446	0.035	4		1		0.126	0.758		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	54.1	13.104	4		1		15.3	92.0		
Thiamin		0.155	0.003	4		1		0.044	0.264		
Riboflavin	-	0.158	0.010	4		1		0.045	0.269		
Niacin	mg	5.000	0.129	4		1		1.418	8.500		
Pantothenic acid	mg	0.790	0.105	4		1		0.224	1.343		
Vitamin B-6	-	0.348	0.039	4		1		0.099	0.592		
Folate, total		0	0.002	4		1		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	0	0.002	4		1		0	0		
Folate, DFE		0			NC	4		0	0		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		33		1		4		9	56		
Vitamin A, RAE		10 10			NC NC	4 4		3 3	17		
Retinol Vitamin E (alpha-tocopherol)		10		0 .	NC .	4		3	17		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
	a	8.600	1	0		1		2.438	14.620		
Fatty acids, total saturated4:0		8.000	,	O		-		2.430	14.020		
6:0											
8:0	_										
10:0		0.000)	31		1		0.000	0.000		
12:0		0.060)	31		1		0.017	0.102		
13:0											
14:0	g	0.240)	31		1		0.068	0.408		
15:0	-										
16:0	-	7.320)	31		1		2.075	12.444		
17:0	-							_			
18:0		0.870)	31		1		0.247	1.479		
20:0	_										
22:0											

	<u>Aı</u>	nount in 100 gra Numb		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		7.720	C		1		2.189	13.124	
14:1	-								
15:1		0 140	•				0.040	0.000	
16:1 undifferentiated	-	0.140	3	L	1		0.040	0.238	
17:1		7 470	•					40.600	
18:1 undifferentiated	_	7.470	3		1		2.118	12.699	
20:1		0.120	3	L	1		0.034	0.204	
22:1 undifferentiated									
24:1 c	•		_		_			16.055	
Fatty acids, total polyunsaturated.		9.560	(1		2.710	16.252	
18:2 undifferentiated		9.410	3		1		2.668	15.997	
18:3 undifferentiated		0.150	3	L	1		0.043	0.255	
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	-	4	1		4		1	7	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.073	C		1		0.021	0.124	
Threonine		0.365	(1		0.103	0.621	
Isoleucine		0.392	(1		0.111	0.666	
Leucine		0.594			1		0.168	1.010	
Lysine	• • • • • • • • • • • • • • • • • • • •	0.554			1		0.157	0.942	
Methionine	_	0.116			1		0.033	0.197	
Cystine	_	0.104	Č		1		0.029	0.177	
Phenylalanine		0.388	(1		0.029	0.660	
Tyrosine		0.329	-		1		0.093	0.559	
Valine	_	0.529	(1		0.093	0.852	
Arginine		0.400			1		0.113	0.680	
Histidine		0.194	(1		0.113	0.880	
Alanine	•	0.194	-		1		0.085	0.508	
	-	1.494	(1		0.424	2.540	
Aspartic acidGlutamic acid		1.494	-		1		0.424	2.540	
	_	0.268	(1		0.410		
Glycine	_	0.268	(1		0.076	0.456 0.670	
Proline	•		(1				
Serine	_	0.357			1		0.101	0.607	
Hydroxyproline	9								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 170g: 1 bag (6 oz)

Calories Factors: Protein 3 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>on</u>	Amount in	edible portion of	of common
			Nı	umber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Duovimotos										
Proximates: Water	g	2.00			MC	9		0.57	4.54	
Energy		379		0	NC	4		107	860	
Energy		1586		0	NC	4		450	3600	
Protein		9.64			MA	12		2.73	21.88	
Total lipid (fat)	-	0.60			NC	4		0.17	1.36	
Ash		4.00			NC	4		1.13	9.08	
Carbohydrate, by difference		83.76		0	NC	4		23.75	190.14	
Fiber, total dietary	g	7.5			MA	12		2.1	17.0	
Sugars, total	g	3.69		0	BFSN	4		1.05	8.38	
Starch	g									
3.4° 1										
Minerals:	ma	25			147	10		10	70	
Calcium, Ca	_	35 3.57			MA MA	12 12		1.01	79 8.10	
Iron, Fe		3.57 70			MA BFAN	4		20	8.10 159	
Phosphorus, P		167			BFAN	4		47	379	
Potassium, K	•	1628			MC	9		462	3696	
Sodium, Na		643			MA	12		182	1460	
Zinc, Zn		0.74			BFAN	4		0.21	1.68	
Copper, Cu		0.174	ļ		BFAN	4		0.049	0.395	
Manganese, Mn										
Selenium, Se		8.1		0	BFZN	4		2.3	18.4	
Vitamina										
Vitamins:	ma	0.3			1/3	12		2.6	01.1	
Vitamin C, total ascorbic acid		9.3 1.080			MA BFSN	4		0.306	21.1 2.452	
ThiaminRiboflavin		0.115			BFSN	4		0.306	0.261	
Niacin		6.446			BFSN	4		1.827	14.632	
Pantothenic acid	-	0.440	,		DISK	-		1.027	14.032	
Vitamin B-6		0.800	1		BFSN	4		0.227	1.816	
Folate, total		45	0.735	24	22 021	1		13	102	
Folic acid		0		0	NR	4		0	0	
Folate, food	-	45		0	NR	4		13	102	
Folate, DFE	mcg_DFE	45		0	NC	4		13	102	
Vitamin B-12		0.00			z	7		0.00	0.00	
Vitamin A, IU		11		0	NC	4		3	26	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFSN	4		0.01	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	9.1		0	BFSN	4		2.6	20.7	
Lipids:										
Fatty acids, total saturated	g	0.150	1		BFFN	4		0.043	0.341	
4:0		0.000	1		BFFN	4		0.000	0.000	
6:0	g	0.000)		BFFN	4		0.000	0.000	
8:0	g	0.000)		BFFN	4		0.000	0.000	
10:0	g	0.000)		BFFN	4		0.000	0.000	
12:0	g	0.015	i		BFFN	4		0.004	0.034	
13:0	g									
14:0	g	0.000	1		BFFN	4		0.000	0.000	
15:0	g									
16:0	g	0.110	1		BFFN	4		0.031	0.250	
17:0	g									
18:0		0.015	i		BFFN	4		0.004	0.034	
20:0	-									
22:0	g									
24:0	g									

	<u>Ar</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>		edible portion of	
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
F-thil- total management of a	0.015			BFFN	4		0.004	0.034	
Fatty acids, total monounsaturated9	0.013			BEEN	-		0.004	0.034	
14:1g 15:1g									
16:1 undifferentiated	0.000			BFFN	4		0.000	0.000	
17:1g	0.000			DEFN	-		0.000	0.000	
18:1 undifferentiated	0.015			BFFN	4		0.004	0.034	
20:1g	0.000			BFFN	4		0.000	0.000	
22:1 undifferentiatedg	0.000			BFFN	4		0.000	0.000	
24:1 c	0.000			DIII	•		0.000	0.000	
Fatty acids, total polyunsaturated9	0.255			BFFN	4		0.072	0.579	
18:2 undifferentiatedg	0.200			BFFN	4		0.057	0.454	
18:3 undifferentiated	0.060			BFFN	4		0.017	0.136	
18:4g	0.000			BFFN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated	0.000			BFFN	4		0.000	0.000	
20:5 n-3	0.000			BFFN	4		0.000	0.000	
22:5 n-3	0.000			BFFN	4		0.000	0.000	
22:6 n-3	0.000			BFFN	4		0.000	0.000	
Fatty acids, total trans									
Cholesterol mg	0			z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0	0.0	
Caffeine mg	0		0	BFSN	4		0	0	
Theobromine mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, betamcg	7		0	BFSN	4		1.928	15.438	
Carotene, alphamcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFSN	4		0.000	0.000	
Lycopene mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	39		0	BFSN	4		11.040	88.394	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	1.90		0	BFZN	4		0.54		
Energy	_	265		0	MC	9		75		
Energy		1109				9		314		
Protein		6.63		1	MA	12		1.88		
Total lipid (fat)	-	0.70		1	MA	12		0.20		
Ash		3.60		0	BFZN	4		1.02		
Carbohydrate, by difference		59.20		0	MC	9		16.78		
Fiber, total dietary		3.9		1	MA	12		1.1		
		0.22		0	0	4		0.06		
Sugars, total		0.22		U	U	4		0.06		
Starch	9									
Minerals:										
Calcium, Ca	mg	34		1	MA	12		10		
Iron, Fe	_	1.49		1	MA	12		0.42		
Magnesium, Mg	mg	82		0	RA	4		23		
Phosphorus, P		165		0	RA	4		47		
Potassium, K	mg	1290		0	RA	4		366		
Sodium, Na	mg	652		0	RA	4		185		
Zinc, Zn	mg	0.96		0	RA	4		0.27		
Copper, Cu		0.710)	0	RA	4		0.201		
Manganese, Mn		0.541	_	0	PAE	4		0.153		
Selenium, Se	mcg	8.1		0	BFZN	4		2.3		
7*4										
<u>/itamins:</u>				_						
Vitamin C, total ascorbic acid	-	29.5	_	1	MA	12		8.4		
Thiamin	-	0.346		0	RA	4		0.098		
Riboflavin		0.069		0	RA	4		0.020		
Niacin		4.601		0	RA	4		1.304		
Pantothenic acid	_	1.865		0	PAE	4		0.529		
Vitamin B-6	_	1.831	=	0	RA	4		0.519		
Folate, total		30		0	RA	4		9		
Folic acid		0		0	Z	7		0		
Folate, food		30		0	NR	4		9		
Folate, DFE		30		0	NC	4		9		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
_ipids:										
Fatty acids, total saturated	a	0.159)	1	MA	12		0.045		
4:0		0.000		1	MA	12		0.000		
6:0		0.000		1	MA	12		0.000		
8:0	-	0.000		1	MA	12		0.000		
10:0		0.003		1	MA	12		0.001		
12:0	-	0.005		1	MA	12		0.001		
13:0		2.202		-						
14:0		0.020)	1	MA	12		0.006		
15:0	-	0.020		-				3.000		
16:0		0.121	_	1	MA	12		0.034		
17:0		V.121	-	-	raff.			0.034		
18:0	_	0.040)	1	MA	12		0.011		
20:0	_	0.040	•	1	.un	12		0.011		
	_									
22:0 24:0	_									

	Ar	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
Fatty acids, total monounsaturatedg	0.252		1	MA	12		0.071		
14:1g									
15:1g			_						
16:1 undifferentiated	0.003		1	MA	12		0.001		
17:1g	0.046				10				
18:1 undifferentiated	0.246		1 1	MA MA	12 12		0.070		
20:1g	0.003		_				0.001		
22:1 undifferentiatedg	0.000		1	MA	12		0.000		
24:1 cg	0.284		1	MA	12		0 001		
Fatty acids, total polyunsaturated9	0.284		1	MA MA	12		0.081 0.078		
18:2 undifferentiated	0.275		1	MA MA	12				
	0.009		1	MA MA	12		0.003 0.000		
18:4g	0.000		1	MA	12		0.000		
20:2 n-6 c,c									
20:4 undifferentiated	0.000		1	MA	12		0.000		
20:5 n-3g	0.000		1	MA	12		0.000		
20:5 n-3	0.000		1	MA	12		0.000		
22:6 n-3	0.000		1	MA	12		0.000		
Fatty acids, total trans	0.000		_	ma	12		0.000		
Cholesterol mg	0		0	z	7		0		
Phytosterolsmg	U		Ū	4	,		U		
Others:									
Alcohol, ethylg	0.0		0	Z	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, 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 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19412 Snacks, potato chips, made from dried potatoes, cheese-flavor

Proximates: Water	1.90 551 2305 7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.056 8.1	Std. Error Po	ata Deri	1 4 4 1 1 1 4 4 4 4 4 4 4 4 4 4	Confidence	0.54 156 654 1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016 2.3	3.63 1052 4403 13.37 70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111 15.5	Measure
Proximates: Water	1.90 551 2305 7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.056 8.1	Std. Error Po	1 0 N 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 4 4 1 1 1 4 4 4 4 4 4 4 4 4 4 4 4 4 4		0.54 156 654 1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	3.63 1052 4403 13.37 70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	Measure
Proximates: Water	1.90 551 2305 7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.056 8.1	Std. Error Po	1 0 N 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 4 4 1 1 1 4 4 4 4 4 4 4 4 4 4 4 4 4 4		0.54 156 654 1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	3.63 1052 4403 13.37 70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	Measure
Water g Energy kcal Energy kj Protein (N x 6.3) g Total lipid (fat) g Ash g Carbohydrate, by difference g Fiber, total dietary g Sugars, total g Starch g 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 Vitamins: wcg Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE	551 2305 7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	0 N 1 1 1 0 N 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 4 4 4 4 4 N 4 4		156 654 1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	1052 4403 13.37 70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	
Water g Energy kcal Energy kj Protein (N x 6.3) g Total lipid (fat) g Ash g Carbohydrate, by difference g Fiber, total dietary g Sugars, total g Starch g Winerals: 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 Vitamins: wtiamin C, total ascorbic acid mg Thiamin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, food mcg Folate, food mcg Folate, DFE mcg	551 2305 7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	0 N 1 1 1 0 N 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 1 4 4 4 4 4 N 4 4		156 654 1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	1052 4403 13.37 70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	
Energy	2305 7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1	4 1 1 1 4 4 4 1 4 4 4 4 4 4 4 8		1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	210 3.06 101 3.11 728 1442 1.22 0.107 0.111	
Energy	7.00 37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1	1 1 1 4 4 4 4 1 4 4 4 4 4 1 4		1.98 10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	13.37 70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	
Protein (N x 6.3)	37.00 3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1	1 1 4 4 1 1 4 4 4 4 4 4 4 4 4 4 7		10.49 0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	70.67 6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	
Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Ainerals: 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: vitamins Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg Vitamin A, IU IU Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	3.50 50.60 3.4 110 1.60 53 163 381 755 0.64 0.055 0.056 8.1	B D	1 0 N 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4		0.99 14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	6.69 96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	
Ash	110 1.60 53 163 381 755 0.64 0.05: 0.05: 8.1	B D	0 N 0	1 1 4 4 4 4 4 1 4		14.35 0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	96.65 6.4 210 3.06 101 311 728 1442 1.22 0.107 0.111	
Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals:	3.4 110 1.60 53 163 381 755 0.64 0.05 0.05 8.1	B D	1 1 1 1 1 1 1 1 1 1 0 BF2	1 1 4 4 1 4 4 4 4		0.9 31 0.45 15 46 108 214 0.18 0.016 0.016	210 3.06 101 311 728 1442 1.22 0.107 0.111	
Sugars, total 9 Starch 9 Minerals:	110 1.60 53 163 381 755 0.64 0.05; 0.05; 8.1	B D	1 1 1 1 1 1 1 1 1 0 BF2	1 4 4 4 1 4 4 4 N		31 0.45 15 46 108 214 0.18 0.016 0.016	210 3.06 101 311 728 1442 1.22 0.107 0.111	
Starch	1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1 1 1 1 1 1 1 1 1 0 BF2	1 4 4 1 4 4 4		0.45 15 46 108 214 0.18 0.016 0.016	3.06 101 311 728 1442 1.22 0.107 0.111	
Minerals: Calcium, Ca	1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1 1 1 1 1 1 1 1 1 0 BF2	1 4 4 1 4 4 4		0.45 15 46 108 214 0.18 0.016 0.016	3.06 101 311 728 1442 1.22 0.107 0.111	
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: wg Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, RAE mcg_R Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, delta. mg	1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1 1 1 1 1 1 1 1 1 0 BF2	1 4 4 1 4 4 4		0.45 15 46 108 214 0.18 0.016 0.016	3.06 101 311 728 1442 1.22 0.107 0.111	
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: wg 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_D Vitamin B-12. mcg Vitamin A, RAE mcg_R Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, delta. mg	1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1 1 1 1 1 1 1 1 1 0 BF2	1 4 4 1 4 4 4		0.45 15 46 108 214 0.18 0.016 0.016	3.06 101 311 728 1442 1.22 0.107 0.111	
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: wg Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_R Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg	1.60 53 163 381 755 0.64 0.056 0.058 8.1	B D	1 1 1 1 1 1 1 1 1 0 BF2	1 4 4 1 4 4 4		0.45 15 46 108 214 0.18 0.016 0.016	3.06 101 311 728 1442 1.22 0.107 0.111	
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 Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE mcg_R Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, gamma mg Tocopherol, delta mg	53 163 381 755 0.64 0.05 0.05 8.1	B D	1 1 1 1 1 1 1 1 0 BF2	4 4 1 4 4 4 N 4		15 46 108 214 0.18 0.016 0.016	101 311 728 1442 1.22 0.107 0.111	
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 Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE mcg_R Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg	163 381 755 0.64 0.05 0.05 8.1	B D	1 1 1 1 1 1 0 BF2	4 4 1 4 4 4		46 108 214 0.18 0.016 0.016	311 728 1442 1.22 0.107 0.111	
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 Folate, food mcg Folate, Food mcg Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_R Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg	381 755 0.64 0.05(0.05(8.1	B D	1 1 1 1 1 0 BF2	4 1 4 4 4 N 4		108 214 0.18 0.016 0.016	728 1442 1.22 0.107 0.111	
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: wg Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg_R Retinol. mcg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. mg	755 0.64 0.056 0.058 8.1 8.5 0.186	B D	1 1 1 1 0 BF2	1 4 4 4 0 1		214 0.18 0.016 0.016	1442 1.22 0.107 0.111	
Zinc, Zn	0.64 0.056 0.058 8.1 8.5 0.180	B D	1 1 0 BF2	4 4 N 4		0.18 0.016 0.016	1.22 0.107 0.111	
Copper, Cu	0.056 8.1 8.5 0.180	B D	1 0 BF2 1	4 N 4		0.016	0.111	
Manganese, Mn	8.1 8.5 0.180	o	0 BF2	N 4				
Vitamins: mg Thiamin	8.5 0.180		1			2.3	15.5	
Vitamin C, total ascorbic acid	0.180			1				
Vitamin C, total ascorbic acid	0.180			1				
Thiamin	0.180					2.4	16.2	
Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg_D Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg_R Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma. mg Tocopherol, delta mg			1	1		0.051	0.344	
Niacin		1)	1	1		0.031	0.229	
Pantothenic acid	2.600		1	1		0.737	4.966	
Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg_D Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg_R Retinol. mcg Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, gamma. mg Tocopherol, delta. mg	0.338		1	4		0.096	0.646	
Folate, total	0.52		1	4		0.148	0.995	
Folic acid mcg Folate, food mcg Folate, DFE mcg_D Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_R Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg	18		1	4		5	34	
Folate, food mcg Folate, DFE mcg_D Vitamin B-12 mcg Vitamin A, IU. IU Vitamin A, RAE mcg_R Retinol mg Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg	0		0 z	7		0	0	
Folate, DFE. mcg_D Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE mcg_R Retinol. mg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta. mg	18		1	4		5	34	
Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_R Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg)FE 18		0 NC	4		5	34	
Vitamin A, RAE mcg_R Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg	0.00		1	4		0.00	0.00	
Retinol	1		1	4		0	2	
Vitamin E (alpha-tocopherol)	RAE 1		0 NC	4		0	2	
Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg	1		0 NO	4		0	2	
Tocopherol, gammamg Tocopherol, deltamg								
Tocopherol, deltamg								
Vitamin DIU								
Vitamin K (phylloquinone)mcg								
Lipids:								
Fatty acids, total saturated9	9.570	0	0	1		2.713	18.279	
4:0g	0.050		1	1		0.014	0.096	
6:0g	0.030		1	1		0.009	0.057	
8:0g	0.010		1	1		0.003	0.019	
10:0g	0.040		1	1		0.011	0.076	
12:0g	0.040	D	1	1		0.011	0.076	
13:0g	2 (=	2	•	_				
14:0g	0.470	U	1	1		0.133	0.898	
15:0g	7 70	n	1	4		2 206	14 060	
16:0	7.780	J	1	1		2.206	14.860	
17:0	1.160	n	1	1		0.329	2.216	
18:0	1.10	•	-	1		0.329	2.216	
20:0g 22:0g								

		<u>Aı</u>	mount in 100		of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
				lumber				<u>me</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error F	of Data D Points C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	7.140		0		1		2.024	13.637		
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.360		1		1		0.102	0.688		
17:1	g										
18:1 undifferentiated	g	6.780		1		1		1.922	12.950		
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	18.660		0		1		5.290	35.641		
18:2 undifferentiated	g	18.310		1		1		5.191	34.972		
18:3 undifferentiated	g	0.350		1		1		0.099	0.669		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3											
Fatty acids, total trans	-										
Cholesterol	-	4		1		1		1	8		
Phytosterols	mg										
Amino Acids:											
Tryptophan	α	0.066		0		1		0.019	0.126		
Threonine		0.291		0		1		0.082	0.556		
Isoleucine		0.329		0		1		0.093	0.628		
Leucine	-	0.509		0		1		0.144	0.972		
Lysine	-	0.476		0		1		0.135	0.909		
Methionine		0.109		0		1		0.031	0.208		
Cystine	_	0.081		0		1		0.023	0.155		
Phenylalanine		0.320		0		1		0.023	0.611		
Tyrosine		0.282		0		1		0.080	0.539		
Valine	-	0.411		0		1		0.117	0.785		
Arginine	-	0.321		0		1		0.091	0.613		
Histidine		0.171		0		1		0.048	0.327		
Alanine	-	0.237		0		1		0.067	0.453		
Aspartic acid		1.062		0		1		0.301	2.028		
Glutamic acid	-	1.242		0		1		0.352	2.372		
Glycine		0.202		0		1		0.057	0.386		
Proline		0.395		0		1		0.112	0.754		
Serine		0.308		0		1		0.087	0.588		
Hydroxyproline	-	0.500		v		-		0.007	0.550		
ттустохургонис	9										

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 191g: 1 can (6.25 oz)

Calories Factors: Protein 3.3 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19445 Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<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 3
Proximates:										
Water	_	4.36		0	FLM	4		1.24		
Energy		253		0	MC	9		72		
Energy		1059		•		9		300		
Protein		5.80 0.85		0	MC MC	9 9		1.64 0.24		
Total lipid (fat)		3.54		0	FLM	4		1.00		
AshCarbohydrate, by difference		56.00		0	MC	9		15.88		
Fiber, total dietary		6.5		0	MC	9		1.8		
Sugars, total		2.00		0	0	4		0.57		
Starch		2.00		ŭ	Ŭ	•		0.57		
Staren	9									
Minerals:										
Calcium, Ca	-	29		0	MC	9		8		
Iron, Fe		1.25		0	MC	9		0.35		
Magnesium, Mg		14		0	MC	9		4		
Phosphorus, P Potassium, K		100 705		0	FLM FLM	4 4		28 200		
Sodium, Na		553		0	MC	9		157		
Zinc, Zn		0.44		0	FLM	4		0.12		
Copper, Cu		0.106	5	0	FLM	4		0.030		
Manganese, Mn	-	0.067		0	FLM	4		0.019		
Selenium, Se		17.2		0	FLM	4		4.9		
Vitamina										
Vitamins:	ma	15.3		0	MC	9		4.3		
Vitamin C, total ascorbic acid Thiamin		0.670	1	0	FLM	4		0.190		
Riboflavin	_	0.071		0	FLM	4		0.020		
Niacin		4.000		0	FLM	4		1.134		
Pantothenic acid		1.378		0	FLM	4		0.391		
Vitamin B-6		0.494	l	0	FLM	4		0.140		
Folate, total	mcg	26		0	FLM	4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		26		0	FLM	4		7		
Folate, DFE		26		0	NC	4		7		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0 0	z z	7 7		0 0.00		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.00		U	Z	,		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	z	7		0.0		
Linida										
Lipids: Fatty acids, total saturated	a	0.355	;	0	ML	5		0.101		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.001		0	FLM	4		0.000		
10:0	-	0.001		0	FLM	4		0.000		
12:0	-	0.009		0	FLM	4		0.003		
13:0										
14:0		0.002	2	0	FLM	4		0.001		
15:0	g									
16:0	g	0.162	2	0	FLM	4		0.046		
17:0	-									
18:0	-	0.060)	0	FLM	4		0.017		
20:0	-									
22:0	g g									

NDB No. 19445 Snacks, potato chips, made from dried potatoes, fat-free, made with olestra

	<u>Ar</u>	mount in 10	00 grams	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	Measure 1	Measure 2	Measure 3
	0.300		0	FLM	4				
Fatty acids, total monounsaturated9	0.300		U	FLM	4		0.085		
14:1g 15:1g									
16:1 undifferentiated	0.000		0	FLM	4		0.000		
17:1g	0.000		·	2 1101	-		0.000		
18:1 undifferentiated	0.300		0	FLM	4		0.085		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg					_				
Fatty acids, total polyunsaturatedg	0.190		0	FLM	4		0.054		
18:2 undifferentiated	0.160		0	FLM	4		0.045		
18:3 undifferentiated	0.030		0	FLM	4		0.009		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
<u>Carotenoids:</u>									
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		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19045 Snacks, potato chips, made from dried potatoes, light

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u></u>	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Description											
Proximates: Water	а	1.40	0.187	6		1		0.40	2.38		
Energy	-	501	0.10.	0	NC	4		142	852		
Energy		2096				4		594	3564		
Protein (N x 6.25)		5.60		1		1		1.59	9.52		
Total lipid (fat)		25.70	0.337	3		1		7.29	43.69		
Ash	g	2.40		1		1		0.68	4.08		
Carbohydrate, by difference	g	64.90		0	NC	4		18.40	110.33		
Fiber, total dietary	g	3.6		0		4		1.0	6.1		
Sugars, total		5.01		0	FLA	4		1.42	8.51		
Starch	g										
Minerals:											
Calcium, Ca	mg	34		2		1		10	58		
Iron, Fe	-	1.51		2		1		0.43	2.57		
Magnesium, Mg		63		2		1		18	107		
Phosphorus, P		154		2		1		44	262		
Potassium, K		1005		2		1		285	1709		
Sodium, Na		428 0.60		2		1 1		121 0.17	728 1.02		
Zinc, Zn Copper, Cu		0.140	1	2		1		0.040	0.238		
Manganese, Mn		0.350		1		1		0.099	0.595		
Selenium, Se		8.1		0	BFZN	4		2.3	13.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	12.0		1		1		3.4	20.4		
Thiamin	mg	0.190)	1		1		0.054	0.323		
Riboflavin	mg	0.060)	1		1		0.017	0.102		
Niacin		4.200		1		1		1.191	7.140		
Pantothenic acid		0.250		1		4		0.071	0.425		
Vitamin B-6	-	0.782	!	1		4		0.222	1.329		
Folic acid		27 0		0	FLA FLA	4 4		8 0	46 0		
Folate, food		27		0	FLA	4		8	46		
Folate, DFE		27		0	NC	4		8	46		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		0		0	NC	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		2.18		0	FLA	4		0.62	3.70		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		7.2		0	FLA	4		2.0	12.2		
Lipids:											
Fatty acids, total saturated	g	5.130)	0		1		1.454	8.721		
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	-	0.150)	1		1		0.043	0.255		
15:0	-	4 3 4 3	•	-		4		1 000			
16:0		4.340	,	1		1		1.230	7.378		
17:0 18:0	-	0.630)	1		1		0.179	1.071		
20:0	-	0.030		-		-		0.175	1.071		
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10		of edil	ole portio	<u>n</u>		edible portion of	
	_			Number of Data			Confidence			•
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.920		0		1		1.678	10.064	
14:1	-									
16:1 undifferentiated	g	0.620		1		1		0.176	1.054	
17:1 18:1 undifferentiated	-	5.300		1		1		1.503	9.010	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated		13.490		0		1		3.824	22.933	
18:2 undifferentiated		13.250		1		1		3.756	22.525	
18:3 undifferentiated	g	0.240		1		1		0.068	0.408	
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		1		1		0	0	
Phytosterols	mg									
Amino Acids:										
	a	0.044		0		1		0.012	0.075	
Tryptophan		0.245		0		1		0.012	0.075	
Threonine	_			0		1				
Isoleucine		0.248 0.369		0		1		0.070 0.105	0.422	
Leucine	_	0.353		0		1		0.100	0.627 0.600	
Lysine		0.353		0		1		0.100	0.111	
Methionine		0.063		0		1		0.018		
Cystine		0.073		0		1		0.021	0.124 0.439	
Phenylalanine				0		1				
Tyrosine	_	0.221		0		1		0.063	0.376	
Valine	_	0.329		0		1		0.093	0.559	
Arginine		0.272		0		1		0.077	0.462	
Histidine		0.125						0.035	0.213	
Alanine		0.202		0		1 1		0.057	0.343	
Aspartic acid		1.134		0				0.321	1.928	
Glutamic acid	-	0.939		0		1		0.266	1.596	
Glycine		0.194		0		1		0.055	0.330	
Proline		0.204		0		1		0.058	0.347	
Serine	-	0.230		0		1		0.065	0.391	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	_	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000	
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		0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 can (6 oz)

NDB No. 19045

Snacks, potato chips, made from dried potatoes, light

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19410 Snacks, potato chips, made from dried potatoes, plain

		<u>Aı</u>	mount in 100 g	grams	of edit	ole portio	<u>n</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 :
Proximates: Water	a	1.40	0.096	14		1		0.40	2.77	
	_	558	0.030	0	NC	4		158	1105	
Energy		2335		U	NC	4		662		
Energy				•		_			4623	
Protein (N x 6.25)		5.90		2		1		1.67	11.68	
Total lipid (fat)		38.40	0.784	8		1		10.89	76.03	
Ash		3.30		2		1		0.94	6.53	
Carbohydrate, by difference	g	51.00		0	NC	4		14.46	100.98	
Fiber, total dietary	g	3.6		0		1		1.0	7.1	
Sugars, total	g	5.01		0	FLA	4		1.42	9.91	
Starch	g									
Minanala										
Minerals: Calcium. Ca	ma	24	1.553	9		1		7	48	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.50	0.062	9		1		0.43	2.97	
,		58	1.265	9		1		16	115	
Magnesium, Mg Phosphorus, P		157	7.247	8		1		16 45	311	
• '	_	1008	26.927	9		1		45 286	1996	
Potassium, K		656	31.815	9		1		186	1299	
Sodium, Na		0.59	0.024	9		1		0.17	1.17	
Zinc, Zn				9		1		0.17	0.317	
Copper, Cu		0.160								
Manganese, Mn		0.344	0.008	7		1		0.098	0.681	
Selenium, Se	Tricg	8.1		0	BFZN	4		2.3	16.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.2		2		1		2.3	16.2	
Thiamin	mg	0.205	5	2		1		0.058	0.406	
Riboflavin	-	0.120)	2		1		0.034	0.238	
Niacin		3.150)	2		1		0.893	6.237	
Pantothenic acid	-	0.212	2	1		4		0.060	0.420	
Vitamin B-6		0.145	5	1		4		0.041	0.287	
Folate, total	-	7		1		4		2	14	
Folic acid		0		0	FLA	4		0	0	
Folate, food		7		1		4		2	14	
Folate, DFE	mca DFF	7		0	NC	4		2	14	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0.00		0	NC	4		0.00	0	
Vitamin A, RAE		0		0	NC	4		0	Ö	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		2.19		0	BFSN	4		0.62	4.34	
		2.19		U	DESN	4		0.62	4.34	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		7.2		0	BFSN	4		2.0	14.3	
Vitamin K (phylloquinone)	Illog	7.2		U	DF 3N	-		2.0	14.3	
Lipids:										
Fatty acids, total saturated	g	9.450)	0		1		2.679	18.711	
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	-	0.360)	2		1		0.102	0.713	
15:0	-								0	
16:0	-	7.990)	2		1		2.265	15.820	
17:0				_		-		2.203	13.020	
18:0	-	1.090)	2		1		0.309	2.158	
20:0	-	1.090		-		-		0.303	2.150	
22:0	-									
24:0	-									

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and l	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	red Q	7.270)	0		1		2.061	14.395		
14:1	g										
16:1 undifferentiated	g	0.360)	2		1		0.102	0.713		
17:1 18:1 undifferentiated	g	6.900		2		1		1.956	13.662		
20:1 22:1 undifferentiated		0.000		0 0		1 1		0.000 0.000	0.000 0.000		
24:1 cFatty acids, total polyunsaturate		19.980)	0		1		5.664	39.560		
18:2 undifferentiated	g	19.620 0.360		2 2		1 1		5.562 0.102	38.848 0.713		
18:4	g	0.000		0		1		0.102	0.713		
20:2 n-6 c,c 20:3 undifferentiated	_										
20:4 undifferentiated 20:5 n-3	_	0.000		0 0		1 1		0.000 0.000	0.000 0.000		
22:5 n-3 22:6 n-3	_	0.000		0		1 1		0.000	0.000		
Fatty acids, total trans	g	0		2		1		0	0		
CholesterolPhytosterols	-	U		2		1		U	U		
Amino Acids:	•	0.046		0		1		0.013	0.001		
TryptophanThreonine		0.258	3	0		1		0.073	0.091 0.511		
Isoleucine	_	0.261 0.389		0 0		1 1		0.07 4 0.110	0.517 0.770		
Lysine Methionine		0.372 0.069		0 0		1 1		0.105 0.020	0.737 0.137		
Cystine	g	0.076	5	0		1		0.022	0.150		
Phenylalanine Tyrosine	g	0.272 0.233	3	0 0		1 1		0.077 0.066	0.539 0. 4 61		
Valine	_	0.346 0.287		0 0		1 1		0.098 0.081	0.685 0.568		
HistidineAlanine	_	0.132 0.213		0 0		1 1		0.037 0.060	0.261 0.422		
Aspartic acid	g	1.195	i	0		1 1		0.339	2.366		
Glycine	g	0.204	Į.	0		1		0.058	0.404		
Proline	_	0.215 0.243		0 0		1 1		0.061 0.069	0.426 0.481		
Hydroxyproline	g										
Others: Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
CaffeineTheobromine	mg	0		0	FLA FLA	4 4		0	0 0		
Carotenoids:		Ü		v	- 114	-		v	J		
Carotene, beta		0		0	FLA FLA	4 4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000		
LycopeneLutein + zeaxanthin		0		0 0	FLA FLA	4		0.000 0.000	0.000 0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (7 oz)

NDB No. 19410

Snacks, potato chips, made from dried potatoes, plain

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor

		<u>A</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
				ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point			Code	Measure 1	Measure 2	Measure
Proximates: Water	a	2.00	1		1		0.57	3.96	
Energy	_	547	-		4		155	1083	
Energy		2289	,	NC	4		649	4532	
03	-				_				
Protein (N x 6.3)		6.60	1		1		1.87	13.07	
Total lipid (fat)		37.00	1		1		10.49	73.26	
Ash		3.10	1		1		0.88	6.14	
Carbohydrate, by difference		51.30	C				14.54	101.57	
Fiber, total dietary		1.2	C		4		0.3	2.4	
Sugars, total	g								
Starch	g								
Min anala.									
Minerals: Calcium. Ca	ma	64	1		1		18	127	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.40	1		1		0.40	2.77	
· · · · · · · · · · · · · · · · · · ·	-	55	1		4				
Magnesium, Mg Phosphorus, P		55 169	1		4		16 48	109 335	
1 ,	•	169 496			4			982	
Potassium, K			1		=		141		
Sodium, Na		720	1		1		204	1426	
Zinc, Zn		0.71	. 1		4		0.20	1.41	
Copper, Cu		0.063			4		0.018	0.125	
Manganese, Mn		0.405	5 1		4		0.115	0.802	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	9.5	1		1		2.7	18.8	
Thiamin	mg	0.180) 1		1		0.051	0.356	
Riboflavin		0.100) 1		1		0.028	0.198	
Niacin	mg	2.500) 1		1		0.709	4.950	
Pantothenic acid		0.827	7 1		4		0.234	1.637	
Vitamin B-6		0.476	5 1		4		0.135	0.942	
Folate, total	-	23	1		4		7	46	
Folic acid		0	0	Z	7		0	0	
Folate, food		23	1		4		7	46	
Folate, DFE	mca DFE	23	0	NC	4		7	46	
Vitamin B-12		0.00	1		4		0.00	0.00	
Vitamin A, IU		755	- 1		4		214	1495	
Vitamin A, RAE		, 55	_		-			1455	
Retinol									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
-									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>					_		<u>.</u>	<u>.</u>	
Fatty acids, total saturated		9.470			1		2.685	18.751	
4:0		0.040			1		0.011	0.079	
6:0		0.020			1		0.006	0.040	
8:0		0.010			1		0.003	0.020	
10:0		0.030			1		0.009	0.059	
12:0	-	0.030) 1		1		0.009	0.059	
13:0	g								
14:0	g	0.450) 1		1		0.128	0.891	
15:0	g								
16:0	g	7.770) 1		1		2.203	15.385	
17:0	g								
18:0	g	1.140) 1		1		0.323	2.257	
20:0	_								
22:0	-								
24:0	-								

		<u>Ar</u>	nount in 100	grams o	f edible porti	<u>on</u>		edible portion of easures of food	
Nutrients and Units	:	Mean		f Data D		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		7.120		0	1		2.019	14.098	
14:1	-								
15:1				_	_			0.710	
16:1 undifferentiated	-	0.360		1	1		0.102	0.713	
17:1									
18:1 undifferentiated	-	6.760		1	1		1.916	13.385	
20:1									
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		18.780		0	1		5.324	37.184	
18:2 undifferentiated	•	18.430		1	1		5.225	36.491	
18:3 undifferentiated	-	0.350		1	1		0.099	0.693	
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	3		1	1		1	6	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.072		0	1		0.020	0.143	
Threonine		0.284		0	1		0.081	0.562	
Isoleucine	-	0.313		0	1		0.089	0.620	
Leucine	-	0.485		0	1		0.137	0.960	
Lysine	-	0.437		0	1		0.124	0.865	
Methionine	-	0.102		0	1		0.029	0.202	
Cystine		0.076		0	1		0.022	0.150	
Phenylalanine		0.290		0	1		0.022	0.574	
2		0.254		0	1		0.082	0.574	
Tyrosine	-	0.254		0	1		0.072	0.503	
Valine		0.380		0	1		0.108		
Arginine				0	1			0.606	
Histidine	-	0.148		0	1		0.042	0.293	
Alanine	-	0.252		0	1		0.071	0.499	
Aspartic acid		0.928		-	_		0.263	1.837	
Glutamic acid	-	1.100		0	1		0.312	2.178	
Glycine	-	0.206		0	1		0.058	0.408	
Proline	-	0.373		0	1		0.106	0.739	
Serine	-	0.291		0	1		0.082	0.576	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 can (6.75 oz)

Calories Factors: Protein 3.3 Fat 8.8 Carbohydrate 3.9

Food Group: 25 Snacks

NDB No. 19809 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	_	
			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	1.90	0.053	191		1		0.54	4.31		
Energy	kcal	536		0	NC	4		152	1217		
Energy	kj	2243				4		636	5091		
Protein (N x 6.25)	g	7.00	0.122	145		1		1.98	15.89		
Total lipid (fat)	g	34.60	0.248	158		1		9.81	78.54		
Ash	g	3.60	0.068	157		1		1.02	8.17		
Carbohydrate, by difference	g	52.90		0	NC	4		15.00	120.08		
Fiber, total dietary	g	4.8		0		4		1.4	10.9		
Sugars, total	g										
Starch	g										
Æ											
<u>Ainerals:</u> Calcium, Ca	ma	24	0.518	223		1		7	54		
Iron, Fe	-	1.63	0.518	248		1		, 0.46	3.70		
Magnesium, Mg	-	67	0.605	240		1		19	152		
Phosphorus, P		165	2.256			1		47	375		
Potassium, K	•	1275	11.564	234		1		361	2894		
Sodium, Na	_	594	9.375	251		1		168	1348		
Zine, Zn	-	1.09	0.048	88		1		0.31	2.47		
Copper, Cu		0.306	0.009	218		1		0.087	0.695		
Manganese, Mn		0.440	0.010	210		1		0.125	0.999		
Selenium, Se		8.1		0	BFZN	4		2.3	18.4		
7itaming.											
<u>Vitamins:</u>		21.1	1 400	00				0.0	50.6		
Vitamin C, total ascorbic acid	-	31.1 0.167	1.498	93 125		1 1		8.8	70.6 0.379		
Thiamin		0.167				1		0.047 0.056	0.379		
Riboflavin		3.827				1		1.085	8.687		
Niacin Pantothenic acid		0.402		24		1		0.114	0.913		
Vitamin B-6	_	0.402		73		1		0.114	1.498		
Folate, total	_	45	0.735	24		1		13	102		
Folic acid		0	0.755	0	z	7		0	0		
Folate, food		45	0.735	24	_	1		13	102		
Folate, DFE		45	055	0	NC	4		13	102		
Vitamin B-12				_		=					
Vitamin A, IU		0	0.000	5		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
_ipids:											
Fatty acids, total saturated	a	5.430	ı	0		1		1.539	12.326		
4:0		0.100		•		-		2.555			
6:0											
8:0	_										
10:0	-										
12:0	_										
13:0	-										
14:0	-										
15:0	-										
16:0	g	3.970	1	1		1		1.125	9.012		
17:0	g										
18:0	g	1.460		1		1		0.414	3.314		
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	mount in 100		f edible	oortio	<u>on</u>		edible portion o	of common
Nutrients and Un	its	Mean	·-	lumber of Data D Points C		ource ode	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		18.000		0		1		5.103	40.860	
14:1										
15:1	-									
16:1 undifferentiated	-									
17:1										
18:1 undifferentiated		17.930		1		1		5.083	40.701	
20:1		0.070		1		1		0.020	0.159	
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated		9.160		0		1		2.597	20.793	
18:2 undifferentiated	-	8.900		1		1		2.523	20.203	
18:3 undifferentiated	g	0.260		1		1		0.074	0.590	
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	0.000	0 24		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.108		0		1		0.031	0.245	
Threonine	g	0.253		0		1		0.072	0.574	
Isoleucine	g	0.283		0		1		0.080	0.642	
Leucine	g	0.419		0		1		0.119	0.951	
Lysine	g	0.424		0		1		0.120	0.962	
Methionine		0.110		0		1		0.031	0.250	
Cystine	g	0.089		0		1		0.025	0.202	
Phenylalanine		0.310		0		1		0.088	0.704	
Tyrosine		0.259		0		1		0.073	0.588	
Valine	-	0.392		0		1		0.111	0.890	
Arginine	-	0.321		0		1		0.091	0.729	
Histidine		0.153		0		1		0.043	0.347	
Alanine		0.214		0		1		0.061	0.486	
Aspartic acid	-	1.706		0		1		0.484	3.873	
Glutamic acid	-	1.170		0		1		0.332	2.656	
Glycine		0.207		0		1		0.059	0.470	
Proline	-	0.251		0		1		0.033	0.570	
Serine		0.231		0		1		0.086	0.688	
Hydroxyproline	-	0.303		J		-		0.000	0.000	
ттушолургонне	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19810 Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted

		<u>Aı</u>	mount in 100 g	grams	of ear	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber				m	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	
Proximates: Water	а	1.90	0.053	191		1		0.54	4.31		
Energy	-	536	0.033	0	NC	4		152	1217		
Energy		2243		Ū	140	4		636	5091		
Protein (N x 6.25)		7.00	0.122	145		1		1.98	15.89		
Total lipid (fat)		34.60	0.248	158		1		9.81	78.54		
Ash		3.60	0.068	157		1		1.02	8.17		
Carbohydrate, by difference		52.90	0.000	0	NC	4		15.00	120.08		
Fiber, total dietary		4.8		0	110	4		1.4	10.9		
Sugars, total				·		-			10.5		
Starch	-										
Staren	9										
<u>Minerals:</u>											
Calcium, Ca	_	24	0.518	223		1		7	54		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.63	0.028	248		1		0.46	3.70		
Magnesium, Mg		67 165		240		1		19	152		
Phosphorus, P	-	165 1275	2.256	237		1 1		47 361	375 2894		
Potassium, K		1275	11.564	234 0		1		2	2894 18		
Sodium, NaZinc, Zn		1.09	0.048	88		1		0.31	2.47		
Copper, Cu		0.306		218		1		0.087	0.695		
Manganese, Mn		0.440		210		1		0.125	0.999		
Selenium, Se		8.1	0.020	0	BFZN	4		2.3	18.4		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		31.1	1.498	93		1		8.8	70.6		
Thiamin		0.167		125		1		0.047	0.379		
Riboflavin		0.197		122		1		0.056	0.447		
Niacin	-	3.827				1		1.085	8.687		
Pantothenic acid		0.402		24		1 1		0.114	0.913		
Vitamin B-6	_	0.660	0.029 0.735	73 24		1		0.187	1.498 102		
Folate, total		4 5 0	0.735	0	z	7		13 0	0		
Folic acidFolate, food		45	0.735	24	2	1		13	102		
Folate, DFE	mcg DFF	45	0.733	0	NC	4		13	102		
Vitamin B-12		43		Ū	МС	-		13	102		
Vitamin A, IU		0	0.000	5		1		0	0		
Vitamin A, RAE		0	0.000	0	NC	4		0	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		-		-	=			-	-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	5.430		0		1		1.539	12.326		
4:0		50		-		_		,	5_0		
6:0											
8:0	-										
10:0											
12:0											
13:0	g										
14:0											
15:0											
16:0		3.970		1		1		1.125	9.012		
17:0		_				_					
18:0		1.460		1		1		0.414	3.314		
20:0											
22:0	g										

	<u>Ar</u>	nount in 100 grams		ortion	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		rce Confidence de Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	18.000	0		1	5.103	40.860		
14:1g								
15:1g								
16:1 undifferentiatedg								
17:1g								
18:1 undifferentiatedg	17.930	1		1	5.083	40.701		
20:1g	0.070	1		1	0.020	0.159		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	9.160	0		1	2.597	20.793		
18:2 undifferentiatedg	8.900	1		1	2.523	20.203		
18:3 undifferentiatedg	0.260	1		1	0.074	0.590		
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	0.000 24		1	0	0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.108	0		1	0.031	0.245		
Threonineg	0.253	0		1	0.072	0.574		
Isoleucineg	0.283	0		1	0.080	0.642		
Leucineg	0.419	0		1	0.119	0.951		
Lysineg	0.424	0		1	0.120	0.962		
Methionineg	0.110	0		1	0.031	0.250		
Cystineg	0.089	0		1	0.025	0.202		
Phenylalanine	0.310	0		1	0.088	0.704		
Tyrosineg	0.259	0		1	0.073	0.588		
Valineg	0.392	0		1	0.111	0.890		
Arginineg	0.321	0		1	0.091	0.729		
Histidineg	0.153	0		1	0.043	0.347		
Alanineg	0.214	0		1	0.061	0.486		
Aspartic acidg	1.706	0		1	0.484	3.873		
Glutamic acidg	1.170	0		1	0.332	2.656		
Glycineg	0.207	0		1	0.059	0.470		
Prolineg	0.251	0		1	0.071	0.570		
Serineg	0.303	0		1	0.086	0.688		
Hydroxyprolineg								

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	<u>[</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.90	0.053	191		1		0.54	4.31		
Energy	kcal	536		0	NC	4		152	1217		
Energy	kj	2243				4		636	5091		
Protein (N x 6.25)	g	7.00	0.122	145		1		1.98	15.89		
Total lipid (fat)	g	34.60	0.248	158		1		9.81	78.54		
Ash	g	3.60	0.068	157		1		1.02	8.17		
Carbohydrate, by difference	g	52.90		0	NC	4		15.00	120.08		
Fiber, total dietary	g	4.5		0		1		1.3	10.2		
Sugars, total	g	0.22		0	A	1		0.06	0.50		
Starch	g										
M:											
Minerals:	ma	24	0.518	223		1		7	54		
Calcium, CaIron, Fe		1.63	0.518	248		1		0.46	3.70		
Magnesium, Mg		67	0.605	240		1		19	152		
Phosphorus, P		165	2.256	237		1		47	375		
Potassium, K		1275	11.564	234		1		361	2894		
Sodium, Na		594	9.375	251		1		168	1348		
Zinc, Zn		1.09	0.048	88		1		0.31	2.47		
Copper, Cu		0.306		218		1		0.087	0.695		
Manganese, Mn		0.440		210		1		0.125	0.999		
Selenium, Se		8.1	0.815	34	A	1		2.3	18.4		
•	•										
Vitamins:											
Vitamin C, total ascorbic acid	-	31.1	1.498	93		1		8.8	70.6		
Thiamin		0.167		125		1		0.047	0.379		
Riboflavin		0.197		122		1		0.056	0.447		
Niacin	_	3.827				1		1.085	8.687		
Pantothenic acid	-	0.402		24		1		0.114	0.913		
Vitamin B-6		0.660		73		1		0.187	1.498		
Folate, total		45	0.735	24	_	1		13	102		
Folic acid		0		0	Z	7		0	0		
Folate, food		45	0.735	24	***	1		13	102		
Folate, DFE		45		0	NC	4		13	102		
Vitamin B-12		0.00		1 0		4		0.00	0.00		
Vitamin A, IU		0		-	AS	1		-	0		
Vitamin A, RAE		0		0	AS Z	1 7		0	0		
Retinol		9.11		0	A	1		2.58	0 20.67		
Vitamin E (alpha-tocopherol)		9.11		U	A	1		2.58	20.67		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		22.1		0	A	1		6.3	50.1		
<u>Lipids:</u>											
Fatty acids, total saturated	-	10.960		0		1		3.107	24.879		
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		31		1		0.000	0.000		
12:0		0.080		31		1		0.023	0.182		
13:0	-	0.300		31		1		0.005	0 601		
14:0	-	0.300		21		T		0.085	0.681		
15:0		9.320		31		1		2.642	01 156		
16:0		9.320		21		1		2.042	21.156		
17:0 18:0	-	1.110		31		1		0.315	2.520		
20:0	-	1.110		21		1		0.313	2.520		
22:0	-										
44.V	y										

		Amou	nt in 100 gra		ible portic	<u>on</u>		edible portion of easures of food	
				ta Deriv		Confidence			•
Nutrients and Units	Mea	n Std	. Error Poin	is Coae	e Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0	.840	(1		2.790	22.337	
14:1	-								
15:1		100	•				0.051	0.400	
16:1 undifferentiated		.180	3	L	1		0.051	0.409	
17:1	-	.510	3	1	1		2.696	21.588	
20:1		.150	3		1		0.043	0.341	
22:1 undifferentiated	-	.000	3		1		0.043	0.341	
24:1 c	•	.000	`		-		0.000	0.000	
Fatty acids, total polyunsaturated		.170	(1		3.450	27.626	
18:2 undifferentiated		. 980	3	1	1		3.396	27.195	
18:3 undifferentiated		190	3	1	1		0.054	0.431	
18:4		.000	(1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g 0	.000	(1		0.000	0.000	
20:5 n-3		.000	(1		0.000	0.000	
22:5 n-3		.000	(1		0.000	0.000	
22:6 n-3	5	.000	(1		0.000	0.000	
Fatty acids, total trans							_		
Cholesterol	-		0.000 2	4	1		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0	.108	(1		0.031	0.245	
Threonine		.253	(1		0.072	0.574	
Isoleucine	g 0	.283	(1		0.080	0.642	
Leucine	g 0	.419	(1		0.119	0.951	
Lysine	g 0	.424	(1		0.120	0.962	
Methionine	g 0	.110	(1		0.031	0.250	
Cystine	g 0	.089	(1		0.025	0.202	
Phenylalanine	0	.310	(1		0.088	0.704	
Tyrosine		.259	(1		0.073	0.588	
Valine		. 392	(1		0.111	0.890	
Arginine		.321	(1		0.091	0.729	
Histidine		.153	(1		0.043	0.347	
Alanine		.214	(1		0.061	0.486	
Aspartic acid	0	.706	(1		0.484	3.873	
Glutamic acid		.170	(1		0.332	2.656	
Glycine		.207			1		0.059	0.470	
Proline		.251	(1 1		0.071	0.570	
Serine	•	.303	•		1		0.086	0.688	
Hydroxyproline	9								
Others:									
Alcohol, ethyl	<u>.g</u> 0	. 0	(7		0.0	0.0	
Caffeine	.mg 0		(7		0	0	
Theobromine	mg 0		(Z	7		0	0	
Carotenoids:									
Carotene, beta	mcq 0		(A	1		0.000	0.000	
Carotene, alpha	3		(1		0.000	0.000	
Cryptoxanthin, beta			(7		0.000	0.000	
Lycopene			(z	7		0.000	0.000	
Lutein + zeaxanthin			(Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

NDB No. 19411

Snacks, potato chips, plain, salted

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nι	ımber				<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
Duranian adams										
Proximates: Water	g	1.90	0.053	191		1		0.54	4.31	
Energy	_	536		0	NC	4		152	1217	
Energy		2243				4		636	5091	
Protein (N x 6.25)		7.00	0.122	145		1		1.98	15.89	
Total lipid (fat)		34.60	0.248	158		1		9.81	78.54	
Ash		3.60	0.068	157		1		1.02	8.17	
Carbohydrate, by difference		52.90		0	NC	4		15.00	120.08	
Fiber, total dietary		4.8		0		4		1.4	10.9	
Sugars, total		0.22		0	0	4		0.06	0.50	
Starch										
Minerals:				000		_		_	F.	
Calcium, Ca	-	24	0.518			1 1		7	54	
Iron, Fe		1.63 67	0.028 0.605	248 240		1		0.46 19	3.70	
Magnesium, Mg Phosphorus, P		165	2.256	240		1		19 47	152 375	
Potassium, K	_	1275	11.564	234		1		361	2894	
Sodium, Na		8	11.504	0		1		2	18	
Zinc, Zn		1.09	0.048	88		1		0.31	2.47	
Copper, Cu		0.306		218		1		0.087	0.695	
Manganese, Mn		0.440		210		1		0.125	0.999	
Selenium, Se		8.1		0	BFZN	4		2.3	18.4	
¥7:4										
<u>Vitamins:</u>		21.1	1 400	00				0.0	50.6	
Vitamin C, total ascorbic acid		31.1 0.167	1.498	93 125		1 1		8.8 0.047	70.6 0.379	
ThiaminRiboflavin		0.167		122		1		0.047	0.379	
Niacin		3.827				1		1.085	8.687	
Pantothenic acid	_	0.402		24		1		0.114	0.913	
Vitamin B-6		0.660		73		1		0.114	1.498	
Folate, total	-	45	0.735	24		1		13	102	
Folic acid		0	000	0	z	7		0	0	
Folate, food		45	0.735	24		1		13	102	
Folate, DFE	mcg DFE	45		0	NC	4		13	102	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	9.11		0	0	4		2.58	20.68	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D				_	_					
Vitamin K (phylloquinone)	mcg	22.1		0	0	4		6.3	50.2	
Lipids:										
Fatty acids, total saturated	g	10.960	1	0		1		3.107	24.879	
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)	31		1		0.000	0.000	
12:0	g	0.080)	31		1		0.023	0.182	
13:0	g									
14:0	-	0.300	1	31		1		0.085	0.681	
15:0	-									
16:0		9.320)	31		1		2.642	21.156	
17:0	-									
18:0	-	1.110	1	31		1		0.315	2.520	
20:0	-									
22:0	σ.									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number of Data	Deriv		Confidence			•
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	9.840		0		1		2.790	22.337	
14:1	-									
15:1	-									
16:1 undifferentiated		0.180		31		1		0.051	0.409	
17:1	-	0 510		21				0.606	01 500	
18:1 undifferentiated		9.510		31 31		1 1		2.696	21.588	
20:1 22:1 undifferentiated	-	0.150		0		4		0.043 0.000	0.341	
24:1 c	•	0.000		U		4		0.000	0.000	
Fatty acids, total polyunsaturated.		12.170		0		1		3.450	27.626	
18:2 undifferentiated		11.980		31		1		3.396	27.195	
18:3 undifferentiated		0.190		31		1		0.054	0.431	
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	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	0.00	00 24		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.108		0		1		0.031	0.245	
Threonine		0.253		0		1		0.072	0.574	
Isoleucine	-	0.283		0		1		0.080	0.642	
Leucine		0.419		0		1		0.119	0.951	
Lysine	-	0.424		0		1		0.120	0.962	
Methionine		0.110		0		1		0.031	0.250	
Cystine	g	0.089		0		1		0.025	0.202	
Phenylalanine	g	0.310		0		1		0.088	0.704	
Tyrosine	g	0.259		0		1		0.073	0.588	
Valine	g	0.392		0		1		0.111	0.890	
Arginine	g	0.321		0		1		0.091	0.729	
Histidine	g	0.153		0		1		0.043	0.347	
Alanine	g	0.214		0		1		0.061	0.486	
Aspartic acid		1.706		0		1		0.484	3.873	
Glutamic acid		1.170		0		1		0.332	2.656	
Glycine		0.207		0		1		0.059	0.470	
Proline		0.251		0		1		0.071	0.570	
Serine	_	0.303		0		1		0.086	0.688	
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:	-									
	mea	0		^		7		0.000	0 000	
Carotene, beta		0		0	z z	7 7		0.000	0.000 0.000	
Cryptoventhin beta		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta Lycopene		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Luteni + zeaxantnin		U		U	4	,		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

NDB No. 19811

Snacks, potato chips, plain, unsalted

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g		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	1.00	0.075	5		1		0.28	1.70	
Energy	kcal	471		0	NC	4		134	801	
Energy	kj	1971				4		559	3350	
Protein (N x 6.25)	g	7.10	0.260	5		1		2.01	12.07	
Total lipid (fat)	g	20.80	0.314	6		1		5.90	35.36	
Ash	g	4.10	0.264	5		1		1.16	6.97	
Carbohydrate, by difference	g	66.90		0	NC	4		18.97	113.73	
Fiber, total dietary		5.9		0		4		1.7	10.0	
Sugars, total	g	0.22		0	0	4		0.06	0.38	
Starch	g									
Minerals:										
Calcium, Ca	ma	21		2		1		6	36	
Iron, Fe	_	1.35		2		1		0.38	2.30	
Magnesium, Mg	_	89		2		1		25	151	
Phosphorus, P		193		2		1		55	328	
Potassium, K	-	1744		2		1		494	2965	
Sodium, Na		492		2		1		139	836	
Zinc, Zn	mg	0.07		1		4		0.02	0.12	
Copper, Cu	mg	0.600		2		1		0.170	1.020	
Manganese, Mn		0.440		1		4		0.125	0.748	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	25.7	2.768	3		1		7.3	43.7	
Thiamin	_	0.208		2		1		0.059	0.354	
Riboflavin	-	0.267		2		1		0.076	0.454	
Niacin	-	7.000		2		1		1.985	11.900	
Pantothenic acid	_	0.271		1		4		0.077	0.461	
Vitamin B-6	-	0.671		2		1		0.190	1.141	
Folate, total	-	27		1		4		8	46	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	27		0	NR	4		8	46	
Folate, DFE	mcg_DFE	27		0	NC	4		8	46	
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		5.47		0	BFFN	4		1.55	9.31	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D Vitamin K (phylloquinone)		13.3		0	BFFN	4		3.8	22.5	
Vitamin K (phylloquinone)	incg	13.3		U	DFFN	4		3.6	22.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.160		0		1		1.179	7.072	
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		0.120		1		1		0.034	0.204	
15:0						_				
16:0		3.520		1		1		0.998	5.984	
17:0	-	0.510		1		-		0 145	2 265	
18:0	-	0.510		1		1		0.145	0.867	
20:0	-									
22:0										

		<u>A</u>	mount in 10		Amount in edible portion of common measures of food					
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Un	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	4.800	1	0		1		1.361	8.160	
14:1	g									
15:1 16:1 undifferentiated	g	0.500	1	1		1		0.142	0.850	
17:1 18:1 undifferentiated	_	4.300		1		1		1.219	7.310	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c		10 040		0		1		2 101	10 500	
Fatty acids, total polyunsaturat		10.940 10.750		1		1		3.101 3.048	18.598 18.275	
18:2 undifferentiated				1		1				
18:3 undifferentiated	=	0.190		0		1		0.054 0.000	0.323 0.000	
18:4 20:2 n-6 c.c.	_	0.000	•	U		1		0.000	0.000	
,	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1				
20:5 n-3		0.000		0		1		0.000 0.000	0.000 0.000	
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		0		1		4		0	0	
Phytosterols	_	U		_		-		U	U	
Filytosterois										
Amino Acids:										
Tryptophan	g	0.111	•	0		1		0.031	0.189	
Threonine	g	0.260)	0		1		0.074	0.442	
Isoleucine	g	0.291	•	0		1		0.082	0.495	
Leucine	g	0.430)	0		1		0.122	0.731	
Lysine	g	0.435	i	0		1		0.123	0.740	
Methionine	g	0.113	1	0		1		0.032	0.192	
Cystine	g	0.092	!	0		1		0.026	0.156	
Phenylalanine	g	0.318	1	0		1		0.090	0.541	
Tyrosine	g	0.265	i	0		1		0.075	0.451	
Valine	g	0.403	1	0		1		0.114	0.685	
Arginine	g	0.329)	0		1		0.093	0.559	
Histidine	g	0.157	,	0		1		0.045	0.267	
Alanine	g	0.220)	0		1		0.062	0.374	
Aspartic acid	g	1.750	1	0		1		0.496	2.975	
Glutamic acid	g	1.200)	0		1		0.340	2.040	
Glycine	g	0.213	1	0		1		0.060	0.362	
Proline	g	0.257	,	0		1		0.073	0.437	
Serine	g	0.311		0		1		0.088	0.529	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		v	z	7		0.0	0.0	
Theobromine	_	0			Z	7		0	0	
		Ŭ			-	•		•	•	
Carotenoids:								_		
Carotene, beta		0		0	BFFN	4		0.000	0.000	
Carotene, alpha		0		0	BFFN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFFN	4		0.000	0.000	
Lycopene		0		0	BFFN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	BFFN	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 bag (6 oz)

NDB No. 19422

Snacks, potato chips, reduced fat

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		Amount in 100 grams of edible portion							edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	1.80	0.063	39		1		0.51	3.56	
Energy	kcal	531		0	NC	4		151	1051	
Energy	kj	2222				4		630	4399	
Protein (N x 6.3)		8.10	0.201	39		1		2.30	16.04	
Total lipid (fat)	g	33.90	0.471	39		1		9.61	67.12	
Ash		4.70	0.079	39		1		1.33	9.31	
Carbohydrate, by difference		51.50		0	NC	4		14.60	101.97	
Fiber, total dietary		5.2		0		1		1.5	10.3	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	72	2.593	39		1		20	143	
Iron, Fe		1.60	0.067	40		1		0.45	3.17	
Magnesium, Mg		74	3.127	35		1		21	147	
Phosphorus, P		176	7.568	35		1		50	348	
Potassium, K		1331	20.626	37		1		377	2635	
Sodium, Na	-	625	47.435	12		1		177	1238	
Zinc, Zn		0.98	0.052	32		1		0.28	1.94	
Copper, Cu		0.299		27		1		0.085	0.592	
Manganese, Mn		0.405	0.027	22		1		0.115	0.802	
Selenium, Se	riicg	8.1		0	BFZN	4		2.3	16.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	37.3	4.864	12		1		10.6	73.9	
Thiamin	mg	0.189	0.010	40		1		0.054	0.374	
Riboflavin	mg	0.200	0.010	40		1		0.057	0.396	
Niacin	mg	4.029	0.172	37		1		1.142	7.977	
Pantothenic acid	_	0.827		3		1		0.234	1.637	
Vitamin B-6	-	0.665		12		1		0.189	1.317	
Folate, total		62	12.257	4		1		18	123	
Folic acid		0		0	Z	7		0	0	
Folate, food		62	12.257	4		1		18	123	
Folate, DFE		62		0	NC	4		18	123	
Vitamin B-12		1.00 170		1 0	27.0	4 4		0.28 48	1.98	
Vitamin A, IU		14		0	NC NC	4		48	337 27	
Vitamin A, RAERetinol		6		0	NR NR	4		2	12	
Vitamin E (alpha-tocopherol)	_	Ü		Ū	1414	-		-	12	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
r ::										
Lipids:	~	0 000		0		1		2.520	17.602	
Fatty acids, total saturated4:0		8.890 0.010		2		1		0.003	0.020	
6:0		0.010		2		1		0.003	0.020	
8:0		0.000		2		1		0.003	0.000	
10:0		0.010		2		1		0.003	0.020	
12:0	-	0.010		2		1		0.003	0.020	
13:0	-									
14:0	-	0.300	ı	2		1		0.085	0.594	
15:0	_									
16:0	-	7.730	ı	2		1		2.191	15.305	
17:0	-									
18:0		0.820		2		1		0.232	1.624	
20:0	g									
22:0	g									
24:0	а									

		<u>Ar</u>	mount in 100 gran		Amount in edible portion of common measures of food				
			Numb		_		<u></u>	easures or roou	
Nutrients and l	Jnits	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		6.120	0		1		1.735	12.118	
14:1									
15:1		0.000	•				0.070	0.554	
16:1 undifferentiated		0.280	2		1		0.079	0.554	
17:1	-	E 040	•		1		1 (55	11 560	
18:1 undifferentiated		5.840			1		1.656	11.563	
20:1	-	0.000	2		1		0.000	0.000	
22:1 undifferentiated	•								
24:1 c	-	17 400	•				4 000	24 400	
Fatty acids, total polyunsaturated	-	17.420			1		4.939	34.492	
18:2 undifferentiated	_	17.340			1		4.916	34.333	
18:3 undifferentiated		0.080	2		1		0.023	0.158	
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		7	0.992 5		1		2	14	
Cholesterol		,	0.992 5				2	14	
Phytosterols	riig								
Amino Acids:									
Tryptophan	g	0.118	0		1		0.033	0.234	
Threonine		0.425	0		1		0.120	0.842	
Isoleucine		0.403	0		1		0.114	0.798	
Leucine	_	0.655	0		1		0.186	1.297	
Lysine	_	0.576	0		1		0.163	1.140	
Methionine		0.141	0		1		0.040	0.279	
Cystine	_	0.129	0		1		0.037	0.255	
Phenylalanine		0.272	0		1		0.077	0.539	
Tyrosine		0.238	0		1		0.067	0.471	
Valine	-	0.421			1		0.119	0.834	
Arginine		0.256			1		0.073	0.507	
Histidine		0.151			1		0.043	0.299	
Alanine	•	0.327			1		0.093	0.647	
Aspartic acid		0.898			1		0.255	1.778	
Glutamic acid	-	1.321			1		0.375	2.616	
Glycine		0.182			1		0.052	0.360	
Proline	_	0.462			1		0.131	0.915	
Serine	_	0.362			1		0.103	0.717	
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •		v		=			· · · - ·	
Carotenoids:									
	mag	00	•	175			OF F15	170 000	
Carotene, beta		90	0	NR	4		25.515	178.200	
Carotene, alpha									
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin	iiiog								

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 19043

Snacks, potato chips, sour-cream-and-onion-flavor

Food Group: 25 Snacks

					ble portion		Amount in edible portion of common		
			Numbe	er			m	easures of food	
					Source	Confidence			
Nutrients and Units	6	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	а	1.40			12		0.48	0.17	
Energy		469	0	NC	4		160	56	
Energy		1964	0	NC	4		668	236	
Protein		5.00			12		1.70	0.60	
Total lipid (fat)	_	18.20			12		6.19	2.18	
Ash		3.98		MC	9		1.35	0.48	
Carbohydrate, by difference		71.40			4		24.28	8.57	
Fiber, total dietary		4.8			12		1.6	0.6	
Sugars, total		5.01	0	FLA			1.70	0.60	
Starch		0.02	·		-		20	0.00	
Surviv	9								
Minerals:									
Calcium, Ca	_	125			12		43	15	
Iron, Fe		0.80			12		0.27	0.10	
Magnesium, Mg		43			12		15	5	
Phosphorus, P	-	274			12		93	33	
Potassium, K		721			12		245	87	
Sodium, Na		917			12		312	110	
Zinc, Zn		0.45	1		12 12		0.15	0.05	
Copper, Cu		0.104	•		12		0.035	0.012	
Manganese, Mn		8.1	0	BFZN	4		2.8	1.0	
Seiemum, Se	Ilicg	0.1	U	DE ZN	-		2.0	1.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0			12		0.0	0.0	
Thiamin	mg	0.340)		12		0.116	0.041	
Riboflavin	mg	0.070)		12		0.024	0.008	
Niacin	-	4.090)		12		1.391	0.491	
Pantothenic acid									
Vitamin B-6		0.510)		12		0.173	0.061	
Folate, total		0			4		0	0	
Folic acid	-	0	0	Z	7		0	0	
Folate, food	mcg	0			4		0	0	
Folate, DFE		0	0	NC	4		0	0	
Vitamin B-12		0.00			4		0.00	0.00	
Vitamin A, IU	IU	0	0	NC	4		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		2.18	0	FLA	4		0.74	0.26	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)		7.2	0	FLA	4		2.4	0.9	
	9		· ·		•			0.5	
<u>Lipids:</u>									
Fatty acids, total saturated	g	2.631		MA	12		0.895	0.316	
4:0	-	0.000		MA	12		0.000	0.000	
6:0		0.000		MA	12		0.000	0.000	
8:0	-	0.000		MA	12		0.000	0.000	
10:0	-	0.000		MA	12		0.000	0.000	
12:0	-	0.014	L	MA	12		0.005	0.002	
13:0	-							2 222	
14:0		0.003	5	MA	12		0.001	0.000	
15:0	-	1 010	•		10				
16:0	-	1.812	:	MA	12		0.616	0.217	
17:0		0.000	•	3.77	10		0.000	0 000	
	u	0.802	•	MA	12		0.273	0.096	
18:0									
20:0	g								

	Ar	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	9.910			MC	9		3.369	1.189	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000			MA	12		0.000	0.000	
17:1g									
18:1 undifferentiatedg	9.910			MA	12		3.369	1.189	
20:1g	0.000			MA	12		0.000	0.000	
22:1 undifferentiatedg	0.000			MA	12		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	4.234			MC	9		1.440	0.508	
18:2 undifferentiatedg	4.037			MA	12		1.373	0.484	
18:3 undifferentiatedg	0.197			MA	12		0.067	0.024	
18:4g	0.000			MA	12		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			MA	12		0.000	0.000	
20:5 n-3g	0.000			MA	12		0.000	0.000	
22:5 n-3g	0.000			MA	12		0.000	0.000	
22:6 n-3	0.000			MA	12		0.000	0.000	
Fatty acids, total transg	0				10		0	•	
Cholesterolmg Phytosterolsmg	U				12		U	0	
PhytosteroisIIIg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.000	0.000	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 34g: 1 cup Measure 2 = 12.0g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	umber	•			<u>m</u>	easures of food	<u>l</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.20	0.118	3		1		0.62	0.40	
Energy	kcal	522		0	NC	4		148	94	
Energy	kj	2184				4		619	393	
Protein (N x 6.25)	g	6.70	0.204	3		1		1.90	1.21	
Total lipid (fat)	g	34.40	0.512	3		1		9.75	6.19	
Ash	g	3.30	0.118	3		1		0.94	0.59	
Carbohydrate, by difference	g	53.30		0	NC	4		15.11	9.59	
Fiber, total dietary	g	3.4		0		4		1.0	0.6	
Sugars, total	g	0.22		0	0	4		0.06	0.04	
Starch	g									
M:l										
Minerals: Calcium, Ca	ma	18	0.275	3		1		5	3	
Iron, Fe		2.27	0.275	3		1		0.64	0.41	
Magnesium, Mg		64	0.733	3		1		18	12	
Phosphorus, P		172	0.943	3		1		49	31	
Potassium, K		1237	10.247	3		1		351	223	
Sodium, Na		250	9.427	3		1		71	45	
Zinc, Zn	-	0.99	0.006	3		1		0.28	0.18	
Copper, Cu		0.315		3		1		0.089	0.057	
Manganese, Mn		0.423		3		1		0.120	0.076	
Selenium, Se		8.1		0	BFZN	4		2.3	1.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	47.3	0.407	3		1		13.4	8.5	
Thiamin		0.096		3		1		0.027	0.017	
Riboflavin	_	0.116		3		1		0.033	0.021	
Niacin	-	4.785		3		1		1.357	0.861	
Pantothenic acid	-	0.403		3		1		0.114	0.073	
Vitamin B-6		0.320		3		1		0.091	0.058	
Folate, total		40	2.351	3	_	1		11	7	
Folic acid		0	0.054	0	Z	7		0	0	
Folate, food		40	2.351	3	***	1		11	7	
Folate, DFE		40		0	NC	4		11	7	
Vitamin B-12		0.00		1 0		4		0.00	0.00	
Vitamin A, IU		0		-	AS	1		-	0	
Vitamin A, RAE		0		0	AS Z	1 7		0	0	
Retinol		9.11		0	0	4		2.58	0 1.64	
Vitamin E (alpha-tocopherol) Tocopherol, beta		9.11		U	U	4		2.58	1.64	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		22.1		0	т	4		6.3	4.0	
· ····································										
<u>Lipids:</u>										
Fatty acids, total saturated	g	8.880		0		1		2.517	1.598	
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	-	0.270		1		1		0.077	0.049	
15:0				_		_			_	
16:0		7.810		1		1		2.214	1.406	
17:0	_			_		_				
18:0	_	0.800		1		1		0.227	0.144	
20:0	_									
22:0										

	<u>An</u>	nount in 100 gram Numb		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.160	0		1		1.746	1.109	
14:1g								
15:1g								
16:1 undifferentiatedg	0.270	1		1		0.077	0.049	
17:1g								
18:1 undifferentiated	5.880	1		1		1.667	1.058	
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	17.900	0		1		5.075	3.222	
18:2 undifferentiatedg	17.800	1		1		5.046	3.204	
18:3 undifferentiated	0.070	1		1		0.020	0.013	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.030	1		1		0.009	0.005	
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	1		4		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, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 18g: .5 cup

Calories Factors: Protein 2.78 Fat 8.37 Carbohydrate 4.03

Food Group: 25 Snacks

NDB No. 19048 Snacks, pretzels, hard, confectioner's coating, chocolate-flavor

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u>[</u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	2.50	1		1		0.71	0.28	
Energy	kcal	458	0		4		130	50	
Energy		1916			4		543	211	
Protein (N x 5.8)	g	7.50	1		1		2.13	0.83	
Total lipid (fat)		16.70	1		1		4.73	1.84	
Ash		2.20	1		1		0.62	0.24	
Carbohydrate, by difference	g	70.90	0	NC	4		20.10	7.80	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Mr. 1									
Minerals:	ma	7.4	4		4		21	0	
Calcium, Ca	-	74 2.00	1		1 1		21 0.57	8 0.22	
Iron, FeMagnesium, Mg		41	1		4		12	0.22 5	
Phosphorus, P		145	1		4		41	16	
Potassium, K	•	225	1		4		64	25	
Sodium, Na		569	1		4		161	63	
Zinc, Zn		0.92	1		4		0.26	0.10	
Copper, Cu		0.302	2 1		4		0.086	0.033	
Manganese, Mn		0.562	2 1		4		0.159	0.062	
Selenium, Se									
Vitamina									
<u>Vitamins:</u>	ma	0.5	1				0.1	0.1	
Vitamin C, total ascorbic acid		0.5	1		1 1		0.1	0.1	
Thiamin		0.099			1		0.028 0.057	0.011	
Riboflavin		0.800			1		0.037	0.022 0.088	
Niacin Pantothenic acid	-	0.759			4		0.215	0.083	
Vitamin B-6		0.172			4		0.049	0.019	
Folate, total	-	9	1		4		3	1	
Folic acid		0	0	z	7		0	0	
Folate, food		9	1	_	4		3	1	
Folate, DFE	mcg DFE	9	0	NC	4		3	1	
Vitamin B-12		0.00	1		4		0.00	0.00	
Vitamin A, IU		10	1		1		3	1	
Vitamin A, RAE		1	0	NC	4		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	7.680	0		1		2.177	0.845	
4:0		0.000) 1		1		0.000	0.000	
6:0		0.010) 1		1		0.003	0.001	
8:0	g	0.210) 1		1		0.060	0.023	
10:0	g	0.230	1		1		0.065	0.025	
12:0	g	2.920) 1		1		0.828	0.321	
13:0	g								
14:0	g	1.060) 1		1		0.301	0.117	
15:0	g								
16:0	g	1.940) 1		1		0.550	0.213	
17:0	g								
18:0	-	1.310) 1		1		0.371	0.144	
20:0	-								
22:0	a								

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common		
				Number			<u>m</u> e	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.390		0	1		1.528	0.593	
14:1									
15:1	g								
16:1 undifferentiated	g	0.020		1	1		0.006	0.002	
17:1	g								
18:1 undifferentiated	g	5.370		1	1		1.522	0.591	
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	2.150		0	1		0.610	0.237	
18:2 undifferentiated	g	1.990		1	1		0.564	0.219	
18:3 undifferentiated	g	0.160		1	1		0.045	0.018	
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		1	4		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.096		0	1		0.027	0.011	
Threonine		0.251		0	1		0.071	0.028	
Isoleucine		0.287		0	1		0.081	0.032	
Leucine	-	0.531		0	1		0.151	0.058	
Lysine	-	0.253		0	1		0.072	0.028	
Methionine		0.131		0	1		0.037	0.014	
Cystine	_	0.147		0	1		0.042	0.016	
Phenylalanine		0.357		0	1		0.101	0.039	
Tyrosine		0.234		0	1		0.066	0.026	
Valine		0.332		0	1		0.094	0.027	
Arginine	-	0.306		0	1		0.087	0.034	
Histidine		0.163		0	1		0.046	0.018	
Alanine	-	0.274		0	1		0.078	0.010	
Aspartic acid		0.420		0	1		0.119	0.046	
Glutamic acid	-	2.183		0	1		0.619	0.240	
Glycine		0.268		0	1		0.076	0.029	
Proline		0.743		0	1		0.211	0.082	
Serine		0.365		0	1		0.103	0.040	
Hydroxyproline	-	0.505		·	-		0.103	0.040	
11yaroxypromic	y								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 11.0g: 1 pretzel

Calories Factors: Protein 3.8 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19814 Snacks, pretzels, hard, plain, made with enriched flour, unsalted

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	<u>.</u>	
			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	3.30	0.134	105		1		0.94	1.98		
Energy	kcal	381		0	NC	4		108	229		
Energy	kj	1594				4		452	956		
Protein (N x 5.7)	g	9.10	0.126	85		1		2.58	5.46		
Total lipid (fat)	g	3.50	0.158	94		1		0.99	2.10		
Ash	g	4.90	0.179	82		1		1.39	2.94		
Carbohydrate, by difference	g	79.20		0	NC	4		22.45	47.52		
Fiber, total dietary	g	2.8		0		4		0.8	1.7		
Sugars, total	g	0.29		0	0	4		0.08	0.17		
Starch	g										
M:											
Minerals:	ma	36	1.651	101		1		10	22		
Calcium, Ca Iron, Fe	-	4.32	0.113	76		1		1.22	2.59		
Magnesium, Mg	-	35	0.113	76 85		1		1.22	2.59		
Phosphorus, P		113	4.774	88		1		32	68		
• .	-	146	3.832	104		1		41	88		
Potassium, KSodium, Na		289	3.632	0		1		82	173		
Zinc, Zn	-	0.85	0.036	74		1		0.24	0.51		
Copper, Cu		0.85		68		1		0.075	0.158		
Manganese, Mn		1.789		64		1		0.507	1.073		
Selenium, Se	-	5.8	0.203	0	BFZN	4		1.6	3.5		
Scientini, Sc	9	0.0		·		-			3.3		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0	0.000	8		1		0.0	0.0		
Thiamin		0.461		61		1		0.131	0.277		
Riboflavin	mg	0.623		62		1		0.177	0.374		
Niacin	mg	5.251		62		1		1.489	3.151		
Pantothenic acid	mg	0.288		2		1		0.082	0.173		
Vitamin B-6	_	0.116	0.029	4		1		0.033	0.070		
Folate, total		171			0	4		48	103		
Folic acid		88			0	4		25	53		
Folate, food		83		1		4		24	50		
Folate, DFE		233		0	NC	4		66	140		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.35		0	0	4		0.10	0.21		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.9		0	0	4		0.3	0.5		
Lipids:											
Fatty acids, total saturated	q	0.750		0		1		0.213	0.450		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	_	0.010		7		1		0.003	0.006		
10:0	-	0.010		7		1		0.003	0.006		
12:0		0.030		7		1		0.009	0.018		
13:0											
14:0		0.020		7		1		0.006	0.012		
15:0											
16:0		0.470		7		1		0.133	0.282		
17:0											
18:0	_	0.210		7		1		0.060	0.126		
20:0	_										
22:0	_										
24:0	_										

		<u>Aı</u>	nount in 100 grams		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
			Numbe				<u>m</u>	easures or 1000	
				Deriv		Confidence			
Nutrients and U	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d O	1.360	0		1		0.386	0.816	
14:1	g	1.300	v		-		0.500	0.010	
16:1 undifferentiated	g	0.020	4		1		0.006	0.012	
17:1 18:1 undifferentiated	g	1.350	7		1		0.383	0.810	
20:1	-	0.000	0		1		0.000	0.000	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 c		1 000	0						
Fatty acids, total polyunsaturated		1.220 1.150	7		1 1		0.346 0.326	0.732 0.690	
18:2 undifferentiated		0.060	7		1		0.326	0.036	
18:4	=	0.000	0		1		0.000	0.000	
20:2 n-6 c.c.	_	0.000	v		-		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	g								
Cholesterol	mg	0	0.000 13		1		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.109	0		1		0.031	0.065	
Threonine		0.259	0		1		0.073	0.155	
Isoleucine	_	0.345	0		1		0.098	0.207	
Leucine	_	0.636	0		1		0.180	0.382	
Lysine	g	0.221	0		1		0.063	0.133	
Methionine		0.164	0		1		0.046	0.098	
Cystine	g	0.196	0		1		0.056	0.118	
Phenylalanine	g	0.453	0		1		0.128	0.272	
Tyrosine	g	0.266	0		1		0.075	0.160	
Valine	g	0.392	0		1		0.111	0.235	
Arginine	g	0.349	0		1		0.099	0.209	
Histidine	g	0.201	0		1		0.057	0.121	
Alanine	g	0.304	0		1		0.086	0.182	
Aspartic acid	g	0.415	0		1		0.118	0.249	
Glutamic acid	g	3.037	0		1		0.861	1.822	
Glycine		0.327	0		1		0.093	0.196	
Proline		1.018	0		1		0.289	0.611	
Serine		0.447	0		1		0.127	0.268	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine		0		z	7		0	0	
Theobromine		0		Z	7		0	0	
Carotenoids:									
Carotene, beta	mca	0	0	z	7		0.000	0.000	
Carotene, alpha		0	0	z	7		0.000	0.000	
Cryptoxanthin, beta	-	0	0	z	7		0.000	0.000	
Lycopene		0	0	z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists NDB No. 19814

Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19812 Snacks, pretzels, hard, plain, made with unenriched flour, salted

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nι	ımber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30	0.134	105		1		0.94	1.98	
Energy	kcal	381		0	NC	4		108	229	
Energy	kj	1594				4		452	956	
Protein (N x 5.7)	g	9.10	0.126	85		1		2.58	5.46	
Total lipid (fat)	g	3.50	0.158	94		1		0.99	2.10	
Ash	g	4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference	g	79.20		0	NC	4		22.45	47.52	
Fiber, total dietary	g	2.8		0		4		0.8	1.7	
Sugars, total	g									
Starch	g									
Mr. I										
Minerals: Calcium. Ca	ma	36	1.651	101		1		10	22	
Iron, Fe		1.67	1.651	0		1		0.47	1.00	
Magnesium, Mg	-	35	0.954	85		1		10	21	
Phosphorus, P		113	4.774	88		1		32	68	
Potassium, K	•	146	3.832	104		1		41	88	
Sodium. Na		1715	61.055	87		1		486	1029	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.85	0.036	74		1		0.24	0.51	
Copper, Cu		0.264		68		1		0.075	0.158	
Manganese, Mn		1.789		64		1		0.507	1.073	
Selenium, Se	-	5.8		0	BFZN	4		1.6	3.5	
Vitamins:				•		_				
Vitamin C, total ascorbic acid	-	0.0	0.000	8		1		0.0	0.0	
Thiamin		0.180		0		1		0.051	0.108	
Riboflavin	=	0.100		0		1		0.028	0.060	
Niacin	-	1.920		0		1		0.544	1.152	
Pantothenic acid	=	0.288		2		1		0.082	0.173	
Vitamin B-6	-	0.116	0.029	4		1		0.033	0.070	
Folate, total		83 0		1	z	4 7		24 0	50	
Folic acid		83		0 1	z			24	0 50	
Folate, food		83 83		0	NC	4 4		24 24		
Folate, DFE		0.00		1	NC	4		0.00	50 0.00	
Vitamin B-12 Vitamin A, IU		0.00	0.000	1 15		1		0.00	0.00	
Vitamin A, IU Vitamin A, RAE		0	0.000	0	NC	4		0	0	
Retinol		0		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>	~	0.750		•				0.010	0.450	
Fatty acids, total saturated		0.750	•	0		1		0.213	0.450	
4:0 6:0	_									
8:0	_	0.010		7		1		0.003	0.006	
10:0	_	0.010		7		1		0.003	0.006	
12:0		0.010		7		1		0.003	0.008	
13:0	_	0.030		,		-		3.003	0.010	
14:0	-	0.020)	7		1		0.006	0.012	
15:0	-	0.020		•		-		3.000	0.012	
16:0	-	0.470	1	7		1		0.133	0.282	
17:0	-	3.270		•		-		3.200	0.202	
18:0	-	0.210	1	7		1		0.060	0.126	
20:0	-	3.220		•		-		3.000	0.120	
22:0										
24:0	-									

	<u>Ar</u>			Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturatedg	1.360	C		1		0.386	0.816					
14:1g												
15:1g												
16:1 undifferentiatedg	0.020	4		1		0.006	0.012					
17:1g												
18:1 undifferentiatedg	1.350	7		1		0.383	0.810					
20:1g												
22:1 undifferentiatedg												
24:1 cg												
Fatty acids, total polyunsaturated	1.220	C		1		0.346	0.732					
18:2 undifferentiatedg	1.150	7		1		0.326	0.690					
18:3 undifferentiatedg	0.060	7		1		0.017	0.036					
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	•	0.000 1				•	•					
Cholesterol mg	0	0.000 1	3	1		0	0					
Phytosterolsmg												
Amino Acids:												
Tryptophang	0.109	C		1		0.031	0.065					
Threonineg	0.259	C		1		0.073	0.155					
Isoleucineg	0.345	C		1		0.098	0.207					
Leucineg	0.636	C		1		0.180	0.382					
Lysineg	0.221	C		1		0.063	0.133					
Methionineg	0.164	C		1		0.046	0.098					
Cystineg	0.196	C		1		0.056	0.118					
Phenylalanineg	0.453	C		1		0.128	0.272					
Tyrosineg	0.266	C		1		0.075	0.160					
Valineg	0.392	C		1		0.111	0.235					
Arginineg	0.349	C		1		0.099	0.209					
Histidineg	0.201	C		1		0.057	0.121					
Alanineg	0.304	C		1		0.086	0.182					
Aspartic acidg	0.415	C		1		0.118	0.249					
Glutamic acidg	3.037	C		1		0.861	1.822					
Glycineg	0.327	C		1		0.093	0.196					
Prolineg	1.018	C		1		0.289	0.611					
Serineg	0.447	C		1		0.127	0.268					
Hydroxyproline												

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19813 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted

		<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	ı
			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	3.30	0.134	105		1		0.94	1.98	
Energy	_	381		0	NC	4		108	229	
Energy		1594				4		452	956	
Protein (N x 5.7)		9.10	0.126	85		1		2.58	5.46	
Total lipid (fat)		3.50	0.158	94		1		0.99	2.10	
Ash		4.90	0.179	82		1		1.39	2.94	
Carbohydrate, by difference		79.20	0.173	0	NC	4		22.45	47.52	
Fiber, total dietary		2.8		0	NC	4		0.8	1.7	
Sugars, total		2.8		U		-		0.8	1.7	
•										
Starch	9									
Minerals:										
Calcium, Ca	mg	36	1.651	101		1		10	22	
Iron, Fe	mg	1.67		0		1		0.47	1.00	
Magnesium, Mg		35	0.954	85		1		10	21	
Phosphorus, P	mg	113	4.774	88		1		32	68	
Potassium, K	mg	146	3.832	104		1		41	88	
Sodium, Na	mg	289		0		1		82	173	
Zinc, Zn	mg	0.85	0.036	74		1		0.24	0.51	
Copper, Cu	mg	0.264	0.028	68		1		0.075	0.158	
Manganese, Mn	mg	1.789	0.203	64		1		0.507	1.073	
Selenium, Se	mcg	5.8		0	BFZN	4		1.6	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0.000	8		1		0.0	0.0	
Thiamin		0.180		0		1		0.051	0.108	
Riboflavin		0.100		0		1		0.028	0.060	
Niacin		1.920		0		1		0.544	1.152	
Pantothenic acid	-	0.288		2		1		0.082	0.173	
Vitamin B-6		0.116		4		1		0.033	0.070	
Folate, total	-	83	****	1		4		24	50	
Folic acid		0		0	z	7		0	0	
Folate, food		83		1		4		24	50	
Folate, DFE	mca DFE	83		0	NC	4		24	50	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0	0.000	15		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.750		0		1		0.213	0.450	
4:0		0.750		Ū		-		0.213	0.430	
6:0										
8:0		0.010		7		1		0.003	0.006	
10:0	_	0.010		7		1		0.003	0.006	
12:0		0.030		7		1		0.009	0.018	
13:0	_	2.030		•		-		2.003	3.010	
14:0	-	0.020		7		1		0.006	0.012	
15:0				•		_		2.000	3.012	
16:0	_	0.470		7		1		0.133	0.282	
17:0	-					_				
18:0	_	0.210		7		1		0.060	0.126	
20:0	_							2		
22:0	_									
24:0	-									

		<u>Ar</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		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	1.360		0	1		0.386	0.816		
14:1				•	_		0.500	0.020		
15:1	-									
16:1 undifferentiated		0.020		4	1		0.006	0.012		
17:1	-									
18:1 undifferentiated		1.350		7	1		0.383	0.810		
20:1	-							****		
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.220		0	1		0.346	0.732		
18:2 undifferentiated		1.150		7	1		0.326	0.690		
18:3 undifferentiated	•	0.060		7	1		0.017	0.036		
18:4	-				_		0.02.	0.000		
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	0.000	13	1		0	0		
Phytosterols	_									
Amino Acids:										
Tryptophan	a	0.109		0	1		0.031	0.065		
Threonine		0.259		0	1		0.073	0.155		
Isoleucine	-	0.345		0	1		0.098	0.207		
Leucine	-	0.636		0	1		0.180	0.382		
Lysine	-	0.221		0	1		0.063	0.133		
Methionine	-	0.164		0	1		0.046	0.098		
Cystine		0.196		0	1		0.056	0.118		
Phenylalanine		0.150		0	1		0.128	0.272		
Tyrosine		0.455		0	1		0.128	0.272		
Valine	-	0.200		0	1		0.073	0.235		
Arginine		0.349		0	1		0.099	0.209		
Histidine		0.349		0	1		0.057	0.209		
Alanine	-	0.201		0	1		0.086	0.121		
	-	0.304		0	1		0.118	0.182		
Aspartic acidGlutamic acid		3.037		0	1		0.118	1.822		
Glycine	-	0.327		0	1		0.093	0.196		
Proline	-	1.018		0	1		0.093	0.196		
	-	0.447		0	1		0.289	0.611		
Serine	-	0.447		U	1		0.127	0.268		
Hydroxyproline	9									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

						Amount in edible portion of common measures of food			
		Nι	ımber	•			<u>m</u>	easures of food	_
		of	Data	Deriv	Source	Confidence			
s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
g	3.30	0.134	105		1		0.94	1.98	
kcal	381		0	NC	4		108	229	
kj	1594				4		452	956	
g	9.10	0.126	85		1		2.58	5.46	
g	3.50	0.158	94		1		0.99	2.10	
g	4.90	0.179	82		1		1.39	2.94	
g	79.20		0	NC	4		22.45	47.52	
g	3.2		0		1		0.9	1.9	
g	0.29		0	FLA	4		0.08	0.18	
g									
ma	26	1 651	101		4		10	20	
_									
_									
-									
-									
_									
_				A					
9			-		_				
-							0.0		
							0.131		
mg								0.374	
mg			62				1.489	3.151	
-									
-		0.029						0.070	
				MA					
				NC					
				NC					
			-				-		
	-						-		
	0.35		0	FLA	4		0.10	0.21	
	0.9		0	FT.A	4		0.3	0.6	
9	0.5		·		•		0.5	0.0	
g	0.750		0		1		0.213	0.450	
			0				0.000	0.000	
g	0.000		0		1		0.000	0.000	
-									
-								0.006	
	0.030		7		1		0.009	0.018	
			_		_		_	_	
	0.020		7		1		0.006	0.012	
			_		_		<u> </u>		
	0.470		7		1		0.133	0.282	
-			_		_				
-	0.210		7		1		0.060	0.126	
-									
g									
	g kcal kj g g g g g g mg mg mg mg mg mg mg mg mg	g 3.30 kcal 381 kj 1594 g 9.10 g 3.50 g 4.90 g 79.20 g 3.2 g 0.29 g mg 36 mg 4.32 mg 35 mg 113 mg 146 mg 1715 mg 0.85 mg 0.86 mg 1.789 mcg 5.8 mg 0.461 mg 0.623 mg 0.264 mg 0.461 mg 0.623 mg 0.288 mg 0.116 mg 0.288 mg 0.116 mcg 171 mcg 88 mcg 83 mcg DFE 233 mcg 0.00 U 0 mcg_RAE 0 mcg 0 mg 0.35 mg	Mean Std. Error Poly Std. Error Poly Std. E	Mean Std. Error Points 9	## Mean Std. Error Points Code ## Std. Error Points Code	S	Second S	Mean Std. Error Points Code Code Code Measure 1	Mean Std. Error Points Code Code Code Measure 1 Measure 2

		<u>A</u> 1	mount in 10			ole portio	<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 monounsatur	atedg	1.360	ı	0		1		0.386	0.816	
14:1	_									
15:1 16:1 undifferentiated	_	0.020	ı	4		1		0.006	0.012	
17:1	_	0.020		4		1		0.006	0.012	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.350		7		1		0.383	0.810	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	_	0.000	ı	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatural	tedg	1.220	1	0		1		0.346	0.732	
18:2 undifferentiated	g	1.150		7		1		0.326	0.690	
18:3 undifferentiated	g	0.060	ı	7		1		0.017	0.036	
18:4	_	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	0.0	00 13		1		0	0	
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.109	ı	0		1		0.031	0.065	
Threonine	g	0.259	ı	0		1		0.073	0.155	
Isoleucine	g	0.345	i	0		1		0.098	0.207	
Leucine	g	0.636	i	0		1		0.180	0.382	
Lysine		0.221		0		1		0.063	0.133	
Methionine	g	0.164		0		1		0.046	0.098	
Cystine	g	0.196		0		1		0.056	0.118	
Phenylalanine		0.453		0		1		0.128	0.272	
Tyrosine	-	0.266		0		1		0.075	0.160	
Valine	-	0.392		0		1		0.111	0.235	
Arginine	•••••••••••••••••••••••••••••••••••••••	0.349		0		1		0.099	0.209	
Histidine		0.201		0		1		0.057	0.121	
Alanine		0.304		0		1		0.086	0.182	
Aspartic acid		0.415		0		1		0.118	0.249	
Glutamic acid	-	3.037		0		1		0.861	1.822	
Glycine		0.327		0		1		0.093	0.196	
Proline	-	1.018		0 0		1 1		0.289	0.611	
Serine		0.447		U		1		0.127	0.268	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.027	0.057	
Carotene, alpha		0		0	FLA	4		0.010	0.022	
Cryptoxanthin, beta		0		0	FLA	4		0.039	0.082	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		9		0	FLA	4		2.671	5.653	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 60g: 10 twists NDB No. 19047

Snacks, pretzels, hard, plain, salted

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 gr	ams of	edib	le portior	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u> </u>
			of I	Data De	riv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints Co	de	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.90	0.521	3		1		1.11	2.22	
Energy	kcal	362		0	NC	4		103	206	
Energy	kj	1515				4		429	863	
Protein (N x 5.8)	g	11.10	0.648	3		1		3.15	6.33	
Total lipid (fat)	g	2.60	0.623	3		1		0.74	1.48	
Ash	g	1.10	0.173	3		1		0.31	0.63	
Carbohydrate, by difference	g	81.20		0	NC	4		23.02	46.28	
Fiber, total dietary	g	7.7		0		4		2.2	4.4	
Sugars, total	g									
Starch	g									
3.6.										
Minerals:	ma.	20	3 055	2		4		0	16	
Calcium, Ca	-	28 2.69	3.055 0.411	3 3		1 1		8 0.76	16 1.53	
Iron, Fe	-	30	0.411	1		1		0.76 9	1.53 17	
Magnesium, Mg		125		1		1		35	71	
Phosphorus, P Potassium, K	-	430		2		1		122	245	
Sodium, Na		203		2		1		58	116	
Zinc, Zn	-	0.62		1		1		0.18	0.35	
Copper, Cu		0.280)	1		1		0.079	0.160	
Manganese, Mn		2.662		1		4		0.755	1.517	
Selenium, Se										
•										
Vitamins:										
Vitamin C, total ascorbic acid	-	1.0		1		4		0.3	0.6	
Thiamin	-	0.440		3		1		0.125	0.251	
Riboflavin	=	0.291		3		1		0.082	0.166	
Niacin	-	6.537		3		1		1.853	3.726	
Pantothenic acid	=	0.812		1		4		0.230	0.463	
Vitamin B-6		0.274	L	1		4		0.078	0.156	
Folate, total		5 4 0		1 0	z	4 7		15 0	31 0	
Folic acid		5 4		1	Z	4		0 15	31	
Folate, food	meg DEE	54 54			NC	4		15 15		
Folate, DFE		0.00		1	NC	4		0.00	31 0.00	
Vitamin B-12 Vitamin A, IU		0.00		1		4		0.00	0.00	
Vitamin A, IU Vitamin A, RAE		0			NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		v		Ü	4	,		· ·	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	~	0 560		•				0.150	0.210	
Fatty acids, total saturated		0.560	,	0		1		0.159	0.319	
4:0 6:0										
8:0	-	0.000	•	3		1		0.000	0.000	
10:0	_	0.000		3		1		0.000	0.000	
12:0		0.000		3		1		0.009	0.000	
13:0		0.030		-		-		3.003	0.017	
14:0	_	0.020)	3		1		0.006	0.011	
15:0	_	0.020		-		-		3.000	0.011	
16:0	-	0.340)	3		1		0.096	0.194	
17:0	_	0.540		-		-		3.000	0.201	
18:0	_	0.170)	3		1		0.048	0.097	
20:0	-			-		=		3.0.0		
22:0										
24:0	_									

		<u>Ar</u>	mount in 10		ole portic	<u>on</u>		edible portion o	f common
				Number	0	0 5 - 1	<u></u>	cusures or roou	
Nutrients and Units	3	Mean	Std. Error		 Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.030		0	1		0.292	0.587	
14:1	g								
15:1									
16:1 undifferentiated	-								
17:1									
18:1 undifferentiated		1.030		3	1		0.292	0.587	
20:1	-								
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated		0.830		0	1		0.235	0.473	
18:2 undifferentiated	g	0.790		3	1		0.224	0.450	
18:3 undifferentiated	g	0.040		3	1		0.011	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	-								
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol	-	0		1	1		0	0	
Phytosterols	_. mg								
Amino Acids:									
Tryptophan		0.172		0	1		0.049	0.098	
Threonine		0.325		0	1		0.092	0.185	
Isoleucine	-	0.412		0	1		0.117	0.235	
Leucine		0.750		0	1		0.213	0.428	
Lysine		0.307		0	1		0.087	0.175	
Methionine		0.178		0	1		0.050	0.101	
Cystine	-	0.252		0	1		0.071	0.144	
Phenylalanine	-	0.523		0	1		0.148	0.298	
Tyrosine		0.328		0	1		0.093	0.187	
Valine	-	0.504		0	1		0.143	0.287	
Arginine		0.563		0	1		0.160	0.321	
Histidine		0.258		0	1		0.073	0.147	
Alanine		0.399		0	1		0.113	0.227	
Aspartic acid		0.592		0	1		0.168	0.337	
Glutamic acid		3.414		0	1		0.968	1.946	
Glycine		0.456		0	1		0.129	0.260	
Proline	g	1.140		0	1		0.323	0.650	
Serine		0.523		0	1		0.148	0.298	
Hydroxyproline	g								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.5 Fat 8.5 Carbohydrate 3.7

Food Group: 25 Snacks

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nui	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	g	5.90	0.500	4		1		0.53	1.06	
Energy		380		0	NC	4		34	68	
Energy		1590				4		143	286	
Protein (N x 6.1)		9.00	0.698	4		1		0.81	1.62	
Total lipid (fat)	-	3.50	0.405	4		1		0.32	0.63	
Ash		1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference		80.10		0	NC	4		7.21	14.42	
Fiber, total dietary		3.8		0		4		0.3	0.7	
Sugars, total										
Starch										
S										
Minerals:										
Calcium, Ca	-	11	2.903	4		1		1	2	
Iron, Fe		1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg		151		1		1		14	27	
Phosphorus, P	-	380	10.000	1		1		34	68	
Potassium, K		299	10.966	4 1		1 1		27 10	54	
Sodium, Na		116		1		1		0.23	21	
Zinc, Zn		2.50		1		1			0.45	
Copper, Cu		0.380		1		1		0.034	0.068	
Manganese, Mn		6.180 16.4	,	0	FLM	4		0.556 1.5	1.112 3.0	
Selenium, Se	Ilicy	16.4		U	P. L.M	4		1.5	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.056	0.010	4		1		0.005	0.010	
Riboflavin	mg	0.103	0.009	4		1		0.009	0.019	
Niacin	mg	8.096	1.129	4		1		0.729	1.457	
Pantothenic acid	mg	1.160)	1		1		0.104	0.209	
Vitamin B-6	mg	0.130)	1		1		0.012	0.023	
Folate, total	mcg	21		1		1		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		1		1		2	4	
Folate, DFE	mcg_DFE	21		0	NC	4		2	4	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.640)	0		1		0.058	0.115	
4:0				-		_				
6:0	-									
8:0		0.020)	1		1		0.002	0.004	
10:0		0.010)	1		1		0.001	0.002	
12:0		0.010		1		1		0.001	0.002	
13:0									-	
14:0	-	0.020)	1		1		0.002	0.004	
15:0	q									
16:0	_	0.510)	1		1		0.046	0.092	
17:0	-									
18:0	_	0.050)	1		1		0.005	0.009	
20:0	_									
22:0	_									
24:0	-									

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>		edible portion o	of common
				Number	0	Camfidanaa	<u> </u>	easures or 1000	
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.110		0	1		0.100	0.200	
14:1									
15:1 16:1 undifferentiated	-	0.020		1	1		0.002	0.004	
17:1	-	0.020		_	1		0.002	0.004	
18:1 undifferentiated		1.090		1	1		0.098	0.196	
20:1		1.030		-	-		0.030	0.150	
22:1 undifferentiated	_	0.010		1	1		0.001	0.002	
24:1 c		0.020		_	-		0.001	0.002	
Fatty acids, total polyunsaturated	•	1.110		0	1		0.100	0.200	
18:2 undifferentiated		1.050		1	1		0.095	0.189	
18:3 undifferentiated		0.070		1	1		0.006	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	-								
Cholesterol	-	0		1	4		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.125		0	1		0.011	0.023	
Threonine		0.340		0	1		0.031	0.061	
Isoleucine	g	0.358		0	1		0.032	0.064	
Leucine	g	0.638		0	1		0.057	0.115	
Lysine	g	0.414		0	1		0.037	0.075	
Methionine	g	0.152		0	1		0.014	0.027	
Cystine	g	0.137		0	1		0.012	0.025	
Phenylalanine	g	0.399		0	1		0.036	0.072	
Tyrosine	g	0.233		0	1		0.021	0.042	
Valine	g	0.489		0	1		0.044	0.088	
Arginine	g	0.677		0	1		0.061	0.122	
Histidine	g	0.218		0	1		0.020	0.039	
Alanine	-	0.517		0	1		0.047	0.093	
Aspartic acid		0.800		0	1		0.072	0.144	
Glutamic acid	g	1.568		0	1		0.141	0.282	
Glycine		0.603		0	1		0.054	0.109	
Proline		0.376		0	1		0.034	0.068	
Serine	-	0.467		0	1		0.042	0.084	
Hydroxyproline	g								

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 gr	ams of	edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			Nun	nber				m	easures of food	
					riv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	de	Code	Code	Measure 1	Measure 2	Measure 3
Duarimates										
Proximates: Water	g	5.90	0.500	4		1		0.53	1.06	
Energy		380		0	NC	4		34	68	
Energy		1590				4		143	286	
Protein (N x 6.1)		9.00	0.698	4		1		0.81	1.62	
Total lipid (fat)	g	3.50	0.405	4		1		0.32	0.63	
Ash		1.60	0.121	4		1		0.14	0.29	
Carbohydrate, by difference	g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	11	2.903	4		1		1	2	
Iron, Fe	_	1.14	0.188	4		1		0.10	0.21	
Magnesium, Mg		151	0.200	1		1		14	27	
Phosphorus, P		380		1		1		34	68	
Potassium, K	•	299	10.966	4		1		27	54	
Sodium, Na		4		0		1		0	1	
Zinc, Zn		2.50		1		1		0.23	0.45	
Copper, Cu	mg	0.380)	1		1		0.034	0.068	
Manganese, Mn		6.180)	1		1		0.556	1.112	
Selenium, Se	mcg	16.4		0 B	FZN	4		1.5	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin		0.056	0.010	4		1		0.005	0.010	
Riboflavin		0.103	0.009	4		1		0.009	0.019	
Niacin		8.096	1.129	4		1		0.729	1.457	
Pantothenic acid	mg	1.160)	1		1		0.104	0.209	
Vitamin B-6	mg	0.130)	1		1		0.012	0.023	
Folate, total	mcg	21		1		1		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	21		1		1		2	4	
Folate, DFE		21			NC	4		2	4	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0		2		1		0	0	
Vitamin A, RAE		0			NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_						
Fatty acids, total saturated		0.640)	0		1		0.058	0.115	
4:0	-									
6:0 8:0		0.020	1	1		1		0.002	0.004	
10:0		0.020		1		1		0.002	0.004	
12:0		0.010		1		1		0.001	0.002	
13:0		0.010		-		-		3.001	0.002	
14:0	-	0.020)	1		1		0.002	0.004	
15:0						-		3.00=	0.001	
16:0	_	0.510)	1		1		0.046	0.092	
17:0	-									
18:0	_	0.050)	1		1		0.005	0.009	
20:0	_									
22:0	_									
24:0	a									

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion o	of common
					Deriv		Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	1.110	1	0		1		0.100	0.200	
14:1	_								*****	
15:1										
16:1 undifferentiated	_	0.020)	1		1		0.002	0.004	
17:1	_									
18:1 undifferentiated		1.090)	1		1		0.098	0.196	
20:1	g									
22:1 undifferentiated	g	0.010)	1		1		0.001	0.002	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.110	1	0		1		0.100	0.200	
18:2 undifferentiated	g	1.050	1	1		1		0.095	0.189	
18:3 undifferentiated	g	0.070	1	1		1		0.006	0.013	
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated	_									
20:4 undifferentiated										
20:5 n-3	_									
22:5 n-3	_									
22:6 n-3	-									
Fatty acids, total trans	-	0				4		•	•	
Cholesterol	_	U		1		4		0	0	
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.125	i	0		1		0.011	0.023	
Threonine	g	0.340)	0		1		0.031	0.061	
Isoleucine	g	0.358		0		1		0.032	0.064	
Leucine	g	0.638		0		1		0.057	0.115	
Lysine	g	0.414		0		1		0.037	0.075	
Methionine	g	0.152		0		1		0.014	0.027	
Cystine	g	0.137		0		1		0.012	0.025	
Phenylalanine	g	0.399)	0		1		0.036	0.072	
Tyrosine	-	0.233		0		1		0.021	0.042	
Valine	g	0.489		0		1		0.044	0.088	
Arginine	g	0.677		0		1		0.061	0.122	
Histidine	-	0.218		0		1		0.020	0.039	
Alanine		0.517		0		1		0.047	0.093	
Aspartic acid	_	0.800		0		1		0.072	0.144	
Glutamic acid		1.568		0		1		0.141	0.282	
Glycine		0.603		0		1		0.054	0.109	
Proline		0.376		0		1		0.034	0.068	
Serine	-	0.467		0		1		0.042	0.084	
Hydroxyproline	g									

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 gr	ams of ed	lible portic	<u>on</u>	Amount in	edible portion	of common
			Nur	nber			<u>m</u>	easures of food	<u> </u>
					v Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3
Duradianakan									
Proximates: Water	g	5.90	0.612	3	1		0.53	1.06	
Energy		385		0 N	C 4		35	69	
Energy		1611			4		145	290	
Protein (N x 6.1)		8.40	0.275	3	1		0.76	1.51	
Total lipid (fat)		3.20	0.088	3	1		0.29	0.58	
Ash		1.40	0.168	3	1		0.13	0.25	
Carbohydrate, by difference		81.20		0 N	C 4		7.31	14.62	
Fiber, total dietary		2.9		1	1		0.3	0.5	
Sugars, total									
Starch									
5 th 10 th 1									
Minerals:				_					
Calcium, Ca	-	9		2	1		1	2	
Iron, Fe		1.17		2	1		0.11	0.21	
Magnesium, Mg		114		1	1		10	21	
Phosphorus, P	•	320		1	1		29	58	
Potassium, K		275		2	1		25	50	
Sodium, Na		291		1	1		26	52	
Zinc, Zn		2.22		1	1		0.20	0.40	
Copper, Cu		0.420		1	1		0.038	0.076	
Manganese, Mn		5.080)	1	1		0.457	0.914	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0	0.0	
Thiamin		0.080)	2	1		0.007	0.014	
Riboflavin		0.104	l	2	1		0.009	0.019	
Niacin		6.435	5	2	1		0.579	1.158	
Pantothenic acid	-	0.930)	1	1		0.084	0.167	
Vitamin B-6		0.140)	1	1		0.013	0.025	
Folate, total	-	19		1	1		2	3	
Folic acid		0		0 z	7		0	0	
Folate, food		19		1	1		2	3	
Folate, DFE	mcg DFE	19		0 NO	4		2	3	
Vitamin B-12		0.00		1	4		0.00	0.00	
Vitamin A, IU		0		1	1		0	0	
Vitamin A, RAE		0		0 NO	4		0	0	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Tinia									
<u>Lipids:</u>	~	0.620		^			0.057	0 110	
Fatty acids, total saturated		0.630)	0	1		0.057	0.113	
4:0									
6:0									
8:0									
10:0 12:0		0.000	1	1	1		0.000	0.000	
		0.000	•	-	1		0.000	0.000	
13:0		0.010	1	1	1		0.001	0.002	
14:0		0.010	•	-	1		0.001	0.002	
15:0		0.540	1	1	1		0.049	0.097	
16:0		0.540	•	-	1		0.049	0.097	
17:0									
17:0	-	0.000	1	1	1		0 005	0 011	
18:0	g	0.060)	1	1		0.005	0.011	
	g g	0.060)	1	1		0.005	0.011	

		<u>Ar</u>	nount in 100		of edib	le portio	o <u>n</u>		edible portion o	of common
Nutrients and Units	;	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.140		0		1		0.103	0.205	
14:1	-									
15:1										
16:1 undifferentiated	-	0.010		1		1		0.001	0.002	
17:1										
18:1 undifferentiated	-	1.130		1		1		0.102	0.203	
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	1.130		0		1		0.102	0.203	
18:2 undifferentiated	g	1.090		1		1		0.098	0.196	
18:3 undifferentiated	g	0.050		1		1		0.005	0.009	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.092		0		1		0.008	0.017	
Threonine	g	0.306		0		1		0.028	0.055	
Isoleucine	g	0.337		0		1		0.030	0.061	
Leucine	g	0.781		0		1		0.070	0.141	
Lysine	g	0.293		0		1		0.026	0.053	
Methionine	-	0.183		0		1		0.016	0.033	
Cystine	q	0.114		0		1		0.010	0.021	
Phenylalanine		0.423		0		1		0.038	0.076	
Tyrosine		0.319		0		1		0.029	0.057	
Valine	-	0.469		0		1		0.042	0.084	
Arginine		0.569		0		1		0.051	0.102	
Histidine		0.223		0		1		0.020	0.040	
Alanine	-	0.524		0		1		0.047	0.040	
Aspartic acid	-	0.721		0		1		0.065	0.130	
Glutamic acid		1.655		0		1		0.149	0.130	
Glycine	-	0.390		0		1		0.035	0.238	
Proline	-	0.390		0		1		0.033	0.070	
	-	0.420		0		1		0.038	0.087	
Serine	-	0.420		U		1		0.038	0.076	
Hydroxyproline	9									

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>		edible portion of	
			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	6.30	0.193	10		1		0.57	1.13	
Energy	kcal	387		0	NC	4		35	70	
Energy	kj	1619				4		146	291	
Protein (N x 5.9)	g	8.50	0.227	10		1		0.77	1.53	
Total lipid (fat)	g	3.50	0.342	10		1		0.32	0.63	
Ash	g	1.60	0.107	10		1		0.14	0.29	
Carbohydrate, by difference	g	80.10		0	NC	4		7.21	14.42	
Fiber, total dietary		3.0		0		4		0.3	0.5	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	21	3.261	10		1		2	4	
Iron, Fe	-	1.96	0.191	10		1		0.18	0.35	
Magnesium, Mg		137	4.021	4		1		12	25	
Phosphorus, P		370	16.833	4		1		33	67	
Potassium, K	mg	294	19.023	8		1		26	53	
Sodium, Na		252	76.269	3		1		23	45	
Zine, Zn		2.53	0.184	4		1		0.23	0.46	
Copper, Cu		0.427		3		1		0.038	0.077	
Manganese, Mn		5.220	0.160	3		1		0.470	0.940	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4		1		0.0	0.0	
Thiamin		0.067	0.017	8		1		0.006	0.012	
Riboflavin		0.184	0.041	8		1		0.017	0.033	
Niacin	mg	6.602	0.284	7		1		0.594	1.188	
Pantothenic acid	mg	1.002	0.039	4		1		0.090	0.180	
Vitamin B-6	mg	0.137	0.008	4		1		0.012	0.025	
Folate, total		20	2.723	4		1		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	20	2.723	4		1		2	4	
Folate, DFE		20		0	NC	4		2	4	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0		1		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_			•		_				
Fatty acids, total saturated		0.560)	0		1		0.050	0.101	
4:0 6:0										
8:0										
10:0	-	0.000)	1		1		0.000	0.000	
12:0		0.000		1		1		0.000	0.000	
13:0						•			- /	
14:0		0.010)	1		1		0.001	0.002	
15:0										
16:0	-	0.460)	1		1		0.041	0.083	
17:0	g									
18:0	g	0.080)	1		1		0.007	0.014	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 100	<u>0 grams</u> Number		ole portic	<u>on</u>		edible portion of easures of food	of common
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.160		0		1		0.104	0.209	
14:1	-									
15:1		0.010		1		1		0 001	0.000	
16:1 undifferentiated	-	0.010		1		1		0.001	0.002	
17:1		1.150		1		1		0.104	0.007	
18:1 undifferentiated	_	0.000		1		1			0.207	
20:1		0.000		1		1		0.000	0.000	
22:1 undifferentiated										
24:1 c	•			_		_		0.100		
Fatty acids, total polyunsaturated		1.440		0		1		0.130	0.259	
18:2 undifferentiated		1.000		1		1		0.090	0.180	
18:3 undifferentiated		0.440		1		1		0.040	0.079	
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		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.107		0		1		0.010	0.019	
Threonine		0.303		0		1		0.027	0.055	
Isoleucine		0.351		0		1		0.032	0.063	
Leucine		0.682		0		1		0.061	0.123	
Lysine		0.313		0		1		0.028	0.056	
Methionine	-	0.182		0		1		0.016	0.033	
Cystine	-	0.102		0		1		0.010	0.019	
2		0.424		0		1		0.010	0.019	
Phenylalanine		0.424		0		1		0.038	0.076	
Tyrosine	-	0.299		0		1		0.027	0.054	
Valine				0		1		0.043		
Arginine		0.624		0		1			0.112 0.037	
Histidine	•	0.208 0.484		0		1		0.019 0.044		
Alanine	-			0		1			0.087	
Aspartic acid		0.771		-		_		0.069	0.139	
Glutamic acid	-	1.714		0		1		0.154	0.309	
Glycine	-	0.409		0		1		0.037	0.074	
Proline	•	0.409		0		1		0.037	0.074	
Serine	-	0.427		0		1		0.038	0.077	
Hydroxyproline	g									

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

Proximates:		6.30 387 1619 8.50 3.50 1.60 80.10	0.193 0.227 0.342 0.107		Deriv	Source Code 1 4 4 1 1 4	Confidence Code	0.57 35 146 0.77 0.32 0.14	1.13 70 291 1.53 0.63	Measure 3
Proximates: Water. 9 Energy. kc Energy. kj Protein (N x 5.9). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mg Vitamins: Vitamin C, total ascorbic acid. mg Vitamin B-6 mg Folate, total. mg Folate, food. mg Folate, food. mg Folate, DFE. mg Vitamin B-12 mg Vitamin A, IU. IU <		6.30 387 1619 8.50 3.50 1.60 80.10	0.193 0.227 0.342 0.107	10 0 10 10	Code	1 4 4 1 1 1 1		0.57 35 146 0.77 0.32 0.14	1.13 70 291 1.53 0.63	Measure 3
Proximates: Water. 9 Energy. kc Energy. kj Protein (N x 5.9). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mg Vitamins: Vitamin C, total ascorbic acid. mg Vitamin B-6 mg Folate, total. mg Folate, food. mg Folate, food. mg Folate, DFE. mg Vitamin B-12 mg Vitamin A, IU. IU <		6.30 387 1619 8.50 3.50 1.60 80.10	0.193 0.227 0.342 0.107	10 0 10 10	NC	1 4 4 1 1	Code	0.57 35 146 0.77 0.32 0.14	1.13 70 291 1.53 0.63	Measure 3
Water. 9 Energy. kc Energy. kj Protein (N x 5.9). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mg Vitamins: Vitamin C, total ascorbic acid mg Vitamin B-6. mg Folate, total. mg Folate, food. mg Folate, food. mg Vitamin B-12 mg Vitamin A, IU. IU		387 1619 8.50 3.50 1.60 80.10	0.227 0.342 0.107	0 10 10 10		4 4 1 1		35 146 0.77 0.32 0.14	1.13 70 291 1.53	
Water. 9 Energy. kc Energy. kj Protein (N x 5.9). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mg Vitamins: Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mg Folate, food. mg Vitamin B-12.		387 1619 8.50 3.50 1.60 80.10	0.227 0.342 0.107	0 10 10 10		4 4 1 1		35 146 0.77 0.32 0.14	70 291 1.53 0.63	
Energy kj Protein (N x 5.9) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se mg Vitamins: vitamins Vitamin C, total ascorbic acid mg Thiaghin mg Riboflavin mg Niacin mg Pantothenic acid mg Folate, total mg Folate, food mg Folate, food mg Vitamin B-12 mg Vitamin A, IU IU		8.50 3.50 1.60 80.10	0.342 0.107	10 10 10		4 1 1 1		146 0.77 0.32 0.14	291 1.53 0.63	
Energy		8.50 3.50 1.60 80.10	0.342 0.107	10 10	NC	1 1 1		0.77 0.32 0.14	1.53 0.63	
Total lipid (fat)	9 9 9	3.50 1.60 80.10	0.342 0.107	10 10	NC	1 1		0.32 0.14	0.63	
Ash	9 9 9	1.60 80.10	0.107	10	NC	1		0.14		
Carbohydrate, by difference	9 9 9	80.10			NC				0.00	
Fiber, total dietary	9 9 9	21		0	NC	4			0.29	
Sugars, total. 9 Starch. 9 Minerals: 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. mg Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mg Folate, food. mg Folate, food. mg Folate, DFE. mg Vitamin B-12. mg Vitamin A, IU. IU	9 9 9							7.21	14.42	
Starch. g Minerals: Calcium, Ca. mg Calcium, Ca. mg mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K mg Potassium, Na mg mg Copper, Cu. mg Copper, Cu. mg Manganese, Mn mg Selenium, Se. mg Vitamins: Vitamin C, total ascorbic acid. mg Vitamin mg mg Niacin mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total mg Folate, total. mg Folate, food. mg Folate, total. mg Vitamin B-12 mg Vitamin B-12 mg Vitamin A, IU. IU IU	9 9 9									
Minerals: Calcium, Ca	9 9 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. mg Vitamins: vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mg Folate, food mg Folate, food mg Folate, DFE mg Vitamin B-12 mg Vitamin A, IU IU	9 9 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. mg Vitamins: vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total mg Folate, food. mg Folate, DFE. mg Vitamin B-12 mg Vitamin A, IU. IU	9 9 9									
Iron, Fe	9 9 9		3.261	10		1		2	4	
Magnesium, Mg	9 9 9		0.191	10		1		0.18		
Phosphorus, P. mg Potassium, K. mg Sodium, Na mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mg Vitamins: Vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total mg Folate, food mg Folate, food mg Folate, DFE mg Vitamin B-12 mg Vitamin A, IU. IU	9	137	4.021	4		1		12		
Sodium, Na		370	16.833	4		1		33	67	
Zinc, Zn	9	294	19.023	8		1		26	53	
Copper, Cu		4		0		1		0		
Manganese, Mn		2.53	0.184	4		1		0.23		
Selenium, Se		0.427		3		1		0.038		
Vitamins: Vitamin C, total ascorbic acid		5.220	0.160	3		1		0.470		
Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folic acid mg Folic acid mg Folate, food mg Folate, pFE mg Vitamin B-12 mg Vitamin A, IU IU	eg .	20.0		0	CAZN	4		1.8	3.6	
Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mc Folic acid mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU										
Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mc Folic acid mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU	3	0.0	0.000	4		1		0.0	0.0	
Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mc Folic acid mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU	3	0.067	0.017	8		1		0.006	0.012	
Pantothenic acid. mg Vitamin B-6. mg Folate, total mc Folic acid. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	9	0.184	0.041	8		1		0.017	0.033	
Vitamin B-6. mg Folate, total mc Folic acid. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	-	6.602	0.284	7		1		0.594	1.188	
Folate, total mo Folic acid. mo Folate, food. mo Folate, DFE. mo Vitamin B-12. mo Vitamin A, IU. IU		1.002		4		1		0.090		
Folic acid		0.137		4		1		0.012		
Folate, food mo Folate, DFE mo Vitamin B-12 mo Vitamin A, IU IU		20	2.723	4		1		2		
Folate, DFE		0		0	Z	7		0		
Vitamin B-12mo Vitamin A, IUIU	:g : DEE	20	2.723	4 0	***	1 4		2 2		
Vitamin A, IUIU		20			NC	4		0.00	=	
		0.00		1 1		1		0.00		
VIIaiiiiii A, KAE		0		0	NC	4		0		
Retinol mo		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)mg		·		·	-	•		v	v	
Tocopherol, betamg										
Tocopherol, gammamg										
Tocopherol, deltamg										
Vitamin DIU										
Vitamin K (phylloquinone)mo	cg									
Lipids:										
Fatty acids, total saturated		0.560		0		1		0.050	0 101	
4:0		0.500		·		-		0.050	0.101	
6:0g										
8:0g										
10:0g		0.000		1		1		0.000	0.000	
12:0g		0.000		1		1		0.000	0.000	
13:0g										
14:0g		0.010		1		1		0.001	0.002	
15:0g										
16:0g		0.460		1		1		0.041	0.083	
17:0g								_		
18:0g		0.080		1		1		0.007	0.014	
20:0g										
22:0g 24:0g										

		<u>A</u> 1	mount in 100 gr	ams of edi	Amount in edible portion of common					
			Nur	nber			<u>m</u>	easures of food		
Nestrianta and He	:4-	Mann	of I Std. Error Poi			Confidence Code	Manager 4	Massum 0	Manager 2	
Nutrients and Un	its	Mean	Std. Error	iits Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.		1.160		0	1		0.104	0.209		
14:1	_									
15:1		0.010		-	1		0.001	0.002		
16:1 undifferentiated	-	0.010		1	1		0.001	0.002		
17:1		1.150		1	1		0 104	0.007		
18:1 undifferentiated				1	1		0.104	0.207		
20:1	-	0.000		1	1		0.000	0.000		
22:1 undifferentiated	•									
24:1 c	-	1 440		•			0 100	0.050		
Fatty acids, total polyunsaturated 18:2 undifferentiated	-	1.440		0 1	1 1		0.130 0.090	0.259		
				1	1			0.180		
18:3 undifferentiated	-	0.440		1	1		0.040	0.079		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated 20:5 n-3	-									
22:5 n-3 22:6 n-3	-									
	_									
Fatty acids, total trans		0		0	4		0	0		
Phytosterols	_	v		Ü	-		U	O .		
Phytosterois	ny									
Amino Acids:										
Tryptophan	g	0.107		0	1		0.010	0.019		
Threonine	g	0.303	1	0	1		0.027	0.055		
Isoleucine	g	0.351		0	1		0.032	0.063		
Leucine	g	0.682		0	1		0.061	0.123		
Lysine	g	0.313	1	0	1		0.028	0.056		
Methionine	g	0.182		0	1		0.016	0.033		
Cystine	g	0.107		0	1		0.010	0.019		
Phenylalanine		0.424		0	1		0.038	0.076		
Tyrosine		0.299	ı	0	1		0.027	0.054		
Valine	-	0.481		0	1		0.043	0.087		
Arginine	g	0.624		0	1		0.056	0.112		
Histidine		0.208		0	1		0.019	0.037		
Alanine	g	0.484		0	1		0.044	0.087		
Aspartic acid		0.771		0	1		0.069	0.139		
Glutamic acid		1.714		0	1		0.154	0.309		
Glycine		0.409	ı	0	1		0.037	0.074		
Proline		0.409		0	1		0.037	0.074		
Serine	-	0.427		0	1		0.038	0.077		
Hydroxyproline	_									
11, 610A, promite										

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>A</u> :	mount in 100 g	grams	of edib	Amount in edible portion of common				
			Nι	ımbeı	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80	0.420	10		1		0.52	1.04	
Energy	kcal	387		0	NC	4		35	70	
Energy	kj	1619				4		146	291	
Protein (N x 5.95)	g	8.20	0.431	10		1		0.74	1.48	
Total lipid (fat)	g	2.80	0.340	10		1		0.25	0.50	
Ash	g	1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary	g	4.2		0		1		0.4	0.8	
Sugars, total	g	0.88		0	FLA	4		0.08	0.16	
Starch	g									
Minopole										
Minerals:	ma	11	1.255	9		1		1	2	
Calcium, CaIron, Fe	-	1.49	0.124	9		1		0.13	0.27	
Magnesium, Mg	-	131	0.124	2		1		12	24	
Phosphorus, P		360		2		1		32	65	
Potassium, K	-	290	21.258	6		1		26	52	
Sodium. Na		326	37.510	6		1		29	59	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.00	37.310	2		1		0.27	0.54	
Copper, Cu		0.445	3	2		1		0.040	0.080	
Manganese, Mn		3.730		1		4		0.336	0.671	
Selenium, Se		24.6		0	BFZN	4		2.2	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	0.000	4		1		0.0	0.0	
Thiamin	-	0.061		9		1		0.005	0.011	
Riboflavin		0.165		8		1		0.015	0.030	
Niacin	-	7.806		7		1		0.703	1.405	
Pantothenic acid	-	1.000		2		1		0.090	0.180	
Vitamin B-6	-	0.150)	2		1		0.014	0.027	
Folate, total		21		2	_	1		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		2	***	1		2	4	
Folate, DFE		21		0	NC	4		2	4	
Vitamin B-12		0.00		2 0	***	1		0.00	0.00	
Vitamin A, IU		0		-	NC	4		-	0	
Vitamin A, RAE		0		0	NC	4		0 0		
Retinol		-		0	FLA FLA	4 4		-	0 0.22	
Vitamin E (alpha-tocopherol)		1.24		U	FLA	4		0.11	0.22	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.9		0	FLA	4		0.2	0.3	
	9			·		-		V	0.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.570		0		1		0.051	0.103	
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		1		0.000	0.000	
13:0				_		_		_	_	
14:0		0.010)	1		1		0.001	0.002	
15:0				_		_		_	_	
16:0		0.480)	1		1		0.043	0.086	
17:0	-			_		_				
18:0	-	0.050)	1		1		0.005	0.009	
20:0	-									
22:0	-									
24:0	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	itedg	1.030		0		1		0.093	0.185	
14:1	g									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated		0.010		1		1		0.001	0.002	
17:1	_									
18:1 undifferentiated		1.020		1		1		0.092	0.184	
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		0.990		0		1		0.089	0.178	
18:2 undifferentiated		0.970		1		1		0.087	0.175	
18:3 undifferentiated	_	0.010		1		1		0.001	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		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		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.104		0		1		0.009	0.019	
Threonine		0.299		0		1		0.027	0.054	
Isoleucine	_	0.346		0		1		0.031	0.062	
Leucine	• • • • • • • • • • • • • • • • • • • •	0.675		0		1		0.061	0.122	
Lysine	_	0.311		0		1		0.028	0.056	
Methionine		0.184		0		1		0.017	0.033	
Cystine		0.099		0		1		0.009	0.018	
Phenylalanine		0.421		0		1		0.038	0.076	
Tyrosine		0.306		0		1		0.028	0.055	
Valine	_	0.479		0		1		0.043	0.086	
Arginine	_	0.618		0		1		0.056	0.111	
Histidine		0.207		0		1		0.019	0.037	
Alanine		0.476		0		1		0.043	0.086	
Aspartic acid		0.764		0		1		0.069	0.138	
Glutamic acid	_	1.662		0		1		0.150	0.138	
Glycine	-	0.402		0		1		0.130	0.072	
Proline		0.383		0		1		0.034	0.069	
Serine	• • • • • • • • • • • • • • • • • • • •	0.422		0		1		0.038	0.076	
Hydroxyproline	-	0.422		Ū		-		0.050	0.070	
Trydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
<u> </u>	mca	0		0	FLA	4		0.000	0.000	
Carotene, beta		0		0	FLA	4		0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
,	-	0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	y	<u> </u>		U	r LA	4		0.000	0.000	

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19051

Snacks, rice cakes, brown rice, plain

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 25 Snacks

		<u>A</u> :	mount in 100 g	grams	of edik	Amount in edible portion of common				
			Nι	umbei	r			<u>m</u>	easures of food	L
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80	0.420	10		1		0.52	1.04	
Energy	kcal	387		0	NC	4		35	70	
Energy	kj	1619				4		146	291	
Protein (N x 5.95)	g	8.20	0.431	10		1		0.74	1.48	
Total lipid (fat)	g	2.80	0.340	10		1		0.25	0.50	
Ash	g	1.70	0.188	10		1		0.15	0.31	
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary	g	4.2		0		4		0.4	0.8	
Sugars, total	g	0.88		0	0	4		0.08	0.16	
Starch	g									
Minopole										
Minerals:	ma	11	1.255	9		1		1	2	
Calcium, CaIron, Fe	-	1.49	0.124	9		1		0.13	0.27	
Magnesium, Mg	-	131	0.124	2		1		12	24	
Phosphorus, P		360		2		1		32	65	
Potassium, K	•	290	21.258	6		1		26	52	
Sodium, Na.	-	26	21.250	0		1		2	5	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.00		2		1		0.27	0.54	
Copper, Cu		0.445	;	2		1		0.040	0.080	
Manganese, Mn		3.730		1		4		0.336	0.671	
Selenium, Se		24.6		0	BFZN	4		2.2	4.4	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0	0.000	4		1		0.0	0.0	
Thiamin	-	0.061		9		1		0.005	0.011	
Riboflavin	=	0.165		8		1		0.015	0.030	
Niacin	-	7.806		7		1		0.703	1.405	
Pantothenic acid	-	1.000		2		1		0.090	0.180	
Vitamin B-6	-	0.150)	2		1		0.014	0.027	
Folate, total		21		2		1		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		2		1		2	4	
Folate, DFE		21		0	NC	4		2	4	
Vitamin B-12		0.00		2		1		0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		1.24		U	0	4		0.11	0.22	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		1.9		0	0	4		0.2	0.3	
	9			·	·	-		V	0.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.570		0		1		0.051	0.103	
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		1		0.000	0.000	
13:0				_		_		_	_	
14:0		0.010)	1		1		0.001	0.002	
15:0				_		_				
16:0		0.480	,	1		1		0.043	0.086	
17:0	_			_		_				
18:0	_	0.050	,	1		1		0.005	0.009	
20:0	_									
22:0	_									
24:0	g									

	<u>Aı</u>	nount in 100 gr	ams of ed		Amount in edible portion of common			
		Nun	measures of food					
Nutrients and Units	Mean	of D Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
				_				
Fatty acids, total monounsaturated			0	1		0.093	0.185	
15:1	-							
16:1 undifferentiated	-		1	1		0.001	0.002	
17:1	-			_				
18:1 undifferentiated	=		1	1		0.092	0.184	
20:1	-		0	1		0.000	0.000	
22:1 undifferentiated	•		0	1		0.000	0.000	
24:1 c			•	_				
Fatty acids, total polyunsaturated			0	1		0.089	0.178	
18:2 undifferentiated			1	1		0.087	0.175	
18:3 undifferentiated			1	1		0.001	0.002	
18:4	-		0	1		0.000	0.000	
20:2 n-6 c,c	•							
20:3 undifferentiated			0			0.000	0.000	
20:4 undifferentiated	•			1 1		0.000	0.000	
20:5 n-3	-		0			0.000	0.000	
22:5 n-3			0	1		0.000	0.000	
22:6 n-3			0	1		0.000	0.000	
Fatty acids, total trans						•	•	
Cholesterol			1	4		0	0	
Phytosterols	mg							
Amino Acids:								
Tryptophan	g 0.104		0	1		0.009	0.019	
Threonine			0	1		0.027	0.054	
Isoleucine	-		0	1		0.031	0.062	
Leucine	-		0	1		0.061	0.122	
Lysine	g 0.311		0	1		0.028	0.056	
Methionine			0	1		0.017	0.033	
Cystine			0	1		0.009	0.018	
Phenylalanine			0	1		0.038	0.076	
Tyrosine			0	1		0.028	0.055	
Valine	g 0.479		0	1		0.043	0.086	
Arginine	-		0	1		0.056	0.111	
Histidine			0	1		0.019	0.037	
Alanine			0	1		0.043	0.086	
Aspartic acid			0	1		0.069	0.138	
Glutamic acid			0	1		0.150	0.299	
Glycine			0	1		0.036	0.072	
Proline			0	1		0.034	0.069	
Serine	g 0.422		0	1		0.038	0.076	
Hydroxyproline	-							
· · · · · · · · · · · · · · · · · · ·								
Others:	_		_	_				
Alcohol, ethyl			0	7		0.0	0.0	
Caffeine			0 Z	7		0	0	
Theobromine	ng 0		0 z	7		0	0	
Carotenoids:				_				
Carotene, beta			0 Z	7		0.000	0.000	
Carotene, alpham			0 Z	7		0.000	0.000	
Cryptoxanthin, beta	-		0 z	7		0.000	0.000	
Lycopene			0 Z	7		0.000	0.000	
Lutein + zeaxanthin	ncg 0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 9.0g: 1 cake

Measure 2 = 18g: 2 cakes

NDB No. 19816

Snacks, rice cakes, brown rice, plain, unsalted

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gi	rams o	Amount in edible portion of common					
			Nur	mber	measures of food					
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1		Measure 3
Proximates:										
Water	g	6.80	0.164	3		1		0.61	1.22	
Energy	kcal	386		0	NC	4		35	69	
Energy		1615				4		145	291	
Protein (N x 5.9)	g	8.10	0.279	3		1		0.73	1.46	
Total lipid (fat)	g	3.80	0.219	3		1		0.34	0.68	
Ash	g	1.50	0.194	3		1		0.14	0.27	
Carbohydrate, by difference	g	79.90		0	NC	4		7.19	14.38	
Fiber, total dietary	g	4.0		1		1		0.4	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	21		2		1		2	4	
Iron, Fe	-	1.80		2		1		0.16		
Magnesium, Mg		144		1		1		13		
Phosphorus, P		380		1		1		34		
Potassium, K	•	311		2		1		28		
Sodium, Na		110		1		1		10	20	
Zinc, Zn		3.00		1		1		0.27	0.54	
Copper, Cu	mg	0.390)	1		1		0.035	0.070	
Manganese, Mn		2.977	7	1		4		0.268	0.536	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin		0.091	L	2		1		0.008		
Riboflavin		0.090)	2		1		0.008	0.016	
Niacin		7.040)	2		1		0.634	1.267	
Pantothenic acid	mg	1.110)	1		4		0.100	0.200	
Vitamin B-6	mg	0.150)	1		1		0.014	0.027	
Folate, total	mcg	5		1		1		0	1	
Folic acid		0		0	Z	7		0		
Folate, food	mcg	5		1		1		0		
Folate, DFE		5		0	NC	4		0		
Vitamin B-12		0.00		1		1		0.00		
Vitamin A, IU		3		1		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	=									
Tocopherol, damma										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_			•		_				
Fatty acids, total saturated		0.580)	0		1		0.052	0.104	
4:0 6:0										
8:0										
10:0										
12:0		0.000)	1		1		0.000	0.000	
13:0						-		3.000	0.000	
14:0		0.010)	1		1		0.001	0.002	
15:0										
16:0		0.450)	1		1		0.041	0.081	
17:0										
18:0	_	0.110)	1		1		0.010	0.020	
20:0	g									
22:0	g									
24:0										

		<u>Aı</u>	nount in 100	<u>) grams</u> Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
				•							
Fatty acids, total monounsaturated.		1.310		0		1		0.118	0.236		
14:1	-										
15:1		0.010						0 001	0.000		
16:1 undifferentiated	-	0.010		1		1		0.001	0.002		
17:1		1 200									
18:1 undifferentiated	-	1.300		1		1		0.117	0.234		
20:1		0.000		1		1		0.000	0.000		
22:1 undifferentiated											
24:1 c	•					_			0.055		
Fatty acids, total polyunsaturated		1.550		0		1		0.140	0.279		
18:2 undifferentiated		1.490		1		1		0.134	0.268		
18:3 undifferentiated		0.060		1		1		0.005	0.011		
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		1		4		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.097		0		1		0.009	0.017		
Threonine		0.294		0		1		0.026	0.053		
Isoleucine		0.328		0		1		0.030	0.059		
Leucine		0.621		0		1		0.056	0.112		
Lysine		0.316		0		1		0.028	0.057		
Methionine	_	0.165		0		1		0.015	0.030		
Cystine	_	0.127		0		1		0.011	0.023		
Phenylalanine		0.399		0		1		0.036	0.072		
Tyrosine		0.261		0		1		0.023	0.047		
Valine	-	0.451		0		1		0.023	0.081		
Arginine		0.553		0		1		0.050	0.100		
Histidine		0.333		0		1		0.030	0.100		
Alanine	•	0.204		0		1		0.018	0.037		
	-	0.443		0		1		0.040	0.080		
Aspartic acid		1.769		0		1		0.064	0.129		
	-	0.392		0		1		0.139			
Glycine	_	0.392		0		1		0.035	0.071 0.096		
Proline	•					1					
Serine	-	0.402		0		1		0.036	0.072		
Hydroxyproline	9										

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.3 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<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> </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	5.90	0.318	7		1		0.53	1.06	
Energy	kcal	392		0	NC	4		35	71	
Energy	kj	1640				4		148	295	
Protein (N x 5.9)	g	7.60	0.325	7		1		0.68	1.37	
Total lipid (fat)	g	3.80	0.241	7		1		0.34	0.68	
Ash	g	1.20	0.163	7		1		0.11	0.22	
Carbohydrate, by difference	g	81.50		0	NC	4		7.34	14.67	
Fiber, total dietary	g	5.4		0		1		0.5	1.0	
Sugars, total	g									
Starch	g									
Minerals:										
viinerais: Calcium, Ca	ma	12	1.779	6		1		1	2	
Iron. Fe	_	1.58	0.248	6		1		0.14	0.28	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	136	0.2.0	2		1		12	24	
Phosphorus, P		375		2		1		34	68	
Potassium, K	_	290	13.163	6		1		26	52	
Sodium, Na	_	227		2		1		20	41	
Zinc, Zn	-	3.00		2		1		0.27	0.54	
Copper, Cu		0.390		2		1		0.035	0.070	
Manganese, Mn	mg	4.299		1		4		0.387	0.774	
Selenium, Se	mcg	24.1		0	FLM	4		2.2	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.0		1		4		0.3	0.5	
Thiamin	-	0.048	0.011	5		1		0.004	0.009	
Riboflavin		0.040		6		1		0.004	0.015	
Niacin		7.205		4		1		0.648	1.297	
Pantothenic acid		1.461		1		4		0.131	0.263	
Vitamin B-6	_	0.155		2		1		0.014	0.028	
Folate, total	_	18		2		1		2	3	
Folic acid		0		0	z	7		0	0	
Folate, food		18		2		1		2	3	
Folate, DFE		18		0	NC	4		2	3	
Vitamin B-12		0.00		2		1		0.00	0.00	
Vitamin A, IU		0		2		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	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	0.540		0		1		0.049	0.097	
4:0										
6:0										
8:0	_									
10:0	g									
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0		0.010		1		1		0.001	0.002	
15:0	g									
16:0	g	0.430		1		1		0.039	0.077	
17:0	g									
18:0	g	0.080		1		1		0.007	0.014	
20:0	g									
22:0	g									
24:0	g									

		<u>Aı</u>	nount in 100		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.100		0		1		0.099	0.198		
14:1	g										
15:1											
16:1 undifferentiated	_	0.010		1		1		0.001	0.002		
17:1											
18:1 undifferentiated	g	1.090		1		1		0.098	0.196		
20:1	g	0.000		1		1		0.000	0.000		
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	1.150		0		1		0.104	0.207		
18:2 undifferentiated	g	1.110		1		1		0.100	0.200		
18:3 undifferentiated	g	0.040		1		1		0.004	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	_	0		1		4		0	0		
Phytosterols	-										
,	_										
Amino Acids:											
Tryptophan		0.100		0		1		0.009	0.018		
Threonine		0.279		0		1		0.025	0.050		
Isoleucine		0.321		0		1		0.029	0.058		
Leucine		0.625		0		1		0.056	0.113		
Lysine	-	0.288		0		1		0.026	0.052		
Methionine	g	0.174		0		1		0.016	0.031		
Cystine	g	0.094		0		1		0.008	0.017		
Phenylalanine	g	0.391		0		1		0.035	0.070		
Tyrosine	g	0.286		0		1		0.026	0.051		
Valine	g	0.444		0		1		0.040	0.080		
Arginine	g	0.595		0		1		0.054	0.107		
Histidine		0.193		0		1		0.017	0.035		
Alanine	g	0.440		0		1		0.040	0.079		
Aspartic acid	_	0.710		0		1		0.064	0.128		
Glutamic acid		1.550		0		1		0.140	0.279		
Glycine	-	0.380		0		1		0.034	0.068		
Proline	-	0.355		0		1		0.032	0.064		
Serine	•	0.394		0		1		0.035	0.071		
Hydroxyproline	-	0.334		·		-		0.033	0.071		
ттуш охургонне	9										

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 gr	rams c	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nur	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	g	5.90	0.318	7		1		0.53	1.06	
Energy		392		0	NC	4		35	71	
Energy		1640				4		148	295	
Protein (N x 5.9)		7.60	0.325	7		1		0.68	1.37	
Total lipid (fat)		3.80	0.241	7		1		0.34	0.68	
Ash		1.20	0.163	7		1		0.11	0.22	
Carbohydrate, by difference		81.50	0.103	0	NC	4		7.34	14.67	
		81.50		U	NC	-		7.54	14.67	
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	12	1.779	6		1		1	2	
Iron, Fe	-	1.58	0.248	6		1		0.14	0.28	
Magnesium, Mg		136		2		1		12	24	
Phosphorus, P		375		2		1		34	68	
Potassium, K	•	290	13.163	6		1		26	52	
Sodium, Na		4		0		1		0	1	
Zinc, Zn		3.00		2		1		0.27	0.54	
Copper, Cu		0.390)	2		1		0.035	0.070	
Manganese, Mn		4.299)	1		4		0.387	0.774	
Selenium, Se		24.1		0	BFZN	4		2.2	4.3	
Vitamins:				_						
Vitamin C, total ascorbic acid		3.0		1		4		0.3	0.5	
Thiamin		0.048		5		1		0.004	0.009	
Riboflavin		0.085		6		1		0.008	0.015	
Niacin	_	7.205		4		1		0.648	1.297	
Pantothenic acid		1.461		1		4		0.131	0.263	
Vitamin B-6	-	0.155	i	2		1		0.014	0.028	
Folate, total		18		2		1		2	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	18		2		1		2	3	
Folate, DFE		18		0	NC	4		2	3	
Vitamin B-12		0.00		2		1		0.00	0.00	
Vitamin A, IU		0		2		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.540)	0		1		0.049	0.097	
4:0										
6:0										
8:0										
10:0										
12:0		0.000)	1		1		0.000	0.000	
13:0										
14:0		0.010)	1		1		0.001	0.002	
15:0										
16:0	-	0.430)	1		1		0.039	0.077	
17:0	-									
18:0	-	0.080)	1		1		0.007	0.014	
20:0	-								-	
22:0	-									
24:0	-									

		<u>Aı</u>	nount in 100		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.100		0		1		0.099	0.198		
14:1	g										
15:1											
16:1 undifferentiated	_	0.010		1		1		0.001	0.002		
17:1											
18:1 undifferentiated	g	1.090		1		1		0.098	0.196		
20:1	g	0.000		1		1		0.000	0.000		
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	1.150		0		1		0.104	0.207		
18:2 undifferentiated	g	1.110		1		1		0.100	0.200		
18:3 undifferentiated	g	0.040		1		1		0.004	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	_	0		1		4		0	0		
Phytosterols	-										
,	_										
Amino Acids:											
Tryptophan		0.100		0		1		0.009	0.018		
Threonine		0.279		0		1		0.025	0.050		
Isoleucine		0.321		0		1		0.029	0.058		
Leucine		0.625		0		1		0.056	0.113		
Lysine	-	0.288		0		1		0.026	0.052		
Methionine	g	0.174		0		1		0.016	0.031		
Cystine	g	0.094		0		1		0.008	0.017		
Phenylalanine	g	0.391		0		1		0.035	0.070		
Tyrosine	g	0.286		0		1		0.026	0.051		
Valine	g	0.444		0		1		0.040	0.080		
Arginine	g	0.595		0		1		0.054	0.107		
Histidine		0.193		0		1		0.017	0.035		
Alanine	g	0.440		0		1		0.040	0.079		
Aspartic acid	_	0.710		0		1		0.064	0.128		
Glutamic acid		1.550		0		1		0.140	0.279		
Glycine	-	0.380		0		1		0.034	0.068		
Proline	-	0.355		0		1		0.032	0.064		
Serine	•	0.394		0		1		0.035	0.071		
Hydroxyproline	-	0.334		·		-		0.033	0.071		
ттуш охургонне	9										

Common Measures:

Measure 1 = 9.0g: 1 cake Measure 2 = 18g: 2 cakes

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 4.1

Food Group: 25 Snacks

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		1		1		0.57	1.14	
Energy	kcal	541		0	NC	4		153	308	
Energy	kj	2264				4		642	1290	
Protein (N x 5.7)	g	10.90		1		1		3.09	6.21	
Total lipid (fat)	g	36.70		1		1		10.40	20.92	
Ash	g	3.90		1		4		1.11	2.22	
Carbohydrate, by difference	g	46.50		0	NC	4		13.18	26.51	
Fiber, total dietary		2.8		0		4		0.8	1.6	
Sugars, total	g	0.19		0	FLA	4		0.05	0.11	
Starch	g									
Minerals:										
Calcium, Ca	ma	170		1		1		48	97	
Iron, Fe	-	0.74		1		1		0.21	0.42	
Magnesium, Mg	-	45		1		4		13	26	
Phosphorus, P		138		1		4		39	79	
Potassium, K	-	177		1		4		50	101	
Sodium, Na		1488		1		1		422	848	
Zinc, Zn	mg	1.17		1		4		0.33	0.67	
Copper, Cu	mg	0.406	5	1		4		0.115	0.231	
Manganese, Mn	mg	0.904	l	1		4		0.256	0.515	
Selenium, Se	mcg	17.1		0	FLM	4		4.8	9.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin	-	0.123	1	1		1		0.035	0.070	
Riboflavin	_	0.063		1		1		0.018	0.036	
Niacin	_	1.552		1		1		0.440	0.885	
Pantothenic acid	-	0.234		1		4		0.066	0.133	
Vitamin B-6	-	0.086		1		4		0.024	0.049	
Folate, total	-	22		1		4		6	13	
Folic acid		0		0	z	7		0	0	
Folate, food		22		1		4		6	13	
Folate, DFE		22		0	NC	4		6	13	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		5		0	NC	4		1	3	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	3.85		0	FLA	4		1.09	2.19	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	8.0		0	FLA	4		2.3	4.6	
Lipids:										
Fatty acids, total saturated	q	6.480)	0		1		1.837	3.694	
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)	1		1		0.000	0.000	
10:0	g	0.010)	1		1		0.003	0.006	
12:0	g	0.010)	1		1		0.003	0.006	
13:0	g									
14:0	g	0.110)	1		1		0.031	0.063	
15:0	g									
16:0	g	5.000)	1		1		1.418	2.850	
17:0	g									
18:0	-	1.350)	1		1		0.383	0.770	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and L	Inito	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and C	Jillis	Weari	Stu. Elloi	Tomico	Jour		Couc	Wedsure i	Measure 2	Wiedsure 3
Fatty acids, total monounsaturate	edQ	10.910		0		1		3.093	6.219	
14:1	g									
15:1 16:1 undifferentiated	9	0.070		1		1		0.020	0.040	
17:1 18:1 undifferentiated	-	10.830		1		1		3.070	6.173	
20:1	g	0.000		1		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		17.420		0		1		4.939	9.929	
18:2 undifferentiated		16.440		1		1		4.661	9.371	
18:3 undifferentiated	-	0.970		1		1		0.275	0.553	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated		0.000				1				
20:4 undifferentiated	-	0.000		1 0		1		0.000	0.000	
20:5 n-3	-	0.000 0.000		0		1		0.000 0.000	0.000 0.000	
22:5 n-322:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		U		_		0.000	0.000	
Cholesterol		0		1		4		0	0	
Phytosterols		Ü		-		•		v	v	
•										
Amino Acids:										
Tryptophan		0.144		0		1		0.041	0.082	
Threonine	-	0.330		0		1		0.094	0.188	
Isoleucine		0.420		0		1		0.119	0.239	
Leucine	-	0.767		0		1		0.217	0.437	
Lysine		0.359		0		1		0.102	0.205	
Methionine		0.192		0		1		0.054	0.109	
Cystine		0.201		0		1		0.057	0.115	
Phenylalanine		0.545		0		1		0.155	0.311	
Tyrosine	=	0.353		0		1 1		0.100	0.201	
Valine		0.468		0		1		0.133	0.267	
Arginine	=	0.650		0		1		0.184	0.371	
Histidine		0.259 0.389		0		1		0.073 0.110	0.148 0.222	
Alanine		0.389		0		1		0.110	0.222	
Aspartic acidGlutamic acid		3.089		0		1		0.203	1.761	
Glycine	_	0.436		0		1		0.124	0.249	
Proline		0.430		0		1		0.282	0.567	
Serine		0.545		0		1		0.155	0.311	
Hydroxyproline	-	0.545		U		_		0.133	0.311	
Others:	9									
	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl		0.0		0	FLA	4		0.0	0.0	
Caffeine Theobromine		0		0	FLA	4		0	0	
		v		·	LIM	-		J	J	
Carotenoids:									_	
Carotene, beta		3		0	FLA	4		0.831	1.670	
Carotene, alpha		0		0	FLA	4		0.010	0.019	
Cryptoxanthin, beta		0		0	FLA	4		0.014	0.028	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	ücg	19		0	FLA	4		5.323	10.702	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz NDB No. 19418

Snacks, sesame sticks, wheat-based, salted

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D : 4									
Proximates: Water	q	2.00	1		1		0.57	1.14	
Energy		541	0	NC	4		153	308	
Energy		2264			4		642	1290	
Protein (N x 5.7)		10.90	1		1		3.09	6.21	
Total lipid (fat)		36.70	1		1		10.40	20.92	
Ash	-	3.90	1		4		1.11	2.22	
Carbohydrate, by difference		46.50	0	NC	4		13.18	26.51	
Fiber, total dietary									
Sugars, total									
Starch									
Minerals:								_	
Calcium, Ca	-	170	1		1		48	97	
Iron, Fe.		0.74	1		1		0.21	0.42	
Magnesium, Mg		45	1		4		13	26	
Phosphorus, P	•	138	1		4		39	79 101	
Potassium, K		177	1		4		50	101	
Sodium, Na		29 1.17	0 1		1 4		8 0.33	17 0.67	
Zinc, Zn		0.406			4		0.33	0.67	
Copper, Cu		0.406			4		0.256	0.231	
Selenium, Se		17.1	0	BFZN			4.8	9.7	
Scientini, Sc	9		· ·	22 220	-			3.	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	1		1		0.0	0.0	
Thiamin		0.123			1		0.035	0.070	
Riboflavin		0.063			1		0.018	0.036	
Niacin	-	1.552			1		0.440	0.885	
Pantothenic acid		0.234			4		0.066	0.133	
Vitamin B-6	-	0.086			4		0.024	0.049	
Folate, total		22	1	_	4		6	13	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	22	1	***	4		6	13	
Folate, DFE		22	0	NC	4		6	13	
Vitamin B-12		0.00	1		4 1		0.00	0.00	
Vitamin A, IU		88 4	1	NC	4		25 1	50 3	
Vitamin A, RAE		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū	U	2	,		U	U	
Tocopherol, beta	-								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		6.480	0		1		1.837	3.694	
4:0									
6:0		0.000) 1		1		0 000	0 000	
8:0 10:0		0.000			1		0.000 0.003	0.000 0.006	
12:0		0.010			1		0.003	0.006	
13:0		0.010	, 1		1		0.003	0.008	
14:0	-	0.110) 1		1		0.031	0.063	
15:0		J.110			-		0.031	0.003	
16:0	-	5.000) 1		1		1.418	2.850	
17:0	-	3.000			-		2.415	2.000	
18:0	-	1.350) 1		1		0.383	0.770	
20:0	-	2.550	-		_		3.303	00	
22:0	-								
24:0	-								

		<u>Aı</u>	mount in 100	grams (of edib	le portio	<u>on</u>		edible portion o	of common
Nutrients and Uni	ts	Mean		of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		10.910		0		1		3.093	6.219	
14:1	-									
15:1										
16:1 undifferentiated	-	0.070		1		1		0.020	0.040	
17:1										
18:1 undifferentiated	-	10.830		1		1		3.070	6.173	
20:1	g	0.000		1		1		0.000	0.000	
22:1 undifferentiated										
24:1 c	g									
Fatty acids, total polyunsaturated	g	17.420	1	0		1		4.939	9.929	
18:2 undifferentiated	g	16.440	ı	1		1		4.661	9.371	
18:3 undifferentiated	g	0.970	1	1		1		0.275	0.553	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	1	1		1		0.000	0.000	
20:5 n-3	g									
22:5 n-3										
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol		0		1		4		0	0	
Phytosterols	mg									
-										
Amino Acids:										
Tryptophan		0.144		0		1		0.041	0.082	
Threonine	_	0.330		0		1		0.094	0.188	
Isoleucine	g	0.420		0		1		0.119	0.239	
Leucine	g	0.767		0		1		0.217	0.437	
Lysine	g	0.359	1	0		1		0.102	0.205	
Methionine	g	0.192		0		1		0.054	0.109	
Cystine	g	0.201		0		1		0.057	0.115	
Phenylalanine	g	0.545	i	0		1		0.155	0.311	
Tyrosine	g	0.353	1	0		1		0.100	0.201	
Valine	g	0.468		0		1		0.133	0.267	
Arginine		0.650	ı	0		1		0.184	0.371	
Histidine	-	0.259	ı	0		1		0.073	0.148	
Alanine	-	0.389		0		1		0.110	0.222	
Aspartic acid	-	0.716		0		1		0.203	0.408	
Glutamic acid		3.089	1	0		1		0.876	1.761	
Glycine	_	0.436		0		1		0.124	0.249	
Proline	•	0.994		Ö		1		0.282	0.567	
Serine		0.545		0		1		0.155	0.311	
Hydroxyproline	_	0.545		v		-		0.133	0.511	
11yur0xypronne	9									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>A</u> 1	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	2.00	0.694	3		1		0.57	0.46	
Energy		498	0.034	0	NC	4		141	115	
Energy		2084		Ū	140	4		591	479	
		2.30	0.273	3		1		0.65	0.53	
Protein (N x 6.25)		24.90	0.273	2		1		7.06	5.73	
Total lipid (fat)		24.90	0.061	3		1		0.77	0.62	
Ash		68.10	0.061	0	NC	4		19.31		
Carbohydrate, by difference		7.2		0	NC	4		2.0	15.66	
Fiber, total dietary				0					1.7	
Sugars, total		3.82		U	FLA	4		1.08	0.88	
Starch	g									
Minerals:										
Calcium, Ca	mg	60		2		1		17	14	
Iron, Fe		1.20		2		1		0.34	0.28	
Magnesium, Mg		84		1		1		24	19	
Phosphorus, P		131		1		1		37	30	
Potassium, K		755		2		1		214	174	
Sodium, Na		342		2		1		97	79	
Zinc, Zn		0.38		1		4		0.11	0.09	
Copper, Cu		0.280	1	1		4		0.079	0.064	
Manganese, Mn		0.001	•	1		4		0.000	0.000	
Selenium, Se	mcg	1.8		0	FLM	4		0.5	0.4	
Vitamina										
<u>Vitamins:</u>	ma	F 0						1 4	1.0	
Vitamin C, total ascorbic acid	_	5.0	0.060	1 3		1 1		1.4	1.2	
Thiamin		0.174 0.029		3 1		1		0.049 0.008	0.040	
Riboflavin		0.029		2		1		0.008	0.007 0.118	
Niacin	-	0.668		1		4		0.146	0.118	
Pantothenic acid Vitamin B-6	_	0.438		1		4		0.189	0.134	
		20	•	1		4		6	5	
Folate, totalFolic acid		0		0	z	7		0	0	
		20		1	2	4		6	5	
Folate, foodFolate, DFE		20		0	NC	4		6	5	
Vitamin B-12		0.00		1	NC	4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		142		0	NC	4		40	33	
		7		0	NC	4		2	2	
Vitamin A, RAERetinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	-	11.34		0	FLA	4		3.21	2.61	
		11.34		U	FLIA	4		3.21	2.61	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		18.0		0	FLA	4		5.1	4.1	
· ····································										
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.430		0		1		1.823	1.479	
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	-									
14:0	-	0.200)	1		1		0.057	0.046	
15:0										
16:0		5.650)	1		1		1.602	1.300	
17:0	_									
18:0	_	0.570)	1		1		0.162	0.131	
20:0	_									
22:0	_									
24:0	a									

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion o	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 monounsatura	tedg	4.430		0		1		1.256	1.019	
14:1	_									
16:1 undifferentiated	9	0.200		1		1		0.057	0.046	
17:1 18:1 undifferentiated	-	4.230		1		1		1.199	0.973	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturate		12.880		0		1		3.651	2.962	
18:2 undifferentiated	g	12.820		1		1		3.634	2.949	
18:3 undifferentiated	g	0.060		1		1		0.017	0.014	
18:4	g	0.000		0		1		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	
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		1		4		0	0	
Phytosterols	mg									
A . A . T										
Amino Acids:	_			•		_				
Tryptophan		0.036		0		1		0.010	0.008	
Threonine	=	0.106		0		1		0.030	0.024	
Isoleucine	-	0.084		0 0		1 1		0.024	0.019	
Leucine	-	0.172		0		1		0.049	0.040	
Lysine		0.104 0.032		0		1		0.029	0.024	
Methionine				0		1		0.009	0.007	
Cystine		0.049		0		1		0.014	0.011	
Phenylalanine		0.126		0		1		0.036 0.024	0.029	
Tyrosine	=	0.085				1			0.020	
Valine	-	0.127		0 0		1		0.036	0.029	
Arginine	-	0.160						0.045	0.037	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.052		0		1		0.015	0.012	
Alanine		0.113		0		1 1		0.032	0.026	
Aspartic acid		0.296		0				0.084	0.068	
Glutamic acid	-	0.268		0 0		1 1		0.076	0.062	
Glycine	-	0.114		-		_		0.032 0.026	0.026	
Proline	-	0.092		0		1			0.021	
Serine		0.142		0		1		0.040	0.033	
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	66		0	FLA	4		18.760	15.219	
Carotene, alpha	mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	mcg	37		0	FLA	4		10.629	8.623	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 23g: 10 chips NDB No. 19524 Snacks, taro chips

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>A</u> :	mount in 100	<u>grams</u>	of edib	le portio	<u>n</u>		edible portion	
			1	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30				9		0.82	0.21	
Energy	kcal	465		0	NC	4		293	74	
Energy	kj	1946		0	NC	4		1226	311	
Protein	g	8.70				9		5.48	1.39	
Total lipid (fat)	g	15.20				9		9.58	2.43	
Ash	g	1.85		0	NR	4		1.17	0.30	
Carbohydrate, by difference	g	73.40		0	NC	4		46.24	11.74	
Fiber, total dietary	g	5.7				9		3.6	0.9	
Sugars, total	g	0.53		0	FLA	4		0.33	0.08	
Starch	g									
Minerals:		150				•		100	0-	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	159				9		100	25	
Iron, Fe.	-	1.63				9		1.03	0.26	
Magnesium, Mg		97				9		61	16	
Phosphorus, P	-	318				9		200	51	
Potassium, K		272				9		171	44	
Sodium, Na	-	1003				9		632	160	
Zinc, Zn		1.15	-			4 9		0.72	0.18	
Copper, Cu		0.116)			9		0.073	0.019	
Manganese, Mn		15.7		0	BFZN	4		9.9	2.5	
Selenium, Se	Ilicg	15.7		U	BFZN	4		9.9	2.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2				9		0.1	0.0	
Thiamin	mg	0.220)			9		0.139	0.035	
Riboflavin	mg	0.280)			9		0.176	0.045	
Niacin	mg	0.420)			9		0.265	0.067	
Pantothenic acid	mg									
Vitamin B-6	mg	0.180)			4		0.113	0.029	
Folate, total	mcg	16				4		10	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16				4		10	3	
Folate, DFE	mcg_DFE	16		0	NC	4		10	3	
Vitamin B-12	mcg	0.06				4		0.04	0.01	
Vitamin A, IU	IU	81		0	NC	4		51	13	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		3	1	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	3.53		0	FLA	4		2.23	0.57	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4		0.4	0.1	
Lipids:										
Fatty acids, total saturated	a	2.837	,			4		1.787	0.454	
4:0		0.034				4		0.021	0.005	
6:0	-	0.014				4		0.009	0.002	
8:0		0.007				4		0.004	0.001	
10:0	_	0.018				4		0.011	0.003	
12:0.	-	0.023				4		0.014	0.004	
13:0										
14:0		0.094	ı			4		0.059	0.015	
15:0						=				
16:0		1.648	3			4		1.038	0.264	
17:0										
18:0		0.373	3			4		0.235	0.060	
20:0						=		3.200	0.000	
22:0	_									
24:0	_									

	<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	6.341				4		3.995	1.015	
14:1g	0.012				-		3.333	1.015	
15:1									
16:1 undifferentiated	0.028				4		0.018	0.004	
17:1g									
18:1 undifferentiated	6.149				4		3.874	0.984	
20:1g	0.152				4		0.096	0.024	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	5.024				4		3.165	0.804	
18:2 undifferentiatedg	4.977				4		3.136	0.796	
18:3 undifferentiatedg	0.047				4		0.030	0.008	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	3				9		2	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromineg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	37		0	FLA	4		23.017	5.846	
Carotene, alphamcg	24		0	FLA	4		14.890	3.782	
Cryptoxanthin, beta mcg	0		0	FLA	4		0.298	0.076	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	507		0	FLA	4		319.565	81.159	

Common Measures:

Measure 1 = 63g: 1 cup, crushed

Measure 2 = 16g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

NDB No. 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure 3	
Proximates:											
Water	-	1.70		0	PAE	4		0.48			
Energy		320		0	MC	9		91			
Energy		1339		_		9		380			
Protein		8.10		1	MA	12		2.30			
Total lipid (fat)		3.93		1 0	MA	12 4		1.11 0.74			
Ash		2.60		0	BFCN	9		17.89			
Carbohydrate, by difference		63.10 3.6		0	MC LC	8		17.89			
Fiber, total dietary		1.92		0	T	4		0.54			
Sugars, total		1.92		U	1	4		0.54			
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	-	147		1	MA	12		42			
Iron, Fe		0.90		1	MA	12		0.26			
Magnesium, Mg		99		0	PAE	4		28			
Phosphorus, P		245		0	PAE	4		69			
Potassium, K		396		0	PAE	4		112			
Sodium, Na		792		1 0	MA	12 4		225			
Zinc, Zn Copper, Cu		1.67 0.181		0	PAE PAE	4		0.47 0.051			
Manganese, Mn	_	0.181		0	PAE	4		0.031			
Selenium, Se		13.3	,	0	PAE	4		3.8			
Scientini, Sc	9	20.0		•		-		3.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	MC	9		0.0			
Thiamin	-	0.319		0	PAE	4		0.090			
Riboflavin		0.334		0	PAE	4		0.095			
Niacin		2.683		0	PAE	4		0.761			
Pantothenic acid		0.859		0	PAE	4		0.244			
Vitamin B-6	-	0.400)	0	PAE	4		0.113			
Folate, total		16 0		0	PAE Z	4 7		5 0			
Folic acid	-	16		0	NR	4		5			
Folate, foodFolate, DFE		16		0	NC NC	4		5			
Vitamin B-12		0.27		0	PAE	4		0.08			
Vitamin A, IU		81		0	NC	4		23			
Vitamin A, RAE		4		0	NC	4		1			
Retinol		0		0	FLA	4		0			
Vitamin E (alpha-tocopherol)		3.53		0	FLA	4		1.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4		0.2			
Lipids:											
Fatty acids, total saturated	a	1.054	ı	0	MA	12		0.299			
4:0		0.004		0	MA	12		0.001			
6:0		0.002		0	MA	12		0.001			
8:0	-	0.004		0	MA	12		0.001			
10:0	-	0.017		0	MA	12		0.005			
12:0	-	0.031		0	MA	12		0.009			
13:0											
14:0	g	0.105	5	0	MA	12		0.030			
15:0	g										
16:0	g	0.669	•	0	MA	12		0.190			
17:0	-										
18:0	-	0.222	2	0	MA	12		0.063			
20:0	-										
22:0	a										

	<u>Ar</u>	nount in 10	00 grams	of edib	le portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.379		0	MA	12		0.391		
14:1g									
15:1g	0.000		•		10		0.000		
16:1 undifferentiated	0.020		0	MA	12		0.006		
17:1g	1 227		0	147	12		0.270		
18:1 undifferentiatedg	1.337			MA			0.379		
20:1g	0.019		0	MA	12		0.005		
22:1 undifferentiatedg	0.003		0	MA	12		0.001		
24:1 cg	1.495		0	MA	12		0.424		
Fatty acids, total polyunsaturatedg	1.495		0	MA MA	12		0.424		
18:2 undifferentiated	0.050		0	MA MA	12				
	0.050		0	MA MA	12		0.014 0.000		
18:4g	0.000		U	MA	12		0.000		
20:2 n-6 c,c									
20:3 undifferentiated	0.000		0	MA	12		0.000		
20:5 n-3g	0.000		0	MA	12		0.000		
20:5 n-3g 22:5 n-3g	0.000		0	MA	12		0.000		
22:6 n-3	0.000		0	MA	12		0.000		
Fatty acids, total transg	0.000		U	MA	12		0.000		
Cholesterolg	2		0	PAE	4		1		
Phytosterolsmg	2		Ū	FAL	-		_		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	NR	4		0		
Carotenoids:									
Carotene, beta mcg	37		0	BFSN	4		10.352		
Carotene, alpha mcg	24		0	BFSN	4		6.697		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.134		
Lycopenemcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin mcg	507		0	BFSN	4		143.721		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 10	υ grams	ot edib	ie portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	1.70			BFZN	4					
Energy	-	416		0	NC	4					
Energy		1739		0	NC	4					
Protein		11.00			BFZN	4					
Total lipid (fat)		5.70			BFZN	4					
Ash	-	1.00			NC	4					
Carbohydrate, by difference		80.10			BFZN	4					
Fiber, total dietary		5.3			LC	8					
Sugars, total		0.85		0	0	4					
Starch											
Minerals:											
Calcium, Ca	mg	159			BFZN	4					
Iron, Fe	-	1.60			BFZN	4					
Magnesium, Mg	mg	97			BFZN	4					
Phosphorus, P		318			BFZN	4					
Potassium, K		272			BFZN	4					
Sodium, Na	-	15			BFZY	4					
Zinc, Zn		1.15			BFZN	4					
Copper, Cu		0.110)		BFZN	4					
Manganese, Mn		15 7		0	DEGN						
Selenium, Se	nicg	15.7		U	BFZN	4					
Vitamins:		0.0									
Vitamin C, total ascorbic acid		0.2			BFZN	4					
Thiamin		0.220			BFZN BFZN	4 4					
Riboflavin		0.280			BFZN	4					
Niacin Pantothenic acid	_	0.420	,		DF ZN	4					
Vitamin B-6	_	0.180	1		BFZN	4					
Folate, total	-	16			BFZN	4					
Folic acid		0		0	Z	7					
Folate, food		16			BFZN	4					
Folate, DFE		16		0	NC	4					
Vitamin B-12		0.00			BFZN	4					
Vitamin A, IU		82		0	NC	4					
Vitamin A, RAE	mcg_RAE	4		0	NC	4					
Retinol	mcg	0		0	Z	7					
Vitamin E (alpha-tocopherol)		3.53		0	0	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		20.9		0	0	4					
	g	20.3		Ü	Ü	•					
Lipids: Fatty acids, total saturated	а	0.850)		BFFN	4					
4:0		0.000			BFFN	4					
6:0		0.000			BFFN	4					
8:0.		0.000			BFFN	4					
10:0		0.000			BFFN	4					
12:0	-	0.000			BFFN	4					
13:0	-										
14:0		0.000)		BFFN	4					
15:0	-										
16:0		0.684	Į.		BFFN	4					
17:0											
18:0		0.090)		BFFN	4					
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	nount in 10	Number	,		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	1.660			BFFN	4					
14:1g										
15:1g	0.005									
16:1 undifferentiatedg	0.005			BFFN	4					
17:1g	1 500			DEEM						
18:1 undifferentiatedg	1.500			BFFN	4					
20:1g 22:1 undifferentiated	0.000			BFFN BFFN	4					
22:1 undifferentiated	0.000			BFFN	4					
Fatty acids, total polyunsaturated9	2.870			BFFN	4					
18:2 undifferentiatedg	2.524			BFFN	4					
18:3 undifferentiatedg	0.078			BFFN	4					
18:4g	0.078			BFFN	4					
20:2 n-6 c,cg	0.000			DFFN	4					
20:3 undifferentiated										
20:4 undifferentiated	0.000			BFFN	4					
20:5 n-3g	0.000			BFFN	4					
22:5 n-3g	0.000			BFFN	4					
22:6 n-3g	0.000			BFFN	4					
Fatty acids, total trans	0.000				-					
Cholesterolmg	0			z	7					
Phytosterolsmg	·			_	·					
Others:										
Alcohol, ethylg	0.0			Z	7					
Caffeinemg	0		0	Z	7					
Theobromine mg	0		0	Z	7					
Carotenoids:										
Carotene, betamcg	37		0	0	4					
Carotene, alphamcg	24		0	0	4					
Cryptoxanthin, betamcg	0		0	Z	7					
Lycopenemcg	0		0	z	7					
Lutein + zeaxanthin mcg	507		0	0	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<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 3	
Proximates:											
Water	g	1.70	0.093	48		1		0.48	3.86		
Energy	kcal	498		0	NC	4		141	1130		
Energy	kj	2084				4		591	4730		
Protein (N x 6.3)	g	7.80	0.101	41		1		2.21	17.71		
Total lipid (fat)	g	25.60	0.236	68		1		7.26	58.11		
Ash	g	2.60	0.091	43		1		0.74	5.90		
Carbohydrate, by difference	g	62.40		0	NC	4		17.69	141.65		
Fiber, total dietary	g	5.3		0		1		1.5	12.0		
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium. Ca	ma	147	5.910	45		1		42	334		
Iron, Fe		1.43	0.057	46		1		0.41	3.25		
Magnesium, Mg	_	82	1.870	42		1		23	186		
Phosphorus, P		244	7.396	42		1		69	554		
Potassium, K	-	216	7.799	45		1		61	490		
Sodium, Na	-	708	17.497	75		1		201	1607		
Zinc, Zn	_	1.20	0.071	31		1		0.34	2.72		
Copper, Cu		0.177	0.022	38		1		0.050	0.402		
Manganese, Mn		0.408	0.011	29		1		0.116	0.926		
Selenium, Se	mcg	6.7		0	BFZN	4		1.9	15.2		
Vitamins:											
	ma	1.8		2		1		0.5	4.1		
Vitamin C, total ascorbic acid Thiamin	-	0.128	0.010	37		1		0.036	4.1 0.291		
Riboflavin		0.128		37		1		0.054	0.429		
Niacin	-	1.431		35		1		0.406	3.248		
Pantothenic acid	_	0.290		3		1		0.082	0.658		
Vitamin B-6	-	0.286		3		1		0.081	0.649		
Folate, total	-	14		1		1		4	32		
Folic acid		0		0	z	7		0	0		
Folate, food		14		1		1		4	32		
Folate, DFE		14		0	NC	4		4	32		
Vitamin B-12		0.05		1		4		0.01	0.11		
Vitamin A, IU	IU -	371	37.190	20		1		105	842		
Vitamin A, RAE		24		0	NC	4		7	53		
Retinol	mcg	6		0	NC	4		2	14		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	4.900		0		1		1.389	11.123		
4:0		0.020		3		1		0.006	0.045		
6:0	g										
8:0	g										
10:0	-										
12:0	-	0.050		3		1		0.014	0.114		
13:0	-										
14:0		0.180		3		1		0.051	0.409		
15:0	-										
16:0	-	3.170		3		1		0.899	7.196		
17:0	-										
18:0	-	1.480		3		1		0.420	3.360		
20:0	-										
22:0	a										

		<u>An</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			Num of Da		Source	Confidence	<u></u>			
Nutrients and Units		Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	15.090		0	1		4.278	34.254		
14:1	g									
15:1										
16:1 undifferentiated	-	0.100		3	1		0.028	0.227		
17:1										
18:1 undifferentiated		15.000		3	1		4.253	34.050		
20:1										
22:1 undifferentiated										
24:1 c				_	_					
Fatty acids, total polyunsaturated		3.540		0	1		1.004	8.036		
18:2 undifferentiated	•	3.400		3	1		0.964	7.718		
18:3 undifferentiated	-	0.140		3	1		0.040	0.318		
18:4										
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated 20:5 n-3	-									
20:5 n-3										
22:5 n-3	-									
Fatty acids, total trans	-									
Cholesterol		3	0.393 1	0	1		1	7		
Phytosterols	-	J	0.000	•	_		-	•		
•										
Amino Acids:	_			•	_					
Tryptophan		0.066		0	1		0.019	0.150		
Threonine	-	0.282		0	1		0.080	0.640		
Isoleucine	-	0.296		0	1		0.084	0.672		
Leucine	_	0.881		0	1		0.250	2.000		
Lysine	-	0.291		0 0	1 1		0.082	0.661		
Methionine		0.163 0.125		0	1		0.046	0.370 0.284		
Cystine		0.125		0	1		0.035 0.106	0.284		
Phenylalanine		0.374		0	1		0.106	0.849		
Tyrosine		0.318		0	1		0.090	0.722		
Valine		0.402		0	1		0.114	0.913		
Arginine		0.387		0	1		0.110	0.878		
	_	0.503		0	1		0.143	1.142		
AlanineAspartic acid	_	0.503		0	1		0.143	1.142		
Glutamic acid		1.507		0	1		0.427	3.421		
GlycineGlycine	-	0.286		0	1		0.081	0.649		
Proline		0.286		0	1		0.192	1.535		
Serine	-	0.370		0	1		0.105	0.840		
Hydroxyproline	-	0.370		•	-		0.103	0.040		
11yaroxypromic	y									

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 3 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

NDB No. 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour

		<u>A</u> 1	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
							Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		1.70		0	BFZN	4		0.48			
Energy	kcal	498		0	BFZN	4		141			
Energy	kj	2084				4		591			
Protein	_	7.80		0	BFZN	4		2.21			
Total lipid (fat)		25.60		0	BFZN	4		7.26			
Ash		2.60		0	BFZN	4		0.74			
Carbohydrate, by difference		62.40		0	BFZN	4 4		17.69 1.5			
Fiber, total dietary		5.3		U	BFZN	4		1.5			
Sugars, total											
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	_	147		0	BFZN	4		42			
Iron, Fe.		3.70		1	MA	12		1.05			
Magnesium, Mg		82 244		0 0	BFZN BFZN	4 4		23 69			
Phosphorus, P Potassium, K		216		0	BFZN	4		6 9			
Sodium, Na		708		0	BFZN	4		201			
Zinc, Zn		1.20		0	BFZN	4		0.34			
Copper, Cu		0.177	,	0	BFZN	4		0.050			
Manganese, Mn		0.408	3	0	BFZN	4		0.116			
Selenium, Se	mcg	13.0		0	BFZN	4		3.7			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		1.8		0	BFZN	4		0.5			
Thiamin	-	0.400		1	MA	12		0.113			
Riboflavin	_	0.350		1 1	MA MA	12 12		0.099			
Niacin Pantothenic acid		4.000 0.290		0	BFZN	4		1.134 0.082			
Vitamin B-6		0.286		0	BFZN	4		0.082			
Folate, total	-	130		1	MA	12		37			
Folic acid		0		0	z	7		0			
Folate, food	mcg	130		1	MA	12		37			
Folate, DFE	mcg_DFE	130		0	NC	4		37			
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.05		0	BFZN	4		0.01			
Vitamin A, IU		371		0	BFZN	4		105			
Vitamin A, RAE		24		0	NC	4		7			
Retinol	-	6		0	NC	4		2			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		4.900		0	BFZN	4		1.389			
4:0	-	0.020		0	BFZN	4		0.006			
6:0		0.000		0 0	BFZN	4 4		0.000 0.000			
8:0 10:0	_	0.000		0	BFZN BFZN	4		0.000			
12:0	-	0.050		0	BFZN	4		0.000			
13:0				•		-					
14:0	_	0.180)	0	BFZN	4		0.051			
15:0	_										
16:0	g	3.170)	0	BFZN	4		0.899			
17:0	g										
18:0		1.480)	0	BFZN	4		0.420			
20:0											
22:0 24:0											

		<u>A</u> 1	mount in 10	00 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of food	<u>l</u>
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	15.090		0	BFZN	4		4.278		
14:1										
15:1										
16:1 undifferentiated		0.100		0	BFZN	4		0.028		
17:1	_					_				
18:1 undifferentiated		15.000		0	BFZN	4		4.253		
20:1	-	0.000		0	BFZN	4		0.000		
22:1 undifferentiated	•	0.000		0	BFZN	4		0.000		
24:1 c	_	0.540								
Fatty acids, total polyunsaturated		3.540		0	BFZN	4		1.004		
18:2 undifferentiated	_	3.400			BFZN	4		0.964		
18:3 undifferentiated	_	0.140		0	BFZN BFZN	4 4		0.040		
18:4		0.000		U	BFZN	4		0.000		
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.000		0	BFZN	4		0.000		
20:5 n-3	_	0.000		0	BFZN	4		0.000		
	_	0.000		0	BFZN	4		0.000		
22:5 n-3 22:6 n-3		0.000		0	BFZN	4		0.000		
Fatty acids, total trans	_	0.000		Ū	DI ZIN	-		0.000		
Cholesterol		3		0	BFZN	4		1		
Phytosterols	_	0		0	BFZN	4		0		
1 lly tosterois	9	· ·		·		-		Ü		
Amino Acids:										
Tryptophan	g	0.066		0	BFZN	4		0.019		
Threonine	g	0.282		0	BFZN	4		0.080		
Isoleucine	g	0.296		0	BFZN	4		0.084		
Leucine	g	0.881		0	BFZN	4		0.250		
Lysine	g	0.291		0	BFZN	4		0.082		
Methionine	g	0.163		0	BFZN	4		0.046		
Cystine	g	0.125		0	BFZN	4		0.035		
Phenylalanine	g	0.374		0	BFZN	4		0.106		
Tyrosine	g	0.318		0	BFZN	4		0.090		
Valine	g	0.402		0	BFZN	4		0.114		
Arginine	g	0.387		0	BFZN	4		0.110		
Histidine	g	0.238		0	BFZN	4		0.067		
Alanine	g	0.503		0	BFZN	4		0.143		
Aspartic acid		0.537		0	BFZN	4		0.152		
Glutamic acid	-	1.507		0	BFZN	4		0.427		
Glycine	_	0.286		0	BFZN	4		0.081		
Proline	g	0.676		0	BFZN	4		0.192		
Serine	-	0.370		0	BFZN	4		0.105		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams o	ot edik	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	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duranian											
Proximates: Water	g	1.30	0.109	15		1		0.37	2.21		
Energy	-	445		0	NC	4		126	757		
Energy		1862				4		528	3165		
Protein (N x 6.3)		8.70	0.233	15		1		2.47	14.79		
Total lipid (fat)	-	15.20	0.153	24		1		4.31	25.84		
Ash		3.20	0.041	15		1		0.91	5.44		
Carbohydrate, by difference		71.60		0	NC	4		20.30	121.72		
Fiber, total dietary		4.8		0		4		1.4	8.1		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	-	159	4.372	15		1		45	270		
Iron, Fe		1.63	0.037	15		1		0.46	2.77		
Magnesium, Mg		97	1.668	15		1		27	165		
Phosphorus, P	_	318	2.774	15		1		90	541		
Potassium, K		272	2.543	15		1		77	462		
Sodium, Na		1003	16.229	24		1		284	1705		
Zinc, Zn											
Copper, Cu		0.143		12		1		0.041	0.243		
Manganese, Mn		0.436	0.007	12		1		0.124	0.741		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2	0.058	12		1		0.1	0.3		
Thiamin		0.222	0.003	15		1		0.063	0.377		
Riboflavin		0.274	0.006	15		1		0.078	0.466		
Niacin		0.415	0.107	15		1		0.118	0.706		
Pantothenic acid	mg										
Vitamin B-6		0.231		1		4		0.065	0.393		
Folate, total	mcg	26		1		4		7	44		
Folic acid	mcg	0		0	z	7		0	0		
Folate, food	mcg	26		1		4		7	44		
Folate, DFE		26		0	NC	4		7	44		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU	IU	380	11.470	15		1		108	646		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		7	41		
Retinol		6		0	NC	4		2	10		
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	a	2.910)	0		1		0.825	4.947		
4:0		0.010		3		1		0.003	0.017		
6:0	-										
8:0											
10:0											
12:0		0.030)	3		1		0.009	0.051		
13:0											
14:0	-	0.110)	3		1		0.031	0.187		
15:0											
16:0		1.880)	3		1		0.533	3.196		
17:0											
18:0	-	0.880)	3		1		0.249	1.496		
20:0	-								-		
22:0	-										
	g										

	<u>Ar</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	8.950	0	1		2.537	15.215		
14:1g	8.930	O .	-		2.557	15.215		
15:1g								
16:1 undifferentiated	0.060	3	1		0.017	0.102		
17:1	0.000	•	_		0.02.	V V		
18:1 undifferentiated	8.890	3	1		2.520	15.113		
20:1					2.020	201220		
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturatedg	2.100	0	1		0.595	3.570		
18:2 undifferentiatedg	2.020	3	1		0.573	3.434		
18:3 undifferentiatedg	0.090	3	1		0.026	0.153		
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	3	0.084 15	1		1	5		
Phytosterols mg								
Amino Acids:								
Tryptophang	0.069	0	1		0.020	0.117		
Threonineg	0.314	0	1		0.089	0.534		
Isoleucineg	0.331	0	1		0.094	0.563		
Leucineg	0.989	0	1		0.280	1.681		
Lysineg	0.316	0	1		0.090	0.537		
Methionineg	0.181	0	1		0.051	0.308		
Cystineg	0.139	0	1		0.039	0.236		
Phenylalanine	0.417	0	1		0.118	0.709		
Tyrosineg	0.352	0	1		0.100	0.598		
Valine	0.446		1		0.126	0.758		
Arginineg	0.429		1		0.122	0.729		
Histidineg	0.262	0	1		0.074	0.445		
Alanineg	0.569	0	1		0.161	0.967		
Aspartic acid	0.596	0	1		0.169	1.013		
Glutamic acidg	1.669	0	1		0.473	2.837		
Glycineg	0.320	0	1		0.091	0.544		
Proline	0.755	0	1		0.214	1.284		
Serineg	0.411	0	1		0.117	0.699		
Hydroxyprolineg								

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 170g: 1 bag (6 oz)

Calories Factors: Protein 2.9 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.80	0.109	42		1		0.51	3.83		
Energy	kcal	501		0	NC	4		142	1067		
Energy	kj	2096				4		594	4465		
Protein (N x 6.2)	g	7.00	0.127	38		1		1.98	14.91		
Total lipid (fat)	g	26.20	0.489	41		1		7.43	55.81		
Ash	g	2.20	0.141	35		1		0.62	4.69		
Carbohydrate, by difference	g	62.90		0	NC	4		17.83	133.98		
Fiber, total dietary	g	6.5		0		1		1.8	13.8		
Sugars, total	g	0.53		0	FLA	4		0.15	1.12		
Starch	g										
M:											
Minerals: Calcium, Ca	ma	154	6.024	38		1		44	328		
Iron, Fe		1.52	0.024	36		1		0.43	3.24		
Magnesium, Mg		88	1.440	37		1		25	187		
Phosphorus, P		205	5.441	37		1		58	437		
Potassium, K	-	197	6.507	37		1		56	420		
Sodium, Na		528	21.206	42		1		150	1125		
Zinc, Zn		1.53	0.093	10		1		0.43	3.26		
Copper, Cu		0.120		31		1		0.034	0.256		
Manganese, Mn		0.382		28		1		0.108	0.814		
Selenium, Se		6.7	0.845	39	A	1		1.9	14.3		
•	-										
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0		
Thiamin		0.075		29		1		0.021	0.160		
Riboflavin	=	0.184		30		1		0.052	0.392		
Niacin	_	1.279		35		1		0.363	2.724		
Pantothenic acid	-	0.788		1		4		0.223	1.678		
Vitamin B-6		0.286	0.026	14		1		0.081	0.609		
Folate, total		10		1	_	4		3	21		
Folic acid		0		0	Z	7		0 3	0		
Folate, food		10		0	NR	4			21		
Folate, DFE		10		0	NC	4		3	21		
Vitamin B-12		0.00 81		1 0	NO	4 4		0.00	0.00		
Vitamin A, IU				-	NC			23	172		
Vitamin A, RAE		4 0		0	NC	4 7		1 0	9		
Retinol		3.53		0	Z FLA	4		1.00	0 7.52		
Vitamin E (alpha-tocopherol)		3.53		U	FLA	4		1.00	7.52		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.7		0	FLA	4		0.2	1.5		
<u>Lipids:</u>											
Fatty acids, total saturated	-	5.020		0		1		1.423	10.693		
4:0		0.020		3		1		0.006	0.043		
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		0.050		3		1		0.014	0.107		
13:0	-	0 100		3		1		0.051	0 202		
14:0	-	0.180		3		1		0.051	0.383		
15:0		3.240		3		1		0.919	6 001		
16:0		3.240		3		1		0.919	6.901		
17:0	-	1.520		3		1		0.431	3.238		
18:0 20:0	-	1.520		3		1		∪. 4 31	3.238		
22:0	-										
44.V	y										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common	
				Number				measures of food			
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
		45 450									
Fatty acids, total monounsatura		15.450		0		1		4.380	32.909		
15:1	g										
16:1 undifferentiated	-	0.100		3		1		0.028	0.213		
17:1	-										
18:1 undifferentiated	-	15.350		3		1		4.352	32.696		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturate		3.630		0		1		1.029	7.732		
18:2 undifferentiated		3.480		3		1		0.987	7.412		
18:3 undifferentiated		0.150		3		1		0.043	0.320		
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	mg	0		2		1		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.050		0		1		0.014	0.107		
Threonine		0.266		0		1		0.075	0.567		
Isoleucine	-	0.254		0		1		0.073	0.541		
Leucine	-	0.868		0		1		0.072	1.849		
Lysine		0.199		0		1		0.056	0.424		
Methionine		0.148		0		1		0.042	0.315		
Cystine		0.128		0		1		0.036	0.273		
Phenylalanine		0.120		0		1		0.099	0.741		
Tyrosine		0.288		0		1		0.082	0.613		
Valine	-	0.358		0		1		0.101	0.763		
Arginine	-	0.352		0		1		0.101	0.750		
Histidine		0.332		0		1		0.100	0.460		
		0.216		0		1		0.061	1.129		
Alanine		0.530		0		1		0.130	1.129		
1	-	1.329		0		1		0.140	2.831		
Glutamic acid	-	0.290		0		1		0.377	0.618		
Glycine				0		1					
Proline		0.618		0		1		0.175 0.096	1.316 0.718		
Serine		0.337		U		1		0.096	0.718		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine		0		0	FLA	4		0	0		
Theobromine		0		0	FLA	4		0	0		
Carotenoids:	-										
	m			•				10 050	TF 000		
Carotene, beta	_	37		0	FLA	4		10.358	77.820		
Carotene, alpha		24		0	FLA	4		6.701	50.343		
Cryptoxanthin, beta		0		0	FLA	4		0.134	1.008		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	ii)cg	507		0	FLA	4		143.804	1080.434		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 213g: 1 bag (7-1/2 oz)

NDB No. 19056

Snacks, tortilla chips, plain

Calories Factors: Protein 2.7 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Ar</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	-			<u>m</u>	easures of food	_	
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates: Water	a	1.70	0.068	6		1		0.48	3.37		
Energy		490	0.000	0	NC	4		139	970		
Energy		2050		·	110	4		581	4059		
Protein (N x 6.3)		7.60	0.292	6		1		2.15	15.05		
Total lipid (fat)		23.80	0.668	6		1		6.75	47.12		
Ash		2.20	0.098	6		1		0.62	4.36		
Carbohydrate, by difference		64.60		0	NC	4		18.31	127.91		
Fiber, total dietary		3.9		0		4		1.1	7.7		
Sugars, total											
Starch											
Salei											
Minerals:											
Calcium, Ca		141	10.016	6		1		40	279		
Iron, Fe	_	1.46	0.120	5		1		0.41	2.89		
Magnesium, Mg		89	1.998	6		1		25	176		
Phosphorus, P		239	15.556	6		1		68	473		
Potassium, K		244	13.644	6		1		69	483		
Sodium, Na	-	612	24.530	6		1 1		174	1212		
Zinc, Zn		1.24 0.118	0.010 0.024	3 5		1		0.35 0.033	2.46 0.234		
Copper, Cu		0.118		3		1		0.033	0.234		
Manganese, Mn		6.7	0.008	0	BFZN	4		1.9	13.3		
Selenium, Se	nicg	6.7		U	DF ZN	4		1.9	13.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.9	0.380	4		1		0.3	1.8		
Thiamin	mg	0.105	0.012	6		1		0.030	0.208		
Riboflavin	mg	0.238	0.058	6		1		0.067	0.471		
Niacin	mg	1.455	0.116	6		1		0.412	2.881		
Pantothenic acid	-	0.615		1		4		0.174	1.218		
Vitamin B-6	_	0.200		1		4		0.057	0.396		
Folate, total		17		1		4		5	34		
Folic acid		0		0	Z	7		0	0		
Folate, food		17		1		4		5	34		
Folate, DFE		17		0	NC	4		5	34		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		256	3.692	4		1		73	507		
Vitamin A, RAE		15		0	NC	4		4	29		
Retinol		2		0	NC	4		1	4		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		4.560		0		1		1.293	9.029		
4:0	-	0.020		3		1		0.006	0.040		
6:0											
8:0											
10:0		0.040		3		1		0 011	0.070		
12:0		0.040		3		1		0.011	0.079		
13:0 14:0	_	0.170		3		1		0.048	0.337		
15:0	_	0.170		3		_		0.040	0.331		
16:0	_	2.950		3		1		0.836	5.841		
17:0	_	550		-		-		0.050	3.041		
18:0	-	1.380		3		1		0.391	2.732		
20:0	-	2.200		-		-					
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
		Numbe			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	14.050	0	1		3.983	27.819		
14:1g								
15:1g								
16:1 undifferentiatedg	0.090	3	1		0.026	0.178		
17:1g								
18:1 undifferentiatedg	13.960	3	1		3.958	27.641		
20:1g								
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturated9	3.300	0	1		0.936	6.534		
18:2 undifferentiatedg	3.160	3	1		0.896	6.257		
18:3 undifferentiatedg	0.130	3	1		0.037	0.257		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans9								
Cholesteroln	ng 1	0.323 6	1		0	2		
Phytosterolsn	ng							
Amino Acids:								
Tryptophan	0.058	0	1		0.016	0.115		
Threonine		0	1		0.081	0.564		
Isoleucine	0.280	0	1		0.079	0.554		
Leucine9	0.871	0	1		0.247	1.725		
Lysineg	0.246	0	1		0.070	0.487		
Methionine9	0.154	0	1		0.044	0.305		
Cystineg	0.131	0	1		0.037	0.259		
Phenylalanine9	0.358	0	1		0.101	0.709		
Tyrosineg	0.297	0	1		0.084	0.588		
Valineg	0.380	0	1		0.108	0.752		
Arginineg	0.385	0	1		0.109	0.762		
Histidine9		0	1		0.063	0.442		
Alanineg		0	1		0.150	1.045		
Aspartic acidg	0.542	0	1		0.154	1.073		
Glutamic acidg	1.463	0	1		0.415	2.897		
Glycineg		0	1		0.084	0.584		
Prolineg	0.633	0	1		0.179	1.253		
Serineg		0	1		0.100	0.695		
Hydroxyproline								

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 bag (7 oz)

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			m	easures of food	<u>-</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	1.60	0.112	13		1		0.45	3.63		
Energy	-	480		0	NC	4		136	1090		
Energy		2008				4		569	4559		
Protein (N x 6.2)		7.90	0.223	13		1		2.24	17.93		
Total lipid (fat)		24.20	0.362	13		1		6.86	54.93		
Ash		3.10	0.239	13		1		0.88	7.04		
Carbohydrate, by difference	g	63.10		0	NC	4		17.89	143.24		
Fiber, total dietary	g	5.3		0		4		1.5	12.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	155	6.066	13		1		44	352		
Iron, Fe	-	2.02	0.095	13		1		0.57	4.59		
Magnesium, Mg		88	2.127	13		1		25	200		
Phosphorus, P		239	13.229	13		1		68	543		
Potassium, K	-	217	10.119	13		1		62	493		
Sodium, Na		787	51.292	16		1		223	1786		
Zinc, Zn	mg	1.27	0.105	13		1		0.36	2.88		
Copper, Cu	mg	0.186	0.037	13		1		0.053	0.422		
Manganese, Mn	mg	0.442	0.034	8		1		0.125	1.003		
Selenium, Se	mcg	6.7		0	BFZN	4		1.9	15.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9		1		4		0.3	2.0		
Thiamin		0.242	0.015	13		1		0.069	0.549		
Riboflavin		0.204	0.018	10		1		0.058	0.463		
Niacin		1.999	0.100	13		1		0.567	4.538		
Pantothenic acid	mg	0.290)	1		4		0.082	0.658		
Vitamin B-6	mg	0.297	0.009	3		1		0.084	0.674		
Folate, total	mcg	21		1		4		6	48		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	21		1		4		6	48		
Folate, DFE		21		0	NC	4		6	48		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		905	119.446	8		1		257	2054		
Vitamin A, RAE		45		0	NC	4		13	103		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	~	4		•		-		1 215	10 500		
Fatty acids, total saturated		4.640 0.020		0 3		1 1		1.315	10.533 0.045		
4:0 6:0		0.020	,	3		_		0.006	0.045		
8:0	-										
10:0	-										
12:0		0.050)	3		1		0.014	0.114		
13:0		2.200		-		_		3.02.	V1		
14:0	-	0.170)	3		1		0.048	0.386		
15:0	-										
16:0	-	3.000)	3		1		0.851	6.810		
17:0	g										
18:0	g	1.410)	3		1		0.400	3.201		
20:0	g										
22:0	g										
24:0	n										

	<u>Aı</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Number	_		me	easures of 1000		
Nutrients and Units	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	14.290		0	1		4.051	32.438		
14:1g									
15:1g									
16:1 undifferentiatedg	0.090		3	1		0.026	0.204		
17:1g									
18:1 undifferentiatedg	14.200		3	1		4.026	32.234		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	3.360		0	1		0.953	7.627		
18:2 undifferentiatedg	3.220		3	1		0.913	7.309		
18:3 undifferentiatedg	0.140		3	1		0.040	0.318		
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	5		1	4		1	11		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.067		0	1		0.019	0.152		
Threonine 9	0.292		0	1		0.083	0.663		
Isoleucine	0.315		0	1		0.089	0.715		
Leucine	0.890		0	1		0.252	2.020		
Lysineg	0.300		0	1		0.085	0.681		
Methionineg	0.163		0	1		0.046	0.370		
Cystineg	0.127		0	1		0.036	0.288		
Phenylalanine	0.384		0	1		0.109	0.872		
Tyrosineg	0.318		0	1		0.090	0.722		
Valineg	0.412		0	1		0.117	0.935		
Arginineg	0.401		0	1		0.114	0.910		
Histidine	0.240		0	1		0.068	0.545		
Alanine	0.512		0	1		0.145	1.162		
Aspartic acid	0.587		0	1		0.166	1.332		
Glutamic acid	1.519		0	1		0.431	3.448		
Glycineg	0.300		0	1		0.085	0.681		
Proline	0.679		0	1		0.192	1.541		
Serineg	0.383		0	1		0.109	0.869		
Hydroxyprolineg									

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 bag (8 oz)

Calories Factors: Protein 2.9 Fat 8.7 Carbohydrate 3.9

Food Group: 25 Snacks

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portio	<u>on</u>		edible portion	
			Nun	ber			<u>m</u>	easures of food	
Nutrients and Un	:40	Maan	of D Std. Error Poi	ata Deriv		Confidence Code	Magazina 4	Magazira 2	Magazza
Nutrients and On	its	Mean	Sta. Error 1 of	113 0000	Oode	Oode	Measure 1	Measure 2	Measure
Proximates:									
Water		1.50			4		0.39	0.42	0.27
Energy	kcal	518		0 NC	4		135	145	93
Energy	kj	2165		0 NC	4		563	606	390
Protein	g	7.50			4		1.95	2.10	1.35
Total lipid (fat)	g	26.30		0 NR	. 4		6.84	7.36	4.73
Ash	g	2.00		0 NR	4		0.52	0.56	0.36
Carbohydrate, by difference	g	62.70		0 NC	4		16.30	17.56	11.29
Fiber, total dietary	g	6.5			1		1.7	1.8	1.2
Sugars, total	g	0.85		0 0	4		0.22	0.24	0.15
Starch									
<u>Minerals:</u>		a.e			_				
Calcium, Ca		154			4		40	43	28
Iron, Fe	-	1.50			4		0.39	0.42	0.2
Magnesium, Mg		81			4		21	23	15
Phosphorus, P	-	234			4		61	66	42
Potassium, K		188			4		49	53	34
Sodium, Na		242			4		63	68	44
Zinc, Zn	-	1.19			4		0.31	0.33	0.21
Copper, Cu		0.182			4		0.047	0.051	0.03
Manganese, Mn									
Selenium, Se	mcg	6.7		0 BFZI	1 4		1.7	1.9	1.2
Vitamins:									
Vitamin C, total ascorbic acid	ma	2.0			4		0.5	0.6	0.4
Thiamin	_	0.120	1		4		0.031	0.034	0.02
Riboflavin	-	0.150			4		0.039	0.042	0.02
Niacin		1.250			4		0.325	0.350	0.22
Pantothenic acid	_	1.230			•		0.525	0.550	0.22
Vitamin B-6	-	0.260	1		4		0.068	0.073	0.04
Folate, total		7			4		2	2	1
Folic acid		0		0 z	7		0	0	0
Folate, food	_	7		0 NR	4		2	2	1
Folate, DFE		7		0 NC	4		2	2	1
Vitamin B-12		0.00			7		0.00	0.00	0.00
Vitamin A, IU		82		0 NC	4		21	23	15
Vitamin A, RAE		4		0 NC	4		1	1	1
Retinol		0		0 Z	7		0	0	0
Vitamin E (alpha-tocopherol)		3.53		0 0	4		0.92	0.99	0.64
Tocopherol, beta	_	3.33		•	•		0.52	0.33	0.04
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		20.9		0 0	4		5.4	5.8	3.8
<u> Lipids:</u>									
Fatty acids, total saturated		4.364			4		1.135	1.222	0.78
4:0	-	0.000			4		0.000	0.000	0.00
6:0	g	0.000			4		0.000	0.000	0.00
8:0	-	0.000			4		0.000	0.000	0.00
10:0	_	0.000			4		0.000	0.000	0.00
12:0	_	0.000)		4		0.000	0.000	0.00
13:0									
14:0	_	0.023	1		4		0.006	0.006	0.0
15:0	_								
16:0	-	2.570)		4		0.668	0.720	0.4
17:0	g								
18:0	g	0.561			4		0.146	0.157	0.1
20:0	g								
22:0	g								
24:0	a								

	<u>Aı</u>	mount in 10	00 grams Number	of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	11.585				4		3.012	3.244	2.085	
14:1	11.505				•		3.012	3.244	2.003	
15:1 9										
16:1 undifferentiated.	0.026				4		0.007	0.007	0.005	
17:1g										
18:1 undifferentiatedg	11.254				4		2.926	3.151	2.026	
20:1g	0.305				4		0.079	0.085	0.055	
22:1 undifferentiatedg	0.000				4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	8.805				4		2.289	2.465	1.585	
18:2 undifferentiated	8.766				4		2.279	2.454	1.578	
18:3 undifferentiatedg	0.039				4		0.010	0.011	0.007	
18:4g	0.000				4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterol mg	0				7		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	0	
Theobromineg	0		0	Z	7		0	0	0	
Carotenoids:										
Carotene, betamcg	37		0	0	4		9.620	10.360	6.660	
Carotene, alphamcg	24		0	0	4		6.240	6.720	4.320	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	507		0	0	4		131.820	141.960	91.260	

Common Measures:

Measure 1 = 26g: 1 cup

Measure 2 = 28g: 1 bag, single serving

Measure 3 = 18g: 10 chips

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	umber				<u>me</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	1 edible portion neasures of food Measure 2 2.61 131 548 3.91 8.33 0.74 12.73 22 0.86 45 98 194 65 0.91 0.279 0.293 0.4 0.131 0.056 1.336 0.254 0.084 20 0 0 0 0 0 0 0 1.573 0.003 0.057 0.045 0.332 0.136 0.717 0.284	Measure :
Proximates:										
Water	g	9.20		1		1		13.80	2.61	3.86
Energy	kcal	462		0	NC	4		693	131	194
Energy	kj	1933				4		2900	548	812
Protein (N x 5.4)	g	13.80		1		1		20.70	3.91	5.80
Total lipid (fat)	g	29.40		1		1		44.10	8.33	12.35
Ash	g	2.60		1		1		3.90	0.74	1.09
Carbohydrate, by difference	g	44.90		0	NC	4		67.35	12.73	18.86
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
3.6°)										
Minerals:	ma	78		1		1		117	22	33
Calcium, Ca	_	3.05		1 1		1		117 4.58		1.28
Iron, Fe		158		1		1		4.58 237		66
Magnesium, Mg Phosphorus, P		345		1		1		518		145
Potassium, K		685		1		1		1028		288
Sodium, Na		229		1		1		344		96
Zinc, Zn		3.22		1		1		4.83		1.35
Copper, Cu	-	0.985	5	1		1		1.478		0.41
Manganese, Mn		1.034		1		1		1.551		0.43
Selenium, Se			-	_		-		2.002	0.255	0.15
·	············· • J									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.4		1		1		2.1		0.6
Thiamin		0.462		1		1		0.693		0.19
Riboflavin		0.198		1		1		0.297		0.08
Niacin		4.712		1		1		7.068		1.97
Pantothenic acid	_	0.895		1		1		1.343		0.37
Vitamin B-6	-	0.298	3	1		1		0.447		0.12
Folate, total		71		1	_	1		107		30
Folic acid		0		0	Z	7		0		0
Folate, food		71		1		1		107		30
Folate, DFE		71		0	NC	4		107		30
Vitamin B-12	mcg	0.00		1		1		0.00		0.00
Vitamin A, IU		18		1		1		27		8
Vitamin A, RAE		1		0	NC	4		1		0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
4 3 1 /	9									
<u>Lipids:</u>										
Fatty acids, total saturated		5.550)	0		1		8.325	1.573	2.33
4:0			_							
6:0		0.010		1		1		0.015		0.00
8:0	_	0.200		1		1		0.300		0.08
10:0		0.160		1		1		0.240		0.06
12:0	-	1.170)	1		1		1.755	0.332	0.49
13:0				_		_				= :
14:0	-	0.480)	1		1		0.720	0.136	0.20
15:0	_			_		_				<u> </u>
16:0	-	2.530)	1		1		3.795	0.717	1.06
17:0	_									_
18:0	_	1.000)	1		1		1.500	0.284	0.42
20:0 22:0	_									
	α									

of Data Deriv Source Confidence			<u>Aı</u>	nount in 100 gra		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
14:1	Nutrients and Un	nits	Mean	of D	ata Deriv			Measure 1	Measure 2	Measure 3	
15.1	Fatty acids, total monounsaturated.	g	12.530		0	1		18.795	3.552	5.263	
16 Indifferentiated	-										
17-1	15:1	g									
18.1 undifferentiated 9 12.290 1 1 1 0.255 0.048 20.1 undifferentiated 9 9 0.170 1 1 0.255 0.048 24.1 c	16:1 undifferentiated	g	0.070		1	1		0.105	0.020	0.029	
201	17:1	g									
22:1 undifferentiated	18:1 undifferentiated	g	12.290		1	1		18.435	3.484	5.162	
22-1 undifferentiated.	20:1	g	0.170		1	1		0.255	0.048	0.071	
Fatty acids, total polyunsaturated 9 9.550 0 1 1 14.475 2.736 18.2 undifferentiated. 9 9.580 1 1 1 14.370 2.716 18.3 undifferentiated. 9 0.070 1 1 1 0.005 0.020 18.4 9 20.2 n.6 c.c. 9 20.5 n											
18.2 undifferentiated 9 9.580 1 1 14.370 2.716 18.3 undifferentiated 9 0.070 1 1 0.105 0.020 18.4 9 <t< td=""><td>24:1 c</td><td>g</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	24:1 c	g									
18.2 undifferentiated 9 9.580 1 1 14.370 2.716 18.3 undifferentiated 9 0.070 1 1 0.105 0.020 18.4 9 <t< td=""><td></td><td>•</td><td>9.650</td><td></td><td>0</td><td>1</td><td></td><td>14.475</td><td>2.736</td><td>4.053</td></t<>		•	9.650		0	1		14.475	2.736	4.053	
18.3 undifferentiated. 9 0.070 1 1 0.105 0.020 18.4. 9 <td></td> <td></td> <td>9.580</td> <td></td> <td>1</td> <td>1</td> <td></td> <td>14.370</td> <td>2.716</td> <td>4.024</td>			9.580		1	1		14.370	2.716	4.024	
18.4.			0.070		1	1		0.105	0.020	0.029	
20.2 n.6 c.c.											
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n - 3 9 22.5 n - 3 9 22.5 n - 3 9 22.6 n - 3 9 22.7 n - 3 10 22.8 n - 3											
20:4 undifferentiated	-										
20:5 n-3											
22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol. mg 0 1 1 0 0 Phytosterols. mg 0 1 1 0.249 0.047 Amino Acids: Tryptophan. 9 0.166 0 1 0.249 0.047 Threonine. 9 0.482 0 1 0.723 0.137 Isoleucine. 9 0.515 0 1 0.773 0.146 Leucine. 9 0.515 0 1 0.773 0.146 Leucine. 9 0.515 0 1 0.773 0.146 Leucine. 9 0.515 0 1 0.773 0.146 Methionine. 9 0.522 0 1 0.303 0.057 Cystine. 9 0.658 0 1 0.987 0.187 Tyrosine. <td< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>		-									
22:6 n-3 9 Fatty acids, total trans 9 Cholesterol. mg 0 1 1 0 0 Prostrestors Amino Acids: Tryptophan. 9 0.166 0 1 0.249 0.047 Threonine 9 0.166 0 1 0.723 0.137 Isoleucine 9 0.515 0 1 0.773 0.146 Leucine 9 0.515 0 1 0.303 0.057 Lysine 9 0.515 0 1 0.303 0.057 Oysine 9 0.658 </td <td></td>											
Fatty acids, total trans		-									
Cholesterol mg 0 1 1 0 0 Phytosterols mg 2 1 1 0 0 Amino Acids: Tryptophan g 0.166 0 1 0.249 0.047 Threonine g 0.482 0 1 0.723 0.137 Isoleucine g 0.515 0 1 0.773 0.146 Leucine g 0.515 0 1 0.773 0.146 Lysine g 0.515 0 1 0.773 0.146 Methionine g 0.515 0 1 0.773 0.146 Oystine g 0.202 0 1 0.326 0.057 Oystine g 0.658 0 1 0.987 0.187 Tyrosine g 0.658 0 1 0.666 0.130 Valine g 0.658 0 1 0.987 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-									
Phytosterols Marion Acids: Sample Phytosterols Phytoster			0		1	1		0	0	0	
Amino Acids: Tryptophan 9 0.166 0 1 0.249 0.047 Threonine 9 0.482 0 1 0.723 0.137 Isoleucine 9 0.515 0 1 0.773 0.146 Leucine 9 0.890 0 1 1.335 0.252 Lysine 9 0.515 0 1 0.773 0.146 Methionine 9 0.515 0 1 0.773 0.146 Methionine 9 0.202 0 1 0.303 0.057 Cystine 9 0.217 0 1 0.326 0.062 Phenylalanine 9 0.658 0 1 0.987 0.187 Tyrosine 9 0.457 0 1 0.987 0.187 Valine 9 0.658 0 1 0.987 0.187 Histidine 9 0.357 0 1 <		_									
Tryptophan 9 0.166 0 1 0.249 0.047 Threonine 9 0.482 0 1 0.723 0.137 Isoleucine 9 0.515 0 1 0.773 0.146 Leucine 9 0.890 0 1 1.335 0.252 Lysine 9 0.515 0 1 0.773 0.146 Methionine 9 0.515 0 1 0.773 0.146 Methionine 9 0.202 0 1 0.303 0.057 Cystine 9 0.217 0 1 0.326 0.062 Phenylalanine 9 0.658 0 1 0.987 0.187 Tyrosine 9 0.457 0 1 0.987 0.187 Arginine 9 0.558 0 1 0.987 0.187 Histidine 9 0.357 0 1 0.536 0.	-										
Threonine 9 0.482 0 1 0.723 0.137 Isoleucine 9 0.515 0 1 0.773 0.146 Leucine 9 0.890 0 1 1.335 0.252 Lysine 9 0.515 0 1 0.773 0.146 Methionine 9 0.202 0 1 0.303 0.057 Cystine 9 0.217 0 1 0.326 0.062 Phenylalanine 9 0.658 0 1 0.987 0.187 Tyrosine 9 0.457 0 1 0.686 0.130 Valine 9 0.658 0 1 0.987 0.187 Arginine 9 0.658 0 1 0.987 0.187 Alistidine 9 0.357 0 1 0.536 0.101 Alanine 9 0.587 0 1 0.881 0.166 <td>Amino Acids:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Amino Acids:										
Isoleucine 9 0.515 0 1 0.773 0.146 Leucine 9 0.890 0 1 1.335 0.252 Lysine 9 0.515 0 1 0.773 0.146 Methionine 9 0.515 0 1 0.773 0.146 Methionine 9 0.202 0 1 0.303 0.057 Cystine 9 0.202 0 1 0.303 0.057 Cystine 9 0.217 0 1 0.326 0.062 Phenylalanine 9 0.658 0 1 0.987 0.187 Tyrosine 9 0.658 0 1 0.987 0.187 Valine 9 0.658 0 1 0.987 0.187 Arginine 9 0.357 0 1 0.536 0.101 Alaine 9 0.587 0 1 0.881 0.166										0.070	
Leucine g 0.890 0 1 1.335 0.252 Lysine g 0.515 0 1 0.773 0.146 Methionine g 0.202 0 1 0.303 0.057 Cystine g 0.217 0 1 0.326 0.062 Phenylalanine g 0.658 0 1 0.987 0.187 Tyrosine g 0.457 0 1 0.686 0.130 Valine g 0.658 0 1 0.987 0.187 Arginine g 0.658 0 1 0.987 0.187 Histidine g 0.357 0 1 0.536 0.101 Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.625 0 1 0.938 0.17	Threonine	g	0.482		0	1		0.723	0.137	0.202	
Lysine 9 0.515 0 1 0.773 0.146 Methionine 9 0.202 0 1 0.303 0.057 Cystine 9 0.217 0 1 0.326 0.062 Phenylalanine 9 0.658 0 1 0.987 0.187 Tyrosine 9 0.457 0 1 0.686 0.130 Valine 9 0.658 0 1 0.987 0.187 Arginine 9 1.520 0 1 0.987 0.431 Histidine 9 0.357 0 1 0.536 0.101 Alanine 9 0.587 0 1 0.881 0.166 Aspartic acid 9 1.523 0 1 2.285 0.432 Glutamic acid 9 3.023 0 1 4.535 0.857 Glycine 9 0.775 0 1 1.163 0.220 Proline 9 0.625 0 1 0.938 0.17	Isoleucine	g	0.515		0	1		0.773	0.146	0.216	
Methionine g 0.202 0 1 0.303 0.057 Cystine g 0.217 0 1 0.326 0.062 Phenylalanine g 0.658 0 1 0.987 0.187 Tyrosine g 0.457 0 1 0.686 0.130 Valine g 0.658 0 1 0.987 0.187 Arginine g 1.520 0 1 2.280 0.431 Histidine g 0.357 0 1 0.536 0.101 Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0	Leucine	g	0.890		0	1		1.335	0.252	0.374	
Cystine 9 0.217 0 1 0.326 0.062 Phenylalanine 9 0.658 0 1 0.987 0.187 Tyrosine 9 0.457 0 1 0.686 0.130 Valine 9 0.658 0 1 0.987 0.187 Arginine 9 1.520 0 1 2.280 0.431 Histidine 9 0.357 0 1 0.536 0.101 Alanine 9 0.587 0 1 0.881 0.166 Aspartic acid 9 1.523 0 1 2.285 0.432 Glutamic acid 9 3.023 0 1 4.535 0.857 Glycine 9 0.775 0 1 1.163 0.220 Proline 9 0.625 0 1 0.938 0.177	Lysine	g	0.515		0	1		0.773	0.146	0.216	
Phenylalanine g 0.658 0 1 0.987 0.187 Tyrosine g 0.457 0 1 0.686 0.130 Valine g 0.658 0 1 0.987 0.187 Arginine g 1.520 0 1 2.280 0.431 Histidine g 0.357 0 1 0.536 0.101 Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177	Methionine	g	0.202		0	1		0.303	0.057	0.085	
Tyrosine 9 0.457 0 1 0.686 0.130 Valine 9 0.658 0 1 0.987 0.187 Arginine 9 1.520 0 1 2.280 0.431 Histidine 9 0.357 0 1 0.536 0.101 Alanine 9 0.587 0 1 0.881 0.166 Aspartic acid 9 1.523 0 1 2.285 0.432 Glutamic acid 9 3.023 0 1 4.535 0.857 Glycine 9 0.775 0 1 1.163 0.220 Proline 9 0.625 0 1 0.938 0.177	Cystine	g	0.217		0	1		0.326	0.062	0.091	
Valine g 0.658 0 1 0.987 0.187 Arginine g 1.520 0 1 2.280 0.431 Histidine g 0.357 0 1 0.536 0.101 Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177	Phenylalanine	g	0.658		0	1		0.987	0.187	0.276	
Valine g 0.658 0 1 0.987 0.187 Arginine g 1.520 0 1 2.280 0.431 Histidine g 0.357 0 1 0.536 0.101 Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177	2		0.457		0	1		0.686	0.130	0.192	
Arginine. g 1.520 0 1 2.280 0.431 Histidine. g 0.357 0 1 0.536 0.101 Alanine. g 0.587 0 1 0.881 0.166 Aspartic acid. g 1.523 0 1 2.285 0.432 Glutamic acid. g 3.023 0 1 4.535 0.857 Glycine. g 0.775 0 1 1.163 0.220 Proline. g 0.625 0 1 0.938 0.177	2	-	0.658		0	1		0.987	0.187	0.276	
Histidine g 0.357 0 1 0.536 0.101 Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177			1.520		0	1		2.280	0.431	0.638	
Alanine g 0.587 0 1 0.881 0.166 Aspartic acid g 1.523 0 1 2.285 0.432 Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177	_									0.150	
Aspartic acid 9 1.523 0 1 2.285 0.432 Glutamic acid 9 3.023 0 1 4.535 0.857 Glycine 9 0.775 0 1 1.163 0.220 Proline 9 0.625 0 1 0.938 0.177		•			0	1				0.247	
Glutamic acid g 3.023 0 1 4.535 0.857 Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177		-			0	1				0.640	
Glycine g 0.775 0 1 1.163 0.220 Proline g 0.625 0 1 0.938 0.177	•				-	_				1.270	
Proline		-								0.326	
·	2	_								0.263	
Define		•								0.273	
Hydroxyproline		-	0.050		•	1		0.913	0.104	0.273	

Common Measures:

Measure 1 = 150g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

		<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>[</u>
			of E	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Duratinatan									
Proximates: Water	q	9.20		1	1		13.80	2.61	3.86
Energy	-	462		0 NC			693	131	194
Energy		1933			4		2900	548	812
Protein (N x 5.4)		13.80		1	1		20.70	3.91	5.80
Total lipid (fat)		29.40		1	1		44.10	8.33	12.35
Ash		2.60		1	1		3.90	0.74	1.09
Carbohydrate, by difference		44.90		0 NC	4		67.35	12.73	18.86
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:	ma.	70		1	4		117	20	22
Calcium, CaIron. Fe.		78 3.05		1	1 1		117 4.58	22 0.86	33 1.28
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	158		1	1		4.58 237	0.86 45	66
Phosphorus, P		345		1	1		518	98	145
Potassium, K		685		1	1		1028	194	288
Sodium, Na		10		0	1		15	3	4
Zinc, Zn		3.22		1	1		4.83	0.91	1.35
Copper, Cu		0.985	5	1	1		1.478	0.279	0.414
Manganese, Mn		1.034		1	1		1.551	0.293	0.434
Selenium, Se									
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.4		1	1		2.1	0.4	0.6
Thiamin		0.462)	1	1		0.693	0.131	0.194
Riboflavin		0.198		1	1		0.297	0.056	0.083
Niacin	-	4.712		1	1		7.068	1.336	1.979
Pantothenic acid		0.895		1	1		1.343	0.254	0.376
Vitamin B-6		0.298	3	1	1		0.447	0.084	0.125
Folate, total		71		1	1		107	20	30
Folic acid	mcg	0		0 z	7		0	0	0
Folate, food	mcg	71		1	1		107	20	30
Folate, DFE	mcg_DFE	71		0 NC	4		107	20	30
Vitamin B-12		0.00		1	1		0.00	0.00	0.00
Vitamin A, IU	IU	18		1	1		27	5	8
Vitamin A, RAE		1		0 NC	4		1	0	0
Retinol		0		0 Z	7		0	0	0
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)									
	y								
<u>Lipids:</u>									
Fatty acids, total saturated		5.550)	0	1		8.325	1.573	2.331
4:0									
6:0	-	0.010		1	1		0.015	0.003	0.004
8:0	-	0.200		1	1		0.300	0.057	0.084
10:0		0.160		1	1		0.240	0.045	0.067
12:0	-	1.170	,	1	1		1.755	0.332	0.491
13:0	-	0.404	,	1	4		0.700	0 120	0.000
14:0	-	0.480	,	1	1		0.720	0.136	0.202
15:0	-	2.530	1	1	1		3.795	0.717	1.063
16:0	-	∠.530	,	-	1		3.195	0.717	1.063
17:0		1.000	1	1	1		1.500	0.284	0.420
18:0 20:0		1.000	•	-	1		1.500	0.204	0.420
22:0									

		<u>Ar</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number			<u>m</u> e	asures 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	12.530		0	1		18.795	3.552	5.263	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.070		1	1		0.105	0.020	0.029	
17:1	-									
18:1 undifferentiated	-	12.290		1	1		18.435	3.484	5.162	
20:1	-	0.170		1	1		0.255	0.048	0.071	
22:1 undifferentiated										
24:1 c	-				_		4.4.	0 506		
Fatty acids, total polyunsaturated	•	9.650		0	1 1		14.475	2.736	4.053	
18:2 undifferentiated	-	9.580 0.070		1 1	1		14.370 0.105	2.716	4.024	
18:3 undifferentiated		0.070		1	1		0.105	0.020	0.029	
18:4 20:2 n-6 c.c.										
20:2 n-6 c,c										
20:4 undifferentiated	-									
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	-	0		1	1		0	0	0	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.166		0	1		0.249	0.047	0.070	
Threonine		0.482		0	1		0.723	0.137	0.202	
Isoleucine	g	0.515		0	1		0.773	0.146	0.216	
Leucine	g	0.890		0	1		1.335	0.252	0.374	
Lysine	g	0.515		0	1		0.773	0.146	0.216	
Methionine	g	0.202		0	1		0.303	0.057	0.085	
Cystine		0.217		0	1		0.326	0.062	0.091	
Phenylalanine	g	0.658		0	1		0.987	0.187	0.276	
Tyrosine	g	0.457		0	1		0.686	0.130	0.192	
Valine	g	0.658		0	1		0.987	0.187	0.276	
Arginine	g	1.520		0	1		2.280	0.431	0.638	
Histidine	g	0.357		0	1		0.536	0.101	0.150	
Alanine	g	0.587		0	1		0.881	0.166	0.247	
Aspartic acid	g	1.523		0	1		2.285	0.432	0.640	
Glutamic acid	g	3.023		0	1		4.535	0.857	1.270	
Glycine	-	0.775		0	1		1.163	0.220	0.326	
Proline	g	0.625		0	1		0.938	0.177	0.263	
Serine		0.650		0	1		0.975	0.184	0.273	
Hydroxyproline	g									

Common Measures:

Measure 1 = 150g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19062 Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds

Refuse: 0%

		<u>A</u>	mount in 100 g	grains	or ear	ne portio	<u>) []</u>		edible portion	
			Nι	umber				<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	6.60		1		1		9.64	1.87	2.77
Energy	kcal	484		0	NC	4		707	137	203
Energy	kj	2025				4		2957	574	851
Protein (N x 5.5)	g	14.20		1		1		20.73	4.03	5.96
Total lipid (fat)	g	31.90		1		1		46.57	9.04	13.40
Ash	g	2.30		1		1		3.36	0.65	0.97
Carbohydrate, by difference		44.90		0	NC	4		65.55	12.73	18.86
Sugars, total	g									
Starch	g									
Minerals:				_						
Calcium, Ca	_	109		1		1		159	31	46
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.39 161		1 1		1 1		4.95 235	0.96 4 6	1.42 68
Phosphorus, P		387		1		1		565	110	163
Potassium, K	•	387 648		1		1		946	184	272
Sodium, Na		121		1		1		177	34	51
Zinc, Zn		3.14		1		1		4.58	0.89	1.32
Copper, Cu		0.844	1	1		1		1.232	0.239	0.3
Manganese, Mn		1.062	2	1		1		1.551	0.301	0.4
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.3		1		1		1.9	0.4	0.5
Thiamin		0.413		1		1		0.603	0.117	0.1
Riboflavin	_	0.224		1 1		1 1		0.327	0.064	0.0
Niacin Pantothenic acid		4.405 0.964		1		1		6.431 1.407	1.249 0.273	1.8
Vitamin B-6		0.259		1		1		0.378	0.273	0.10
Folate, total		65	•	1		1		95	18	27
Folic acid		0		0	z	7		0	0	0
Folate, food		65		1		1		95	18	27
Folate, DFE	mcg DFE	65		0	NC	4		95	18	27
Vitamin B-12		0.00		1		1		0.00	0.00	0.00
Vitamin A, IU		44		1		1		64	12	18
Vitamin A, RAE	mcg_RAE	2		0	NC	4		3	1	1
Retinol	mcg	0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated		6.100)	0		1		8.906	1.729	2.5
4:0	-	_	_			_				
6:0	-	0.010		1		1		0.015	0.003	0.00
8:0		0.210		1		1		0.307	0.060	0.08
10:0		0.180		1 1		1 1		0.263	0.051	0.0
12:0	-	1.260	,	1		1		1.840	0.357	0.5
13:0 14:0	-	0.540	1	1		1		0.788	0.153	0.2
15:0	-	0.540	•	-		-		0.700	0.133	0.2
16:0		2.750)	1		1		4.015	0.780	1.1
17:0	-			-		-		1.010	0.700	
18:0		1.150)	1		1		1.679	0.326	0.48
20:0									- · - · -	- / -
22:0										
24:0										

		<u>Ar</u>	nount in 100 gra		Amount in edible portion of common measures of food				
Nutrients and Uni	ts	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	13.540		0	1		19.768	3.839	5.687
14:1									
15:1	g								
16:1 undifferentiated	g	0.070		1	1		0.102	0.020	0.029
17:1	g								
18:1 undifferentiated	g	13.280		1	1		19.389	3.765	5.578
20:1	g	0.190		1	1		0.277	0.054	0.080
22:1 undifferentiated									
24:1 c	g								
Fatty acids, total polyunsaturated	•	11.290		0	1		16.483	3.201	4.742
18:2 undifferentiated		11.210		1	1		16.367	3.178	4.708
18:3 undifferentiated		0.080		1	1		0.117	0.023	0.034
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		4		1	1		6	1	2
Phytosterols	_								
-	•								
Amino Acids:									
Tryptophan		0.163		0	1		0.238	0.046	0.068
Threonine		0.501		0	1		0.731	0.142	0.210
Isoleucine	g	0.555		0	1		0.810	0.157	0.233
Leucine	g	0.955		0	1		1.394	0.271	0.401
Lysine	_	0.584		0	1		0.853	0.166	0.245
Methionine	g	0.217		0	1		0.317	0.062	0.091
Cystine	g	0.191		0	1		0.279	0.054	0.080
Phenylalanine	g	0.687		0	1		1.003	0.195	0.289
Tyrosine	g	0.506		0	1		0.739	0.143	0.213
Valine	g	0.702		0	1		1.025	0.199	0.295
Arginine	g	1.498		0	1		2.187	0.425	0.629
Histidine	g	0.356		0	1		0.520	0.101	0.150
Alanine	g	0.581		0	1		0.848	0.165	0.244
Aspartic acid	g	1.531		0	1		2.235	0.434	0.643
Glutamic acid		3.006		0	1		4.389	0.852	1.263
Glycine	g	0.767		0	1		1.120	0.217	0.322
Proline	_	0.689		0	1		1.006	0.195	0.289
Serine	•	0.656		0	1		0.958	0.186	0.276
Hydroxyproline	-								

Common Measures:

Measure 1 = 146g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

NDB No. 19822 Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds

Refuse: 0%

		<u>A</u>	mount in 100	Amount in edible portion of common						
			N	umber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.60		1		1		9.64	1.87	2.77
Energy	kcal	484		0	NC	4		707	137	203
Energy	kj	2025				4		2957	574	851
Protein (N x 5.5)	g	14.20		1		1		20.73	4.03	5.96
Total lipid (fat)	g	31.90		1		1		46.57	9.04	13.40
Ash		2.30		1		1		3.36	0.65	0.97
Carbohydrate, by difference		44.90		0	NC	4		65.55	12.73	18.86
Sugars, total										
Starch	=									
Minerals:										
Calcium, Ca	_	109		1		1		159	31	46
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.39		1		1		4.95	0.96	1.42
Magnesium, Mg		161		1		1		235	46	68
Phosphorus, P	-	387		1		1		565	110	163
Potassium, K		648 27		1 0		1 1		946 39	184 8	272 11
Sodium, Na		3.14		1		1		39 4.58	8 0.89	1.32
Zinc, Zn Copper, Cu		0.844	1	1		1		1.232	0.89	0.3
Manganese, Mn		1.062		1		1		1.551	0.301	0.3
Selenium, Se		1.002	=	-		-		1.551	0.501	V.44
Vitamins:										
Vitamin C, total ascorbic acid		1.3	_	1		1		1.9	0.4	0.5
Thiamin		0.413		1		1		0.603	0.117	0.1
Riboflavin	_	0.224		1		1		0.327	0.064	0.09
Niacin		4.405 0.964		1 1		1 1		6.431 1.407	1.249 0.273	1.85
Pantothenic acid Vitamin B-6		0.259		1		1		0.378	0.273	0.40
Folate, total		65	•	1		1		95	18	27
Folic acid		0		0	z	7		0	0	0
Folate, food		65		1	_	1		95	18	27
Folate, DFE	mca DFF	65		0	NC	4		95	18	27
Vitamin B-12		0.00		1		1		0.00	0.00	0.00
Vitamin A, IU		44		1		1		64	12	18
Vitamin A, RAE		3		0	NC	4		4	1	1
Retinol		1		0	NC	4		1	0	0
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	6.100)	0		1		8.906	1.729	2.56
4:0	_		_							
6:0	_	0.010		1		1		0.015	0.003	0.00
8:0		0.210		1		1		0.307	0.060	0.08
10:0		0.180		1		1		0.263	0.051	0.07
12:0	_	1.260	J	1		1		1.840	0.357	0.52
13:0	_	0.544	,	4		4		0.700	0 150	0.00
14:0	_	0.540	,	1		1		0.788	0.153	0.22
15:0 16:0		2.750	n	1		1		4.015	0.780	1.1
	-	2.750	,	1		1		4.015	0.780	1.1
17:0 18:0		1.150)	1		1		1.679	0.326	0.48
20:0		1.130	-	-		-		2.075	0.520	0.40
22:0										
24:0										

		<u>Ar</u>	nount in 10			Amount in edible portion of common					
			Number					measures 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	g	13.540		0		1		19.768	3.839	5.687	
14:1	g										
15:1	-										
16:1 undifferentiated	_	0.070		1		1		0.102	0.020	0.029	
17:1	_										
18:1 undifferentiated	_	13.280		1		1		19.389	3.765	5.578	
20:1	-	0.190		1		1		0.277	0.054	0.080	
22:1 undifferentiated											
24:1 c	-	11.290		0		1		16.483	3.201	4.742	
Fatty acids, total polyunsaturated 18:2 undifferentiated	•	11.290		1		1		16.483		4.742	
18:3 undifferentiated	_	0.080		1		1		0.117	3.178 0.023	0.034	
18:4		0.080		1		1		0.117	0.023	0.034	
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	_	4		1		1		6	1	2	
Phytosterols											
Amino Acids:											
Tryptophan	g	0.163		0		1		0.238	0.046	0.068	
Threonine	g	0.501		0		1		0.731	0.142	0.210	
Isoleucine	g	0.555		0		1		0.810	0.157	0.233	
Leucine	g	0.955		0		1		1.394	0.271	0.401	
Lysine	g	0.584		0		1		0.853	0.166	0.245	
Methionine	g	0.217		0		1		0.317	0.062	0.091	
Cystine	g	0.191		0		1		0.279	0.054	0.080	
Phenylalanine	g	0.687		0		1		1.003	0.195	0.289	
Tyrosine	g	0.506		0		1		0.739	0.143	0.213	
Valine	g	0.702		0		1		1.025	0.199	0.295	
Arginine	g	1.498		0		1		2.187	0.425	0.629	
Histidine	•	0.356		0		1		0.520	0.101	0.150	
Alanine	-	0.581		0		1		0.848	0.165	0.244	
Aspartic acid		1.531		0		1		2.235	0.434	0.643	
Glutamic acid	-	3.006		0		1		4.389	0.852	1.263	
Glycine	-	0.767		0		1		1.120	0.217	0.322	
Proline	•	0.689		0		1		1.006	0.195	0.289	
Serine		0.656		0		1		0.958	0.186	0.276	
Hydroxyproline	g										

Common Measures:

Measure 1 = 146g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.7

Food Group: 25 Snacks

		<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	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.00		0		1		12.60	2.55	3.78
Energy	kcal	407		0	NC	4		570	115	171
Energy	kj	1703				4		2384	483	715
Protein (N x 0)	g	6.30		0		1		8.82	1.79	2.65
Total lipid (fat)	g	17.10		0		1		23.94	4.85	7.18
Ash	g	2.00		0		1		2.80	0.57	0.84
Carbohydrate, by difference	g	65.60		0	NC	4		91.84	18.60	27.55
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	57		0		1		80	16	24
Iron, Fe		2.64		0		1		3.70	0.75	1.11
Magnesium, Mg	_	96		0		1		134	27	40
Phosphorus, P		186		0		1		260	53	78
Potassium, K	-	709		0		1		993	201	298
Sodium, Na	_	10		0		1		14	3	4
Zinc, Zn	mg	1.17		0		1		1.64	0.33	0.49
Copper, Cu	mg	0.528	3	0		1		0.739	0.150	0.22
Manganese, Mn	mg	0.966	5	0		1		1.352	0.274	0.40
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.6		0		1		10.6	2.2	3.2
Thiamin	_	0.450	1	0		1		0.630	0.128	0.18
Riboflavin		0.430		0		1		0.161	0.128	0.18
Niacin		1.482		0		1		2.075	0.420	0.62
Pantothenic acid		1.218		0		1		1.705	0.345	0.51
Vitamin B-6		0.327		0		1		0.458	0.093	0.13
Folate, total		42		0		1		59	12	18
Folic acid		0		0	z	7		0	0	0
Folate, food		42		0		1		59	12	18
Folate, DFE		42		0	NC	4		59	12	18
Vitamin B-12		0.00		0		1		0.00	0.00	0.00
Vitamin A, IU		49		0		1		69	14	21
Vitamin A, RAE		2		0	NC	4		3	1	1
Retinol	mcg	0		0	Z	7		0	0	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	8.480)	0		1		11.872	2.404	3.56
4:0										
6:0	g	0.050)	0		1		0.070	0.014	0.02
8:0	g	0.640)	0		1		0.896	0.181	0.26
10:0	g	0.510)	0		1		0.714	0.145	0.21
12:0	g	3.860)	0		1		5.404	1.094	1.62
13:0	g									
14:0	g	1.490)	0		1		2.086	0.422	0.62
15:0	g									
16:0	g	1.270)	0		1		1.778	0.360	0.53
17:0	g									
18:0	g	0.640)	0		1		0.896	0.181	0.26
20:0										
22:0	0									

			N	umber	Amount in edible portion of common measures of food				
Nutrients and Units	5	Mean		f Data De		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.490		0	1		3.486	0.706	1.046
14:1									
15:1	_								
16:1 undifferentiated	g	0.010		0	1		0.014	0.003	0.004
17:1	g								
18:1 undifferentiated	g	2.460		0	1		3.444	0.697	1.033
20:1	g	0.010		0	1		0.014	0.003	0.004
22:1 undifferentiated									
24:1 c	g								
Fatty acids, total polyunsaturated	•	5.160		0	1		7.224	1.463	2.167
18:2 undifferentiated		5.120		0	1		7.168	1.452	2.150
18:3 undifferentiated		0.040		0	1		0.056	0.011	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	_								
Fatty acids, total trans	-								
Cholesterol		0		0	1		0	0	0
Phytosterols	mg	80		0	1		112	23	34
Amino Acids:									
Tryptophan	g	0.075		0	1		0.105	0.021	0.032
Threonine		0.223		0	1		0.312	0.063	0.094
Isoleucine		0.222		0	1		0.311	0.063	0.093
Leucine		0.360		0	1		0.504	0.102	0.151
Lysine		0.224		0	1		0.314	0.064	0.094
Methionine	-	0.146		0	1		0.204	0.041	0.061
Cystine	-	0.115		0	1		0.161	0.033	0.048
Phenylalanine		0.259		0	1		0.363	0.073	0.109
Tyrosine		0.160		0	1		0.224	0.045	0.067
Valine	_	0.296		0	1		0.414	0.043	0.124
Arginine		0.586		0	1		0.820	0.166	0.246
Histidine	-	0.300		0	1		0.295	0.060	0.089
Alanine	_	0.289		0	1		0.405	0.082	0.121
Aspartic acid	-	0.698		0	1		0.977	0.198	0.293
Glutamic acid		1.403		0	1		1.964	0.398	0.589
Glycine	-	0.267		0	1		0.374	0.076	0.389
Proline	•	0.228		0	1		0.319	0.065	0.096
Serine		0.220		0	1		0.293	0.059	0.088
Hydroxyproline	-	0.209		v	_		0.293	0.039	0.000

Common Measures:

Measure 1 = 140g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 42g: 1.5 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks

		<u>A</u>	mount in 10	Amount in edible portion of common						
				Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	1.70			MC	9				
Energy	=	415		0	NC	4				
Energy		1738		0	NC	4				
Protein	-	11.00			MC	9				
Total lipid (fat)	-	5.70			MC	9				
Ash		1.40				4				
Carbohydrate, by difference		80.00			MC	9				
Fiber, total dietary		5.3			MC	9				
Sugars, total		0.67		0	BFCN	4				
Starch					22 021	-				
Minerals:										
Calcium. Ca	ma	159			MC	9				
Iron, Fe		1.60			MC	9				
Magnesium, Mg	-	97			MC	9				
Phosphorus, P		318			MC	9				
Potassium, K		272			MC	9				
Sodium, Na		419			MC	9				
Zinc, Zn	mg	1.15			MC	9				
Copper, Cu	mg	0.110)		MC	9				
Manganese, Mn	mg									
Selenium, Se	mcg	15.7		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2			MC	9				
Thiamin		0.220)		MC	9				
Riboflavin	mg	0.280			MC	9				
Niacin	_	0.420)		MC	9				
Pantothenic acid	_					_				
Vitamin B-6	=	0.180)		MC	9				
Folate, total		16		•	MC	9				
Folic acid		0		0	Z	7				
Folate, food		16		•	MC	9				
Folate, DFE		16		0	NC	4				
Vitamin B-12		0.00		•	MC	9 4				
Vitamin A, IU Vitamin A, RAE	mca PAF	104 5		0 0	NC NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)		0.77		0	BFFN	4				
Tocopherol, beta		0.77		Ū	DEEM	-				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.2		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	0.850)		MC	9				
4:0		0.000)		MC	9				
6:0		0.000)		MC	9				
8:0	g	0.000)		MC	9				
10:0	g	0.000)		MC	9				
12:0	g	0.000)		MC	9				
13:0	g									
14:0		0.000)		MC	9				
15:0	g									
16:0	g	0.684	l		MC	9				
17:0	g									
18:0	g	0.090)		MC	9				
20:0	g									
22:0	g									
24:0	g									

	<u>An</u>	nount in 10	0 grams	of edit	Amount in edible portion of common				
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.660			MC	9				
14:1g									
15:1g									
16:1 undifferentiatedg	0.005			MC	9				
17:1g									
18:1 undifferentiated	1.500			MC	9				
20:1g	0.000			MC	9				
22:1 undifferentiatedg	0.000			MC	9				
24:1 cg									
Fatty acids, total polyunsaturated	2.870			MC	9				
18:2 undifferentiatedg	2.524			MC	9				
18:3 undifferentiatedg	0.078			MC	9				
18:4g	0.000			MC	9				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			MC	9				
20:5 n-3g	0.000			MC	9				
22:5 n-3g	0.000			MC	9				
22:6 n-3g	0.000			MC	9				
Fatty acids, total transg									
Cholesterol mg	0			Z	7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeine mg	0		0	BFFN	4				
Theobromine mg	0		0	BFFN	4				
Carotenoids:									
Carotene, betamcg	47		0	BFNN	4				
Carotene, alphamcg	30		0	BFNN	4				
Cryptoxanthin, betamcg	1		0	BFNN	4				
Lycopenemcg	0		0	BFNN	4				
Lutein + zeaxanthinmcg	652		0	BFNN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 25 Snacks