NDB No. 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter

Refuse: 23% Bone

		<u>A</u>	mount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.51		0		1		32.05	53.41	
Energy	kcal	331		0	NC	4		238	397	
Energy	kj	1385				4		997	1662	
Protein (N x 6.25)	g	21.97		0		1		15.82	26.36	
Total lipid (fat)	g	21.91		0		1		15.78	26.29	
Ash	g	1.37		0		1		0.99	1.64	
Carbohydrate, by difference	g	10.25		0	NC	4		7.38	12.30	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	26		0		1		19	31	
Iron, Fe	-	1.49		0		1		1.07	1.79	
Magnesium, Mg	-	19		0		1		1.07	23	
Phosphorus, P		137		0		1		99	164	
Potassium, K	-	180		0		1		130	216	
Sodium, Na	-	317		0		1		228	380	
Zinc, Zn	-	1.96		0		1		1.41	2.35	
Copper, Cu		0.081	L	0		1		0.058	0.097	
Manganese, Mn	mg	0.062	2	0		1		0.045	0.074	
Selenium, Se	mcg	29.0		0	PIE	4		20.9	34.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.119	a	0		1		0.086	0.0	
Riboflavin		0.213		0		1		0.153	0.256	
Niacin	-	5.837		0		1		4.203	7.004	
Pantothenic acid		0.899		0		1		0.647	1.079	
Vitamin B-6		0.230		0		1		0.166	0.276	
Folate, total		20		0	RA	4		14	24	
Folic acid		11		0	NC	4		8	13	
Folate, food		9		0		1		6	11	
Folate, DFE		28		0	NC	4		20	33	
Vitamin B-12		0.26		0		1		0.19	0.31	
Vitamin A, IU	IU	119		0		1		86	143	
Vitamin A, RAE	mcg_RAE	36		0		1		26	43	
Retinol	-	36		0		1		26	43	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v паппп к (pnynoquinone)										
Lipids:										
Fatty acids, total saturated	g	5.830	כ	0		1		4.198	6.996	
4:0										
6:0	-									
8:0	-			•						
10:0		0.000		0		4		0.000	0.000	
12:0		0.030	,	0		1		0.022	0.036	
13:0	-	0.130	.	0		1		0.094	0.156	
14:0 15:0	-	0.130	,	U		1		0.094	0.136	
16:0	-	3.880)	0		1		2.794	4.656	
17:0	-	3.000	-	Ū		-		2.134	4.000	
18:0	-	1.670)	0		1		1.202	2.004	
20:0	-		-	•		_				
22:0	-									
24:0	-									
	-									

		<u>A</u> 1	mount in 10			o <u>n</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	-	8.910	1	0		1		6.415	10.692	
14:1										
15:1	-									
16:1 undifferentiated	-	0.710)	0		1		0.511	0.852	
17:1										
18:1 undifferentiated		8.020		0		1		5.774	9.624	
20:1	-	0.110		0		1		0.079	0.132	
22:1 undifferentiated		0.000)	0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	g	5.200)	0		1		3.744	6.240	
18:2 undifferentiated	g	4.650)	0		1		3.348	5.580	
18:3 undifferentiated	g	0.250)	0		1		0.180	0.300	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.130)	0		1		0.094	0.156	
20:5 n-3	g	0.020)	0		1		0.014	0.024	
22:5 n-3	g	0.030)	0		1		0.022	0.036	
22:6 n-3	g	0.050)	0		1		0.036	0.060	
Fatty acids, total trans	g									
Cholesterol	mg	88		0		1		63	106	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.251		0		1		0.181	0.301	
Threonine		0.896	i	0		1		0.645	1.075	
Isoleucine	-	1.092	!	0		1		0.786	1.310	
Leucine	-	1.609)	0		1		1.158	1.931	
Lysine	-	1.707	,	0		1		1.229	2.048	
Methionine	-	0.573	1	0		1		0.413	0.688	
Cystine	-	0.306		0		1		0.220	0.367	
Phenylalanine		0.878		0		1		0.632	1.054	
Tyrosine	-	0.711		0		1		0.512	0.853	
Valine	-	1.071		0		1		0.771	1.285	
Arginine		1.343		0		1		0.967	1.612	
Histidine	-	0.635		0		1		0.457	0.762	
Alanine	-	1.239		0		1		0.892	1.487	
Aspartic acid	-	1.894		0		1		1.364	2.273	
Glutamic acid	-	3.542		0		1		2.550	4.250	
		1.359		0		1		0.978	1.631	
Glycine		1.169		0		1		0.978	1.403	
Proline	-			0		1				
Serine	-	0.816	1	U		1		0.588	0.979	
Hydroxyproline	9									

Common Measures:

Measure 1 = 72g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 120g: .5 back, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% Bone

Proximates:			<u>A</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units				Ni	umber				<u>m</u>	easures of food	
Proximates:				0	f Data	Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Water											
Farety		a	43.96		0		1		19.34	31 65	
Facegrow		=				NC					
Protein (N N 6 25)	23				Ū	140					
Total India (fan. 9 2 20.74 0 1 1 9.13 14.93 14.93	63				•						
Ash. 9 1.01 0 1 0 .44 0.73 Carbolydrate, 9 difference 9 6.50 0 NC 4 2.86 4.68 Fiber, total diethry 9 Sugars, total 9 Sugars, total 9 Sugars, total 9 Surch											
Carbolydate by difference 9											
Fibre, 1014 dictary 9 9 9 9 9 9 9 9 9											
Sugars, total			6.50		0	NC	4		2.86	4.68	
Sarch.											
Minerals:	υ,	=									
Calcium, Ca	Starch	g									
Iron, Fe	Minerals:										
Inn. Fe	Calcium, Ca	mg	24		0		1		11	17	
Magnesium Mg mg 23 0 1 10 17 Phosphors P. mg 166 0 1 73 120 Phosphors P. mg 226 0 1 49 163 Scdiam, Na mg 99 0 1 40 65 Zine, Za mg 0.091 0 1 1.09 1.78 Copper, Cu. mg 0.091 0 1 0.040 0.066 Sclenium, Sc. mg 0.050 0 PIE 1 0.04 0.76 Sclenium, Sc. mg 0.050 0 PIE 1 0.04 0.05 Sclenium, Sc. mg 0.050 0 PIE 4 0.04 0.05 Vitamin C, total ascorbic acid mg 0.0 0 Z 7 0.0 0.0 Thibamin mg 0.236 0 1 0.047 0.07 Rebofavia mg		-	1.62		0		1		0.71	1.17	
Phosphorus P.		-	23		0		1		10	17	
Potassium, K.	0 , 0	-	166		0		1				
Sodium, Na.					0		1		99		
Zinc, Zn. mg 2.47 0 1 1.09 1.78 Copper, Cu. mg 0.050 0 1 0.040 0.056 Manganes, Mn. mg 0.050 0 PTE 4 10.4 17.1 Vitamins. Witamins. Vitamin C, total ascotic acid. mg 0.0 0 Z 7 0.0 0.0 This min. mg 0.107 0 1 0.047 0.077 Thiamin. mg 0.236 0 1 0.047 0.077 Niacin. mg 0.236 0 1 0.041 0.170 Niacin. mg 1.093 0 1 0.461 0.170 Patotheric acid. mg 1.093 0 1 0.481 0.781 Folate, Defl. mg 0.300 0 1 0.132 0.216 Folate, Inc., food. mg 0 NC					0		1				
Copper, Cu. mg 0.051 0 1 0.040 0.056 Manganses, Mn. mg 0.050 0 PIE 4 10.02 0.036 Scientium, Se. mg 23.7 0 PIE 4 10.02 0.036 Vitamin C, total ascorbic acid. mg 0.0 0 2 7 0.0 0.0 0.0 Thismin. mg 0.107 0 1 0.047 0.077 Riboflavin. mg 0.236 0 1 0.104 0.170 Niacin. mg 0.236 0 1 0.043 0.211 5.214 5.254 Pantorbeit cicid. mg 1.093 0 1 0.481 0.787 Vitamin B-6. mg 0.300 0 1 0.132 0.216 Folate, food. mg 0.300 0 R 4 7 11 Folate, food. mg 0 0 <th< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>		-									
Manganese, Mn. mg 0.050 0 1 0.022 0.036 Sclenium, Sc. mcg 23.7 0 PIE 4 10.4 17.1 Vitamins Color (a) 10.04 17.1 Vitamin C, total ascorbic acid mg 0.00 0 2.7 0.0 0.07 Thismin mg 0.107 0 1 0.047 0.077 Niacin mg 0.236 0 1 0.104 0.170 Niacin mg 0.236 0 1 0.044 0.104 0.170 Niacin mg 0.300 0 1 0.481 0.787 0.12 0.281 0.216 601 0.12 0.216 601 0.012 0.012 0.012 0.012 0.012 0.012 0.014 0.012 0.014 0.014 0.014 0.014 0.014 0.014 0.014 0.014 0.014 0.014 0.014 0.014 0.014 <t< td=""><td></td><td></td><td></td><td>L</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>				L							
Selenium, Se mcg 23.7 0 PIE 4 10.4 17.1 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 0 0 0 0.0 0.0 0.0 1 0.047 0.077 7 0.0 0.077 7 0.0 0.0 0.077 7 0.0 1 0.047 0.077 7 0.0 1 0.047 0.077 7 0.0 1 0.0481 0.757 2524 24 0.132 0.216 2524 24 0.132 0.216 26 0.0 1 0.132 0.216 16 7 0.12 0.13 0.216 16 0.12 0.216 16 0.216 16 0.216	• •										
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 z 7 0.0 0.047 0.077 Thismin. mg 0.107 0 1 0.047 0.077 Riboflavin. mg 0.236 0 1 0.104 0.170 Niacin. mg 7.297 0 1 0.184 0.787 Pantothenic acid. mg 1.093 0 1 0.481 0.787 Vitamin E-6 mg 0.300 0 1 0.132 0.216 Folate, Incl. mcg 7 0 NC 4 7 11 Folate, Incl. mcg 7 0 NC 4 3 5 Folate, Food. mcg 8 0 1 4 6 Folate, Food. mcg 8 0 1 0.12 0.20 Vitamin B-12. mcg 0.28 0 1 16 27 Retinat						PIE					
Vitamin C, total ascorbic acid	· ·										
Thiamin		ma	0.0		0	7	7		0.0	0.0	
Riboflavin	*			,		4					
Niacin mg 7.297 0 1 3.211 5.254 Pantothenic acid mg 1.093 0 1 0.481 0.787 Vitamin B-6 mg 0.300 0 1 0.132 0.216 Folate, total mcg 15 0 RA 4 7 11 Folate, total mcg 7 0 NC 4 3 5 Folate, food mcg 8 0 1 4 6 Folate, DFE mcg 0.28 0 1 0.12 0.20 Vitamin B-12 mcg 0.28 0 1 16 27 Vitamin B-12 mcg 3.7 0 1 16 27 Vitamin A, RAE mcg_RAE 37 0 1 16 27 Vitamin E, (apha-tocopherol) mg 7 1 2.468 4 0.30 Vitamin C, (phyloquinone) mcg 5 5 </td <td></td>											
Pantothenic acid mg 1.093 0 1 0.481 0.787 Vitamin B-6 mg 0.300 0 1 0.132 0.216 Folate, Iotal meg 15 0 RA 4 7 11 Folia cid meg 7 0 NC 4 3 5 Folate, food meg 8 0 NC 4 3 5 Folate, DFE meg DE 20 NC 4 9 14 Folate, DFE meg 0.28 0 1 0.12 0.20 Vitamin A, U U 123 0 1 16 27 Vitamin A, RAE mcg 37 0 1 16 27 Vitamin E (alpha-teopherol) mg 1 2 4 2 4 2 4 3 4 4 3 4 4 3 4 3 4 3 4											
Vitamin B-6. mg 0.300 0 1 0.132 0.216 Folate, total mog 15 0 RA 4 7 11 Folate, total mog 7 0 NC 4 3 5 Folate, food mog 8 0 NC 4 9 14 Folate, DFE mog 0.28 0 1 0.12 0.20 Vitamin B-12 mog 0.28 0 1 0.12 0.20 Vitamin A, IU IU 123 0 1 16 27 Vitamin A, RAE mcg_RAE 37 0 1 16 27 Vitamin E (alpha-tocopherol) mg 7 16 27 1 16 27 Vitamin E (alpha-tocopherol) mg 1 2 4 2 4 2 4 3 4 3 4 3 4 3 4 3 4 3 <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>					-		_				
Folate, total							_				
Folic acid		-		,							
Folate, food.											
Folate, DFE.						NC					
Vitamin B-12 mcg 0.28 0 1 0.12 0.20 Vitamin A, IU IU 123 0 1 54 89 Vitamin A, RAE mcg 37 0 1 16 27 Retinol mcg 37 0 1 16 27 Vitamin E (alpha-tocopherol) mg 7 16 27 Tocopherol, gamma mg 7 16 27 Tocopherol, gamma mg 7 17 18											
Vitamin A, IU IU 123 0 1 54 89 Vitamin A, RAE mcg_RAE 37 0 1 16 27 Retinol mcg 37 0 1 16 27 Vitamin E (alpha-tocopherol) mg 7 16 27 Vitamin E (alpha-tocopherol) mg 7 16 27 Tocopherol, beta mg 7 16 27 Tocopherol, beta mg 7 10 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td>NC</td> <td></td> <td></td> <td>_</td> <td></td> <td></td>						NC			_		
Vitamin A, RAE mcg_RAE 37 0 1 16 27 Retinol mcg 37 0 1 16 27 Vitamin E (alpha-tocopherol) mg 7 16 27 Tocopherol, gamma mg 7 16 27 Tocopherol, gamma mg 7 10											
Retinol. mcg 37 0 1 16 27 Vitamin E (alpha-tocopherol). mg 1 16 27 Tocopherol, gamma mg 1 2 4 1											
Vitamin E (alpha-tocopherol). mg Tocopherol, beta											
Tocopherol, beta			37		0		1		16	27	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg Entry acids, total saturated. g 5.610 0 1 2.468 4.039 4:0. g 5.610 0 1 2.468 4.039 4:0. g 8.0 9 8:0. g 8.0 9 10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.040 0 1 0.018 0.029 13:0. g 0.140 0 1 0.062 0.101 15:0. g 3.900 0 1 1.716 2.808 17:0. g 1.390 0 1 0.612 1.001											
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 5.610 0 1 2.468 4.039 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.040 0 1 0.018 0.029 13:0 g 14:0 g 0.140 0 1 0.062 0.101 15:0 g 16:0 g 3.900 0 1 1.716 2.808 17:0 g 18:0 g 1.390 0 1 0.612 1.001											
Lipids: Fatty acids, total saturated g 5.610 0 1 2.468 4.039 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.040 0 1 0.018 0.029 13:0 g 14:0 g 0.140 0 1 0.062 0.101 15:0 g 16:0 g 3.900 0 1 1.716 2.808 17:0 g 18:0 g 1.390 0 1 0.612 1.001											
Fatty acids, total saturated. g 5.610 0 1 2.468 4.039 4:0	Vitamin K (phylloquinone)	mcg									
4:0 9 6:0 9 8:0 9 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.040 0 1 0.018 0.029 13:0 9 14:0 9 0.140 0 1 0.062 0.101 15:0 9 3.900 0 1 1.716 2.808 17:0 9 18:0 9 1.390 0 1 0.612 1.001	Lipids:										
6:0	Fatty acids, total saturated	g	5.610)	0		1		2.468	4.039	
8:0											
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$											
12:0 g 0.040 0 1 0.018 0.029 13:0 g 14:0 g 0.140 0 1 0.062 0.101 15:0 g 16:0 g 3.900 0 1 1.716 2.808 17:0 g 18:0 g 1.390 0 1 0.612 1.001		-									
13:0 .9 14:0 .9 0.140 0 1 0.062 0.101 15:0 .9 16:0 .9 3.900 0 1 1.716 2.808 17:0 .9 18:0 .9 1.390 0 1 0.612 1.001											
14:0 g 0.140 0 1 0.062 0.101 15:0 .g 16:0 .g 3.900 0 1 1.716 2.808 17:0 .g 18:0 .g 1.390 0 1 0.612 1.001	12:0	g	0.040)	0		1		0.018	0.029	
15:0		-									
16:0	14:0	g	0.140)	0		1		0.062	0.101	
17:0g 18:0g 1.390 0 1 0.612 1.001	15:0	g									
18:0g 1.390 0 1 0.612 1.001	16:0	g	3.900)	0		1		1.716	2.808	
	17:0	g									
	18:0	g	1.390)	0		1		0.612	1.001	
20:0g	20:0	g									
22:0g	22:0	g									
24:0g		_									

		<u>A</u> 1	mount in 100		of edible	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	8.180		0		1		3.599	5.890	
14:1										
15:1	_					_				
16:1 undifferentiated	_	0.900		0		1		0.396	0.648	
17:1		= 050		•		_				
18:1 undifferentiated		7.050		0		1		3.102	5.076	
20:1	-	0.140		0		1		0.062	0.101	
22:1 undifferentiated		0.000		0		4		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		4.810		0		1		2.116	3.463	
18:2 undifferentiated	-	4.210		0		1		1.852	3.031	
18:3 undifferentiated		0.210		0		1		0.092	0.151	
18:4	_									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.170		0		1		0.075	0.122	
20:5 n-3	_	0.020		0		1		0.009	0.014	
22:5 n-3		0.030		0		1		0.013	0.022	
22:6 n-3		0.070		0		1		0.031	0.050	
Fatty acids, total trans	_									
Cholesterol	_	89		0		1		39	64	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.314		0		1		0.138	0.226	
Threonine		1.142		0		1		0.502	0.822	
Isoleucine	_	1.390		0		1		0.612	1.001	
Leucine	_	2.032		0		1		0.894	1.463	
Lysine	-	2.221		0		1		0.977	1.599	
Methionine	_	0.735		0		1		0.323	0.529	
Cystine	_	0.378		0		1		0.166	0.272	
Phenylalanine		1.097		0		1		0.483	0.790	
Tyrosine	_	0.899		0		1		0.396	0.790	
Valine	_	1.352		0		1		0.595	0.973	
Arginine		1.715		0		1		0.755	1.235	
Histidine	-	0.815		0		1		0.359	0.587	
Alanine	_	1.586		0		1		0.698	1.142	
Aspartic acid	_	2.438		0		1		1.073	1.755	
Glutamic acid	-	4.284		0		1		1.885	3.084	
Glycine		1.725		0		1		0.759	1.242	
Proline		1.393		0		1		0.613	1.003	
Serine		0.997		0		1		0.439	0.718	
Hydroxyproline	_	0.557		Ü		-		0.433	0.710	
11yaroxypronne	9									

Common Measures:

Measure 1 = 44g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 72g: .5 back, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 47% Bone

		Aı	mount in 100 g	rams mbei		le portio	<u></u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		53.52	0.822	16		1		17.13	28.37		
Energy		300		0	NC	4		96	159		
Energy		1255				4		402	665		
Protein (N x 6.25)		25.95	0.416	16		1		8.30	13.75		
Total lipid (fat)		20.97	0.853	16		1		6.71	11.11		
Ash		0.92	0.045	16	_	1		0.29	0.49		
Carbohydrate, by difference	_	0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z -	7		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	mg	21	0.715	16		1		7	11		
Iron, Fe.	-	1.42	0.071	16		1		0.45	0.75		
Magnesium, Mg	-	20	0.457	16		1		6	11		
Phosphorus, P	mg	154	4.931	16		1		49	82		
Potassium, K	mg	210	6.811	16		1		67	111		
Sodium, Na	mg	87	2.109	16		1		28	46		
Zinc, Zn	mg	2.25	0.050	16		1		0.72	1.19		
Copper, Cu	mg	0.076	0.003	16		1		0.024	0.040		
Manganese, Mn	mg	0.022	0.000	16		1		0.007	0.012		
Selenium, Se	mcg	22.5		0	BFYN	4		7.2	11.9		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.061	0.006	8		1		0.020	0.032		
Riboflavin	-	0.195		8		1		0.062	0.103		
Niacin	-	6.718		8		1		2.150	3.561		
Pantothenic acid		1.012		0		1		0.324	0.536		
Vitamin B-6		0.270)	0		1		0.086	0.143		
Folate, total		6		0		1		2	3		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		2	3		
Folate, DFE		6		0	NC	4		2	3		
Vitamin B-12	mcg	0.27		0		1		0.09	0.14		
Vitamin A, IU	IU	330		0	NC	4		106	175		
Vitamin A, RAE	mcg_RAE	99		0	NC	4		32	52		
Retinol	mcg	99		0	NR	4		32	52		
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.08	0.14		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		4.0		•				1.6			
Vitamin K (phylloquinone)	Ilicg	4.9		0	BFSN	4		1.6	2.6		
Lipids:											
Fatty acids, total saturated	g	5.820	1	0		1		1.862	3.085		
4:0		0.000	1	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)	0		1		0.000	0.000		
12:0	g	0.040	1	0		1		0.013	0.021		
13:0	g										
14:0	g	0.160)	0		1		0.051	0.085		
15:0	g										
16:0	g	4.270)	0		1		1.366	2.263		
17:0	g										
18:0	g	1.180	1	0		1		0.378	0.625		
20:0	g										
22:0	g										
24:0	g										

		<u>A</u> ı	mount in 100 grams		ole portio	<u>n</u>		edible portion of easures of food	
			Numbe				m	easures of 1000	•
				Deriv		Confidence			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
P	. 1	0.000					0.550		
Fatty acids, total monounsatura 14:1	g	8.290	0		1		2.653	4.394	
15:1 16:1 undifferentiated	-	1.150	0		1		0.368	0.610	
17:1 18:1 undifferentiated		6.840	0		1		2.189	3.625	
20:1	-	0.200			1		0.064	0.106	
22:1 undifferentiated		0.000			1		0.000	0.000	
24:1 c	•		-		_				
Fatty acids, total polyunsaturate		4.620	0		1		1.478	2.449	
18:2 undifferentiated	g	4.040	0		1		1.293	2.141	
18:3 undifferentiated	g	0.180	0		1		0.058	0.095	
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	0.170	0		1		0.054	0.090	
20:5 n-3	g	0.020	0		1		0.006	0.011	
22:5 n-3	g	0.030	0		1		0.010	0.016	
22:6 n-3	g	0.060	0		1		0.019	0.032	
Fatty acids, total trans	g								
Cholesterol	mg	88	0		1		28	47	
Phytosterols	mg								
Amino Acids:									
	a	0.282	0		1		0.090	0.149	
Tryptophan Threonine		1.059			1		0.339	0.149	
Isoleucine	-	1.253			1		0.401	0.664	
Leucine	-	1.854			1		0.593	0.983	
Lysine	-	2.061			1		0.660	1.092	
Methionine		0.675			1		0.216	0.358	
Cystine		0.354			1		0.113	0.188	
Phenylalanine		0.996			1		0.319	0.528	
Tyrosine		0.813			1		0.260	0.431	
Valine		1.244			1		0.398	0.659	
Arginine	-	1.661			1		0.532	0.880	
Histidine		0.738			1		0.236	0.391	
Alanine		1.567			1		0.501	0.831	
Aspartic acid		2.314			1		0.740	1.226	
Glutamic acid		3.741			1		1.197	1.983	
Glycine		1.904			1		0.609	1.009	
Proline		1.364			1		0.436	0.723	
Serine		0.928			1		0.297	0.492	
Hydroxyproline		0.320	· ·		-		5.257	0.432	
	و								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine		0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
Carotenoids:									
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha	_	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 53g: .5 back, bone removed

Chicken, broilers or fryers, back, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 48% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	60.93	0.881	16		1		97.49	21.93	
Energy	-	258		0	NC	4		413	93	
Energy		1079		·		4		1727	389	
Protein (N x 6.25)		22.18	0.410	16		1		35.49	7.98	
,	_	18.14	0.410	16		1		29.02	7.98 6.53	
Total lipid (fat)		0.64	0.039	16		1		1.02		
Ash			0.039		_				0.23	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.231	16		1		29	6	
Iron, Fe	_	1.22	0.039	16		1		1.95	0.44	
Magnesium, Mg	-	16	0.253	16		1		26	6	
Phosphorus, P		120	1.636	16		1		192	43	
Potassium, K		145	6.275	16		1		232	52	
Sodium, Na		64	1.787	16		1		102	23	
Zine, Zn		1.93	0.046	16		1		3.09	0.69	
Copper, Cu		0.063	0.002	16		1		0.101	0.023	
Manganese, Mn		0.020	0.001	16		1		0.032	0.007	
Selenium, Se		19.9		0	BFYN	4		31.8	7.2	
Vitamina										
Vitamins:	ma	0.0		0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid		0.0	0.000		Z			0.0	0.0	
Thiamin		0.043		8 8		1 1		0.069	0.015	
Riboflavin		0.151						0.242	0.054	
Niacin		4.343		8		1 1		6.949	1.563	
Pantothenic acid		0.696		0		_		1.114	0.251	
Vitamin B-6	-	0.150		0		1		0.240	0.054	
Folate, total		5		0	_	1		8	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		8	2	
Folate, DFE		5		0	NC	4		8	2	
Vitamin B-12		0.18		0		1		0.29	0.06	
Vitamin A, IU		293		0	NC	4		469	106	
Vitamin A, RAE		88		0	NC	4		141	32	
Retinol		88		0	NR	4		141	32	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.42	0.10	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		4.1		0	CASN	4		6.6		
Vitamin K (phylloquinone)	illeg	4.1		U	CASN	4		6.6	1.5	
Lipids:										
Fatty acids, total saturated	g	5.020	1	0		1		8.032	1.807	
4:0	g	0.000	1	0		1		0.000	0.000	
6:0	g	0.000	ı	0		1		0.000	0.000	
8:0	g	0.000	ı	0		1		0.000	0.000	
10:0	g	0.000	1	0		1		0.000	0.000	
12:0	g	0.030		0		1		0.048	0.011	
13:0										
14:0		0.140	1	0		1		0.224	0.050	
15:0										
16:0		3.690	ı	0		1		5.904	1.328	
17:0										
18:0	-	1.020	1	0		1		1.632	0.367	
20:0	-			-		=				
22:0	-									
24:0	-									
± 1.∀	ت									

		<u>Aı</u>	mount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate 14:1		7.130		0	1		11.408	2.567		
15:1	-			_						
16:1 undifferentiated	_	1.000		0	1		1.600	0.360		
18:1 undifferentiated	-	5.880		0	1		9.408	2.117		
20:1	-	0.170		0	1		0.272	0.061		
22:1 undifferentiated	g	0.000		0	1		0.000	0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	4.000		0	1		6.400	1.440		
18:2 undifferentiated		3.490		0	1		5.584	1.256		
18:3 undifferentiated	_	0.150		0	1		0.240	0.054		
18:4		0.000		0	1		0.000	0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.150		0	1		0.240	0.054		
20:5 n-3	_	0.020		0	1		0.032	0.007		
22:5 n-3	_	0.030		0	1		0.032	0.011		
22:6 n-3	-	0.060		0	1		0.096	0.022		
Fatty acids, total trans										
Cholesterol		78		0	1		125	28		
Phytosterols	mg									
Amino Acids										
Amino Acids:	a	0.241		0	1		0.386	0.087		
Tryptophan Threonine		0.905		0	1		1.448	0.326		
Isoleucine	<u>-</u>	1.072		0	1		1.715	0.386		
Leucine	_	1.586		0	1		2.538	0.571		
Lysine	-	1.763		0	1		2.821	0.635		
Methionine		0.577		0	1		0.923	0.208		
Cystine		0.302		0	1		0.483	0.109		
Phenylalanine	g	0.852		0	1		1.363	0.307		
Tyrosine	g	0.696		0	1		1.114	0.251		
Valine	g	1.064		0	1		1.702	0.383		
Arginine	-	1.418		0	1		2.269	0.510		
Histidine		0.632		0	1		1.011	0.228		
Alanine		1.338		0	1		2.141	0.482		
Aspartic acid		1.978		0	1		3.165	0.712		
Glutamic acid	•	3.200		0 0	1 1		5.120	1.152		
Glycine		1.619 1.162		0	1		2.590	0.583		
Proline	_	0.793		0	1		1.859 1.269	0.418 0.285		
Hydroxyproline		0.793		· ·	-		1.209	0.283		
	9									
Others:										
Alcohol, ethyl		0.0		0	7		0.0	0.0		
Caffeine	_	0		0 z	7		0	0		
Theobromine	<u>m</u> g	0		0 z	7		0	0		
Carotenoids:										
Carotene, beta	mcg	0		0 z	7		0.000	0.000		
Carotene, alpha		0		0 z	7		0.000	0.000		
Cryptoxanthin, beta		0		0 Z	7		0.000	0.000		
Lycopene		0		0 z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0 z	7		0.000	0.000		

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 36g: 1 unit (yield from 1 lb ready-to-cook chicken)

Chicken, broilers or fryers, back, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 44% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nu	mber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	2	58.10	0.822	24		1		34.28	F7 F0	
Water		319	0.822	0	NC	4			57.52	
Energy				U	NC	4		188 787	316	
Energy		1335	0.105	0.4					1321	
Protein (N x 6.25)	-	14.05	0.185	24		1		8.29	13.91	
Total lipid (fat)		28.74	0.748	24		1 1		16.96	28.45	
Ash		0.64	0.025	24	_			0.38	0.63	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.624	24		1		8	13	
Iron, Fe	mg	0.94	0.029	24		1		0.55	0.93	
Magnesium, Mg		15	0.364	24		1		9	15	
Phosphorus, P	mg	113	2.281	24		1		67	112	
Potassium, K	mg	144	3.649	24		1		85	143	
Sodium, Na	mg	64	1.114	24		1		38	63	
Zinc, Zn	mg	1.26	0.026	24		1		0.74	1.25	
Copper, Cu		0.047		24		1		0.028	0.047	
Manganese, Mn		0.018	0.000	24		1		0.011	0.018	
Selenium, Se	mcg	12.1		0	PAK	1		7.1	12.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.6		0		1		0.9	1.6	
Thiamin		0.051	0.003	16		1		0.030	0.050	
Riboflavin		0.116		16		1		0.068	0.115	
Niacin	-	4.835		16		1		2.853	4.787	
Pantothenic acid		0.819		0		1		0.483	0.811	
Vitamin B-6		0.190	1	0		1		0.112	0.188	
Folate, total		6		0		1		4	6	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		1		4	6	
Folate, DFE		6		0	NC	4		4	6	
Vitamin B-12		0.25		0		1		0.15	0.25	
Vitamin A, IU		251		0		1		148	248	
Vitamin A, RAE	mcg_RAE	75		0	NC	4		44	75	
Retinol		75		0	0	4		44	75	
Vitamin E (alpha-tocopherol)	mg	0.37		0	CASN	4		0.22	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		1.4	2.4	
Lipids:										
Fatty acids, total saturated	a	8.340	1	0		1		4.921	8.257	
4:0		0.000		0	z	7		0.000	0.000	
6:0	-	0.000		0	z	7		0.000	0.000	
8:0	-	0.000		0	z	7		0.000	0.000	
10:0		0.000		0	-	4		0.000	0.000	
12:0		0.030		0		1		0.018	0.030	
13:0		2.200				_		2		
14:0		0.240	ı	0		1		0.142	0.238	
15:0						_		2. -	0.200	
16:0		6.060	1	0		1		3.575	5.999	
17:0				-		•				
18:0	-	1.690	1	0		1		0.997	1.673	
20:0	-					_				
22:0	-									
24:0	-									
=										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number				m	easures or 1000		
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	a a	12.250		0		1		7.228	12.128		
14:1	g	12.250		Ū		•		7.220	12.120		
15:1											
16:1 undifferentiated	-	1.610		0		1		0.950	1.594		
17:1	-			_							
18:1 undifferentiated	-	10.180		0		1		6.006	10.078		
20:1	-	0.290		0		1		0.171	0.287		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c				_							
Fatty acids, total polyunsaturated		6.140		0		1		3.623	6.079		
18:2 undifferentiated		5.580		0		1		3.292	5.524		
18:3 undifferentiated	-	0.280		0		1		0.165	0.277		
18:4		0.000		0	Z	7		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	-			_							
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.100		0		1		0.059	0.099		
20:5 n-3	-	0.010		0		1		0.006	0.010		
22:5 n-3		0.020		0		1		0.012	0.020		
22:6 n-3		0.030		0		1		0.018	0.030		
Fatty acids, total trans											
Cholesterol		79		0		1		47	78		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.151		0		1		0.089	0.149		
Threonine		0.570		0		1		0.336	0.564		
Isoleucine	-	0.667		0		1		0.394	0.660		
Leucine		0.995		0		1		0.587	0.985		
Lysine		1.102		0		1		0.650	1.091		
Methionine		0.361		0		1		0.213	0.357		
Cystine	=	0.194		0		1		0.114	0.192		
Phenylalanine		0.536		0		1		0.316	0.531		
Tyrosine		0.434		0		1		0.256	0.430		
Valine	=	0.670		0		1		0.395	0.663		
Arginine		0.909		0		1		0.536	0.900		
Histidine		0.393		0		1		0.232	0.389		
Alanine		0.863		0		1		0.509	0.854		
Aspartic acid		1.253		0		1		0.739	1.240		
Glutamic acid		2.012		0		1		1.187	1.992		
Glycine	-	1.091		0		1		0.644	1.080		
Proline		0.767		0		1		0.453	0.759		
Serine	=	0.506		0		1		0.299	0.501		
Hydroxyproline		0.300		U		_		0.233	0.301		
	9										
Others:				_		_					
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine	mg	0		0	z	7		0	0		
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 59g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 99g: .5 back, bone removed

Chicken, broilers or fryers, back, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% 33% bone, 13% skin

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion o	f common
				Number				me	easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
P : 4										
Proximates: Water	a	47.87		0		1		16.75	27.76	
Energy	-	288		0	NC	4		101	167	
Energy		1205		Ū	110	4		422	699	
Protein (N x 6.25)		29.99		0		1		10.50	17.39	
Total lipid (fat)		15.32		0		1		5.36	8.89	
Ash		1.15		0		1		0.40	0.67	
Carbohydrate, by difference		5.68		0	NC	4		1.99	3.29	
Fiber, total dietary	_	0.0		0	Z	7		0.0	0.0	
Sugars, total		0.0		Ū	-	•		0.0	0.0	
Starch										
Staten	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	26		0		1		9	15	
Iron, Fe	•	1.65		0		1		0.58	0.96	
Magnesium, Mg		25		0		1		9	15	
Phosphorus, P	mg	176		0		1		62	102	
Potassium, K		251		0		1		88	146	
Sodium, Na		99		0		1		35	57	
Zinc, Zn		2.80		0		1		0.98	1.62	
Copper, Cu		0.095		0		1		0.033	0.055	
Manganese, Mn		0.047	′	0		1		0.016	0.027	
Selenium, Se	mcg	19.9		U	BFYN	4		7.0	11.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.109)	0		1		0.038	0.063	
Riboflavin	mg	0.253	3	0		1		0.089	0.147	
Niacin	mg	7.680)	0		1		2.688	4.454	
Pantothenic acid	mg	1.198	3	0		1		0.419	0.695	
Vitamin B-6	mg	0.350)	0		1		0.123	0.203	
Folate, total	mcg	9		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		9		0		1		3	5	
Folate, DFE		9		0	NC	4		3	5	
Vitamin B-12	mcg	0.31		0		1		0.11	0.18	
Vitamin A, IU	IU	98		0		1		34	57	
Vitamin A, RAE		29		0		1		10	17	
Retinol		29		0		1		10	17	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	niog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.120)	0		1		1.442	2.390	
4:0	g									
6:0	-									
8:0										
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.040)	0		1		0.014	0.023	
13:0								_		
14:0		0.100)	0		1		0.035	0.058	
15:0				_		_			_	
16:0		2.790)	0		1		0.977	1.618	
17:0	-			_		_				
18:0	-	1.070)	0		1		0.375	0.621	
20:0	-									
22:0	-									
24:0	9									

		<u>Aı</u>	nount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	5.730		0		1		2.006	3.323	
Fatty acids, total monounsaturated		5.730		U		1		2.006	3.323	
15:1	-									
16:1 undifferentiated		0.650		0		1		0.228	0.377	
17:1	-	0.650		U		_		0.228	0.377	
18:1 undifferentiated		4.940		0		1		1.729	2.865	
20:1	_	0.070		0		1		0.025	0.041	
20:1 undifferentiated		0.070		0		4		0.025	0.041	
24:1 c		0.000		U		4		0.000	0.000	
		3.640		0		1		1 074	0 111	
Fatty acids, total polyunsaturated						1		1.274	2.111	
18:2 undifferentiated		3.080		0				1.078	1.786	
18:3 undifferentiated		0.150		0		1		0.053	0.087	
18:4	_									
20:2 n-6 c,c										
20:3 undifferentiated				_		_				
20:4 undifferentiated	-	0.190		0		1		0.067	0.110	
20:5 n-3		0.020		0		1		0.007	0.012	
22:5 n-3	-	0.040		0		1		0.014	0.023	
22:6 n-3	_	0.070		0		1		0.025	0.041	
Fatty acids, total trans	_									
Cholesterol		93		0		1		33	54	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.352		0		1		0.123	0.204	
Threonine		1.258		0		1		0.440	0.730	
Isoleucine	-	1.577		0		1		0.552	0.915	
Leucine		2.251		0		1		0.788	1.306	
Lysine		2.500		0		1		0.875	1.450	
Methionine		0.823		0		1		0.288	0.477	
Cystine		0.823		0		1		0.288	0.477	
3	-	1.202		0		1		0.421	0.227	
Phenylalanine		1.202		0		1		0.421	0.697	
Tyrosine	-	1.486		0		1		0.520		
Valine		1.486		0		1		0.520	0.862 1.040	
Arginine	-	0.924		0		1		0.628		
Histidine	-	1.620		0		1		0.323	0.536	
Alanine	-			0		1			0.940	
Aspartic acid		2.638		0		1		0.923	1.530	
Glutamic acid		4.672		-		_		1.635	2.710	
Glycine	-	1.464		0 0		1 1		0.512	0.849	
Proline		1.299						0.455	0.753	
Serine		1.049		0		1		0.367	0.608	
Hydroxyproline	g									

Common Measures:

Measure 1 = 35g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 58g: .5 back, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 60% 47% bone, 13% skin

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nui	mber				<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	58.75	0.566	16		1		14.10	23.50	
Energy.		239	0.500	0	NC	4		57	96	
· ·		1000		U	NC	4		240	400	
Energy		28.19	0 201	1.0		1		6.77		
Protein (N x 6.25)	-		0.381	16					11.28	
Total lipid (fat)		13.16	0.485	16		1		3.16	5.26	
Ash		1.08	0.054	16		1		0.26	0.43	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	mg	24	0.966	16		1		6	10	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.39	0.066	16		1		0.33	0.56	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22	0.462	16		1		5	9	
Phosphorus, P		165	5.559	16		1		40	66	
Potassium, K		237	7.967	16		1		57	95	
Sodium, Na		96	2.196	16		1		23	38	
Zinc, Zn		2.65	0.042	16		1		0.64	1.06	
Copper, Cu		0.081		16		1		0.019	0.032	
Manganese, Mn		0.022		16		1		0.005	0.009	
Selenium, Se		17.3	0.001	0	BFYN	4		4.2	6.9	
Scientini, Sc	g	17.5		·	2111	•		*	0.5	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.068		8		1		0.016	0.027	
Riboflavin	mg	0.217	0.009	8		1		0.052	0.087	
Niacin	mg	7.069	0.367	8		1		1.697	2.828	
Pantothenic acid	mg	1.130)	0		1		0.271	0.452	
Vitamin B-6	mg	0.340)	0		1		0.082	0.136	
Folate, total	mcg	7		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		7		0		1		2	3	
Folate, DFE	mcg_DFE	7		0	NC	4		2	3	
Vitamin B-12		0.30		0		1		0.07	0.12	
Vitamin A, IU	IU	95		0		1		23	38	
Vitamin A, RAE		28		0	NC	4		7	11	
Retinol		28		0	NR	4		7	11	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.06	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		0.6	1.0	
r ::a										
Lipids:	~	2 600		•				0.064	1 440	
Fatty acids, total saturated		3.600		0		1		0.864	1.440	
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		0.040)	0		1		0.010	0.016	
13:0										
14:0	-	0.100)	0		1		0.024	0.040	
15:0										
16:0	g	2.500)	0		1		0.600	1.000	
17:0	g									
18:0	g	0.840)	0		1		0.202	0.336	
20:0	g									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion o	of common
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and I	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	4.830	1	0		1		1.159	1.932	
14:1	=									
15:1	-	0 660		0		1		0.158	0.264	
16:1 undifferentiated	=	0.660		U		1		0.158	0.264	
18:1 undifferentiated	-	4.030	1	0		1		0.967	1.612	
20:1	-	0.070		0		1		0.017	0.028	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		3.050)	0		1		0.732	1.220	
18:2 undifferentiated	g	2.530)	0		1		0.607	1.012	
18:3 undifferentiated	g	0.120	1	0		1		0.029	0.048	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.190		0		1		0.046	0.076	
20:5 n-3		0.020		0		1		0.005	0.008	
22:5 n-3		0.040		0		1		0.010	0.016	
22:6 n-3		0.070	1	0		1		0.017	0.028	
Fatty acids, total trans										
Cholesterol	-	90		0		1		22	36	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.329)	0		1		0.079	0.132	
Threonine	g	1.191		0		1		0.286	0.476	
Isoleucine	g	1.488		0		1		0.357	0.595	
Leucine	g	2.115	i	0		1		0.508	0.846	
Lysine	g	2.395	i	0		1		0.575	0.958	
Methionine	g	0.780)	0		1		0.187	0.312	
Cystine	g	0.361		0		1		0.087	0.144	
Phenylalanine	g	1.118		0		1		0.268	0.447	
Tyrosine	g	0.952		0		1		0.228	0.381	
Valine	_	1.398		0		1		0.336	0.559	
Arginine	_	1.700)	0		1		0.408	0.680	
Histidine		0.875		0		1		0.210	0.350	
Alanine		1.538		0		1		0.369	0.615	
Aspartic acid		2.512		0		1		0.603	1.005	
Glutamic acid		4.221		0		1		1.013	1.688	
Glycine		1.385		0		1		0.332	0.554	
Proline		1.159		0		1		0.278	0.464	
Serine		0.970)	0		1		0.233	0.388	
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	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		Ö	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 = 24g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 40g: .5 back, bone and skin removed

Chicken, broilers or fryers, back, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 64% 48% bone, 16% skin

		Aı	mount in 100 g	rams mbe		le portic	on		edible portion of easures of food	
Nutrients and Un	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.33	0.598	16		1		16.73	27.02	
Energy		209		0	NC	4		54	88	
Energy		874				4		227	367	
Protein (N x 6.25)		25.31	0.442	16		1		6.58	10.63	
Total lipid (fat)	-	11.19	0.378	16		1		2.91	4.70	
Ash		0.73	0.059	16	_	1		0.19	0.31	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	21	1.514	16		1		5	9	
Iron, Fe.	-	1.27	0.049	16		1		0.33	0.53	
Magnesium, Mg	mg	17	0.285	16		1		4	7	
Phosphorus, P	mg	130	2.045	16		1		34	55	
Potassium, K	mg	158	6.859	16		1		41	66	
Sodium, Na	mg	67	2.237	16		1		17	28	
Zinc, Zn	mg	2.38	0.052	16		1		0.62	1.00	
Copper, Cu	mg	0.071	0.002	16		1		0.018	0.030	
Manganese, Mn	_	0.020	0.001	16		1		0.005	0.008	
Selenium, Se	mcg	16.5		0	BFYN	4		4.3	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.047	0.003	8		1		0.012	0.020	
Riboflavin	_	0.173		8		1		0.045	0.073	
Niacin	_	4.556		8		1		1.185	1.914	
Pantothenic acid		0.836	;	0		1		0.217	0.351	
Vitamin B-6		0.200)	0		1		0.052	0.084	
Folate, total		7		0		1		2	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		7		0		1		2	3	
Folate, DFE		7		0	NC	4		2	3	
Vitamin B-12	mcg	0.21		0		1		0.05	0.09	
Vitamin A, IU	IU	90		0		1		23	38	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		7	11	
Retinol	mcg	27		0	NR	4		7	11	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.07	0.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.4		_	G2 F37			0.6		
Vitamin K (phylloquinone)	Incg	2.4		0	CAZN	4		0.6	1.0	
Lipids:										
Fatty acids, total saturated	g	3.040)	0		1		0.790	1.277	
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	g	0.000)	0		1		0.000	0.000	
12:0	g	0.040)	0		1		0.010	0.017	
13:0	g									
14:0	g	0.080)	0		1		0.021	0.034	
15:0	g									
16:0	g	2.100)	0		1		0.546	0.882	
17:0	g									
18:0	g	0.720)	0		1		0.187	0.302	
20:0	g									
22:0	g									
24:0	g									

		<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	I Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	4.020		0		1		1.045	1.688	
14:1	_									
15:1 16:1 undifferentiated	-	0.550		0		1		0.143	0.231	
17:1	_	0.550		Ū		-		0.145	0.231	
18:1 undifferentiated	-	3.350		0		1		0.871	1.407	
20:1	g	0.060		0		1		0.016	0.025	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	2.620		0		1		0.681	1.100	
18:2 undifferentiated		2.150		0		1		0.559	0.903	
18:3 undifferentiated		0.100		0		1		0.026	0.042	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	-	0.170		0		1		0.044	0 071	
20:4 undifferentiated		0.170		0		1		0.044 0.005	0.071 0.008	
20:5 n-3	_	0.040		0		1		0.005	0.008	
22:6 n-3	-	0.040		0		1		0.010	0.029	
Fatty acids, total trans	_	0.070		·		-		0.010	0.025	
Cholesterol		85		0		1		22	36	
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
-	_									
Amino Acids:	_					_				
Tryptophan		0.296		0 0		1 1		0.077	0.124	
Threonine	_	1.069 1.336		0		1		0.278 0.347	0.449 0.561	
Isoleucine	_	1.899		0		1		0.494	0.798	
Lysine	_	2.150		0		1		0.559	0.903	
Methionine		0.700		0		1		0.182	0.294	
Cystine		0.324		0		1		0.084	0.136	
Phenylalanine		1.004		0		1		0.261	0.422	
Tyrosine		0.854		0		1		0.222	0.359	
Valine	g	1.255		0		1		0.326	0.527	
Arginine	g	1.526		0		1		0.397	0.641	
Histidine	g	0.786		0		1		0.204	0.330	
Alanine	g	1.381		0		1		0.359	0.580	
Aspartic acid		2.255		0		1		0.586	0.947	
Glutamic acid		3.790		0		1		0.985	1.592	
Glycine		1.243		0		1		0.323	0.522	
Proline	_	1.041		0		1		0.271	0.437	
Serine		0.871		0		1		0.226	0.366	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha	-	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 26g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 42g: .5 back, bone and skin removed

Chicken, broilers or fryers, back, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 71% 44% bone, 10% skin, 17% sep fat

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portic	<u>n</u>	Amount in	edible portion	of common
			Nι	ımber	•				easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	75.31	0.336	24		1		23.35	38.41	
Energy	_	137		0	NC	4		42	70	
Energy		573				4		178	292	
Protein (N x 6.25)		19.56	0.210	24		1		6.06	9.98	
Total lipid (fat)	-	5.92	0.256	24		1		1.84	3.02	
Ash		0.92	0.038	24		1		0.29	0.47	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	_									
Minerals:										
Calcium, Ca	-	17	1.046	24		1		5	9	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.04	0.039	24		1		0.32	0.53	
Magnesium, Mg		22	0.434	24		1		7	11	
Phosphorus, P	-	151	3.601	24		1		47	77	
Potassium, K	-	204	5.535	24		1		63	104	
Sodium, Na	_	82	1.800	24		1 1		25	42	
Zinc, Zn		1.85	0.045	24 24		1		0.57	0.94	
Copper, Cu		0.060 0.021		24		1		0.019 0.007	0.031 0.011	
Selenium, Se		13.5	1.936	4	A	1		4.2	6.9	
Selemun, Se		13.3	1.550	•		-		4.2	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.074	0.004	16		1		0.023	0.038	
Riboflavin	mg	0.164	0.006	16		1		0.051	0.084	
Niacin	mg	6.672	0.315	16		1		2.068	3.403	
Pantothenic acid	mg	1.224	ļ	0		1		0.379	0.624	
Vitamin B-6	mg	0.330)	0		1		0.102	0.168	
Folate, total	mcg	9		0		1		3	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		1		3	5	
Folate, DFE		9		0	NC	4		3	5	
Vitamin B-12		0.36		0		1		0.11	0.18	
Vitamin A, IU	IU	99		0		1		31	50	
Vitamin A, RAE		30		0	NC	4		9	15	
Retinol		30		0	NR	4		9	15	
Vitamin E (alpha-tocopherol)		0.22		0	CASN	4		0.07	0.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.4		0	CAZN	4		0.7	1.2	
vitamin K (phylloquinone)	Illog	2.4		U	CAZN	-		0.7	1.2	
Lipids:										
Fatty acids, total saturated	g	1.520)	0		1		0.471	0.775	
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		0.030	0.006	17		1		0.009	0.015	
13:0										
14:0		0.040	0.004	24		1		0.012	0.020	
15:0										
16:0		1.010	0.050	24		1		0.313	0.515	
17:0	-									
18:0	-	0.400	0.027	24		1		0.124	0.204	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 100 gr		ble portic	<u>on</u>		edible portion of easures of food	
			Data Deriv		Confidence			•
Nutrients and Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 1.8 4 0		0	1		0.570	0.938	
14:1	9							
15:1								
16:1 undifferentiated		0.019	24	1		0.084	0.138	
17:19			•	_				
18:1 undifferentiated			24	1		0.474	0.780	
20:1	•		6 0	1		0.003	0.005	
22:1 undifferentiated	-		U	1		0.000	0.000	
Fatty acids, total polyunsaturated			0	1		0.456	0.750	
18:2 undifferentiated			24	1		0.350	0.576	
18:3 undifferentiated			18	1		0.016	0.026	
18:4			0	1		0.000	0.000	
20:2 n-6 c.c.	•		•	_				
20:3 undifferentiated								
20:4 undifferentiated		0.026	16	1		0.043	0.071	
20:5 n-3	0.020	0.005	8	1		0.006	0.010	
22:5 n-3	0.030	0.008	9	1		0.009	0.015	
22:6 n-3		0.016	9	1		0.019	0.031	
Fatty acids, total trans	9							
Cholesterolr	ng 81		0	1		25	41	
Phytosterolsr	ng							
Amino Acide:								
Amino Acids:	0.228		0	1		0.071	0.116	
Tryptophan	•		0	1		0.256	0.116	
Isoleucine	•		0	1		0.320	0.527	
Leucine			0	1		0.320	0.748	
Lysine	•		0	1		0.515	0.847	
Methionine			0	1		0.168	0.276	
Cystine			0	1		0.078	0.128	
Phenylalanine	•		0	1		0.241	0.396	
Tyrosine	•		0	1		0.205	0.337	
Valine			0	1		0.301	0.495	
Arginine	•		0	1		0.366	0.602	
Histidine			0	1		0.188	0.310	
Alanine			0	1		0.331	0.544	
Aspartic acid			0	1		0.540	0.889	
Glutamic acid			0	1		0.908	1.494	
Glycine			0	1		0.298	0.490	
Proline			0	1		0.249	0.410	
Serine	=		0	1		0.209	0.343	
Hydroxyproline								
Othoras								
Others:	0.0		^	7		0.0	0.0	
Alcohol, ethylg	0.0		0	7 7		0.0	0.0	
Caffeine m			0 z 0 z	7		0	0 0	
Theobromine me	y U		U Z	,		U	U	
Carotenoids:								
Carotene, betame			0 z	7		0.000	0.000	
Carotene, alphame			0 z	7		0.000	0.000	
Cryptoxanthin, beta	-		0 z	7		0.000	0.000	
Lycopene me			0 z	7		0.000	0.000	
Lutein + zeaxanthinm	cg 0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 51g: .5 back, bone and skin removed

Chicken, broilers or fryers, back, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 12% Bone

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>on</u>		edible portion o	f common
			N	Number				<u>m</u>	easures of food	
			(of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:						_				
Water		51.64		0		1		43.38	72.30	
Energy		260		0	NC	4		218	364	
Energy		1088 24.84		•		4 1		914	1523 34.78	
Protein (N x 6.25)	-			0		1		20.87		
Total lipid (fat)		13.20 1.33		0		1		11.09 1.12	18.48	
Ash		8.99		0	NC	4		7.55	1.86	
Carbohydrate, by difference		0.3		0	NC	4		0.3	12.59 0.4	
Fiber, total dietary		0.00		0	Z	7		0.00	0.4	
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	9									
<u> Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	20		0		1		17	28	
Iron, Fe		1.25		0		1		1.05	1.75	
Magnesium, Mg		24		0		1		20	34	
Phosphorus, P	-	185		0		1		155	259	
Potassium, K	-	201		0		1		169	281	
Sodium, Na	-	275		0		1		231	385	
Zinc, Zn		0.95		0		1		0.80	1.33	
Copper, Cu		0.060		0		1 1		0.050 0.045	0.08 4 0.076	
Manganese, Mn Selenium, Se		28.0	•	0	PIE	4		23.5	39.2	
Seienium, Se	Illog	28.0		U	PIE	4		23.5	39.2	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.115	5	0		1		0.097	0.161	
Riboflavin	mg	0.146	5	0		1		0.123	0.204	
Niacin		10.523	3	0		1		8.839	14.732	
Pantothenic acid		0.823		0		1		0.691	1.152	
Vitamin B-6	-	0.430)	0		1		0.361	0.602	
Folate, total		15		0	RA	4		13	21	
Folic acid		9		0	NC	4		8	13	
Folate, food		6		0		1		5	8	
Folate, DFE		21		0	NC	4		18	30	
Vitamin B-12		0.30		0		1		0.25	0.42	
Vitamin A, IU	IU	67		0	NC	4		56	93	
Vitamin A, RAE		20 20		0	NC	4		17 17	28	
Retinol	-			0	NR NR	4 4		0.89	28 1.49	
Vitamin E (alpha-tocopherol)		1.06		U	NK	4		0.89	1.49	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		2.0	3.3	
<u> Lipids:</u>										
Fatty acids, total saturated		3.520		0		1		2.957	4.928	
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		0.010	,	0		1		0.008	0.014	
13:0		0.000	n	0		1		0.007	0 110	
14:0		0.080	,	U		1		0.067	0.112	
15:0		0 0=1	,	^		-		1 074	2 222	
16:0		2.350	J	0		1		1.974	3.290	
17:0	-	1 0	,	^		4		0.074	1 450	
18:0	-	1.040	,	0		1		0.874	1.456	
20:0	-									
22:0	y									

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion of	
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and l	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	5.460	1	0		1		4.586	7.644	
14:1	_									
15:1	-	0 270		•				0 211	0.510	
16:1 undifferentiated	_	0.370	1	0		1		0.311	0.518	
18:1 undifferentiated	-	4.970	1	0		1		4.175	6.958	
20:1	-	0.070		0		1		0.059	0.098	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		3.080	1	0		1		2.587	4.312	
18:2 undifferentiated	g	2.780)	0		1		2.335	3.892	
18:3 undifferentiated	g	0.150)	0		1		0.126	0.210	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.060		0		1		0.050	0.084	
20:5 n-3		0.010		0		1		0.008	0.014	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.010		0		1		0.008	0.014	
22:6 n-3		0.020	1	0		1		0.017	0.028	
Fatty acids, total trans		85		0		1		71	119	
CholesterolPhytosterols	_	65		U		1		71	119	
1 Hytosterois										
Amino Acids:										
Tryptophan		0.285		0		1		0.239	0.399	
Threonine	_	1.022		0		1		0.858	1.431	
Isoleucine	-	1.252		0		1		1.052	1.753	
Leucine	-	1.830		0		1		1.537	2.562	
Lysine		1.970 0.657		0 0		1 1		1.655	2.758	
Methionine		0.837		0		1		0.552 0.285	0.920	
Cystine		0.991		0		1		0.832	0.475 1.387	
Phenylalanine Tyrosine		0.812		0		1		0.682	1.137	
Valine	_	1.216		0		1		1.021	1.702	
Arginine	-	1.515		0		1		1.273	2.121	
Histidine	-	0.730		0		1		0.613	1.022	
Alanine		1.391		0		1		1.168	1.947	
Aspartic acid		2.158		0		1		1.813	3.021	
Glutamic acid		3.942		0		1		3.311	5.519	
Glycine	g	1.467		0		1		1.232	2.054	
Proline		1.255	i	0		1		1.054	1.757	
Serine	g	0.908		0		1		0.763	1.271	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	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:	g	-		-	_	•		-	•	
	mc~	^		^	_	-		0.000	0.000	
Carotene, beta		0		0	z z	7 7		0.000 0.000	0.000 0.000	
Carotene, alpha Cryptoxanthin, beta	-	0		0	z Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 84g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 140g: .5 breast, bone removed

Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 17% Bone

		<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	
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	56.59	0		1		33.39	55.46	
Energy	kcal	222	0	NC	4		131	218	
Energy		929			4		548	910	
Protein (N x 6.25)	g	31.84	0		1		18.79	31.20	
Total lipid (fat)	g	8.87	0		1		5.23	8.69	
Ash	g	1.06	0		1		0.63	1.04	
Carbohydrate, by difference	g	1.64	0	NC	4		0.97	1.61	
Fiber, total dietary	g	0.1	0		4		0.1	0.1	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	16	0		1		9	16	
Iron, Fe	-	1.19	0		1		0.70	1.17	
Magnesium, Mg		30	0		1		18	29	
Phosphorus, P		233	0		1		137	228	
Potassium, K	•	259	0		1		153	254	
Sodium, Na		76	0		1		45	74	
Zinc, Zn	mg	1.10	0		1		0.65	1.08	
Copper, Cu	mg	0.057	7 0		1		0.034	0.056	
Manganese, Mn		0.026			1		0.015	0.025	
Selenium, Se	mcg	23.9	0	PIE	4		14.1	23.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.082		_	1		0.048	0.080	
Riboflavin		0.131			1		0.077	0.128	
Niacin		13.742			1		8.108	13.467	
Pantothenic acid	-	1.001	L 0		1		0.591	0.981	
Vitamin B-6		0.580	0		1		0.342	0.568	
Folate, total	mcg	6	0	RA	4		4	6	
Folic acid		2	0	NC	4		1	2	
Folate, food	mcg	4	0		1		2	4	
Folate, DFE	mcg_DFE	7	0	NC	4		4	7	
Vitamin B-12	mcg	0.34	0		1		0.20	0.33	
Vitamin A, IU		50	0		1		30	49	
Vitamin A, RAE		15	0		1		9	15	
Retinol		15	0		1		9	15	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Tricg								
Lipids:									
Fatty acids, total saturated	g	2.450	0		1		1.446	2.401	
4:0	g								
6:0									
8:0									
10:0		0.000			4		0.000	0.000	
12:0		0.010	0		1		0.006	0.010	
13:0	-	0.05					0 041	0.000	
14:0	-	0.070	0		1		0.041	0.069	
15:0	-	1.730	0		1		1.021	1.695	
16:0 17:0	-	1.730	, 0		1		1.021	1.095	
18:0	-	0.580	0		1		0.342	0.568	
20:0	-	0.560			_		0.342	0.508	
22:0	-								
v	g								

		<u>Aı</u>	mount in 100			ole portio	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	
F-44	2	3.500		0		1		2.065	3.430		
Fatty acids, total monounsaturated		3.500		U		1		2.065	3.430		
15:1											
16:1 undifferentiated		0.380		0		1		0.224	0.372		
17:1	-										
18:1 undifferentiated.		3.000		0		1		1.770	2.940		
20:1		0.080		0		1		0.047	0.078		
22:1 undifferentiated	-	0.000		0		4		0.000	0.000		
24:1 c		2.300		-		-					
Fatty acids, total polyunsaturated		1.960		0		1		1.156	1.921		
18:2 undifferentiated		1.690		0		1		0.997	1.656		
18:3 undifferentiated	-	0.080		0		1		0.047	0.078		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.070		0		1		0.041	0.069		
20:5 n-3	-	0.010		0		1		0.006	0.010		
22:5 n-3	-	0.010		0		1		0.006	0.010		
22:6 n-3		0.030		0		1		0.018	0.029		
Fatty acids, total trans											
Cholesterol	-	89		0		1		53	87		
Phytosterols	_										
Amino Acids:											
Tryptophan	a	0.364		0		1		0.215	0.357		
Threonine	-	1.327		0		1		0.783	1.300		
Isoleucine	_	1.632		0		1		0.963	1.599		
Leucine	_	2.353		0		1		1.388	2.306		
Lysine	-	2.634		0		1		1.554	2.581		
Methionine	_	0.862		0		1		0.509	0.845		
Cystine	_	0.418		0		1		0.247	0.410		
Phenylalanine		1.253		0		1		0.739	1.228		
Tyrosine	_	1.049		0		1		0.619	1.028		
Valine	_	1.562		0		1		0.922	1.531		
Arginine		1.954		0		1		1.153	1.915		
Histidine	_	0.959		0		1		0.566	0.940		
Alanine		1.792		0		1		1.057	1.756		
Aspartic acid	_	2.828		0		1		1.669	2.771		
Glutamic acid	-	4.763		0		1		2.810	4.668		
Glycine		1.811		0		1		1.068	1.775		
Proline	_	1.446		0		1		0.853	1.417		
Serine		1.114		0		1		0.657	1.092		
Hydroxyproline	_	1.114		J		-		5.057	1.032		
11yaroxypromic	9										

Common Measures:

Measure 1 = 59g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 98g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		<u>Aı</u>	mount in 100 g	rams	of ear	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mbei	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	62.44	0.300	16		1		87.42	36.22	61.19
Energy	-	197		0	NC	4		276	114	193
Energy		824		·	0	4		1154	478	808
Protein (N x 6.25)		29.80	0.355	16		1		41.72	17.28	29.20
Total lipid (fat)		7.78	0.300	16		1		10.89	4.51	7.62
Ash		0.99	0.034	16		1		1.39	0.57	0.97
Carbohydrate, by difference		0.00	0.001	0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.00	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		Ū		,		0.00	0.00	0.00
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	14	0.802	17		1		20	8	14
Iron, Fe	mg	1.07	0.065	17		1		1.50	0.62	1.0
Magnesium, Mg	mg	27	0.540	17		1		38	16	26
Phosphorus, P	mg	214	6.940	17		1		300	124	210
Potassium, K	mg	245	7.020	17		1		343	142	240
Sodium, Na	mg	71	3.327	17		1		99	41	70
Zinc, Zn	mg	1.02	0.026	17		1		1.43	0.59	1.0
Copper, Cu	mg	0.050	0.002	17		1		0.070	0.029	0.0
Manganese, Mn	mg	0.018	0.001	16		1		0.025	0.010	0.0
Selenium, Se	mcg	24.7		0	BFYN	4		34.6	14.3	24.2
/itamins:										
	ma	0.0		0	z	7		0.0	0.0	0.0
Vitamin C, total ascorbic acid					Z				0.0	0.0
Thiamin	_	0.066		9		1 1		0.092	0.038	0.0
Riboflavin		0.119		9				0.167	0.069	0.1
Niacin	_	12.710		9		1		17.794	7.372	12.4
Pantothenic acid		0.936		0		1		1.310	0.543	0.9
Vitamin B-6	-	0.560	0.018	11		1		0.784	0.325	0.5
Folate, total		4		0	_	1		6	2	4
Folic acid		0		0	Z	7		0	0	0
Folate, food		4		0		1		6	2	4
Folate, DFE		4		0	NC	4		6	2	4
Vitamin B-12		0.32		0		1		0.45	0.19	0.3
Vitamin A, IU		90		0	NC	4		126	52	88
Vitamin A, RAE		27		0	NC	4		38	16	26
Retinol		27		0	NR	4		38	16	26
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.15	0.2
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	0.2
Lipids:										
Fatty acids, total saturated	а	2.190)	0		1		3.066	1.270	2.1
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0.		0.000		0		1		0.000	0.000	0.0
12:0.		0.010		0		1		0.014	0.006	0.0
13:0				-		-				
14:0		0.060	1	0		1		0.084	0.035	0.0
15:0	-	1.000		-		-		0.004	3.055	0.0
16:0	-	1.610)	0		1		2.254	0.934	1.5
17:0		1.010		Ū		-		2.234	0.334	1.5
18:0	-	0.450	1	0		1		0.630	0.261	0.4
20:0	-	0.450		J		1		0.030	0.201	0.4
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100			ole portio	<u>on</u>		edible portion	
				Number		Cauraa	Confidence	<u>m</u>	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	edg	3.030		0		1		4.242	1.757	2.969
14:1	-									
15:1 16:1 undifferentiated	9	0.400		0		1		0.560	0.232	0.392
17:1 18:1 undifferentiated		2.510		0		1		3.514	1.456	2.460
20:1	-	0.080		0		1		0.112	0.046	0.078
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturate	d9	1.660		0		1		2.324	0.963	1.627
18:2 undifferentiated	-	1.410		0		1		1.974	0.818	1.382
18:3 undifferentiated	=	0.060		0		1		0.084	0.035	0.059
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated		0.070		0		1		0.000	0 041	0.066
20:4 undifferentiated 20:5 n-3	-	0.010		0		1		0.098 0.014	0.041 0.006	0.069
20:5 n-3	-	0.010		0		1		0.014	0.006	0.010
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.010		0		1		0.014	0.017	0.029
Fatty acids, total trans		0.000		·		_		0.042	0.017	0.02.
Cholesterol		84		0		1		118	49	82
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
A . A . 1										
Amino Acids:	~	0.240		•				0.476		
Tryptophan		0.340		0		1 1		0.476	0.197	0.333
Threonine	=	1.244		0 0		1		1.742	0.722	1.219
Isoleucine	-	1.525 2.198		0		1		2.135 3.077	0.885 1.275	1.495 2.154
Lysine	-	2.196		0		1		3.462	1.275	2.154
Methionine		0.807		0		1		1.130	0.468	0.791
Cystine		0.390		0		1		0.546	0.226	0.791
Phenylalanine		1.169		0		1		1.637	0.678	1.146
Tyrosine		0.980		0		1		1.372	0.568	0.960
Valine	-	1.461		0		1		2.045	0.847	1.432
Arginine	• • • • • • • • • • • • • • • • • • • •	1.837		0		1		2.572	1.065	1.800
Histidine		0.897		0		1		1.256	0.520	0.879
Alanine	g	1.688		0		1		2.363	0.979	1.654
Aspartic acid		2.657		0		1		3.720	1.541	2.604
Glutamic acid	g	4.404		0		1		6.166	2.554	4.316
Glycine	g	1.720		0		1		2.408	0.998	1.686
Proline	g	1.347		0		1		1.886	0.781	1.320
Serine	g	1.040		0		1		1.456	0.603	1.019
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	-	0		0	z	7		0	0	0
Carotenoids:	•									
Carotene, beta	mca	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
, P	mcg	0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 58g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 98g: .5 breast, bone removed

Chicken, broilers or fryers, breast, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05061 Chicken, broilers or fryers, breast, meat and skin, cooked, stewed

Refuse: 18% Bone

		Amount in 100 grams of edible portion						Amount in edible portion of common			
			Number				measures of food				
Nutrients and Uni	its	Mean	of I Std. Error Poi	Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	=	66.21	0.406	16		1		92.69	43.70	72.83	
Energy		184		0	NC	4		258	121	202	
Energy		770	0.077	1.0		4		1078	508	847	
Protein (N x 6.25)		27.39 7.42	0.277 0.222	16 16		1 1		38.35 10.39	18.08 4.90	30.13 8.16	
Total lipid (fat)		0.84	0.222	16		1		1.18	4.90 0.55	0.92	
Carbohydrate, by difference		0.00	0.030	0	Z	7		0.00	0.00	0.00	
Fiber, total dietary		0.00		0	z	7		0.00	0.00	0.0	
Sugars, total		0.00		0	z	, 7		0.00	0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	0.00	
Starch	9										
Minerals:											
Calcium, Ca	-	13	0.497	16		1		18	9	14	
Iron, Fe		0.92	0.056	16		1		1.29	0.61	1.01	
Magnesium, Mg		22 156	0.445	16		1 1		31 218	15	24	
Phosphorus, P Potassium, K		156 178	3.554 7.772	16 16		1		218 249	103 117	172 196	
Sodium, Na		62	2.645	16		1		87	41	68	
Zinc, Zn		0.97	0.018	16		1		1.36	0.64	1.07	
Copper, Cu		0.044		16		1		0.062	0.029	0.04	
Manganese, Mn		0.018		16		1		0.025	0.012	0.02	
Selenium, Se		21.8		0	BFYN	4		30.5	14.4	24.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0	
Thiamin	mg	0.041	0.005	8		1		0.057	0.027	0.04	
Riboflavin	mg	0.115	0.003	8		1		0.161	0.076	0.12	
Niacin	-	7.807	0.308	8		1		10.930	5.153	8.58	
Pantothenic acid		0.547		0		1		0.766	0.361	0.60	
Vitamin B-6	-	0.290	1	0		1		0.406	0.191	0.31	
Folate, total		3		0	_	1		4	2	3	
Folic acid		0 3		0	Z	7 1		0 4	0 2	0 3	
Folate, foodFolate, DFE		3		0	NC	4		4	2	3	
Vitamin B-12		0.21		0	NC	1		0.29	0.14	0.23	
Vitamin A, IU		80		0	NC	4		112	53	88	
Vitamin A, RAE		24		0	NC	4		34	16	26	
Retinol		24		0	NR	4		34	16	26	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.17	0.29	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.1	0.2	
Lipids:	_					_					
Fatty acids, total saturated		2.080		0		1		2.912	1.373	2.28	
4:0		0.000		0		1 1		0.000	0.000	0.00	
6:0 8:0	_	0.000		0		1		0.000 0.000	0.000 0.000	0.00	
8:0 10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0	_	0.010		0		1		0.014	0.007	0.01	
13:0	-	•		-		_					
14:0		0.060	1	0		1		0.084	0.040	0.06	
15:0											
16:0		1.540	1	0		1		2.156	1.016	1.69	
17:0											
18:0	g	0.420	1	0		1		0.588	0.277	0.46	
20:0	-										
22:0	~										

		<u>A</u>	mount in 100 grams		Amount in edible portion of common				
			Numbe	r			measures of food		
				Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted Q	2.900	0		1		4.060	1.914	3.190
14:1 15:1	g								
16:1 undifferentiated	g	0.390	0		1		0.546	0.257	0.429
18:1 undifferentiated	g	2.390			1		3.346	1.577	2.629
20:1 22:1 undifferentiated	_	0.080			1 1		0.112 0.000	0.053 0.000	0.088
24:1 c	•	0.000	U		1		0.000	0.000	0.000
Fatty acids, total polyunsaturate		1.580	0		1		2.212	1.043	1.738
18:2 undifferentiated		1.350	0		1		1.890	0.891	1.485
18:3 undifferentiated	g	0.060	0		1		0.084	0.040	0.066
18:4	g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •								
20:3 undifferentiated									
20:4 undifferentiated		0.060			1		0.084	0.040	0.066
20:5 n-3	_	0.010			1		0.014	0.007	0.011
22:5 n-3		0.010			1 1		0.014	0.007	0.011
22:6 n-3		0.020	U		1		0.028	0.013	0.022
Fatty acids, total trans Cholesterol		75	0		1		105	50	83
Phytosterols		73	v		-		105	30	03
1 ny tosterois	9								
Amino Acids:									
Tryptophan		0.312			1		0.437	0.206	0.343
Threonine	-	1.143			1		1.600	0.754	1.257
Isoleucine	_	1.401			1		1.961	0.925	1.541
Leucine	-	2.019			1		2.827	1.333	2.221
Lysine		2.272			1 1		3.181	1.500	2.499
Methionine		0.741 0.359			1		1.037 0.503	0.489	0.815
Cystine		1.074			1		1.504	0.237 0.709	0.395 1.181
Phenylalanine		0.900			1		1.304	0.709	0.990
Tyrosine Valine		1.342	_		1		1.879	0.886	1.476
Arginine	-	1.689			1		2.365	1.115	1.858
Histidine		0.824			1		1.154	0.544	0.906
Alanine		1.552			1		2.173	1.024	1.707
Aspartic acid		2.441			1		3.417	1.611	2.685
Glutamic acid		4.046			1		5.664	2.670	4.451
Glycine		1.586			1		2.220	1.047	1.745
Proline		1.240			1		1.736	0.818	1.364
Serine	_	0.956			1		1.338	0.631	1.052
Hydroxyproline									
Others:	~	0.0	•		-		0.0		
Alcohol, ethyl		0.0	0	_	7 7		0.0	0.0	0.0
Caffeine		0	0	z z	7		0	0 0	0 0
Theobromine	9	U	U	4	,		U	U	U
Carotenoids:		_			_				
Carotene, beta		0	0	z	7		0.000	0.000	0.000
Carotene, alpha		0	0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0	0	z	7		0.000	0.000	0.000
Lycopene		0	0	z z	7 7		0.000	0.000	0.000
Lutein + zeaxanthin	g	U		z			0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 66g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 110g: .5 breast, bone removed

Chicken, broilers or fryers, breast, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 20% Bone

						Amount in 100 grams of edible portion					
			Nu	mber	Number						
						Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
n : .											
Proximates: Water	а	69.46	0.278	29		1		60.43	100.72		
Energy	-	172		0	NC	4		150	249		
Energy		720		•		4		626	1043		
Protein (N x 6.25)		20.85	0.148	29		1		18.14	30.23		
Total lipid (fat)	-	9.25	0.243	29		1		8.05	13.41		
Ash		1.01	0.058	29		1		0.88	1.46		
Carbohydrate, by difference		0.00	0.000	0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch		0.00		U		,		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	_	11	0.498	24		1		10	16		
Iron, Fe		0.74	0.031	24		1		0.64	1.07		
Magnesium, Mg		25	0.364	24		1		22	36		
Phosphorus, P	-	174	3.842	24		1		151	252		
Potassium, K	mg	220	5.320	24		1		191	319		
Sodium, Na		63	1.635	24		1		55	91		
Zinc, Zn		0.80	0.017	24		1		0.70	1.16		
Copper, Cu		0.039		24		1		0.034	0.057		
Manganese, Mn		0.018	0.000	24		1		0.016	0.026		
Selenium, Se	mcg	16.6		0	PAK	1		14.4	24.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.063	0.004	16		1		0.055	0.091		
Riboflavin		0.085		16		1		0.074	0.123		
Niacin		9.908		16		1		8.620	14.367		
Pantothenic acid	-	0.804		1		1		0.699	1.166		
Vitamin B-6		0.530		11		1		0.461	0.769		
Folate, total	_	4	0.800	4		1		3	6		
Folic acid		0		0	z	7		0	0		
Folate, food		4	0.800	4		1		3	6		
Folate, DFE	mca DFE	4		0	NC	4		3	6		
Vitamin B-12		0.34		0		1		0.30	0.49		
Vitamin A, IU		83		0		1		72	120		
Vitamin A, RAE		25		0		1		22	36		
Retinol		24		0	NR	4		21	35		
Vitamin E (alpha-tocopherol)		0.31		0	NR	4		0.27	0.45		
Tocopherol, beta											
Tocopherol, gamma		0.03		0	PAK	1		0.03	0.04		
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0		

<u>Lipids:</u>	_					_					
Fatty acids, total saturated		2.660		0		1		2.314	3.857		
4:0	_	0.000		0	PAK	1		0.000	0.000		
6:0	_	0.000		0	PAK	1		0.000	0.000		
8:0		0.000		0	PAK	1		0.000	0.000		
10:0	_	0.000		0		4		0.000	0.000		
12:0	-	0.010		0		1		0.009	0.015		
13:0				•		_					
14:0		0.080		0		1		0.070	0.116		
15:0	_			•		_			2 225		
16:0	_	1.950		0		1		1.697	2.828		
17:0	_	2 - 12		•							
18:0	-	0.540		0		1		0.470	0.783		
20.0	u										
20:0 22:0	_										

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nite	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and O	iiits	Weali	Stu. Elloi					Weasure 1	Measure 2	Weasure 3
Fatty acids, total monounsaturated	d a	3.820		0		1		3.323	5.539	
14:1	g									
15:1 16:1 undifferentiated		0.500		0		1		0.435	0.725	
17:118:1 undifferentiated	-	3.170		0		1		2.758	4.597	
20:1	_	0.100		0		1		0.087	0.145	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated.		1.960		0		1		1.705	2.842	
18:2 undifferentiated		1.740		0		1		1.514	2.523	
18:3 undifferentiated		0.080		0		1		0.070	0.116	
18:4	_	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated		0.050		0		1		0.044	0.073	
20:5 n-3	g	0.010		0		1		0.009	0.015	
22:5 n-3	g	0.010		0		1		0.009	0.015	
22:6 n-3	g	0.020		0		1		0.017	0.029	
Fatty acids, total trans	g	0.115		0	PIK	4		0.100	0.167	
Cholesterol	mg	64		0		1		56	93	
Phytosterols	mg									
Amina Aaida										
Amino Acids:	a	0.237		0		1		0.206	0.244	
Tryptophan		0.237		0		1		0.756	0.344 1.260	
Threonine Isoleucine	-	1.063		0		1		0.756	1.541	
Leucine		1.534		0		1		1.335	2.224	
Lysine	-	1.725		0		1		1.501	2.501	
Methionine		0.563		0		1		0.490	0.816	
Cystine		0.303		0		1		0.238	0.397	
Phenylalanine	-	0.816		0		1		0.710	1.183	
Tyrosine		0.684		0		1		0.710	0.992	
Valine		1.020		0		1		0.887	1.479	
Arginine		1.289		0		1		1.121	1.869	
Histidine		0.625		0		1		0.544	0.906	
Alanine	-	1.187		0		1		1.033	1.721	
Aspartic acid	_	1.859		0		1		1.617	2.696	
Glutamic acid	-	3.076		0		1		2.676	4.460	
Glycine	_	1.228		0		1		1.068	1.781	
Proline		0.954		0		1		0.830	1.383	
Serine		0.729		0		1		0.634	1.057	
Hydroxyproline		0.729		J		-		J. UJ4	1.037	
Others:	a	0.0		0	PIK	4		0.0	0.0	
Alcohol, ethyl		0.0		0	PIK	4		0.0	0.0	
Theobromine		0		0	PIK	4		0	0	
	9	Ū		U	PIK	-		J	J	
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 87g: .5 breast, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 145g: .5 breast, bone removed

Chicken, broilers or fryers, breast, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% 17% bone, 10% skin

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	_	60.21		0		1		31.31	51.78	
Energy	kcal	187		0	NC	4		97	161	
Energy		782				4		407	673	
Protein (N x 6.25)		33.44		0		1		17.39	28.76	
Total lipid (fat)		4.71		0		1		2.45	4.05	
Ash		1.14		0		1		0.59	0.98	
Carbohydrate, by difference		0.51		0	NC	4		0.27	0.44	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	16		0		1		8	14	
Iron, Fe		1.14		0		1		0.59	0.98	
Magnesium, Mg		31		0		1		16	27	
Phosphorus, P		246 276		0 0		1 1		128	212 237	
Potassium, KSodium, Na	-	276 79		0		1		144 41	68	
Zinc, Zn		1.08		0		1		0.56	0.93	
Copper, Cu		0.054	ı	0		1		0.028	0.046	
Manganese, Mn	_	0.021		0		1		0.011	0.018	
Selenium, Se		26.2		0	BFYN	4		13.6	22.5	
Vitamins										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.079	•	0	-	1		0.041	0.068	
Riboflavin		0.125		0		1		0.065	0.108	
Niacin	_	14.782		0		1		7.687	12.713	
Pantothenic acid		1.040		0		1		0.541	0.894	
Vitamin B-6		0.640)	0		1		0.333	0.550	
Folate, total	mcg	4		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		4		0		1		2	3	
Folate, DFE	mcg_DFE	4		0	NC	4		2	3	
Vitamin B-12		0.37		0		1		0.19	0.32	
Vitamin A, IU		23		0		1		12	20	
Vitamin A, RAE		7		0	NC	4		4	6	
Retinol		7		0	NR	4		4	6	
Vitamin E (alpha-tocopherol)		0.42		0	NR	4		0.22	0.36	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		1.2	2.0	
I inide.										
Lipids: Fatty acids, total saturated	a	1.290	,	0		1		0.671	1.109	
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		0.010		0		1		0.005	0.009	
13:0	_									
14:0		0.030)	0		1		0.016	0.026	
15:0	g									
16:0		0.850)	0		1		0.442	0.731	
17:0	g									
18:0	g	0.370)	0		1		0.192	0.318	
20:0	_									
22:0	-									
20:0	g g	0.370		v		-		3.132	0.310	

	<u>Ar</u>	nount in 100 grams		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		0.0.						
Fatty acids, total monounsaturatedg	1.720	0		1		0.894	1.479	
14:1g								
15:1g								
16:1 undifferentiatedg	0.150	0		1		0.078	0.129	
17:1g								
18:1 undifferentiatedg	1.520	0		1		0.790	1.307	
20:1g	0.030	0		1		0.016	0.026	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	1.070	0		1		0.556	0.920	
18:2 undifferentiatedg	0.860	0		1		0.447	0.740	
18:3 undifferentiatedg	0.050	0		1		0.026	0.043	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.070	0		1		0.036	0.060	
20:5 n-3g	0.010	0		1		0.005	0.009	
22:5 n-3g	0.020	0		1		0.010	0.017	
22:6 n-3g	0.030	0		1		0.016	0.026	
Fatty acids, total transg								
Cholesterolmg	91	0		1		47	78	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.390	0		1		0.203	0.335	
Threonine	1.412	0		1		0.734	1.214	
Isoleucine 9	1.765	0		1		0.734	1.518	
Leucine	2.509	0		1		1.305	2.158	
Lysine	2.836	0		1		1.475	2.439	
Methionine	0.925	0		1		0.481	0.796	
Cystine	0.428	0		1		0.481	0.368	
<u> </u>	1.328	0		1		0.691	1.142	
Phenylalanine	1.128	0		1		0.587	0.970	
-	1.659	0		1		0.863	1.427	
Valine	2.015	0		1		1.048	1.427	
Arginine		0		1		0.539		
Histidine	1.037 1.823	0		1		0.948	0.892 1.568	
Alanine	2.976	0		1		1.548		
Aspartic acid							2.559	
Glutamic acid	5.024	0		1		2.612	4.321	
Glycine	1.641			1		0.853	1.411	
Proline	1.381	0		1		0.718	1.188	
Serine	1.152	0		1		0.599	0.991	
Hydroxyprolineg								
Others:								
Alcohol, ethyl	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	z	7		0	0	
Theobromine mg	0	0	z	7		0	0	
Carotenoids:								
	_	=	_	_				
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 52g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 86g: .5 breast, bone and skin removed

Chicken, broilers or fryers, breast, meat only, cooked, fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% 19% bone, 9% skin

		<u>A</u>	mount in 100 gr		of edik	ole portio	<u>on</u>		edible portion easures of food	
				nber				<u>m</u> :	easures of 1000	_
Nutrients and Un	iits	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	=	65.26	0.335	16		1		91.36	33.94	56.12
Energy		165		0	NC	4		231	86	142
Energy		690				4		967	359	594
Protein (N x 6.25)		31.02	0.373	16		1		43.43	16.13	26.68
Total lipid (fat)		3.57	0.213	16 16		1 1		5.00	1.86	3.07
Ash		1.06	0.037			7		1.48	0.55	0.91
Carbohydrate, by difference		0.00		0	z z	7		0.00 0.0	0.00 0.0	0.00
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	0.00
Sugars, total		0.00		U	Z	,		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	_	15	0.796	16		1		21	8	13
Iron, Fe		1.04	0.061	16		1		1.46	0.54	0.89
Magnesium, Mg		29	0.544	16		1		41	15	25
Phosphorus, P		228	7.592	16		1		319	119	196
Potassium, K		256	7.674	16		1		358	133	220
Sodium, Na		74	3.112	16		1 1		104	38	64
Zinc, Zn		1.00 0.049	0.026	16 16		1		1.40 0.069	0.52 0.025	0.86 0.042
Copper, Cu		0.049		16		1		0.069	0.025	0.042
Selenium, Se		27.6	2.916	20	A	1		38.6	14.4	23.7
Scienium, Se	IIIO9	27.0	2.310	20		-		30.0	11.1	25.7
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	-	0.070		8		1		0.098	0.036	0.060
Riboflavin		0.114		8		1		0.160	0.059	0.098
Niacin	-	13.712		8		1		19.197	7.130	11.792
Pantothenic acid		0.965		0		1		1.351	0.502	0.830
Vitamin B-6	_	0.600)	0		1		0.840	0.312	0.516
Folate, total		4 0		0	_	1 7		6 0	2	3
Folic acid		4		0	Z	1		6	0 2	0 3
Folate, foodFolate, DFE		4		0	NC	4		6	2	3
Vitamin B-12		0.34		0	NC	1		0.48	0.18	0.29
Vitamin A, IU		20		0	NC	4		28	10	17
Vitamin A, RAE		6		0	NC	4		8	3	5
Retinol		6		0	NR	4		8	3	5
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.14	0.23
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	0.2
I inide:										
Lipids: Fatty acids, total saturated	а	1.010)	0		1		1.414	0.525	0.869
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0	-	0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.010		0		1		0.014	0.005	0.00
13:0	-									
14:0		0.030)	0		1		0.042	0.016	0.02
15:0										
16:0		0.690)	0		1		0.966	0.359	0.59
17:0										
18:0	-	0.250)	0		1		0.350	0.130	0.21
20:0	g									
22:0	g									
24:0	q									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	
No. forico de consi	l l luita	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code		easures of food	•
Nutrients and	Units	Mean	Sta. Error	romis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedQ	1.240		0		1		1.736	0.645	1.066
14:1	g									
15:1 16:1 undifferentiated	-	0.150		0		1		0.210	0.078	0.129
17:1	_	0.150		·		-		0.210	0.076	0.123
18:1 undifferentiated	-	1.040		0		1		1.456	0.541	0.894
20:1	g	0.030		0		1		0.042	0.016	0.026
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.770		0		1		1.078	0.400	0.662
18:2 undifferentiated		0.590		0		1		0.826	0.307	0.507
18:3 undifferentiated		0.030		0		1		0.042	0.016	0.026
18:4	_	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	-			_						
20:4 undifferentiated	_	0.060		0		1		0.084	0.031	0.052
20:5 n-3	_	0.010		0		1		0.014	0.005	0.009
22:5 n-3	-	0.010		0		1		0.014	0.005	0.009
22:6 n-3		0.020		0		1		0.028	0.010	0.017
Fatty acids, total trans		85		0		1		119	44	73
Cholesterol	-	85		U		1		119	44	/3
Phytosterois										
Amino Acids:										
Tryptophan	g	0.362		0		1		0.507	0.188	0.311
Threonine	g	1.310		0		1		1.834	0.681	1.127
Isoleucine	g	1.638		0		1		2.293	0.852	1.409
Leucine	g	2.328		0		1		3.259	1.211	2.002
Lysine		2.635		0		1		3.689	1.370	2.266
Methionine		0.859		0		1		1.203	0.447	0.739
Cystine		0.397		0		1		0.556	0.206	0.341
Phenylalanine		1.231		0		1		1.723	0.640	1.059
Tyrosine	_	1.047		0		1		1.466	0.544	0.900
Valine	_	1.539		0		1		2.155	0.800	1.324
Arginine		1.871		0		1		2.619	0.973	1.609
Histidine	-	0.963		0		1		1.348	0.501	0.828
Alanine		1.692		0		1		2.369	0.880	1.455
Aspartic acid		2.764		0		1		3.870	1.437	2.377
Glutamic acid		4.645		0		1		6.503	2.415	3.995
Glycine		1.524		0		1		2.134	0.792	1.311
Proline	_	1.275		0		1		1.785	0.663	1.097
Serine		1.067		0		1		1.494	0.555	0.918
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 52g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 86g: .5 breast, bone and skin removed

Chicken, broilers or fryers, breast, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% 18% bone, 12% skin

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
				nber			_	<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								05.50		
Water	_	68.27	0.292	18		1		95.58	38.91	64.86
Energy		151 632		0	NC	4 4		211 884	86	143 600
Energy		28.98	0.395	18		1		40.57	360 16.52	27.53
Protein (N x 6.25) Total lipid (fat)		3.03	0.395	18		1		40.57	16.52	27.53
Ash		0.91	0.120	16		1		1.27	0.52	0.86
Carbohydrate, by difference		0.00	0.011	0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch									0.00	
	5									
Minerals:									_	
Calcium, Ca	-	13		16		1		18	7	12
Iron, Fe.		0.88 24		16		1 1		1.23	0.50	0.84
Magnesium, Mg		24 165		16 16		1		34 231	14 94	23 157
Phosphorus, P Potassium, K		187	3.993 8.314	16		1		231	94 107	178
Sodium, Na		63		16		1		88	36	60
Zinc, Zn	-	0.97	0.020	16		1		1.36	0.55	0.92
Copper, Cu		0.043		16		1		0.060	0.025	0.041
Manganese, Mn		0.018	0.001	16		1		0.025	0.010	0.017
Selenium, Se		22.3		0	BFYN	4		31.2	12.7	21.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin		0.042	0.005	8		1		0.059	0.024	0.040
Riboflavin	mg	0.119	0.004	8		1		0.167	0.068	0.113
Niacin	mg	8.469	0.316	8		1		11.857	4.827	8.046
Pantothenic acid	mg	0.573		0		1		0.802	0.327	0.544
Vitamin B-6	-	0.330)	0		1		0.462	0.188	0.314
Folate, total		3		0		1		4	2	3
Folic acid		0		0	Z	7		0	0	0
Folate, food		3 3		0	270	1 4		4 4	2	3
Folate, DFE		0.23		0	NC	4 1		0.32	2 0.13	3 0.22
Vitamin B-12 Vitamin A, IU		20		0	NC	4		28	11	19
Vitamin A, RAE		6		0	NC	4		8	3	6
Retinol		6		0	NR	4		8	3	6
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.15	0.25
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.2		0	CASN	4		0.3	0.1	0.2
<u>Lipids:</u>										
Fatty acids, total saturated		0.850		0		1		1.190	0.485	0.808
4:0		0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0	-	0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.010	,	0		1		0.014	0.006	0.010
13:0 14:0.		0.030	1	0		1		0.042	0.017	0.029
15:0		0.030	•	J		-		0.042	0.017	0.02
16:0		0.580)	0		1		0.812	0.331	0.55
17:0		3.500		-		-		3.012	0.551	0.00
18:0	-	0.210)	0		1		0.294	0.120	0.200
20:0	-									
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion	
Notation to an il	H-M-			Number of Data	Deriv	Source Code	Confidence Code		easures of food	
Nutrients and	Units	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	1.030		0		1		1.442	0.587	0.979
14:1										
15:1	-									
16:1 undifferentiated	-	0.120		0		1		0.168	0.068	0.114
17:1	-	0.070		•						0.007
18:1 undifferentiated	-	0.870		0		1 1		1.218	0.496	0.827
20:1	-	0.020		0 0		1		0.028	0.011	0.019
22:1 undifferentiated	-	0.000		U		1		0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturat		0.660		0		1		0.924	0.376	0.627
18:2 undifferentiated		0.500		0		1		0.700	0.285	0.475
18:3 undifferentiated		0.020		0		1		0.700	0.011	0.473
18:4		0.000		0		1		0.028	0.000	0.009
20:2 n-6 c.c.	-	0.000		·		-		0.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.050		0		1		0.070	0.029	0.048
20:5 n-3		0.010		0		1		0.014	0.006	0.010
22:5 n-3	-	0.010		0		1		0.014	0.006	0.010
22:6 n-3	-	0.020		0		1		0.028	0.011	0.019
Fatty acids, total trans										
Cholesterol		77		0		1		108	44	73
Phytosterols	_									
	_									
Amino Acids:				_		_				
Tryptophan		0.339		0		1		0.475	0.193	0.322
Threonine	-	1.224		0		1		1.714	0.698	1.163
Isoleucine	-	1.530		0		1		2.142	0.872	1.454
Leucine	-	2.175		0		1		3.045	1.240	2.066
Lysine		2.462		0 0		1 1		3.447	1.403	2.339
Methionine		0.802						1.123	0.457	0.762
Cystine		0.371		0 0		1 1		0.519	0.211	0.352
Phenylalanine		1.150		0		1		1.610 1.369	0.656	1.093
Tyrosine	-	0.978		0		1			0.557	0.929
Valine	-	1.437 1.748		0		1		2.012 2.447	0.819 0.996	1.365 1.661
0		0.900		0		1		1.260		
Histidine	-	1.581		0		1		2.213	0.513 0.901	0.855 1.502
Alanine		2.583		0		1		3.616	1.472	2.454
Aspartic acidGlutamic acid		4.340		0		1		6.076	2.474	4.123
	-	1.424		0		1		1.994	0.812	1.353
Glycine		1.192		0		1		1.669	0.679	1.132
Proline	-	0.997		0		1		1.396	0.568	0.947
Serine Hydroxyproline		0.997		U		1		1.396	0.566	0.947
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	<u>mg</u>	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 57g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 95g: .5 breast, bone and skin removed

Chicken, broilers or fryers, breast, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 35% 20% bone, 9% skin, 6% separable fat

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
				mber		_	0 51	<u>m</u> e	easures of food	•
Nutrients and Un	its	Mean	Std. Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								F0 00		
Water	-	74.76	0.228	31		1		53.08	88.22	
Energy		110 460		0	NC	4 4		78 327	130	
Energy	<u>-</u>	23.09	0 104	20		1		16.39	543	
Protein (N x 6.25)			0.194	32		1			27.25	
Total lipid (fat)		1.24 1.02	0.086 0.025	40 28		1		0.88 0.72	1.46 1.20	
AshCarbohydrate, by difference		0.00	0.025	0	z	7		0.72	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		U	4	,		0.00	0.00	
Starcii	9									
Minerals:								_		
Calcium, Ca	-	11	0.576	27		1		8	13	
Iron, Fe.		0.72	0.039	25		1		0.51	0.85	
Magnesium, Mg		28	0.390	26		1 1		20	33	
Phosphorus, P Potassium, K		196 255	4.036 5.796	27 27		1		139 181	231 301	
Sodium, Na	_	65	1.905	27		1		46	77	
Zinc, Zn		0.80	0.017	25		1		0.57	0.94	
Copper, Cu		0.041		25		1		0.029	0.048	
Manganese, Mn		0.018		24		1		0.013	0.021	
Selenium, Se		17.8	3.652	5	A	1		12.6	21.0	
	_									
Vitamins:	ma	1.0	0.000	21				0.0		
Vitamin C, total ascorbic acid	-	1.2 0.070	0.028	31 17		1 1		0.9 0.050	1.4 0.083	
ThiaminRiboflavin		0.070		17		1		0.050	0.083	
Niacin	-	11.194		17		1		7.948	13.209	
Pantothenic acid		0.819		2		1		0.581	0.966	
Vitamin B-6		0.550		2		1		0.391	0.649	
Folate, total	-	4		0		1		3	5	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		3	5	
Folate, DFE		4		0	NC	4		3	5	
Vitamin B-12		0.38		2		1		0.27	0.45	
Vitamin A, IU	IU	20		0	NC	4		14	24	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		4	7	
Retinol		6		0	NR	4		4	7	
Vitamin E (alpha-tocopherol)		0.13	0.082	6	A	1		0.09	0.15	
Tocopherol, beta										
Tocopherol, gamma		0.04	0.012	6	A	1		0.03	0.04	
Tocopherol, delta										
Vitamin D		0.2		0	BFYN	4		0 1	0.2	
Vitamin K (phylloquinone)	nicg	0.2		U	BEYN	4		0.1	0.2	
Lipids:										
Fatty acids, total saturated	g	0.330		0		1		0.234	0.389	
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	0.002	8		1		0.000	0.000	
13:0		2 22 2	0.005	~=						
14:0	_	0.010	0.001	27		1		0.007	0.012	
15:0	-	2 22 2	0.010	0.7				0 140	0.040	
16:0	-	0.210	0.019	21		1		0.149	0.248	
17:0 18:0	-	0.100	0.010	27		1		0.071	0.118	
20:0	_	0.100	0.010	21		-		0.071	0.118	
22:0	-									
44.V	ອ									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
				ımber		_		<u></u>	0000100 01 1000	
Nutrients and U	nits	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.300		0		1		0.213	0.354	
15:1	g									
16:1 undifferentiated	g	0.030	0.003	27		1		0.021	0.035	
17:1	g									
18:1 undifferentiated	g	0.250		27		1		0.178	0.295	
20:1	-	0.000	0.002	4		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated.	g	0.280		0		1		0.199	0.330	
18:2 undifferentiated	g	0.170	0.015	27		1		0.121	0.201	
18:3 undifferentiated	g	0.010	0.001	15		1		0.007	0.012	
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	0.040	0.004	26		1		0.028	0.047	
20:5 n-3	g	0.000	0.000	13		1		0.000	0.000	
22:5 n-3	g	0.010	0.002	13		1		0.007	0.012	
22:6 n-3	g	0.020	0.004	12		1		0.014	0.024	
Fatty acids, total trans	g	0.025		0	BFFN	4		0.017	0.029	
Cholesterol	mg	58	1.762	8		1		41	68	
Phytosterols	mg									
A : A -: 3										
Amino Acids:	~	0.070		•				0 100		
Tryptophan		0.270		0		1		0.192	0.319	
Threonine	_	0.975		0		1		0.692	1.151	
Isoleucine		1.219		0		1		0.865	1.438	
Leucine	_	1.732		0		1		1.230	2.044	
Lysine		1.962		0		1		1.393	2.315	
Methionine		0.639		0		1		0.454	0.754	
Cystine	_	0.296		0		1		0.210	0.349	
Phenylalanine		0.916		0		1		0.650	1.081	
Tyrosine		0.779		0		1		0.553	0.919	
Valine		1.145		0		1		0.813	1.351	
Arginine	_	1.393		0		1		0.989	1.644	
Histidine	_	0.717		0		1		0.509	0.846	
Alanine		1.260		0		1		0.895	1.487	
Aspartic acid	-	2.058		0		1		1.461	2.428	
Glutamic acid	-	3.458		0		1		2.455	4.080	
Glycine	g	1.134		0		1		0.805	1.338	
Proline	g	0.949		0		1		0.674	1.120	
Serine	g	0.794		0		1		0.564	0.937	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	0	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0.0	
		0		0	Z	7		0	0	
Theobromine	g	· ·		U	2	,		U	U	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 118g: .5 breast, bone and skin removed

Chicken, broilers or fryers, breast, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05035 Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter

Refuse: 23% Bone

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion of easures of food	
				Number		_		<u>m</u>	easures of 1000	•
Nutrients and Un	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.82		0		1		81.53	135.72	
Energy	kcal	298		0	NC	4		498	828	
Energy	kj	1247				4		2082	3466	
Protein (N x 6.25)		21.85		0		1		36.49	60.74	
Total lipid (fat)		18.64		0		1		31.13	51.82	
Ash		1.31		0		1		2.19	3.64	
Carbohydrate, by difference		9.38		0	NC	4		15.66	26.08	
Fiber, total dietary	g									
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	21		0		1		35	58	
Iron, Fe	-	1.44		0		1		2.40	4.00	
Magnesium, Mg	-	20		Ö		1		33	56	
Phosphorus, P		145		0		1		242	403	
Potassium, K		185		0		1		309	514	
Sodium, Na		295		0		1		493	820	
Zinc, Zn		2.08		0		1		3.47	5.78	
Copper, Cu	mg	0.080)	0		1		0.134	0.222	
Manganese, Mn	mg	0.058	3	0		1		0.097	0.161	
Selenium, Se	mcg	23.6		0	PIE	4		39.4	65.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.117	,	0	-	1		0.195	0.325	
Riboflavin	-	0.218		0		1		0.364	0.606	
Niacin	-	5.607		0		1		9.364	15.587	
Pantothenic acid		0.953		0		1		1.592	2.649	
Vitamin B-6		0.250		0		1		0.418	0.695	
Folate, total		18		0	RA	4		30	50	
Folic acid		9		0	NC	4		15	25	
Folate, food		9		0		1		15	25	
Folate, DFE		24		0	NC	4		41	68	
Vitamin B-12		0.27		0		1		0.45	0.75	
Vitamin A, IU		103		0		1		172	286	
Vitamin A, RAE		31		0		1		52	86	
Retinol		31		0		1		52	86	
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	4.950)	0		1		8.267	13.761	
4:0										
6:0										
8:0										
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.020)	0		1		0.033	0.056	
13:0	g									
14:0	g	0.110)	0		1		0.184	0.306	
15:0	g									
16:0	g	3.290)	0		1		5.494	9.146	
17:0	g									
18:0	g	1.430)	0		1		2.388	3.975	
20:0	_									
22:0	_									
24:0	g									

Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Std. Error Points Code Code Code Code Code Neasure 1 Neasure 2 Neasure 3			<u>Aı</u>	mount in 100		of edib	le portio	<u>n</u>		edible portion of	common
Patry scids, total monounsaturated				N	umber				<u>m</u> :	easures of food	
141	Nutrients and Uni	ts	Mean						Measure 1	Measure 2	Measure 3
141											
15-1	3	_	7.580		0		1		12.659	21.072	
1-11 undifferentiated. 9											
17-1			0 500		•				0.005	1 640	
18.1 undifferentiated			0.590		U		1		0.985	1.640	
201		-	6 040		•				11 400	10 015	
22:1 undifferentiated					-		_				
24.1 c. 9 4.430 0 1 7.398 12.315 18.2 undifferentiated. 9 3.960 0 1 6.613 11.009 18.3 undifferentiated. 9 0.210 0 1 0.351 0.584 18.4 9 0.22 n.6 c. 9 9 0.10 0 1 0.184 0.306 20.3 undifferentiated. 9 0.010 0 1 0.184 0.306 20.5 n-3 9 0.020 0 1 0.033 0.056 22.5 n-3 9 0.040 0 1 0.067 0.111 Fatty acids, total rans. 9 0.040 0 1 1.067 0.111 Fatty acids, total rans. 9 0.040 0 1 149 247 Phytosterols. mg 8 9 0 1 149 247 Phytosterols. mg 0 1 1.49 2.47		_									
Fatty acids, total polyumsaturated 9		•	0.000		Ü		4		0.000	0.000	
18.2 undifferentiated g 3.960 0 1 6.613 11.009 18.3 undifferentiated g 0.210 0 1 0.351 0.584 18.4		-	4 400		0				7 202	10 21 -	
18:3 undifferentiated. 9 0.210 0 1 0.351 0.584 18:4. 9 202 n-6 c. 9 203 undifferentiated. 9 0.110 0 1 0.184 0.306 20:5 n-3. 9 0.010 0 1 0.017 0.028 22:5 n-3. 9 0.020 0 1 0.033 0.056 22:6 n-3. 9 0.040 0 1 0.067 0.111 Fatty acids, total trans. 9 0.040 0 1 149 247 Phytosterol. mg 89 0 1 149 247 Amino Acids: Tryptophan 9 0.250 0 1 149 247 Phytosterol. mg 8 0 1 0.418 0.695 Tryptophan 9 0.250 0 1 0.418 0.695 Tryptophan 9 0.895 0 1 1.827 3.041 Lecine. 9 <											
18.4		-									
20.2 n.6 c.c.		-	0.210		U		1		0.351	0.584	
20.3 undifferentiated											
20:4 undifferentiated	*	_									
20.5 n-3			0 110		•				0.104	0 206	
22:5 n-3 9 0.020 0 1 0.033 0.056 22:6 n-3 9 0.040 0 1 0.067 0.111 Fatty acids, total trans 9 0.0esterol. mg 89 0 1 149 247 Phytosterols mg 89 0 1 149 247 Amino Acids: Tryptoplam 9 0.250 0 1 0.418 0.695 Threonine 9 0.895 0 1 1.495 2.488 Isoleucine 9 1.605 0 1 1.827 3.041 Leucine 9 1.605 0 1 2.680 4.462 Lysine 9 1.713 0 1 2.680 4.462 Lysine 9 0.574 0 1 0.959 1.596 Cystine 9 0.302 0 1		-									
22.6 n-3. g 0.040 0 1 0.067 0.111 Faty acids, total trans g 89 0 1 149 247 Phytosterols. mg 89 0 1 149 247 Phytosterols. Amino Acids: Tryptophan. g 0.250 0 1 0.418 0.695 Threonine. g 0.895 0 1 1.495 2.488 Isoleucine. g 1.094 0 1 1.827 3.041 Leucine. g 1.605 0 1 2.680 4.462 Lysine. g 1.713 0 1 2.861 4.762 Methionine. g 0.574 0 1 0.504 0.840 Phenylalanine. g 0.874 0 1 1.460 2.430 Tyosine. g 0.711 0 1 1.187		_			-		_				
Fatty acids, total trans											
Cholesterol. mg 89 0 1 149 247 Phytosterols. mg 8 0 1 149 247 Amino Acids: Tryptophan 9 0.250 0 1 0.418 0.695 Threonine 9 0.895 0 1 1.495 2.488 Isoleucine 9 1.094 0 1 1.827 3.041 Leuine 9 1.605 0 1 2.680 4.462 Lysine 9 1.713 0 1 2.861 4.762 Methionine 9 0.574 0 1 0.959 1.596 Cystine 9 0.302 0 1 0.504 0.840 Phenylalanine 9 0.874 0 1 1.460 2.430 Tyrosine 9 0.711 0 1 1.872 2.966 Arginine 9 1.067 0 1			0.040		0		1		0.067	0.111	
Phytosterols. mg	3 /	-			•		_				
Amino Acids: Tryptophan 9 0.250 0 1 0.418 0.695 Threonine 9 0.895 0 1 1.495 2.488 Isoleucine 9 1.094 0 1 1.827 3.041 Leucine 9 1.605 0 1 2.680 4.462 Lysine 9 1.713 0 1 2.961 4.762 Methionine 9 0.574 0 1 0.959 1.596 Cystine 9 0.302 0 1 0.959 1.596 Cystine 9 0.302 0 1 0.504 0.840 Phenylalanine 9 0.874 0 1 1.460 2.430 Tyrosine 9 0.711 0 1 1.187 1.977 Valine 9 1.333 0 1 1.782 2.966 Arginine 9 1.333 0 1 1		_	89		Ü		1		149	247	
Tryptophan g 0.250 0 1 0.418 0.695 Threonine g 0.895 0 1 1.495 2.488 Isoleucine g 1.094 0 1 1.827 3.041 Leucine g 1.605 0 1 2.680 4.462 Lysine g 1.713 0 1 2.861 4.762 Methionine g 0.574 0 1 0.959 1.596 Cystine g 0.302 0 1 0.504 0.840 Phenylalanine g 0.302 0 1 1.460 2.430 Tyrosine g 0.711 0 1 1.187 1.977 Valine g 1.067 0 1 1.187 1.977 Valine g 1.333 0 1 1.064 1.771 Alanine g 0.637 0 1 1.064 1.771	Phytosterols	mg									
Tryptophan g 0.250 0 1 0.418 0.695 Threonine g 0.895 0 1 1.495 2.488 Isoleucine g 1.094 0 1 1.827 3.041 Leucine g 1.605 0 1 2.680 4.462 Lysine g 1.713 0 1 2.861 4.762 Methionine g 0.574 0 1 0.959 1.596 Cystine g 0.302 0 1 0.504 0.840 Phenylalanine g 0.302 0 1 1.460 2.430 Tyrosine g 0.711 0 1 1.187 1.977 Valine g 1.067 0 1 1.187 1.977 Valine g 1.333 0 1 1.064 1.771 Alanine g 0.637 0 1 1.064 1.771	Amino Acids:										
Threonine g 0.895 0 1 1.495 2.488 Isoleucine g 1.094 0 1 1.827 3.041 Leucine g 1.605 0 1 2.680 4.462 Lysine g 1.713 0 1 2.861 4.762 Methionine g 0.574 0 1 0.959 1.596 Cystine g 0.302 0 1 0.959 1.596 Cystine g 0.302 0 1 0.504 0.840 Phenylalanine g 0.302 0 1 1.460 2.430 Tyrosine g 0.711 0 1 1.187 1.977 Valine g 1.067 0 1 1.782 2.966 Arginine g 1.333 0 1 1.064 1.771 Alaine g 0.637 0 1 1.064 1.771		а	0.250		0		1		0.418	0.695	
Soleucine 9	7. ·		0.895		0		1		1.495	2.488	
Leucine 9 1.605 0 1 2.680 4.462 Lysine 9 1.713 0 1 2.861 4.762 Methionine 9 0.574 0 1 0.959 1.596 Cystine 9 0.302 0 1 0.504 0.840 Phenylalanine 9 0.874 0 1 1.460 2.430 Tyrosine 9 0.711 0 1 1.187 1.977 Valine 9 1.067 0 1 1.782 2.966 Arginine 9 1.333 0 1 1.782 2.966 Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glycine 9 1.318 0 1 5.855 9.747 Glycine 9 1.318 0 1 1.897 3.158			1.094		0		1		1.827	3.041	
Lysine 9 1.713 0 1 2.861 4.762 Methionine 9 0.574 0 1 0.959 1.596 Cystine 9 0.302 0 1 0.504 0.840 Phenylalanine 9 0.874 0 1 1.460 2.430 Tyrosine 9 0.711 0 1 1.187 1.977 Valine 9 1.067 0 1 1.782 2.966 Arginine 9 1.333 0 1 2.226 3.706 Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glycine 9 1.318 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 0.806 0 1 1.346 2.241		_			0		1				
Methionine g 0.574 0 1 0.959 1.596 Cystine g 0.302 0 1 0.504 0.840 Phenylalanine g 0.874 0 1 1.460 2.430 Tyrosine g 0.711 0 1 1.187 1.977 Valine g 1.067 0 1 1.782 2.966 Arginine g 1.333 0 1 2.226 3.706 Histidine g 0.637 0 1 1.064 1.771 Alanine g 1.226 0 1 2.047 3.408 Aspartic acid g 1.889 0 1 3.155 5.251 Glutamic acid g 3.506 0 1 5.855 9.747 Glycine g 1.318 0 1 2.201 3.664 Proline g 0.806 0 1 1.897 3.158 Serine g 0.806 0 1 1.346 2.24		_			-		_				
Cystine 9 0.302 0 1 0.504 0.840 Phenylalanine 9 0.874 0 1 1.460 2.430 Tyrosine 9 0.711 0 1 1.187 1.977 Valine 9 1.067 0 1 1.782 2.966 Arginine 9 1.333 0 1 2.226 3.706 Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241	2	-									
Phenylalanine 9 0.874 0 1 1.460 2.430 Tyrosine 9 0.711 0 1 1.187 1.977 Valine 9 1.067 0 1 1.782 2.966 Arginine 9 1.333 0 1 2.226 3.706 Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241							_				
Tyrosine. 9 0.711 0 1 1.187 1.977 Valine. 9 1.067 0 1 1.782 2.966 Arginine. 9 1.333 0 1 2.226 3.706 Histidine. 9 0.637 0 1 1.064 1.771 Alanine. 9 1.226 0 1 2.047 3.408 Aspartic acid. 9 1.889 0 1 3.155 5.251 Glutamic acid. 9 3.506 0 1 5.855 9.747 Glycine. 9 1.318 0 1 2.201 3.664 Proline. 9 1.136 0 1 1.897 3.158 Serine. 9 0.806 0 1 1.346 2.241	5	_									
Valine 9 1.067 0 1 1.782 2.966 Arginine 9 1.333 0 1 2.226 3.706 Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241	*	-			-		_				
Arginine 9 1.333 0 1 2.226 3.706 Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241											
Histidine 9 0.637 0 1 1.064 1.771 Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241		_					_				
Alanine 9 1.226 0 1 2.047 3.408 Aspartic acid 9 1.889 0 1 3.155 5.251 Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241	=						_				
Aspartic acid. 9 1.889 0 1 3.155 5.251 Glutamic acid. 9 3.506 0 1 5.855 9.747 Glycine. 9 1.318 0 1 2.201 3.664 Proline. 9 1.136 0 1 1.897 3.158 Serine. 9 0.806 0 1 1.346 2.241					0		1				
Glutamic acid 9 3.506 0 1 5.855 9.747 Glycine 9 1.318 0 1 2.201 3.664 Proline 9 1.136 0 1 1.897 3.158 Serine 9 0.806 0 1 1.346 2.241											
Glycine g 1.318 0 1 2.201 3.664 Proline g 1.136 0 1 1.897 3.158 Serine g 0.806 0 1 1.346 2.241					-		_				
Proline g 1.136 0 1 1.897 3.158 Serine g 0.806 0 1 1.346 2.241											
Serine	2				-						
			2.000		•		-		2.510	2.231	

Common Measures:

Measure 1 = 167g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 278g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% Bone

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>on</u>	Amount in	edible portion o	f common
			N	lumber				<u>m</u>	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	50.82		0		1		55.90	93.51	
Energy	_	285		0	NC	4		314	524	
Energy		1192		•	1.0	4		1312	2194	
Protein (N x 6.25)		27.22		0		1		29.94	50.08	
Total lipid (fat)	-	16.91		0		1		18.60	31.11	
Ash		0.97		0		1		1.07	1.78	
Carbohydrate, by difference		4.08		0	NC	4		4.49	7.51	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_	0.00		•	_	•		0.00	0.00	
	9									
Minerals:		1.7		•				10	21	
Calcium, Ca	_	17 1.50		0		1 1		19 1.65	31 2.76	
Iron, Fe.	_	24		0		1		26		
Magnesium, Mg Phosphorus, P	_	24 176		0		1		26 194	44 324	
Potassium, K	-	230		0		1		253	423	
Sodium, Na	-	89		0		1		98	164	
Zinc, Zn	_	2.60		0		1		2.86	4.78	
Copper, Cu		0.088	3	0		1		0.097	0.162	
Manganese, Mn		0.039		0		1		0.043	0.072	
Selenium, Se		20.5		0	PIE	4		22.6	37.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.095	5	0		1		0.105	0.175	
Riboflavin		0.235		0		1		0.259	0.432	
Niacin	-	6.842	2	0		1		7.526	12.589	
Pantothenic acid		1.157	7	0		1		1.273	2.129	
Vitamin B-6		0.320)	0		1		0.352	0.589	
Folate, total		11		0	RA	4		12	20	
Folic acid		3		0	NC	4		3	6	
Folate, food	mcg	8		0		1		9	15	
Folate, DFE	mcg_DFE	13		0	NC	4		14	24	
Vitamin B-12		0.30		0		1		0.33	0.55	
Vitamin A, IU	IU	104		0		1		114	191	
Vitamin A, RAE	mcg_RAE	31		0		1		34	57	
Retinol	_	31		0	NR	4		34	57	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.4		0	CAZN	4		2.6	4.4	
Vitamin K (phynoquinone)	niog	2.4		U	CAZN	•		2.0	4.4	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.580)	0		1		5.038	8.427	
4:0		0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0	Z	7		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.030	J	0		1		0.033	0.055	
13:0				•		_			2 224	
14:0		0.120	J	0		1		0.132	0.221	
15:0			,	^		-				
16:0		3.190	J	0		1		3.509	5.870	
17:0				^		-		1 000	2 22	
18:0		1.120	,	0		1		1.232	2.061	
20:0	-									
22:0	y									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	6.660	1	0		1		7.326	12.254	
14:1										
15:1	-									
16:1 undifferentiated	-	0.740	1	0		1		0.814	1.362	
17:1	-	E 730		0		1		6 202	10 540	
18:1 undifferentiated 20:1	-	5.730 0.120		0		1		6.303 0.132	10.543 0.221	
22:1 undifferentiated		0.120		0		4		0.132	0.221	
24:1 c	•	0.000	•	U		-		0.000	0.000	
Fatty acids, total polyunsaturat		3.910	1	0		1		4.301	7.194	
18:2 undifferentiated		3.420		0		1		3.762	6.293	
18:3 undifferentiated		0.170		0		1		0.187	0.313	
18:4	=	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.140	1	0		1		0.154	0.258	
20:5 n-3		0.020)	0		1		0.022	0.037	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.030		0		1		0.033	0.055	
22:6 n-3		0.050	1	0		1		0.055	0.092	
Fatty acids, total trans										
Cholesterol	-	92		0		1		101	169	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.308	:	0		1		0.339	0.567	
Threonine	g	1.123	1	0		1		1.235	2.066	
Isoleucine	g	1.370)	0		1		1.507	2.521	
Leucine	g	1.994	ŀ	0		1		2.193	3.669	
Lysine	g	2.202	!	0		1		2.422	4.052	
Methionine	g	0.725	i	0		1		0.798	1.334	
Cystine	g	0.365		0		1		0.402	0.672	
Phenylalanine		1.071		0		1		1.178	1.971	
Tyrosine	-	0.884		0		1		0.972	1.627	
Valine	-	1.326		0		1		1.459	2.440	
Arginine		1.681		0		1		1.849	3.093	
Histidine	-	0.804		0		1		0.884	1.479	
Alanine		1.553 2.401		0 0		1 1		1.708 2.641	2.858	
Aspartic acid				0		1			4.418	
Glutamic acid		4.130 1.662		0		1		4.543 1.828	7.599 3.058	
Proline	-	1.862		0		1		1.828	3.058 2.434	
Serine	-	0.968		0		1		1.455	2.434 1.781	
Hydroxyproline		0.300	•	Ū		-		1.005	1.701	
Others:										
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
Caffeine		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, beta	mcg	0		0	z	7		0.000	0.000	
Lycopene	mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 110g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 184g: .5 chicken, bone removed

Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% Bone

		<u>A</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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	58.63	0.496	16		1		59.22	97.91	
Energy	_	253		0	NC	4		256	423	
Energy		1059				4		1069	1768	
Protein (N x 6.25)		25.97	0.268	16		1		26.23	43.37	
Total lipid (fat)	_	15.78	0.336	16		1		15.94	26.35	
Ash		0.92	0.025	16		1		0.93	1.54	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	-	15	0.497	16		1		15	25	
Iron, Fe.		1.36	0.047	16		1		1.37	2.27	
Magnesium, Mg		22	0.444	16		1		22	37	
Phosphorus, P	_	168	3.495	16		1 1		170	281	
Potassium, KSodium, Na	• • • • • • • • • • • • • • • • • • • •	220 87	5.387 1.761	16 16		1		222 88	367 145	
	_	2.49	0.044	16		1		2.51	4.16	
Zinc, Zn Copper, Cu		0.077		16		1		0.078	0.129	
Manganese, Mn		0.077		16		1		0.078	0.035	
Selenium, Se		20.2	0.000	0	BFYN	4		20.4	33.7	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.066		8		1		0.067	0.110	
Riboflavin	-	0.207		8		1		0.209	0.346	
Niacin		6.359		8		1		6.423	10.620	
Pantothenic acid		1.111		0		1		1.122	1.855	
Vitamin B-6		0.310)	0		1		0.313	0.518	
Folate, total		7 0		0	_	1 7		7 0	12	
Folic acid		7			Z	1		7	0	
Folate, food		7		0	NC	4		7	12 12	
Folate, DFEVitamin B-12		0.29		0	NC	1		0.29	0.48	
Vitamin A, IU		201		0		1		203	336	
Vitamin A, RAE	mca RAF	60		0		1		61	101	
Retinol		60		0		1		61	101	
Vitamin E (alpha-tocopherol)	-	00		·		-		01	101	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Limida										
Lipids:	σ.	4.370	,	0		1		4.414	7.298	
Fatty acids, total saturated4:0		4.370	,	U		1		4.414	7.296	
6:0	_									
8:0	-									
10:0	-	0.000)	0		4		0.000	0.000	
12:0	_	0.030		0		1		0.030	0.050	
13:0		3.030		-		-		0.000	3.000	
14:0	_	0.120)	0		1		0.121	0.200	
15:0	_	0.220		-		_		J	0.200	
16:0	_	3.190)	0		1		3.222	5.327	
17:0	_					_		3	0.027	
18:0	_	0.900)	0		1		0.909	1.503	
20:0	-	2.200				_		3.2.2		
22:0	_									
24:0	_									
	-									

	<u>Aı</u>	nount in 100 gran		le portion		Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv	Source C Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.190	0		1		6.252	10.337		
14:1g									
15:1g		_							
16:1 undifferentiatedg	0.860	0		1		0.869	1.436		
17:1g		_							
18:1 undifferentiatedg	5.110			1		5.161	8.534		
20:1g	0.150			1		0.152	0.251		
22:1 undifferentiatedg 24:1 cg	0.000	0		4		0.000	0.000		
Fatty acids, total polyunsaturated9	3.490	0		1		3.525	5.828		
	3.490			1		3.525	5.828		
18:2 undifferentiated	0.140			1		0.141	0.234		
	0.140	U		1		0.141	0.234		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated	0.140	0		1		0.141	0.234		
20:4 undifferentiated	0.140			1		0.141	0.234		
20:5 n-3g 22:5 n-3g	0.020	-		1		0.020	0.033		
_				1		0.030	0.050		
22:6 n-3	0.050	U		1		0.051	0.084		
Fatty acids, total trans	91	0		1		92	152		
Phytosterolsmg	91	O .		_		92	152		
•									
Amino Acids:									
Tryptophang	0.289			1		0.292	0.483		
Threonineg	1.071			1		1.082	1.789		
Isoleucineg	1.288			1		1.301	2.151		
Leucineg	1.883			1		1.902	3.145		
Lysineg	2.105			1		2.126	3.515		
Methionineg	0.688			1		0.695	1.149		
Cystineg	0.348			1		0.351	0.581		
Phenylalanineg	1.007			1		1.017	1.682		
Tyrosineg	0.832	0		1		0.840	1.389		
Valineg	1.258			1		1.271	2.101		
Arginineg	1.634			1		1.650	2.729		
Histidineg	0.759			1		0.767	1.268		
Alanineg	1.523			1		1.538	2.543		
Aspartic acidg	2.316			1		2.339	3.868		
Glutamic acidg	3.787			1		3.825	6.324		
Glycineg	1.718			1		1.735	2.869		
Proline	1.277			1		1.290	2.133		
Serineg	0.918	0		1		0.927	1.533		
Hydroxyprolineg									

Common Measures:

Measure 1 = 101g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 167g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 38% Bone

		<u>Aı</u>	mount in 100 gi	rams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
			Nur	mber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	62.99	0.628	16		1		69.29	115.90	
Energy	=	233		0	NC	4		256	429	
Energy		975				4		1072	1794	
Protein (N x 6.25)		23.50	0.258	16		1		25.85	43.24	
Total lipid (fat)	_	14.66	0.292	16		1		16.13	26.97	
Ash		0.74	0.028	16		1		0.81	1.36	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	=									
Minerals:				1.0		_		1.5	0.5	
Calcium, Ca	-	14	0.484	16		1		15	26	
Iron, Fe		1.31	0.049	16		1 1		1.44	2.41	
Magnesium, Mg		18 133	0.293	16		1		20 146	33 245	
Phosphorus, P Potassium, K	-	133	2.098 6.317	16 16		1		146 183	2 4 5 305	
Potassium, K Sodium, Na	• • • • • • • • • • • • • • • • • • • •	70	1.792	16		1		183 77	305 129	
Zinc, Zn	-	2.26	0.033	16		1		2.49	4.16	
Copper, Cu		0.068		16		1		0.075	0.125	
Manganese, Mn		0.019		16		1		0.021	0.035	
Selenium, Se		18.4		0	BFYN	4		20.2	33.9	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.050		8		1		0.055	0.092	
Riboflavin	-	0.177		8		1		0.195	0.326	
Niacin		4.513		8		1		4.964	8.304	
Pantothenic acid		0.773		0		1		0.850	1.422	
Vitamin B-6		0.170)	0		1		0.187 7	0.313	
Folate, total		6 0		0	z	1 7		0	11 0	
Folic acid		6		0	Z	1		7	11	
Folate, food		6		0	NC	4		7	11	
Folate, DFE		0.20		0	NC	1		0.22	0.37	
Vitamin B-12 Vitamin A, IU		186		0		1		205	342	
Vitamin A, RAE	mca RAF	56		0		1		61	103	
Retinol		56		0		1		61	103	
Vitamin E (alpha-tocopherol)	_	30		·		-		01	105	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Limida										
Lipids:	a	4.060	,	0		1		4.466	7.470	
Fatty acids, total saturated4:0		4.060	,	U		1		4.400	7.470	
6:0	-									
8:0.	-									
10:0		0.000)	0		4		0.000	0.000	
12:0	-	0.030		0		1		0.033	0.055	
13:0				-		_		3.000	0.000	
14:0		0.110)	0		1		0.121	0.202	
15:0	-			-		-				
16:0	-	2.970)	0		1		3.267	5.465	
17:0	-									
18:0	-	0.830)	0		1		0.913	1.527	
20:0	_			-		_				
22:0										
24:0	-									
	-									

		<u>Ar</u>	mount in 10			<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	's	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	5.750		0		1		6.325	10.580	
14:1		0.700		·		_		0.323	10.500	
15:1										
16:1 undifferentiated	-	0.800		0		1		0.880	1.472	
17:1	-									
18:1 undifferentiated		4.740		0		1		5.214	8.722	
20:1		0.140		0		1		0.154	0.258	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c	-	2.000		-		=				
Fatty acids, total polyunsaturated		3.240		0		1		3.564	5.962	
18:2 undifferentiated		2.820		0		1		3.102	5.189	
18:3 undifferentiated		0.130		0		1		0.143	0.239	
18:4				-		_		0.210	0.255	
20:2 n-6 c.c.	_									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.130		0		1		0.143	0.239	
20:5 n-3	-	0.010		0		1		0.011	0.018	
22:5 n-3	_	0.020		0		1		0.022	0.037	
22:6 n-3		0.050		0		1		0.055	0.092	
Fatty acids, total trans	-	0.000		•		_		0.000	0.052	
Cholesterol	-	82		0		1		90	151	
Phytosterols	_			-		_			-0-	
Amino Acids:										
Tryptophan	g	0.261		0		1		0.287	0.480	
Threonine		0.969		0		1		1.066	1.783	
Isoleucine		1.167		0		1		1.284	2.147	
Leucine		1.705		0		1		1.876	3.137	
Lysine		1.906		0		1		2.097	3.507	
Methionine	_	0.623		0		1		0.685	1.146	
Cystine	-	0.314		0		1		0.345	0.578	
Phenylalanine		0.911		0		1		1.002	1.676	
Tyrosine		0.754		0		1		0.829	1.387	
Valine	_	1.139		0		1		1.253	2.096	
Arginine	-	1.477		0		1		1.625	2.718	
Histidine		0.687		0		1		0.756	1.264	
Alanine		1.376		0		1		1.514	2.532	
Aspartic acid	-	2.095		0		1		2.305	3.855	
Glutamic acid		3.428		0		1		3.771	6.308	
Glycine	-	1.547		0		1		1.702	2.846	
Proline		1.152		0		1		1.267	2.120	
Serine		0.830		0		1		0.913	1.527	
Hydroxyproline	_			-				- · · · · · ·		

Common Measures:

Measure 1 = 110g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 184g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 35% Bone

		<u>Ai</u>	mount in 100 gr	ams or	earbie	<u>11</u>	Amount in edible portion of common			
			Nun	nber				<u>m</u>	easures of food	
			of I	Data De	eriv S	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	65.42	0.451	25		1		104.67	174.02	
Energy	-	237		0	NC	4		379	630	
Energy		992				4		1587	2638	
Protein (N x 6.25)		16.69	0.120	25		1		26.70	44.40	
Total lipid (fat)	-	18.34	0.359	25		1		29.34	48.78	
Ash		0.76	0.024	25		1		1.22	2.02	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-								0.00	
	9									
Minerals: Calcium. Ca	ma	11	0.408	24		1		18	29	
Iron, Fe		0.98		24		1		1.57	2.61	
Magnesium, Mg		19		24		1		30	51	
Phosphorus, P		136		24		1		218	362	
Potassium, K	-	178		24		1		285	473	
Sodium, Na	-	73		24		1		117	194	
Zinc, Zn	-	1.58	0.019	24		1		2.53	4.20	
Copper, Cu		0.054	0.002	24		1		0.086	0.144	
Manganese, Mn	mg	0.019	0.000	24		1		0.030	0.051	
Selenium, Se	mcg	12.7		0 1	PAK	1		20.3	33.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.061	0.002	16		1		0.098	0.162	
Riboflavin		0.146	0.003	16		1		0.234	0.388	
Niacin	mg	5.211	0.178	16		1		8.338	13.861	
Pantothenic acid	mg	0.994	l .	0		1		1.590	2.644	
Vitamin B-6	mg	0.250	1	0		1		0.400	0.665	
Folate, total	mcg	7		0		1		11	19	
Folic acid		0		0	Z	7		0	0	
Folate, food		7		0		1		11	19	
Folate, DFE		7			NC	4		11	19	
Vitamin B-12		0.29		0		1		0.46	0.77	
Vitamin A, IU	IU	170		0		1		272	452	
Vitamin A, RAE		49			NC	4		78	130	
Retinol	-	49			NR	4		78	130	
Vitamin E (alpha-tocopherol)		0.30		0 0	ASN	4		0.48	0.80	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0 c	AZN	4		3.8	6.3	
	-									
Lipids: Fatty acids, total saturated	a	5.260		0		1		8.416	13.992	
4:0		0.000		0	z	7		0.000	0.000	
6:0		0.000		0	z	7		0.000	0.000	
8:0	-	0.000		0	z	7		0.000	0.000	
10:0.		0.000		0	_	4		0.000	0.000	
12:0		0.020		0		1		0.032	0.053	
13:0										
14:0		0.150)	0		1		0.240	0.399	
15:0										
16:0		3.820)	0		1		6.112	10.161	
17:0										
18:0	-	1.070	1	0		1		1.712	2.846	
20:0	-									
22:0	-									
24:0	-									

	A	mount in 100 grams	s of edi	ble portio	<u>n</u>	Amount in edible portion of common measures of food		
			Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	7.650	0		1		12.240	20.349	
14:1g 15:1g								
16:1 undifferentiated	1.020	0		1		1.632	2.713	
18:1 undifferentiated	6.340 0.180			1 1		10.144 0.288	16.864 0.479	
22:1 undifferentiatedg 24:1 cg	0.000	0		4		0.000	0.000	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	3.960 3.550			1 1		6.336 5.680	10.534 9.443	
18:3 undifferentiated	0.170		z	1 7		0.272 0.000	0.452 0.000	
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:4 undifferentiated	0.090			1 1		0.144 0.016	0.239 0.027	
22:5 n-3	0.020	0		1 1		0.032	0.053	
Fatty acids, total trans	81	0		1		130	215	
Phytosterolsmg								
Amino Acids: Tryptophang	0.185	5 0		1		0.296	0.492	
Threonine	0.687 0.824			1 1		1.099 1.318	1.827 2.192	
Leucine	1.207 1.348			1 1		1.931 2.157	3.211 3.586	
Methionine	0.441 0.224			1 1		0.706 0.358	1.173 0.596	
Phenylalanine	0.646	0		1 1		1.034 0.853	1.718	
Valine	0.807	0		1 1		1.291	2.147	
Histidine	0.485	0		1 1		0.776 1.574	1.290	
Aspartic acid	1.488	0		1 1		2.381	3.958 6.461	
Glycine	1.126	0		1 1		1.802	2.995 2.210	
Serine	0.591			1		0.946	1.572	
Others:								
Alcohol, ethyl	0.0 0	0	z z	7 7		0.0 0	0.0	
Theobromine mg Carotenoids:	0	0	Z	7		0	0	
Carotene, beta mcg Carotene, alpha mcg	0	0	z z	7 7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z z	7 7		0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 160g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 266g: .5 chicken, bone removed

Chicken, broilers or fryers, dark meat, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 42% 30% bone, 12% skin

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	-		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>I</u> Measure 3	
Proximates:											
Water	g	55.70		0		1		77.98	50.69		
Energy	kcal	239		0	NC	4		335	217		
Energy	kj	1000				4		1400	910		
Protein (N x 6.25)	g	28.99		0		1		40.59	26.38		
Total lipid (fat)	g	11.62		0		1		16.27	10.57		
Ash	g	1.08		0		1		1.51	0.98		
Carbohydrate, by difference	g	2.59		0	NC	4		3.63	2.36		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:				_		_					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	18		0		1		25	16		
Iron, Fe		1.49		0		1		2.09	1.36		
Magnesium, Mg		25		0		1		35	23		
Phosphorus, P		187		0		1		262	170		
Potassium, K		253		0		1		354	230		
Sodium, Na		97		0		1		136	88		
Zinc, Zn		2.91		0		1		4.07	2.65		
Copper, Cu		0.089		0		1		0.125	0.081		
Manganese, Mn		0.033	3	0		1		0.046	0.030		
Selenium, Se	mcg	20.5		0	BFYN	4		28.7	18.7		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.093	3	0		1		0.130	0.085		
Riboflavin		0.249)	0		1		0.349	0.227		
Niacin	_	7.070)	0		1		9.898	6.434		
Pantothenic acid		1.261	L	0		1		1.765	1.148		
Vitamin B-6		0.370)	0		1		0.518	0.337		
Folate, total	-	9		0		1		13	8		
Folic acid		0		0	z	7		0	0		
Folate, food		9		0		1		13	8		
Folate, DFE		9		0	NC	4		13	8		
Vitamin B-12		0.33		0		1		0.46	0.30		
Vitamin A, IU		79		0		1		111	72		
Vitamin A, RAE		24		0		1		33	22		
Retinol		24		0		1		33	22		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>				_		_					
Fatty acids, total saturated		3.120)	0		1		4.368	2.839		
4:0	-										
6:0	-										
8:0		0 000	,	^		4		0.000	0.000		
10:0		0.000		0		4 1		0.000	0.000		
12:0		0.030	,	0		1		0.042	0.027		
13:0	_	0.000		^		-		0 110	0.070		
14:0	_	0.080	,	0		1		0.112	0.073		
15:0	_	0 100		^		-		0.040			
16:0	_	2.100	,	0		1		2.940	1.911		
17:0	-			_		_					
18:0	-	0.810)	0		1		1.134	0.737		
20:0	-										
22:0											

		<u>Aı</u>	mount in 100	<u>grams</u>	<u>n</u>	Amount in edible portion of common measures of food			
			ı	Number			<u>m</u> e	easures of food	
Nutrients and Unit	s	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	4.320	ı	0	1		6.048	3.931	
14:1	g								
15:1									
16:1 undifferentiated		0.490		0	1		0.686	0.446	
17:1	-								
18:1 undifferentiated		3.720		0	1		5.208	3.385	
20:1	-	0.050		0	1		0.070	0.046	
22:1 undifferentiated	g	0.000	ı	0	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	2.770	1	0	1		3.878	2.521	
18:2 undifferentiated	g	2.330	1	0	1		3.262	2.120	
18:3 undifferentiated	g	0.120	1	0	1		0.168	0.109	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.150	ı	0	1		0.210	0.137	
20:5 n-3	g	0.020	ı	0	1		0.028	0.018	
22:5 n-3	-	0.030	1	0	1		0.042	0.027	
22:6 n-3		0.060	ı	0	1		0.084	0.055	
Fatty acids, total trans									
Cholesterol	-	96		0	1		134	87	
Phytosterols	-								
-									
Amino Acids:	~	0.240		•			0.476	0 200	
Tryptophan		0.340		0	1		0.476	0.309	
Threonine		1.221		0	1		1.709	1.111	
Isoleucine	-	1.528		0	1		2.139	1.390	
Leucine	-	2.176		0	1		3.046	1.980	
Lysine	-	2.441		0	1		3.417	2.221	
Methionine		0.799		0	1		1.119	0.727	
Cystine	-	0.375		0	1		0.525	0.341	
Phenylalanine	g	1.156	i	0	1		1.618	1.052	
Tyrosine	g	0.978		0	1		1.369	0.890	
Valine	g	1.438		0	1		2.013	1.309	
Arginine	g	1.742		0	1		2.439	1.585	
Histidine	g	0.897		0	1		1.256	0.816	
Alanine	g	1.575	i	0	1		2.205	1.433	
Aspartic acid	g	2.568		0	1		3.595	2.337	
Glutamic acid		4.425	i	0	1		6.195	4.027	
Glycine	g	1.420	ı	0	1		1.988	1.292	
Proline		1.222		0	1		1.711	1.112	
Serine		1.006	i	0	1		1.408	0.915	
	g								

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 91g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05045 Chicken, broilers or fryers, dark meat, meat only, cooked, roasted

Refuse: 48% 36% bone, 12% skin

		<u>Aı</u>	mount in 100 gr	ams o	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			Nun	nber				<u>m</u>	easures of food		
			of E	Data [Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3	
p : /											
Proximates: Water	q	63.06	0.394	16		1		88.28	51.08	85.76	
Energy	_	205		0	NC	4		287	166	279	
Energy		858				4		1201	695	1166	
Protein (N x 6.25)		27.37	0.269	16		1		38.32	22.17	37.22	
Total lipid (fat)	-	9.73		16		1		13.62	7.88	13.23	
Ash	-	1.02		16		1		1.43	0.83	1.39	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	0.00	
Starch	_	0.00		·	_	·		0.00	0.00	0.00	
Staren	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	15		16		1		21	12	20	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.33		16		1		1.86	1.08	1.81	
Magnesium, Mg		23		16		1		32	19	31	
Phosphorus, P	_	179		16		1		251	145	243	
Potassium, K		240		16		1		336	194	326	
Sodium, Na	_	93		16		1		130	75	126	
Zinc, Zn		2.80		16		1		3.92	2.27	3.81	
Copper, Cu		0.080		16		1		0.112	0.065	0.10	
Manganese, Mn		0.021	0.000	16		1		0.029	0.017	0.02	
Selenium, Se	mcg	18.0		0	BFYN	4		25.2	14.6	24.5	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	0.0	
Thiamin		0.073	0.006	8		1		0.102	0.059	0.09	
Riboflavin		0.227	0.006	8		1		0.318	0.184	0.30	
Niacin		6.548	0.415	8		1		9.167	5.304	8.90	
Pantothenic acid		1.210)	0		1		1.694	0.980	1.64	
Vitamin B-6		0.360)	0		1		0.504	0.292	0.49	
Folate, total		8		0		1		11	6	11	
Folic acid		0		0	z	7		0	0	0	
Folate, food		8		0		1		11	6	11	
Folate, DFE		8		0	NC	4		11	6	11	
Vitamin B-12		0.32		0		1		0.45	0.26	0.44	
Vitamin A, IU		73		0	NC	4		103	59	100	
Vitamin A, RAE		22		0	NC	4		31	18	30	
Retinol		22		0	NR	4		31	18	30	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.21	0.36	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.9		0	BFSN	4		5.5	3.2	5.3	
Lipids:											
Fatty acids, total saturated	a	2.660	1	0		1		3.724	2.155	3.61	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	·····	0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0		0.000		0		1		0.042	0.004	0.00	
13:0		0.030		v		1		0.042	0.024	0.04	
14:0		0.070	1	0		1		0.098	0.057	0.09	
15:0	-	0.070		J		-		0.090	0.037	0.09	
16:0		1.840	1	0		1		2.576	1.490	2.50	
17:0	_	1.040		•		-		2.370	1.490	2.30	
18:0	-	0.630	1	0		1		0.882	0.510	0.85	
20:0	-	0.030		J		1		0.002	0.510	0.65	
22:0	-										
24:0	-										
44.U	9										

		<u>A</u> 1	mount in 10			ole portic	<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 monounsatur	atedg	3.560	ı	0		1		4.984	2.884	4.842	
14:1	g										
15:1 16:1 undifferentiated	-	0.490	ı	0		1		0.686	0.397	0.666	
17:1	_	0.150		·		_		0.000	0.00.	0.000	
18:1 undifferentiated	g	2.970		0		1		4.158	2.406	4.039	
20:1	_	0.050		0		1		0.070	0.041	0.068	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
24:1 c		2.260		0		1		3.164	1 021	3.074	
Fatty acids, total polyunsatura 18:2 undifferentiated		1.870		0		1		2.618	1.831 1.515	2.543	
18:3 undifferentiated		0.090		0		1		0.126	0.073	0.122	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c.c.	_										
20:3 undifferentiated	-										
20:4 undifferentiated	g	0.140	1	0		1		0.196	0.113	0.190	
20:5 n-3	g	0.010	1	0		1		0.014	0.008	0.014	
22:5 n-3	-	0.030	ı	0		1		0.042	0.024	0.041	
22:6 n-3		0.050		0		1		0.070	0.041	0.068	
Fatty acids, total trans											
Cholesterol	-	93		0		1		130	75	126	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.320	1	0		1		0.448	0.259	0.435	
Threonine	g	1.156	i	0		1		1.618	0.936	1.572	
Isoleucine	g	1.445		0		1		2.023	1.170	1.965	
Leucine	_	2.053		0		1		2.874	1.663	2.792	
Lysine		2.325		0		1		3.255	1.883	3.162	
Methionine		0.757		0		1		1.060	0.613	1.030	
Cystine		0.350		0		1 1		0.490	0.284	0.476	
Phenylalanine Tyrosine		1.086 0.924		0		1		1.520 1.294	0.880 0.748	1.477 1.257	
Valine	_	1.357		0		1		1.900	1.099	1.846	
Arginine	_	1.651		0		1		2.311	1.337	2.245	
Histidine		0.849		0		1		1.189	0.688	1.155	
Alanine	-	1.493		0		1		2.090	1.209	2.030	
Aspartic acid		2.439	ı	0		1		3.415	1.976	3.317	
Glutamic acid		4.098		0		1		5.737	3.319	5.573	
Glycine	g	1.344		0		1		1.882	1.089	1.828	
Proline	g	1.125	i	0		1		1.575	0.911	1.530	
Serine	g	0.941		0		1		1.317	0.762	1.280	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	z	7		0	0	0	
Theobromine		0		0	z	7		0	0	0	
Carotenoids:											
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 81g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 136g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, dark meat, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 52% 38% bone, 14% skin

		<u>Aı</u>	mount in 100 g		of edib	ole portio	<u>on</u>		edible portion easures of food	
				mber		_		<u> </u>	easures or roou	<u>.</u>
Nutrients and Un	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	65.83	0.381	16		1		92.16	56.61	94.14
Energy		192 803		0	NC	4 4		269 1125	165 691	275 1149
Energy	=	25.97	0.228	16		1		36.36	22.33	37.14
Protein (N x 6.25) Total lipid (fat)		8.98	0.228	16		1		12.57	22.33 7.72	12.84
Ash		0.84	0.134	16		1		1.18	7.72 0.72	1.20
Carbohydrate, by difference		0.00	0.037	0	z	7		0.00	0.72	0.00
Fiber, total dietary		0.00		0	Z	7		0.0	0.00	0.00
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		·	_	•		0.00	0.00	0.00
Starch	9									
Minerals:										
Calcium, Ca	-	14	0.428	16		1		20	12	20
Iron, Fe		1.36	0.058	16		1		1.90	1.17	1.94
Magnesium, Mg		20	0.324	16		1		28	17	29
Phosphorus, P		143 181	2.448 6.609	16 16		1 1		200 253	123 156	204 259
Potassium, KSodium, Na		181 74	2.173	16		1		253 104	156 64	259 106
Zinc, Zn		2.66	0.043	16		1		3.72	2.29	3.80
Copper, Cu		0.075		16		1		0.105	0.065	0.10
Manganese, Mn		0.020		16		1		0.028	0.017	0.029
Selenium, Se		17.3		0	BFYN	4		24.2	14.9	24.7
<u>Vitamins:</u>		0.0		^	_	7		0.0		
Vitamin C, total ascorbic acid		0.0 0.055	0.002	0 8	Z	1		0.0 0.077	0.0 0.0 4 7	0.0
ThiaminRiboflavin	_	0.055		8		1		0.077	0.047	0.07
Niacin		4.737		8		1		6.632	4.074	6.774
Pantothenic acid	_	0.890		0		1		1.246	0.765	1.273
Vitamin B-6		0.210		0		1		0.294	0.181	0.300
Folate, total	-	7		0		1		10	6	10
Folic acid		0		0	z	7		0	0	0
Folate, food		7		0		1		10	6	10
Folate, DFE		7		0	NC	4		10	6	10
Vitamin B-12		0.22		0		1		0.31	0.19	0.31
Vitamin A, IU		70		0	NC	4		98	60	100
Vitamin A, RAE	mcg_RAE	21		0	NC	4		29	18	30
Retinol	mcg	21		0	NR	4		29	18	30
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.23	0.38
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		3.6		0	BFSN	4		5.1	3.1	5.2
vitamin K (phynoquinone)	Illog	3.0		U	DF SN	-		3.1	3.1	5.2
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.450		0		1		3.430	2.107	3.504
4:0		0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.030)	0		1		0.042	0.026	0.04
13:0		0.000		0		1		0.004	0.050	0.00
14:0		0.060	,	0		1		0.084	0.052	0.08
15:0 16:0		1.690	1	0		1		2.366	1.453	2.41
17:0		1.090	•	,		-		2.300	1.433	2.41
18:0	-	0.580)	0		1		0.812	0.499	0.829
20:0	-	3.500		-		-			0.155	0.02.
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	g	3.260		0		1		4.564	2.804	4.662	
15:1	g	0.450		0		1		0.630	0.387	0.644	
17:1 18:1 undifferentiated	_	2.710		0		1		3.794	2.331	3.875	
20:1	_	0.050		0		1		0.070	0.043	0.072	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	_	0.000						0.000	0.000		
Fatty acids, total polyunsaturate	edg	2.090		0		1		2.926	1.797	2.989	
18:2 undifferentiated	g	1.730		0		1		2.422	1.488	2.474	
18:3 undifferentiated	g	0.080		0		1		0.112	0.069	0.114	
18:4	g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.130		0		1		0.182	0.112	0.186	
20:5 n-3	g	0.010		0		1		0.014	0.009	0.014	
22:5 n-3	g	0.030		0		1		0.042	0.026	0.043	
22:6 n-3	g	0.050		0		1		0.070	0.043	0.072	
Fatty acids, total trans	g										
Cholesterol	mg	88		0		1		123	76	126	
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.303		0		1		0.424	0.261	0.433	
Threonine	_	1.097		0		1		1.536	0.943	1.569	
Isoleucine	_	1.371		0		1		1.919	1.179	1.961	
Leucine	_	1.949		0		1		2.729	1.676	2.787	
Lysine		2.206		0		1		3.088	1.897	3.155	
Methionine	g	0.719		0		1		1.007	0.618	1.028	
Cystine	g	0.332		0		1		0.465	0.286	0.475	
Phenylalanine	g	1.030		0		1		1.442	0.886	1.473	
Tyrosine	g	0.877		0		1		1.228	0.754	1.254	
Valine	g	1.288		0		1		1.803	1.108	1.842	
Arginine	g	1.566		0		1		2.192	1.347	2.239	
Histidine	g	0.806		0		1		1.128	0.693	1.153	
Alanine	g	1.417		0		1		1.984	1.219	2.026	
Aspartic acid	g	2.314		0		1		3.240	1.990	3.309	
Glutamic acid	g	3.889		0		1		5.445	3.345	5.561	
Glycine	g	1.276		0		1		1.786	1.097	1.825	
Proline	g	1.068		0		1		1.495	0.918	1.527	
Serine	g	0.893		0		1		1.250	0.768	1.277	
Hydroxyproline	g										
Others:	~	0.0		•		7		0.0	0.0	0.0	
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	g	0		0	Z	7		0	0	0	
<u>Carotenoids:</u>		_		_		_					
Carotene, beta		0		0	z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 86g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 143g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, dark meat, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 56% 35% bone, 11% skin, 10% separable fat

		A	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Nι	ımbe	r			measures of food			
Nutrients and Units		Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	a	75.99	0.263	25		1		82.83	138.30		
Energy	-	125	0.200	0	NC	4		136	228		
Energy		523		·	110	4		570	952		
Protein (N x 6.25)		20.08	0.136	25		1		21.89	36.55		
Total lipid (fat)	-	4.31	0.161	25		1		4.70	7.84		
Ash		0.94	0.031	25		1		1.02	1.71		
Carbohydrate, by difference		0.00	0.031	0	z	7		0.00	0.00		
, , ,	-	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.00		0	Z	7		0.00			
Sugars, total		0.00		U	4	,		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	mg	12	0.624	24		1		13	22		
Iron, Fe	mg	1.03	0.028	24		1		1.12	1.87		
Magnesium, Mg	_	23	0.325	24		1		25	42		
Phosphorus, P	mg	162	3.162	24		1		177	295		
Potassium, K	mg	222	5.832	24		1		242	404		
Sodium, Na	mg	85	1.511	24		1		93	155		
Zinc, Zn		2.00	0.030	24		1		2.18	3.64		
Copper, Cu	mg	0.063	0.002	24		1		0.069	0.115		
Manganese, Mn	mg	0.021	0.000	24		1		0.023	0.038		
Selenium, Se	mcg	13.5	1.936	4	A	1		14.7	24.6		
*7*4											
Vitamins:		2.1		•				2.4			
Vitamin C, total ascorbic acid	_	3.1		0		1		3.4	5.6		
Thiamin		0.077		16		1		0.084	0.140		
Riboflavin	-	0.184		16		1		0.201	0.335		
Niacin		6.246		16		1		6.808	11.368		
Pantothenic acid		1.249		0		1		1.361	2.273		
Vitamin B-6		0.330)	0		1		0.360	0.601		
Folate, total	-	10		0	_	1		11	18		
Folic acid	_	0		0	Z	7		0	0		
Folate, food		10		0		1		11	18		
Folate, DFE		10		0	NC	4		11	18		
Vitamin B-12	mcg	0.36		0		1		0.39	0.66		
Vitamin A, IU	IU	72		0		1		78	131		
Vitamin A, RAE		22		0		1		24	39		
Retinol		22		0	NR	4		24	40		
Vitamin E (alpha-tocopherol)		0.21		0	CASN	4		0.23	0.38		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_							
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.6	4.3		
Lipids:											
Fatty acids, total saturated	g	1.100)	0		1		1.199	2.002		
4:0		0.000)	0	Z	7		0.000	0.000		
6:0		0.000)	0	z	7		0.000	0.000		
8:0	-	0.000)	0	z	7		0.000	0.000		
10:0	_	0.000)	0		4		0.000	0.000		
12:0		0.020		17		1		0.022	0.036		
13:0											
14:0		0.030	0.003	24		1		0.033	0.055		
15:0											
16:0		0.740	0.033	24		1		0.807	1.347		
17:0	-			-		=			=		
18:0	-	0.290	0.018	24		1		0.316	0.528		
20:0						=		2.2-3			
22:0	-										
24:0	-										
=											

		<u>Aı</u>	mount in 100 g			Amount in edible portion of common measures of food				
Nutrients and	Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		1.340		0		1		1.461	2.439	
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.200	0.013	24		1		0.218	0.364	
17:1	-			•		_				
18:1 undifferentiated	-	1.110		24		1		1.210	2.020	
20:1		0.010		6		1		0.011	0.018	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturat		1.070		0		1		1.166	1.947	
18:2 undifferentiated		0.820		24		1		0.894	1.492	
18:3 undifferentiated	-	0.040		18	_	1		0.044	0.073	
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-					_				
20:4 undifferentiated	-	0.100		16		1		0.109	0.182	
20:5 n-3	-	0.010		8		1		0.011	0.018	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.020		9		1		0.022	0.036	
22:6 n-3		0.040	0.012	9		1		0.044	0.073	
Fatty acids, total trans										
Cholesterol	-	80		0		1		87	146	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.235		0		1		0.256	0.428	
Threonine		0.848		0		1		0.924	1.543	
Isoleucine	-	1.060		0		1		1.155	1.929	
Leucine	-	1.507		0		1		1.643	2.743	
Lysine	-	1.706		0		1		1.860	3.105	
Methionine		0.556		0		1		0.606	1.012	
Cystine		0.257		0		1		0.280	0.468	
Phenylalanine		0.797		0		1		0.869	1.451	
Tyrosine		0.737		0		1		0.739	1.234	
Valine	-	0.996		0		1		1.086	1.813	
Arginine	-	1.211		0		1		1.320	2.204	
Histidine		0.623		0		1		0.679	1.134	
Alanine	• • • • • • • • • • • • • • • • • • • •	1.096		0		1		1.195	1.134	
Aspartic acid		1.790		0		1		1.195	3.258	
Glutamic acid		3.007		0		1		3.278	5.473	
Glycine	-	0.986		0		1		1.075	1.795	
- ,	-	0.826		0		1		0.900		
Proline	-	0.626		0		1		0.753	1.503 1.258	
Serine		0.691		U		1		0.753	1.258	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
		_		_	_	_				
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 109g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 182g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, dark meat, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05067 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter

Refuse: 26% Bone

		<u>A</u>	mount in 100	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.77		0		1		22.69	37.99	
Energy	kcal	268		0	NC	4		115	193	
Energy	kj	1121				4		482	807	
Protein (N x 6.25)	g	21.95		0		1		9.44	15.80	
Total lipid (fat)	g	15.75		0		1		6.77	11.34	
Ash	g	1.25		0		1		0.54	0.90	
Carbohydrate, by difference	g	8.28		0	NC	4		3.56	5.96	
Fiber, total dietary	g	0.3		0		4		0.1	0.2	
Sugars, total	g									
Starch	g									
XC 1										
Minerals:	ma	177		^		4		7	10	
Calcium, CaIron, Fe	-	17 1.35		0 0		1 1		7 0.58	12 0.97	
Magnesium, Mg	-	20		0		1		0.58 9	0.97 14	
Phosphorus, P		147		0		1		63	106	
Potassium. K	-	186		0		1		80	134	
Sodium. Na	• • • • • • • • • • • • • • • • • • • •	269		0		1		116	194	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.33		0		1		1.00	1.68	
Copper, Cu		0.076	6	0		1		0.033	0.055	
Manganese, Mn		0.052		0		1		0.022	0.037	
Selenium, Se		21.9		0	PIE	4		9.4	15.8	
¥7*4 *										
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.0	_	0	Z	7		0.0	0.0	
Thiamin		0.112		0		1 1		0.048	0.081	
Riboflavin	-	0.215		0				0.092	0.155	
Niacin		5.096 1.007		0		1 1		2.191	3.669	
Pantothenic acid		0.270		0		1		0.433 0.116	0.725 0.194	
Vitamin B-6		18	,	0	RA	4		8	13	
Folate, totalFolic acid		9		0	NC	4		4	6	
Folate, food		9		0	NC	1		4	6	
Folate, DFE		24		0	NC	4		10	17	
Vitamin B-12		0.28		0	2.0	1		0.12	0.20	
Vitamin A, IU		86		0		1		37	62	
Vitamin A, RAE	mca RAE	26		0		1		11	19	
Retinol		26		0		1		11	19	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	4.140)	0		1		1.780	2.981	
4:0										
6:0										
8:0	g									
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.020)	0		1		0.009	0.014	
13:0	g									
14:0	g	0.090)	0		1		0.039	0.065	
15:0	g									
16:0	g	2.710)	0		1		1.165	1.951	
17:0	g									
18:0	-	1.260)	0		1		0.542	0.907	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10		ole portio	<u>on</u>		edible portion o	f common
				Number			<u> </u>	easures or roou	
Nutrients and Un	its	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		6.430)	0	1		2.765	4.630	
14:1	_								
15:1				•	_				
16:1 undifferentiated	-	0.440)	0	1		0.189	0.317	
17:1	-	F 000		•	1				
18:1 undifferentiated	-	5.880		0			2.528	4.234	
20:1		0.070		0	1 4		0.030	0.050	
22:1 undifferentiated	•	0.000	,	0	4		0.000	0.000	
24:1 c		3.790		0	1		1.630	2.729	
Fatty acids, total polyunsaturated		3.400		0	1		1.462	2.729	
18:2 undifferentiated	-	0.190		0	1		0.082	0.137	
18:3 undifferentiated		0.190	,	U	1		0.082	0.137	
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated		0.090	1	0	1		0.039	0.065	
20:5 n-3		0.010		0	1		0.004	0.003	
22:5 n-3	-	0.020		0	1		0.009	0.014	
22:6 n-3		0.020		0	1		0.003	0.014	
Fatty acids, total trans	-	0.050	•	·	-		0.013	0.022	
Cholesterol	-	86		0	1		37	62	
Phytosterols				·	_		3,	02	
1 Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.252		0	1		0.108	0.181	
Threonine	g	0.903	3	0	1		0.388	0.650	
Isoleucine	g	1.108	3	0	1		0.476	0.798	
Leucine	g	1.618	3	0	1		0.696	1.165	
Lysine	g	1.740)	0	1		0.748	1.253	
Methionine	-	0.581		0	1		0.250	0.418	
Cystine	g	0.300)	0	1		0.129	0.216	
Phenylalanine	g	0.877	,	0	1		0.377	0.631	
Tyrosine	-	0.719		0	1		0.309	0.518	
Valine		1.075		0	1		0.462	0.774	
Arginine	_	1.336		0	1		0.574	0.962	
Histidine	_	0.646		0	1		0.278	0.465	
Alanine		1.226		0	1		0.527	0.883	
Aspartic acid	_	1.905		0	1		0.819	1.372	
Glutamic acid		3.496		0	1		1.503	2.517	
Glycine		1.287		0	1		0.553	0.927	
Proline		1.109		0	1		0.477	0.798	
Serine	_	0.803	3	0	1		0.345	0.578	
Hydroxyproline	g								

Common Measures:

Measure 1 = 43g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 72g: 1 drumstick, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% Bone

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
			N	lumber	,			m	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	56.73		0		1		16.45	27.80	
Energy	kcal	245		0	NC	4		71	120	
Energy	kj	1025				4		297	502	
Protein (N x 6.25)	g	26.96		0		1		7.82	13.21	
Total lipid (fat)	g	13.72		0		1		3.98	6.72	
Ash	g	0.96		0		1		0.28	0.47	
Carbohydrate, by difference	g	1.63		0	NC	4		0.47	0.80	
Fiber, total dietary	g	0.1		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	12		0		1		3	6	
Iron, Fe	-	1.34		0		1		0.39	0.66	
Magnesium, Mg	-	23		0		1		7	11	
Phosphorus, P		176		0		1		, 51	86	
Potassium. K	-	229		Ö		1		66	112	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	89		0		1		26	44	
Zinc, Zn		2.89		0		1		0.84	1.42	
Copper, Cu	mg	0.080	ס	0		1		0.023	0.039	
Manganese, Mn	mg	0.028	3	0		1		0.008	0.014	
Selenium, Se	mcg	18.4		0	PIE	4		5.3	9.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.081	ı	0	_	1		0.023	0.040	
Riboflavin		0.225		0		1		0.065	0.110	
Niacin	-	6.037	7	0		1		1.751	2.958	
Pantothenic acid		1.215	5	0		1		0.352	0.595	
Vitamin B-6	mg	0.350)	0		1		0.102	0.172	
Folate, total	mcg	10		0	RA	4		3	5	
Folic acid	mcg	2		0	NC	4		1	1	
Folate, food		8		0		1		2	4	
Folate, DFE		11		0	NC	4		3	6	
Vitamin B-12		0.32		0		1		0.09	0.16	
Vitamin A, IU	IU	84		0		1		24	41	
Vitamin A, RAE		25		0		1		7	12	
Retinol	-	25		0		1		7	12	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_	0.66				_			4 500	
Fatty acids, total saturated		3.660	J	0		1		1.061	1.793	
4:0 6:0										
8:0										
10:0	-	0.000)	0		4		0.000	0.000	
12:0		0.020		0		1		0.006	0.010	
13:0				-		-		3.000	0.020	
14:0	-	0.090)	0		1		0.026	0.044	
15:0	-									
16:0	-	2.500)	0		1		0.725	1.225	
17:0	g									
18:0	g	0.970)	0		1		0.281	0.475	
20:0										
22:0	-									
24:0	g									

		<u>Aı</u>	nount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	5.420		0		1		1.572	2.656	
14:1		0.120		•		_		1.372	2.050	
15:1	_									
16:1 undifferentiated		0.540		0		1		0.157	0.265	
17:1	-	0.010		•		_		0.20.	0.200	
18:1 undifferentiated		4.750		0		1		1.378	2.328	
20:1	-	0.080		0		1		0.023	0.039	
22:1 undifferentiated		0.000		0		4		0.000	0.000	
24:1 c		0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated		3.230		0		1		0.937	1.583	
18:2 undifferentiated		2.830		0		1		0.821	1.387	
18:3 undifferentiated		0.140		0		1		0.021	0.069	
18:4		0.140		· ·		-		0.041	0.009	
20:2 n-6 c,c	-									
20:2 n-6 c,c										
20:4 undifferentiated		0.110		0		1		0.032	0.054	
20:5 n-3	_	0.110		0		1		0.032	0.005	
20.5 n-3		0.010		0		1		0.003	0.005	
	_	0.020		0		1		0.006	0.010	
22:6 n-3 Fatty acids, total trans	-	0.040		U		1		0.012	0.020	
,	-	90		0		1		26	44	
Cholesterol		90		U		1		26	44	
Phytosterols	!!!9									
Amino Acids:										
Tryptophan	g	0.307		0		1		0.089	0.150	
Threonine	g	1.120		0		1		0.325	0.549	
Isoleucine	g	1.371		0		1		0.398	0.672	
Leucine	g	1.983		0		1		0.575	0.972	
Lysine		2.214		0		1		0.642	1.085	
Methionine		0.725		0		1		0.210	0.355	
Cystine		0.356		0		1		0.103	0.174	
Phenylalanine	-	1.058		0		1		0.307	0.518	
Tyrosine		0.882		0		1		0.256	0.432	
Valine	-	1.318		0		1		0.382	0.646	
Arginine		1.663		0		1		0.482	0.815	
Histidine	-	0.806		0		1		0.234	0.395	
Alanine	-	1.531		0		1		0.444	0.750	
Aspartic acid	-	2.393		0		1		0.694	1.173	
Glutamic acid		4.027		0		1		1.168	1.973	
Glycine		1.592		0		1		0.462	0.780	
Proline	-	1.255		0		1		0.364	0.615	
Serine		0.948		0		1		0.275	0.465	
Hydroxyproline				-		_		3	0.100	
113 at Oxyptoline	. 5									

Common Measures:

Measure 1 = 29g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 drumstick, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05069 Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted

Refuse: 35% Bone

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				nber	_			<u>m</u> .	easures of 1000	<u> </u>	
Nutrients and Un	its	Mean	of D Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	62.60	0.474	16		1		87.64	10.41	32.55	
Water	_	216	0.474	0	NC	4		302	19.41 67	112	
Energy		904		U	NC	4		1265	280	470	
0.		27.03	0.275	16		1		37.84	8.38	14.06	
Protein (N x 6.25) Total lipid (fat)		11.15		16		1		15.61	3.46	5.80	
Ash		0.96		16		1		1.34	0.30	0.50	
Carbohydrate, by difference		0.00	0.037	0	z	7		0.00	0.00	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	0.00	
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00	
Starch		0.00		U		,		0.00	0.00	0.00	
Starcii	9										
Minerals:											
Calcium, Ca	-	12		16		1		17	4	6	
Iron, Fe		1.33		16		1		1.86	0.41	0.69	
Magnesium, Mg		23		16		1		32	7	12	
Phosphorus, P		175		16		1		245	54	91	
Potassium, K		229		16		1		321	71	119	
Sodium, Na	-	90		16		1		126	28	47	
Zinc, Zn		2.87 0.077		16 16		1 1		4.02 0.108	0.89 0.024	1.49 0.040	
Copper, Cu		0.077		16		1		0.108	0.024	0.040	
Selenium, Se		18.6	. 0.000	0	BFYN	4		26.0	5.8	9.7	
Scienium, Sc	IIIO9	10.0		Ü	DI IN	-		20.0	3.0	3.7	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0	
Thiamin	-	0.069		8		1		0.097	0.021	0.036	
Riboflavin		0.216		8		1		0.302	0.067	0.112	
Niacin	-	5.994		8		1		8.392	1.858	3.117	
Pantothenic acid		1.211		0		1		1.695	0.375	0.630	
Vitamin B-6	-	0.340)	0		1		0.476	0.105	0.177	
Folate, total		8		0	z	1 7		11 0	2	4	
Folic acid		8		0	Z	1		11	0 2	0 4	
Folate, foodFolate, DFE		8		0	NC	4		11	2	4	
Vitamin B-12		0.32		0	NC	1		0.45	0.10	0.17	
Vitamin A, IU		100		0		1		140	31	52	
Vitamin A, RAE		30		0	NC	4		42	9	16	
Retinol		30		0	NR	4		42	9	16	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.08	0.14	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	4.0		0	BFSN	4		5.5	1.2	2.1	
I inide:											
Lipids: Fatty acids, total saturated	а	3.050)	0		1		4.270	0.946	1.586	
4:0		0.000		0		1		0.000	0.000	0.000	
6:0		0.000		0		1		0.000	0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	0.000	
12:0	-	0.030		0		1		0.042	0.009	0.01	
13:0	-	2.230		-		-			0.003	3.31	
14:0		0.080)	0		1		0.112	0.025	0.042	
15:0								•			
16:0		2.220)	0		1		3.108	0.688	1.15	
17:0											
18:0	-	0.630)	0		1		0.882	0.195	0.328	
20:0	-										
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	of common
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and l	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	4.250		0		1		5.950	1.318	2.210
14:1	-									
15:1 16:1 undifferentiated	-	0.600		0		1		0.840	0.186	0.312
17:1	-	0.000		·		_		0.010	0.200	0.011
18:1 undifferentiated	g	3.500		0		1		4.900	1.085	1.820
20:1	g	0.100		0		1		0.140	0.031	0.052
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		2.500		0		1		3.500	0.775	1.300
18:2 undifferentiated		2.140		0		1		2.996	0.663	1.113
18:3 undifferentiated		0.090		0		1		0.126	0.028	0.047
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.120		0		1		0.168	0.037	0.062
20:5 n-3	-	0.010		0		1		0.108	0.003	0.002
22:5 n-3	-	0.020		0		1		0.028	0.006	0.010
22:6 n-3	-	0.040		0		1		0.056	0.012	0.021
Fatty acids, total trans						_		0.000	0.012	****
Cholesterol		91		0		1		127	28	47
Phytosterols	-									
Amino Asida										
Amino Acids:	σ.	0.304		0		1		0.426	0.004	0 150
Tryptophan		1.121		0		1		1.569	0.094 0.348	0.158 0.583
Threonine	=	1.361		0		1		1.905	0.422	0.383
Leucine	-	1.976		0		1		2.766	0.422	1.028
Lysine	-	2.215		0		1		3.101	0.687	1.152
Methionine		0.723		0		1		1.012	0.224	0.376
Cystine		0.358		0		1		0.501	0.111	0.186
Phenylalanine		1.054		0		1		1.476	0.327	0.548
Tyrosine		0.877		0		1		1.228	0.272	0.456
Valine	-	1.316		0		1		1.842	0.408	0.684
Arginine	-	1.685		0		1		2.359	0.522	0.876
Histidine	g	0.801		0		1		1.121	0.248	0.417
Alanine	g	1.560		0		1		2.184	0.484	0.811
Aspartic acid		2.410		0		1		3.374	0.747	1.253
Glutamic acid	g	3.966		0		1		5.552	1.229	2.062
Glycine	g	1.684		0		1		2.358	0.522	0.876
Proline	g	1.280		0		1		1.792	0.397	0.666
Serine	g	0.950		0		1		1.330	0.295	0.494
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0.0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	J	-		-				-	-	-
	mc~	0		^	_	-		0.000	0.000	0.000
Carotene, beta		0		0 0	z z	7 7		0.000 0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000 0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene										

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 52g: 1 drumstick, bone removed

Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05070 Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed

Refuse: 36% Bone

		<u>Aı</u>	mount in 100 gı			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				mber				<u>m</u> :	easures of food	<u> </u>	
Nutrients and Un	its	Mean	of I Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	_	65.10	0.504					04.45		07.10	
Water	-	65.12	0.534	16	***	1		91.17	22.14	37.12	
Energy		204 854		0	NC	4 4		286 1195	69 290	116 487	
Energy	' - '	25.32	0.372	16		1		35.45	290 8.61	14.43	
Protein (N x 6.25) Total lipid (fat)		10.64	0.372	16		1		14.90	3.62	6.06	
Ash		0.82	0.215	16		1		1.15	0.28	0.47	
Carbohydrate, by difference		0.00	0.040	0	z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	0.00	
Minerals:						_			_	_	
Calcium, Ca	_	11	0.439	16		1		15	4	6	
Iron, Fe.		1.33	0.045	16		1 1		1.86	0.45	0.76	
Magnesium, Mg		20 141	0.328	16		1		28 197	7	11 80	
Phosphorus, P Potassium, K		141 184	3.043 6.287	16 16		1		197 258	48 63	80 105	
Sodium, Na		76	1.765	16		1		106	26	43	
Zinc, Zn	_	2.65	0.072	16		1		3.71	0.90	1.51	
Copper, Cu		0.071		16		1		0.099	0.024	0.040	
Manganese, Mn		0.019		16		1		0.027	0.006	0.011	
Selenium, Se		17.0		0	BFYN	4		23.8	5.8	9.7	
<u>Vitamins:</u>		0.0		•	_	7		0.0			
Vitamin C, total ascorbic acid		0.0 0.050	0.002	0 8	Z	1		0.0 0.070	0.0 0.017	0.0	
ThiaminRiboflavin	-	0.030		8		1		0.070	0.017	0.02	
Niacin		4.204		8		1		5.886	1.429	2.39	
Pantothenic acid	-	0.858		0		1		1.201	0.292	0.489	
Vitamin B-6		0.190		0		1		0.266	0.065	0.108	
Folate, total	_	7		0		1		10	2	4	
Folic acid		0		0	z	7		0	0	0	
Folate, food		7		0		1		10	2	4	
Folate, DFE		7		0	NC	4		10	2	4	
Vitamin B-12		0.22		0		1		0.31	0.07	0.13	
Vitamin A, IU	IU	90		0	NC	4		126	31	51	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		38	9	15	
Retinol	mcg	27		0	NR	4		38	9	15	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.09	0.15	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		4.0		0	BFYN	4		5.6	1.4	2.3	
vitamin K (phynoquinone)	niog	4.0		U	DEIN	-		3.0	1.4	2.3	
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.910		0		1		4.074	0.989	1.659	
4:0	g	0.000		0		1		0.000	0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	0.000	
8:0		0.000		0		1		0.000	0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	0.000	
12:0		0.020	1	0		1		0.028	0.007	0.011	
13:0		0.000		^		4		0 110	A AA=		
14:0		0.080	•	0		1		0.112	0.027	0.046	
15:0		2.120		0		1		2 060	0.701	1 00	
16:0		2.120	•	U		1		2.968	0.721	1.208	
17:0 18:0	-	0.600	1	0		1		0.840	0.204	0.342	
20:0	_	0.600		J		-		0.040	0.204	0.342	
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10		<u>on</u>	Amount in edible portion of common measures of food				
				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
Eathy saids total management wated	a	4.070		0		1		5.698	1.384	2.320
Fatty acids, total monounsaturated	g	4.070		v		•		3.090	1.304	2.320
15:1		0 570		•				0.700	0.104	0 205
16:1 undifferentiated	_	0.570	1	0		1		0.798	0.194	0.325
18:1 undifferentiated	-	3.350	1	0		1		4.690	1.139	1.910
20:1	_	0.090		0		1		0.126	0.031	0.051
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	•					_				
Fatty acids, total polyunsaturated		2.380	1	0		1		3.332	0.809	1.357
18:2 undifferentiated	g	2.040	1	0		1		2.856	0.694	1.163
18:3 undifferentiated		0.090)	0		1		0.126	0.031	0.051
18:4	g	0.000)	0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.110)	0		1		0.154	0.037	0.063
20:5 n-3	g	0.010)	0		1		0.014	0.003	0.006
22:5 n-3	g	0.020)	0		1		0.028	0.007	0.011
22:6 n-3	g	0.040)	0		1		0.056	0.014	0.023
Fatty acids, total trans										
Cholesterol	-	83		0		1		116	28	47
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.286	i	0		1		0.400	0.097	0.163
Threonine		1.051		0		1		1.471	0.357	0.599
Isoleucine	-	1.280		0		1		1.792	0.435	0.730
Leucine		1.855	i	0		1		2.597	0.631	1.057
Lysine	g	2.082		0		1		2.915	0.708	1.187
Methionine		0.680	1	0		1		0.952	0.231	0.388
Cystine	g	0.335	i	0		1		0.469	0.114	0.191
Phenylalanine	g	0.988		0		1		1.383	0.336	0.563
Tyrosine	g	0.824		0		1		1.154	0.280	0.470
Valine	g	1.235	i	0		1		1.729	0.420	0.704
Arginine	g	1.573	1	0		1		2.202	0.535	0.897
Histidine	g	0.753	1	0		1		1.054	0.256	0.429
Alanine	g	1.454		0		1		2.036	0.494	0.829
Aspartic acid	g	2.257		0		1		3.160	0.767	1.286
Glutamic acid	g	3.722		0		1		5.211	1.265	2.122
Glycine	g	1.547		0		1		2.166	0.526	0.882
Proline	g	1.184		0		1		1.658	0.403	0.675
Serine	g	0.888		0		1		1.243	0.302	0.506
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:										-
<u> </u>	mca	0		0	z	7		0.000	0.000	0.000
Carotene, beta Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta	-	0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000
Zatom · Zouzuntiim		•		•		•			3.000	2.230

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 34g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 57g: 1 drumstick, bone removed

Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	72.46	0.327	25		1		31.88	52.90	
Energy		161		0	NC	4		71	118	
Energy		674		·	110	4		296	492	
Protein (N x 6.25)		19.27	0.145	25		1		8.48	14.07	
Total lipid (fat)		8.68	0.194	25		1		3.82	6.34	
Ash		0.86	0.028	25		1		0.38	0.63	
Carbohydrate, by difference		0.00	0.020	0	z	7		0.00	0.00	
		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	z	7		0.00		
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	11	0.687	24		1		5	8	
Iron, Fe	mg	1.03	0.030	24		1		0.45	0.75	
Magnesium, Mg		21	0.357	24		1		9	15	
Phosphorus, P	mg	154	3.204	24		1		68	112	
Potassium, K	mg	206	5.585	24		1		91	150	
Sodium, Na	mg	83	1.344	24		1		37	61	
Zinc, Zn	<u>mg</u>	2.00	0.027	24		1		0.88	1.46	
Copper, Cu	mg	0.059	0.002	24		1		0.026	0.043	
Manganese, Mn	mg	0.021	0.000	24		1		0.009	0.015	
Selenium, Se	mcg	13.2		0	PAK	1		5.8	9.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.7		0		1		1.2	2.0	
Thiamin		0.074	0.003	16		1		0.033	0.054	
Riboflavin		0.074		16		1		0.033	0.130	
Niacin		5.449		16		1		2.398	3.978	
Pantothenic acid	_	1.182		0		1		0.520	0.863	
Vitamin B-6		0.300		0		1		0.132	0.219	
Folate, total	-	9		0		1		4	7	
Folic acid		0		0	z	7		0	0	
Folate, food		9		0	_	1		4	7	
Folate, DFE	mca DFF	9		0	NC	4		4	, 7	
Vitamin B-12		0.35		0	110	1		0.15	0.26	
Vitamin A, IU		93		0	NC	4		41	68	
Vitamin A, RAE		28		0	NC	4		12	20	
Retinol		28		0	NR	4		12	20	
Vitamin E (alpha-tocopherol)		0.30		0	NR	4		0.13	0.22	
Tocopherol, beta		0.50		•	2121	-		0.15	0.22	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.8		0	BFYN	4		1.2	2.1	
	··········· ·									
<u>Lipids:</u>										
Fatty acids, total saturated		2.390		0		1		1.052	1.745	
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	-	0.020		0		1		0.009	0.015	
13:0				•		_				
14:0	-	0.070		0		1		0.031	0.051	
15:0	-	-		•		_			.	
16:0		1.740		0		1		0.766	1.270	
17:0	-			•		_				
18:0	-	0.500		0		1		0.220	0.365	

20:0 22:0	-									

		<u>A</u>	mount in 100 gr		ible portic	<u>on</u>		edible portion	
				ata Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error Poi	nts Code	e Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	3.370		0	1		1.483	2.460	
14:1	_								
15:1 16:1 undifferentiated	_	0.470		0	1		0.207	0.343	
17:1	_	0.1.0		•	-		0.20.	0.010	
18:1 undifferentiated	g	2.780		0	1		1.223	2.029	
20:1	• • • • • • • • • • • • • • • • • • • •	0.080		0	1		0.035	0.058	
22:1 undifferentiated	•	0.000		0	1		0.000	0.000	
24:1 c				_	_				
Fatty acids, total polyunsatura		1.940		0	1		0.854	1.416	
18:2 undifferentiated		1.670		0	1 1		0.735	1.219	
18:3 undifferentiated	-	0.070		0	1		0.031 0.000	0.051 0.000	
20:2 n-6 c.c	_	0.000		U	1		0.000	0.000	
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.080	ı	0	1		0.035	0.058	
20:5 n-3	_	0.010		0	1		0.004	0.007	
22:5 n-3		0.020		0	1		0.009	0.015	
22:6 n-3	g	0.030	ı	0	1		0.013	0.022	
Fatty acids, total trans	g								
Cholesterol	mg	81		0	1		36	59	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.218		0	1		0.096	0.159	
Threonine		0.802		0	1		0.353	0.585	
Isoleucine	-	0.979		0	1		0.431	0.715	
Leucine	_	1.416		0	1		0.623	1.034	
Lysine	_	1.590	ı	0	1		0.700	1.161	
Methionine		0.519	1	0	1		0.228	0.379	
Cystine	g	0.254		0	1		0.112	0.185	
Phenylalanine	g	0.754		0	1		0.332	0.550	
Tyrosine	g	0.630		0	1		0.277	0.460	
Valine	_	0.942		0	1		0.414	0.688	
Arginine	_	1.194		0	1		0.525	0.872	
Histidine	_	0.576		0	1		0.253	0.420	
Alanine		1.101		0	1		0.484	0.804	
Aspartic acid		1.718		0	1 1		0.756	1.254	
Glutamic acid		2.839 1.154		0	1		1.249 0.508	2.072 0.842	
Glycine Proline		0.890		0	1		0.392	0.842	
Serine	_	0.675		0	1		0.297	0.493	
Hydroxyproline		0.075		·	-		0.237	0.455	
	g								
Others:				_	_				
Alcohol, ethyl		0.0		0 -	7		0.0	0.0	
Caffeine	-	0		0 z 0 z	7 7		0	0	
Theobromine		0		U Z	,		0	0	
Carotenoids:									
Carotene, beta		0		0 z	7		0.000	0.000	
Carotene, alpha		0		0 z	7		0.000	0.000	
Cryptoxanthin, beta		0		0 Z	7		0.000	0.000	
Lycopene		0		0 z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 44g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 73g: 1 drumstick, bone removed

Chicken, broilers or fryers, drumstick, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 44% 34% bone, 10% skin

		<u>A</u>	mount in 100			ole portio	<u> </u>		edible portion o	of common
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.24		0		1		15.56	26.14	
Energy		195		0	NC	4		49	82	
Energy		816				4		204	343	
Protein (N x 6.25)		28.62		0		1 1		7.16	12.02	
Total lipid (fat) Ash		8.08 1.06		0		1		2.02 0.27	3.39 0.45	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.45	
Fiber, total dietary	=	0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		ŭ	-	•		0.0	0.0	
Starch										
Minerals:								_	_	
Calcium, Ca	-	12		0		1		3 0.33	5 0.55	
Iron, Fe	_	1.32 24		0		1 1		0.33 6	0.55 10	
Phosphorus, P	_	186		0		1		47	78	
Potassium, K	•	249		0		1		62	105	
Sodium, Na	-	96		0		1		24	40	
Zine, Zn		3.22		0		1		0.81	1.35	
Copper, Cu		0.080)	0		1		0.020	0.034	
Manganese, Mn	mg	0.021	L	0		1		0.005	0.009	
Selenium, Se	mcg	19.6		0	BFYN	4		4.9	8.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.077	7	0		1		0.019	0.032	
Riboflavin	mg	0.236	5	0		1		0.059	0.099	
Niacin	mg	6.146	5	0		1		1.537	2.581	
Pantothenic acid		1.320		0		1		0.330	0.554	
Vitamin B-6		0.390)	0		1		0.098	0.164	
Folate, total		9		0	_	1		2	4	
Folic acid		0		0	Z	7		0	0	
Folate, foodFolate, DFE		9 9		0	NC	1 4		2 2	4 4	
Vitamin B-12		0.35		0	NC	1		0.09	0.15	
Vitamin A, IU		61		0		1		15	26	
Vitamin A, RAE	mcg RAE	18		0		1		5	8	
Retinol		18		0		1		5	8	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	Illog									
Lipids:										
Fatty acids, total saturated		2.130		0		1		0.533	0.895	
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 4		0.000	0.000	
10:0 12:0		0.000		0		4 1		0.000 0.005	0.000 0.008	
13:0	-	0.020	•	U		1		0.005	0.008	
14:0	-	0.050)	0		1		0.013	0.021	
15:0				-						
16:0	-	1.410)	0		1		0.353	0.592	
17:0	-									
18:0	g	0.590)	0		1		0.148	0.248	
20:0										
22:0	-									
24:0	9									

Nutrients and Units Fatty acids, total monounsaturated 9 14:1 9 15:1 9 16:1 undifferentiated 9 17:1 9 18:1 undifferentiated 9 20:1 9 22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9	Mean 2.940 0.310 2.570 0.030 0.000 1.970 1.640 0.080 0.000	Std. Error Points 0 0 0 0 0 0 0 0 0 0 0	Deriv Source Code Code	e Confidence Code	0.735 0.078 0.643 0.008 0.000	Measure 2 1.235 0.130 1.079 0.013 0.000 0.827	Measure 3
Fatty acids, total monounsaturated	2.940 0.310 2.570 0.030 0.000 1.970 1.640 0.080	Std. Error Points 0 0 0 0 0 0 0 0 0 0 0 0 0	Code Code 1 1 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.735 0.078 0.643 0.008 0.000	1.235 0.130 1.079 0.013 0.000	Measure 3
14:1	0.310 2.570 0.030 0.000 1.970 1.640 0.080	0 0 0 0	1 1 1 4 1		0.078 0.643 0.008 0.000	0.130 1.079 0.013 0.000	
14:1	0.310 2.570 0.030 0.000 1.970 1.640 0.080	0 0 0 0	1 1 1 4 1		0.078 0.643 0.008 0.000	0.130 1.079 0.013 0.000	
16:1 undifferentiated 9 17:1 9 18:1 undifferentiated 9 20:1 9 22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9	2.570 0.030 0.000 1.970 1.640 0.080	0 0 0	1 1 4 1 1		0.643 0.008 0.000	1.079 0.013 0.000	
18:1 undifferentiated 9 20:1 9 22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9	0.030 0.000 1.970 1.640 0.080	0 0 0 0	1 4 1		0.008	0.013 0.000	
20:1	0.030 0.000 1.970 1.640 0.080	0 0 0 0	1 4 1		0.008	0.013 0.000	
22:1 undifferentiated g 24:1 c g Fatty acids, total polyunsaturated g 18:2 undifferentiated g 18:3 undifferentiated g	0.000 1.970 1.640 0.080	0 0 0	4 1 1		0.000	0.000	
24:1 c	1.970 1.640 0.080	0 0	1				
Fatty acids, total polyunsaturated	1.6 4 0 0.080	0	1		0.493	0.827	
18:2 undifferentiated	1.6 4 0 0.080	0	1		0.493	0.827	
18:3 undifferentiatedg	0.080	0					
_					0.410	0.689	
	0.000	Λ	1		0.020	0.034	
18:4g		U	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiated			_				
20:4 undifferentiated	0.120	0	1		0.030	0.050	
20:5 n-3g	0.010	0	1		0.003	0.004	
22:5 n-3g	0.030	0	1		0.008	0.013	
22:6 n-3	0.050	0	1		0.013	0.021	
Fatty acids, total transg	0.4	•			0.4	20	
Cholesterol mg	94	0	1		24	39	
Phytosterolsmg							
mino Acids:							
Tryptophang	0.335	0	1		0.084	0.141	
Threonineg	1.209	0	1		0.302	0.508	
Isoleucineg	1.511	0	1		0.378	0.635	
Leucineg	2.148	0	1		0.537	0.902	
Lysineg	2.431	0	1		0.608	1.021	
Methionineg	0.792	0	1		0.198	0.333	
Cystineg	0.366	0	1		0.092	0.154	
Phenylalanineg	1.135	0	1		0.284	0.477	
Гуrosineg	0.966	0	1		0.242	0.406	
Valineg	1.420	0	1		0.355	0.596	
Arginineg	1.727	0	1		0.432	0.725	
Histidineg	0.888	0	1		0.222	0.373	
Alanineg	1.561	0	1		0.390	0.656	
Aspartic acidg	2.550	0	1		0.638	1.071	
Glutamic acidg	4.286	0	1		1.072	1.800	
Glycine9	1.406	0	1		0.352	0.591	
Prolineg	1.177	0	1		0.294	0.494	
Serine	0.985	0	1		0.246	0.414	
Hydroxyproline9							
thers:							
	0.0	0	7		0.0	0.0	
Alcohol, ethyl	0.0	U	,		0.0	0.0	
Caffeine mg Theobromine mg							

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 42g: 1 drumstick, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% 35% bone, 11% skin

							Amount in edible portion of common measures of food			
				mber				<u>m</u> e	easures of 1000	
Nutrients and Unit	ts	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	66.74	0.405	16		1		93.44	17.35	29.37
Energy		172		0	NC	4		241	45	76
Energy	' - '	720				4		1008	187	317
Protein (N x 6.25)		28.29	0.299	16		1		39.61	7.36	12.45
Total lipid (fat)		5.66 1.05	0.126 0.044	16 16		1 1		7.92 1.47	1.47	2.49 0.46
Ash			0.044	0		7			0.27	
Carbohydrate, by difference		0.00		0	z z	7		0.00	0.00	0.00
Fiber, total dietary				0	Z	7			0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	0.00
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	-	12	0.839	16		1		17	3	5
Iron, Fe		1.30	0.039	16		1		1.82	0.34	0.57
Magnesium, Mg		24	0.714	16		1		34	6	11
Phosphorus, P		184	4.968	16		1		258	48	81
Potassium, K		246	6.086	16		1		344	64	108
Sodium, Na	-	95	2.237	16		1 1		133	25	42
Zinc, Zn		3.18 0.079	0.062	16 16		1		4.45 0.111	0.83 0.021	1.40 0.03
Copper, Cu		0.079		16		1		0.111	0.021	0.03
Selenium, Se		19.0	0.001	0	BFYN	4		26.6	4.9	8.4
Selemum, Se	Tilog	13.0		·	DIIM	•		20.0	4.5	0.4
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	0.0
Thiamin	_	0.076		8		1		0.106	0.020	0.033
Riboflavin		0.233		8		1		0.326	0.061	0.103
Niacin	_	6.075		8		1		8.505	1.580	2.67
Pantothenic acid		1.305		0		1		1.827	0.339	0.574
Vitamin B-6	-	0.390 9	•	0		1 1		0.546	0.101 2	0.172 4
Folate, total		0		0	z	7		13 0	0	0
Folic acidFolate, food		9		0	2	1		13	2	4
Folate, DFE		9		0	NC	4		13	2	4
Vitamin B-12		0.34		0	NC	1		0.48	0.09	0.15
Vitamin A, IU		60		0		1		84	16	26
Vitamin A, RAE		18		0	NC	4		25	5	8
Retinol		18		0	NR	4		25	5	8
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.07	0.12
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5		0	BFSN	4		4.9	0.9	1.6
Lipids:										
Fatty acids, total saturated	q	1.480	1	0		1		2.072	0.385	0.65
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0	_	0.000		0		1		0.000	0.000	0.000
10:0		0.000		0		1		0.000	0.000	0.000
12:0	-	0.020		0		1		0.028	0.005	0.009
13:0	-									
14:0		0.040)	0		1		0.056	0.010	0.018
15:0	g									
16:0		1.010)	0		1		1.414	0.263	0.44
17:0	g									
18:0	g	0.370)	0		1		0.518	0.096	0.16
20:0	q									
22:0	_									

		<u>A</u>	mount in 100		of edik	ole portio	<u>on</u>		edible portion o	of common
			of	umber f Data		Source Code	Confidence Code			
Nutrients and	Units	Mean	Std. Error P	omis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	1.870	1	0		1		2.618	0.486	0.823
14:1	g									
15:1 16:1 undifferentiated	_	0.270	1	0		1		0.378	0.070	0.119
17:1				_						
18:1 undifferentiated	_	1.560 0.020		0		1 1		2.184 0.028	0.406 0.005	0.686 0.009
20:1 22:1 undifferentiated	_	0.020		0		1		0.028	0.005	0.009
24:1 c	•	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsaturat		1.370)	0		1		1.918	0.356	0.603
18:2 undifferentiated		1.080)	0		1		1.512	0.281	0.475
18:3 undifferentiated	_	0.050	1	0		1		0.070	0.013	0.022
18:4	g	0.000	1	0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.120	1	0		1		0.168	0.031	0.053
20:5 n-3	g	0.010	1	0		1		0.014	0.003	0.004
22:5 n-3	g	0.020	1	0		1		0.028	0.005	0.009
22:6 n-3	g	0.050)	0		1		0.070	0.013	0.022
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	93		0		1		130	24	41
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.330)	0		1		0.462	0.086	0.145
Threonine		1.195	i	0		1		1.673	0.311	0.526
Isoleucine	g	1.494		0		1		2.092	0.388	0.657
Leucine	g	2.123	1	0		1		2.972	0.552	0.934
Lysine	g	2.403	1	0		1		3.364	0.625	1.057
Methionine	g	0.783	1	0		1		1.096	0.204	0.345
Cystine	g	0.362		0		1		0.507	0.094	0.159
Phenylalanine	g	1.122		0		1		1.571	0.292	0.494
Tyrosine	g	0.955	i	0		1		1.337	0.248	0.420
Valine	g	1.403	1	0		1		1.964	0.365	0.617
Arginine	g	1.706	i	0		1		2.388	0.444	0.751
Histidine	• • • • • • • • • • • • • • • • • • • •	0.878		0		1		1.229	0.228	0.386
Alanine	g	1.543		0		1		2.160	0.401	0.679
Aspartic acid	g	2.521		0		1		3.529	0.655	1.109
Glutamic acid	g	4.236		0		1		5.930	1.101	1.864
Glycine	9	1.389		0		1		1.945	0.361	0.611
Proline	-	1.163		0		1		1.628	0.302	0.512
Serine		0.973	1	0		1		1.362	0.253	0.428
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	mg	0		0	z	7		0	0	0
Carotenoids:										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 26g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 44g: 1 drumstick, bone and skin removed

Chicken, broilers or fryers, drumstick, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05074 Chicken, broilers or fryers, drumstick, meat only, cooked, stewed

Refuse: 48% 36% bone, 12% skin

		<u>Aı</u>	mount in 100 gr		of edik	ole portio	<u>n</u>		edible portion	
				nber				<u>m</u> :	easures of food	<u> </u>
Nutrients and Un	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:						_				
Water		67.58	0.401	16		1		108.13	18.92	31.09
Energy		169		0	NC	4		270	47	78
Energy	=	707				4		1131	198	325
Protein (N x 6.25)		27.50	0.366	16		1		44.00	7.70	12.65
Total lipid (fat)		5.71 0.91	0.158	16 16		1 1		9.14 1.46	1.60	2.63 0.42
Ash			0.050			7			0.25	
Carbohydrate, by difference		0.00		0	z z	7		0.00 0.0	0.00	0.00
Fiber, total dietary				0	Z	7			0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	0.00
Starch	y									
Minerals:										
Calcium, Ca	mg	11	0.525	16		1		18	3	5
Iron, Fe	mg	1.37	0.050	16		1		2.19	0.38	0.63
Magnesium, Mg		21	0.380	16		1		34	6	10
Phosphorus, P		150	3.598	16		1		240	42	69
Potassium, K		199	6.561	16		1		318	56	92
Sodium, Na	-	80	2.074	16		1		128	22	37
Zinc, Zn		3.02	0.089	16		1		4.83	0.85	1.39
Copper, Cu		0.077		16		1		0.123	0.022	0.03
Manganese, Mn		0.019	0.001	16		1 4		0.030	0.005	0.009
Selenium, Se	riicg	18.0		0	BFYN	4		28.8	5.0	8.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	_	0.054		8		1		0.086	0.015	0.025
Riboflavin		0.213		8		1		0.341	0.060	0.098
Niacin	_	4.300		8		1		6.880	1.204	1.978
Pantothenic acid		0.961		0		1		1.538	0.269	0.442
Vitamin B-6	-	0.230)	0		1		0.368	0.064	0.10
Folate, total		8		0	_	1 7		13 0	2	4
Folic acid		8		0	Z	1		13	0 2	0 4
Folate, food		8		0	NC	4		13	2	4
Folate, DFE Vitamin B-12		0.24		0	NC	1		0.38	0.07	0.11
Vitamin B-12		57		0	NC	4		91	16	26
Vitamin A, RAE		17		0	NC	4		27	5	8
Retinol		17		0	NR	4		27	5	8
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.42	0.07	0.12
Tocopherol, beta		V.=/		-		-		J. 12	,	V.12
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.4		0	BFSN	4		5.5	1.0	1.6
Lipids:										
Fatty acids, total saturated	a	1.510)	0		1		2.416	0.423	0.695
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0	-	0.000		0		1		0.000	0.000	0.000
10:0		0.000		0		1		0.000	0.000	0.000
12:0	-	0.020		0		1		0.032	0.006	0.009
13:0	-									
14:0		0.040)	0		1		0.064	0.011	0.018
15:0	g									
16:0		1.030)	0		1		1.648	0.288	0.474
17:0										
18:0	-	0.380)	0		1		0.608	0.106	0.17
20:0	g									
22:0	g									
24:0	a									

		<u>A</u> 1	mount in 100 grams	s of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
			Numbe of Data	r Deriv	Source	Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ntedg	1.930	0		1		3.088	0.540	0.888	
14:1										
16:1 undifferentiated	g	0.270	0		1		0.432	0.076	0.124	
18:1 undifferentiated	g	1.610 0.020			1 1		2.576	0.451	0.7 4 1 0.009	
20:1 undifferentiated	g	0.000			1		0.032 0.000	0.006 0.000	0.009	
24:1 cFatty acids, total polyunsaturate		1.370	0		1		2.192	0.384	0.630	
18:2 undifferentiated		1.090 0.050			1 1		1.744 0.080	0.305 0.014	0.501 0.023	
18:4 20:2 n-6 c.c.		0.000	0		1		0.000	0.000	0.000	
20:3 undifferentiated	g	0.110	0		1		0.176	0.031	0.051	
20:5 n-3	g	0.010	0		1		0.016	0.003	0.005	
22:5 n-3 22:6 n-3	g	0.020 0.040			1 1		0.032 0.064	0.006 0.011	0.009 0.018	
Fatty acids, total trans Cholesterol	mg	88	0		1		141	25	40	
Phytosterols	mg									
Amino Acids: Tryptophan	g	0.321	. 0		1		0.514	0.090	0.148	
Threonine	-	1.162 1.452			1 1		1.859 2.323	0.325 0.407	0.535 0.668	
LeucineLysine	g	2.064	0		1 1		3.302 3.739	0.578 0.654	0.949 1.075	
Methionine	g	0.761	. 0		1		1.218	0.213	0.350	
CystinePhenylalanine		0.352 1.091			1 1		0.563 1.746	0.099 0.305	0.162 0.502	
TyrosineValine		0.929 1.364			1 1		1.486 2.182	0.260 0.382	0.427 0.627	
Arginine	g	1.659 0.854			1 1		2.654 1.366	0.465 0.239	0.763 0.393	
Alanine	g	1.501	0		1		2.402	0.420	0.690	
Aspartic acidGlutamic acid	g	2.451 4.119	0		1		3.922 6.590	0.686 1.153	1.127 1.895	
Glycine		1.351 1.131			1 1		2.162 1.810	0.378 0.317	0.621 0.520	
Serine Hydroxyproline	_	0.946	0		1		1.514	0.265	0.435	
Others:										
Alcohol, ethyl		0.0 0	0	Z	7 7		0.0 0	0.0 0	0.0 0	
Theobromine		0	0	Z	7		0	0	0	
Carotene, beta	mcg	0	0	z	7		0.000	0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0 0	0	z z	7 7		0.000	0.000 0.000	0.000	
LycopeneLutein + zeaxanthin	mcg	0	0	z z	7 7		0.000	0.000	0.000	
Lutein + zeaxantnin	tiicy	U	U	Z	,		0.000	0.000	0.000	

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 28g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 46g: 1 drumstick, bone and skin removed

Chicken, broilers or fryers, drumstick, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 44% 33% bone, 9% skin, 2% separable fat

		A	mount in 100 g			ole portic	<u>on</u>		edible portion o	of common
			Nι	ımbe	r			1110	easures or roou	
Nutrients and Un	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.38	0.277	24		1		28.26	47.36	
Energy	kcal	119		0	NC	4		44	74	
Energy	kj	498				4		184	309	
Protein (N x 6.25)		20.59	0.176	25		1		7.62	12.77	
Total lipid (fat)	_	3.42	0.121	24		1		1.27	2.12	
Ash		0.93	0.029	24		1		0.34	0.58	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	-	0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
5 44. 5 4.										
Minerals:										
Calcium, Ca	_	11	0.817	24		1		4	7	
Iron, Fe	_	1.03	0.032	24		1		0.38	0.64	
Magnesium, Mg		23	0.392	24		1		9	14	
Phosphorus, P	•	166	3.468	24		1		61	103	
Potassium, K	_	226	6.041	24		1		84	140	
Sodium, Na		88	1.608	24		1		33	55	
Zinc, Zn		2.21	0.031	24		1		0.82	1.37	
Copper, Cu	mg	0.063		24		1		0.023	0.039	
Manganese, Mn		0.021		24		1		0.008	0.013	
Selenium, Se	mcg	13.5	1.936	4	A	1		5.0	8.4	
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.082	0.004	16	-	1		0.030	0.051	
Riboflavin		0.199		16		1		0.074	0.123	
Niacin	-	5.778		16		1		2.138	3.582	
Pantothenic acid		1.287		0		1		0.476	0.798	
Vitamin B-6		0.340		0		1		0.126	0.738	
Folate, total		10	•	0		1		4	6	
Folic acid	-	0		0	z	7		0	0	
Folate, food	-	10		0	4	1		4	6	
Folate, DFE		10		0	NC	4		4	6	
		0.37		0	NC	1		0.14	0.23	
Vitamin B-12	Ilicy	57		0		1		21	35	
Vitamin A, IUVitamin A, RAE	mea BAE	17		0		1		6	35 11	
		17		0	NC	4		6		
Retinol		0.31		0	NR NR	4		0.12	11 0.19	
Vitamin E (alpha-tocopherol)		0.31		U	NK	4		0.12	0.19	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloguinone)		2.9		0	BFYN	4		1.1	1.8	
vitamin K (phynoquinone)		2.5		·	2111	•			1.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.860)	0	NC	4		0.318	0.533	
4:0	g	0.000)	0	Z	7		0.000	0.000	
6:0	g	0.000)	0	Z	7		0.000	0.000	
8:0	g	0.000)	0	Z	7		0.000	0.000	
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.020	0.003	17		1		0.007	0.012	
13:0	g									
14:0	g	0.020	0.002	24		1		0.007	0.012	
15:0										
16:0		0.590	0.025	24		1		0.218	0.366	
17:0	_									
18:0	_	0.230	0.014	24		1		0.085	0.143	
20:0										
22:0	_									
24:0	_									
	-									

	<u>Aı</u>	nount in 100 g	rams mber	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		Data	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.050		0	NC	4		0.389	0.651	
14:1g									
15:1g	0.160	0.010	0.4				0.050	0.000	
16:1 undifferentiatedg	0.160	0.010	24		1		0.059	0.099	
17:1	0.880	0.040	24		1		0.306	0 546	
18:1 undifferentiated	0.010		6		1		0.326 0.004	0.546	
20:1g 22:1 undifferentiatedg	0.010		0		4		0.004	0.006 0.000	
<u> </u>	0.000		U		4		0.000	0.000	
24:1 c	0.820		0	NC	4		0 202	0 500	
Fatty acids, total polyunsaturated9	0.820		24	NC	1		0.303 0.241	0.508 0.403	
18:2 undifferentiated	0.650		18		1		0.241	0.403	
18:4 undifferentiated g	0.030		0	z	7		0.011	0.019	
18:4g 20:2 n-6 c.cg	0.000		U	4	,		0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiated	0.080	0.015	16		1		0.030	0.050	
20:5 n-3g	0.010		8		1		0.030	0.006	
20.5 n-3g	0.010		9		1		0.004	0.012	
22:5 n-39 22:6 n-39	0.020		9		1		0.007	0.012	
Fatty acids, total trans9	0.030		0	BFFN	4		0.011	0.019	
Cholesterolg	77		0	DEFN	1		28	48	
Phytosterolsmg	,,		U		_		20	40	
riiytosteroising									
Amino Acids:									
Tryptophang	0.241		0		1		0.089	0.149	
Threonineg	0.870		0		1		0.322	0.539	
Isoleucineg	1.087		0		1		0.402	0.674	
Leucineg	1.545		0		1		0.572	0.958	
Lysineg	1.750		0		1		0.648	1.085	
Methionineg	0.570		0		1		0.211	0.353	
Cystineg	0.264		0		1		0.098	0.164	
Phenylalanineg	0.817		0		1		0.302	0.507	
Tyrosineg	0.695		0		1		0.257	0.431	
Valineg	1.021		0		1		0.378	0.633	
Arginine9	1.242		0		1		0.460	0.770	
Histidineg	0.639		0		1		0.236	0.396	
Alanineg	1.124		0		1		0.416	0.697	
Aspartic acidg	1.835		0		1		0.679	1.138	
Glutamic acidg	3.084		0		1		1.141	1.912	
Glycineg	1.012		0		1		0.374	0.627	
Prolineg	0.847		0		1		0.313	0.525	
Serineg	0.708		0		1		0.262	0.439	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeine mg	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 37g: 1 drumstick bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 62g: 1 drumstick, bone and skin removed

Chicken, broilers or fryers, drumstick, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

Proximates: Water			<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u>!</u>	
Water					of Data	Deriv	Source	Confidence				
Water	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Energy	Proximates:											
Energy	Water	g	47.89		0		1		69.44	6.23		
Processing (N. No. 25)	Energy	kcal	277		0	NC	4		402	36		
Troal lapid (figh	Energy	kj	1159				4		1681	151		
Ash	Protein (N x 6.25)	g	32.54		0		1		47.18	4.23		
Carbohystean, by difference	Total lipid (fat)	g	13.46		0		1		19.52	1.75		
Fiber, total dietary. Section S	Ash	g	1.77		0		1		2.57	0.23		
Sugars, total. Suga	Carbohydrate, by difference	g	4.35		0	NC	4		6.31	0.57		
Sugars, totals Sugars, totals Sugars, totals Sugars, totals Sugars	Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Surch												
Calcium, Ca.	<u> </u>											
Calcium, Ca.												
Inon. Fe.												
Magnesium Mg	,	• • • • • • • • • • • • • • • • • • • •										
Phosphous P.	· ·	_					_					
Potassim K												
Sodium, Na.	•	_										
Zine, Zn. mg 6.27 0 1 9.09 0.82 Copper, Cu. mg 0.422 0 1 0.612 0.055 Manganese, Mn. mg 0.222 0 1 0.322 0.029 Selenium, Sc. mg 0.222 0 1 0.322 0.029 Williamins. mg 0.72 0 1 12.6 1.1 Hibinini. mg 0.097 0 1 0.2210 0.198 Niacim. mg 1.0987 0 1 2.210 0.198 Niacim. mg 1.0987 0 1 1.5931 1.428 Patroitheric acid. mg 1.0987 0 1 6.677 0.799 Vitamin B-G. mg 0.610 0 1 5.50 49 Foliac, food mg 0.610 0 2 7 0 0 Foliac, food mg 3 0 0 </td <td>*</td> <td></td>	*											
Copper, Cu. mg 0.422 0 1 0.512 0.055 Manganese, Mn. mg 0.222 0 1 0.322 0.029 Selenium, Se. Water Miss. Vitamin C, total ascorbic acid. mg 8.7 0 1 12.6 1.1 Thim in. mg 0.097 0 1 0.141 0.013 Ribollavin. mg 1.524 0 1 1.5391 1.428 Nacin. mg 1.0897 0 1 1.5391 1.428 Patrotheric acid. mg 1.453 0 1 6.457 0.579 Vitamin B-C. mg 0.610 0 1 0.885 0.079 Folate, fold. mg 3.79 0 1 550 49 Folate, fold. mg 3.73 0 0 2 7 0 0 Folate, fold. mg 1.52 3		-										
Manganese, Mn.												
Selentum, Se. mCg 104.2 0 BFYN 4 151.1 13.5 Stamins:	• • •											
Titamins: Vitamins C, total ascorbic acid. mg 8.7 0 1 12.6 1.1 Thiamin. mg 0.097 0 1 0.141 0.013 Riboflavin. mg 1.524 0 1 0.2210 0.198 Niacin. mg 10.987 0 1 15.931 1.428 Patothenic acid. mg 10.987 0 1 15.931 1.428 Patothenic acid. mg 10.483 0 1 6.457 0.579 Vitamin B-6. mg 0.610 0 1 550 49 Folic acid. mcg 379 0 1 550 49 Folic acid. mcg 379 0 NC 4 550 49 Folic acid. mcg 379 0 NC 4 550 49 Folic acid. mcg 13.31 0 1 1729 1551 173 173 173 <td></td> <td></td> <td></td> <td>2</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>				2								
Vitamin C, total ascorbic acid. mg 8.7 0 1 12.6 1.1 Thiamin. mg 0.097 0 1 0.141 0.013 Ribollavin. mg 1.524 0 1 2.210 0.198 Niacin. mg 10.987 0 1 15.931 1.428 Partothenic acid. mg 10.987 0 1 15.931 1.428 Partothenic acid. mg 10.610 0 1 6.457 0.579 Vitamin B-6. mg 0.610 0 1 0.885 0.079 Folate, Def. mg 0 0 1 550 49 Folate, Def. mg 3.79 0 NC 4 550 49 Vitamin B-12. mg0 13.31 0 1 12.93 1.73 Vitamin A, IU. U 1192.9 0 1 12.93 1.73 Vitamin A, IC. U 1192.9 <td>Selenium, Se</td> <td>mcg</td> <td>104.2</td> <td></td> <td>0</td> <td>BFYN</td> <td>4</td> <td></td> <td>151.1</td> <td>13.5</td> <td></td>	Selenium, Se	mcg	104.2		0	BFYN	4		151.1	13.5		
Vitamin C, total ascorbic acid. mg	/itamins:											
Thiamin. mg 0 0.097 0 1 0.141 0.132 Rìbollavin. mg 1.524 0 1 2.210 0.198 Rìbollavin. mg 10.987 0 1 1 2.210 0.198 Rìbollavin. mg 10.987 0 1 1 15.931 1.428 Pantotheric acid. mg 10.987 0 1 0.579 Vitamin B-6. mg 0.610 0 1 0.885 0.079 Folate, total. mcg 379 0 1 0.550 49 Folate, total. mcg 379 0 1 550 49 Folate, total. mcg 379 0 1 550 49 Folate, total. mcg 379 0 1 550 49 Folate, total. mcg 379 0 1 1 550 49 Folate, total. mcg 379 0 1 1 550 49 Folate, total. mcg 379 0 1 1 550 49 Folate, total. mcg 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Folate, DFE mcg_DFE mcg_D		ma	8 7		0		1		12 6	1 1		
Riboflavin mg		_		7								
Nacin												
Pantohenic acid. mg												
Vitamin B-6 mg 0.610 0 1 0.885 0.079 Folate, lotal mcg 379 0 1 550 49 Folate, lotal mcg 379 0 1 550 49 Folate, DFE mcg 379 0 NC 4 550 49 Folate, DFE mcg 13.31 0 1 19.30 1.73 Vitamin B-12 mcg 13.31 0 1 17297 1551 Vitamin A, RAE mcg 3582 0 1 17297 1551 Vitamin B, Chylloquinon mcg 3582 0 1 5194 466 Retinol mcg 3582 0 1 5194 466 Retinol mg 1 5194 466 466 466 466 466 466 466 466 466 466 466 466 466 466 466 466 466							_					
Folate, total					-		_					
Folic acid		_		•								
Folate, food mcg 379 0 1 550 49 Folate, DFE mcg_DFE 379 0 NC 4 550 49 Vitamin B-12 mcg 13.31 0 1 19.30 1.73 Vitamin A, IU IU 11929 0 1 17297 1551 Vitamin A, RAE mcg_RAE 3582 0 1 5194 466 Retinol. mcg 3582 0 1 5194 466 Retinol. mcg 3582 0 1 5194 466 Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, deta mg Tocopherol, deta mg Vitamin D IU Vitamin K (phylloquinone) mcg Spidse Fatty acids, total saturated 9 3.880 0 1 5.510 0.494 4.0 9 6.0 9 8.0 9 8.0 9 10.0 9 0.000 0 4 0.000 0.000 12.0 9 0.000 0 4 0.000 0.000 12.0 9 0.000 0 1 0.000 0.000 13.0 9 14.0 9 9 14.0 9 9 0.000 0 1 0.000 0.000 13.0 9 14.0 9 9 14.0 9 9 0.000 0 1 0.000 0.000 13.0 9 14.0 0.000 0.000 13.0 9 14.0 0.000 0.000 13.0 9 14.0 0.000 0.000 13.0 9 14.0 0.000 0.000 13.0 9 1.0 0.000 0.000 13.0 0.000 0.						7						
Folate, DFE.												
Vitamin B-12 mcg 1 3.31 0 1 19.30 1.73 Vitamin A, IU. IU 11929 0 1 17297 1551 Vitamin A, RAE mcg RAE 3582 0 1 5194 466 Retinol. mcg 3582 0 1 5194 466 Vitamin E (alpha-tocopherol) mg 7 7 7 7 7 Vitamin E (alpha-tocopherol) mg 7 7 8 7 8 8 9 8 9 9 9 9 9 1 9 9 1						NC						
Vitamin A, IU. IU 11929 0 1 17297 1551 Vitamin A, RAE. mcg_RAE 3582 0 1 5194 466 Retinol. mcg 3582 0 1 5194 466 Vitamin E (alpha-tocopherol) mg 7						NC						
Vitamin A, RAE mcg_RAE 3582 0 1 5194 466 Retinol mcg 3582 0 1 5194 466 Vitamin E (alpha-tocopherol) mg 7 7 7 8 8 9 7 8 9 1 9 9 1					-		_					
Retinol mcg 3582 0 1 5194 466 Vitamin E (alpha-tocopherol) mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg Sipids: Fatty acids, total saturated g g 3.800 0 1 5.510 0.494 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.000 0 1 0.087 0.008 13:0 g 0.060 0 1 0.087 0.008 15:0 g 16:0 g 2.110 0 1 3.060 0.274 17:0 g 18:0 g 1.420 0 1 2.059 0.185							_					
Vitamin E (alpha-tocopherol)												
Tocopherol, beta			3362		U		_		3194	400		
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. U Vitamin K (phylloquinone). mcg ipids: Satisfaction of the status of the												
Tocopherol, delta												
Vitamin D. IU Vitamin K (phylloquinone) meg James Bottom K (phylloquinone)												
Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 3.800 0 1 5.510 0.494 4:0 9 6:0 9 8:0 9 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
Lipids: Fatty acids, total saturated g 3.800 0 1 5.510 0.494 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.000 0 1 0.000 0.000 13:0 g 14:0 g 0.060 0 1 0.087 0.008 15:0 g 16:0 g 2.110 0 1 3.060 0.274 17:0 g 18:0 g 1.420 0 1 2.059 0.185 20:0 g												
Fatty acids, total saturated g 3.800 0 1 5.510 0.494 4:0 g 6:0 g 8:0 9 9 0.000 0 4 0.000 <td< td=""><td>vitamini K (pinyiloquilone)</td><td>9</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	vitamini K (pinyiloquilone)	9										
4:0	<u> ipids:</u>											
6:0	Fatty acids, total saturated	g	3.800	ס	0		1		5.510	0.494		
8:0												
10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.000 0 1 0.000 0.000 13:0. g 0.060 0 1 0.087 0.008 15:0. g 2.110 0 1 3.060 0.274 17:0. g 1.420 0 1 2.059 0.185 20:0. g		-										
12:0. g 0.000 0 1 0.000 0.000 13:0. g 0.060 0 1 0.087 0.008 15:0. g 0 1 3.060 0.274 17:0. g 1.420 0 1 2.059 0.185 20:0. g												
13:0 9 14:0 9 0.060 0 1 0.087 0.008 15:0 9 16:0 9 2.110 0 1 3.060 0.274 17:0 9 18:0 9 1.420 0 1 2.059 0.185 20:0 9												
14:0			0.000)	0		1		0.000	0.000		
15:0		-										
16:0		-	0.060)	0		1		0.087	0.008		
17:0		-										
18:0g 1.420 0 1 2.059 0.185 20:0g		-	2.110)	0		1		3.060	0.274		
20:0g		-										
		-	1.420)	0		1		2.059	0.185		
		-										
22:0g	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 monounsaturated	a 4.420	0	1		6.409	0.575		
14:1	.5	· ·	_		0.409	0.575		
15:1	-							
16:1 undifferentiated		0	1		0.421	0.038		
17:117:1	=	· ·	-		0.421	0.038		
18:1 undifferentiated		0	1		5.974	0.536		
20:1	-	0	1		0.015	0.001		
		0	4					
22:1 undifferentiated	•	0	4		0.000	0.000		
24:1 c	•	0	1		4 001	0.420		
Fatty acids, total polyunsaturated		0	1		4.901	0.439		
18:2 undifferentiated		0	1		3.901	0.350		
18:3 undifferentiated	•	U	1		0.189	0.017		
18:4	-							
20:2 n-6 c,c								
20:3 undifferentiated		_						
20:4 undifferentiated	=	0	1		0.696	0.062		
20:5 n-3		0	1		0.015	0.001		
22:5 n-3	-	0	1		0.015	0.001		
22:6 n-3	-	0	1		0.058	0.005		
Fatty acids, total trans	-							
Cholesterol		0	1		647	58		
Phytosterols	.mg							
Amino Acids:								
Tryptophan	q 0.373	0	1		0.541	0.048		
Threonine		0	1		2.127	0.191		
Isoleucine	-	0	1		2.364	0.212		
	.0	0	1		3.771	0.212		
Leucine			1		3.405	0.305		
Lysine		0	1		1.175	0.305		
Methionine		0	1		0.634	0.105		
3	.0	0	1					
Phenylalanine		0	1		2.146 1.547	0.192 0.139		
Tyrosine	-	-	1					
Valine	•	0	1		2.519	0.226		
Arginine	-		1		3.131	0.281		
Histidine	-	0	1		1.101	0.099		
Alanine	-		-		2.301	0.206		
Aspartic acid		0	1		4.380	0.393		
Glutamic acid	•		1		7.330	0.657		
Glycine	-		1		2.585	0.232		
Proline			1		2.459	0.220		
Serine		0	1		2.074	0.186		
Hydroxyproline	.g							

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 13.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	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	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	67.72		0	PAE	4		98.20			
Energy	kcal	158		0	PIE	4		229			
Energy	kj	662		0	PIE	4		960			
Protein (N x 6.25)	g	27.15		0	PAE	4		39.37			
Total lipid (fat)	g	4.50		0	PAE	4		6.52			
Ash	g	1.12		0	PAE	4		1.62			
Carbohydrate, by difference	g	0.43		0	PIE	4		0.62			
Fiber, total dietary	g	0.0		0	PIE	4		0.0			
Sugars, total	g	0.00		0	PIE	4		0.00			
Starch	g										
Minerals:				•				0.0			
Calcium, Ca	-	14		0	PAE	4		20			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	7.04 14		0	PAE	4 4		10.21 21			
Magnesium, Mg				0	PAE			419			
Phosphorus, P	-	289 224		0	PAE	4 4		325			
Potassium, K	-	67		0	PAE PAE	4		98			
Zinc, Zn	-	4.23		0	PAE	4		6.13			
Copper, Cu		0.331		0	PAE	4		0.480			
Manganese, Mn		0.199		0	PAE	4		0.480			
Selenium, Se		59.6		0	PAE	4		86.4			
Scientini, Sc	9	05.0		·		-		00.1			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	12.5		0	PIE	4		18.1			
Thiamin	-	0.143		0	PAE	4		0.208			
Riboflavin	mg	1.052		0	PAE	4		1.526			
Niacin	-	6.625		0	PAE	4		9.607			
Pantothenic acid		3.274		0	PAE	4		4.747			
Vitamin B-6	-	0.397		0	PAE	4		0.575			
Folate, total		257		0	PAE	4		373			
Folic acid		0		0	PIE	4		0			
Folate, food		257		0	PAE	4		373			
Folate, DFE		257		0	NC	4		373			
Vitamin B-12		9.44		0	PAE	4		13.69			
Vitamin A, IU		5869		0	PAE	4		8510			
Vitamin A, RAE		1753		0	PAE	4		2542			
Retinol		1751		0	PAE	4		2540			
Vitamin E (alpha-tocopherol)		0.46		0	PAE	4		0.67			
Tocopherol, beta		0.00		0	PAE	4		0.00			
Tocopherol, gamma		0.22		0 0	PAE	4		0.32			
Tocopherol, delta		0.00		U	PAE	4		0.00			
Vitamin D Vitamin K (phylloquinone)		0.0		0	PAE	4		0.0			
vitanini K (phynoquinone)		0.0		v	ran	•		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.322		0	PIE	4		1.917			
4:0		0.000		0	PIE	4		0.000			
6:0		0.000		0	PIE	4		0.000			
8:0		0.000		0	PAE	4		0.000			
10:0		0.001		0	PAE	4		0.002			
12:0		0.000)	0	PAE	4		0.000			
13:0				_							
14:0		0.007		0	PAE	4		0.010			
15:0	_	0.001		0	PAE	4		0.002			
16:0	-	0.745		0	PAE	4		1.080			
17:0	_	0.002		0	PAE	4		0.003			
	~	0.553		0	PAE	4		0.802			
18:0	-			-							
18:0	g	0.003	;	0	PAE PAE	4 4		0.004 0.014			

		<u>Ar</u>	mount in 100	grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				umber		_		me	easures of 1000	
Nutrients and Uni	ts	Mean	o Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				•						
Fatty acids, total monounsaturated		0.962 0.000		0	PIE PAE	4 4		1.394 0.000		
15:1		0.000		0	PAE	4		0.000		
16:1 undifferentiated	_	0.100		0	PAE	4		0.145		
17:1	g	0.000		0	PAE	4		0.000		
18:1 undifferentiated		0.847		0	PAE	4		1.227		
20:1	-	0.015		0	PAE	4		0.022		
22:1 undifferentiated 24:1 c		0.000		0	PIE	4		0.000		
Fatty acids, total polyunsaturated		0.812		0	PIE	4		1.178		
18:2 undifferentiated		0.484		0	PAE	4		0.702		
18:2 n-6 c,c	g	0.316		0	PAE	4		0.459		
18:2 CLAs	_									
18:2 c,t	_									
18:2 t,c 18:2 t,t										
18:2 i	_									
18:2 t not further defined										
18:3 undifferentiated	g	0.012		0	PAE	4		0.017		
18:3 n-6 c,c,c	_	0.006		0	PAE	4		0.009		
18:3i	-	0.000		0	DIE			0.000		
18:4 20:2 n-6 c,c		0.000 0.019		0	PIE PAE	4 4		0.000 0.027		
20:3 undifferentiated		0.001		0	PAE	4		0.002		
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.297		0	PAE	4		0.430		
20:4 n-3 20:4 n-6	_									
20:5 n-3	_	0.000		0	PIE	4		0.000		
22:5 n-3	_	0.000		0	PIE	4		0.000		
22:6 n-3	g	0.000		0	PIE	4		0.000		
Fatty acids, total trans		0.103		0	PAE	4		0.150		
CholesterolPhytosterols		442		0	PAE	4		641		
Amino Acids:	~	0.109		0	D3.5			0.150		
Tryptophan Threonine	_	0.109		0	PAE PAE	4 4		0.158 0.651		
Isoleucine	_	0.504		0	PAE	4		0.730		
Leucine	=	0.937		0	PAE	4		1.358		
Lysine	g	0.825		0	PAE	4		1.196		
Methionine		0.268		0	PAE	4		0.388		
Cystine		0.168		0	PAE	4		0.244		
Phenylalanine		0.510 0.404		0	PAE PAE	4 4		0.740 0.586		
TyrosineValine		0.404		0	PAE	4		0.896		
Arginine		0.677		0	PAE	4		0.982		
Histidine		0.314		0	PAE	4		0.455		
Alanine		0.615		0	PAE	4		0.892		
Aspartic acid	-	0.987		0	PAE	4		1.431		
Glutamic acid		1.296		0	PAE PAE	4 4		1.880		
Glycine Proline		0.526 0.450		0	PAE	4		0.763 0.652		
Serine		0.455		0	PAE	4		0.660		
Hydroxyproline		0.019		0	PAE	4		0.027		
Others:										
Alcohol, ethyl	g	0.0		0	PIE	4		0.0		
Caffeine		0		0	PIE	4		0		
Theobromine	mg	0		0	PIE	4		0		
Carotenoids:										
Carotene, beta		13		0	PAE	4		19.424		
Carotene, alpha	-	5		0	PAE	4		7.133		
Cryptoxanthin, beta	mcg	5		0	PAE	4		7.133		

	Amount in 100 grams of edible po								of common
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	12 37		0 0	PAE PIE	4 4		16.694 53.257		

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.87		0		1		17.22	56.15		
Energy	kcal	124		0	NC	4		29	93		
Energy	kj	519				4		119	389		
Protein (N x 6.25)	g	17.88		0		1		4.11	13.41		
Total lipid (fat)	g	4.47		0		1		1.03	3.35		
Ash	g	0.99		0		1		0.23	0.74		
Carbohydrate, by difference	g	1.80		0	NC	4		0.41	1.35		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch											
<u> Minerals:</u>											
Calcium, Ca		10		0		1		2	8		
Iron, Fe	-	5.86		0		1		1.35	4.40		
Magnesium, Mg		18		0		1		4	14		
Phosphorus, P	•	197		0		1		45	148		
Potassium, K	_	228		0		1		52	171		
Sodium, Na	-	77		0		1		18	58		
Zinc, Zn		3.32		0		1		0.76	2.49		
Copper, Cu		0.243		0		1		0.056	0.182		
Manganese, Mn		0.149)	0		1		0.034	0.112		
Selenium, Se	mcg	55.2		0	PIE	4		12.7	41.4		
itamins:											
Vitamin C, total ascorbic acid	ma	16.2		0		1		3.7	12.2		
Thiamin	-	0.088	3	0		1		0.020	0.066		
Riboflavin	-	0.987		0		1		0.227	0.740		
Niacin		6.662		0		1		1.532	4.997		
Pantothenic acid		3.208		0		1		0.738	2.406		
Vitamin B-6	_	0.420		0		1		0.097	0.315		
Folate, total	_	345		0		1		79	259		
Folic acid		0		0	z	7		0	0		
Folate, food		345		0		1		79	259		
Folate, DFE		345		0	NC	4		79	259		
Vitamin B-12		11.41		0		1		2.62	8.56		
Vitamin A, IU		8847		0		1		2035	6635		
Vitamin A, RAE		2657		0		1		611	1993		
Retinol		2657		0		1		611	1993		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
<u> ipids:</u>											
Fatty acids, total saturated		1.360		0		1		0.313	1.020		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000)	0		1		0.000	0.000		
13:0	-	0.000		^							
14:0	-	0.020)	0		1		0.005	0.015		
15:0		0 ===		•				0 150	0		
16:0		0.750)	0		1		0.173	0.563		
17:0		0.450		^							
18:0		0.470	,	0		1		0.108	0.353		
20:0	-										
22:0	g g										

		Amo	ount in 100 grams Number		Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean S	of Data td. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty saids total management of		1.120	0	1		0.258	0.840	
Fatty acids, total monounsaturated 14:1		1.120	O	1		0.258	0.840	
15:1				_				
16:1 undifferentiated		0.160	0	1		0.037	0.120	
17:1 18:1 undifferentiated	-	0.950	0	1		0.219	0.713	
20:1		0.010	0	1		0.002	0.008	
22:1 undifferentiated		0.000	0	1		0.002	0.008	
24:1 c	-	0.000	U	-		0.000	0.000	
Fatty acids, total polyunsaturated		1.090	0	1		0.251	0.818	
18:2 undifferentiated	-	0.750	0	1		0.173	0.563	
18:3 undifferentiated	-	0.030	0	1		0.007	0.023	
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	-	0.270	0	1		0.062	0.203	
20:5 n-3	_	0.010	0	1		0.002	0.008	
22:5 n-3		0.000	0	1		0.000	0.000	
22:6 n-3	-	0.020	0	1		0.005	0.015	
Fatty acids, total trans								
Cholesterol		262	0	1		60	197	
Phytosterols								
Amino Acids:								
Tryptophan	q	0.204	0	1		0.047	0.153	
Threonine		0.811	0	1		0.187	0.608	
Isoleucine	-	0.897	0	1		0.206	0.673	
Leucine	-	1.430	0	1		0.329	1.073	
Lysine		1.305	0	1		0.300	0.979	
Methionine		0.447	0	1		0.103	0.335	
Cystine	-	0.238	0	1		0.055	0.179	
Phenylalanine		0.810	0	1		0.186	0.608	
Tyrosine		0.587	0	1		0.135	0.440	
Valine		0.955	0	1		0.220	0.716	
Arginine		1.194	0	1		0.275	0.896	
Histidine		0.417	0	1		0.096	0.313	
Alanine		0.877	0	1		0.202	0.658	
Aspartic acid	g	1.675	0	1		0.385	1.256	
Glutamic acid	g	2.712	0	1		0.624	2.034	
Glycine	g	0.985	0	1		0.227	0.739	
Proline	g	0.910	0	1		0.209	0.683	
Serine	g	0.782	0	1		0.180	0.587	
Hydroxyproline	g							
Others:								
Alcohol, ethyl	g	0.0	0	7		0.0	0.0	
Caffeine	mg							
Theobromine	mg							

Common Measures:

Measure 1 = 23g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 75g: 1 giblets

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 22% Bone

Nutrients and Units			<u>A</u>	mount in 100 gram	s of edil	Amount in	edible portion	of common		
Nutrients and Units				Numbe	r			m	easures of food	<u> </u>
Nutrients and Units						Source	Confidence			
Wister	Nutrients and Units		Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Interroy	Proximates:									
Protects No. 2.5			52.08	0		1		49.48	82.29	
Protein (N N o 25)	Energy	kcal	273	0	NC	4		259	431	
Total Input (far)	Energy	kj	1142			4		1085	1805	
Ash 9 1.26 0 1 1 1.20 1.99 Carbolydrafts, by difference 9 8.72 0 NC 4 8.28 13.78 Fiber, total dictary 9 0.3 0.3 0 C 4 0.3 0.5 Sugars, total 9 Starch. 9 Nineralk:	. ,									
Carbohydrae, by difference	- · · ·								25.55	
Fiber, total dictary										
Sugars, total 9 9 9 9 9 9 9 9 9					NC					
Surch.			0.3	0		4		0.3	0.5	
Minorals: Calcium, Ca.	<u> </u>									
Tablemin Ca	Starch	g								
Tablemin Ca	Minerals:									
Magnesium Mg		mg	18	0		1		17	28	
Phosphorus P.				0		1		1.33	2.21	
Potassium K.				0						
Sodium Na	1	•								
Zinc, Zn. mg 2.17 0 1 2.06 3.43 Copper, Cu. mg 0.080 0 1 0.076 0.126 Mangames, Mn. mg 0.054 0 1 0.051 0.085 Selenum, Sc. mcg 26.6 0 PIE 4 25.3 42.0 Vitamin C, total ascorbic acid. mg 0.0 0 2 7 0.0 0.0 Thiamm. mg 0.116 0 1 0.210 0.349 Niacm. mg 0.221 0 1 0.210 0.349 Niacm. mg 0.5433 0 1 0.944 1.571 Vitamin B-6. mg 0.270 0 1 0.287 0.427 Folate, folad. mcg 9 0 NC 4 17 28 Folate, fold. mcg 9 0 NC 4 9 14 Folate, John mcg<										
Copper, Cu. mg 0.080 0 1 0.076 0.126 Manganses, Ms. mg 0.054 0 PIE 4 25.3 42.0 Vitamiss: Vitamiss. Vitamiscoptic acid. mg 0.0 0 z 7 0.0 0.0 Thismin. mg 0.116 0 1 0.110 0.183 Riboflavin. mg 0.221 0 1 0.210 0.349 Niscin. mg 0.221 0 1 0.210 0.349 Niscin. mg 0.221 0 1 0.220 0.349 Pidic acid. mg 0.227 0 1 0.227 0.427 Foliacid. mG 1 0.84 1.77 2.8 Foliacid. mCg 9 0 NC 4 9 1.4 Foliacid. mCg <td></td>										
Manganese, Mn. mg 0.054 0 1 0.051 0.085 Sclenium, Sc. mcg 26.6 0 PIE 4 25.3 42.0 Vitamins "Vitamins C, lotal ascorbic acid. mg 0.0 0 2 7 0.0 0.0 Thiamin. mg 0.116 0 1 0.110 0.183 Riboflavin. mg 0.221 0 1 0.210 0.349 Niacin. mg 0.5433 0 1 0.944 1.571 Plantothenic acid. mg 0.994 0 1 0.944 1.571 Plantothenic acid. mg 0.270 0 1 0.257 0.427 Plantothenic acid. mg 0.270 0 1 0.257 0.427 Plantothenic acid. mg 0.270 0 N 4 9 14 Folate, food mcg 9 0 NC 4 9										
Scientism, Se										
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 Z 7 0.0 0.0 Thiamin. mg 0.116 0 1 0.110 0.183 Riboflavin. mg 0.221 0 1 0.210 0.349 Niacin. mg 5.433 0 1 0.944 1.571 Pantothenic acid. mg 0.994 0 1 0.257 0.427 Vitamin B-6 mg 0.270 0 1 0.257 0.427 Folate, Iotal. mg 18 0 RA 4 17 28 Folica, IDF. mg 9 0 NC 4 9 14 Foliac, IDF. mg 0 NC 4 9 14 Foliac, IDF. mg 0 NC 4 23 38 Vitamin B-12 mg 0 1 26 43 Vitamin E (alpha-tocopherol) mg					PTE					
Vitamin C, total ascorbic acid	Scientini, Sc	g	20.0	v		•		23.3	42.0	
Thiamin	Vitamins:									
Riboflavin	*				Z					
Niacin										
Pantothenic acid. mg 0 0.994 0 1 0.944 1.571 Vitamin B-6. mg 0.270 0 1 0.257 0.427 Folate, total. mcg 18 0 RA 4 17 28 Folic acid. mcg 9 0 NC 4 9 14 Folate, food. mcg 9 0 NC 4 9 14 Folate, food. mcg 9 0 NC 4 23 38 Vitamin B-12 mcg_DFE 24 0 NC 4 23 38 Vitamin B-12 mcg 0.28 0 1 0.27 0.44 Vitamin A, IU IU 91 0 1 86 144 Vitamin A, RAE mcg_RAE 27 0 1 1 26 43 Retinol. mcg 77 0 1 26 43 Retinol. mcg 78 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Party acids, total saturated. 9 4.280 0 1 4.066 6.762 Party acids, total saturated. 9 0.000 0 4 0.000 0.000 Party acids, total saturated. 9 0.000 0 4 0.000 0.000 Party acids, total saturated. 9 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 1 0.000 0.000 Party acids, total saturated. 9 0 0.000 0 0 0 0 0 0 0 0 0 0 0 0 0 0										
Vitamin B-6. mg 0.270 0 1 0.257 0.427 Folate, total. mcg 18 0 RA 4 17 28 Folice cid. mcg 9 0 NC 4 9 14 Folate, DFE. mcg 9 0 NC 4 23 38 Vitamin F-12. mcg 0.28 0 1 0.27 0.44 Vitamin A, IU. IU 91 0 1 86 144 Vitamin E, Galpha-tocopherol. mcg 27 0 1 26 43 Retinol. mcg 27 0 1 26 43 Retinol. mcg 27 0 1 26 43 Retinol. mcg 1 26 43 3 Vitamin E, Galpha-tocopherol. mg 1 4 4 6 6 76 Vitamin K (phylloquinone) mcg 4 <td< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>		-								
Folate, total										
Folic acid. mcg 9 9 0 NC 4 9 14 Folate, food. mcg 9 0 14 Folate, food. mcg 9 0 14 Folate, food. mcg 9 0 14 Folate, food. mcg DFE 24 0 NC 4 23 38 Vitamin B-12. mcg 0.28 0 1 0.27 0.44 Vitamin A, IU. IU 91 0 1 26 43 Retinol. mcg 27 0 1 26 43 Retinol. mcg 27 0 1 26 43 Retinol. mcg 27 0 1 26 43 Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, beta mg Tocopherol, delta mg To		-			Dλ					
Folate, food										
Folate, DFE					-1.0					
Vitamin B-12. mcg 0.28 0 1 0.27 0.44 Vitamin A, IU. IU 91 0 1 26 43 Vitamin A, RAE mcg_RAE 27 0 1 26 43 Retinol. mcg 27 0 1 26 43 Vitamin E (alpha-tocopherol) mg 7 7 7 7 7 7 Tocopherol, gamma mg 7 9 1 1 1 4 4 6 6 7 2 4 9 4 2 9 4 2 9 4 2 9 4 2 9 4 2 9 4 2 9 3 <td>Folate, DFE</td> <td>mcg DFE</td> <td>24</td> <td>0</td> <td>NC</td> <td>4</td> <td></td> <td>23</td> <td>38</td> <td></td>	Folate, DFE	mcg DFE	24	0	NC	4		23	38	
Vitamin A, IU. IU 91 0 1 86 144 Vitamin A, RAE. mcg RAE 27 0 1 26 43 Retinol. mcg 27 0 1 26 43 Vitamin E (alpha-tocopherol). mg 7 7 8 43 Tocopherol, beta. mg 7 7 8 7 8 8 43 8 43 8 44 8 6 43 44 <td></td> <td></td> <td>0.28</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.27</td> <td>0.44</td> <td></td>			0.28	0		1		0.27	0.44	
Retinol mcg 27 0 1 26 43 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Epids Fatty acids, total saturated g 4.280 0 1 4.066 6.762 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.020 0 1 0.019 0.032 13:0 g 0.090 0 1 0.086 0.142 15:0 g 2.840 0 1 2.698 4.487 17:0 g 1.250 0 1 1.188 1.975 20:0 g 1.250 0 1 1.188 1.975			91	0		1		86	144	
Retinol mcg 27 0 1 26 43 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Epids Fatty acids, total saturated g 4.280 0 1 4.066 6.762 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.020 0 1 0.019 0.032 13:0 g 0.090 0 1 0.086 0.142 15:0 g 2.840 0 1 2.698 4.487 17:0 g 1.250 0 1 1.188 1.975 20:0 g 1.250 0 1 1.188 1.975	Vitamin A, RAE	mcg_RAE	27	0		1		26	43	
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 4.280 0 1 4.066 6.762 4.0 g 6.0 g 8.0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.020 0 1 0.019 0.032 13:0 g 14:0 g 0.090 0 1 0.086 0.142 15:0 g 16:0 g 16:0 g 1.2840 0 1 2.698 4.487 17:0 g 18:0 g 1.250 0 1 1.188 1.975 20:0 g	Retinol	mcg	27	0		1		26	43	
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 4.280 0 1 4.066 6.762 4·0 g 6·0 g 8·0 g 10·0 g 0.000 0 4 0.000 0.000 12·0 g 0.000 0 1 0.019 0.032 13·0 g 14·0 g 0.090 0 1 0.086 0.142 15·0 g 1 16·0 g 0.090 0 1 0.086 0.142 15·0 g 1 16·0 g 1 16·0 g 2.840 0 1 2.698 4.487 17·0 g 1 18·0 g 1 18·0 g 1 1.250 0 1 1.188 1.975 20·0 g	Vitamin E (alpha-tocopherol)	mg								
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 4.280 0 1 4.066 6.762 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.020 0 1 0.019 0.032 13:0 g 14:0 g 0.090 0 1 0.086 0.142 15:0 g 16:0 g 2.840 0 1 2.698 4.487 17:0 g 18:0 g 1.250 0 1 1.188 1.975 20:0 g										
Lipids: Fatty acids, total saturated 9 4.280 0 1 4.066 6.762 4:0 9 6:0 9 8:0 9 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.020 0 1 0.019 0.032 13:0 9 14:0 9 0.090 0 1 0.086 0.142 15:0 9 16:0 9 2.840 0 1 2.698 4.487 17:0 9 18:0 9 1.250 0 1 1.188 1.975 20:0 9										
Fatty acids, total saturated	vitanini K (phynodunone)	9								
4:0										
6:0			4.280	0		1		4.066	6.762	
8:0										
10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.020 0 1 0.019 0.032 13:0. g 0.090 0 1 0.086 0.142 15:0. g 2.840 0 1 2.698 4.487 17:0. g 1.250 0 1 1.188 1.975 20:0. g 1.250 0 1 1.188 1.975										
12:0. g 0.020 0 1 0.019 0.032 13:0. g 14:0. g 0.090 0 1 0.086 0.142 15:0. g 16:0. g 2.840 0 1 2.698 4.487 17:0. g 18:0. g 1.250 0 1 1.188 1.975 20:0. g		-	0 000	n n		4		0 000	0 000	
13:0. 9 14:0. 9 0.090 0 1 0.086 0.142 15:0. 9 16:0. 9 2.840 0 1 2.698 4.487 17:0. 9 18:0. 9 1.250 0 1 1.188 1.975 20:0. 9						1				
14:0. g 0.090 0 1 0.086 0.142 15:0.			0.02	•		-		3.013	0.032	
15:0		-	0.090	0		1		0.086	0.142	
16:0		-		-					-	
18:0g 1.250 0 1 1.188 1.975 20:0g		-	2.840	0		1		2.698	4.487	
20:0g	17:0	g								
		-	1.250	0		1		1.188	1.975	
22:0g		-								
24:0g		-								

	<u>Aı</u>	mount in 100 gr		Amount in edible portion of common measures of food				
			nber Data Doriv	Source	Confidence	<u></u>	0404100 01 1004	
Nutrients and Units	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.580		0	1		6.251	10.396	
14:1g								
15:1g								
16:1 undifferentiatedg	0.510		0	1		0.485	0.806	
17:1g								
18:1 undifferentiatedg	5.950		0	1		5.653	9.401	
20:1g	0.080		0	1		0.076	0.126	
22:1 undifferentiatedg	0.000		0	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	3.850		0	1		3.658	6.083	
18:2 undifferentiatedg	3.450		0	1		3.278	5.451	
18:3 undifferentiatedg	0.190		0	1		0.181	0.300	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.100		0	1		0.095	0.158	
20:5 n-3g	0.010		0	1		0.010	0.016	
22:5 n-3g	0.020		0	1		0.019	0.032	
22:6 n-3g	0.040		0	1		0.038	0.063	
Fatty acids, total trans9								
Cholesterolmg	90		0	1		86	142	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.250		0	1		0.238	0.395	
Threonineg	0.894		0	1		0.849	1.413	
Isoleucineg	1.095		0	1		1.040	1.730	
Leucineg	1.603		0	1		1.523	2.533	
Lysineg	1.718		0	1		1.632	2.714	
Methionineg	0.574		0	1		0.545	0.907	
Cystineg	0.298		0	1		0.283	0.471	
Phenylalanineg	0.870		0	1		0.827	1.375	
Tyrosineg	0.711		0	1		0.675	1.123	
Valineg	1.065		0	1		1.012	1.683	
Arginineg	1.326		0	1		1.260	2.095	
Histidineg	0.638		0	1		0.606	1.008	
Alanineg	1.217		0	1		1.156	1.923	
Aspartic acidg	1.885		0	1		1.791	2.978	
Glutamic acidg	3.479		0	1		3.305	5.497	
Glycineg	1.287		0	1		1.223	2.033	
Prolineg	1.112		0	1		1.056	1.757	
Serineg	0.799		0	1		0.759	1.262	
Hydroxyprolineg								

Common Measures:

Measure 1 = 95g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 158g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% Bone

		<u>A</u>	mount in 100	Amount in edible portion of common						
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.28		0		1		37.04	61.91	
Energy	kcal	254		0	NC	4		170	284	
Energy	kj	1063				4		712	1190	
Protein (N x 6.25)	g	26.84		0		1		17.98	30.06	
Total lipid (fat)	g	14.43		0		1		9.67	16.16	
Ash	g	0.95		0		1		0.64	1.06	
Carbohydrate, by difference	g	2.50		0	NC	4		1.68	2.80	
Fiber, total dietary	g	0.1		0		4		0.1	0.1	
Sugars, total	g									
Starch	g									
Minanda										
Minerals:	ma	13		0		1		9	15	
Calcium, Ca	-	1.43		0		1		9 0.96	1.60	
Magnesium, Mg	-	24		0		1		16	27	
Phosphorus, P		182		0		1		122	204	
Potassium, K	-	233		0		1		156	261	
Sodium, Na	-	88		0		1		59	99	
Zine, Zn	-	2.68		0		1		1.80	3.00	
Copper, Cu		0.085	5	0		1		0.057	0.095	
Manganese, Mn		0.032	2	0		1		0.021	0.036	
Selenium, Se	mcg	20.8		0	PIE	4		13.9	23.3	
Vitamina										
Vitamins:		0.0		0	z	7		0.0		
Vitamin C, total ascorbic acid		0.0		0	Z	1		0.0 0.059	0.0 0.099	
ThiaminRiboflavin		0.088		0		1		0.059	0.099	
Niacin	-	6.546		0		1		4.386	7.332	
Pantothenic acid		1.198		0		1		0.803	1.342	
Vitamin B-6		0.340		0		1		0.228	0.381	
Folate, total		11	•	0	RA	4		7	12	
Folic acid		3		0	NC	4		2	3	
Folate, food		8		0	2.0	1		5	9	
Folate, DFE		13		0	NC	4		9	15	
Vitamin B-12		0.31		0		1		0.21	0.35	
Vitamin A, IU		92		0		1		62	103	
Vitamin A, RAE	mcg RAE	28		0		1		19	31	
Retinol		28		0		1		19	31	
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	3.900)	0		1		2.613	4.368	
4:0										
6:0	g									
8:0	g									
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.030)	0		1		0.020	0.034	
13:0	-									
14:0	-	0.100)	0		1		0.067	0.112	
15:0	-		_							
16:0	-	2.730)	0		1		1.829	3.058	
17:0	-	_	_			_		_	_	
18:0	-	0.950	ט	0		1		0.637	1.064	
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		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	5.680)	0		1		3.806	6.362	
14:1										
15:1	_			•		_				
16:1 undifferentiated	_	0.640)	0		1		0.429	0.717	
17:1				•		_				
18:1 undifferentiated		4.870		0		1		3.263	5.454	
20:1	-	0.100		0		1		0.067	0.112	
22:1 undifferentiated		0.000	1	0		4		0.000	0.000	
24:1 c				_						
Fatty acids, total polyunsaturated		3.330		0		1		2.231	3.730	
18:2 undifferentiated	-	2.910		0		1		1.950	3.259	
18:3 undifferentiated		0.140)	0		1		0.094	0.157	
18:4	_									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.120		0		1		0.080	0.134	
20:5 n-3	g	0.010)	0		1		0.007	0.011	
22:5 n-3	g	0.020)	0		1		0.013	0.022	
22:6 n-3	g	0.050)	0		1		0.034	0.056	
Fatty acids, total trans	g									
Cholesterol	mg	94		0		1		63	105	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.304	ı	0		1		0.204	0.340	
Threonine		1.112		0		1		0.745	1.245	
Isoleucine	_	1.357		0		1		0.909	1.520	
Leucine	_	1.969		0		1		1.319	2.205	
Lysine	-	2.189		0		1		1.467	2.452	
Methionine	_	0.718		0		1		0.481	0.804	
	_	0.710		0		1		0.239	0.400	
Cystine Phenylalanine		1.054		0		1		0.706	1.180	
•	_	0.875		0		1		0.586	0.980	
Tyrosine	_			0		1				
Valine		1.310 1.659		0		1		0.878 1.112	1.467 1.858	
Arginine	-			0		1				
Histidine	_	0.797						0.534	0.893	
Alanine	_	1.531		0		1		1.026	1.715	
Aspartic acid	-	2.377		0		1		1.593	2.662	
Glutamic acid		4.029		0		1		2.699	4.512	
Glycine		1.621		0		1		1.086	1.816	
Proline		1.278		0		1		0.856	1.431	
Serine	_	0.948	1	0		1		0.635	1.062	
Hydroxyproline	g									

Common Measures:

Measure 1 = 67g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 112g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mbe	r			<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
D										
Proximates: Water	а	60.92	0.416	16		1		85.29	42.03	69.45
Energy	-	232	0.120	0	NC	4		325	160	264
Energy		971		·		4		1359	670	1107
Protein (N x 6.25)		25.96	0.258	16		1		36.34	17.91	29.59
Total lipid (fat)		13.46	0.185	16		1		18.84	9.29	15.34
Ash		0.92	0.028	16		1		1.29	0.63	1.05
Carbohydrate, by difference		0.00	0.020	0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.00	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		·		,		0.00	0.00	0.00
Starcii	9									
Minerals:										
Calcium, Ca	-	12	0.656	16		1		17	8	14
Iron, Fe	_	1.33	0.040	16		1		1.86	0.92	1.52
Magnesium, Mg	mg	23	0.456	16		1		32	16	26
Phosphorus, P	mg	174	3.891	16		1		244	120	198
Potassium, K	mg	225	5.495	16		1		315	155	257
Sodium, Na		87	1.666	16		1		122	60	99
Zinc, Zn		2.60	0.045	16		1		3.64	1.79	2.96
Copper, Cu		0.077		16		1		0.108	0.053	0.08
Manganese, Mn		0.021	0.000	16		1		0.029	0.014	0.02
Selenium, Se	mcg	20.7		0	BFYN	4		29.0	14.3	23.6
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin		0.068	0.006	8	_	1		0.095	0.047	0.07
Riboflavin	-	0.213		8		1		0.298	0.147	0.24
Niacin		6.196		8		1		8.674	4.275	7.06
Pantothenic acid	-	1.156		0		1		1.618	0.798	1.31
Vitamin B-6		0.330		0		1		0.462	0.228	0.37
Folate, total	-	7		0		1		10	5	8
Folic acid		0		0	z	7		0	0	0
Folate, food		7		0	_	1		10	5	8
Folate, DFE		7		0	NC	4		10	5	8
Vitamin B-12		0.30		0		1		0.42	0.21	0.34
Vitamin A, IU		130		0	NC	4		182	90	148
Vitamin A, RAE		39		0	NC	4		55	27	44
Retinol		39		0	NR	4		55	27	44
Vitamin E (alpha-tocopherol)		0.27		0	NR.	4		0.37	0.18	0.30
Tocopherol, beta		0.27		Ū	MIX	-		0.57	0.10	0.50
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.1		0	BFSN	4		5.8	2.9	4.7
<u>Lipids:</u>										
Fatty acids, total saturated		3.720		0		1		5.208	2.567	4.24
4:0		0.000		0		1		0.000	0.000	0.00
6:0	_	0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0		0.030	1	0		1		0.042	0.021	0.03
13:0	-			-		_		_		
14:0	_	0.100	1	0		1		0.140	0.069	0.11
15:0	_	_		_		_				
16:0		2.710	1	0		1		3.794	1.870	3.08
17:0	_									
18:0	_	0.770)	0		1		1.078	0.531	0.87
20:0	_									
22:0	_									
24:0	g									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and l	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	5.240		0		1		7.336	3.616	5.974
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.730		0		1		1.022	0.504	0.832
17:1	_									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	4.320		0		1		6.048	2.981	4.925
20:1		0.120		0		1		0.168	0.083	0.137
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturate		3.000		0		1		4.200	2.070	3.420
18:2 undifferentiated		2.590		0		1		3.626	1.787	2.953
18:3 undifferentiated	_	0.120		0		1		0.168	0.083	0.137
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated	_	0.120		0		1		0.168	0.083	0.137
20:5 n-3	g	0.010		0		1		0.014	0.007	0.011
22:5 n-3	g	0.020		0		1		0.028	0.014	0.023
22:6 n-3		0.050		0		1		0.070	0.035	0.057
Fatty acids, total trans										
Cholesterol		92		0		1		129	63	105
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.291		0		1		0.407	0.201	0.332
Threonine		1.075		0		1		1.505	0.742	1.226
Isoleucine	_	1.304		0		1		1.826	0.900	1.487
Leucine		1.895		0		1		2.653	1.308	2.160
Lysine	_	2.124		0		1		2.974	1.466	2.421
Methionine		0.694		0		1		0.972	0.479	0.791
Cystine		0.345		0		1		0.483	0.238	0.393
Phenylalanine		1.011		0		1		1.415	0.698	1.153
Tyrosine		0.841		0		1		1.177	0.580	0.959
Valine	_	1.263		0		1		1.768	0.871	1.440
Arginine		1.620		0		1		2.268	1.118	1.847
Histidine		0.768		0		1		1.075	0.530	0.876
Alanine		1.503		0		1		2.104	1.037	1.713
Aspartic acid	_	2.315		0		1		3.241	1.597	2.639
Glutamic acid		3.806		0		1		5.328	2.626	4.339
Glycine	_	1.633		0		1		2.286	1.127	1.862
Proline		1.237		0		1		1.732	0.854	1.410
Serine		0.913		0		1		1.278	0.630	1.041
Hydroxyproline		0.313		Ū		-		1.270	0.030	1.041
Trydroxypromic	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
<u> </u>	mca	0		0	z	7		0.000	0.000	0.000
Carotene, beta Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta	-	0		0	Z	7		0.000	0.000	0.000
		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	g				Z			0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 69g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 114g: 1 leg, bone removed

Chicken, broilers or fryers, leg, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% Bone

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
				nber				<u>m</u> :	easures of food	<u> </u>
Nutrients and Uni	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:			0.504					00.61		
Water	_	64.01	0.524	16		1		89.61	48.01	80.01
Energy		220 920		0	NC	4 4		308 1289	165 690	275 1151
Energy		920 24.17	0.253	16		1		33.84	18.13	30.21
Protein (N x 6.25) Total lipid (fat)		12.92	0.192	16		1		18.09	9.69	16.15
Ash		0.79	0.192	16		1		1.11	0.59	0.99
Carbohydrate, by difference		0.00	0.020	0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch				-	_	•			0.00	
Minerals:	m					_		4-	•	
Calcium, Ca	-	11		16		1 1		15 1.89	8	14
Iron, Fe		1.35 20		16 16		1		1.89 28	1.01 15	1.69 25
Magnesium, Mg Phosphorus, P		139		16		1		28 195	104	25 174
Prospriorus, P Potassium, K		176		16		1		246	132	220
Sodium, Na		73		16		1		102	55	91
Zinc, Zn		2.43		16		1		3.40	1.82	3.04
Copper, Cu		0.071	0.001	16		1		0.099	0.053	0.089
Manganese, Mn	mg	0.019	0.001	16		1		0.027	0.014	0.024
Selenium, Se	mcg	18.9		0	BFYN	4		26.5	14.2	23.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	_	0.054		8		1		0.076	0.041	0.068
Riboflavin		0.191		8		1		0.267	0.143	0.239
Niacin	_	4.590		8		1		6.426	3.443	5.738
Pantothenic acid		0.812 0.180		0		1 1		1.137 0.252	0.609	1.015
Vitamin B-6 Folate, total	-	6	,	0		1		8	0.135 5	8
Folic acid		0		0	z	7		0	0	0
Folate, food		6		0	_	1		8	5	8
Folate, DFE		6		0	NC	4		8	5	8
Vitamin B-12		0.20		0		1		0.28	0.15	0.25
Vitamin A, IU		120		0	NC	4		168	90	150
Vitamin A, RAE	mcg_RAE	36		0	NC	4		50	27	45
Retinol		36		0	NR	4		50	27	45
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.20	0.33
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		3.5		0	BFSN	4		4.9	2.6	4.4
Lipids: Fatty acids, total saturated	q	3.570)	0		1		4.998	2.678	4.463
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0	-	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000)	0		1		0.000	0.000	0.000
12:0		0.030)	0		1		0.042	0.023	0.038
13:0										
14:0		0.100)	0		1		0.140	0.075	0.125
15:0						_				
16:0		2.600)	0		1		3.640	1.950	3.250
17:0	-	0 740	•	0		4		1 000	0 555	2 22
18:0	-	0.740	,	0		1		1.036	0.555	0.925
20:0 22:0	-									
24:0	-									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion	
No della coda a cond	11-24-		Std. Error	of Data	Deriv	Source Code	Confidence Code		easures of food	•
Nutrients and	Units	Mean	Sta. Error	FUIILS	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	5.040	1	0		1		7.056	3.780	6.300
14:1	g									
15:1 16:1 undifferentiated	_	0.700	1	0		1		0.980	0.525	0.875
17:1	_	0.700		Ū		-		0.300	0.323	0.075
18:1 undifferentiated	_	4.160	1	0		1		5.824	3.120	5.200
20:1	g	0.120	1	0		1		0.168	0.090	0.150
22:1 undifferentiated	g	0.000)	0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	2.870)	0		1		4.018	2.153	3.588
18:2 undifferentiated		2.490		0		1		3.486	1.868	3.113
18:3 undifferentiated	g	0.110		0		1		0.154	0.083	0.138
18:4	_	0.000)	0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	_			_		_				
20:4 undifferentiated	_	0.120		0		1		0.168	0.090	0.150
20:5 n-3	_	0.010		0		1		0.014	0.008	0.013
22:5 n-3	-	0.020		0		1		0.028	0.015	0.025
22:6 n-3		0.040	1	0		1		0.056	0.030	0.050
Fatty acids, total trans		84		0		1		118	63	105
CholesterolPhytosterols	_	84		U		1		118	63	105
Phytosterois										
Amino Acids:										
Tryptophan	g	0.271		0		1		0.379	0.203	0.339
Threonine	g	1.002		0		1		1.403	0.752	1.253
Isoleucine	g	1.216	i	0		1		1.702	0.912	1.520
Leucine	g	1.766	i	0		1		2.472	1.325	2.208
Lysine		1.979		0		1		2.771	1.484	2.474
Methionine		0.646		0		1		0.904	0.485	0.808
Cystine		0.321		0		1		0.449	0.241	0.401
Phenylalanine		0.942		0		1		1.319	0.707	1.178
Tyrosine	-	0.784		0		1		1.098	0.588	0.980
Valine	-	1.177		0		1		1.648	0.883	1.471
Arginine	• • • • • • • • • • • • • • • • • • • •	1.507		0		1		2.110	1.130	1.884
Histidine	-	0.715		0		1		1.001	0.536	0.894
Alanine		1.397		0		1		1.956	1.048	1.746
Aspartic acid		2.155		0		1		3.017	1.616	2.694
Glutamic acid	=	3.545		0		1		4.963	2.659	4.431
Glycine		1.511		0		1		2.115	1.133	1.889
Proline	-	1.147		0		1		1.606	0.860	1.434
Serine		0.850	1	0		1		1.190	0.638	1.063
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 75g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 125g: 1 leg, bone removed

Chicken, broilers or fryers, leg, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% Bone

		<u>Aı</u>	mount in 100 gı		of edib	ole portio	<u>on</u>		edible portion	
				nber				<u>m</u> .	easures of food	<u>.</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.91	0.271	28		1		70.61	116.75	
Energy	_	187		0	NC	4		189	312	
Energy		782				4		790	1307	
Protein (N x 6.25)		18.15	0.101	28		1		18.33	30.31	
Total lipid (fat)		12.12	0.228	28		1		12.24	20.24	
Ash		0.85	0.028	28		1		0.86	1.42	
Carbohydrate, by difference	g	0.00		0	z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
3.4°)										
Minerals:	ma	10	0.566	24		1		10	17	
Calcium, Ca Iron, Fe	-	1.01	0.566	24		1		1.02	1.69	
Magnesium, Mg		21	0.025	24		1		21	35	
Phosphorus, P		149	2.759	24		1		150	249	
Potassium, K		198	5.387	24		1		200	331	
Sodium, Na	-	79	1.227	24		1		80	132	
Zinc, Zn		1.77	0.025	24		1		1.79	2.96	
Copper, Cu		0.058		24		1		0.059	0.097	
Manganese, Mn	-	0.020	0.000	24		1		0.020	0.033	
Selenium, Se		13.1		0	PAK	1		13.2	21.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	mg	0.067	0.003	16		1		0.068	0.112	
Riboflavin		0.164	0.004	16		1		0.166	0.274	
Niacin	mg	5.435	0.172	16		1		5.489	9.076	
Pantothenic acid	mg	1.110	1	1		1		1.121	1.854	
Vitamin B-6	mg	0.290	1	1		1		0.293	0.484	
Folate, total		11	2.150	4		1		11	18	
Folic acid		0		0	z	7		0	0	
Folate, food		11	2.150	4		1		11	18	
Folate, DFE		11		0	NC	4		11	18	
Vitamin B-12		0.32		0		1		0.32	0.53	
Vitamin A, IU		123		0		1		124	205	
Vitamin A, RAE		37		0		1		37	62	
Retinol		37		0	NC	4		37	62	
Vitamin E (alpha-tocopherol)		0.44		0	NR	4		0.44	0.73	
Tocopherol, damma										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.9		0	BFYN	4		2.9	4.8	
Lipids:										
Fatty acids, total saturated	a	3.300	1	0	NC	4		3.333	5.511	
4:0		0.000		0	z	7		0.000	0.000	
6:0		0.000		0	z	7		0.000	0.000	
8:0		0.000		0	z	7		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.020		0		1		0.020	0.033	
13:0	-									
14:0		0.100	1	0		1		0.101	0.167	
15:0	g									
16:0	-	2.480)	0		1		2.505	4.142	
17:0										
18:0	g	0.700	1	0		1		0.707	1.169	
20:0	g									
22:0	g									
24:0	a									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>		edible portion	
				Number	•			m	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 14:1		4.840		0	NC	4		4.888	8.083	
15:1	g									
16:1 undifferentiated	g	0.670		0		1		0.677	1.119	
17:1	-									
18:1 undifferentiated		4.050		0		1		4.091	6.764	
20:1	_	0.120		0		1		0.121	0.200	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		2.590		0	NC	4		2.616	4.325	
18:2 undifferentiated	g	2.340		0		1		2.363	3.908	
18:3 undifferentiated	-	0.110		0		1		0.111	0.184	
18:4	-	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0		1		0.081	0.134	
20:5 n-3	_	0.010		0		1		0.010	0.017	
22:5 n-3		0.020		0		1		0.020	0.033	
22:6 n-3	g	0.030		0		1		0.030	0.050	
Fatty acids, total trans	g	0.105		0	PIK	4		0.106	0.175	
Cholesterol	mg	83		0		1		84	139	
Phytosterols	mg									
Amino Acids:										
	0	0.204		0		1		0.206	0.341	
Tryptophan		0.752		0		1		0.760	1.256	
Threonine Isoleucine	-	0.752		0		1		0.920	1.521	
		1.325		0		1		1.338	2.213	
Leucine	-	1.484		0		1		1.499	2.478	
Lysine		0.485		0		1		0.490		
Methionine						1			0.810	
Cystine	-	0.241		0 0		1		0.243	0.402	
Phenylalanine		0.707		-		1		0.714	1.181	
Tyrosine		0.588		0		1		0.594	0.982	
Valine		0.883		0		_		0.892	1.475	
Arginine		1.133		0		1		1.144	1.892	
Histidine	-	0.536		0		1		0.541	0.895	
Alanine	-	1.051		0		1		1.062	1.755	
Aspartic acid	_	1.618		0		1		1.634	2.702	
Glutamic acid	-	2.660		0		1		2.687	4.442	
Glycine		1.144		0		1		1.155	1.910	
Proline		0.865		0		1		0.874	1.445	
Serine	-	0.639		0		1		0.645	1.067	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	_	0		0	z	7		0	0	
		v		Ü		,		•	J	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 101g: 1 leg, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 167g: 1 leg, bone removed

Chicken, broilers or fryers, leg, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 40% 28% bone, 12% skin

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure
Proximates:										
Water	g	60.61		0		1		33.94	56.97	
Energy	kcal	208		0	NC	4		116	196	
Energy	kj	870				4		487	818	
Protein (N x 6.25)	g	28.38		0		1		15.89	26.68	
Total lipid (fat)	g	9.32		0		1		5.22	8.76	
Ash	g	1.05		0		1		0.59	0.99	
Carbohydrate, by difference	g	0.65		0	NC	4		0.36	0.61	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Staron	9									
<u> Minerals:</u>										
Calcium, Ca	_	13		0		1		7	12	
Iron, Fe	mg	1.40		0		1		0.78	1.32	
Magnesium, Mg	mg	25		0		1		14	24	
Phosphorus, P	mg	193		0		1		108	181	
Potassium, K	mg	254		0		1		142	239	
Sodium, Na	mg	96		0		1		54	90	
Zinc, Zn	mg	2.98		0		1		1.67	2.80	
Copper, Cu	mg	0.086	5	0		1		0.048	0.081	
Manganese, Mn	<u>mg</u>	0.025	5	0		1		0.014	0.024	
Selenium, Se	mcg	18.8		0	BFYN	4		10.5	17.7	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.083	1	0	-	1		0.046	0.078	
Riboflavin		0.247		0		1		0.138	0.232	
Niacin		6.688		0		1		3.745	6.287	
Pantothenic acid		1.301		0		1		0.729	1.223	
Vitamin B-6		0.390		0		1		0.729	0.367	
	_	9	,	0		1		5	8	
Folate, total		0		0	z	7		0	0	
Folic acid	-	9		0	4	1		5	8	
Folate, food		9		0	NC	4		5 5		
Folate, DFE					NC				8	
Vitamin B-12		0.34		0		1		0.19	0.32	
Vitamin A, IU		66		0		1		37	62	
Vitamin A, RAE		20		0		1		11	19	
Retinol		20		0		1		11	19	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	g	2.490)	0		1		1.394	2.341	
4:0										
6:0										
8:0	-									
10:0		0.000)	0		4		0.000	0.000	
12:0		0.030		0		1		0.017	0.028	
13:0										
14:0	_	0.060)	0		1		0.034	0.056	
15:0	_			•		_				
16:0	_	1.680)	0		1		0.941	1.579	
17:0	_			•		_		0.541	,	
18:0	-	0.650)	0		1		0.364	0.611	
20:0	-	0.000	-	Ü		-		0.504	0.011	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion o	f common
			ı	Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	3.430		0		1		1.921	3.224	
14:1										
15:1										
16:1 undifferentiated		0.400		0		1		0.224	0.376	
17:1	-					_				
18:1 undifferentiated	-	2.960		0		1		1.658	2.782	
20:1	-	0.040		0		1		0.022	0.038	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c	-									
Fatty acids, total polyunsaturated		2.220		0		1		1.243	2.087	
18:2 undifferentiated	-	1.860		0		1		1.042	1.748	
18:3 undifferentiated	-	0.090		0		1		0.050	0.085	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.130		0		1		0.073	0.122	
20:5 n-3	-	0.010		0		1		0.006	0.009	
22:5 n-3		0.030		0		1		0.017	0.028	
22:6 n-3		0.050		0		1		0.028	0.047	
Fatty acids, total trans	-									
Cholesterol		99		0		1		55	93	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.332		0		1		0.186	0.312	
Threonine		1.198		0		1		0.671	1.126	
Isoleucine		1.497		0		1		0.838	1.407	
Leucine	-	2.129		0		1		1.192	2.001	
Lysine	-	2.405		0		1		1.347	2.261	
Methionine		0.784		0		1		0.439	0.737	
Cystine		0.364		0		1		0.204	0.342	
Phenylalanine	-	1.127		0		1		0.631	1.059	
Tyrosine	-	0.958		0		1		0.536	0.901	
Valine		1.407		0		1		0.788	1.323	
Arginine		1.710		0		1		0.958	1.607	
Histidine		0.880		0		1		0.493	0.827	
Alanine		1.547		0		1		0.866	1.454	
Aspartic acid	-	2.525		0		1		1.414	2.374	
Glutamic acid		4.270		0		1		2.391	4.014	
Glycine	-	1.393		0		1		0.780	1.309	
Proline	-	1.174		0		1		0.657	1.104	
Serine		0.978		0		1		0.548	0.919	
Hydroxyproline		0.976		U		1		0.540	0.919	
пушохургонпе	9									

Common Measures:

Measure 1 = 56g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 94g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 41% Bone 29%, skin 12%

		<u>Aı</u>	mount in 100 gr	ams c	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
			Nun	nber				<u>m</u>	easures of food	ı
			of E	Data [Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	64.70	0.374	16		1		90.58	36.88	61.47
Energy.	-	191	0.07.1	0	NC	4		267	109	181
Energy		799		·		4		1119	456	759
63	· · · · · · · · · · · · · · · · · · ·	27.03	0.271	16		1		37.84	15.41	25.68
Protein (N x 6.25)		8.43		16		1		11.80	4.81	8.01
Total lipid (fat)		1.00		16		1		1.40		0.95
Ash			0.033		_				0.57	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	=	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.786	16		1		17	7	11
Iron, Fe	mg	1.31	0.038	16		1		1.83	0.75	1.24
Magnesium, Mg	mg	24	0.518	16		1		34	14	23
Phosphorus, P	mg	183	4.300	16		1		256	104	174
Potassium, K	mg	242	5.736	16		1		339	138	230
Sodium, Na		91	1.820	16		1		127	52	86
Zine, Zn	-	2.86	0.046	16		1		4.00	1.63	2.72
Copper, Cu		0.080	0.002	16		1		0.112	0.046	0.07
Manganese, Mn		0.021	0.000	16		1		0.029	0.012	0.02
Selenium, Se		22.1		0	BFYN	4		30.9	12.6	21.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin		0.075	0.007	8		1		0.105	0.043	0.07
Riboflavin		0.232	0.007	8		1		0.325	0.132	0.22
Niacin		6.319	0.464	8		1		8.847	3.602	6.00
Pantothenic acid		1.241		0		1		1.737	0.707	1.17
Vitamin B-6		0.370)	0		1		0.518	0.211	0.35
Folate, total	-	8		0		1		11	5	8
Folic acid		0		0	z	7		0	0	0
Folate, food		8		0		1		11	5	8
Folate, DFE		8		0	NC	4		11	5	8
Vitamin B-12		0.32		0		1		0.45	0.18	0.30
Vitamin A, IU		63		0	NC	4		89	36	60
Vitamin A, RAE		19		0	NC	4		27	11	18
Retinol		19		0	NR	4		27	11	18
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.15	0.25
Tocopherol, beta	ma	0.27		Ū	1410	-		0.57	0.13	0.23
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.7		0	BFSN	4		5.2	2.1	3.6
Lipids: Fatty acids, total saturated	a	2.290	1	0		1		3.206	1.305	2.17
4:0		0.000		0		1		0.000	0.000	0.00
	-	0.000		0		1				0.00
6:0	_			0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	0.00
10:0		0.000				1		0.000	0.000	0.00
12:0		0.030	,	0		1		0.042	0.017	0.02
13:0		0.000	•	0		4		0.004	2 224	
14:0	-	0.060	,	U		1		0.084	0.034	0.05
15:0				•		_				
16:0	-	1.590)	0		1		2.226	0.906	1.51
17:0	_					_				_
18:0	_	0.540)	0		1		0.756	0.308	0.51
20:0	_									
22:0	_									
24:0	g									

		<u>A</u> 1	mount in 100 grams	s of edibl	e portio	<u>n</u>		edible portion	
			Numbe of Data		Source	Confidence	<u>m</u> :	easures of food	
Nutrients and	Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	3.050	0		1		4.270	1.739	2.898
14:1 15:1									
16:1 undifferentiated	g	0.420	0		1		0.588	0.239	0.399
18:1 undifferentiated	g	2.540 0.040			1 1		3.556 0.056	1.448 0.023	2.413 0.038
22:1 undifferentiated	g	0.000			1		0.000	0.023	0.000
24:1 cFatty acids, total polyunsaturate		1.970			1		2.758	1.123	1.872
18:2 undifferentiated		1.620 0.080			1 1		2.268 0.112	0.923 0.046	1.539 0.076
18:4 20:2 n-6 c.c		0.000	0		1		0.000	0.000	0.000
20:3 undifferentiated	g	0.130	0		1		0.182	0.074	0.124
20:5 n-3	g	0.010	0		1		0.014 0.042	0.006 0.017	0.010
22:6 n-3	g	0.050			1		0.042	0.017	0.048
Fatty acids, total trans Cholesterol	mg	94	0		1		132	54	89
Phytosterols	mg								
Amino Acids: Tryptophan	g	0.316	0		1		0.442	0.180	0.300
Threonine	-	1.142 1.427			1 1		1.599 1.998	0.651 0.813	1.085 1.356
LeucineLysine	g	2.028 2.296			1 1		2.839 3.214	1.156 1.309	1.927 2.181
Methionine	g	0.748	0		1		1.047	0.426	0.711
CystinePhenylalanine		0.346 1.072	0		1 1		0.484 1.501	0.197 0.611	0.329 1.018
TyrosineValine		0.912 1.340			1 1		1.277 1.876	0.520 0.76 4	0.866 1.273
Arginine		1.630 0.839			1 1		2.282 1.175	0.929 0.478	1.549 0.797
Alanine	g	1.474 2.408	0		1 1		2.064 3.371	0.840	1.400
Glutamic acid	g	4.047	0		1		5.666	2.307	3.845
Glycine	g	1.327 1.111	. 0		1 1		1.858 1.555	0.756 0.633	1.261 1.055
Serine Hydroxyproline		0.930	0		1		1.302	0.530	0.884
Others:									
Alcohol, ethyl Caffeine		0.0 0	0	z	7 7		0.0 0	0.0 0	0.0 0
Theobromine	mg	0	0	Z	7		0	0	0
Carotene, beta	mcg	0	0	z	7		0.000	0.000	0.000
Carotene, alpha Cryptoxanthin, beta		0 0	0	z z	7 7		0.000 0.000	0.000 0.000	0.000
LycopeneLutein + zeaxanthin	mcg	0	0	z z	7 7		0.000	0.000 0.000	0.000
Lutein + zeaxantnin	y	U	U	4	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 57g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 95g: 1 leg, bone and skin removed

Chicken, broilers or fryers, leg, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 43% 30% bone, 13% skin

		<u>Ai</u>	mount in 100 g	ırams	or ear	ne portio	<u>on</u>	Amount in	edible portion of	of common
			Nu	mber	r			<u>m</u> e	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	66.44	0.341	16		1		106.30	39.86	67.10
Energy	-	185	0.541	0	NC	4		296	111	187
		774		U	NC	4		1238	464	782
Energy			0.000	1.0		1				26.52
Protein (N x 6.25)		26.26	0.228	16		_		42.02	15.76	
Total lipid (fat)		8.06	0.117	16		1 1		12.90	4.84	8.14
Ash		0.88	0.034	16	_			1.41	0.53	0.89
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.553	16		1		18	7	11
Iron, Fe		1.40	0.064	16		1		2.24	0.84	1.4
Magnesium, Mg		21	0.433	16		1		34	13	21
Phosphorus, P		149	2.983	16		1		238	89	150
Potassium, K	-	190	6.604	16		1		304	114	192
Sodium, Na		78	2.300	16		1		125	47	79
Zinc, Zn	-	2.78	0.048	16		1		4.45	1.67	2.8
Copper, Cu		0.077		16		1		0.123	0.046	0.0
Manganese, Mn.		0.019		16		1		0.030	0.011	0.0
Selenium, Se		26.5		0	BFYN	4		42.4	15.9	26.8
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin		0.059	0.003	8	-	1		0.094	0.035	0.0
Riboflavin	-	0.035		8		1		0.346	0.130	0.21
Niacin		4.798		8		1		7.677	2.879	4.84
Pantothenic acid	-	0.913		0		1		1.461	0.548	0.9
Vitamin B-6		0.210		0		1		0.336	0.126	0.2
Folate, total	-	8		0		1		13	5	8
Folic acid		0		0	z	7		0	0	0
Folate, food		8		0		1		13	5	8
Folate, DFE		8		0	NC	4		13	5	8
Vitamin B-12		0.23		0	NC	1		0.37	0.14	0.23
Vitamin A, IU		60		0		1		96	36	61
Vitamin A, RAE	mca PAF	18		0	NC	4		29	11	18
Retinol		18		0	NR NR	4		29	11	18
Vitamin E (alpha-tocopherol)		0.27		0	NR NR	4		0.42	0.16	0.2
		0.27		U	NI	-		0.42	0.10	0.2
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.6		0	BFSN	4		5.7	2.1	3.6
<u>_ipids:</u> Fatty acids, total saturated	a	2.200		0		1		3.520	1.320	2.2
		0.000		0		1		0.000	0.000	0.00
4:0		0.000		0		1				0.00
6:0	-	0.000		0		1		0.000 0.000	0.000 0.000	0.00
8:0 10:0	-	0.000		0		1		0.000	0.000	0.00
				0		1		0.000		0.00
12:0 13:0	-	0.030	•	U		1		0.048	0.018	0.0
14:0	-	0.060		0		1		0 006	0.036	0.0
	-	0.060	•	U		1		0.096	0.036	0.0
15:0	-	1 500		0		1		0 400	0.010	1 5
16:0		1.520	•	U		1		2.432	0.912	1.5
17:0	-	0 500		0		4		0 030	0 310	0.5
18:0	-	0.520	•	0		1		0.832	0.312	0.5
20:0	-									
22:0	y									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and	llnite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Office	Weari	Stu. Elloi					Wedsure 1	Wiedsule 2	Measure 3
Fatty acids, total monounsatura	tedg	2.930		0		1		4.688	1.758	2.959
14:1	g									
15:1										
16:1 undifferentiated	-	0.400		0		1		0.640	0.240	0.404
17:1				_		_				
18:1 undifferentiated	_	2.440		0		1		3.904	1.464	2.464
20:1	-	0.040		0		1		0.064	0.024	0.040
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c		1.880		0		1		2 000	1 100	1.899
Fatty acids, total polyunsaturate		1.550		0		1		3.008 2.480	1.128 0.930	1.899
18:2 undifferentiated		0.070		0		1				0.071
18:3 undifferentiated	_					1		0.112	0.042	
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated		0.120		0		1		0.192	0.072	0.121
20:4 undifferentiated	_			0		1				0.121
20:5 n-3	_	0.010		0		1		0.016 0.048	0.006	
22:5 n-3		0.030		0		1			0.018	0.030 0.051
22:6 n-3	_	0.050		U		1		0.080	0.030	0.051
Fatty acids, total trans		89		0		1		142	53	90
Cholesterol		89		U		1		142	53	90
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.307		0		1		0.491	0.184	0.310
Threonine	g	1.109		0		1		1.774	0.665	1.120
Isoleucine	g	1.387		0		1		2.219	0.832	1.401
Leucine	g	1.971		0		1		3.154	1.183	1.991
Lysine	g	2.231		0		1		3.570	1.339	2.253
Methionine	g	0.727		0		1		1.163	0.436	0.734
Cystine	g	0.336		0		1		0.538	0.202	0.339
Phenylalanine	g	1.042		0		1		1.667	0.625	1.052
Tyrosine	g	0.887		0		1		1.419	0.532	0.896
Valine	g	1.303		0		1		2.085	0.782	1.316
Arginine	g	1.584		0		1		2.534	0.950	1.600
Histidine	g	0.815		0		1		1.304	0.489	0.823
Alanine	g	1.433		0		1		2.293	0.860	1.447
Aspartic acid	g	2.341		0		1		3.746	1.405	2.364
Glutamic acid	g	3.933		0		1		6.293	2.360	3.972
Glycine	g	1.290		0		1		2.064	0.774	1.303
Proline	g	1.080		0		1		1.728	0.648	1.091
Serine	g	0.903		0		1		1.445	0.542	0.912
Hydroxyproline	g									
04										
Others:				_		_				
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	<u>mg</u>	0		0	Z	7		0	0	0
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta	-	0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 60g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 101g: 1 leg, bone and skin removed

Chicken, broilers or fryers, leg, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 43% 27% bone, 11% skin, 5% separable fat

		Aı	mount in 100 g	grams		ole portic	on		edible portion of easures of food	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		76.13	0.274	25		1		59.38	98.97	
Energy		120 502		0	NC	4 4		94 392	156 653	
Energy		20.13	0.147	26		1		15.70	26.17	
Protein (N x 6.25) Total lipid (fat)		3.81	0.145	26		1		2.97	4.95	
Ash	-	0.94	0.145	25		1		0.73	1.22	
Carbohydrate, by difference		0.00	0.029	0	z	7		0.73	0.00	
, , ,	-	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.00		U	4	,		0.00	0.00	
Starcn	9									
Minerals:										
Calcium, Ca	-	11	0.730	25		1		9	14	
Iron, Fe		1.02	0.027	24		1		0.80	1.33	
Magnesium, Mg	-	23	0.324	24		1		18	30	
Phosphorus, P	•	167	2.962	24		1		130	217	
Potassium, K		229	6.000	24		1		179	298	
Sodium, Na		86	1.529	24		1		67	112	
Zinc, Zn	_	2.06	0.029	24		1		1.61	2.68	
Copper, Cu		0.064		24		1		0.050	0.083	
Manganese, Mn		0.021		24		1 1		0.016	0.027	
Selenium, Se	mcg	13.5	1.936	4	A	1		10.5	17.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.079	0.004	16		1		0.062	0.103	
Riboflavin	mg	0.193	0.005	16		1		0.151	0.251	
Niacin	mg	6.067	0.195	16		1		4.732	7.887	
Pantothenic acid		1.178		1		1		0.919	1.531	
Vitamin B-6		0.330		1		1		0.257	0.429	
Folate, total		10		0		1		8	13	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		1		8	13	
Folate, DFE		10		0	NC	4		8	13	
Vitamin B-12		0.36		0		1		0.28	0.47	
Vitamin A, IU	IU	61		0		1		48	79	
Vitamin A, RAE		18		0		1		14	24	
Retinol		18		0	NR	4		14	23	
Vitamin E (alpha-tocopherol)		0.32		0	NR	4		0.25	0.41	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.9		0	BFYN	4		2.2	3.7	
vitanini k (priyrioquiione)	9	,		·		-			3.,	
Lipids:										
Fatty acids, total saturated		0.980		0		1		0.764	1.274	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0		0.000		0	Z	7		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.020	0.003	17		1		0.016	0.026	
13:0	-					_		_		
14:0	_	0.020	0.003	24		1		0.016	0.026	
15:0						_		_		
16:0		0.650	0.030	24		1		0.507	0.845	
17:0						_				
18:0	-	0.260	0.017	24		1		0.203	0.338	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				umber		_		<u></u>	<u> </u>	•	
Nutrients and U	nits	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.180		0		1		0.920	1.534		
15:1	_										
16:1 undifferentiated		0.170	0.012	24		1		0.133	0.221		
17:1	_	0.2.0	0.022			_		0.200	V		
18:1 undifferentiated	_	0.980	0.048	24		1		0.764	1.274		
20:1	_	0.010		6		1		0.008	0.013		
22:1 undifferentiated	_	0.000		0		4		0.000	0.000		
24:1 c	•					_					
Fatty acids, total polyunsaturated		0.950		0		1		0.741	1.235		
18:2 undifferentiated		0.730		24		1		0.569	0.949		
18:3 undifferentiated		0.030		18		1		0.023	0.039		
18:4		0.000		0	z	7		0.000	0.000		
20:2 n-6 c.c.	_				_	•					
20:3 undifferentiated											
20:4 undifferentiated		0.090	0.016	16		1		0.070	0.117		
20:5 n-3		0.010		8		1		0.008	0.013		
22:5 n-3	_	0.020		9		1		0.016	0.026		
22:6 n-3		0.040		9		1		0.031	0.052		
Fatty acids, total trans		0.104		0	BFFN	4		0.081	0.135		
Cholesterol		80		0		1		62	104		
Phytosterols				·		_		02	101		
1 Hytosterois	9										
Amino Acids:											
Tryptophan	g	0.235		0		1		0.183	0.306		
Threonine	g	0.850		0		1		0.663	1.105		
Isoleucine		1.063		0		1		0.829	1.382		
Leucine	g	1.511		0		1		1.179	1.964		
Lysine	g	1.710		0		1		1.334	2.223		
Methionine	g	0.557		0		1		0.434	0.724		
Cystine	g	0.258		0		1		0.201	0.335		
Phenylalanine	g	0.799		0		1		0.623	1.039		
Tyrosine	g	0.680		0		1		0.530	0.884		
Valine	g	0.999		0		1		0.779	1.299		
Arginine	g	1.214		0		1		0.947	1.578		
Histidine	g	0.625		0		1		0.488	0.813		
Alanine	g	1.098		0		1		0.856	1.427		
Aspartic acid	g	1.794		0		1		1.399	2.332		
Glutamic acid	g	3.015		0		1		2.352	3.920		
Glycine	g	0.989		0		1		0.771	1.286		
Proline	g	0.828		0		1		0.646	1.076		
Serine	g	0.693		0		1		0.541	0.901		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine		0		0	Z	7		0	0		
Carotenoids:											
·	mea	0		0	z	7		0.000	0.000		
Carotene, beta		0		0	z Z	7		0.000	0.000		
Carotene, alpha		0		0	z Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene Lutein + zeaxanthin		0		0	Z	7		0.000	0.000		
Lutein + zeaxantnin	<u>lii</u> cy	<u> </u>		U	Z	,		0.000	0.000		

Common Measures:

Measure 1 = 78g: 1 leg bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 130g: 1 leg, bone and skin removed

Chicken, broilers or fryers, leg, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05030 Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter

Refuse: 21% Bone

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	_
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	50.23	0		1		56.76	94.43	
Energy	_	277	0	NC	4		313	521	
Energy		1159	v	II.C	4		1310	2179	
Protein (N x 6.25)		23.55	0		1		26.61	44.27	
Total lipid (fat)		15.44	0		1		17.45	29.03	
Ash		1.29	0		1		1.46	2.43	
Carbohydrate, by difference		9.50	0	NC	4		10.74	17.86	
Fiber, total dietary		3.00	· ·		-			17.00	
Sugars, total									
Starch	_								
Starcii	9								
<u>Minerals:</u>									
Calcium, Ca	-	20	0		1		23	38	
Iron, Fe	-	1.26	0		1		1.42	2.37	
Magnesium, Mg		22	0		1		25	41	
Phosphorus, P	•	168	0		1		190	316	
Potassium, K	-	185	0		1		209	348	
Sodium, Na		287	0		1		324	540	
Zinc, Zn		1.06	0		1		1.20	1.99	
Copper, Cu		0.061			1		0.069	0.115	
Manganese, Mn		0.055 27.2	5 0	PIE	1 4		0.062 30.7	0.103 51.1	
Selenium, Se	Ilicg	21.2	U	PIE	4		30.7	51.1	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin	<u>mg</u>	0.113	3 0		1		0.128	0.212	
Riboflavin	mg	0.147	7 0		1		0.166	0.276	
Niacin	mg	9.156	5 0		1		10.346	17.213	
Pantothenic acid	<u>mg</u>	0.794	1 0		1		0.897	1.493	
Vitamin B-6	mg	0.390	0		1		0.441	0.733	
Folate, total		16	0	RA	4		18	30	
Folic acid		10	0	NC	4		11	19	
Folate, food	mcg	6	0		1		7	11	
Folate, DFE		23	0	NC	4		26	43	
Vitamin B-12		0.28	0		1		0.32	0.53	
Vitamin A, IU		79	0		1		89	149	
Vitamin A, RAE		24	0		1		27	45	
Retinol		24	0		1		27	45	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
viamini k (phynoquinone)									
Lipids:									
Fatty acids, total saturated		4.120	0		1		4.656	7.746	
4:0									
6:0									
8:0			_		,				
10:0		0.000			4		0.000	0.000	
12:0		0.010	0		1		0.011	0.019	
13:0	-				_				
14:0	-	0.090	0		1		0.102	0.169	
15:0	-	0 7.0							
16:0	-	2.760	0		1		3.119	5.189	
17:0	_	1 000			4		1 256	0.050	
18:0		1.200	0		1		1.356	2.256	
20:0	-								
22:0	y								

		<u>Aı</u>	mount in 10		of edib	ole portio	<u>n</u>		edible portion of easures of food	
				Number of Data	Deriv	Source	Confidence	<u></u>	easures or roou	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	6.370		0		1		7.198	11.976	
14:1										
15:1	_			•		_				
16:1 undifferentiated	_	0.450		0		1		0.509	0.846	
17:1		5.790		0		1		6 542	10 005	
18:1 undifferentiated		0.090		0		1		6.543	10.885	
20:1	-			0		4		0.102	0.169	
22:1 undifferentiated 24:1 c	-	0.000		U		4		0.000	0.000	
Fatty acids, total polyunsaturated		3.600		0		1		4.068	6.768	
18:2 undifferentiated		3.240		0		1		3.661	6.091	
18:3 undifferentiated		0.180		0		1		0.203	0.338	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.070		0		1		0.079	0.132	
20:5 n-3	g	0.010		0		1		0.011	0.019	
22:5 n-3	g	0.010		0		1		0.011	0.019	
22:6 n-3	g	0.020		0		1		0.023	0.038	
Fatty acids, total trans	-									
Cholesterol	mg	84		0		1		95	158	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.268		0		1		0.303	0.504	
Threonine		0.963		0		1		1.088	1.810	
Isoleucine		1.171		0		1		1.323	2.201	
Leucine		1.723		0		1		1.947	3.239	
Lysine	-	1.841		0		1		2.080	3.461	
Methionine	_	0.616		0		1		0.696	1.158	
Cystine		0.326		0		1		0.368	0.613	
Phenylalanine		0.938		0		1		1.060	1.763	
Tyrosine	-	0.762		0		1		0.861	1.433	
Valine	-	1.147		0		1		1.296	2.156	
Arginine		1.445		0		1		1.633	2.717	
Histidine		0.682		0		1		0.771	1.282	
Alanine	-	1.334		0		1		1.507	2.508	
Aspartic acid		2.040		0 0		1 1		2.305	3.835	
Glutamic acid	-	3.750				1		4.238	7.050	
Glycine	-	1.466 1.238		0 0		1		1.657	2.756	
Proline		0.869		0		1		1.399 0.982	2.327 1.634	
Serine	-	0.869		U		1		0.982	1.634	
Hydroxyproline	y									

Common Measures:

Measure 1 = 113g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 188g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05031 Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour

Refuse: 28% Bone

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>on</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	54.66		0		1		42.63	71.06		
Energy	-	246		0	NC	4		192	320		
Energy		1029		U	NC	4		803	1338		
Protein (N x 6.25)		30.45		0		1		23.75	39.59		
Total lipid (fat)		12.09		0		1		9.43	15.72		
Ash		0.98		0		1		0.76	1.27		
Carbohydrate, by difference		1.82		0	NC	4		1.42	2.37		
Fiber, total dietary		0.1		0		4		0.1	0.1		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	=	0.00		Ū		,		0.00	0.00		
Ainerals:											
Calcium, Ca	ma	16		0		1		12	21		
Iron, Fe	-	1.21		ō		1		0.94	1.57		
Magnesium, Mg	-	27		0		1		21	35		
Phosphorus, P		213		0		1		166	277		
Potassium, K		239		0		1		186	311		
Sodium, Na		77		0		1		60	100		
Zinc, Zn	mg	1.26		0		1		0.98	1.64		
Copper, Cu		0.058		0		1		0.045	0.075		
Manganese, Mn		0.026	5	0		1		0.020	0.034		
Selenium, Se	mcg	29.1		0	PIE	4		22.7	37.8		
<u>'itamins:</u>					_	_					
Vitamin C, total ascorbic acid		0.0	-	0	Z	7		0.0	0.0		
Thiamin		0.076		0		1 1		0.059	0.099		
Riboflavin		0.133		0		1		0.104	0.173 15.646		
NiacinPantothenic acid		12.035 0.970		0		1		9.387 0.757	1.261		
Vitamin B-6		0.540		0		1		0.757	0.702		
Folate, total	-	7	,	0	RA	4		5	9		
Folic acid		3		0	NC	4		2	4		
Folate, food		4		0	-1.0	1		3	5		
Folate, DFE		9		0	NC	4		7	12		
Vitamin B-12		0.33		0		1		0.26	0.43		
Vitamin A, IU		68		0		1		53	88		
Vitamin A, RAE		20		0	NC	4		16	26		
Retinol		20		0	NR	4		16	26		
Vitamin E (alpha-tocopherol)	mg	0.57		0	NR	4		0.45	0.74		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		1.9	3.1		
ipids:				_							
Fatty acids, total saturated		3.320		0		1		2.590	4.316		
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 0		1 1		0.000	0.000		
10:0	-	0.000		0		1		0.000 0.008	0.000 0.013		
12:0 13:0		0.010	,	U		_		0.008	0.013		
14:0		0.090)	0		1		0.070	0.117		
15:0	-	0.090	-	3		_		0.070	0.11/		
16:0		2.350)	0		1		1.833	3.055		
17:0		2.550	-	ŭ		-		1.055	5.055		
18:0	-	0.800)	0		1		0.624	1.040		
20:0	-			-		_			=		
22:0	-										
24:0	-										

Nutrients and Units		<u>A</u>	mount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units			Number	r			<u>m</u> e	easures of food	
Fatty acids, total monounsestrated					Source	Confidence			
14	Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
14									
1	14:1g	4.800	U		1		3.744	6.240	
181 undifferentiated	16:1 undifferentiatedg	0.510	0		1		0.398	0.663	
22-1 undifferentiated	•	4.130	0		1		3.221	5.369	
241 c	20:1g	0.100	0		1		0.078	0.130	
Fatry acids, total polyumsturated. 9 2, 690 0 1 2, 330 0 1 1 3, 497 1 3, 029 18.3 undifferentiated. 9 0, 110 0 1 1 0,006 0,143 18.4 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,000 0 1 1 0,000 0 0,013 0 0 1 1 0,000 0 0,013 0 0 1 1 0,000 0 0,013 0 0 1 1 0,000 0 0,013 0 0 1 1 0,000 0 0,003 0 0 1 0,001 0 0 1 0,001 0 0,000 0 0 1 0,000 0 0,000 0 0 1 0,000 0 0,000 0 0 1 0,000 0 0,000 0 0 1 0,000 0 0,000 0 0 0	•	0.000	0		1		0.000	0.000	
182 undifferentiated					_				
18.3 midiferentiated									
184_									
20/2 b-6 c.c. 9 20.3 undifferentiated. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 undifferentiated. 9 20.6 undifferentiated. 9 20.7 undifferentiated. 9 20.8 undifferentiated. 9 20.0	_								
20.3 undifferentiated		0.000	U		1		0.000	0.000	
20.5 undifferentiated	,								
20.5 n.3		0 090	0		1		0.070	0 117	
22.5 n 3									
22-6 n-3									
Fatty acids, total trans. 9									
Cholesterol. mg mg mg mg mg mg mg m		0.030			•		0.023	0.033	
Phytosterols		87	0		1		68	113	
Amino Acids:									
Tryptophan	•								
Threonine									
Soleucine									
Leucine 9 2.231 0 1 1.740 2.900 Lysine 9 2.487 0 1 1.940 3.233 Methionine 9 0.815 0 1 0.636 1.060 Cystine 9 0.405 0 1 0.316 0.527 Phenylalanine 9 1.192 0 1 0.316 0.527 Phenylalanine 9 1.192 0 1 0.316 0.527 Phenylalanine 9 1.192 0 1 0.707 1.288 Valine 9 1.485 0 1 0.773 1.288 Valine 9 1.485 0 1 1.158 1.931 Arginine 9 1.488 0 1 0.705 1.175 Alanine 9 1.745 0 1 0.705 1.175 Alanine 9 2.703 0 1 2.108 3.514<	_								
Lysine									
Methionine 9 0.815 0 1 0.636 1.060 Cystine 9 0.405 0 1 0.316 0.527 Phenylalanine 9 1.192 0 1 0.930 1.550 Tyrosine 9 0.991 0 1 0.773 1.288 Valine 9 1.485 0 1 1.158 1.931 Arginine 9 1.888 0 1 1.158 1.931 Arginine 9 1.888 0 1 1.473 2.454 Histidine 9 0.904 0 1 0.705 1.175 Alanine 9 1.745 0 1 1.361 2.269 Aspartic acid 9 2.703 0 1 1.361 2.269 Aspartic acid 9 1.860 0 1 1.351 2.418 Glycine 9 1.860 0 1 1.451									
Cystine 9 0.405 0 1 0.316 0.527 Phenylalanine 9 1.192 0 1 0.930 1.550 Tyrosine 9 0.991 0 1 0.773 1.288 Valine 9 1.485 0 1 1.158 1.931 Arginine 9 1.888 0 1 1.473 2.454 Histidine 9 0.904 0 1 0.705 1.175 Alanine 9 0.904 0 1 1.361 2.269 Aspartic acid 9 2.703 0 1 1.361 2.269 Aspartic acid 9 2.703 0 1 1.361 2.269 Aspartic acid 9 1.860 0 1 1.351 2.18 Glycine 9 1.860 0 1 1.451 2.418 Proline 9 1.074 0 1 1.129 <th< td=""><td>= -</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	= -								
Phenylalanine									
Tyrosine 9 0.991 0 1 0.773 1.288 Valine 9 1.485 0 1 1.158 1.931 Arginine 9 1.888 0 1 1.173 2.454 Histidine 9 0.904 0 1 0.705 1.175 Alanine 9 1.745 0 1 1.361 2.269 Aspartic acid 9 2.703 0 1 1.361 2.269 Aspartic acid 9 4.534 0 1 3.537 5.894 Glutamic acid 9 4.534 0 1 3.537 5.894 Glycine 9 1.860 0 1 1.451 2.418 Proline 9 1.447 0 1 1.129 1.881 Serine 9 1.074 0 1 0.838 1.396 Hydroxyproline 9 0 0 7 0 0									
Valine g 1.485 0 1 1.158 1.931 Arginine g 1.888 0 1 1.473 2.454 Histidine g 0.904 0 1 0.705 1.175 Alanine g 0.944 0 1 1.361 2.269 Aspartic acid g 2.703 0 1 2.108 3.514 Glutamic acid g 4.534 0 1 2.108 3.514 Glycine g 1.860 0 1 3.537 5.894 Glycine g 1.860 0 1 1.451 2.418 Proline g 1.447 0 1 1.129 1.881 Serine g 1.074 0 1 0.838 1.396 Hydroxyproline g 0 0 7 0.0 0 Caffeine mg 0 0 7 0 0									
Arginine 9 1.888 0 1 1.473 2.454 Histidine 9 0.904 0 1 0.705 1.175 Alanine 9 1.745 0 1 1.361 2.269 Aspartic acid 9 2.703 0 1 2.108 3.514 Glutamic acid 9 4.534 0 1 3.537 5.894 Glycine 9 1.860 0 1 1.451 2.418 Proline 9 1.447 0 1 1.129 1.881 Serine 9 1.074 0 1 0.838 1.396 Hydroxyproline 9 0 0 7 0.038 1.396 Hydroxyproline 9 0 0 7 0 0 0 Alcohol, ethyl. 9 0 0 2 7 0 0 0 Cargetine mg 0 0 2 7 0 0 0 Cargetine </td <td>•</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	•								
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Glycine	-								
Proline g 1.447 0 1 1.129 1.881 Serine g 1.074 0 1 0.838 1.396 Hydroxyproline g 1.074 0 1 0.838 1.396 Others: Alcohol, ethyl g 0.0 0 7 0.0 0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mg 0 0 z 7 0.000 0.000 Carotene, beta mcg 0 0 z 7 0.000 0.000 Carotene, alpha mcg 0 0 z 7 0.000 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 Lycopene mcg 0 0 z 7 0.000									
Serine. g 1.074 0 1 0.838 1.396 Hydroxyproline. g 1.074 0 1 0.838 1.396 Others: Alcohol, ethyl. g 0.00 0 7 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 0 Theobromine. mg 0 0 z 7 0 0 0 Carotene, beta. mcg 0 0 z 7 0.000 0.000 Carotene, beta. mcg 0 0 z 7 0.000 0.000 Carotene, alpha. mcg 0 0 z 7 0.000 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 Lycopene. mcg 0 0 z 7 0.000 0.000					1				
Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 Theobromine mg 0 0 z 7 0 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 Carotene, alpha mcg 0 0 z 7 0.000 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 Lycopene mcg 0 0 z 7 0.000 0.000									
Others: Alcohol, ethyl									
Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 Carotene, alpha mcg 0 0 z 7 0.000 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 Lycopene mcg 0 0 z 7 0.000 0.000									
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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, beta mcg 0 0 z 7 0.000 0.000 Lycopene. mcg 0 0 z 7 0.000 0.000				7.					
Carotenoids: Carotene, beta	-								
Carotene, beta		-	J	-	-		-	·	
Carotene, alpha mcg 0 0 z 7 0.000 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 Lycopene mcg 0 0 z 7 0.000 0.000		•	_	_	_		0.000		
Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 Lycopene mcg 0 0 z 7 0.000 0.000		-	0						
Lycopenemcg 0 0 z 7 0.000 0.000	•	-	0						
		-	-						
	Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 78g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 130g: .5 chicken, bone removed

Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% Bone

		<u>Aı</u>	mount in 100 gr	rams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Nur	mber	,			<u>m</u>	easures of food		
			of l	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	60.51	0.363	16		1		47.80	79.87		
Energy	kcal	222		0	NC	4		175	293		
Energy	kj	929				4		734	1226		
Protein (N x 6.25)	_	29.02	0.317	16		1		22.93	38.31		
Total lipid (fat)		10.85	0.267	16		1		8.57	14.32		
Ash		0.93	0.026	16		1		0.73	1.23		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	=										
Starch	g										
Minerals:											
Calcium, Ca	mg	15	0.641	16		1		12	20		
Iron, Fe	-	1.14	0.058	16		1		0.90	1.50		
Magnesium, Mg	mg	25	0.426	16		1		20	33		
Phosphorus, P		200	5.438	16		1		158	264		
Potassium, K	mg	227	5.983	16		1		179	300		
Sodium, Na		75	2.620	16		1		59	99		
Zinc, Zn	<u>mg</u>	1.23	0.029	16		1		0.97	1.62		
Copper, Cu		0.053		16		1		0.042	0.070		
Manganese, Mn		0.018	0.001	16		1		0.014	0.024		
Selenium, Se	mcg	24.1		0	BFYN	4		19.0	31.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin		0.060	0.005	8		1		0.047	0.079		
Riboflavin		0.118	0.003	8		1		0.093	0.156		
Niacin	mg	11.134	0.611	8		1		8.796	14.697		
Pantothenic acid	mg	0.926	i	0		1		0.732	1.222		
Vitamin B-6	mg	0.520)	0		1		0.411	0.686		
Folate, total	mcg	3		0		1		2	4		
Folic acid		0		0	Z	7		0	0		
Folate, food		3		0		1		2	4		
Folate, DFE		3		0	NC	4		2	4		
Vitamin B-12		0.32		0		1		0.25	0.42		
Vitamin A, IU	IU	110		0		1		87	145		
Vitamin A, RAE		33		0		1		26	44		
Retinol	_	33		0		1		26	44		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	_			•		_					
Fatty acids, total saturated		3.050)	0		1		2.410	4.026		
4:0 6:0											
8:0	-										
10:0		0.000)	0		4		0.000	0.000		
12:0	_	0.010		0		1		0.008	0.013		
13:0	-	010		-		-		0.000	3.013		
14:0	_	0.090)	0		1		0.071	0.119		
15:0	-										
16:0	-	2.250)	0		1		1.778	2.970		
17:0	-										
18:0	g	0.620)	0		1		0.490	0.818		
20:0	g										
22:0	g										
24:0	g										

		<u>Aı</u>	mount in 100		f edible porti	<u>on</u>		edible portion o	
Nutrients and Uni	its	Mean				e Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	4.260		0	1		3.365	5.623	
14:1									
15:1	-			_	_				
16:1 undifferentiated	-	0.570		0	1		0.450	0.752	
17:1									
18:1 undifferentiated		3.510		0	1		2.773	4.633	
20:1	-	0.120		0	1		0.095	0.158	
22:1 undifferentiated		0.000		0	4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		2.310		0	1		1.825	3.049	
18:2 undifferentiated	-	1.980		0	1		1.564	2.614	
18:3 undifferentiated	g	0.090		0	1		0.071	0.119	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.090		0	1		0.071	0.119	
20:5 n-3	g	0.010		0	1		0.008	0.013	
22:5 n-3	g	0.020		0	1		0.016	0.026	
22:6 n-3	g	0.030		0	1		0.024	0.040	
Fatty acids, total trans	g								
Cholesterol	mg	84		0	1		66	111	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.326		0	1		0.258	0.430	
Threonine	g	1.202		0	1		0.950	1.587	
Isoleucine	g	1.458		0	1		1.152	1.925	
Leucine	g	2.119		0	1		1.674	2.797	
Lysine	g	2.374		0	1		1.875	3.134	
Methionine	g	0.776		0	1		0.613	1.024	
Cystine	g	0.385		0	1		0.304	0.508	
Phenylalanine		1.130		0	1		0.893	1.492	
Tyrosine	-	0.940		0	1		0.743	1.241	
Valine	-	1.412		0	1		1.115	1.864	
Arginine	-	1.811		0	1		1.431	2.391	
Histidine	-	0.858		0	1		0.678	1.133	
Alanine	-	1.679		0	1		1.326	2.216	
Aspartic acid	-	2.587		0	1		2.044	3.415	
Glutamic acid	-	4.254		0	1		3.361	5.615	
Glycine		1.823		0	1		1.440	2.406	
Proline		1.381		0	1		1.091	1.823	
Serine		1.021		0	1		0.807	1.348	
Hydroxyproline	-	1.021		v	-		0.007	1.540	
11yaroxypromic	9								

Common Measures:

Measure 1 = 79g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 132g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% Bone

		<u>Aı</u>	mount in 100 gr	rams	of edik	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Nur	nber				<u>m</u>	easures of food	
			of I	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Ducyimator										
Proximates: Water	g	65.13	0.461	16		1		58.62	97.70	
Energy	_	201		0	NC	4		181	302	
Energy	kj	841				4		757	1261	
Protein (N x 6.25)	g	26.14	0.263	16		1		23.53	39.21	
Total lipid (fat)	g	9.97	0.208	16		1		8.97	14.96	
Ash	g	0.78	0.031	16		1		0.70	1.17	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	=									
Minerals:						_		4.0		
Calcium, Ca	_	13		16		1		12	20	
Iron, Fe.		0.98 20		16		1 1		0.88	1.47	
Magnesium, Mg		20 146	0.370 3.094	16 16		1		18 131	30 219	
Phosphorus, P Potassium, K	-	146		16		1		150	219 251	
Potassium, K Sodium, Na	• • • • • • • • • • • • • • • • • • • •	63		16		1		150 57	251 95	
Zinc, Zn		1.14	0.018	16		1		1.03	1.71	
Copper, Cu		0.044		16		1		0.040	0.066	
Manganese, Mn		0.018		16		1		0.016	0.027	
Selenium, Se		21.2		0	BFYN	4		19.1	31.8	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.041		8		1		0.037	0.062	
Riboflavin	_	0.112		8		1		0.101	0.168	
Niacin		6.935		8		1		6.242	10.403	
Pantothenic acid		0.535		0		1		0.482	0.803	
Vitamin B-6		0.270	1	0		1		0.243	0.405	
Folate, total		3 0		0	z	1 7		3 0	5 0	
Folic acid		3		0	Z	1		3	5	
Folate, foodFolate, DFE		3		0	NC	4		3	5	
Vitamin B-12		0.20		0	NC	1		0.18	0.30	
Vitamin A, IU		96		0		1		86	144	
Vitamin A, RAE	mca RAF	29		0		1		26	43	
Retinol		29		0		1		26	43	
Vitamin E (alpha-tocopherol)	-	23		Ū		-		20	45	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
T inida.										
Lipids:	0	2.800		0		1		2.520	4.200	
Fatty acids, total saturated4:0		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	_	0.010		0		1		0.009	0.015	
13:0	_	0.010		•		-		0.003	0.013	
14:0	_	0.080	1	0		1		0.072	0.120	
15:0	_	2.000		-		-		0.072	0.120	
16:0		2.070	1	0		1		1.863	3.105	
17:0		2.570		-		-		2.000	0.200	
18:0		0.560	1	0		1		0.504	0.840	
20:0				-		-		3.001	0.010	
22:0										
24:0										

	Aı	mount in 100 grams Numbe		<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
	2 000						
Fatty acids, total monounsaturated9	3.920	0	1		3.528	5.880	
14:1g 15:1g							
16:1 undifferentiatedg	0.530	0	1		0.477	0.795	
17:1g	0.550		-		0.477	0.733	
18:1 undifferentiatedg	3.230	0	1		2.907	4.845	
20:1g	0.110		1		0.099	0.165	
22:1 undifferentiatedg	0.000		1		0.000	0.000	
24:1 cg	0.000		-		0.000	0.000	
Fatty acids, total polyunsaturated9	2.120	0	1		1.908	3.180	
18:2 undifferentiatedg	1.830		1		1.647	2.745	
18:3 undifferentiatedg	0.080		1		0.072	0.120	
18:4g	0.000		1		0.000	0.000	
20:2 n-6 c.c	0.000		-		0.000	0.000	
20:3 undifferentiatedg							
20:4 undifferentiated	0.080	0	1		0.072	0.120	
20:5 n-3	0.010		1		0.009	0.015	
22:5 n-3	0.020		1		0.018	0.030	
22:6 n-3g	0.030		1		0.010	0.045	
Fatty acids, total trans	0.030	·	-		0.027	0.043	
Cholesterol mg	74	0	1		67	111	
Phytosterolsmg	7-3	v	-		07	111	
Thytosterois							
Amino Acids:							
Tryptophang	0.294	0	1		0.265	0.441	
Threonineg	1.084	0	1		0.976	1.626	
Isoleucine	1.316	0	1		1.184	1.974	
Leucine	1.910	0	1		1.719	2.865	
Lysineg	2.142	. 0	1		1.928	3.213	
Methionine	0.699	0	1		0.629	1.049	
Cystineg	0.347	0	1		0.312	0.521	
Phenylalanineg	1.019	0	1		0.917	1.529	
Tyrosineg	0.848	0	1		0.763	1.272	
Valineg	1.273	0	1		1.146	1.910	
Arginineg	1.629	0	1		1.466	2.444	
Histidine9	0.774	0	1		0.697	1.161	
Alanineg	1.509	0	1		1.358	2.264	
Aspartic acid9	2.330	0	1		2.097	3.495	
Glutamic acidg	3.835	0	1		3.452	5.753	
Glycine9	1.629	0	1		1.466	2.444	
Prolineg	1.238	0	1		1.114	1.857	
Serineg	0.919	0	1		0.827	1.379	
Hydroxyprolineg							
Othors							
Others:	0.0	^	7		0 0	0.0	
Alcohol, ethyl	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 90g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 150g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	68.60	0.342	25		1		79.58	133.08	
Energy	_	186		0	NC	4		216	361	
Energy		778		·	110	4		903	1510	
Protein (N x 6.25)		20.27	0.156	25		1		23.51	39.32	
Total lipid (fat)	-	11.07	0.130	25		1		12.84	21.48	
Ash		0.86	0.032	25		1		1.00	1.67	
Carbohydrate, by difference		0.00	0.032	0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
		0.00		0	z	7		0.00		
Sugars, total		0.00		U	4	,		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	11	0.461	24		1		13	21	
Iron, Fe	mg	0.79	0.027	24		1		0.92	1.53	
Magnesium, Mg		23	0.336	24		1		27	45	
Phosphorus, P	-	163	3.606	24		1		189	316	
Potassium, K	mg	204	4.714	24		1		237	396	
Sodium, Na	-	65	1.507	24		1		75	126	
Zinc, Zn		0.93	0.019	24		1		1.08	1.80	
Copper, Cu		0.040		24		1		0.046	0.078	
Manganese, Mn		0.018	0.000	24		1		0.021	0.035	
Selenium, Se	mcg	16.4		0	PAK	1		19.0	31.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.059	0.004	16		1		0.068	0.114	
Riboflavin		0.086	0.003	16		1		0.100	0.167	
Niacin		8.908	0.351	16		1		10.333	17.282	
Pantothenic acid	-	0.794		0		1		0.921	1.540	
Vitamin B-6		0.480	1	0		1		0.557	0.931	
Folate, total	mcg	4		0		1		5	8	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		5	8	
Folate, DFE	mcg_DFE	4		0	NC	4		5	8	
Vitamin B-12		0.34		0		1		0.39	0.66	
Vitamin A, IU		99		0		1		115	192	
Vitamin A, RAE	mcg_RAE	30		0		1		34	58	
Retinol		29		0	NR	4		34	56	
Vitamin E (alpha-tocopherol)	mg	0.27		0	CASN	4		0.32	0.53	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.8	4.6	
Lipids:										
Fatty acids, total saturated	g	3.160)	0		1		3.666	6.130	
4:0		0.000	1	0	Z	7		0.000	0.000	
6:0		0.000		0	z	7		0.000	0.000	
8:0		0.000	1	0	Z	7		0.000	0.000	
10:0		0.000	1	0		4		0.000	0.000	
12:0	g	0.010	1	0		1		0.012	0.019	
13:0	g									
14:0	g	0.090)	0		1		0.104	0.175	
15:0	g									
16:0	g	2.330)	0		1		2.703	4.520	
17:0										
18:0	g	0.630)	0		1		0.731	1.222	
20:0	g									
22:0	g									
24:0	a									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsature	atedg	4.520		0		1		5.243	8.769	
14:1	g									
15:1 16:1 undifferentiated	_	0.600		0		1		0.696	1.164	
17:1	_	0.000		·		_		0.050		
18:1 undifferentiated	g	3.740		0		1		4.338	7.256	
20:1	g	0.120		0		1		0.139	0.233	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	2.340		0		1		2.714	4.540	
18:2 undifferentiated		2.070		0		1		2.401	4.016	
18:3 undifferentiated		0.100		0		1		0.116	0.194	
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.000		^						
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.060		0		1 1		0.070	0.116	
20:5 n-3	_	0.010		0		_		0.012	0.019	
22:5 n-3		0.010 0.020		0		1 1		0.012	0.019	
22:6 n-3	_	0.020		U		1		0.023	0.039	
Fatty acids, total trans		67		0		1		78	130	
CholesterolPhytosterols	_	67		U		_		76	130	
r llytosterois										
Amino Acids:										
Tryptophan	g	0.227		0		1		0.263	0.440	
Threonine	g	0.839		0		1		0.973	1.628	
Isoleucine	_	1.015		0		1		1.177	1.969	
Leucine	_	1.477		0		1		1.713	2.865	
Lysine		1.654		0		1		1.919	3.209	
Methionine		0.541		0		1		0.628	1.050	
Cystine		0.270		0		1		0.313	0.524	
Phenylalanine		0.788		0		1		0.914	1.529	
Tyrosine	_	0.655		0		1		0.760	1.271	
Valine	-	0.985		0		1		1.143	1.911	
Arginine	•••••••••••••••••••••••••••••••••••••••	1.268		0		1		1.471	2.460	
Histidine	-	0.597		0		1 1		0.693	1.158	
Alanine		1.177		0		1		1.365 2.096	2.283	
Aspartic acid		1.807 2.967		0		1		3.442	3.506 5.756	
Glutamic acid	-	1.291		0		1		1.498	2.505	
Glycine		0.973		0		1		1.129	1.888	
Serine	_	0.714		0		1		0.828	1.385	
Hydroxyproline		0.714		U		-		0.020	1.363	
	9									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	
Caffeine		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, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 116g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 194g: .5 chicken, bone removed

Chicken, broilers or fryers, light meat, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 41% 28% bone, 13% skin

		Amount in 100 grams of edible portion							Amount in edible portion of common measures of food		
Nutrients and Units		Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		60.14		0		1		84.20	38.49		
Energy		192		0	NC	4		269	123		
Energy		803				4		1125	514		
Protein (N x 6.25)		32.82		0		1		45.95	21.00		
Total lipid (fat)		5.54		0		1		7.76	3.55		
Ash		1.09		0		1		1.53	0.70		
Carbohydrate, by difference	_	0.42		0	NC	4		0.59	0.27		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium. Ca	ma	16		0		1		22	10		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.14		0		1		1.60	0.73		
Magnesium, Mg.		29		0		1		41	19		
Phosphorus, P	-	231		0		1		323	148		
Potassium, K	-	263		0		1		368	168		
Sodium, Na	-	81		0		1		113	52		
Zinc, Zn		1.27		0		1		1.78	0.81		
Copper, Cu	mg	0.054	l	0		1		0.076	0.035		
Manganese, Mn	mg	0.020)	0		1		0.028	0.013		
Selenium, Se	mcg	26.2		0	BFYN	4		36.7	16.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.073	1	0		1		0.102	0.047		
Riboflavin	-	0.126		0		1		0.176	0.047		
Niacin	-	13.365		0		1		18.711	8.554		
Pantothenic acid		1.030		0		1		1.442	0.659		
Vitamin B-6		0.630		0		1		0.882	0.403		
Folate, total		4		0		1		6	3		
Folic acid		0		0	z	7		0	0		
Folate, food		4		0		1		6	3		
Folate, DFE		4		0	NC	4		6	3		
Vitamin B-12		0.36		0		1		0.50	0.23		
Vitamin A, IU		30		0		1		42	19		
Vitamin A, RAE	mcg_RAE	9		0		1		13	6		
Retinol		9		0		1		13	6		
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	1.520)	0		1		2.128	0.973		
4:0											
6:0											
8:0	g										
10:0		0.000)	0		4		0.000	0.000		
12:0	g	0.010)	0		1		0.014	0.006		
13:0	g										
14:0	g	0.040)	0		1		0.056	0.026		
15:0	g										
16:0	g	1.000)	0		1		1.400	0.640		
17:0	g										
18:0	g	0.430)	0		1		0.602	0.275		
20:0	-										
22:0	-										
24:0	g										

	<u>A</u> 1	mount in 100		Amount in edible portion of common measures of food					
						Confidence	<u></u>		
Nutrients and Units	Mean	Std. Error	Points (Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	1.970		0		1		2.758	1.261	
14:1g									
15:1g									
16:1 undifferentiatedg	0.170		0		1		0.238	0.109	
17:1g									
18:1 undifferentiatedg	1.740		0		1		2.436	1.114	
20:1g	0.030		0		1		0.042	0.019	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	1.260		0		1		1.764	0.806	
18:2 undifferentiatedg	0.990		0		1		1.386	0.634	
18:3 undifferentiatedg	0.050		0		1		0.070	0.032	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.090		0		1		0.126	0.058	
20:5 n-3g	0.010		0		1		0.014	0.006	
22:5 n-3g	0.020		0		1		0.028	0.013	
22:6 n-3g	0.030		0		1		0.042	0.019	
Fatty acids, total transg									
Cholesterolmg	90		0		1		126	58	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.383		0		1		0.536	0.245	
Threonineg	1.386		0		1		1.940	0.887	
Isoleucineg	1.732		0		1		2.425	1.108	
Leucineg	2.463		0		1		3.448	1.576	
Lysineg	2.784		0		1		3.898	1.782	
Methionineg	0.908		0		1		1.271	0.581	
Cystineg	0.420		0		1		0.588	0.269	
Phenylalanineg	1.303		0		1		1.824	0.834	
Tyrosineg	1.108		0		1		1.551	0.709	
Valineg	1.628		0		1		2.279	1.042	
Arginineg	1.978		0		1		2.769	1.266	
Histidineg	1.018		0		1		1.425	0.652	
Alanineg	1.789		0		1		2.505	1.145	
Aspartic acidg	2.922		0		1		4.091	1.870	
Glutamic acidg	4.928		0		1		6.899	3.154	
Glycineg	1.611		0		1		2.255	1.031	
Proline9	1.354		0		1		1.896	0.867	
Serineg	1.130		0		1		1.582	0.723	
Hydroxyprolineg									

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05041 Chicken, broilers or fryers, light meat, meat only, cooked, roasted

Refuse: 42% 29% bone, 13% skin

		<u>Aı</u>	mount in 100 gı			Amount in edible portion of common				
				mber				<u>m</u> e	easures of food	_
Nutrients and Un	its	Mean	of I Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	64.76	0.373	16		1		90.66	41.45	69.29
Energy		173		0	NC	4		242	111	185
Energy		724				4		1013	463	775
Protein (N x 6.25)		30.91	0.345	16		1		43.27	19.78	33.07
Total lipid (fat)		4.51 1.02	0.211	16 16		1 1		6.31 1.43	2.89	4.83
Ash			0.031			7			0.65	1.09
Carbohydrate, by difference		0.00		0	Z Z	7		0.00 0.0	0.00 0.0	0.00
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	0.00
Sugars, total		0.00		U	4	,		0.00	0.00	0.00
Starcii	9									
Minerals:										
Calcium, Ca	-	15	0.721	16		1		21	10	16
Iron, Fe		1.06	0.055	16		1		1.48	0.68	1.13
Magnesium, Mg		27	0.501	16		1		38	17	29
Phosphorus, P		216	6.156	16		1		302	138	231
Potassium, K		247 77	6.810 2.804	16		1 1		346 108	158 49	264 82
Sodium, Na	-	1.23	0.028	16 16		1		1.72	0.79	1.32
Zinc, Zn Copper, Cu		0.050		16		1		0.070	0.79	0.054
Manganese, Mn		0.030		16		1		0.024	0.032	0.01
Selenium, Se		24.4	0.002	0	BFYN	4		34.2	15.6	26.1
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid		0.0	0.005	0	Z	7		0.0	0.0	0.0
Thiamin	-	0.065 0.116		8 8		1 1		0.091 0.162	0.042	0.070
Riboflavin		12.421		8		1		17.389	0.074 7.949	0.124 13.290
Pantothenic acid	-	0.972		0		1		1.361	0.622	1.040
Vitamin B-6		0.600		0		1		0.840	0.384	0.642
Folate, total	-	4		0		1		6	3	4
Folic acid		0		0	z	7		0	0	0
Folate, food		4		0		1		6	3	4
Folate, DFE		4		0	NC	4		6	3	4
Vitamin B-12		0.34		0		1		0.48	0.22	0.36
Vitamin A, IU		30		0	NC	4		42	19	32
Vitamin A, RAE	mcg_RAE	9		0	NC	4		13	6	10
Retinol	mcg	9		0	NR	4		13	6	10
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.17	0.28
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4	0.2	0.3
vitanini K (phynoquinone)	IIIO9	0.5		Ū	DI ZIN	-		0.4	0.2	0.3
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.270	1	0		1		1.778	0.813	1.359
4:0		0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.010	1	0		1		0.014	0.006	0.01
13:0		0.040		0		1		0.050	0.000	2 2 2 2
14:0		0.040	•	0		1		0.056	0.026	0.043
15:0 16:0		0.870	1	0		1		1.218	0.557	0.93
17:0		0.070		,		_		1.210	0.557	0.93.
18:0	-	0.320	1	0		1		0.448	0.205	0.342
20:0	-	0.520		-		-		2	0.203	0.54.
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	<u>0 grams</u>	Amount in edible portion of common					
				Number	•			measures of food		
				of Data	Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		1.540		0		1		2.156	0.986	1.648
15:1 16:1 undifferentiated	-	0.180		0		1		0.252	0.115	0.193
17:1	-	0.100		Ů		-		0.232	0.113	0.130
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.300		0		1		1.820	0.832	1.391
20:1		0.030		0		1		0.042	0.019	0.032
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturate		0.980		0		1		1.372	0.627	1.049
18:2 undifferentiated		0.740		0		1		1.036	0.474	0.792
18:3 undifferentiated		0.040		0		1		0.056	0.026	0.043
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.080		0		1		0.112	0.051	0.086
20:5 n-3	g	0.010		0		1		0.014	0.006	0.011
22:5 n-3	g	0.020		0		1		0.028	0.013	0.021
22:6 n-3	g	0.030		0		1		0.042	0.019	0.032
Fatty acids, total trans										
Cholesterol		85		0		1		119	54	91
Phytosterols	mg									
Amino Acids:	_					_				
Tryptophan		0.361		0		1		0.505	0.231	0.386
Threonine	-	1.305		0		1		1.827	0.835	1.396
Isoleucine	-	1.632		0		1		2.285	1.044	1.746
Leucine	-	2.319		0		1		3.247	1.484	2.481
Lysine		2.626		0		1		3.676	1.681	2.810
Methionine		0.855		0		1		1.197	0.547	0.915
Cystine		0.396		0		1		0.554	0.253	0.424
Phenylalanine		1.226		0		1		1.716	0.785	1.312
Tyrosine	-	1.043		0		1		1.460	0.668	1.116
Valine	-	1.533		0		1		2.146	0.981	1.640
Arginine		1.864		0		1		2.610	1.193	1.994
Histidine	-	0.959		0		1		1.343	0.614	1.026
Alanine		1.686		0		1		2.360	1.079	1.804
Aspartic acid		2.754		0		1		3.856	1.763	2.947
Glutamic acid	-	4.629		0		1		6.481	2.963	4.953
Glycine		1.518		0		1		2.125	0.972	1.624
Proline	-	1.271		0		1		1.779	0.813	1.360
Serine		1.063		0		1		1.488	0.680	1.137
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	z	7		0	0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
-, -open		•		•	z	•			2.000	5.500

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 107g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, light meat, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05042 Chicken, broilers or fryers, light meat, meat only, cooked, stewed

Refuse: 44% 29% bone, 15% skin

		<u>Aı</u>	mount in 100 g	<u>rams</u> mbei		ole portic	<u>on</u>		edible portion o	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		68.02	0.298	16		1		95.23	48.29	80.94
Energy		159		0	NC	4		223	113	189
Energy		665				4		931	472	792
Protein (N x 6.25)	-	28.88	0.279	16		1		40.43	20.50	34.37
Total lipid (fat)	-	3.99	0.112	16		1		5.59	2.83	4.75
Ash		0.87	0.041	16	_	1		1.22	0.62	1.04
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.341	16		1		18	9	15
Iron, Fe	mg	0.93	0.056	16		1		1.30	0.66	1.11
Magnesium, Mg	mg	22	0.441	16		1		31	16	26
Phosphorus, P		159	3.740	16		1		223	113	189
Potassium, K	mg	180	7.340	16		1		252	128	214
Sodium, Na		65	2.638	16		1		91	46	77
Zinc, Zn	_	1.19	0.021	16		1		1.67	0.84	1.42
Copper, Cu		0.044		16		1		0.062	0.031	0.052
Manganese, Mn		0.018	0.001	16		1		0.025	0.013	0.021
Selenium, Se	mcg	22.3		0	BFYN	4		31.2	15.8	26.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.042	0.005	8		1		0.059	0.030	0.050
Riboflavin	mg	0.117	0.003	8		1		0.164	0.083	0.139
Niacin	<u>mg</u>	7.790	0.311	8		1		10.906	5.531	9.270
Pantothenic acid	mg	0.573		0		1		0.802	0.407	0.682
Vitamin B-6	mg	0.330	1	0		1		0.462	0.234	0.393
Folate, total		3		0		1		4	2	4
Folic acid		0		0	Z	7		0	0	0
Folate, food		3		0		1		4	2	4
Folate, DFE	mcg_DFE	3		0	NC	4		4	2	4
Vitamin B-12		0.23		0		1		0.32	0.16	0.27
Vitamin A, IU	IU	27		0	NC	4		37	19	32
Vitamin A, RAE		8		0	NC	4		11	6	10
Retinol		8		0	NR	4		11	6	10
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.19	0.32
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.2		0	BFSN	4		0.3	0.2	0.3
vitamin K (phynoquinone)	9	V		·	22 511	-		0.0	0.2	0.5
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.120		0		1		1.568	0.795	1.333
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0		0.010		0		1		0.014	0.007	0.012
13:0	-					_		_		
14:0	-	0.030		0		1		0.042	0.021	0.036
15:0						_				
16:0		0.770		0		1		1.078	0.547	0.916
17:0				_		_				
18:0	-	0.280		0		1		0.392	0.199	0.333
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	1.350		0		1		1.890	0.959	1.607
14:1	g									
15:1	g									
16:1 undifferentiated	_	0.160		0		1		0.224	0.114	0.190
17:1										
18:1 undifferentiated	-	1.140		0		1		1.596	0.809	1.357
20:1	-	0.030		0		1		0.042	0.021	0.036
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturate		0.870		0		1		1.218	0.618	1.035
18:2 undifferentiated		0.650		0		1		0.910	0.462	0.774
18:3 undifferentiated	-	0.030		0		1		0.042	0.021	0.036
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.070		0		1		0.098	0.050	0.083
20:5 n-3	g	0.010		0		1		0.014	0.007	0.012
22:5 n-3		0.020		0		1		0.028	0.014	0.024
22:6 n-3		0.030		0		1		0.042	0.021	0.036
Fatty acids, total trans										
Cholesterol		77		0		1		108	55	92
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.337		0		1		0.472	0.239	0.401
Threonine		1.220		0		1		1.708	0.866	1.452
Isoleucine	_	1.525		0		1		2.135	1.083	1.815
Leucine		2.167		0		1		3.034	1.539	2.579
Lysine	_	2.454		0		1		3.436	1.742	2.920
Methionine		0.799		0		1		1.119	0.567	0.951
Cystine		0.370		0		1		0.518	0.263	0.440
Phenylalanine		1.146		0		1		1.604	0.814	1.364
Tyrosine		0.975		0		1		1.365	0.692	1.160
Valine	_	1.433		0		1		2.006	1.017	1.705
Arginine		1.742		0		1		2.439	1.237	2.073
Histidine		0.896		0		1		1.254	0.636	1.066
Alanine		1.576		0		1		2.206	1.119	1.875
Aspartic acid	_	2.574		0		1		3.604	1.828	3.063
Glutamic acid		4.325		0		1		6.055	3.071	5.147
Glycine	_	1.419		0		1		1.987	1.007	1.689
Proline		1.188		0		1		1.663	0.843	1.414
Serine	• • • • • • • • • • • • • • • • • • • •	0.994		0		1		1.392	0.706	1.183
Hydroxyproline		0.554		Ū		-		1.352	0.700	1.103
Trydroxypronne	У									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
·	mca	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
, 1	_	0		0	z Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	g	<u> </u>			Z			0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 71g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 119g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, light meat, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 45% 28% bone, 13% skin, 4% separable fat

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nı	ımber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	74.86	0.230	26		1		65.88	110.04	
Energy	kcal	114		0	NC	4		100	168	
Energy		477				4		420	701	
Protein (N x 6.25)		23.20	0.207	26		1		20.42	34.10	
Total lipid (fat)	_	1.65	0.080	26		1		1.45	2.43	
Ash		0.98	0.024	24		1		0.86	1.44	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	=									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	12	0.617	24		1		11	18	
Iron, Fe		0.73	0.030	24		1		0.64	1.07	
Magnesium, Mg		27	0.362	24		1		24	40	
Phosphorus, P	_	187	3.868	24		1		165	275	
Potassium, K	_	239	5.441	24		1		210	351	
Sodium, Na	-	68	1.887	24		1		60	100	
Zinc, Zn		0.97	0.018	24		1		0.85	1.43	
Copper, Cu		0.040		24		1		0.035	0.059	
Manganese, Mn		0.018		24	_	1		0.016	0.026	
Selenium, Se	mcg	17.8	3.652	5	A	1		15.7	26.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.068	0.004	16		1		0.060	0.100	
Riboflavin		0.092		16		1		0.081	0.135	
Niacin	_	10.604	0.443	16		1		9.332	15.588	
Pantothenic acid		0.822		0		1		0.723	1.208	
Vitamin B-6		0.540	1	0		1		0.475	0.794	
Folate, total		4		0		1		4	6	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		4	6	
Folate, DFE		4		0	NC	4		4	6	
Vitamin B-12		0.38		0		1		0.33	0.56	
Vitamin A, IU		27		0	NC	4		23	39	
Vitamin A, RAE	mca RAE	8		0	NC	4		7	12	
Retinol		8		0	NR	4		7	12	
Vitamin E (alpha-tocopherol)		0.22		0	CASN	4		0.19	0.32	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		2.1	3.5	
<u>Lipids:</u>										
Fatty acids, total saturated		0.440		0	_	1		0.387	0.647	
4:0		0.000		0	Z	7		0.000	0.000	
6:0	_	0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0	Z	7		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.000	0.002	8		1		0.000	0.000	
13:0						_				
14:0	-	0.010	0.001	27		1		0.009	0.015	
15:0										
16:0		0.280	0.015	27		1		0.246	0.412	
17:0	_									
18:0	_	0.130	0.009	27		1		0.114	0.191	
20:0	_									
22:0	_									
24:0	g									

	•	Amount in 100			ole portic	<u>on</u>		edible portion of easures of food	
			lumbe		_		<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_								
Fatty acids, total monounsaturated		90	0		1		0.343	0.573	
15:1	-								
16:1 undifferentiated	-	0.003	3 27		1		0.035	0.059	
17:1	-								
18:1 undifferentiated	-	0.019	27		1		0.299	0.500	
20:1	-	.0 0.003	3 4		1		0.009	0.015	
22:1 undifferentiated			0		4		0.000	0.000	
24:1 c	•								
Fatty acids, total polyunsaturated		70	0		1		0.326	0.544	
18:2 undifferentiated		0.013	3 27		1		0.194	0.323	
18:3 undifferentiated		.0 0.001	L 15		1		0.009	0.015	
18:4		00	0	z	7		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	g								
20:4 undifferentiated		0.004	1 26		1		0.053	0.088	
20:5 n-3	g 0.0:	.0 0.002	2 13		1		0.009	0.015	
22:5 n-3	g 0.0:	0.002	2 13		1		0.009	0.015	
22:6 n-3		0.005	5 12		1		0.018	0.029	
Fatty acids, total trans									
Cholesterol			0		1		51	85	
Phytosterols									
•	•								
Amino Acids:									
Tryptophan			0		1		0.238	0.398	
Threonine	-		0		1		0.862	1.441	
Isoleucine			0		1		1.078	1.801	
Leucine	-		0		1		1.532	2.559	
Lysine			0		1		1.734	2.897	
Methionine			0		1		0.565	0.944	
Cystine			0		1		0.261	0.437	
Phenylalanine			0		1		0.810	1.354	
Tyrosine	-		0		1		0.689	1.151	
Valine	-		0		1		1.013	1.692	
Arginine			0		1		1.231	2.057	
Histidine			0		1		0.634	1.058	
Alanine			0		1		1.114	1.861	
Aspartic acid	g 2.0	8	0		1		1.820	3.040	
Glutamic acid		14	0		1		3.057	5.107	
Glycine	g 1.1	10	0		1		1.003	1.676	
Proline	g 0.9!	54	0		1		0.840	1.402	
Serine	g 0.79	98	0		1		0.702	1.173	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0		0	z	7		0.0	0.0	
Caffeine	•		0	z	7		0	0	
Theobromine	0		0	z	7		0	0	
	:9		-	_	•		·	· ·	
<u>Carotenoids:</u>									
Carotene, beta			0	Z	7		0.000	0.000	
Carotene, alpha			0	Z	7		0.000	0.000	
Cryptoxanthin, beta	-		0	Z	7		0.000	0.000	
Lycopene			0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg 0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 88g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 147g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, light meat, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05002 Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter

Refuse: 21% Bone

		<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	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	49.29	C		1		506.70	151.81	
Energy	_	291	0	NC	4		2991	896	
Energy		1218			4		12516	3750	
Protein (N x 6.25)		22.84	O		1		234.80	70.35	
Total lipid (fat)		17.53	0		1		180.21	53.99	
Ash		1.31	0		1		13.47	4.03	
Carbohydrate, by difference		9.03	O	NC	4		92.83	27.81	
Fiber, total dietary									
Sugars, total									
Starch	_								
Minerals:									
Calcium, Ca	-	21	0		1		216	65	
Iron, Fe	-	1.79	0		1		18.40	5.51	
Magnesium, Mg		21	0		1		216	65	
Phosphorus, P	•	158	0		1		1624	487	
Potassium, K		190	0		1		1953	585	
Sodium, Na		284	0		1 1		2920 19.63	875	
Zinc, Zn		1.91			1			5.88 0.274	
Copper, Cu		0.089			1		0.915 0.658	0.274	
Manganese, Mn		20.3	. 0				208.7	62.5	
Selenium, Se	nog	20.3	O	DEIN	-		200.7	02.3	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.4	0		1		4.1	1.2	
Thiamin	mg	0.113	3 0		1		1.162	0.348	
Riboflavin	mg	0.248	3 0		1		2.549	0.764	
Niacin	mg	7.083	3 0		1		72.813	21.816	
Pantothenic acid	mg	1.039	0		1		10.681	3.200	
Vitamin B-6	mg	0.320	0		1		3.290	0.986	
Folate, total	mcg	32	0	RA	4		329	99	
Folic acid		9	0	NC	4		93	28	
Folate, food	mcg	23	0		1		236	71	
Folate, DFE	mcg_DFE	38	0	NC	4		394	118	
Vitamin B-12	mcg	0.83	0		1		8.53	2.56	
Vitamin A, IU		603	0		1		6199	1857	
Vitamin A, RAE	mcg_RAE	181	0		1		1862	558	
Retinol	mcg	181	0		1		1862	558	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	4.670	0		1		48.008	14.384	
4:0									
6:0	g								
8:0	g								
10:0		0.000	0		4		0.000	0.000	
12:0	g	0.020	0		1		0.206	0.062	
13:0	g								
14:0	g	0.100	0		1		1.028	0.308	
15:0	_								
16:0	g	3.100	0		1		31.868	9.548	
17:0	g								
18:0	-	1.370	0		1		14.084	4.220	
20:0									
22:0	g								
24:0	g								

	<u>Aı</u>	mount in 100		dible portion			edible portion o	
			umber f Data Der	iv Source C	onfidonoo	1111	easures or roou	
Nutrients and Units	Mean	Std. Error			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	7.130	1	0	1		73.296	21.960	
14:1g								
15:1g								
16:1 undifferentiatedg	0.540)	0	1		5.551	1.663	
17:1g								
18:1 undifferentiatedg	6.460)	0	1		66.409	19.897	
20:1g	0.090)	0	1		0.925	0.277	
22:1 undifferentiatedg 24:1 cg	0.000	1	0	4		0.000	0.000	
Fatty acids, total polyunsaturatedg	4.150	1	0	1		42.662	12.782	
18:2 undifferentiatedg	3.700)	0	1		38.036	11.396	
18:3 undifferentiatedg	0.200)	0	1		2.056	0.616	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.110)	0	1		1.131	0.339	
20:5 n-3g	0.010)	0	1		0.103	0.031	
22:5 n-3g	0.020)	0	1		0.206	0.062	
22:6 n-3g	0.040)	0	1		0.411	0.123	
Fatty acids, total transg								
Cholesterol mg	103		0	1		1059	317	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.260)	0	1		2.673	0.801	
Threonineg	0.940)	0	1		9.663	2.895	
Isoleucineg	1.137	•	0	1		11.688	3.502	
Leucineg	1.682	!	0	1		17.291	5.181	
Lysineg	1.777	,	0	1		18.268	5.473	
Methionineg	0.596	i	0	1		6.127	1.836	
Cystineg	0.316	i	0	1		3.248	0.973	
Phenylalanineg	0.918	:	0	1		9.437	2.827	
Tyrosineg	0.740)	0	1		7.607	2.279	
Valineg	1.120)	0	1		11.514	3.450	
Arginineg	1.407	•	0	1		14.464	4.334	
Histidineg	0.654	ŀ	0	1		6.723	2.014	
Alanineg	1.281		0	1		13.169	3.945	
Aspartic acidg	1.986	;	0	1		20.416	6.117	
Glutamic acidg	3.639)	0	1		37.409	11.208	
Glycineg	1.406	;	0	1		14.454	4.330	
Proline9	1.200)	0	1		12.336	3.696	
Serineg	0.853	1	0	1		8.769	2.627	
Hydroxyprolineg								

Common Measures:

Measure 1 = 1028g: 1 chicken

Measure 2 = 308g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05003 Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour

Refuse: 28% Bone

		<u>A</u>	mount in 100	grams	of edik	ole portic	<u>n</u>	Amount in	edible portion o	f common
			N	lumber				<u>m</u>	easures of food	-
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatas										
Proximates: Water	g	51.88		0		1		367.31	109.99	
Energy	-	272		0	NC	4		1926	577	
Energy	kj	1138				4		8057	2413	
Protein (N x 6.25)	g	28.57		0		1		202.28	60.57	
Total lipid (fat)	g	15.27		0		1		108.11	32.37	
Ash	g	1.01		0		1		7.15	2.14	
Carbohydrate, by difference		3.27		0	NC	4		23.15	6.93	
Fiber, total dietary										
Sugars, total	g									
Starch	g									
MC 1										
Minerals:	ma	177		^		-1		100	36	
Calcium, Ca	-	17 1.99		0		1 1		120 14.09	36 4.22	
Iron, FeMagnesium, Mg		1.99 25		0		1		14.09 177	4.22 53	
Phosphorus, P		194		0		1		1374	411	
Potassium, K	-	237		0		1		1678	502	
Sodium, Na	-	86		0		1		609	182	
Zinc, Zn	-	2.36		0		1		16.71	5.00	
Copper, Cu		0.100	0	0		1		0.708	0.212	
Manganese, Mn		0.047		0		1		0.333	0.100	
Selenium, Se		16.6		0	BFYN	4		117.5	35.2	
· ·	_									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.5	_	0		1		3.5	1.1	
Thiamin		0.088		0		1		0.623	0.187	
Riboflavin	-	0.278		0		1		1.968	0.589	
Niacin		8.930		0		1		63.224	18.932	
Pantothenic acid		1.283		0		1		9.084	2.720	
Vitamin B-6		0.420	J	0		1		2.974	0.890	
Folate, total		31 2		0	RA NC	4 4		219 14	66 4	
Folic acid		29		0	NC	1		205	4 61	
Folate, foodFolate, DFE		32		0	NC	4		205 229	69	
Vitamin B-12		1.11		0	NC	1		7.86	2.35	
Vitamin A, IU		826		0		1		5848	1751	
Vitamin A, RAE	mca RAF	248		0		1		1756	526	
Retinol		248		0		1		1756	526	
Vitamin E (alpha-tocopherol)	-	240		Ů		-		1750	320	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	σ.	4.160	n	0		1		29.453	8.819	
Fatty acids, total saturated4:0		4.100	J	U		1		29.455	0.019	
6:0	-									
8:0	-									
10:0	-	0.000	0	0		4		0.000	0.000	
12:0	-	0.020		0		1		0.142	0.042	
13:0	-									
14:0		0.100	0	0		1		0.708	0.212	
15:0				-						
16:0	-	2.880	0	0		1		20.390	6.106	
17:0	-									
18:0	-	1.050	0	0		1		7.434	2.226	
20:0	-									
22:0	g									
24:0	g									

	Ar	mount in 10		of edik	ole portio	<u>n</u>		edible portion o	
Nutrients and Units	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.990		0		1		42.409	12.699	
14:1g									
15:1g									
16:1 undifferentiatedg	0.640		0		1		4.531	1.357	
17:1g									
18:1 undifferentiatedg	5.190		0		1		36.745	11.003	
20:1g	0.110		0		1		0.779	0.233	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	3.510		0		1		24.851	7.441	
18:2 undifferentiatedg	3.050		0		1		21.594	6.466	
18:3 undifferentiatedg	0.150		0		1		1.062	0.318	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.140		0		1		0.991	0.297	
20:5 n-3g	0.010		0		1		0.071	0.021	
22:5 n-3g	0.020		0		1		0.142	0.042	
22:6 n-3g	0.040		0		1		0.283	0.085	
Fatty acids, total transg									
Cholesterolmg	112		0		1		793	237	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.323		0		1		2.287	0.685	
Threonineg	1.187		0		1		8.404	2.516	
Isoleucineg	1.435		0		1		10.160	3.042	
Leucineg	2.103		0		1		14.889	4.458	
Lysineg	2.297		0		1		16.263	4.870	
Methionineg	0.757		0		1		5.360	1.605	
Cystineg	0.383		0		1		2.712	0.812	
Phenylalanineg	1.133		0		1		8.022	2.402	
Tyrosineg	0.927		0		1		6.563	1.965	
Valineg	1.401		0		1		9.919	2.970	
Arginineg	1.780		0		1		12.602	3.774	
Histidine	0.831		0		1		5.883	1.762	
Alanineg	1.622		0		1		11.484	3.439	
Aspartic acidg	2.536		0		1		17.955	5.376	
Glutamic acid	4.306		0		1		30.486	9.129	
Glycineg	1.756		0		1		12.432	3.723	
Proline	1.395		0		1		9.877	2.957	
Serine 9	1.031		0		1		7.299	2.186	
Hydroxyproline			-		_			2.250	

Common Measures:

Measure 1 = 708g: 1 chicken

Measure 2 = 212g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05001 Chicken, broilers or fryers, meat and skin and giblets and neck, raw $Gallus\ gallus$

Refuse: 31% Bone

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	40	Moon	Std. Error		Deriv	Source Code	Confidence Code		Manager 2	<u>I</u> Measure
Nutrients and Oni	เร	Mean	Sta. Error	1 Onits	Oode	Oode	Ooue	Measure 1	Measure 2	Weasure
Proximates:										
Water	g	66.34		0		1		693.92		
Energy	kcal	213		0	NC	4		2228		
Energy		891				4		9322		
Protein (N x 6.25)	g	18.33		0		1		191.73		
Total lipid (fat)		14.83		0		1		155.12		
Ash		0.80		0		1		8.37		
Carbohydrate, by difference		0.13		0	NC	4		1.36		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	11		0		1		115		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.31		0		1		13.70		
Magnesium, Mg		20		0		1		209		
Phosphorus, P		149		0		1		1559		
Potassium, K		189		0		1		1977		
Sodium, Na		70		0		1		732		
Zinc, Zn	mg	1.48		0		1		15.48		
Copper, Cu		0.064	l	0		1		0.669		
Manganese, Mn	mg	0.029)	0		1		0.303		
Selenium, Se	mcg	11.8		0	PIE	4		123.4		
/itamins:										
Vitamin C, total ascorbic acid	mg	2.6		0		1		27.2		
Thiamin	-	0.061	L	0		1		0.638		
Riboflavin	_	0.186	5	0		1		1.946		
Niacin		6.639		0		1		69.444		
Pantothenic acid		1.072		0		1		11.213		
Vitamin B-6	-	0.340)	0		1		3.556		
Folate, total		30		0		1		314		
Folic acid	-	0		0	Z	7		0		
Folate, food		30		0		1		314		
Folate, DFE		30		0	NC	4		314		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	1.11		0		1		11.61		
Vitamin A, IU	IU	771		0		1		8065		
Vitamin A, RAE		232		0		1		2422		
Retinol		232		0		1		2422		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	4.240)	0		1		44.350		
4:0		0.000)	0		1		0.000		
6:0		0.000)	0		1		0.000		
8:0	g	0.000)	0		1		0.000		
10:0	g	0.000)	0		4		0.000		
12:0	g	0.020)	0		1		0.209		
13:0	g									
14:0	g	0.120)	0		1		1.255		
15:0	g									
16:0	g	3.080)	0		1		32.217		
17:0	9									
18:0	9	0.870)	0		1		9.100		
• • •	a									
20:0	9									

		<u>Aı</u>	nount in 100 gram		ole portio	<u>on</u>		edible portion easures of food	
			Numbe		_		<u> </u>	easures or 1000	
Nutrients and Units	•	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	6.080	0		1		63.597		
14:1	g	0.000	Ū		-		63.397		
15:1 16:1 undifferentiated 17:1	g	0.820	0		1		8.577		
18:1 undifferentiated	-	5.030	0		1		52.614		
20:1		0.150	0		1		1.569		
22:1 undifferentiated		0.000	0		4		0.000		
24:1 c	-	0.000	U		-		0.000		
Fatty acids, total polyunsaturated		3.190	0		1		33.367		
18:2 undifferentiated		2.830	0		1		29.602		
18:3 undifferentiated	-	0.130	0		1		1.360		
18:4	-	0.000	0		1		0.000		
20:2 n-6 c.c.	-	0.000	v		-		0.000		
20:3 undifferentiated	-								
20:4 undifferentiated		0.100	0		1		1.046		
20:5 n-3	-	0.010	0		1		0.105		
22:5 n-3		0.010	0		1		0.105		
22:6 n-3	-	0.030	0		1		0.314		
Fatty acids, total trans		0.030	· ·		-		0.514		
Cholesterol		90	0		1		941		
Phytosterols			·		_		7		
•	3								
Amino Acids:									
Tryptophan		0.203	0		1		2.123		
Threonine	-	0.760	0		1		7.950		
Isoleucine		0.906			1		9.477		
Leucine		1.336			1		13.975		
Lysine		1.470			1		15.376		
Methionine		0.482			1		5.042		
Cystine		0.246			1		2.573		
Phenylalanine		0.718	0		1		7.510		
Tyrosine	-	0.586			1		6.130		
Valine		0.893			1		9.341		
Arginine		1.162			1		12.155		
Histidine		0.526			1		5.502		
Alanine	-	1.068			1		11.171		
Aspartic acid		1.641	0		1		17.165		
Glutamic acid		2.676			1		27.991		
Glycine		1.220	0		1		12.761		
Proline	-	0.914	0		1		9.560		
Serine	-	0.660	0		1		6.904		
Hydroxyproline	g								
Others:		2.2	•	_	-		0.0		
Alcohol, ethyl		0.0	0	Z	7		0.0		
Caffeine									

Common Measures:

Measure 1 = 1046g: 1 chicken

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05004 Chicken, broilers or fryers, meat and skin and giblets and neck, roasted

Refuse: 31% Bone

		<u>A</u>	mount in 100			ole portio	<u> </u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		60.11		0		1		409.95	123.23	
Energy		234		0	NC	4		1596	480	
Energy		979		0		4 1		6677	2007	
Protein (N x 6.25)		26.78		0		1		182.64	54.90	
Total lipid (fat)		13.27		0		1		90.50	27.20	
Ash		0.90			270	4		6.14	1.85	
Carbohydrate, by difference	=	0.06 0.0		0	NC Z	4 7		0.41 0.0	0.12	
Fiber, total dietary				0	Z	7			0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	y									
Minerals:										
Calcium, Ca	mg	15		0		1		102	31	
Iron, Fe		1.66		0		1		11.32	3.40	
Magnesium, Mg	_	23		0		1		157	47	
Phosphorus, P	•	182		0		1		1241	373	
Potassium, K		212		0		1		1446	435	
Sodium, Na		79		0		1		539	162	
Zinc, Zn		2.16		0		1		14.73	4.43	
Copper, Cu		0.080		0		1		0.546	0.164	
Manganese, Mn	-	0.031	L	0		1		0.211	0.064	
Selenium, Se	mcg	15.9		0	BFYN	4		108.4	32.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		3.4	1.0	
Thiamin	mg	0.063	3	0		1		0.430	0.129	
Riboflavin	mg	0.224	l	0		1		1.528	0.459	
Niacin	mg	7.908	3	0		1		53.933	16.211	
Pantothenic acid	mg	1.128	3	0		1		7.693	2.312	
Vitamin B-6	mg	0.380)	0		1		2.592	0.779	
Folate, total		29		0		1		198	59	
Folic acid		0		0	Z	7		0	0	
Folate, food		29		0		1		198	59	
Folate, DFE		29		0	NC	4		198	59	
Vitamin B-12		0.94		0		1		6.41	1.93	
Vitamin A, IU	IU	636		0		1		4338	1304	
Vitamin A, RAE		191		0		1		1303	392	
Retinol		191		0	NR	4		1303	392	
Vitamin E (alpha-tocopherol)		0.33		0	NR	4		2.28	0.68	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		16.2	4.9	
vianim is (phynoquinone)	9			·	011211	-			4.5	
Lipids:										
Fatty acids, total saturated	g	3.700)	0		1		25.234	7.585	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.020)	0		1		0.136	0.041	
13:0	-			_		_				
14:0		0.100)	0		1		0.682	0.205	
15:0		<u> </u>		_		_				
16:0	-	2.700)	0		1		18.414	5.535	
17:0		^ ===		^		-		E 051	1 550	
18:0	-	0.770	,	0		1		5.251	1.579	
20:0	-									
22:0	-									
24:0	9									

		<u>A</u>	mount in 100 g		of edib	ole portio	<u>on</u>		edible portion o	of common
				mber				<u>m</u> :	easures of food	
Nutrients and	Units	Mean	of Std. Error Po	Data Doints C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	5.170	ı	0		1		35.259	10.599	
14:1	_									
15:1 16:1 undifferentiated	_	0.710	ı	0		1		4.842	1.456	
17:1	_	0.710		Ü		-		4.042	1.450	
18:1 undifferentiated	_	4.260	ı	0		1		29.053	8.733	
20:1	g	0.130	ı	0		1		0.887	0.267	
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatural	tedg	2.900		0		1		19.778	5.945	
18:2 undifferentiated		2.500		0		1		17.050	5.125	
18:3 undifferentiated	-	0.110		0		1		0.750	0.226	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_	0.120		0		1		0.010	0.046	
20:4 undifferentiated 20:5 n-3	_	0.120		0		1		0.818 0.068	0.246 0.021	
20:5 n-3	_	0.020		0		1		0.136	0.021	
22:6 n-3	_	0.040		0		1		0.136	0.041	
Fatty acids, total trans	_	0.040		·		-		0.273	0.002	
Cholesterol		107		0		1		730	219	
Phytosterols	_			•		_				
-										
Amino Acids:										
Tryptophan		0.298		0		1		2.032	0.611	
Threonine	_	1.111		0		1		7.577	2.278	
Isoleucine	_	1.330		0 0		1 1		9.071	2.727	
Leucine	_	1.955 2.158		0		1		13.333 14.718	4.008 4.424	
Lysine Methionine		0.707		0		1		4.822	1.449	
Cystine		0.358		0		1		2.442	0.734	
Phenylalanine		1.050		0		1		7.161	2.153	
Tyrosine		0.860		0		1		5.865	1.763	
Valine	_	1.306		0		1		8.907	2.677	
Arginine	_	1.690		0		1		11.526	3.465	
Histidine	_	0.773		0		1		5.272	1.585	
Alanine	_	1.552		0		1		10.585	3.182	
Aspartic acid		2.395		0		1		16.334	4.910	
Glutamic acid		3.917		0		1		26.714	8.030	
Glycine	_	1.745	i	0		1		11.901	3.577	
Proline		1.316	;	0		1		8.975	2.698	
Serine	_	0.961		0		1		6.554	1.970	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine	-	0		0	Z	7		0	0	
Carotenoids:		J		•	-	•		J	J	
						_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0 0	z z	7 7		0.000	0.000	
Lutein + zeaxanthin	iiicg	U		<u> </u>	<u>z</u>			0.000	0.000	

Common Measures:

Measure 1 = 682g: 1 chicken

Measure 2 = 205g: 1 unit (yield from 1 lb ready-to-cook chicken)

Chicken, broilers or fryers, meat and skin and giblets and neck, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% Bone

		<u>A</u> 1	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	
				Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	64.04	0		1		480.94	144.09	
Energy	-	216	0	NC	4		1622	486	
Energy		904			4		6787	2033	
Protein (N x 6.25)		24.49	0		1		183.92	55.10	
Total lipid (fat)		12.37	0		1		92.90	27.83	
Ash		0.76	0		1		5.71	1.71	
Carbohydrate, by difference		0.06	0	NC	4		0.45	0.14	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total								0.0	
Starch	-								
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	_	14	0		1		105	32	
Iron, Fe	_	1.53	0		1		11.49	3.44	
Magnesium, Mg		19	0		1		143	43	
Phosphorus, P	_	144	0		1		1081	324	
Potassium, K		163	0		1		1224	367	
Sodium, Na		66	0		1		496	149	
Zinc, Zn		1.98	0		1		14.87	4.46	
Copper, Cu		0.071			1		0.533	0.160	
Manganese, Mn		0.029			1		0.218	0.065	
Selenium, Se	mcg	15.9	0	BFYN	4		119.4	35.8	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.5	0		1		3.8	1.1	
Thiamin		0.048			1		0.360	0.108	
Riboflavin		0.201			1		1.510	0.452	
Niacin		5.389			1		40.471	12.125	
Pantothenic acid		0.796			1		5.978	1.791	
Vitamin B-6		0.220			1		1.652	0.495	
Folate, total	-	27	0		1		203	61	
Folic acid		0	0	z	7		0	0	
Folate, food		27	0		1		203	61	
Folate, DFE	mca DFE	27	0	NC	4		203	61	
Vitamin B-12		0.79	0		1		5.93	1.78	
Vitamin A, IU		579	0		1		4348	1303	
Vitamin A, RAE		174	0		1		1306	391	
Retinol		174	0		1		1306	391	
Vitamin E (alpha-tocopherol)			-		_			332	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	··········· ·								
<u>Lipids:</u>									
Fatty acids, total saturated		3.450	0		1		25.910	7.763	
4:0									
6:0									
8:0		0.000	, _				0.000	0 000	
10:0					4		0.000	0.000	
12:0		0.020	0		1		0.150	0.045	
13:0	-	0 100	, _		4		0 751	0 005	
14:0	-	0.100	0		1		0.751	0.225	
15:0	-	0 500	, _		4		10 00-	F 650	
16:0	-	2.520	0		1		18.925	5.670	
17:0	-	0 ===					F 000	1 -00	
18:0		0.710	0		1		5.332	1.598	
20:0	y								
22:0	~								

	<u>A</u> 1	mount in 100 gram	-	rtion	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv Sou	rce Confidence de Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	4.820	0	1	•	36.198	10.845		
14:1g								
15:1g								
16:1 undifferentiatedg	0.660	0	1		4.957	1.485		
17:1g								
18:1 undifferentiatedg	3.980		1		29.890	8.955		
20:1g	0.120		1		0.901	0.270		
22:1 undifferentiatedg	0.000	0	4	l .	0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	2.700	0	1		20.277	6.075		
18:2 undifferentiatedg	2.330		1		17.498	5.243		
18:3 undifferentiatedg	0.100	0	1		0.751	0.225		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.110	0	1		0.826	0.248		
20:5 n-3g	0.010	0	1		0.075	0.023		
22:5 n-3g	0.020	0	1		0.150	0.045		
22:6 n-3g	0.040	0	1		0.300	0.090		
Fatty acids, total transg								
Cholesterolmg	97	0	1		728	218		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.273	0	1		2.050	0.614		
Threonineg	1.017	0	1		7.638	2.288		
Isoleucineg	1.219	0	1		9.155	2.743		
Leucineg	1.790	0	1		13.443	4.028		
Lysineg	1.976	0	1		14.840	4.446		
Methionineg	0.648	0	1		4.866	1.458		
Cystineg	0.327	0	1		2.456	0.736		
Phenylalanine	0.960	0	1		7.210	2.160		
Tyrosine	0.788		1		5.918	1.773		
Valine	1.195		1		8.974	2.689		
Arginine	1.545		1		11.603	3.476		
Histidine 9	0.708		1		5.317	1.593		
Alanine	1.418		1		10.649	3.191		
Aspartic acid	2.191	-	1		16.454	4.930		
Glutamic acid	3.585		1		26.923	8.066		
Glycine	1.586		1		11.911	3.569		
Proline 9	1.199		1		9.004	2.698		
	0.878		1		9.004 6.594	1.976		
Serineg	0.878	U	1	•	0.394	1.9/6		
Hydroxyprolineg								

Common Measures:

Measure 1 = 751g: 1 chicken

Measure 2 = 225g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 22% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	49.39	0		1		138.29	230.16	
Energy	=	289	0	NC	4		809	1347	
Energy		1209			4		3386	5635	
Protein (N x 6.25)		22.54	0		1		63.11	105.04	
Total lipid (fat)		17.35	0		1		48.58	80.85	
Ash		1.30	0		1		3.64	6.06	
Carbohydrate, by difference		9.42	0	NC	4		26.38	43.90	
Fiber, total dietary		0.3	0		4		0.8	1.4	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch	-								
<u>Minerals:</u>									
Calcium, Ca	_	21	0		1		59	98	
Iron, Fe	_	1.37	0		1		3.84	6.38	
Magnesium, Mg		21	0		1		59	98	
Phosphorus, P	•	155	0		1		434	722	
Potassium, K	_	185	0		1		518	862	
Sodium, Na		292	0		1		818	1361	
Zinc, Zn		1.67	0		1		4.68	7.78	
Copper, Cu		0.072			1		0.202	0.336	
Manganese, Mn		0.057			1		0.160	0.266	
Selenium, Se	mcg	25.5	0	PIE	4		71.4	118.8	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin		0.115	5 0		1		0.322	0.536	
Riboflavin		0.189	0		1		0.529	0.881	
Niacin		7.043	3 0		1		19.720	32.820	
Pantothenic acid		0.889	0		1		2.489	4.143	
Vitamin B-6		0.310	0		1		0.868	1.445	
Folate, total	mcg	18	0	RA	4		50	84	
Folic acid		10	0	NC	4		28	47	
Folate, food	mcg	8	0		1		22	37	
Folate, DFE	mcg_DFE	25	0	NC	4		70	117	
Vitamin B-12		0.28	0		1		0.78	1.30	
Vitamin A, IU	IU	93	0		1		260	433	
Vitamin A, RAE	mcg_RAE	28	0	NC	4		78	130	
Retinol		28	0	NR	4		78	130	
Vitamin E (alpha-tocopherol)		1.24	0	NR	4		3.46	5.76	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	2.4	0	CAZN	4		6.7	11.1	
Lipids:									
Fatty acids, total saturated	a	4.610	0		1		12.908	21.483	
4:0		0.000			1		0.000	0.000	
6:0.		0.000			1		0.000	0.000	
8:0.		0.000			1		0.000	0.000	
10:0.		0.000			1		0.000	0.000	
12:0		0.020			1		0.056	0.093	
13:0	-		·		=				
14:0	-	0.100	0		1		0.280	0.466	
15:0	-		_				2		
16:0	-	3.080	0		1		8.624	14.353	
17:0		2	·		=		3.02.	21.000	
18:0	-	1.340	0		1		3.752	6.244	
20:0	-		ŭ		-		= 		
22:0	-								
24:0	-								

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>on</u>		edible portion o	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsature	atedg	7.090	1	0		1		19.852	33.039	
14:1	_									
15:1	• • • • • • • • • • • • • • • • • • • •	0.540		•				1 510	0.516	
16:1 undifferentiated 17:1	_	0.540	1	0		1		1.512	2.516	
18:1 undifferentiated	_	6.420	1	0		1		17.976	29.917	
20:1	_	0.090		0		1		0.252	0.419	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturat		4.100	1	0		1		11.480	19.106	
18:2 undifferentiated	g	3.670)	0		1		10.276	17.102	
18:3 undifferentiated	g	0.200)	0		1		0.560	0.932	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.100		0		1		0.280	0.466	
20:5 n-3	_	0.010		0		1		0.028	0.047	
22:5 n-3	_	0.020		0		1		0.056	0.093	
22:6 n-3	_	0.030	1	0		1		0.084	0.140	
Fatty acids, total trans		87		0		1		244	405	
CholesterolPhytosterols	_	07		U		1		244	403	
1 hytosterois	9									
Amino Acids:										
Tryptophan		0.257		0		1		0.720	1.198	
Threonine	_	0.922		0		1		2.582	4.297	
Isoleucine	_	1.125		0		1		3.150	5.243	
Leucine	_	1.653		0		1		4.628	7.703	
Lysine		1.765		0 0		1 1		4.942	8.225	
Methionine		0.591 0.311		0		1		1.655 0.871	2.754	
Cystine		0.899		0		1		2.517	1.449 4.189	
Phenylalanine Tyrosine		0.732		0		1		2.050	3.411	
Valine	_	1.100		0		1		3.080	5.126	
Arginine	-	1.378		0		1		3.858	6.421	
Histidine		0.655		0		1		1.834	3.052	
Alanine	_	1.270		0		1		3.556	5.918	
Aspartic acid		1.950		0		1		5.460	9.087	
Glutamic acid		3.605	i	0		1		10.094	16.799	
Glycine	_	1.378		0		1		3.858	6.421	
Proline		1.178		0		1		3.298	5.489	
Serine	_	0.832		0		1		2.330	3.877	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:		ŭ		v	_	•		•	•	
·		_		_	_	_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7		0.000	0.000	
Lycopene		0		0 0	z Z	7 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	iicg	<u> </u>		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 280g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 466g: .5 chicken, bone removed

Chicken, broilers or fryers, meat and skin, cooked, fried, batter

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% Bone

	<u>A</u> 1	mount in 100 g	rams	ot edib	ole portio	<u>n</u>	Amount in edible portion of common			
		Nui	mber				<u>m</u>	easures of food		
		of	Data	Deriv	Source	Confidence				
s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
q	52.41		0		1		98.53	164.57		
_	269		0	NC	4		506	845		
	1125				4		2116	3534		
	28.56		0		1		53.69	89.68		
-	14.92		0		1		28.05	46.85		
	0.98		0		1		1.84	3.08		
	3.15		0	NC	4		5.92			
	0.1		0		4		0.2	0.3		
	0.00		0	z	7		0.00	0.00		
_										
ma	17		0				22	EO		
-										
			-							
-										
-										
_										
		5	0		1		0.141	0.236		
			0		1		0.064	0.107		
	21.7	1.366	30	A	1		40.8	68.1		
ma	0.0		0	7	7		0.0	0.0		
		,								
-			0							
			0		1					
	0.410)	0		1		0.771	1.287		
	9		0	RA	4		17	28		
	3		0	NC	4		6	9		
	6		0		1		11	19		
	11		0	NC	4		21	35		
	0.31		0		1		0.58	0.97		
IU	90		0	NC	4		169	283		
mcg_RAE	27		0	NC	4		51	85		
	27		0	NR	4		51	85		
	0.63		0	NR	4		1.18	1.97		
	0.4		•	G3 E37			4.5			
mcg	2.4		U	CAZN	4		4.5	7.5		
g	4.060)	0		1		7.633	12.748		
	0.000)	0		1		0.000	0.000		
g	0.000)	0		1		0.000	0.000		
g	0.000)	0		1		0.000	0.000		
	0.000)	0		1		0.000	0.000		
	0.020)	0		1		0.038	0.063		
	0.110)	0		1		0.207	0.345		
	2.840)	0		1		5.339	8.918		
-										
-	0.990)	0		1		1.861	3.109		
g										
g										
	g	g 52.41 kcal 269 kj 1125 g 28.56 g 14.92 g 0.98 g 3.15 g 0.1 g 0.00 g 17 mg 1.38 mg 25 mg 191 mg 234 mg 234 mg 25 mg 0.075 mg 0.034 mg 0.075 mg 0.034 mcg 21.7 mg 0.087 mg 0.087 mg 0.193 mg 0.193 mg 0.193 mg 0.193 mg 0.410 mcg 9 mcg 27 mg 0.31 IU 90 mcg_RAE 27 mcg 0.31 IU 90 mcg_RAE 27 mcg 0.31 IU 90 mcg_RAE 27 mcg 0.31 IU 90 mcg_RAE 27 mg 0.63 mg mg mg mg mg mg mg g 0.000 g 0.000 g 0.0000	Numer Std. Error Potential	ts Mean Std. Error Points Std. Error Points Std. Error Points	Number	State	Std. Error Points Code Code	Number	Number Of Data Derivation Provided Provided	

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<u>on</u>		edible portion o	
				Number		_		<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		5.890	!	0		1		11.073	18.495	
15:1	-									
16:1 undifferentiated	-	0.650)	0		1		1.222	2.041	
17:1	-									
18:1 undifferentiated	g	5.070)	0		1		9.532	15.920	
20:1	g	0.110)	0		1		0.207	0.345	
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturat		3.410		0		1		6.411	10.707	
18:2 undifferentiated		2.970		0		1		5.584	9.326	
18:3 undifferentiated	=	0.150		0		1		0.282	0.471	
18:4	-	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0 100		•		1		0.006	0 277	
20:4 undifferentiated	-	0.120		0 0		1		0.226	0.377	
20:5 n-3	-	0.010		0		1		0.019	0.031	
22:5 n-3 22:6 n-3	•••••••••••••••••••••••••••••••••••••••	0.020 0.050		0		1		0.038 0.094	0.063 0.157	
Fatty acids, total trans		0.050		U		1		0.094	0.157	
Cholesterol		90		0		1		169	283	
Phytosterols	-	30		Ū		-		103	203	
1 Hytosterois										
Amino Acids:										
Tryptophan		0.323		0		1		0.607	1.014	
Threonine	-	1.181		0		1		2.220	3.708	
Isoleucine	-	1.439		0		1		2.705	4.518	
Leucine	-	2.092		0		1		3.933	6.569	
Lysine		2.320		0		1		4.362	7.285	
Methionine		0.762		0		1		1.433	2.393	
Cystine		0.382		0		1		0.718	1.199	
Phenylalanine		1.121		0 0		1 1		2.107 1.745	3.520	
Tyrosine	-	0.928 1.392		0		1		2.617	2.914 4.371	
Valine	-	1.766		0		1		3.320	5.545	
Arginine Histidine		0.845		0		1		1.589	2.653	
Alanine	-	1.632		0		1		3.068	2.653 5.124	
Aspartic acid		2.526		0		1		4.749	7.932	
Glutamic acid		4.297		0		1		8.078	13.493	
Glycine		1.744		0		1		3.279	5.476	
Proline		1.374		0		1		2.583	4.314	
Serine	-	1.012		0		1		1.903	3.178	
Hydroxyproline		,,		•		_		1.000	3.2.3	
Others:	_			_		_		• •		
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	
Caffeine	_	0		0	Z	7		0	0	
Theobromine	g	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 188g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 314g: .5 chicken, bone removed

Chicken, broilers or fryers, meat and skin, cooked, fried, flour

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% Bone

		<u>Aı</u>	mount in 100 g	rams	of edit	ne portio	<u>on</u>	Amount in edible portion of common			
			Nu	mbei	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	a	59.45	0.432	16		1		83.23	105.82	177.76	
Energy	-	239	0.102	0	NC	4		335	425	715	
Energy		1000		·	2.0	4		1400	1780	2990	
Protein (N x 6.25)	-	27.30	0.276	16		1		38.22	48.59	81.63	
Total lipid (fat)		13.60	0.294	16		1		19.04	24.21	40.66	
Ash		0.92	0.022	16		1		1.29	1.64	2.75	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	0.00	
Starch	_	0.00		·	_	•		0.00	0.00	0.00	
Staron											
Minerals:											
Calcium, Ca	_	15	0.531	16		1		21	27	45	
Iron, Fe	-	1.26	0.050	16		1		1.76	2.24	3.77	
Magnesium, Mg		23	0.406	16		1		32	41	69	
Phosphorus, P	•	182	3.892	16		1		255	324	544	
Potassium, K	-	223	5.230	16		1		312	397	667	
Sodium, Na		82	1.881	16		1		115	146	245	
Zinc, Zn		1.94	0.034	16		1 1		2.72	3.45	5.80	
Copper, Cu		0.066 0.020		16 16		1		0.092 0.028	0.117 0.036	0.19	
Manganese, Mn Selenium, Se		23.9	1.623	30	A	1		33.5	42.5	71.5	
Selenium, Se	nog	23.9	1.023	30	A	_		33.3	42.5	71.5	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0	
Thiamin	mg	0.063	0.005	8		1		0.088	0.112	0.18	
Riboflavin	mg	0.168	0.003	8		1		0.235	0.299	0.50	
Niacin	-	8.487	0.485	8		1		11.882	15.107	25.37	
Pantothenic acid	mg	1.030		0		1		1.442	1.833	3.08	
Vitamin B-6	_	0.400)	0		1		0.560	0.712	1.19	
Folate, total	mcg	5		0		1		7	9	15	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		5		0		1		7	9	15	
Folate, DFE		5		0	NC	4		7	9	15	
Vitamin B-12		0.30		0		1		0.42	0.53	0.90	
Vitamin A, IU		157		0	NC	4		219	279	468	
Vitamin A, RAE		47		0	NC	4		66	84	141	
Retinol		47		0	NR	4		66	84	141	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.47	0.79	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		2.4		0	BFZN	4		3.3	4.2	7.1	
<u>Lipids:</u>	_							= 006		44.00	
Fatty acids, total saturated		3.790		0		1		5.306	6.746	11.33	
4:0		0.000		0		1 1		0.000	0.000	0.00	
6:0 8:0	_	0.000		0		1		0.000 0.000	0.000 0.000	0.00	
10:0		0.000		0		1				0.00	
12:0		0.000		0		1		0.000 0.028	0.000 0.036	0.00	
13:0		0.020		U		-		0.026	0.036	0.06	
14:0	-	0.110	1	0		1		0.154	0.196	0.32	
15:0		5.110		J		-		0.134	0.190	0.32	
16:0	_	2.780	1	0		1		3.892	4.948	8.31	
17:0		2.760		•		-		3.032	4.340	0.31	
18:0	_	0.770	1	0		1		1.078	1.371	2.30	
20:0	_	0.,70		•		-			1.5.1	2.50	
22:0	_										
v	g										

		<u>Aı</u>	mount in 100		of edik	ole portio	<u>n</u>	Amount in edible portion of common		
				umber		_		<u>m</u> e	easures of food	
Nutrients and L	Inits	Mean	Std. Error P	f Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		5.340		0		1		7.476	9.505	15.967
14:1 15:1	_									
16:1 undifferentiated	_	0.730		0		1		1.022	1.299	2.183
17:1	_	0.750		·		-		1.022	1.233	2.100
18:1 undifferentiated		4.400		0		1		6.160	7.832	13.156
20:1	_	0.130		0		1		0.182	0.231	0.389
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	•									
Fatty acids, total polyunsaturated		2.970		0		1		4.158	5.287	8.880
18:2 undifferentiated		2.570		0		1		3.598	4.575	7.684
18:3 undifferentiated	g	0.110		0		1		0.154	0.196	0.329
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.110		0		1		0.154	0.196	0.329
20:5 n-3	g	0.010		0		1		0.014	0.018	0.030
22:5 n-3	g	0.020		0		1		0.028	0.036	0.060
22:6 n-3	g	0.040		0		1		0.056	0.071	0.120
Fatty acids, total trans	g									
Cholesterol	mg	88		0		1		123	157	263
Phytosterols	mg									
Amino Asido										
Amino Acids:	~	0.305		0		1		0.427	0.540	0.010
Tryptophan		1.128		0		1		1.579	0.543 2.008	0.912 3.373
Threonine	_	1.126		0		1		1.579	2.008	4.072
Isoleucine	_	1.986		0		1		2.780		5.938
Leucine	_	2.223		0		1			3.535 3.957	6.647
Lysine		0.726		0		1		3.112 1.016	1.292	
Methionine		0.364		0		1		0.510		2.171
Cystine				0		1			0.648	1.088
Phenylalanine		1.061		0		1		1.485 1.231	1.889	3.172
Tyrosine	_	0.879 1.325		0		1		1.231	1.565 2.359	2.628 3.962
Valine		1.323		0		1				
Arginine Histidine				0		1		2.395 1.123	3.046 1.428	5.116 2.398
		0.802 1.591		0		1		2.227	2.832	4.757
Alanine		2.434		0		1		3.408	4.333	7.278
Aspartic acid		3.991		0		1		5.587	7.104	11.933
Glutamic acid	_	1.764		0		1		2.470	3.140	5.274
Glycine		1.322		0		1		1.851	2.353	3.953
Proline	_	0.963		0		1		1.348	1.714	2.879
Hydroxyproline		0.903		U		_		1.540	1.714	2.073
Trydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha	-	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
		0		-	Z			0.000		0.000
Lycopene	HICO	U		0	7.	7		0.000	0.000	U. UUU

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 178g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 299g: .5 chicken, bone removed

Chicken, broilers or fryers, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% Bone

		<u>Aı</u>	mount in 100 g	rams	or ear	ne portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	63.93	0.546	16		1		89.50	127.86	213.53	
Energy	=	219	0.540	0	NC	4		307	438	731	
0,		916		U	NC	4		1283	1833	3060	
Energy		24.68	0.240	16		1		34.55		82.43	
Protein (N x 6.25)		12.56	0.240	16		1		17.58	49.36 25.12	82.43 41.95	
Total lipid (fat)		0.76	0.246	16		1		1.06	1.52	2.54	
Ash		0.76	0.028	0	z	7		0.00		0.00	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00 0.0	0.00	
Fiber, total dietary				0	Z	7					
Sugars, total	_	0.00		U	Z	,		0.00	0.00	0.00	
Starch	9										
Minerals:											
Calcium, Ca	mg	13	0.432	16		1		18	26	43	
Iron, Fe	<u>mg</u>	1.16	0.046	16		1		1.62	2.32	3.87	
Magnesium, Mg	mg	19	0.292	16		1		27	38	63	
Phosphorus, P	mg	139	2.472	16		1		195	278	464	
Potassium, K	mg	166	6.406	16		1		232	332	554	
Sodium, Na	mg	67	1.724	16		1		94	134	224	
Zinc, Zn	<u>mg</u>	1.76	0.023	16		1		2.46	3.52	5.88	
Copper, Cu	mg	0.057	0.001	16		1		0.080	0.114	0.19	
Manganese, Mn	mg	0.019	0.000	16		1		0.027	0.038	0.06	
Selenium, Se	mcg	18.0		0	BFYN	4		25.2	36.0	60.1	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0	
Thiamin		0.046	0.003	8		1		0.064	0.092	0.15	
Riboflavin	-	0.148		8		1		0.207	0.296	0.49	
Niacin		5.594		8		1		7.832	11.188	18.68	
Pantothenic acid	-	0.667		0		1		0.934	1.334	2.22	
Vitamin B-6		0.220	1	0		1		0.308	0.440	0.73	
Folate, total	_	5		0		1		7	10	17	
Folic acid		0		0	z	7		0	0	0	
Folate, food		5		0		1		7	10	17	
Folate, DFE		5		0	NC	4		7	10	17	
Vitamin B-12		0.20		0		1		0.28	0.40	0.67	
Vitamin A, IU		140		0	NC	4		196	280	468	
Vitamin A, RAE		42		0	NC	4		59	84	140	
Retinol		42		0	NR	4		59	84	140	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.53	0.89	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.1		0	BFYN	4		3.0	4.2	7.1	
Lipids:											
Fatty acids, total saturated	q	3.500	ı	0		1		4.900	7.000	11.69	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0.	_	0.000		0		1		0.000	0.000	0.00	
10:0.		0.000		0		1		0.000	0.000	0.00	
12:0.		0.020		0		1		0.028	0.040	0.0	
13:0				-		_					
14:0	-	0.100	1	0		1		0.140	0.200	0.3	
15:0	_			-						270.	
16:0	_	2.570	1	0		1		3.598	5.140	8.5	
17:0		,		-		•					
18:0	_	0.710	1	0		1		0.994	1.420	2.3	
20:0	_			-		•					
22:0	_										
24:0	-										

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and	llnite	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Offics	Weari	Siu. Elloi	1 011113	Jour	Oouc	Couc	Wedsure i	Weasure 2	Wiedsure 3
Fatty acids, total monounsatura	ted9	4.930		0		1		6.902	9.860	16.466
14:1										
15:1	g									
16:1 undifferentiated	g	0.680		0		1		0.952	1.360	2.271
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	4.070		0		1		5.698	8.140	13.594
20:1	• • • • • • • • • • • • • • • • • • • •	0.120		0		1		0.168	0.240	0.401
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturate		2.740		0		1		3.836	5.480	9.152
18:2 undifferentiated		2.380		0		1		3.332	4.760	7.949
18:3 undifferentiated	_	0.110		0		1		0.154	0.220	0.367
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated		0 100		0		1		0 140	0.000	0.224
20:4 undifferentiated	_	0.100				1		0.140	0.200	0.334
20:5 n-3	-	0.010		0		_		0.014	0.020	0.033
22:5 n-3		0.020		0 0		1 1		0.028	0.040	0.067
22:6 n-3		0.040		U		1		0.056	0.080	0.134
Fatty acids, total trans		70		•		1		100	150	0.61
Cholesterol	_	78		0		1		109	156	261
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.276		0		1		0.386	0.552	0.922
Threonine	g	1.020		0		1		1.428	2.040	3.407
Isoleucine	g	1.233		0		1		1.726	2.466	4.118
Leucine	g	1.797		0		1		2.516	3.594	6.002
Lysine	g	2.011		0		1		2.815	4.022	6.717
Methionine	g	0.657		8		1		0.920	1.314	2.194
Cystine	g	0.329		0		1		0.461	0.658	1.099
Phenylalanine	g	0.959		0		1		1.343	1.918	3.203
Tyrosine	g	0.796		0		1		1.114	1.592	2.659
Valine	g	1.199		0		1		1.679	2.398	4.005
Arginine	g	1.545		0		1		2.163	3.090	5.160
Histidine	g	0.726		0		1		1.016	1.452	2.425
Alanine	g	1.436		0		1		2.010	2.872	4.796
Aspartic acid	g	2.200		0		1		3.080	4.400	7.348
Glutamic acid	g	3.610		0		1		5.054	7.220	12.057
Glycine	g	1.583		0		1		2.216	3.166	5.287
Proline	g	1.190		0		1		1.666	2.380	3.975
Serine	g	0.870		0		1		1.218	1.740	2.906
Hydroxyproline	g									
Others:										
	α.	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl		0.0		0	z	7		0.0	0.0 0	0.0 0
Theobromine	_	0		0	Z	7		0	0	0
	9	· ·		U	4	,		U	J	U
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 200g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 334g: .5 chicken, bone removed

Chicken, broilers or fryers, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 32% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				m	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	65.99	0.239	82		1		182.13	303.55		
Energy	_	215		0	NC	4		593	989		
Energy		900				4		2483	4138		
Protein (N x 6.25)		18.60	0.085	82		1		51.34	85.56		
Total lipid (fat)		15.06	0.272	82		1		41.57	69.28		
Ash		0.79	0.020	25		1		2.18	3.63		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch											
Minerals:									_		
Calcium, Ca	-	11	0.410	24		1		30	51		
Iron, Fe	_	0.90	0.025	24		1		2.48	4.14		
Magnesium, Mg		20	0.292	24		1		55	92		
Phosphorus, P	-	147	2.956	24		1		406	676		
Potassium, K		189 70	4.592	24 24		1 1		522 193	869 322		
Sodium, Na		1.31	1.232 0.017	24		1		3.62	6.03		
Zinc, Zn		0.048		24		1		0.132	0.221		
Copper, Cu		0.048		24		1		0.132	0.221		
Selenium, Se		14.4	0.000	0	PAK	1		39.7	66.2		
Scientini, Sc	9			•		-		33.7	00.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	1.6		0		1		4.4	7.4		
Thiamin		0.060		16		1		0.166	0.276		
Riboflavin	mg	0.120	0.003	16		1		0.331	0.552		
Niacin	-	6.801		16		1		18.771	31.285		
Pantothenic acid		0.910		0		1		2.512	4.186		
Vitamin B-6	-	0.350)	0		1		0.966	1.610		
Folate, total		6		0		1		17	28		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		17	28		
Folate, DFE		6		0	NC	4		17	28		
Vitamin B-12		0.31		0		1		0.86	1.43		
Vitamin A, IU		137		0	NC	4		377	629		
Vitamin A, RAE		41		0	NC NR	4 4		113	189		
Retinol		41 0.30		0	CASN	4		113 0.82	189 1.36		
Vitamin E (alpha-tocopherol)		0.30		U	CASN	4		0.62	1.36		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.5		0	BFYN	4		4.3	7.1		
· · · · · · · · · · · · · · · · · · ·											
<u>Lipids:</u>											
Fatty acids, total saturated		4.310		0		1		11.896	19.826		
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	_	0.020	•	0		1		0.055	0.092		
13:0 14:0	_	0 100		0		1		0 221	0 550		
		0.120	•	U		1		0.331	0.552		
15:0	-	3.150		0		1		0 604	14 400		
16:0		3.130	•	J		1		8.694	14.490		
17:0	-	0.870		0		1		2.401	4.002		
18:0 20:0	-	0.870	•	U		1		∠.401	4.002		
22:0	-										
44.V	g										

		<u>A</u>	mount in 100		of edik	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				umber		_	0 51	<u>m</u> e	easures of 1000		
Nutrients and	Units	Mean	Std. Error P	f Data oints		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atad (I	6.240		0		1		17.222	28.704		
14:1		0.240		Ū		-		17.222	20.704		
15:1	_										
16:1 undifferentiated	_	0.830	1	0		1		2.291	3.818		
17:1 18:1 undifferentiated	_	5.170		0		1		14.269	23.782		
20:1	_	0.150		0		1		0.414	0.690		
22:1 undifferentiated	_	0.000		0		1		0.414	0.000		
24:1 c	•	0.000		Ū		-		0.000	0.000		
Fatty acids, total polyunsaturat		3.230)	0		1		8.915	14.858		
18:2 undifferentiated		2.880)	0		1		7.949	13.248		
18:3 undifferentiated		0.140	1	0		1		0.386	0.644		
18:4	_	0.000	1	0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	_	0.080)	0		1		0.221	0.368		
20:5 n-3		0.010		0		1		0.028	0.046		
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.010		0		1		0.028	0.046		
22:6 n-3	_	0.030	1	0		1		0.083	0.138		
Fatty acids, total trans				_		_					
Cholesterol	_	75		0		1		207	345		
Phytosterols	riig										
Amino Acids:											
Tryptophan	g	0.207		0		1		0.571	0.952		
Threonine	g	0.767		0		1		2.117	3.528		
Isoleucine	g	0.924		0		1		2.550	4.250		
Leucine	-	1.350		0		1		3.726	6.210		
Lysine		1.509		0		1		4.165	6.941		
Methionine		0.493		0		1		1.361	2.268		
Cystine		0.249		0		1		0.687	1.145		
Phenylalanine		0.721		0		1		1.990	3.317		
Tyrosine	=	0.597		0		1		1.648	2.746		
Valine	-	0.902 1.169		0		1 1		2.490	4.149		
Arginine	-			0		1		3.226	5.377		
Histidine	-	0.544 1.089		0		1		1.501 3.006	2.502 5.009		
Alanine		1.659		0		1		4.579	7.631		
Aspartic acidGlutamic acid		2.714		0		1		4.579 7.491	12.484		
Glycine		1.223		0		1		3.375	5.626		
Proline		0.911		0		1		2.514	4.191		
Serine	-	0.657		0		1		1.813	3.022		
Hydroxyproline		0.337		-		-		2.023	3.022		
Others:	~			•		_		0 0			
Alcohol, ethyl		0.0		0	_	7 7		0.0	0.0		
Caffeine	_	0		0	z z	7		0	0		
Theobromine	9	U		U	z	,		U	0		
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 276g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 460g: .5 chicken, bone removed

Chicken, broilers or fryers, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 42% 29% bone, 13% skin

		Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Unit	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure
Tractionto and only		····ouri	0141 21101					modouro i		ououro
Proximates:										
Water	g	57.53		0		1		80.54	89.17	148.43
Energy	kcal	219		0	NC	4		307	339	565
Energy	kj	916				4		1283	1420	2364
Protein (N x 6.25)	g	30.57		0		1		42.80	47.38	78.87
Total lipid (fat)	g	9.12		0		1		12.77	14.14	23.53
Ash	g	1.09		0		1		1.53	1.69	2.81
Carbohydrate, by difference	g	1.69		0	NC	4		2.37	2.62	4.36
Fiber, total dietary	g	0.1		0		4		0.1	0.2	0.3
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	-	17		0		1		24	26	44
Iron, Fe		1.35		0		1		1.89	2.09	3.48
Magnesium, Mg		27		0		1		38	42	70
Phosphorus, P		205		0		1		287	318	529
Potassium, K		257		0		1		360	398	663
Sodium, Na		91		0		1		127	141	235
Zinc, Zn	_	2.24		0		1		3.14	3.47	5.78
Copper, Cu		0.075		0		1		0.105	0.116	0.1
Manganese, Mn		0.028	3	0		1		0.039	0.043	0.0
Selenium, Se	mcg	24.5		0	BFYN	4		34.3	38.0	63.2
<u>'itamins:</u>				•	_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	0.0
Thiamin		0.085		0		1		0.119	0.132	0.2
Riboflavin		0.198		0		1		0.277	0.307	0.51
Niacin		9.663 1.166		0 0		1 1		13.528	14.978	24.93
Pantothenic acid		0.480		0		1		1.632 0.672	1.807	3.00
Vitamin B-6	-	7	,	0		1		10	0.744 11	1.23 18
Folic acid		0		0	z	7		0	0	0
Folate, food		7		0	2	1		10	11	18
Folate, DFE		7		0	NC	4		10	11	18
Vitamin B-12		0.34		0	NC	1		0.48	0.53	0.88
Vitamin A, IU		60		0	NC	4		84	93	155
Vitamin A, RAE		18		0	NC	4		25	28	46
Retinol		18		0	NR	4		25	28	46
Vitamin E (alpha-tocopherol)		0.46		0	NR	4		0.64	0.71	1.19
Tocopherol, beta		0.40		·		-		0.01	0.71	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.8		0	BFSN	4		3.9	4.3	7.2
ipids:										
Fatty acids, total saturated	g	2.460)	0		1		3.444	3.813	6.3
4:0		0.000)	0		1		0.000	0.000	0.0
6:0		0.000)	0		1		0.000	0.000	0.0
8:0	g	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	g	0.020)	0		1		0.028	0.031	0.0
13:0										
14:0		0.060)	0		1		0.084	0.093	0.1
15:0	g									
16:0	g	1.650)	0		1		2.310	2.558	4.2
17:0	g									
18:0	-	0.660)	0		1		0.924	1.023	1.7
20:0 22:0	-									

		<u>Aı</u>	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
Nutrients and	Office	Mean	Ota. Error					Wedsure 1	Measure 2	Medadie 5
Fatty acids, total monounsatura	tedg	3.350		0		1		4.690	5.193	8.643
14:1	g									
15:1										
16:1 undifferentiated	-	0.360		0		1		0.504	0.558	0.929
17:1	-			_		_				
18:1 undifferentiated	-	2.910		0		1		4.074	4.511	7.508
20:1	-	0.040		0		1		0.056	0.062	0.103
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c		0 150		0		1		2 010	2 222	5.547
Fatty acids, total polyunsaturate		2.150 1.780		0		1		3.010 2.492	3.333 2.759	4.592
18:2 undifferentiated		0.090		0		1				0.232
18:3 undifferentiated	-					1		0.126	0.140	
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated		0.120		0		1		0.168	0.186	0.310
20:4 undifferentiated 20:5 n-3	-	0.010		0		1		0.168		0.310
	• • • • • • • • • • • • • • • • • • • •			0		1		0.014	0.016	
22:5 n-3		0.030 0.050		0		1			0.047	0.077 0.129
22:6 n-3	-	0.050		U		_		0.070	0.078	0.129
Fatty acids, total trans		94		0		1		132	146	243
Cholesterol		94		U		_		132	146	243
Phytosterols										
Amino Acids:										
Tryptophan	g	0.358		0		1		0.501	0.555	0.924
Threonine	g	1.289		0		1		1.805	1.998	3.326
Isoleucine	g	1.612		0		1		2.257	2.499	4.159
Leucine	g	2.294		0		1		3.212	3.556	5.919
Lysine	g	2.583		0		1		3.616	4.004	6.664
Methionine		0.844		0		1		1.182	1.308	2.178
Cystine	g	0.393		0		1		0.550	0.609	1.014
Phenylalanine		1.217		0		1		1.704	1.886	3.140
Tyrosine		1.031		0		1		1.443	1.598	2.660
Valine	g	1.516		0		1		2.122	2.350	3.911
Arginine		1.839		0		1		2.575	2.850	4.745
Histidine		0.947		0		1		1.326	1.468	2.443
Alanine		1.663		0		1		2.328	2.578	4.291
Aspartic acid		2.714		0		1		3.800	4.207	7.002
Glutamic acid		4.632		0		1		6.485	7.180	11.951
Glycine	-	1.499		0		1		2.099	2.323	3.867
Proline		1.277		0		1		1.788	1.979	3.295
Serine	q	1.057		0		1		1.480	1.638	2.727
Hydroxyproline										
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	z	7		0	0	0
Carotenoids:										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
	mcg	0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 155g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 258g: .5 chicken, bone and skin removed

Chicken, broilers or fryers, meat only, cooked, fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 52% 32% bone, 12% skin, 8% separable fat

		<u>Aı</u>	mount in 100 gr	rams c	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nur	nber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	75.46	0.244	24		1		148.66	248.26	
Energy	=	119		0	NC	4		234	392	
Energy		498		·	2.0	4		981	1638	
Protein (N x 6.25)	=	21.39	0.127	24		1		42.14	70.37	
,	-	3.08	0.127	25		1		6.07	10.13	
Total lipid (fat)			0.146	24		1		1.89		
Ash		0.96	0.026		_				3.16	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	=	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.599	24		1		24	39	
Iron, Fe	mg	0.89	0.027	24		1		1.75	2.93	
Magnesium, Mg	mg	25	0.332	24		1		49	82	
Phosphorus, P	mg	173	3.401	24		1		341	569	
Potassium, K	mg	229	5.462	24		1		451	753	
Sodium, Na		77	1.578	24		1		152	253	
Zinc, Zn		1.54	0.022	24		1		3.03	5.07	
Copper, Cu		0.053	0.001	24		1		0.104	0.174	
Manganese, Mn		0.019	0.000	24		1		0.037	0.063	
Selenium, Se		15.7		0	PIE	4		30.9	51.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.3		0		1		4.5	7.6	
Thiamin		0.073	0.003	16		1		0.144	0.240	
Riboflavin		0.142	0.004	16		1		0.280	0.467	
Niacin		8.239	0.276	16		1		16.231	27.106	
Pantothenic acid		1.058		0		1		2.084	3.481	
Vitamin B-6		0.430	ı	0		1		0.847	1.415	
Folate, total	-	7		0		1		14	23	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0		1		14	23	
Folate, DFE		7		0	NC	4		14	23	
Vitamin B-12		0.37		0	2.0	1		0.73	1.22	
Vitamin A, IU		53		0	NC	4		105	175	
Vitamin A, RAE		16		0	NC	4		32	53	
Retinol		16		0	NR	4		32	53	
Vitamin E (alpha-tocopherol)		0.21		0	CASN	4		0.42	0.70	
Tocopherol, beta		0.21		Ü	CADI	-		0.42	0.70	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.8		0	BFYN	4		3.5	5.8	
Lipids: Fatty acids, total saturated	a	0.790		0		1		1.556	2.599	
4:0		0.790		0		1		0.000	0.000	
	-	0.000		0		1				
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000 0.000	
		0.000		0		1				
10:0	-			0		1		0.000	0.000	
12:0		0.010		U		1		0.020	0.033	
13:0		0 000		0		4		0.000	0.000	
14:0		0.020		U		1		0.039	0.066	
15:0				•		_				
16:0		0.530		0		1		1.044	1.744	
17:0	_			•		_				
18:0	_	0.220		0		1		0.433	0.724	
20:0	_									
22:0	_									
24:0	g									

		<u>A</u>	mount in 100 gran	s of edi	ble portic	<u>on</u>		edible portion	
			Numb	er			<u>m</u>	easures of food	
Nutrients and U	Inits	Mean	of Dat Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	g	0.900	0		1		1.773	2.961	
15:1		0.120	0		1		0.236	0.395	
16:1 undifferentiated	-	0.120	0		1		0.236	0.395	
18:1 undifferentiated	-	0.760	0		1		1.497	2.500	
20:1	g	0.010	0		1		0.020	0.033	
22:1 undifferentiated	g	0.000	0		1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		0.750			1		1.478	2.468	
18:2 undifferentiated		0.550			1		1.084	1.810	
18:3 undifferentiated	_	0.020			1		0.039	0.066	
18:4	-	0.000	U		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated		0.080	0		1		0.158	0.263	
20:5 n-3	-	0.010			1		0.020	0.033	
22:5 n-3		0.020			1		0.039	0.066	
22:6 n-3		0.030			1		0.059	0.099	
Fatty acids, total trans									
Cholesterol		70	0		1		138	230	
Phytosterols									
Amino Acids:									
Tryptophan	a	0.250	0		1		0.493	0.823	
Threonine		0.904			1		1.781	2.974	
Isoleucine	=	1.130			1		2.226	3.718	
Leucine	-	1.605			1		3.162	5.280	
Lysine	-	1.818	0		1		3.581	5.981	
Methionine		0.592	0		1		1.166	1.948	
Cystine	g	0.274	0		1		0.540	0.901	
Phenylalanine	g	0.849	0		1		1.673	2.793	
Tyrosine	g	0.722			1		1.422	2.375	
Valine	g	1.061			1		2.090	3.491	
Arginine		1.290			1		2.541	4.244	
Histidine	=	0.664			1		1.308	2.185	
Alanine		1.167			1		2.299	3.839	
Aspartic acid		1.907			1		3.757	6.274	
Glutamic acid	_	3.204			1 1		6.312	10.541	
Glycine		1.051					2.070	3.458	
		0.880 0.736			1 1		1.734 1.450	2.895 2.421	
Serine	-	0.736	· ·		_		1.430	2.421	
11ydroxypronne	9								
Others:									
Alcohol, ethyl		0.0	0		7		0.0	0.0	
Caffeine	-	0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
Carotenoids:									
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 197g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 329g: .5 chicken, bone and skin removed

NDB No. 05011

Chicken, broilers or fryers, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% 33% bone, 13% skin

		Al	mount in 100 gr	rams (oi eait	ne portio	<u>n</u>		edible portion of	
			Nur	nber				<u>m</u>	easures of food	•
			of I	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	63.79	0.384	16		1		89.31	5.55	93.13
Energy	_	190	0.001	0	NC	4		266	17	277
Energy		795		·		4		1113	69	1161
Protein (N x 6.25)		28.93	0.277	16		1		40.50	2.52	42.24
Total lipid (fat)		7.41	0.166	16		1		10.37	0.64	10.82
Ash		1.02	0.026	16		1		1.43	0.09	1.49
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch	=	0.00		Ū	_	·		0.00	0.00	0.00
Minerals:										
Calcium, Ca	mg	15	0.612	16		1		21	1	22
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.21	0.044	16		1		1.69	0.11	1.77
Magnesium, Mg	mg	25	0.448	16		1		35	2	37
Phosphorus, P	•	195	4.394	16		1		273	17	285
Potassium, K		243	5.657	16		1		340	21	355
Sodium, Na		86	1.898	16		1		120	7	126
Zinc, Zn		2.10	0.032	16		1		2.94	0.18	3.07
Copper, Cu		0.067		16		1		0.094	0.006	0.09
Manganese, Mn		0.019	0.000	16		1		0.027	0.002	0.02
Selenium, Se	mcg	22.0		0	BFYN	4		30.8	1.9	32.1
Vitamins:	ma	0.0		•		7		0.0		0.0
Vitamin C, total ascorbic acid		0.0	0.000	0	Z	7		0.0	0.0	0.0 0.10
Thiamin		0.069 0.178		8 8		1 1		0.097 0.249	0.006	
Riboflavin		9.173		8		1		12.842	0.015 0.798	0.26 13.39
Niacin Pantothenic acid		1.104		0		1		1.546	0.798	1.61
Vitamin B-6		0.470		0		1		0.658	0.041	0.68
Folate, total	-	6		0		1		8	1	9
Folic acid		0		0	z	7		0	0	0
Folate, food		6		0	-	1		8	1	9
Folate, DFE		6		0	NC	4		8	1	9
Vitamin B-12		0.33		0		1		0.46	0.03	0.48
Vitamin A, IU		53		0	NC	4		75	5	78
Vitamin A, RAE		16		0	NC	4		22	1	23
Retinol		16		0	NR	4		22	1	23
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.02	0.39
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		3.3	0.2	3.5
Lipids:				_		_		<u>.</u>		_
Fatty acids, total saturated		2.040		0		1		2.856	0.177	2.97
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0	-	0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0		0.020		0		1		0.028	0.002	0.02
13:0		0.060		0		1		0.004	0 005	0.00
14:0		0.060		0		1		0.084	0.005	0.08
15:0		1 410		0		4		1 074	0 100	2 2
16:0	-	1.410		0		1		1.974	0.123	2.0
17:0	-	0.400		•		-		0.000	0.040	^ =-
18:0	-	0.490		0		1		0.686	0.043	0.73
20:0	-									
22:0	9									

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	of common
Notation to an il	11-24-		Std. Error	Number of Data	Deriv	Source Code	Confidence Code		easures of food	M 0
Nutrients and	Units	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	2.660	ı	0		1		3.724	0.231	3.884
14:1	g									
15:1 16:1 undifferentiated	_	0.350		0		1		0.490	0.030	0.511
17:1	_	0.330		U		-		0.490	0.030	0.311
18:1 undifferentiated	_	2.220		0		1		3.108	0.193	3.241
20:1	g	0.040	ı	0		1		0.056	0.003	0.058
22:1 undifferentiated		0.000	ı	0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	1.690	1	0		1		2.366	0.147	2.467
18:2 undifferentiated	g	1.370	1	0		1		1.918	0.119	2.000
18:3 undifferentiated	g	0.070	1	0		1		0.098	0.006	0.102
18:4	_	0.000	1	0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.110		0		1		0.154	0.010	0.161
20:5 n-3	_	0.010		0		1		0.014	0.001	0.015
22:5 n-3	_	0.020		0		1		0.028	0.002	0.029
22:6 n-3		0.040		0		1		0.056	0.003	0.058
Fatty acids, total trans				_		_			_	
Cholesterol	-	89		0		1		125	8	130
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.338		0		1		0.473	0.029	0.493
Threonine	g	1.222		0		1		1.711	0.106	1.784
Isoleucine	g	1.528		0		1		2.139	0.133	2.231
Leucine	g	2.171		0		1		3.039	0.189	3.170
Lysine	g	2.458		0		1		3.441	0.214	3.589
Methionine	g	0.801		0		1		1.121	0.070	1.169
Cystine	g	0.370		0		1		0.518	0.032	0.540
Phenylalanine	g	1.148		0		1		1.607	0.100	1.676
Tyrosine	g	0.977		0		1		1.368	0.085	1.426
Valine	-	1.435		0		1		2.009	0.125	2.095
Arginine	• • • • • • • • • • • • • • • • • • • •	1.745		0		1		2.443	0.152	2.548
Histidine	_	0.898		0		1		1.257	0.078	1.311
Alanine		1.578		0		1		2.209	0.137	2.304
Aspartic acid		2.578		0		1		3.609	0.224	3.764
Glutamic acid	=	4.333		0		1		6.066	0.377	6.326
Glycine		1.421		0		1		1.989	0.124	2.075
Proline	_	1.190		0		1		1.666	0.104	1.737
Serine		0.995		0		1		1.393	0.087	1.453
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 8.7g: 1 tbsp

Measure 3 = 146g: 1 unit (yield from 1 lb ready-to-cook chicken)

NDB No. 05013

Chicken, broilers or fryers, meat only, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 48% 34% bone, 14% skin

		<u>Aı</u>	mount in 100 gr		of edib	le portio	<u>n</u>		edible portion	
				nber				<u>m</u> :	easures of food	
Nutrients and Uni	its	Mean	of E Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:						_				101.00
Water	_	66.81	0.323	16		1		93.53	5.81	104.89
Energy		177 741		0	NC	4 4		248 1037	15 64	278 1163
Energy	-	27.29	0.204	16		1		38.21	2.37	42.85
Protein (N x 6.25) Total lipid (fat)		6.71		16		1		9.39	0.58	10.53
Ash		0.71		16		1		1.19	0.38	1.33
Carbohydrate, by difference		0.00	0.030	0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	mg	14	0.343	16		1		20	1	22
Iron, Fe	-	1.17		16		1		1.64	0.10	1.84
Magnesium, Mg		21	0.330	16		1		29	2	33
Phosphorus, P		150	2.914	16		1		210	13	236
Potassium, K		180		16		1		252	16	283
Sodium, Na	-	70		16		1		98	6	110
Zinc, Zn		1.99		16		1		2.79	0.17	3.12
Copper, Cu		0.061		16		1		0.085	0.005	0.09
Manganese, Mn Selenium, Se		0.019 20.9	0.000	16 0	BFYN	1 4		0.027 29.3	0.002 1.8	0.030 32.8
		20.5		Ü	Drin	•		23.3	1.0	32.0
Vitamins:	ma	0.0		0	Z	7		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin		0.049	0.003	8	4	1		0.069	0.004	0.0
Riboflavin	-	0.163		8		1		0.228	0.014	0.25
Niacin		6.117		8		1		8.564	0.532	9.604
Pantothenic acid	-	0.746	1	0		1		1.044	0.065	1.17
Vitamin B-6		0.260	ı	0		1		0.364	0.023	0.408
Folate, total	mcg	6		0		1		8	1	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		6		0		1		8	1	9
Folate, DFE		6		0	NC	4		8	1	9
Vitamin B-12		0.22		0		1		0.31	0.02	0.35
Vitamin A, IU		50		0		1 4		70	4	79
Vitamin A, RAERetinol		15 15		0	NC NR	4		21 21	1 1	24 24
Vitamin E (alpha-tocopherol)		0.27		0	NR.	4		0.37	0.02	0.42
Tocopherol, beta		0.27		·		-		0.0.	0.02	V
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4		0	BFYN	4		3.3	0.2	3.7
Lipids:										
Fatty acids, total saturated		1.840		0		1		2.576	0.160	2.889
4:0		0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0 12:0	-	0.000 0.020		0		1 1		0.000 0.028	0.000 0.002	0.000
13:0	-	0.020		U		1		0.026	0.002	0.03.
14:0		0.050	ı	0		1		0.070	0.004	0.079
15:0				-		_		2.0.0	0.001	3.37.
16:0		1.270	ı	0		1		1.778	0.110	1.99
17:0										
18:0	g	0.440		0		1		0.616	0.038	0.69
20:0	-									
22:0	a									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	2.390)	0		1		3.346	0.208	3.752
14:1	=									
15:1	-					_				
16:1 undifferentiated	=	0.320)	0		1		0.448	0.028	0.502
17:1 18:1 undifferentiated	-	2.000	,	0		1		2.800	0.174	3.140
20:1	=	0.040		0		1		0.056	0.174	0.063
22:1 undifferentiated		0.000		0		1		0.000	0.003	0.003
24:1 c	-	0.000	•	U		-		0.000	0.000	0.000
Fatty acids, total polyunsaturate		1.540)	0		1		2.156	0.134	2.418
18:2 undifferentiated		1.240		0		1		1.736	0.108	1.947
18:3 undifferentiated		0.060		0		1		0.084	0.005	0.094
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	=									
20:3 undifferentiated	=									
20:4 undifferentiated	-	0.110)	0		1		0.154	0.010	0.173
20:5 n-3	g	0.010)	0		1		0.014	0.001	0.016
22:5 n-3	=	0.020)	0		1		0.028	0.002	0.031
22:6 n-3	-	0.040)	0		1		0.056	0.003	0.063
Fatty acids, total trans										
Cholesterol		83		0		1		116	7	130
Phytosterols	mg									
Amino Acids:				_						
Tryptophan		0.319		0		1		0.447	0.028	0.501
Threonine	_	1.153		0		1		1.614	0.100	1.810
Isoleucine	_	1.441		0		1 1		2.017	0.125	2.262
Leucine	_	2.048		0		1		2.867	0.178	3.215
Lysine		2.318		0		1		3.245	0.202	3.639
Methionine		0.755		0		1		1.057	0.066	1.185
Cystine		0.349		0		1		0.489 1.516	0.030	0.548
Phenylalanine		1.083		0		1		1.516	0.094	1.700
Tyrosine	_	0.921		0		1			0.080	1.446
Valine	_	1.353 1.646		0		1		1.894 2.304	0.118 0.143	2.124 2.584
0		0.847		0		1		1.186		
Histidine	_	1.489		0		1		2.085	0.07 4 0.130	1.330 2.338
Alanine		2.432		0		1		3.405		
Aspartic acid		4.087		0		1		5.722	0.212 0.356	3.818 6.417
Glutamic acid		1.340		0		1		1.876		2.104
Glycine				-		1			0.117	
Proline	_	1.122		0		1		1.571	0.098	1.762
Serine		0.939	•	U		1		1.315	0.082	1.474
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
	mcg	0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 8.7g: 1 tbsp

Measure 3 = 157g: 1 unit (yield from 1 lb ready-to-cook chicken)

NDB No. 05014

Chicken, broilers or fryers, meat only, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 32% Bone

		<u>A</u>	mount in 100 gr	<u>aiii5 0</u>	n euil	ne portio	<u>'11</u>	Amount in edible portion of common			
			Nun	nber				<u>m</u>	easures of food		
			of [Data D	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts C	Code	Code	Code	Measure 1	Measure 2	Measure	
n : .											
Proximates: Water	g	61.73	1.057	8		1		6.79	23.46		
Energy	_	247		0	NC	4		27	94		
Energy		1033				4		114	393		
Protein (N x 6.25)		19.61	0.186	8		1		2.16	7.45		
Total lipid (fat)	_	18.10	0.779	8		1		1.99	6.88		
Ash		0.61	0.020	8		1		0.07	0.23		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	27	1.063	8		1		3	10		
Iron. Fe.	_	2.30	0.027	8		1		0.25	0.87		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	13	0.325	8		1		1	5		
Phosphorus, P		122	4.758	8		1		13	46		
Potassium, K		108	4.259	8		1		12	41		
Sodium, Na		52	2.128	8		1		6	20		
Zinc, Zn	mg	2.72	0.062	8		1		0.30	1.03		
Copper, Cu	mg	0.097	0.001	8		1		0.011	0.037		
Manganese, Mn	mg	0.046	0.002	8		1		0.005	0.017		
Selenium, Se	mcg	17.3		0	BFYN	4		1.9	6.6		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin		0.040	0.002	8		1		0.004	0.015		
Riboflavin		0.248	0.012	8		1		0.027	0.094		
Niacin	mg	3.319	0.251	8		1		0.365	1.261		
Pantothenic acid	mg	0.525	i	0		1		0.058	0.200		
Vitamin B-6	mg	0.100	1	0		1		0.011	0.038		
Folate, total	mcg	3		0		1		0	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		3		0		1		0	1		
Folate, DFE		3		0	NC	4		0	1		
Vitamin B-12		0.14		0		1		0.02	0.05		
Vitamin A, IU	IU	160		0	NC	4		18	61		
Vitamin A, RAE		48		0	NC	4		5	18		
Retinol		48		0	NR	4		5	18		
Vitamin E (alpha-tocopherol)		0.27		U	NR	4		0.03	0.10		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.9		0	BFSN	4		0.4	1.5		
	-										
Lipids:	a	5.000		0		1		0.550	1.900		
Fatty acids, total saturated		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		0.030		0		1		0.003	0.011		
13:0				-		_					
14:0		0.140)	0		1		0.015	0.053		
15:0								2			
16:0		3.750)	0		1		0.413	1.425		
17:0											
18:0	-	0.960	1	0		1		0.106	0.365		
20:0	-										
22:0	-										
24:0	-										

		<u>A</u>	mount in 100		of edil	ole portio	<u>on</u>		edible portion o	of common
			C	lumber of Data			Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	7.220		0		1		0.794	2.744	
14:1	-									
15:1 16:1 undifferentiated	-	1.020		0		1		0.112	0.388	
17:1	-	1.020		Ū		-		0.112	0.366	
18:1 undifferentiated	-	5.920	1	0		1		0.651	2.250	
20:1	g	0.200	1	0		1		0.022	0.076	
22:1 undifferentiated	g	0.000)	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	3.940)	0		1		0.433	1.497	
18:2 undifferentiated		3.480		0		1		0.383	1.322	
18:3 undifferentiated	=	0.150		0		1		0.017	0.057	
18:4	-	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.120		0		1		0.010	0.046	
20:4 undifferentiated 20:5 n-3	-	0.120		0		1		0.013 0.002	0.046 0.008	
22:5 n-3	-	0.020		0		1		0.002	0.008	
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.040		0		1		0.002	0.015	
Fatty acids, total trans		0.010		·		_		0.004	0.013	
Cholesterol		70		0		1		8	27	
Phytosterols	-									
-	_									
Amino Acids:	_					_				
Tryptophan		0.200		0		1 1		0.022	0.076	
Threonine	-	0.776 0.872		0		1		0.085 0.096	0.295 0.331	
Isoleucine	-	1.342		0		1		0.148	0.510	
Lysine	-	1.466		0		1		0.161	0.557	
Methionine		0.482		0		1		0.053	0.183	
Cystine		0.281		0		1		0.031	0.107	
Phenylalanine		0.731		0		1		0.080	0.278	
Tyrosine		0.574		0		1		0.063	0.218	
Valine	g	0.913	1	0		1		0.100	0.347	
Arginine	g	1.316	i	0		1		0.145	0.500	
Histidine	g	0.515	i	0		1		0.057	0.196	
Alanine	g	1.280	1	0		1		0.141	0.486	
Aspartic acid		1.750		0		1		0.193	0.665	
Glutamic acid		2.735		0		1		0.301	1.039	
Glycine		1.837		0		1		0.202	0.698	
Proline	-	1.219		0		1		0.134	0.463	
Serine		0.724		0		1		0.080	0.275	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	<u>m</u> cg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 11.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 38g: 1 neck, bone removed

NDB No. 05087

Chicken, broilers or fryers, neck, meat and skin, cooked simmered

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% Bone

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>n</u>	Amount in	edible portion of	of common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.92		0		1		7.51	24.40	
Energy	kcal	330		0	NC	4		53	172	
Energy		1381				4		221	718	
Protein (N x 6.25)	g	19.82		0		1		3.17	10.31	
Total lipid (fat)	g	23.52		0		1		3.76	12.23	
Ash	g	1.04		0		1		0.17	0.54	
Carbohydrate, by difference		8.70		0	NC	4		1.39	4.52	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:	ma	21		^		4		-	1.0	
Calcium, Ca	-	31 2.15		0		1 1		5 0.34	16 1.12	
Iron, FeMagnesium, Mg	-	16		0		1		0.34	1.12 8	
Phosphorus, P		115		0		1		3 18	60	
Potassium, K	-	151		0		1		24	79	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	276		0		1		44	144	
Zinc, Zn	-	2.50		0		1		0.40	1.30	
Copper, Cu		0.113	3	0		1		0.018	0.059	
Manganese, Mn		0.065		0		1		0.010	0.034	
Selenium, Se		21.3		0	PIE	4		3.4	11.1	
ŕ										
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.100		0		1 1		0.016	0.052	
Riboflavin	-	0.237		0		1		0.038 0.724	0.123	
Niacin		4.528 0.839		0		1			2.355	
Pantothenic acid		0.83		0		1		0.134 0.034	0.436 0.109	
Vitamin B-6		15	,	0	RA	4		2	8	
Folate, totalFolic acid		8		0	NC	4		1	4	
Folate, food		7		0	МС	1		1	4	
Folate, DFE		21		0	NC	4		3	11	
Vitamin B-12		0.24		0	2.0	1		0.04	0.12	
Vitamin A, IU		170		0		1		27	88	
Vitamin A, RAE	mca RAE	51		0		1		8	27	
Retinol		51		0		1		8	27	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.220)	0		1		0.995	3.234	
4:0										
6:0	g									
8:0	g									
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.020)	0		1		0.003	0.010	
13:0	-									
14:0	g	0.140)	0		1		0.022	0.073	
15:0	-									
16:0	-	4.180)	0		1		0.669	2.174	
17:0	-									
18:0	-	1.790)	0		1		0.286	0.931	
20:0										
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>		edible portion of easures of food	
				Number of Data	Deriv		Confidence	<u></u>	<u>easures or roou</u>	
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.790		0		1		1.566	5.091	
14:1										
15:1	-									
16:1 undifferentiated	-	0.740		0		1		0.118	0.385	
17:1										
18:1 undifferentiated		8.870		0		1		1.419	4.612	
20:1	_	0.140		0		1		0.022	0.073	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated	g	5.560		0		1		0.890	2.891	
18:2 undifferentiated		5.050		0		1		0.808	2.626	
18:3 undifferentiated		0.270		0		1		0.043	0.140	
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.090		0		1		0.014	0.047	
20:5 n-3	_	0.010		0		1		0.002	0.005	
22:5 n-3		0.020		0		1		0.003	0.010	
22:6 n-3	-	0.030		0		1		0.005	0.016	
Fatty acids, total trans	-									
Cholesterol	-	91		0		1		15	47	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.215		0		1		0.034	0.112	
Threonine	g	0.790		0		1		0.126	0.411	
Isoleucine	g	0.925		0		1		0.148	0.481	
Leucine	g	1.403		0		1		0.224	0.730	
Lysine	g	1.470		0		1		0.235	0.764	
Methionine	g	0.495		0		1		0.079	0.257	
Cystine	g	0.286		0		1		0.046	0.149	
Phenylalanine	g	0.773		0		1		0.124	0.402	
Tyrosine	g	0.609		0		1		0.097	0.317	
Valine	g	0.944		0		1		0.151	0.491	
Arginine		1.263		0		1		0.202	0.657	
Histidine		0.539		0		1		0.086	0.280	
Alanine	-	1.198		0		1		0.192	0.623	
Aspartic acid		1.713		0		1		0.274	0.891	
Glutamic acid	-	3.104		0		1		0.497	1.614	
Glycine		1.555		0		1		0.249	0.809	
Proline		1.203		0		1		0.192	0.626	
Serine	-	0.753		0		1		0.120	0.392	
Hydroxyproline	g									

Common Measures:

Measure 1 = 16g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 52g: 1 neck, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% Bone

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>n</u>	Amount in	edible portion of	f 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	47.49		0		1		5.22	17.10	
Energy	-	332		0	NC	4		37	120	
Energy		1389				4		153	500	
Protein (N x 6.25)	g	24.01		0		1		2.64	8.64	
Total lipid (fat)	g	23.61		0		1		2.60	8.50	
Ash	g	0.65		0		1		0.07	0.23	
Carbohydrate, by difference	g	4.24		0	NC	4		0.47	1.53	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	31		0		1		3	11	
Iron, Fe	-	2.42		0		1		0.27	0.87	
Magnesium, Mg	-	19		0		1		2	7	
Phosphorus, P		132		0		1		15	48	
Potassium, K	-	180		0		1		20	65	
Sodium, Na	mg	82		0		1		9	30	
Zinc, Zn	mg	3.07		0		1		0.34	1.11	
Copper, Cu	mg	0.130)	0		1		0.014	0.047	
Manganese, Mn		0.052	2	0		1		0.006	0.019	
Selenium, Se	mcg	18.6		0	PIE	4		2.0	6.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.078	3	0		1		0.009	0.028	
Riboflavin		0.259	9	0		1		0.028	0.093	
Niacin	mg	5.348	3	0		1		0.588	1.925	
Pantothenic acid	<u>mg</u>	0.982	2	0		1		0.108	0.354	
Vitamin B-6	mg	0.250)	0		1		0.028	0.090	
Folate, total		11		0	RA	4		1	4	
Folic acid		5		0	NC	4		1	2	
Folate, food		6		0		1		1	2	
Folate, DFE		15		0	NC	4		2	5	
Vitamin B-12		0.26		0		1		0.03	0.09	
Vitamin A, IU	IU	190		0		1		21	68	
Vitamin A, RAERetinol		57 57		0 0		1 1		6 6	21 21	
Vitamin E (alpha-tocopherol)	-	57		U		1		6	21	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	6.320	า	0		1		0.695	2.275	
4:0		0.02		·		_		0.000	2.2.0	
6:0										
8:0	-									
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.030)	0		1		0.003	0.011	
13:0	-									
14:0	-	0.150	ס	0		1		0.017	0.054	
15:0	-		_							
16:0	-	4.400)	0		1		0.484	1.584	
17:0	-			_		_				
18:0	-	1.630	ט	0		1		0.179	0.587	
20:0										
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	9.700		0		1		1.067	3.492	
14:1										
15:1										
16:1 undifferentiated		0.920		0		1		0.101	0.331	
17:1	_									
18:1 undifferentiated		8.530		0		1		0.938	3.071	
20:1	-	0.180		0		1		0.020	0.065	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c	_	- 4-								
Fatty acids, total polyunsaturated		5.470		0		1		0.602	1.969	
18:2 undifferentiated	_	4.930		0		1		0.542	1.775	
18:3 undifferentiated	_	0.250		0		1		0.028	0.090	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.120		0		1		0.013	0.043	
20:5 n-3	_	0.010		0		1		0.001	0.004	
22:5 n-3		0.020		0		1		0.002	0.007	
22:6 n-3		0.040		0		1		0.004	0.014	
Fatty acids, total trans	_					_				
Cholesterol		94		0		1		10	34	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.256		0		1		0.028	0.092	
Threonine		0.962		0		1		0.106	0.346	
Isoleucine		1.120		0		1		0.123	0.403	
Leucine	_	1.690		0		1		0.186	0.608	
Lysine	_	1.829		0		1		0.201	0.658	
Methionine		0.606		0		1		0.067	0.218	
Cystine		0.340		0		1		0.037	0.122	
Phenylalanine		0.920		0		1		0.101	0.331	
Tyrosine	_	0.733		0		1		0.081	0.264	
Valine		1.138		0		1		0.125	0.410	
Arginine		1.553		0		1		0.171	0.559	
Histidine		0.658		0		1		0.072	0.237	
Alanine		1.482		0		1		0.163	0.534	
Aspartic acid	_	2.116		0		1		0.233	0.762	
Glutamic acid		3.556		0		1		0.391	1.280	
Glycine	-	1.938		0		1		0.213	0.698	
Proline	_	1.398		0		1		0.154	0.503	
Serine		0.883		0		1		0.097	0.318	
Hydroxyproline		5.005		•		_		0.00,	0.510	
11ушолургонне	9									

Common Measures:

Measure 1 = 11.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 36g: 1 neck, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% Bone

		<u>Aı</u>	mount in 100 gr	ams of e	aible porti	<u>on</u>	Amount in edible portion of common		
			Nun	nber			<u>m</u>	easures of food	
			of [Data De	iv Source	e Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Co	de Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	59.99	0.899	8	1		9.00	30.00	
Energy	kcal	297		0	NC 4		45	149	
Energy	kj	1243			4		186	621	
Protein (N x 6.25)	g	14.07	0.239	8	1		2.11	7.04	
Total lipid (fat)		26.24	1.199	8	1		3.94	13.12	
Ash		0.55	0.022	8	1		0.08	0.28	
Carbohydrate, by difference		0.00		0	z 7		0.00	0.00	
Fiber, total dietary		0.0		0	z 7		0.0	0.0	
Sugars, total	_								
Starch	g								
Minerals:									
Calcium, Ca	mg	18	0.704	8	1		3	9	
Iron, Fe	mg	1.90	0.089	8	1		0.29	0.95	
Magnesium, Mg		13	0.297	8	1		2	7	
Phosphorus, P		112	1.674	8	1		17	56	
Potassium, K		137	7.240	8	1		21	69	
Sodium, Na		64	1.179	8	1		10	32	
Zinc, Zn		1.86	0.064	8	1		0.28	0.93	
Copper, Cu		0.080		8	1		0.012	0.040	
Manganese, Mn		0.033	0.001	8 0 P	1 AK 1		0.005	0.017	
Selenium, Se	Tricg	12.0		0 P	AK 1		1.8	6.0	
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0	z 7		0.0	0.0	
Thiamin		0.047		8	1		0.007	0.024	
Riboflavin		0.191		8	1		0.029	0.096	
Niacin		3.608		8	1		0.541	1.804	
Pantothenic acid		0.850		0	1		0.128	0.425	
Vitamin B-6	-	0.170	1	0	1		0.026	0.085	
Folate, total		5 0		0	1 2 7		1 0	3 0	
Folic acid		5		0	z 7 1		1	3	
Folate, DFE		5 5			C 4		1	3	
Vitamin B-12		0.26		0	1		0.04	0.13	
Vitamin A, IU		216		0	1		32	108	
Vitamin A, RAE		65		0	1		10	32	
Retinol		65		0	1		10	32	
Vitamin E (alpha-tocopherol)		0.30			R 4		0.04	0.15	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	7.270	1	0	1		1.091	3.635	
4:0		0.000	1	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	1	0	1		0.000	0.000	
12:0	g	0.040	1	0	1		0.006	0.020	
13:0									
14:0		0.210)	0	1		0.032	0.105	
15:0									
16:0		5.460	1	0	1		0.819	2.730	
17:0				_	_				
18:0	_	1.370	1	0	1		0.206	0.685	
20:0	-								
22:0	g								

Nutrients and Units Fatty acids, total monounsaturated. 9 14:1	Mean 10.550 1.490	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:1		0	1		_		
14:1		0	1				
15:1	1.490				1.583	5.275	
16:1 undifferentiated 9 17:1	1.490						
17:1	1.430	0	1		0.224	0.745	
18:1 undifferentiatedg 20:1g		Ů	-		0.224	0.745	
20:1g	8.640	0	1		1.296	4.320	
-	0.300	0	1		0.045	0.150	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	5.680	0	1		0.852	2.840	
18:2 undifferentiatedg	5.040	0	1		0.756	2.520	
18:3 undifferentiated	0.210	0	1		0.032	0.105	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c.cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.160	0	1		0.024	0.080	
20:5 n-3g	0.020	0	1		0.003	0.010	
22:5 n-3g	0.030	0	1		0.005	0.015	
22:6 n-3g	0.060	0	1		0.009	0.030	
Fatty acids, total transg							
Cholesterolmg	99	0	1		15	50	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.137	0	1		0.021	0.069	
Threonine9	0.545	0	1		0.082	0.273	
Isoleucine	0.588	0	1		0.088	0.294	
Leucine	0.933	0	1		0.140	0.467	
Lysine	1.005	0	1		0.151	0.503	
Methionine	0.332		1		0.050	0.166	
Cystine	0.209	0	1		0.031	0.105	
Phenylalanineg	0.514	0	1		0.077	0.257	
Tyrosineg	0.392	0	1		0.059	0.196	
Valine	0.641	0	1		0.096	0.321	
Arginine	0.975		1		0.146	0.488	
Histidine	0.348	0	1		0.052	0.174	
Alanine	0.967	0	1		0.145	0.484	
Aspartic acidg	1.256	0	1		0.188	0.628	
Glutamic acid	1.916	0	1		0.287	0.958	
Glycine	1.521	0	1		0.228	0.761	
Prolineg	0.971	0	1		0.146	0.486	
Serine	0.531		1		0.080	0.266	
Hydroxyprolineg							
Others:	0.0	•	_		0.0		
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg Theobromine mg							

Common Measures:

Measure 1 = 15.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 50g: 1 neck, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 56% 29% bone, 27% skin

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water		58.71		0		1		4.11	12.92		
Energy		229		0	NC	4		16	50		
Energy		958				4		67	211		
Protein (N x 6.25)		26.87		0		1		1.88	5.91		
Total lipid (fat)	g	11.88		0		1		0.83	2.61		
Ash	g	0.78		0		1		0.05	0.17		
Carbohydrate, by difference	g	1.77		0	NC	4		0.12	0.39		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	-	41		0		1		3	9		
Iron, Fe		2.98		0		1		0.21	0.66		
Magnesium, Mg		20		0		1		1	4		
Phosphorus, P	mg	135		0		1		9	30		
Potassium, K		213		0		1		15	47		
Sodium, Na	mg	99		0		1		7	22		
Zinc, Zn	mg	4.24		0		1		0.30	0.93		
Copper, Cu	mg	0.161	L	0		1		0.011	0.035		
Manganese, Mn	mg	0.050)	0		1		0.004	0.011		
Selenium, Se	mcg	20.5		0	BFYN	4		1.4	4.5		
Vitamins:											
	ma	0.0		0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid	_	0.070		0	4	1		0.005	0.015		
Thiamin	_			0		1		0.005			
Riboflavin	-	0.318							0.070		
Niacin		5.027		0		1		0.352	1.106		
Pantothenic acid		1.165		0		1		0.082	0.256		
Vitamin B-6	_	0.350)	0		1		0.025	0.077		
Folate, total		8		0		1		1	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0		1		1	2		
Folate, DFE		8		0	NC	4		1	2		
Vitamin B-12		0.30		0		1		0.02	0.07		
Vitamin A, IU		162		0		1		11	36		
Vitamin A, RAE	mcg_RAE	49		0		1		3	11		
Retinol	mcg	49		0		1		3	11		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Y • • • •											
<u>Lipids:</u>											
Fatty acids, total saturated		3.000)	0		1		0.210	0.660		
4:0											
6:0	-										
8:0											
10:0		0.000		0		4		0.000	0.000		
12:0		0.020)	0		1		0.001	0.004		
13:0	-										
14:0	-	0.060)	0		1		0.004	0.013		
15:0	g										
16:0	g	1.830)	0		1		0.128	0.403		
17:0	g										
18:0	g	1.050)	0		1		0.074	0.231		
20:0	g										
22:0	g										
24:0	-										

	<u>Aı</u>	nount in 100 gran Numb		ion	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		a Deriv Sourc		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	4.570	0	1		0.320	1.005		
14:1g	4.570	v	-		0.320	1.003		
15:1 9								
16:1 undifferentiated	0.240	0	1		0.017	0.053		
17:1	V.=.v	·	_		0.02	0.000		
18:1 undifferentiated	4.300	0	1		0.301	0.946		
20:1g	0.010	0	1		0.001	0.002		
22:1 undifferentiated	0.000	0	4		0.000	0.000		
24:1 c	0.000	v	-		0.000	0.000		
Fatty acids, total polyunsaturatedg	3.040	0	1		0.213	0.669		
18:2 undifferentiatedg	2.630	0	1		0.184	0.579		
18:3 undifferentiated	0.150	0	1		0.011	0.033		
18:4g	0.130	v	-		0.011	0.055		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.130	0	1		0.009	0.029		
20:5 n-3g	0.010	0	1		0.001	0.002		
22:5 n-3g	0.030	0	1		0.002	0.007		
22:6 n-3g	0.050	0	1		0.004	0.011		
Fatty acids, total trans	0.000	·	_		0.001	0.011		
Cholesterolmg	105	0	1		7	23		
Phytosterolsmg	200	·	_		•	23		
Amino Acids:								
Tryptophang	0.314	0	1		0.022	0.069		
Threonineg	1.132	0	1		0.079	0.249		
Isoleucine	1.417	0	1		0.099	0.312		
Leucineg	2.016	0	1		0.141	0.444		
Lysineg	2.267	0	1		0.159	0.499		
Methionineg	0.742	0	1		0.052	0.163		
Cystineg	0.346	0	1		0.024	0.076		
Phenylalanineg	1.069	0	1		0.075	0.235		
Tyrosineg	0.907	0	1		0.063	0.200		
Valineg	1.333	0	1		0.093	0.293		
Arginineg	1.616	0	1		0.113	0.356		
Histidineg	0.832	0	1		0.058	0.183		
Alanineg	1.461	0	1		0.102	0.321		
Aspartic acidg	2.383	0	1		0.167	0.524		
Glutamic acidg	4.081	0	1		0.286	0.898		
Glycineg	1.317	0	1		0.092	0.290		
Prolineg	1.125	0	1		0.079	0.248		
Serineg	0.930	0	1		0.065	0.205		
Hydroxyprolineg								

Common Measures:

Measure 1 = 7.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 22g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 67% 32% bone, 35% skin

		Aı	mount in 100 g	rams mber		ole portic	on		edible portion of	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		67.05	0.580	8	***	1		3.35	12.07	
Energy		179 749		0	NC	4 4		9 37	32 135	
Energy Protein (N x 6.25)		24.56	0.291	8		1		1.23	4.42	
Total lipid (fat)	_	8.18	0.291	8		1		0.41	1.47	
Ash		0.77	0.045	8		1		0.04	0.14	
Carbohydrate, by difference		0.00	0.043	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch										
Minerals:										
Calcium, Ca	_	44	2.160	8		1		2	8	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	2.63	0.034	8		1		0.13	0.47	
Magnesium, Mg		16 128	0.414 6.450	8 8		1 1		1 6	3 23	
Phosphorus, P Potassium, K	-	128	6.450	8		1		6 7	23 25	
Sodium, Na	-	64	1.999	8		1		3	12	
Zinc, Zn		3.77	0.118	8		1		0.19	0.68	
Copper, Cu		0.129		8		1		0.006	0.023	
Manganese, Mn		0.048	0.002	8		1		0.002	0.009	
Selenium, Se		20.5		0	BFYN	4		1.0	3.7	
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.046	0.003	8	2	1		0.002	0.008	
Riboflavin	_	0.283		8		1		0.014	0.051	
Niacin	_	3.956		8		1		0.198	0.712	
Pantothenic acid		0.671		0		1		0.034	0.121	
Vitamin B-6		0.160		0		1		0.008	0.029	
Folate, total		6		0		1		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		0	1	
Folate, DFE		6		0	NC	4		0	1	
Vitamin B-12		0.17		0		1		0.01	0.03	
Vitamin A, IU	IU	121		0		1		6	22	
Vitamin A, RAE		36		0		1		2	7	
Retinol		36		0		1		2	7	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	0	2.100		0		1		0.105	0.378	
Fatty acids, total saturated4:0		0.000		0		1		0.105	0.378	
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		0.040		0		1		0.002	0.007	
13:0										
14:0	g	0.050		0		1		0.003	0.009	
15:0	g									
16:0	g	1.400		0		1		0.070	0.252	
17:0										
18:0		0.550		0		1		0.028	0.099	
20:0										
22:0	_									
24:0	9									

	<u>Aı</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number		Cantidanaa	<u></u>	easures or roou	ı
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
	0.540		4				
Fatty acids, total monounsaturatedg 14:1g	2.540	0	1		0.127	0.457	
15:1	0.370	0	1		0.019	0.067	
17:1	2.110	0	1		0.106	0.200	
18:1 undifferentiated					0.106	0.380	
20:1g	0.020		1		0.001	0.004	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg	2 020	0	•		0 100	0.265	
Fatty acids, total polyunsaturatedg	2.030		1 1		0.102	0.365	
18:2 undifferentiated	1.560		1		0.078	0.281	
18:3 undifferentiated	0.070		1		0.004 0.000	0.013 0.000	
18:4g	0.000	U	1		0.000	0.000	
20:2 n-6 c,c							
20:3 undifferentiatedg 20:4 undifferentiatedg	0.200	0	1		0.010	0.036	
20:5 n-3g	0.020		1		0.010	0.004	
20.5 n-3g	0.040		1		0.001	0.004	
22:6 n-3g	0.080		1		0.002	0.014	
Fatty acids, total trans	0.080	U	_		0.004	0.014	
Cholesterolg	79	0	1		4	14	
Phytosterols mg	,,,	v	_		•	11	
Amino Acids:		_					
Tryptophang	0.287		1		0.014	0.052	
Threonineg	1.037		1		0.052	0.187	
Isoleucineg	1.297		1		0.065	0.233	
Leucineg	1.843		1		0.092	0.332	
Lysineg	2.086		1		0.104	0.375	
Methionineg	0.680		1		0.034	0.122	
Cystineg	0.314		1		0.016	0.057	
Phenylalanineg	0.974		1		0.049	0.175	
Tyrosineg	0.829		1		0.041	0.149	
Valineg	1.218		1		0.061	0.219	
Arginine	1.481		1		0.074	0.267	
Histidineg	0.762		1		0.038	0.137	
Alanineg	1.340		1		0.067	0.241	
Aspartic acid	2.188		1		0.109	0.394	
Glutamic acid	3.678		1		0.184	0.662	
Glycine	1.206		1		0.060	0.217	
Proline	1.010		1		0.051	0.182	
Serine	0.845	0	1		0.042	0.152	
Hydroxyproline							
Others:	•		_				
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 5.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 18g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 75% 36% bone, 39% skin and separable fat

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	71 17	1 060	•		•		4 07	14.00		
Water	_	71.17	1.068	8		1		4.27	14.23		
Energy		154		0	NC	4		9	31		
Energy		644				4		39	129		
Protein (N x 6.25)		17.55	0.396	9		1		1.05	3.51		
Total lipid (fat)	_	8.78	0.546	8		1		0.53	1.76		
Ash	g	0.69	0.015	8		1		0.04	0.14		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:		a-		_		_		•	_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	27	1.445	8		1		2	5		
Iron, Fe	-	2.06	0.064	8		1		0.12	0.41		
Magnesium, Mg		17	0.553	8		1		1	3		
Phosphorus, P		113	2.851	8		1		7	23		
Potassium, K		175	8.374	8		1		11	35		
Sodium, Na	-	81	1.034	8		1		5	16		
Zinc, Zn		2.68	0.176	8		1		0.16	0.54		
Copper, Cu		0.109		8		1		0.007	0.022		
Manganese, Mn		0.035		8		1		0.002	0.007		
Selenium, Se	mcg	13.5	1.936	4	A	1		0.8	2.7		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.054	0.007	8		1		0.003	0.011		
Riboflavin	mg	0.228	0.017	8		1		0.014	0.046		
Niacin	mg	4.119	0.231	8		1		0.247	0.824		
Pantothenic acid	mg	1.090)	0		1		0.065	0.218		
Vitamin B-6	mg	0.290)	0		1		0.017	0.058		
Folate, total	mcg	8		0		1		0	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0		1		0	2		
Folate, DFE		8		0	NC	4		0	2		
Vitamin B-12		0.32		0		1		0.02	0.06		
Vitamin A, IU		146		0		1		9	29		
Vitamin A, RAE		44		0		1		3	9		
Retinol		44		0		1		3	9		
Vitamin E (alpha-tocopherol)				·		_		J	,		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	а	2.250)	0		1		0.135	0.450		
4:0		2.230	•	•		-		3.133	0.450		
6:0											
8:0											
10:0	-	0.000)	0		4		0.000	0.000		
12:0		0.040		17		1		0.002	0.008		
13:0	_	0.040	0.000			-		0.002	0.008		
14:0	-	0.050	0.006	24		1		0.003	0.010		
	-	0.050	0.006	24		1		0.003	0.010		
15:0	-	1 500	0.065	24		1		0 000	0 200		
16:0	-	1.500	0.065	24		1		0.090	0.300		
17:0	-	0 500		0.4		4		0 005	0 110		
18:0	-	0.590	0.037	24		1		0.035	0.118		
20:0	-										
22:0	-										
24:0	g										

		<u>An</u>	nount in 100 g	rams of ed	ble portion	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data Deriv		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	2.730		0	1	0.164	0.546		
14:1									
15:1									
16:1 undifferentiated	-	0.400	0.027	24	1	0.024	0.080		
17:1	-								
18:1 undifferentiated	-	2.270	0.104	24	1	0.136	0.454		
20:1		0.020	0.006	6	1	0.001	0.004		
22:1 undifferentiated		0.000		0	4	0.000	0.000		
24:1 c									
Fatty acids, total polyunsaturated	-	2.180		0	1	0.131	0.436		
18:2 undifferentiated		1.670	0.074	24	1	0.100	0.334		
18:3 undifferentiated	-	0.070	0.005	18	1	0.004	0.014		
18:4	-								
20:2 n-6 c.c.									
20:3 undifferentiated									
20:4 undifferentiated	-	0.210	0.038	16	1	0.013	0.042		
20:5 n-3	-	0.020	0.008	8	1	0.001	0.004		
22:5 n-3	-	0.040	0.012	9	1	0.002	0.008		
22:6 n-3		0.080	0.024	9	1	0.005	0.016		
Fatty acids, total trans	-								
Cholesterol	-	83		0	1	5	17		
Phytosterols	_								
-									
Amino Acids:									
Tryptophan		0.205		0	1	0.012	0.041		
Threonine	-	0.741		0	1	0.044	0.148		
Isoleucine	g	0.926		0	1	0.056	0.185		
Leucine	g	1.316		0	1	0.079	0.263		
Lysine	g	1.491		0	1	0.089	0.298		
Methionine		0.486		0	1	0.029	0.097		
Cystine	g	0.225		0	1	0.014	0.045		
Phenylalanine	g	0.696		0	1	0.042	0.139		
Tyrosine	g	0.592		0	1	0.036	0.118		
Valine	g	0.870		0	1	0.052	0.174		
Arginine	g	1.058		0	1	0.063	0.212		
Histidine	g	0.545		0	1	0.033	0.109		
Alanine	g	0.957		0	1	0.057	0.191		
Aspartic acid	g	1.563		0	1	0.094	0.313		
Glutamic acid	g	2.627		0	1	0.158	0.525		
Glycine	g	0.862		0	1	0.052	0.172		
Proline	g	0.721		0	1	0.043	0.144		
Serine	g	0.604		0	1	0.036	0.121		
Hydroxyproline									

Common Measures:

Measure 1 = 6.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 20g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	28.91	1.156	34		1		3.70	9.25	15.03
Energy	kcal	629		0	NC	4		81	201	327
Energy	kj	2632		0		4		337	842	1369
Protein (N x 6.25)	g	3.73	0.257	40		1		0.48	1.19	1.94
Total lipid (fat)	g	67.95	1.240	40		1		8.70	21.74	35.33
Ash		0.28	0.019	24		1		0.04	0.09	0.15
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Ainerals:										
Calcium, Ca	mg	7	0.518	24		1		1	2	4
Iron, Fe	-	0.70	0.025	24		1		0.09	0.22	0.3
Magnesium, Mg	-	6	0.374	24		1		1	2	3
Phosphorus, P		54	1.517	24		1		7	17	28
Potassium, K	_	64	2.899	24		1		8	20	33
Sodium, Na	mg	32	1.049	24		1		4	10	17
Zinc, Zn	<u>mg</u>	0.45	0.025	24		1		0.06	0.14	0.2
Copper, Cu	mg	0.029	0.002	24		1		0.004	0.009	0.0
Manganese, Mn		0.014	0.001	24		1		0.002	0.004	0.0
Selenium, Se	mcg	9.7		2	A	1		1.2	3.1	5.0
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	_	0.021	0.002	16		1		0.003	0.007	0.0
Riboflavin		0.059		16		1		0.008	0.019	0.0
Niacin		2.041	0.147	16		1		0.261	0.653	1.0
Pantothenic acid	-	0.190		0		1		0.024	0.061	0.0
Vitamin B-6	_	0.020		0		1		0.003	0.006	0.0
Folate, total	mcg	1		0		1		0	0	1
Folic acid		0		0	z	7		0	0	0
Folate, food	mcg	1		0		1		0	0	1
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	1
Vitamin B-12		0.07		0		1		0.01	0.02	0.0
Vitamin A, IU	IU	509		0	NC	4		65	163	265
Vitamin A, RAE		130		0	NC	4		17	42	68
Retinol		125		0	0	4		16	40	65
Vitamin E (alpha-tocopherol)	mg	2.73		0	NR	4		0.35	0.87	1.4
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.4		0	CAZN	4		0.3	0.8	1.2
				·	01121	-		0.0	0.0	
<u>ipids:</u>										
Fatty acids, total saturated	g	20.250		0		1		2.592	6.480	10.5
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0		0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.040	0.011	14		1		0.005	0.013	0.0
13:0		0 000	0.001	60		4		0 0==	0.100	
14:0		0.600	0.034	62		1		0.077	0.192	0.3
15:0		14 650	0 222	70		4		1 0==	4 600	
16:0	-	14.650	0.330	70		1		1.875	4.688	7.6
17:0	_	4 000	0 130	70		1		0 500	1 306	0 1
18:0	_	4.080	0.139	70		T		0.522	1.306	2.1
20:0	_									
22:0 24:0	_									

	Ar	nount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	30.300	0		1		3.878	9.696	15.756	
15:1	3.860	0.138 70	ı	1		0.494	1.235	2.007	
17:1	25.290 0.730	0.488 70 0.210 12		1 1		3.237 0.093	8.093 0.234	13.151 0.380	
20:1	0.000	0.210 12		1		0.000	0.234	0.000	
Fatty acids, total polyunsaturated	14.200 13.260	0. 4 59 70	ı	1 1		1.818 1.697	4.544 4.243	7.384 6.895	
18:3 undifferentiated	0.700 0.000	0.053 56 0	i	1 1		0.090 0.000	0.22 4 0.000	0.36 4 0.000	
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiated	0.040	0.026 5 0		1		0.005	0.013	0.021	
22:5 n-3	0.000 0.000 0.748	2 2 0	BFFN	1 1 1 4		0.000 0.000 0.096	0.000 0.000 0.239	0.000 0.000 0.389	
Fatty acids, total trans	58	3.019 8	BEEN	1		7	19	30	
Amino Acids:									
Tryptophan	0.030 0.133	0		1 1		0.00 4 0.017	0.010 0.043	0.016 0.069	
Isoleucine	0.120 0.219	0		1		0.015 0.028	0.038	0.062 0.114	
Lysine	0.223 0.075 0.062	0 0 0		1 1 1		0.029 0.010 0.008	0.071 0.024 0.020	0.116 0.039 0.032	
Cystine	0.062 0.126 0.085	0		1		0.008 0.016 0.011	0.020 0.040 0.027	0.032 0.066 0.044	
Valine	0.157 0.288	0		1		0.020 0.037	0.050	0.082 0.150	
Histidine	0.072 0.303	0		1 1		0.009 0.039	0.023 0.097	0.037 0.158	
Aspartic acid	0.334 0.464	0		1 1		0.043 0.059	0.107 0.148	0.174 0.241	
Glycine g Proline g	0.595 0.348			1		0.076 0.045	0.190 0.111	0.309 0.181	
Serine	0.152	0		1		0.019	0.049	0.079	
Others: Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeinemg Theobrominemg	0 0	0	z z	7 7		0 0	0 0	0 0	
Carotenoids: Carotene, betamcg	55	0	NR	4		7.040	17.600	28.600	
Carotene, alpha mcg Cryptoxanthin, beta mcg	0	0	Z Z	7 7		0.000	0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0 0	0	z z	7 7		0.000 0.000	0.000 0.000	0.000 0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 32g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 52g: .5 chicken, separable fat

NDB No. 05047

Chicken, broilers or fryers, separable fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	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	36.11	0		1		41.17	68.61	
Energy	kcal	394	0	NC	4		449	749	
Energy		1648			4		1879	3132	
Protein (N x 6.25)	g	10.32	0		1		11.76	19.61	
Total lipid (fat)		28.83	0		1		32.87	54.78	
Ash		1.59	0		1		1.81	3.02	
Carbohydrate, by difference	g	23.15	0	NC	4		26.39	43.99	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Mr. I									
Minerals:	ma	26	^		4		30	40	
Calcium, Ca	-	26 1.43	0		1 1		30 1.63	49 2.72	
Iron, Fe		1.43	0		1		1.63	2.72	
Phosphorus, P		80	0		1		91	152	
Priospriorus, P Potassium, K	•	75	0		1		91 86	143	
Sodium, Na		581	0		1		662	1104	
Zinc, Zn		0.72	0		1		0.82	1.37	
Copper, Cu		0.071			1		0.081	0.135	
Manganese, Mn		0.108			1		0.123	0.205	
Selenium, Se		53.9	0	PIE	4		61.4	102.4	
Vitamins:			•	_	_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.174			1 1		0.198	0.331	
Riboflavin		0.178			1		0.203	0.338	
Niacin	-	3.342 0.453			1		3.810	6.350	
Pantothenic acid		0.453			1		0.516 0.068	0.861	
Vitamin B-6	-	40	0	RA	4		46	0.114 76	
Folate, totalFolic acid		31	0	NC	4		35	76 59	
Folate, food		9	0	NC	1		10	17	
Folate, DFE	mca DFF	62	0	NC	4		70	117	
Vitamin B-12		0.17	0	II.C	1		0.19	0.32	
Vitamin A, IU		138	0		1		157	262	
Vitamin A, RAE		41	0		1		47	79	
Retinol		41	0		1		47	79	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	а	7.610	0		1		8.675	14.459	
4:0		,,,,,	,		_		0.0.0	211.100	
6:0	-								
8:0									
10:0		0.000	0		4		0.000	0.000	
12:0		0.010	0		1		0.011	0.019	
13:0									
14:0	-	0.160	0		1		0.182	0.304	
15:0	-								
16:0	-	5.050	0		1		5.757	9.595	
17:0	g								
18:0	g	2.300	0		1		2.622	4.370	
20:0	g								
22:0	g								
24:0	_								

Nutrients and Units Nutrients Nutrients Nutrients and Units Nutrients Nutrie			<u>A</u> 1	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3				ı	Number				<u>m</u>	easures of food	
141	Nutrients and Uni	ts	Mean						Measure 1	Measure 2	Measure 3
141											
15-1	3	-	12.350	1	0		1		14.079	23.465	
16 Indifferentiated											
17-1											
18:1 undifferentiated. 9 11.380 0 1 1 12.973 21.622 20:1 9 0.166 0 1 0.182 0.304 22:1 undifferentiated. 9 0.000 0 4 0.000 0.000 24:1 0.82 0.304 22:1 undifferentiated. 9 0.000 0 0 4 0.000 0.000 24:1 0.82 0.304 0.000 0.000 24:1 0.82 0.304 0.000 0.0			0.760	1	0		1		0.866	1.444	
20-1		-									
22:1 undifferentiated		-			-		_				
24.1 c. 9 6.830 0 1 7.786 12.977 Fatty acids, total polyunsaturated. 9 6.340 0 1 7.228 12.046 18.3 undifferentiated. 9 0.350 0 1 0.399 0.665 18.4 9 9 0.20		-									
Fatty acids, total polyunsaturated		•	0.000	1	0		4		0.000	0.000	
18.2 undifferentiated. g 6.340 0 1 7.228 12.046 18.3 undifferentiated. g 0.350 0 1 0.399 0.665 18.4		-									
18:3 undifferentiated											
18:4.		-									
202 n-6 c. 9 203 undifferentiated. 9 204 undifferentiated. 9 0.040 0 1 0.046 0.076 205 n-3. 9 0.010 0 1 0.011 0.019 22.5 n-3. 9 0.000 0 1 0.000 0.000 22.6 n-3. 9 0.010 0 1 0.011 0.019 22.5 n-3. 9 0.010 0 1 0.011 0.019 22.6 n-3. 9 0.010 0 1 84 141 200 2		-	0.350	1	0		1		0.399	0.665	
20.3 undifferentiated. 9											
20.4 undifferentiated											
20.5 n-3.											
22:5 n-3. 9 0.000 0 1 0.000 0.000 22:6 n-3. 9 0.010 0 1 0.011 0.019 Fatty acids, total trans. g 74 0 1 84 141 Phytosterols. mg 74 0 1 84 141 Phytosterols. mg 74 0 1 84 141 Phytosterols. mg 74 0 1 0.121 0.201 Phytosterols. mg 0 1 0.121 0.201 Phytosterols. mg 0 1.0 0.121 0.201 Thytosterols. mg 0 3.63 0 1 0.414 0.690 Interview. 9 0.363 0 1 0.440 0.733 1 0.244 0.690 1 0.560 0.967		-									
22:6 n-3. g 0.010 0 1 0.011 0.019 Fatty acids, total trans. g 74 0 1 84 141 Phytosterols. mg 7 0 1 84 141 Phytosterols. Amino Acids: Tryptophan. g 0.106 0 1 0.121 0.201 Threonine. g 0.363 0 1 0.414 0.690 Isoleucine. g 0.386 0 1 0.440 0.733 Leucine. g 0.681 0 1 0.776 1.294 Lysine. g 0.509 0 1 0.580 0.967 Methionine. g 0.188 0 1 0.234 0.390 Cystine. g 0.188 0 1 0.241 0.357 Phenylalanine. g 0.247 0 1 0.316 0.526 <		-			-		_				
Fatty acids, total trans											
Cholesterol. mg 74 0 1 84 141 Phytosterols. mg 74 0 1 84 141 Amino Acids: Tryptophan 9 0.106 0 1 0.121 0.201 Threonine 9 0.363 0 1 0.414 0.690 Isoleucine 9 0.386 0 1 0.440 0.733 Leucine 9 0.681 0 1 0.776 1.294 Lysine 9 0.509 0 1 0.776 1.294 Lysine 9 0.509 0 1 0.580 0.967 Methionine 9 0.205 0 1 0.234 0.390 Cystine 9 0.188 0 1 0.481 0.802 Tyrosine 9 0.422 0 1 0.491 0.802 Arginine 9 0.467 0 <td></td> <td></td> <td>0.010</td> <td>1</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.011</td> <td>0.019</td> <td></td>			0.010	1	0		1		0.011	0.019	
Phytosterols. mg Phytosterols. Phytost	3	-									
Amino Acids: Tryptophan 9 0.106 0 1 0.121 0.201 Threonine .9 0.363 0 1 0.414 0.690 Isoleucine .9 0.386 0 1 0.440 0.733 Leucine .9 0.681 0 1 0.776 1.294 Lysine .9 0.509 0 1 0.580 0.967 Methionine .9 0.205 0 1 0.234 0.390 Cystine .9 0.188 0 1 0.214 0.357 Phenylalanine .9 0.422 0 1 0.481 0.802 Tyrosine .9 0.277 0 1 0.316 0.526 Valine .9 0.467 0 1 0.532 0.887 Arginine .9 0.668 0 1 0.762 1.269 Histidine .9 0.661 0 1			74		0		1		84	141	
Tryptophan 9 0.106 0 1 0.121 0.201 Threonine 9 0.363 0 1 0.414 0.690 Isoleucine 9 0.386 0 1 0.440 0.733 Leucine 9 0.681 0 1 0.776 1.294 Lysine 9 0.509 0 1 0.788 0.967 Methionine 9 0.205 0 1 0.234 0.390 Cystine 9 0.188 0 1 0.214 0.357 Phenylalanine 9 0.422 0 1 0.481 0.802 Tyrosine 9 0.277 0 1 0.316 0.526 Valine 9 0.467 0 1 0.762 1.269 Histidine 9 0.668 0 1 0.762 1.269 Histidine 9 0.661 0 1 0.754 1.256	Phytosterols	mg									
Threonine 9 0.363 0 1 0.414 0.690 Isoleucine 9 0.386 0 1 0.440 0.733 Leucine 9 0.681 0 1 0.776 1.294 Lysine 9 0.509 0 1 0.580 0.967 Methionine 9 0.509 0 1 0.580 0.967 Methionine 9 0.205 0 1 0.234 0.390 Cystine 9 0.188 0 1 0.214 0.357 Phenylalanine 9 0.422 0 1 0.481 0.802 Tyrosine 9 0.427 0 1 0.316 0.526 Valine 9 0.467 0 1 0.532 0.887 Arginine 9 0.668 0 1 0.762 1.269 Histidine 9 0.211 0 1 0.754 1.256<	Amino Acids:										
Threonine g 0.363 0 1 0.414 0.690 Isoleucine g 0.386 0 1 0.440 0.733 Leucine g 0.681 0 1 0.776 1.294 Lysine g 0.509 0 1 0.776 1.294 Lysine g 0.509 0 1 0.580 0.967 Methionine g 0.205 0 1 0.234 0.390 Cystine g 0.188 0 1 0.214 0.357 Phenylalanine g 0.188 0 1 0.481 0.802 Tyrosine g 0.277 0 1 0.316 0.526 Valine g 0.467 0 1 0.532 0.887 Argainine g 0.668 0 1 0.752 1.269 Histidine g 0.211 0 1 0.754 1.256 <td>Tryptophan</td> <td>g</td> <td>0.106</td> <td>i</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.121</td> <td>0.201</td> <td></td>	Tryptophan	g	0.106	i	0		1		0.121	0.201	
Leucine g 0.681 0 1 0.776 1.294 Lysine g 0.509 0 1 0.580 0.967 Methionine g 0.205 0 1 0.234 0.390 Cystine g 0.188 0 1 0.214 0.357 Phenylalanine g 0.422 0 1 0.481 0.802 Tyrosine g 0.277 0 1 0.316 0.526 Valine g 0.467 0 1 0.532 0.887 Arginine g 0.668 0 1 0.762 1.269 Histidine g 0.211 0 1 0.241 0.401 Alanine g 0.661 0 1 0.754 1.256 Aspartic acid g 0.776 0 1 0.885 1.474 Glutamic acid g 2.109 0 1 1.334 2.223 Proline g 1.039 0 1 1.184 1.97	2		0.363	;	0		1		0.414	0.690	
Leucine. 9 0.681 0 1 0.776 1.294 Lysine. 9 0.509 0 1 0.580 0.967 Methionine. 9 0.205 0 1 0.234 0.390 Cystine. 9 0.188 0 1 0.214 0.357 Phenylalanine. 9 0.422 0 1 0.481 0.802 Tyrosine. 9 0.277 0 1 0.316 0.526 Valine. 9 0.467 0 1 0.532 0.887 Arginine. 9 0.668 0 1 0.762 1.269 Histidine. 9 0.211 0 1 0.241 0.401 Alanine. 9 0.661 0 1 0.754 1.256 Aspartic acid. 9 0.776 0 1 0.885 1.474 Glutamic acid. 9 0.776 0 1 1.334 2.223 Proline. 9 1.039 0 1 1.184	Isoleucine	g	0.386	;	0		1		0.440	0.733	
Lysine 9 0.509 0 1 0.580 0.967 Methionine 9 0.205 0 1 0.234 0.390 Cystine 9 0.188 0 1 0.214 0.357 Phenylalanine 9 0.422 0 1 0.481 0.802 Tyrosine 9 0.277 0 1 0.316 0.526 Valine 9 0.467 0 1 0.532 0.887 Arginine 9 0.668 0 1 0.762 1.269 Histidine 9 0.211 0 1 0.241 0.401 Alanine 9 0.661 0 1 0.754 1.256 Aspartic acid 9 0.776 0 1 0.885 1.474 Glutamic acid 9 2.109 0 1 2.404 4.007 Glycine 9 1.039 0 1 1.334 2.223 Proline 9 0.493 0 1 0.562 0.93		-	0.681		0		1		0.776	1.294	
Methionine g 0.205 0 1 0.234 0.390 Cystine g 0.188 0 1 0.214 0.357 Phenylalanine g 0.422 0 1 0.481 0.802 Tyrosine g 0.277 0 1 0.316 0.526 Valine g 0.467 0 1 0.532 0.887 Arginine g 0.668 0 1 0.762 1.269 Histidine g 0.211 0 1 0.241 0.401 Alanine g 0.661 0 1 0.754 1.256 Aspartic acid g 0.661 0 1 0.885 1.474 Glutamic acid g 2.109 0 1 2.404 4.007 Glycine g 1.039 0 1 1.334 2.223 Proline g 0.493 0 1 1.184 1		-	0.509)	0		1		0.580	0.967	
Cystine 9 0.188 0 1 0.214 0.357 Phenylalanine 9 0.422 0 1 0.481 0.802 Tyrosine 9 0.277 0 1 0.316 0.526 Valine 9 0.467 0 1 0.532 0.887 Arginine 9 0.668 0 1 0.762 1.269 Histidine 9 0.211 0 1 0.241 0.401 Alanine 9 0.661 0 1 0.754 1.256 Aspartic acid 9 0.776 0 1 0.885 1.474 Glutamic acid 9 2.109 0 1 2.404 4.007 Glycine 9 1.170 0 1 1.334 2.223 Proline 9 1.039 0 1 1.184 1.974 Serine 9 0.493 0 1 0.562 0.937	-		0.205	i	0		1		0.234	0.390	
Phenylalanine g 0.422 0 1 0.481 0.802 Tyrosine g 0.277 0 1 0.316 0.526 Valine g 0.467 0 1 0.532 0.887 Arginine g 0.668 0 1 0.762 1.269 Histidine g 0.211 0 1 0.241 0.401 Alanine g 0.661 0 1 0.754 1.256 Aspartic acid g 0.7776 0 1 0.885 1.474 Glycine g 2.109 0 1 2.404 4.007 Glycine g 1.170 0 1 1.334 2.223 Proline g 1.039 0 1 1.184 1.974 Serine g 0.493 0 1 0.562 0.937			0.188		0		1		0.214	0.357	
Tyrosine g 0.277 0 1 0.316 0.526 Valine g 0.467 0 1 0.532 0.887 Arginine g 0.668 0 1 0.762 1.269 Histidine g 0.211 0 1 0.241 0.401 Alanine g 0.661 0 1 0.754 1.256 Aspartic acid g 0.776 0 1 0.885 1.474 Glutamic acid g 2.109 0 1 2.404 4.007 Glycine g 1.170 0 1 1.334 2.223 Proline g 1.039 0 1 1.184 1.974 Serine g 0.493 0 1 0.562 0.937			0.422		0		1		0.481	0.802	
Valine g 0.467 0 1 0.532 0.887 Arginine g 0.668 0 1 0.762 1.269 Histidine g 0.211 0 1 0.241 0.401 Alanine g 0.661 0 1 0.754 1.256 Aspartic acid g 0.776 0 1 0.885 1.474 Glutamic acid g 2.109 0 1 2.404 4.007 Glycine g 1.170 0 1 1.334 2.223 Proline g 1.039 0 1 1.184 1.974 Serine g 0.493 0 1 0.562 0.937	•	-	0.277		0		1		0.316		
Arginine 9 0.668 0 1 0.762 1.269 Histidine 9 0.211 0 1 0.241 0.401 Alanine 9 0.661 0 1 0.754 1.256 Aspartic acid 9 0.776 0 1 0.885 1.474 Glutamic acid 9 2.109 0 1 2.404 4.007 Glycine 9 1.170 0 1 1.334 2.223 Proline 9 1.039 0 1 1.184 1.974 Serine 9 0.493 0 1 0.562 0.937			0.467		0		1		0.532		
Histidine. g 0.211 0 1 0.241 0.401 Alanine. g 0.661 0 1 0.754 1.256 Aspartic acid. g 0.776 0 1 0.885 1.474 Glutamic acid g 2.109 0 1 2.404 4.007 Glycine. g 1.170 0 1 1.334 2.223 Proline. g 1.039 0 1 1.184 1.974 Serine. g 0.493 0 1 0.562 0.937			0.668		0		1		0.762	1.269	
Alanine. 9 0.661 0 1 0.754 1.256 Aspartic acid. 9 0.776 0 1 0.885 1.474 Glutamic acid. 9 2.109 0 1 2.404 4.007 Glycine. 9 1.170 0 1 1.334 2.223 Proline. 9 1.039 0 1 1.184 1.974 Serine. 9 0.493 0 1 0.562 0.937	=						1				
Aspartic acid. g 0.776 0 1 0.885 1.474 Glutamic acid. g 2.109 0 1 2.404 4.007 Glycine. g 1.170 0 1 1.334 2.223 Proline. g 1.039 0 1 1.184 1.974 Serine. g 0.493 0 1 0.562 0.937			0.661		0		1		0.754	1.256	
Glutamic acid g 2.109 0 1 2.404 4.007 Glycine g 1.170 0 1 1.334 2.223 Proline g 1.039 0 1 1.184 1.974 Serine g 0.493 0 1 0.562 0.937		-			0		1		0.885		
Glycine g 1.170 0 1 1.334 2.223 Proline g 1.039 0 1 1.184 1.974 Serine g 0.493 0 1 0.562 0.937	•				0		1				
Proline G 1.039 0 1 1.184 1.974 Serine G 0.493 0 1 0.562 0.937		_					1				
Serine	2	-			0		1				
	Hydroxyproline		2.120		-		-			0.557	

Common Measures:

Measure 1 = 114g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 190g: .5 chicken, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 gram		edible portion				
			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	28.54	0		1		9.42	15.98	
Energy	kcal	502	0	NC	4		166	281	
Energy		2100			4		693	1176	
Protein (N x 6.25)	g	19.09	0		1		6.30	10.69	
Total lipid (fat)	g	42.58	0		1		14.05	23.84	
Ash	g	0.45	0		1		0.15	0.25	
Carbohydrate, by difference	g	9.34	0	NC	4		3.08	5.23	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	14	0		1		5	8	
Iron, Fe	_	1.52	0		1		0.50	0.85	
Magnesium, Mg		17	0		1		6	10	
Phosphorus, P		126	0		1		42	71	
Potassium, K	•	125	0		1		41	70	
Sodium, Na		53	0		1		17	30	
Zinc, Zn	mg	1.15	0		1		0.38	0.64	
Copper, Cu	mg	0.079	0		1		0.026	0.044	
Manganese, Mn		0.060			1		0.020	0.034	
Selenium, Se	mcg	62.9	0	PIE	4		20.8	35.2	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.097		_	1		0.032	0.054	
Riboflavin		0.165			1		0.054	0.092	
Niacin		5.818			1		1.920	3.258	
Pantothenic acid	-	0.674			1		0.222	0.377	
Vitamin B-6		0.100			1		0.033	0.056	
Folate, total	_	33	0	RA	4		11	18	
Folic acid		29	0	NC	4		10	16	
Folate, food	mcg	4	0		1		1	2	
Folate, DFE	mcg_DFE	53	0	NC	4		18	30	
Vitamin B-12		0.18	0		1		0.06	0.10	
Vitamin A, IU		232	0		1		77	130	
Vitamin A, RAE		70	0		1		23	39	
Retinol		70	0		1		23	39	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitamin K (phynoquinone)	niog								
Lipids:									
Fatty acids, total saturated	g	11.670	0		1		3.851	6.535	
4:0									
6:0									
8:0	-	0.000							
10:0		0.000			4		0.000	0.000	
12:0	-	0.030	0		1		0.010	0.017	
13:0	_	0.310	0		1		0.102	0.174	
14:0 15:0	_	0.310	, 0		1		0.102	0.1/4	
16:0	_	8.490	0		1		2.802	4.754	
17:0	_	0.450			-		2.002	4.754	
18:0	_	2.600	0		1		0.858	1.456	
20:0	_		v		-				
22:0	_								
24:0	-								

Nutrients and Units Nutrients and Units Nutrients and Units Std. Error Points Code Cod			<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common					
Futy acids, total monounsaturated					Number			<u>m</u>	easures of food		
14	Nutrients and Unit	ts	Mean					Measure 1	Measure 2	Measure 3	
14			10.010		•			5 040	10.000		
15-1	3 /	-	18.010	•	U	1		5.943	10.086		
16 mdifferentiated. 9											
17-1			1 000		0	1		0 657	1 11/		
18.1 undifferentiated			1.990		U	1		0.657	1.114		
20-1		-	15 450		0	1		E 000	0 652		
22:1 undifferentiated					-	_					
24-1 c. 9 9.440 0 1 3.115 5.286 Fatty acids, total polyunsaturated. 9 8.680 0 1 2.864 4.861 183 undifferentiated. 9 0.410 0 1 0.135 0.230 184. 9 0.22 no.6 c. 9 9 0.020 0 1 0.030 0.050 20-4 undifferentiated. 9 0.020 0 1 0.030 0.050 20-5 n-3. 9 0.020 0 1 0.007 0.011 22-5 n-3. 9 0.030 0 1 0.000 0.017 22-6 n-3. 9 0.030 0 1 24 41 Fatty acids, total rans. 9 0.030 0 1 24 41 Fatty acids, total rans. 9 0.602 1 0.053 0.006 Polytostoris. mg 0 1 0.053 0.090 <td co<="" td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td>	<td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-								
Fatty acids, total polyunsaturated 9		•	0.000		U	4		0.000	0.000		
18.2 undifferentiated. g		-	9 440		0	1		2 115	E 206		
18:3 undifferentiated 9 0.410 0 1 0.135 0.230 18:4 9 20:2 n c c. 9 20:2 n c c. 9 20:3 undifferentiated 9 0.090 0 1 0.030 0.050 20:5 n:3 9 0.020 0 1 0.007 0.011 22:5 n:3 9 0.030 0 1 0.003 0.066 22:6 n:3 9 0.030 0 1 0.010 0.017 Fatty sacids, total trans 9 0.030 0 1 0.010 0.017 Fatty sacids, total trans 9 0 0 1 24 41 Phytosterols mg 73 0 1 24 41 Phytosterols mg 73 0 1 0.053 0.090 Thronine 9 0.160 0 1 0.053 0.090 Thronine 9 0.672 0 1 0.208 0.352 <											
18:4. 9 20.2 n-6 c, 9 20.3 undifferentiated 9 20-4 undifferentiated 9 20-5 undifferentiated 9 20-5 undifferentiated 9 20-5 undifferentiated 9 20-6 undifferentiated 9 20-6 undifferentiated 9 20-7 undifferentiated 9 20-8 undifferentiated 9 20-8 undifferentiated 9 20-9 undifferentiated 9 20-1 undifferentiated 0 20-5 und		-				_					
202 n-6 c.c. g 203 undifferentiated. 9 9 0.090 0 1 0.030 0.050 205 n-3. 9 0.020 0 1 0.007 0.011 225 n-3. 9 0.030 0 1 0.007 0.011 225 n-3. 9 0.030 0 1 0.001 0.017 226 n-3. 9 0.030 0 1 0.010 0.017 24 41 24 41 24 41 24 41 24 24		-	0.410		U	1		0.135	0.230		
20.3 undifferentiated. g											
20.4 undifferentiated											
20.5 n-3 g 0.020 0 1 0.007 0.011 22.5 n-3 g 0.010 0 1 0.003 0.006 22.6 n-3 g 0.030 0 1 0.010 0.017 Fatty acids, total trans g 0 1 24 41 Phytosterolos mg 7 2 24 41 Phytosterolos mg 7 2 24 41 Phytosterolos mg 2 2 41 24 41 Phytosterolos mg 2 0 1 0.053 0.090 Phytosterolos mg 0 1 0.053 0.090 Threonic g 0.674 0 1 0.253 0.390 Threonic g 0.629 0 1 0.208 0.352 Leucine g 1.044 0 1 0.361			0 000		0	1		0 030	0.050		
22:5 n-3 g 0.010 0 1 0.003 0.006 22:5 n-3 g 0.030 0 1 0.010 0.017 Fatty acids, total trans g Cholesterol. mg 73 0 1 24 41 Phytosterols mg 73 0 1 24 41 Amino Acids: Tryptophan g 0.160 0 1 0.053 0.090 Threonine g 0.674 0 1 0.222 0.377 Isoleucine g 0.629 0 1 0.208 0.352 Leucine g 1.144 0 1 0.378 0.611 Lysine g 1.093 0 1 0.361 0.612 Methionine g 0.380 0 1 0.125 0.213 Cystine g 0.325 0 1 0		-									
22:6 n-3 .9 0.030 0 1 0.010 0.017 Fatty acids, total trans. .9 .73 0 1 24 41 Cholesterol. .mg 73 0 1 24 41 Phytosterols. Amino Acids: Tryptophan .9 0.160 0 1 0.053 0.090 Threonine .9 0.674 0 1 0.222 0.377 Isoleucine .9 0.629 0 1 0.208 0.352 Leucine .9 1.144 0 1 0.378 0.641 Lysine .9 1.093 0 1 0.361 0.612 Methionine .9 0.325 0 1 0.107 0.182 Phenylalanine .9 0.672 0 1 0.147 0.249 Pkenylalanine .9 0.811 0 1 0.147 0.249 <td></td> <td>-</td> <td></td> <td></td> <td>-</td> <td>_</td> <td></td> <td></td> <td></td> <td></td>		-			-	_					
Fatty acids, total trans											
Cholesterol. mg 73 0 1 24 41 Phytosterols. mg Amino Acids: Trypophan g 0.160 0 1 0.053 0.090 Threonine g 0.674 0 1 0.222 0.377 Isoleucine g 0.672 0 1 0.222 0.377 Leucine g 1.144 0 1 0.378 0.641 Lysine g 1.093 0 1 0.378 0.641 Lysine g 0.380 0 1 0.378 0.641 Lysine g 0.380 0 1 0.125 0.213 Cystine g 0.380 0 1 0.107 0.182 Phenylalanine g 0.672 0 1 0.147 0.249 Valine g 0.811 0 1 0.147 0.249			0.030	•	U	1		0.010	0.017		
Phytosterols. mg Phytosterols. Phytost	2 1	-	72		^			0.4	44		
Amino Acids: Tryptophan 9 0.160 0 1 0.053 0.090 Threonine 9 0.674 0 1 0.222 0.377 Isolecine 9 0.629 0 1 0.208 0.352 Leucine 9 1.144 0 1 0.378 0.641 Lysine 9 1.093 0 1 0.361 0.612 Methionine 9 0.380 0 1 0.125 0.213 Cysine 9 0.325 0 1 0.107 0.182 Phynylalanine 9 0.672 0 1 0.222 0.376 Tyrosine 9 0.445 0 1 0.107 0.182 Valine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.470 0.798 Histidine 9 0.370 0 1 </td <td></td> <td></td> <td>/3</td> <td></td> <td>U</td> <td>_</td> <td></td> <td>24</td> <td>41</td> <td></td>			/3		U	_		24	41		
Tryptophan. g 0.160 0 1 0.053 0.090 Threonine. g 0.674 0 1 0.222 0.377 Isoleucine. g 0.629 0 1 0.208 0.352 Leucine. g 1.144 0 1 0.378 0.641 Lysine. g 1.093 0 1 0.361 0.612 Methionine. g 0.380 0 1 0.125 0.213 Cystine. g 0.325 0 1 0.107 0.182 Phenylalanine. g 0.672 0 1 0.222 0.376 Tyrosine. g 0.445 0 1 0.147 0.249 Valine. g 0.811 0 1 0.147 0.249 Valine. g 0.811 0 1 0.470 0.798 Histidine. g 0.370 0 1 0.122	Phytosterois	IIIg									
Threonine 9 0.674 0 1 0.222 0.377 Isoleucine 9 0.629 0 1 0.208 0.352 Leucine 9 1.144 0 1 0.378 0.641 Lysine 9 1.093 0 1 0.361 0.612 Methionine 9 0.380 0 1 0.125 0.213 Cystine 9 0.325 0 1 0.107 0.182 Phenylalanine 9 0.672 0 1 0.222 0.376 Tyrosine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.147 0.249 Valine 9 0.811 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.491 0.833 <td>Amino Acids:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Amino Acids:										
Threonine g 0.674 0 1 0.222 0.377 Isoleucine g 0.629 0 1 0.208 0.352 Leucine g 1.144 0 1 0.378 0.641 Lysine g 1.093 0 1 0.361 0.612 Methionine g 0.380 0 1 0.125 0.213 Cystine g 0.380 0 1 0.107 0.182 Phenylalanine g 0.325 0 1 0.107 0.182 Phenylalanine g 0.672 0 1 0.107 0.182 Phenylalanine g 0.672 0 1 0.107 0.182 Phenylalanine g 0.672 0 1 0.107 0.182 Phenylalanine g 0.611 0 1 0.147 0.249 Valine g 0.811 0 1 0.147	Tryptophan	g	0.160)	0	1		0.053	0.090		
Leucine g 1.144 0 1 0.378 0.641 Lysine g 1.093 0 1 0.361 0.612 Methionine g 0.380 0 1 0.125 0.213 Cystine g 0.325 0 1 0.107 0.182 Phenylalanine g 0.672 0 1 0.222 0.376 Tyrosine g 0.445 0 1 0.147 0.249 Valine g 0.811 0 1 0.268 0.454 Arginine g 1.425 0 1 0.470 0.798 Histidine g 0.370 0 1 0.122 0.207 Alanine g 1.488 0 1 0.491 0.833 Aspartic acid g 2.705 0 1 0.545 0.924 Glutamic acid g 2.705 0 1 0.893 1.515 Glycine g 2.888 0 1 0.953 1.61	2. ·		0.674		0	1		0.222	0.377		
Leucine 9 1.144 0 1 0.378 0.641 Lysine 9 1.093 0 1 0.361 0.612 Methionine 9 0.380 0 1 0.125 0.213 Cystine 9 0.325 0 1 0.107 0.182 Phenylalanine 9 0.672 0 1 0.222 0.376 Tyrosine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.268 0.454 Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 2.705 0 1 0.545 0.924 Glutamic acid 9 2.888 0 1 0.893 1.515 Glycine 9 1.822 0 1 0.601 1.02	Isoleucine	g	0.629)	0	1		0.208	0.352		
Lysine 9 1.093 0 1 0.361 0.612 Methionine 9 0.380 0 1 0.125 0.213 Cystine 9 0.325 0 1 0.107 0.182 Phenylalanine 9 0.672 0 1 0.222 0.376 Tyrosine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.268 0.454 Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 0.797 0 1 0.263 0.44		-	1.144		0	1		0.378	0.641		
Methionine 9 0.380 0 1 0.125 0.213 Cystine 9 0.325 0 1 0.107 0.182 Phenylalanine 9 0.672 0 1 0.222 0.376 Tyrosine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.268 0.454 Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1		-	1.093	1	0	1		0.361	0.612		
Cystine 9 0.325 0 1 0.107 0.182 Phenylalanine 9 0.672 0 1 0.222 0.376 Tyrosine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.268 0.454 Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446	2		0.380)	0	1		0.125	0.213		
Phenylalanine g 0.672 0 1 0.222 0.376 Tyrosine g 0.445 0 1 0.147 0.249 Valine g 0.811 0 1 0.268 0.454 Arginine g 1.425 0 1 0.470 0.798 Histidine g 0.370 0 1 0.122 0.207 Alanine g 1.488 0 1 0.491 0.833 Aspartic acid g 1.650 0 1 0.545 0.924 Glutamic acid g 2.705 0 1 0.893 1.515 Glycine g 2.888 0 1 0.953 1.617 Proline g 1.822 0 1 0.601 1.020 Serine g 0.797 0 1 0.263 0.446			0.325	i	0	1		0.107	0.182		
Tyrosine 9 0.445 0 1 0.147 0.249 Valine 9 0.811 0 1 0.268 0.454 Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446	<u> </u>		0.672		0	1		0.222	0.376		
Valine 9 0.811 0 1 0.268 0.454 Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446	•	_	0.445	i	0	1		0.147	0.249		
Arginine 9 1.425 0 1 0.470 0.798 Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446			0.811		0	1		0.268	0.454		
Histidine 9 0.370 0 1 0.122 0.207 Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446					0	1		0.470			
Alanine 9 1.488 0 1 0.491 0.833 Aspartic acid 9 1.650 0 1 0.545 0.924 Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446	=				0	1					
Aspartic acid. 9 1.650 0 1 0.545 0.924 Glutamic acid. 9 2.705 0 1 0.893 1.515 Glycine. 9 2.888 0 1 0.953 1.617 Proline. 9 1.822 0 1 0.601 1.020 Serine. 9 0.797 0 1 0.263 0.446			1.488		0	1		0.491	0.833		
Glutamic acid 9 2.705 0 1 0.893 1.515 Glycine 9 2.888 0 1 0.953 1.617 Proline 9 1.822 0 1 0.601 1.020 Serine 9 0.797 0 1 0.263 0.446		_	1.650)	0	1		0.545			
Glycine. g 2.888 0 1 0.953 1.617 Proline. g 1.822 0 1 0.601 1.020 Serine. g 0.797 0 1 0.263 0.446	•				0	1					
Proline g 1.822 0 1 0.601 1.020 Serine g 0.797 0 1 0.263 0.446		-				1					
Serine	3	-			0	1					
541											
					-	-		3	0.113		

Common Measures:

Measure 1 = 33g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 56g: .5 chicken, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

			mount in 100 g		edible portion					
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.29	1.705	16		1		13.70	22.56	
Energy	kcal	454		0	NC	4		154	254	
Energy	kj	1900				4		646	1064	
Protein (N x 6.25)	g	20.36	0.685	16		1		6.92	11.40	
Total lipid (fat)	g	40.68	1.350	16		1		13.83	22.78	
Ash	g	0.50	0.028	16		1		0.17	0.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
M:										
Minerals:	ma	14	0.835	16		1		5	8	
Calcium, Ca Iron, Fe	-	1.51	0.835	16		1		0.51	0.85	
Magnesium, Mg	-	1.51	0.099	16		1		5	8	
Phosphorus, P		125	2.963	16		1		43	70	
Potassium, K	-	136	7.927	16		1		46	76	
Sodium, Na	-	65	2.108	16		1		22	36	
Zine, Zn	-	1.23	0.067	16		1		0.42	0.69	
Copper, Cu		0.064		16		1		0.022	0.036	
Manganese, Mn		0.022		16		1		0.007	0.012	
Selenium, Se		137.0		0	BFYN	4		46.6	76.7	
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.036		8		1		0.012	0.020	
Riboflavin	_	0.127		8		1		0.043	0.071	
Niacin	-	5.581		8		1		1.898	3.125	
Pantothenic acid	_	0.710		0		1		0.241	0.398	
Vitamin B-6	-	0.100		0		1		0.034	0.056	
Folate, total		2 0		0	z	1 7		1 0	1	
Folic acid				0	Z				0	
Folate, food		2 2		0	NG	1 4		1 1	1	
Folate, DFE		0.20		0	NC				1 0.11	
Vitamin B-12		262		0		1 1		0.07 89		
Vitamin A, IU		262 79		0				89 27	147	
Vitamin A, RAE		79 78		0	NR	1 4		27	44 44	
Retinol		0.40		0	NR NR	4		0.14	0.22	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.40		U	NK	4		0.14	0.22	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		0.8	1.3	
<u>Lipids:</u>										
Fatty acids, total saturated		11.420		0		1		3.883	6.395	
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		0.040		0		1		0.014	0.022	
13:0		2 222		•					2 42-	
14:0		0.330		0		1		0.112	0.185	
15:0		0.710		•						
16:0		8.740		0		1		2.972	4.894	
17:0	_	0.000		•				0 607	1 101	
18:0	_	2.020		0		1		0.687	1.131	
20:0	_									
22:0										

	<u>Ar</u>	nount in 100 gram	Amount in edible portion of common measures of food					
		Numbe				<u> </u>	easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0		1		5.790	9.537	
15:19)							
16:1 undifferentiated	2.400	0		1		0.816	1.344	
17:19)							
18:1 undifferentiated	13.920	0		1		4.733	7.795	
20:1		0		1		0.180	0.297	
22:1 undifferentiated		0		1		0.000	0.000	
24:1 c)							
Fatty acids, total polyunsaturated	8.570	0		1		2.914	4.799	
18:2 undifferentiatedQ	7.830	0		1		2.662	4.385	
18:3 undifferentiatedQ	0.330	0		1		0.112	0.185	
18:4	0.000	0		1		0.000	0.000	
20:2 n-6 c,c)							
20:3 undifferentiated)							
20:4 undifferentiatedQ	0.110	0		1		0.037	0.062	
20:5 n-3	0.020	0		1		0.007	0.011	
22:5 n-39	0.010	0		1		0.003	0.006	
22:6 n-3	0.040	0		1		0.014	0.022	
Fatty acids, total trans]							
Cholesterolr	ng 83	0		1		28	46	
Phytosterolsr	ng							
Amino Asida								
Amino Acids:		•				0.055		
Tryptophan		0		1		0.055	0.091	
Threonine		0		1		0.247	0.407	
Isoleucine		0		1		0.223	0.367	
Leucine				1		0.407	0.670	
Lysine		0		1 1		0.413	0.680	
Methionine						0.138	0.228	
Cystine		0		1		0.115	0.190	
Phenylalanine		0		1 1		0.234	0.385	
Tyrosine				_		0.157	0.259	
Valine		0		1		0.291	0.480	
Arginine		0		1		0.534	0.879	
Histidine		0		1		0.133	0.219	
Alanine				1		0.562	0.925	
Aspartic acid		0		1		0.619	1.020	
Glutamic acid		0		1		0.861	1.417	
Glycine		0		1		1.104	1.819	
ProlineQ				1		0.646	1.063	
Serine		0		1		0.282	0.464	
Hydroxyproline]							
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine me		0	z	7		0	0	
Theobromine me	•	0	z	7		0	0	
	· ·	v	_	•		•	•	
<u>Carotenoids:</u>								
Carotene, betamo		0	Z	7		0.000	0.000	
Carotene, alphamo		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	Z	7		0.000	0.000	
Lycopeneme		0	Z	7		0.000	0.000	
Lutein + zeaxanthinm	cg 0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 34g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 56g: .5 chicken, skin only

NDB No. 05018

Chicken, broilers or fryers, skin only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	Amount in	edible portion	of common				
			Nu	mber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.27	1.488	18		1		23.44	38.35	
Energy	kcal	363		0	NC	4		160	261	
Energy		1519				4		668	1094	
Protein (N x 6.25)	g	15.22	0.415	18		1		6.70	10.96	
Total lipid (fat)	g	33.04	0.938	17		1		14.54	23.79	
Ash	g	0.43	0.020	16		1		0.19	0.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	12	1.183	16		1		5	9	
Iron, Fe	_	1.13	0.045	16		1		0.50	0.81	
Magnesium, Mg		13	0.225	16		1		6	9	
Phosphorus, P		99	2.383	16		1		44	71	
Potassium, K	-	117	6.743	16		1		51	84	
Sodium, Na		56	1.624	16		1		25	40	
Zinc, Zn	mg	0.96	0.025	16		1		0.42	0.69	
Copper, Cu	mg	0.046	0.003	16		1		0.020	0.033	
Manganese, Mn	mg	0.018	0.001	16		1		0.008	0.013	
Selenium, Se	mcg	112.1		0	BFYN	4		49.3	80.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.034	0.005	8	_	1		0.015	0.024	
Riboflavin		0.094		8		1		0.041	0.068	
Niacin		3.756		8		1		1.653	2.704	
Pantothenic acid	-	0.391		0		1		0.172	0.282	
Vitamin B-6		0.050)	0		1		0.022	0.036	
Folate, total	_	2		0		1		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12	mcg	0.11		0		1		0.05	0.08	
Vitamin A, IU		198		0		1		87	143	
Vitamin A, RAE		59		0		1		26	43	
Retinol		59		0		1		26	43	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	9.280)	0		1		4.083	6.682	
4:0										
6:0										
8:0	_									
10:0		0.000		0		4		0.000	0.000	
12:0		0.030)	0		1		0.013	0.022	
13:0	-	0 0=0		_		-		0 110	0.101	
14:0	-	0.270	,	0		1		0.119	0.194	
15:0	-	7.100	1	0		1		3.124	5.112	
16:0 17:0	-	7.100	•	J		_		3.124	5.112	
18:0	-	1.640	1	0		1		0.722	1.181	
20:0	-	1.040	•	J		1		0.722	1.101	
22:0	_									
24:0	_									

		Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
		40.000		•		_					
Fatty acids, total monounsaturated	-	13.830		0		1		6.085	9.958		
14:1											
15:1 16:1 undifferentiated		1.950		0		1		0.858	1.404		
17:1		1.930		U		-		0.838	1.404		
18:1 undifferentiated		11.310		0		1		4.976	8.143		
20:1	-	0.430		0		1		0.189	0.310		
22:1 undifferentiated	-	0.000		0		4		0.000	0.000		
24:1 c	•	2.000		ū		-		0.000	0.000		
Fatty acids, total polyunsaturated		6.960		0		1		3.062	5.011		
18:2 undifferentiated		6.360		0		1		2.798	4.579		
18:3 undifferentiated		0.270		0		1		0.119	0.194		
18:4	-										
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated	g	0.090		0		1		0.040	0.065		
20:5 n-3	g	0.020		0		1		0.009	0.014		
22:5 n-3	g	0.010		0		1		0.004	0.007		
22:6 n-3		0.030		0		1		0.013	0.022		
Fatty acids, total trans	g										
Cholesterol	mg	63		0		1		28	45		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.122		0		1		0.054	0.088		
Threonine	g	0.543		0		1		0.239	0.391		
Isoleucine	g	0.489		0		1		0.215	0.352		
Leucine	g	0.894		0		1		0.393	0.644		
Lysine	g	0.908		0		1		0.400	0.654		
Methionine	g	0.304		0		1		0.134	0.219		
Cystine	g	0.253		0		1		0.111	0.182		
Phenylalanine	g	0.514		0		1		0.226	0.370		
Tyrosine	g	0.346		0		1		0.152	0.249		
Valine	g	0.640		0		1		0.282	0.461		
Arginine	g	1.174		0		1		0.517	0.845		
Histidine	g	0.292		0		1		0.128	0.210		
Alanine	g	1.235		0		1		0.543	0.889		
Aspartic acid	g	1.361		0		1		0.599	0.980		
Glutamic acid	g	1.892		0		1		0.832	1.362		
Glycine	g	2.428		0		1		1.068	1.748		
Proline	g	1.420		0		1		0.625	1.022		
Serine	g	0.618		0		1		0.272	0.445		
Hydroxyproline	g										

Common Measures:

Measure 1 = 44g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 72g: .5 chicken, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.22	0.847	30		1		25.48	42.83	
Energy	kcal	349		0	NC	4		164	276	
Energy	kj	1460				4		686	1154	
Protein (N x 6.25)	g	13.33	0.316	31		1		6.27	10.53	
Total lipid (fat)	g	32.35	0.692	35		1		15.20	25.56	
Ash		0.41	0.016	25		1		0.19	0.32	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	11	0.267	24		1		5	9	
Iron, Fe	_	1.08	0.035	24		1		0.51	0.85	
Magnesium, Mg	_	13	0.551	24		1		6	10	
Phosphorus, P		100	3.096	24		1		47	79	
Potassium, K	_	103	4.755	24		1		48	81	
Sodium, Na		63	1.668	24		1		30	50	
Zinc, Zn	mg	0.93	0.046	24		1		0.44	0.73	
Copper, Cu	mg	0.041	0.004	24		1		0.019	0.032	
Manganese, Mn	mg	0.019	0.001	24		1		0.009	0.015	
Selenium, Se	mcg	12.3	2.403	3	A	1		5.8	9.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.033	0.003	16		1		0.016	0.026	
Riboflavin	-	0.069		16		1		0.010	0.055	
Niacin	-	3.987		16		1		1.874	3.150	
Pantothenic acid	_	0.692		1		1		0.325	0.547	
Vitamin B-6	-	0.090		1		1		0.042	0.071	
Folate, total	-	3		0		1		1	2	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0		1		1	2	
Folate, DFE		3		0	NC	4		1	2	
Vitamin B-12		0.23		0		1		0.11	0.18	
Vitamin A, IU	IU	262	59.432	18		1		123	207	
Vitamin A, RAE	mcg_RAE	76		0	NC	4		36	60	
Retinol		76		0	NR	4		36	60	
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		1.4	2.3	
Lipids:										
Fatty acids, total saturated	g	9.080	1	0		1		4.268	7.173	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000	1	0		1		0.000	0.000	
10:0	g	0.000	1	0		1		0.000	0.000	
12:0		0.030	0.014	15		1		0.014	0.024	
13:0										
14:0	g	0.270	0.046	17		1		0.127	0.213	
15:0										
16:0	g	6.950	0.239	33		1		3.267	5.491	
17:0	g									
18:0	-	1.600	0.092	33		1		0.752	1.264	
20:0	-									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inita	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and C	mis	Weari	Stu. Ellor					Weasure i	Weasure 2	Weasure 3
Fatty acids, total monounsaturate	od O	13.540		0		1		6.364	10.697	
14:1		20.010		·		_		0.504	10.037	
15:1	-	1 010	0 111	22				0.000	1 500	
16:1 undifferentiated	-	1.910	0.111	33		1		0.898	1.509	
18:1 undifferentiated		11.070	0.304	33		1		5.203	8.745	
20:1		0.420		8		1		0.197	0.332	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated		6.810		0		1		3.201	5.380	
18:2 undifferentiated	g	6.220	0.234	33		1		2.923	4.914	
18:3 undifferentiated	g	0.260	0.034	27		1		0.122	0.205	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.090		10		1		0.042	0.071	
20:5 n-3	-	0.020		6		1		0.009	0.016	
22:5 n-3	_	0.010		3		1		0.005	0.008	
22:6 n-3		0.030		3		1		0.014	0.024	
Fatty acids, total trans		0.349		0	BFFN	4		0.164	0.276	
Cholesterol		109	3.532	8		1		51	86	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.107		0		1		0.050	0.085	
Threonine		0.476		0		1		0.224	0.376	
Isoleucine	g	0.429		0		1		0.202	0.339	
Leucine	g	0.783		0		1		0.368	0.619	
Lysine	g	0.796		0		1		0.374	0.629	
Methionine	g	0.267		0		1		0.125	0.211	
Cystine	g	0.222		0		1		0.104	0.175	
Phenylalanine	g	0.450		0		1		0.212	0.356	
Tyrosine	g	0.303		0		1		0.142	0.239	
Valine	g	0.561		0		1		0.264	0.443	
Arginine		1.028		0		1		0.483	0.812	
Histidine	g	0.256		0		1		0.120	0.202	
Alanine		1.081		0		1		0.508	0.854	
Aspartic acid		1.192		0		1		0.560	0.942	
Glutamic acid	-	1.657		0		1		0.779	1.309	
Glycine		2.127		0		1		1.000	1.680	
Proline		1.244		0		1		0.585	0.983	
Serine		0.542		0		1		0.255	0.428	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	6		0	NR	4		2.820	4.740	
Carotene, alpha	mcg	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 = 47g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 79g: .5 chicken, skin only

Chicken, broilers or fryers, skin only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		<u>A</u>	mount in 100 gr	ams of ed	lible porti	<u>on</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u>l</u>	
			of I	Data Deri	v Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	e Code	Code	Measure 1	Measure 2	Measure 3	
n · .										
Proximates: Water	a	51.50		0	1		26.78	44.29		
Energy	-	277		0 N			144	238		
Energy		1159		•	4		603	997		
Protein (N x 6.25)		21.61		0	1		11.24	18.58		
Total lipid (fat)	-	16.53		0	1		8.60	14.22		
Ash	-	1.27		0	1		0.66	1.09		
Carbohydrate, by difference		9.08		0 N			4.72	7.81		
Fiber, total dietary		0.3		0	4		0.2	0.3		
Sugars, total		0.5		·	•		0.2	0.5		
Starch	-									
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	-	18		0	1		9	15		
Iron, Fe	-	1.45		0	1		0.75	1.25		
Magnesium, Mg		21		0	1		11	18		
Phosphorus, P		155		0	1		81	133		
Potassium, K		192		0	1		100	165		
Sodium, Na	-	288		0	1		150	248		
Zinc, Zn		2.04	_	0	1		1.06	1.75		
Copper, Cu		0.082		0	1		0.043	0.071		
Manganese, Mn	-	0.057	/	0 0 PII	1 E 4		0.030	0.049		
Selenium, Se	Ilicy	23.2		0 PII	5 4		12.1	20.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0		
Thiamin	mg	0.119	9	0	1		0.062	0.102		
Riboflavin	mg	0.227	7	0	1		0.118	0.195		
Niacin	<u>mg</u>	5.715	5	0	1		2.972	4.915		
Pantothenic acid	mg	0.982	2	0	1		0.511	0.845		
Vitamin B-6	mg	0.260)	0	1		0.135	0.224		
Folate, total	mcg	19		0 RA	. 4		10	16		
Folic acid	mcg	10		0 NC	4		5	9		
Folate, food		9		0	1		5	8		
Folate, DFE	mcg_DFE	26		0 NC	4		14	22		
Vitamin B-12		0.28		0	1		0.15	0.24		
Vitamin A, IU		95		0	1		49	82		
Vitamin A, RAE		29		0	1		15	25		
Retinol		29		0	1		15	25		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	4.410)	0	1		2.293	3.793		
4:0					_					
6:0										
8:0										
10:0	-	0.000)	0	4		0.000	0.000		
12:0		0.020)	0	1		0.010	0.017		
13:0										
14:0	-	0.100)	0	1		0.052	0.086		
15:0	-									
16:0	-	2.960)	0	1		1.539	2.546		
17:0	-									
18:0	-	1.240)	0	1		0.645	1.066		
20:0	-									
22:0	-									
24:0	-									
	-									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	6.700		0		1		3.484	5.762		
14:1		0.700		Ū		-		3.404	5.762		
15:1											
16:1 undifferentiated		0.560		0		1		0.291	0.482		
17:1	-										
18:1 undifferentiated		6.010		0		1		3.125	5.169		
20:1		0.090		0		1		0.047	0.077		
22:1 undifferentiated	_	0.000		0		4		0.000	0.000		
24:1 c		2.000		-		=					
Fatty acids, total polyunsaturated		3.900		0		1		2.028	3.354		
18:2 undifferentiated		3.490		0		1		1.815	3.001		
18:3 undifferentiated	_	0.190		0		1		0.099	0.163		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.100		0		1		0.052	0.086		
20:5 n-3	-	0.010		0		1		0.005	0.009		
22:5 n-3	_	0.020		0		1		0.010	0.017		
22:6 n-3		0.040		0		1		0.021	0.034		
Fatty acids, total trans											
Cholesterol	-	93		0		1		48	80		
Phytosterols	mg										
Amino Asider											
Amino Acids:	0	0.248		0		1		0.129	0.213		
Tryptophan Threonine	-	0.246		0		1		0.129	0.213		
	_	1.085		0		1		0.461	0.762		
Isoleucine	_	1.590		0		1		0.827	1.367		
Leucine	-	1.699		0		1		0.827	1.367		
J		0.568		0		1		0.883	0.488		
Methionine	_	0.297		0		1			0.466		
Cystine		0.297		0		1		0.154 0.449	0.255		
Phenylalanine	_	0.864		0		1		0.449	0.743		
Tyrosine	_	1.056		0		1		0.367	0.606		
Valine		1.056		0		1		0.549	1.133		
Arginine Histidine	-	0.632		0		1		0.885	0.544		
Alanine	_	1.210		0		1		0.329	1.041		
Aspartic acid	_	1.210		0		1		0.629	1.041		
*	-	3.465		0		1		1.802	2.980		
Glutamic acid		1.288		0		1		0.670	1.108		
Proline	_	1.288		0		1		0.670	0.958		
Proline		0.796		0		1		0.579	0.958		
	_	0.796		U		1		0.414	0.085		
Hydroxyproline	y										

Common Measures:

Measure 1 = 52g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 86g: 1 thigh, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 23% Bone

		<u>A</u>	mount in 100 g	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	54.14		0		1		20.57	33.57		
Energy	-	262		0	NC	4		100	162		
23		1096		U	NC	4		417			
Energy	=			•					680		
Protein (N x 6.25)		26.75		0		1		10.17	16.59		
Total lipid (fat)		14.98		0		1		5.69	9.29		
Ash		0.94		0		1		0.36	0.58		
Carbohydrate, by difference	g	3.18		0	NC	4		1.21	1.97		
Fiber, total dietary	g	0.1		0		4		0.0	0.1		
Sugars, total	g										
Starch	g										
Minerals:				_		_		_	•		
Calcium, Ca	-	14		0		1		5	9		
Iron, Fe	-	1.49		0		1		0.57	0.92		
Magnesium, Mg	-	25		0		1		10	16		
Phosphorus, P	•	187		0		1		71	116		
Potassium, K	mg	237		0		1		90	147		
Sodium, Na	-	88		0		1		33	55		
Zinc, Zn	mg	2.52		0		1		0.96	1.56		
Copper, Cu	mg	0.089	9	0		1		0.034	0.055		
Manganese, Mn	mg	0.036	5	0		1		0.014	0.022		
Selenium, Se	mcg	19.9		0	PIE	4		7.6	12.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.094	1	0	_	1		0.036	0.058		
Riboflavin	-	0.243		0		1		0.092	0.151		
Niacin	-	6.946		0		1		2.639	4.307		
Pantothenic acid		1.185		0		1		0.450	0.735		
		0.330		0		1		0.450			
Vitamin B-6	-		,			_			0.205		
Folate, total		12		0	RA	4		5	7		
Folic acid		4		0	NC	4		2	2		
Folate, food		8		0		1		3	5		
Folate, DFE		15		0	NC	4		6	9		
Vitamin B-12		0.30		0		1		0.11	0.19		
Vitamin A, IU		98		0		1		37	61		
Vitamin A, RAE		29		0		1		11	18		
Retinol		29		0		1		11	18		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	4.090	1	0		1		1.554	2.536		
4:0		4.050	,	·		-		1.554	2.550		
6:0											
8:0											
	-	0.000	`	0		4		0 000	0 000		
10:0				0				0.000	0.000		
12:0		0.030	,	U		1		0.011	0.019		
13:0	-			_		_					
14:0	-	0.110)	0		1		0.042	0.068		
15:0	-			_							
16:0	-	2.900)	0		1		1.102	1.798		
17:0	g										
18:0	g	0.940)	0		1		0.357	0.583		
20:0	g										
22:0	g										
24:0	g										

		<u>Aı</u>	nount in 10	00 grams Number		<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 monounsaturated	a	5.870		0		1		2.231	3.639	
14:1								2.202	3.003	
15:1	-									
16:1 undifferentiated		0.720		0		1		0.274	0.446	
17:1	-									
18:1 undifferentiated		4.970		0		1		1.889	3.081	
20:1	-	0.120		0		1		0.046	0.074	
22:1 undifferentiated		0.000		0		4		0.000	0.000	
24:1 c		0.000		Ü		-		0.000	0.000	
Fatty acids, total polyunsaturated		3.410		0		1		1.296	2.114	
18:2 undifferentiated		2.970		0		1		1.129	1.841	
18:3 undifferentiated		0.140		0		1		0.053	0.087	
18:4		0.140		· ·		-		0.055	0.007	
	-									
20:2 n-6 c,c 20:3 undifferentiated										
20:3 undifferentiated		0.130		0		1		0.049	0.081	
	-	0.130		0		1		0.049	0.001	
20:5 n-3				0		1				
22:5 n-3	-	0.030						0.011	0.019	
22:6 n-3	-	0.050		0		1		0.019	0.031	
Fatty acids, total trans	-	0.7		•		1		0.7		
Cholesterol		97		0		1		37	60	
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	а	0.302		0		1		0.115	0.187	
Threonine		1.105		0		1		0.420	0.685	
Isoleucine	-	1.346		0		1		0.511	0.835	
Leucine		1.958		0		1		0.744	1.214	
Lysine		2.169		0		1		0.824	1.345	
Methionine		0.713		0		1		0.271	0.442	
Cystine		0.358		0		1		0.136	0.222	
Phenylalanine	-	1.051		0		1		0.399	0.652	
Tyrosine		0.869		0		1		0.330	0.539	
Valine	-	1.303		0		1		0.495	0.808	
Arginine		1.656		0		1		0.629	1.027	
Histidine	-	0.791		0		1		0.301	0.490	
Alanine	-	1.531		0		1		0.582	0.490	
	-	2.365		0		1		0.899	1.466	
Aspartic acidGlutamic acid		4.031		0		1		1.532	2.499	
				0		1		0.624	1.019	
Glycine	-	1.643 1.295		0		1				
Proline						1		0.492	0.803	
Serine		0.949		0		1		0.361	0.588	
Hydroxyproline	y									

Common Measures:

Measure 1 = 38g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 62g: 1 thigh, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted

Refuse: 23% Bone

		<u>Aı</u>	mount in 100 g	<u>rams</u> mbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.42	0.418	16		1		83.19	21.99	36.84
Energy		247		0	NC	4		346	91	153
Energy		1033				4		1447	382	641
Protein (N x 6.25)		25.06	0.304	16		1		35.08	9.27	15.54
Total lipid (fat)		15.49	0.216	16		1		21.69	5.73	9.60
Ash		0.88	0.022	16		1		1.23	0.33	0.55
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	9									
Minerals:										
Calcium, Ca	mg	12	0.678	16		1		17	4	7
Iron, Fe.	-	1.34	0.048	16		1		1.88	0.50	0.83
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22	0.393	16		1		31	8	14
Phosphorus, P	-	174	4.528	16		1		244	64	108
Potassium, K	•	222	5.739	16		1		311	82	138
Sodium, Na		84	1.538	16		1		118	31	52
Zinc, Zn		2.36	0.040	16		1		3.30	0.87	1.46
Copper, Cu	_	0.078	0.002	16		1		0.109	0.029	0.048
Manganese, Mn		0.021	0.001	16		1		0.029	0.008	0.013
Selenium, Se	mcg	19.5		0	BFYN	4		27.3	7.2	12.1
Vitamina										
Vitamins:	ma	0.0		0	z	7		0.0	0.0	0.0
Vitamin C, total ascorbic acid	-	0.067	0.007	8	4	1		0.094	0.025	0.0 0.042
ThiaminRiboflavin	_	0.067		8		1		0.094	0.023	0.042
	-	6.365		8		1		8.911	2.355	3.946
Niacin		1.108		0		1		1.551	0.410	0.687
Pantothenic acid Vitamin B-6		0.310		0		1		0.434	0.410	0.887
		7	,	0		1		10	3	0.192 4
Foliate, total		0		0	z	7		0	0	0
Folic acid		7		0	Z	1		10	3	4
Folate, food		7		0	NC	4		10	3	4
Folate, DFE		0.29		0	NC	1		0.41	0.11	4 0.18
Vitamin B-12		160		0	NC	4		224		
Vitamin A, IU	IU	48		0		4		22 4 67	59 18	99
Vitamin A, RAE		48		0	NC	4		67 67		30 30
Retinol		0.27		0	NR NR	4		0.37	18 0.10	0.16
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.27		U	NK	4		0.37	0.10	0.16
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.3		0	BFSN	4		6.0	1.6	2.7
viamini it (phyrioquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.330		0		1		6.062	1.602	2.685
4:0	g	0.000)	0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.030	1	0		1		0.042	0.011	0.019
13:0	-									
14:0	g	0.120	1	0		1		0.168	0.044	0.074
15:0	g									
16:0	g	3.140	1	0		1		4.396	1.162	1.947
17:0	g									
18:0	g	0.890	1	0		1		1.246	0.329	0.552
20:0	g									
22:0	g									
24:0	а									

		<u>Aı</u>	mount in 10	00 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	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	g	6.150		0		1		8.610	2.276	3.813
15:1 16:1 undifferentiated	g	0.840		0		1		1.176	0.311	0.521
17:1 18:1 undifferentiated	_	5.080		0		1		7.112	1.880	3.150
20:1	g	0.140		0		1		0.196	0.052	0.087
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturat		3.420		0		1		4.788	1.265	2.120
		2.990		0		1		4.186	1.106	1.854
18:2 undifferentiated		0.140		0		1		0.196	0.052	0.087
18:4		0.140		0		1		0.196	0.052	0.000
	_	0.000		U		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0 120		•		1		0 100	0.040	0.00
20:4 undifferentiated	_	0.130		0		1		0.182	0.048	0.081
20:5 n-3	_	0.010		0		1		0.014	0.004	0.006
22:5 n-3	_	0.020		0		1		0.028	0.007	0.012
22:6 n-3		0.050		0		1		0.070	0.019	0.031
Fatty acids, total trans										
Cholesterol	mg	93		0		1		130	34	58
Phytosterols	mg									
Amino Acids:										
	0	0.281		0		1		0.393	0.104	0 174
Tryptophan						1				0.174
Threonine	-	1.037		0		_		1.452	0.384	0.643
Isoleucine	_	1.256		0		1		1.758	0.465	0.779
Leucine	_	1.827		0		1		2.558	0.676	1.133
Lysine		2.047		0		1		2.866	0.757	1.269
Methionine		0.669		0		1		0.937	0.248	0.415
Cystine	g	0.333		0		1		0.466	0.123	0.206
Phenylalanine	g	0.975		0		1		1.365	0.361	0.605
Tyrosine	g	0.810		0		1		1.134	0.300	0.502
Valine	g	1.218		0		1		1.705	0.451	0.755
Arginine	g	1.566		0		1		2.192	0.579	0.971
Histidine	g	0.739		0		1		1.035	0.273	0.458
Alanine	g	1.454		0		1		2.036	0.538	0.901
Aspartic acid		2.234		0		1		3.128	0.827	1.385
Glutamic acid		3.670		0		1		5.138	1.358	2.275
Glycine	_	1.590		0		1		2.226	0.588	0.986
Proline		1.200		0		1		1.680	0.444	0.744
Serine		0.882		0		1		1.235	0.326	0.547
Hydroxyproline		0.002		·		-		1.233	0.320	0.547
Trydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	-									
Carotene, beta	mea	0		0	z	7		0.000	0.000	0.000
		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7				
Cryptoxanthin, beta		•		-				0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 37g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 62g: 1 thigh, bone removed

Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 24% Bone

		Aı	mount in 100 g	rams mbei		ole portio	<u></u>		edible portion of easures of food	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		63.11	0.540	16		1		25.88	42.91	
Energy		232		0	NC	4		95	158	
Energy		971	0.244	1.0		4 1		398	660	
Protein (N x 6.25)		23.26	0.244	16		1		9.54	15.82	
Total lipid (fat)	-	14.74	0.213	16		1		6.04	10.02	
Ash		0.78	0.031	16	_			0.32	0.53	
Carbohydrate, by difference	-	0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.569	16		1		5	7	
Iron, Fe	_	1.37	0.068	16		1		0.56	0.93	
Magnesium, Mg	_	19	0.508	16		1		8	13	
Phosphorus, P	mg	139	2.677	16		1		57	95	
Potassium, K	mg	170	6.684	16		1		70	116	
Sodium, Na	mg	71	2.279	16		1		29	48	
Zinc, Zn	mg	2.25	0.050	16		1		0.92	1.53	
Copper, Cu	mg	0.070	0.002	16		1		0.029	0.048	
Manganese, Mn	mg	0.019	0.001	16		1		0.008	0.013	
Selenium, Se	mcg	17.9		0	BFYN	4		7.3	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.057	0.006	8	_	1		0.023	0.039	
Riboflavin	-	0.191		8		1		0.078	0.130	
Niacin	-	4.894		8		1		2.007	3.328	
Pantothenic acid		0.776		0		1		0.318	0.528	
Vitamin B-6		0.170	ı	0		1		0.070	0.116	
Folate, total		6		0		1		2	4	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		1		2	4	
Folate, DFE		6		0	NC	4		2	4	
Vitamin B-12		0.19		0		1		0.08	0.13	
Vitamin A, IU		147		0	NC	4		60	100	
Vitamin A, RAE		44		0	NC	4		18	30	
Retinol		44		0	NR	4		18	30	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.11	0.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		1.6	2.7	
Lipids:										
Fatty acids, total saturated	а	4.110	ı	0		1		1.685	2.795	
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	-	0.030		0		1		0.012	0.020	
13:0	-	0.000		•		-			0.020	
14:0	-	0.120	ı	0		1		0.049	0.082	
15:0	_			•		=		2.0.0	0.002	
16:0		3.000	1	0		1		1.230	2.040	
17:0				•		=				
18:0		0.840	ı	0		1		0.344	0.571	
20:0	-			•		=				
22:0	-									
24:0	-									
=										

		<u>A</u> 1	mount in 100 gram		<u>n</u>	Amount in edible portion of common measures of food			
			Numbe				<u>m</u>	easures of 1000	
				a Deriv		Confidence			
Nutrients and Ur	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	5.840	0		1		2.394	3.971	
14:1	g	3.040	v		-		2.334	3.371	
15:1 16:1 undifferentiated 17:1.	9	0.810	0		1		0.332	0.551	
18:1 undifferentiated	9	4.830			1		1.980	3.284	
20:1		0.140			1		0.057	0.095	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		3.250	0		1		1.333	2.210	
18:2 undifferentiated		2.840			1		1.164	1.931	
18:3 undifferentiated		0.130			1		0.053	0.088	
18:4	_	0.000			1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.120	0		1		0.049	0.082	
20:5 n-3	g	0.010	0		1		0.004	0.007	
22:5 n-3		0.020			1		0.008	0.014	
22:6 n-3		0.040	0		1		0.016	0.027	
Fatty acids, total trans			_						
Cholesterol		84	0		1		34	57	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.260	0		1		0.107	0.177	
Threonine	g	0.962	0		1		0.394	0.654	
Isoleucine	g	1.164	0		1		0.477	0.792	
Leucine	-	1.695			1		0.695	1.153	
Lysine		1.898			1		0.778	1.291	
Methionine		0.620			1		0.254	0.422	
Cystine		0.310			1		0.127	0.211	
Phenylalanine		0.905			1		0.371	0.615	
Tyrosine		0.751			1		0.308	0.511	
Valine		1.130			1		0.463	0.768	
Arginine		1.456			1		0.597	0.990	
Histidine		0.685			1 1		0.281	0.466	
Alanine		1.352 2.074			1		0.554 0.850	0.919 1.410	
Aspartic acid		3.405			1		1.396	2.315	
Glutamic acid		1.487			1		0.610	1.011	
Glycine		1.119			1		0.459	0.761	
Serine		0.820			1		0.336	0.558	
Hydroxyproline		0.020	·		_		0.550	0.000	
Others:			_		_				
Alcohol, ethyl		0.0	0	_	7		0.0	0.0	
Caffeine		0	0	Z	7		0	0	
Theobromine	iiig	0	0	Z	7		0	0	
Carotenoids: Carotene, beta	mca	0	0	z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 41g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 68g: 1 thigh, bone removed

Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 21% Bone

	<u> </u>	mount in 100 gı			<u>on</u>	Amount in edible portion of common measures of food			
							<u>m</u> e	easures of food	<u>.</u>
ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
а	67.68	0.317	25		1		38.58	63 . 62	
-		0.02	0	NC	4				
	883				4		503	830	
-	17.27	0.127	25		1		9.84		
	15.25	0.221	25		1		8.69		
	0.81	0.027	25		1		0.46	0.76	
	0.00		0	Z	7		0.00	0.00	
	0.0		0	Z	7		0.0	0.0	
	0.00		0	PIK	4		0.00	0.00	
ma	10	0 497	24		1		6	۵	
-									
	20	0.261	24		1				
	145	2.676	24		1		83	136	
	192	5.430	24		1		109	180	
-	76	1.234	24		1		43	71	
	1.60	0.028	24		1		0.91	1.50	
mg	0.058	0.002	24		1		0.033	0.055	
mg	0.019	0.000	24		1		0.011	0.018	
mcg	12.9		0	PAK	1		7.4	12.1	
ma	2.3		0		1		1.3	2.2	
-		0.003	16		1		0.035	0.058	
	0.153	0.004	16		1		0.087	0.144	
mg	5.426	0.184	16		1		3.093	5.100	
mg	1.032	!	0		1		0.588	0.970	
mg	0.260)	0		1		0.148	0.244	
mcg	8		0	PAK	1		4	7	
	0		0	PIK	4		0	0	
				PAK					
				NC			=	•	
			-						
			-						
	0.28		U	CASN	4		0.16	0.26	
	2.9		0	BFYN	4		1.6	2.7	
a	1 306	:	0	DAK	1		2 500	4 122	
			0						
_			0	PIK	4				
			0	PAK	1		0.014	0.023	
-									
	0.128	1	0	PAK	1		0.073	0.120	
-									
-	3.314	ŀ	0	PAK	1		1.889	3.115	
g									
g	0.920	1	0	PAK	1		0.525	0.865	
g									
g									
	g	g 67.68	Num	Number of Data Std. Error Points	ts Mean Std. Error Points Code 9	ts	Number	Number Of Data Deriv Source Code Code Measure	Number Of Data Deviv Source Confidence Code Measure Measure

		<u>A</u> 1	mount in 100 gra		<u>on</u>	Amount in edible portion of common measures of food			
			Num	ber			<u>m</u>	easures of food	<u>.</u>
				ata Deriv		Confidence			
Nutrients and l	Jnits	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Por il col		6 511		0			0.744		
Fatty acids, total monounsaturate 14:1	g	6.511		0 PAK	1		3.711	6.121	
15:1 16:1 undifferentiated	g	0.889	1	0 PAK	1		0.507	0.835	
17:1 18:1 undifferentiated	-	5.462		0 PAK	1		3.113	5.134	
20:1		0.160		0 PAK			0.091	0.151	
22:1 undifferentiated	-	0.000	1	0 PIK	4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		3.381		0 PAK			1.927	3.178	
18:2 undifferentiated		3.091		0 PAK			1.762	2.906	
18:3 undifferentiated	-	0.145		0 PAK			0.083	0.136	
18:4		0.000	1	0 PIK	4		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated	-	0.084		0 PAK	1		0.048	0.079	
20:5 n-3	-	0.011		0 PAK			0.048	0.019	
22:5 n-3		0.016		0 PAK			0.009	0.010	
22:6 n-3		0.034		0 PAK			0.019	0.032	
Fatty acids, total trans	-	0.220		0 PIK			0.125	0.207	
Cholesterol	-	84		0	1		48	79	
Phytosterols									
Amino Acids:									
Tryptophan	a	0.192		0	1		0.109	0.180	
Threonine		0.713		0	1		0.406	0.670	
Isoleucine	_	0.858		0	1		0.489	0.807	
Leucine	-	1.254		0	1		0.715	1.179	
Lysine	-	1.402		0	1		0.799	1.318	
Methionine		0.458		0	1		0.261	0.431	
Cystine		0.231		0	1		0.132	0.217	
Phenylalanine	-	0.670	1	0	1		0.382	0.630	
Tyrosine		0.554		0	1		0.316	0.521	
Valine		0.837		0	1		0.477	0.787	
Arginine	g	1.086	;	0	1		0.619	1.021	
Histidine	g	0.505	i	0	1		0.288	0.475	
Alanine	g	1.012		0	1		0.577	0.951	
Aspartic acid	g	1.540	1	0	1		0.878	1.448	
Glutamic acid	g	2.521		0	1		1.437	2.370	
Glycine	g	1.137		0	1		0.648	1.069	
Proline	g	0.847		0	1		0.483	0.796	
Serine		0.594		0 PAK	1		0.338	0.558	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0		0 PIK	4		0.0	0.0	
Caffeine	mg	0		0 PIK	4		0	0	
Theobromine	mg	0		0 PIK	4		0	0	
Carotenoids:									
Carotene, beta	mcg	7		0 PIK	4		4.170	6.876	
Carotene, alpha		0		0 PIK	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0 PIK	4		0.000	0.000	
Lycopene	mcg	0		0 PIK			0.000	0.000	
Lutein + zeaxanthin	mcg	0		0 PIK	4		0.000	0.000	

Common Measures:

Measure 1 = 57g: 1 thigh, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 94g: 1 thigh, bone removed

Chicken, broilers or fryers, thigh, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% 23% bone, 13% skin

		Aı	mount in 10			ole portio	o <u>n</u>		edible portion o	of common
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.31		0		1		18.39	30.84	
Energy		218		0	NC	4		68 283	113	
Energy		912		•		4 1			474	
Protein (N x 6.25)		28.18 10.30		0		1		8.74 3.19	14.65 5.36	
Total lipid (fat) Ash		1.04		0		1		0.32	0.54	
Carbohydrate, by difference		1.18		0	NC	4		0.32	0.61	
Fiber, total dietary	-	0.0		0	Z	7		0.0	0.61	
Sugars, total		0.0		U	2	,		0.0	0.0	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	13		0		1		4	7	
Iron, Fe		1.46		0		1		0.45	0.76	
Magnesium, Mg	-	26		0		1		8	14	
Phosphorus, P	•	199		0		1		62	103	
Potassium, K	-	259		0		1		80	135	
Sodium, Na		95 2.79		0 0		1 1		29 0.86	49 1.45	
Zinc, Zn	-	0.090	,	0		1		0.86	0.047	
Copper, Cu Manganese, Mn		0.030		0		1		0.028	0.014	
Selenium, Se	-	20.5		0	BFYN	4		6.4	10.7	
Scientini, Sc	9	20.0		•		-		0		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.088		0		1		0.027	0.046	
Riboflavin	-	0.255		0		1		0.079	0.133	
Niacin		7.120		0		1		2.207	3.702	
Pantothenic acid		1.285		0		1		0.398	0.668	
Vitamin B-6		0.380)	0		1		0.118	0.198	
Folate, total		9 0		0 0	Z	1 7		3 0	5 0	
Folic acidFolate, food		9		0	4	1		3	5	
Folate, DFE		9		0	NC	4		3	5	
Vitamin B-12		0.33		0	МС	1		0.10	0.17	
Vitamin A, IU		70		0		1		22	36	
Vitamin A, RAE	mca RAE	21		0		1		7	11	
Retinol		21		0		1		7	11	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	2.780)	0		1		0.862	1.446	
4:0										
6:0										
8:0	g									
10:0	g	0.000)	0		4		0.000	0.000	
12:0	-	0.030)	0		1		0.009	0.016	
13:0	-									
14:0		0.070)	0		1		0.022	0.036	
15:0				_		_			_	
16:0		1.900)	0		1		0.589	0.988	
17:0	-	0 500		^		4		0.017	0.264	
18:0	-	0.700	,	0		1		0.217	0.364	
20:0	-									
22:0	-									
24:0	y									

	<u> </u>	mount in 100 gran		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		ta Deriv Source	Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0	1		1.184	1.986		
14:1	-							
15:1								
16:1 undifferentiated	=	0	1		0.143	0.239		
17:1								
18:1 undifferentiated	-		1		1.011	1.695		
20:1			1		0.016	0.026		
22:1 undifferentiated		0	4		0.000	0.000		
24:1 c								
Fatty acids, total polyunsaturated			1		0.753	1.264		
18:2 undifferentiated	g 2.04	0	1		0.632	1.061		
18:3 undifferentiated	g 0.10	0	1		0.031	0.052		
18:4	g							
20:2 n-6 c,c	9							
20:3 undifferentiated	g							
20:4 undifferentiated	g 0.14	0	1		0.043	0.073		
20:5 n-3	g 0.01	0	1		0.003	0.005		
22:5 n-3	g 0.03	0	1		0.009	0.016		
22:6 n-3	g 0.05	0	1		0.016	0.026		
Fatty acids, total trans	g							
Cholesterol	mg 102	0	1		32	53		
Phytosterols	mg							
Amino Acids:								
Tryptophan	g 0.32	9 0	1		0.102	0.171		
Threonine		3 0	1		0.368	0.618		
Isoleucine	-	6 0	1		0.461	0.773		
Leucine		5 0	1		0.656	1.100		
Lysine		4 0	1		0.739	1.240		
Methionine		3 0	1		0.241	0.405		
Cystine			1		0.112	0.188		
Phenylalanine	0		1		0.348	0.583		
Tyrosine		-	1		0.295	0.495		
Valine	-		1		0.433	0.726		
Arginine			1		0.526	0.882		
Histidine	0		1		0.320	0.454		
Alanine	0		1		0.271	0.434		
	-	-	1		0.776	1.302		
Aspartic acidGlutamic acid.			1		1.320	2.214		
	0		1		0.428	0.719		
Glycine	-		1		0.428	0.719		
Proline			1					
Serine		5 U	1		0.302	0.506		
Hydroxyproline	9							

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 52g: 1 thigh, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 35% Bone 23%, skin 12%

		<u>Aı</u>	mount in 100 gr	rams o	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nun	nber				m	easures of food	
				Data D	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	62.87	0.409	16		1		88.02	19.49	32.69
Energy	-	209		0	NC	4		293	65	109
Energy		874		•	2.0	4		1224	271	455
Protein (N x 6.25)	-	25.94	0.322	16		1		36.32	8.04	13.49
Total lipid (fat)		10.88	0.212	16		1		15.23	3.37	5.66
Ash		0.95	0.027	16		1		1.33	0.29	0.49
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch	-	0.00		•	_	•		0.00	0.00	0.00
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	12		16		1		17	4	6
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.31		16		1		1.83	0.41	0.68
Magnesium, Mg		24		16		1		34	7	12
Phosphorus, P	-	183		16		1		256	57	95
Potassium, K		238		16		1		333	74	124
Sodium, Na		88		16		1		123	27	46
Zinc, Zn	-	2.57		16		1		3.60	0.80	1.34
Copper, Cu		0.081		16		1		0.113	0.025	0.04
Manganese, Mn		0.021		16	_	1 1		0.029	0.007	0.01
Selenium, Se	Ilicy	29.0	2.466	19	A	1		40.6	9.0	15.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	0.0
Thiamin	mg	0.074	0.007	8		1		0.104	0.023	0.03
Riboflavin	mg	0.231	0.010	8		1		0.323	0.072	0.12
Niacin	mg	6.525	0.580	8		1		9.135	2.023	3.39
Pantothenic acid	mg	1.184	ļ	0		1		1.658	0.367	0.61
Vitamin B-6	mg	0.350)	0		1		0.490	0.109	0.18
Folate, total	mcg	8		0		1		11	2	4
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		11	2	4
Folate, DFE		8		0	NC	4		11	2	4
Vitamin B-12		0.31		0		1		0.43	0.10	0.16
Vitamin A, IU	IU	67		0	NC	4		93	21	35
Vitamin A, RAE	mcg_RAE	20		0	NC	4		28	6	10
Retinol		20		0	NR	4		28	6	10
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.08	0.14
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		5.5	1.2	2.0
Lipids:										
Fatty acids, total saturated	a	3.030)	0		1		4.242	0.939	1.57
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	_	0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0		0.030		0		1		0.042	0.009	0.01
13:0				-		-		- · •		0.03
14:0		0.080)	0		1		0.112	0.025	0.04
15:0				-		-		··	3.025	0.0-
16:0		2.120)	0		1		2.968	0.657	1.10
17:0	-			-		-		,,	0.007	,
18:0	_	0.690)	0		1		0.966	0.214	0.35
20:0	_	0.030		•		-		3.300	V.214	0.50
22:0	_									
24:0	_									
47.V										

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	g	4.150		0		1		5.810	1.287	2.158
15:1 16:1 undifferentiated	g	0.560		0		1		0.784	0.174	0.291
17:1 18:1 undifferentiated	-	3.460		0		1		4.844	1.073	1.799
20:1	g	0.070		0		1		0.098	0.022	0.036
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturate	edg	2.480		0		1		3.472	0.769	1.290
18:2 undifferentiated	g	2.100		0		1		2.940	0.651	1.092
18:3 undifferentiated	g	0.100		0		1		0.140	0.031	0.052
18:4	=	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	=									
20:3 undifferentiated	-									
20:4 undifferentiated	=	0.130		0		1		0.182	0.040	0.068
20:5 n-3	=	0.010		0		1		0.014	0.003	0.005
22:5 n-3	-	0.030		0		1		0.042	0.009	0.016
22:6 n-3		0.050		0		1		0.070	0.016	0.026
Fatty acids, total trans										
Cholesterol	_	95		0		1		133	29	49
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.303		0		1		0.424	0.094	0.158
Threonine		1.096		0		1		1.534	0.340	0.570
Isoleucine		1.370		0		1		1.918	0.425	0.712
Leucine	_	1.947		0		1		2.726	0.604	1.012
Lysine	_	2.204		0		1		3.086	0.683	1.146
Methionine		0.718		0		1		1.005	0.223	0.373
Cystine		0.332		0		1		0.465	0.103	0.173
Phenylalanine		1.029		0		1		1.441	0.319	0.535
Tyrosine		0.876		0		1		1.226	0.272	0.456
Valine	_	1.287		0		1		1.802	0.399	0.669
Arginine	_	1.565		0		1		2.191	0.485	0.814
Histidine		0.805		0		1		1.127	0.250	0.419
Alanine	-	1.415		0		1		1.981	0.439	0.736
Aspartic acid		2.312		0		1		3.237	0.717	1.202
Glutamic acid		3.885		0		1		5.439	1.204	2.020
Glycine		1.274		0		1		1.784	0.395	0.662
Proline		1.067		0		1		1.494	0.331	0.555
Serine	_	0.892		0		1		1.249	0.277	0.464
Hydroxyproline				-		_			* · = · ·	
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 52g: 1 thigh, bone and skin removed

Chicken, broilers or fryers, thigh, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 39% 24% bone, 15% skin

		<u></u>	mount in 100 g	, unit	or care		<u></u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food	•	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	65.59	0.334	18		1		91.83	21.64	36.07	
Energy.	-	195	0.554	0	NC	4		273	64	107	
63		816		U	NC	4		1142		449	
Energy	=					_			269		
Protein (N x 6.25)		25.00	0.284	18		1		35.00	8.25	13.75	
Total lipid (fat)		9.79	0.214	18		1		13.71	3.23	5.38	
Ash		0.86	0.037	16		1		1.20	0.28	0.47	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Vimerais: Calcium, Ca	ma	11	0.691	16		1		15	4	6	
Iron, Fe	-	1.42	0.031	16		1		1.99	0.47	0.78	
Magnesium, Mg	-	21	0.613	16		1		29	7	12	
Phosphorus, P		149	3.302	16		1		209	49	82	
Potassium, K	•	183	6.836	16		1		256	60	101	
Sodium, Na		75	2.734	16		1		105	25	41	
Zinc, Zn		2.58	0.060	16		1		3.61	0.85	1.42	
Copper, Cu		0.077		16		1		0.108	0.025	0.04	
Manganese, Mn		0.077		16		1		0.108	0.023	0.0	
Selenium, Se		17.1	0.001	0	BFYN	4		23.9	5.6	9.4	
Scienium, Se	nog	17.1		·	DIIM	-		23.3	3.0	3.4	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0	
Thiamin	mg	0.063	0.006	8		1		0.088	0.021	0.03	
Riboflavin	mg	0.218	0.009	8		1		0.305	0.072	0.12	
Niacin	<u>mg</u>	5.200	0.256	8		1		7.280	1.716	2.86	
Pantothenic acid	mg	0.874		0		1		1.224	0.288	0.48	
Vitamin B-6	mg	0.210	1	0		1		0.294	0.069	0.11	
Folate, total	mcg	7		0		1		10	2	4	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food	mcg	7		0		1		10	2	4	
Folate, DFE	mcg_DFE	7		0	NC	4		10	2	4	
Vitamin B-12		0.21		0		1		0.29	0.07	0.12	
Vitamin A, IU	IU	63		0	NC	4		89	21	35	
Vitamin A, RAE	mcg_RAE	19		0	NC	4		27	6	10	
Retinol		19		0	NR	4		27	6	10	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.09	0.15	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		5.1	1.2	2.0	
(inide:											
Lipids:	a	2 710		0		1		3.794	0.894	1 40	
Fatty acids, total saturated		2.710 0.000		0		1		0.000	0.894	1.49	
4:0		0.000		0		1				0.00	
6:0	-			0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0	-	0.030	•	U		1		0.042	0.010	0.03	
13:0	-	0 050		_					2 225		
14:0	-	0.070	•	0		1		0.098	0.023	0.0	
15:0	-			_		_					
16:0		1.890	1	0		1		2.646	0.624	1.0	
17:0	-			_		_				-	
18:0	-	0.620	1	0		1		0.868	0.205	0.3	
20:0	-										
22:0	-										
24:0	g										

		<u>A</u>	mount in 10			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 monounsatur	atedg	3.700)	0		1		5.180	1.221	2.035
14:1	g									
15:1 16:1 undifferentiated	-	0.500)	0		1		0.700	0.165	0.275
17:1	g									
18:1 undifferentiated		3.080		0		1		4.312	1.016	1.694
20:1		0.060		0		1		0.084	0.020	0.033
22:1 undifferentiated 24:1 c	-	0.000)	0		1		0.000	0.000	0.000
Fatty acids, total polyunsatura		2.240)	0		1		3.136	0.739	1.232
18:2 undifferentiated		1.890		0		1		2.646	0.624	1.040
18:3 undifferentiated		0.090		0		1		0.126	0.030	0.050
18:4		0.000)	0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.120)	0		1		0.168	0.040	0.066
20:5 n-3	g	0.010)	0		1		0.014	0.003	0.006
22:5 n-3	-	0.030		0		1		0.042	0.010	0.017
22:6 n-3		0.050)	0		1		0.070	0.017	0.028
Fatty acids, total trans				_						
Cholesterol	-	90		0		1		126	30	50
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.292	?	0		1		0.409	0.096	0.161
Threonine	g	1.056	5	0		1		1.478	0.348	0.581
Isoleucine	g	1.320)	0		1		1.848	0.436	0.726
Leucine	_	1.876		0		1		2.626	0.619	1.032
Lysine		2.123		0		1		2.972	0.701	1.168
Methionine		0.692		0		1		0.969	0.228	0.381
Cystine		0.320		0		1		0.448	0.106	0.176
Phenylalanine		0.992		0		1		1.389	0.327	0.546
Tyrosine	_	0.844		0 0		1 1		1.182	0.279	0.464
Valine	-	1.240 1.508		0		1		1.736 2.111	0.409 0.498	0.682 0.829
Histidine		0.776		0		1		1.086	0.498	0.829
Alanine	-	1.364		0		1		1.910	0.450	0.427
Aspartic acid		2.227		0		1		3.118	0.735	1.225
Glutamic acid		3.743		0		1		5.240	1.235	2.059
Glycine		1.228		0		1		1.719	0.405	0.675
Proline		1.028		0		1		1.439	0.339	0.565
Serine	_	0.860		0		1		1.204	0.284	0.473
Hydroxyproline		0.000		·		-			0.201	0.170
Others:	~	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl	-					7		0.0	0.0	0.0
Caffeine		0		0 0	z z	7		0	0 0	0
Theobromine	9	U		U	4	,		U	U	U
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha	-	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 33g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 55g: 1 thigh, bone and skin removed

Chicken, broilers or fryers, thigh, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 43% 21% bone, 13% skin, 9% separable fat

		<u>Aı</u>	mount in 100 g	grams	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nı	ımber	•				easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	75.81	0.303	29		1		31.08	52.31	
Energy	_	119		0	NC	4		49	82	
Energy		498				4		204	344	
Protein (N x 6.25)		19.65	0.182	30		1		8.06	13.56	
Total lipid (fat)	-	3.91	0.203	36		1		1.60	2.70	
Ash		0.96	0.033	26		1		0.39	0.66	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_									
Minerals:										
Calcium, Ca	-	10	0.708	25		1		4	7	
Iron, Fe		1.04	0.038	25		1		0.43	0.72	
Magnesium, Mg		24	0.366	25		1		10	17	
Phosphorus, P		168	3.031	25		1		69	116	
Potassium, K		231	5.995	25		1		95	159	
Sodium, Na	-	86	1.690	25		1 1		35	59	
Zinc, Zn		1.91 0.067	0.036	25 25		1		0.78 0.027	1.32 0.046	
Copper, Cu		0.067		25		1		0.027	0.046	
Selenium, Se		13.5	1.936	4	A	1		5.5	9.3	
Selemun, Se	g	13.3	1.550	•	A	-		3.3	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.076	0.004	16		1		0.031	0.052	
Riboflavin	mg	0.188	0.005	16		1		0.077	0.130	
Niacin	mg	6.328	0.216	16		1		2.594	4.366	
Pantothenic acid		1.233		0		1		0.506	0.851	
Vitamin B-6		0.330		0		1		0.135	0.228	
Folate, total		10		0		1		4	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		1		4	7	
Folate, DFE		10		0	NC	4		4	7	
Vitamin B-12		0.35	0.075	3		1		0.14	0.24	
Vitamin A, IU	IU	65		0		1		27	45	
Vitamin A, RAE		20		0		1		8	13	
Retinol		20		0	NR	4		8	14	
Vitamin E (alpha-tocopherol)		0.31	0.103	6		1		0.13	0.22	
Tocopherol, beta		0.00	0.005	_		1		0.03	0.05	
Tocopherol, gamma		0.08	0.025	6		1		0.03	0.05	
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.9		0	BFYN	4		1.2	2.0	
vitanini K (phynoquinone)	g	2.5		·	22 111	•			2.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.000		0		1		0.410	0.690	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0	Z	7		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.020	0.004	17		1		0.008	0.014	
13:0										
14:0	g	0.020	0.003	24		1		0.008	0.014	
15:0	-									
16:0	-	0.670	0.046	24		1		0.275	0.462	
17:0	-					_		_		
18:0	-	0.260	0.022	24		1		0.107	0.179	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			Nι	ımbeı	r			<u>m</u>	easures of food	•
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.210		0		1		0.496	0.835	
14:1										
15:1										
16:1 undifferentiated	g	0.180	0.015	24		1		0.074	0.124	
17:1	g									
18:1 undifferentiated	g	1.010	0.071	24		1		0.414	0.697	
20:1	g	0.010	0.003	6		1		0.004	0.007	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.970		0		1		0.398	0.669	
18:2 undifferentiated	g	0.750	0.051	24		1		0.308	0.518	
18:3 undifferentiated	g	0.030	0.003	18		1		0.012	0.021	
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.090	0.018	16		1		0.037	0.062	
20:5 n-3	g	0.010	0.003	8		1		0.004	0.007	
22:5 n-3	g	0.020	0.006	9		1		0.008	0.014	
22:6 n-3	g	0.040	0.011	9		1		0.016	0.028	
Fatty acids, total trans	g	0.106		0	BFFN	4		0.044	0.073	
Cholesterol	mg	83	5.915	8		1		34	57	
Phytosterols	<u>mg</u>									
Amino Asida										
Amino Acids:	~	0 000		^				0.004	0 150	
Tryptophan		0.230		0		1 1		0.094	0.159	
Threonine	-	0.830		0		1		0.340 0.426	0.573	
Isoleucine	-	1.038		0		1			0.716	
Leucine	_	1.475 1.670		0		1		0.605 0.685	1.018 1.152	
Lysine				0		1		0.223		
Methionine		0.544		0		1			0.375	
Cystine	-	0.252 0.780		0		1		0.103	0.174	
Phenylalanine				0		1		0.320	0.538	
Tyrosine		0.664		0		1		0.272	0.458	
Valine		0.975		0		1		0.400	0.673	
Arginine		1.186						0.486	0.818	
Histidine		0.610		0		1 1		0.250	0.421	
Alanine	_	1.072		0				0.440	0.740	
Aspartic acid		1.752		0		1		0.718	1.209	
Glutamic acid		2.944		0		1		1.207	2.031	
Glycine		0.966		0		1		0.396	0.667	
Proline		0.808		0		1		0.331	0.558	
Serine		0.676		U		1		0.277	0.466	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
' <u></u>		_		_	_	_				
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	iiicā	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 41g: 1 thigh, bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 69g: 1 thigh, bone and skin removed

Chicken, broilers or fryers, thigh, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 38% Bone

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
			N	Number	,			m	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	46.21		0		1		13.40	22.64	
Energy	kcal	324		0	NC	4		94	159	
Energy	kj	1356				4		393	664	
Protein (N x 6.25)	g	19.87		0		1		5.76	9.74	
Total lipid (fat)	g	21.81		0		1		6.32	10.69	
Ash	g	1.17		0		1		0.34	0.57	
Carbohydrate, by difference	g	10.94		0	NC	4		3.17	5.36	
Fiber, total dietary	g	0.3		0		4		0.1	0.1	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	20		0		1		6	10	
Iron, Fe	-	1.29		0		1		0.37	0.63	
Magnesium, Mg	_	16		0		1		5	8	
Phosphorus, P		121		0		1		35	59	
Potassium, K	_	138		Ö		1		40	68	
Sodium, Na	_	320		0		1		93	157	
Zinc, Zn	-	1.38		0		1		0.40	0.68	
Copper, Cu		0.063	3	0		1		0.018	0.031	
Manganese, Mn	mg	0.060	ס	0		1		0.017	0.029	
Selenium, Se	mcg	25.7		0	PIE	4		7.5	12.6	
Vitamins:										
	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.106	£	0	4	1		0.031	0.052	
Riboflavin		0.152		0		1		0.031	0.032	
Niacin	_	5.265		0		1		1.527	2.580	
Pantothenic acid		0.710		0		1		0.206	0.348	
Vitamin B-6		0.300		0		1		0.087	0.147	
Folate, total		18		0	RA	4		5	9	
Folic acid		12		0	NC	4		3	6	
Folate, food		6		0		1		2	3	
Folate, DFE		26		0	NC	4		8	13	
Vitamin B-12		0.25		0		1		0.07	0.12	
Vitamin A, IU	IU	113		0		1		33	55	
Vitamin A, RAE	mcg_RAE	34		0		1		10	17	
Retinol	-	34		0		1		10	17	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	5.830)	0		1		1.691	2.857	
4:0	g									
6:0	-									
8:0				-		_		_	_	
10:0	_	0.000		0		4		0.000	0.000	
12:0		0.010	J	0		1		0.003	0.005	
13:0	-	0 10	,	^		4		0.000	0.004	
14:0	_	0.130	,	0		1		0.038	0.064	
15:0 16:0	-	3.920	n	0		1		1.137	1.921	
17:0	_	3.320	•	J		_		1.13/	1.921	
18:0	_	1.670)	0		1		0.484	0.818	
20:0	-	1.070	-	J		-		0.404	0.010	
22:0										
24:0	_									
Z4:U	y									

		<u>Aı</u>	mount in 10		of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv	Source	Confidence	<u></u>	easures or loou	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	8.960		0		1		2.598	4.390	
14:1										
15:1	-									
16:1 undifferentiated	-	0.660		0		1		0.191	0.323	
17:1										
18:1 undifferentiated		8.100		0		1		2.349	3.969	
20:1	_	0.130		0		1		0.038	0.064	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated	g	5.070		0		1		1.470	2.484	
18:2 undifferentiated	g	4.540		0		1		1.317	2.225	
18:3 undifferentiated	g	0.240		0		1		0.070	0.118	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.100		0		1		0.029	0.049	
20:5 n-3	g	0.010		0		1		0.003	0.005	
22:5 n-3	g	0.020		0		1		0.006	0.010	
22:6 n-3	g	0.040		0		1		0.012	0.020	
Fatty acids, total trans	-									
Cholesterol	mg	79		0		1		23	39	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.219		0		1		0.064	0.107	
Threonine	g	0.795		0		1		0.231	0.390	
Isoleucine	g	0.941		0		1		0.273	0.461	
Leucine	g	1.421		0		1		0.412	0.696	
Lysine	g	1.474		0		1		0.427	0.722	
Methionine	g	0.499		0		1		0.145	0.245	
Cystine	g	0.287		0		1		0.083	0.141	
Phenylalanine	g	0.785		0		1		0.228	0.385	
Tyrosine	g	0.620		0		1		0.180	0.304	
Valine	g	0.953		0		1		0.276	0.467	
Arginine	g	1.247		0		1		0.362	0.611	
Histidine		0.547		0		1		0.159	0.268	
Alanine	g	1.173		0		1		0.340	0.575	
Aspartic acid		1.703		0		1		0.494	0.834	
Glutamic acid	g	3.202		0		1		0.929	1.569	
Glycine	g	1.465		0		1		0.425	0.718	
Proline	g	1.190		0		1		0.345	0.583	
Serine	g	0.759		0		1		0.220	0.372	
Hydroxyproline	g									

Common Measures:

Measure 1 = 29g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 47% Bone

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Ni	umber	,			<u>m</u>	easures of food	_
			O ^c	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.62		0		1		9.24	15.56	
Energy	kcal	321		0	NC	4		61	103	
Energy	kj	1343				4		255	430	
Protein (N x 6.25)	g	26.11		0		1		4.96	8.36	
Total lipid (fat)	g	22.16		0		1		4.21	7.09	
Ash	g	0.72		0		1		0.14	0.23	
Carbohydrate, by difference		2.39		0	NC	4		0.45	0.76	
Fiber, total dietary	g	0.1		0		4		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:				_		_		•	_	
Calcium, Ca	-	15		0		1		3	5	
Iron, Fe.	-	1.25 19		0		1 1		0.24	0.40	
Magnesium, Mg	_							4	6	
Phosphorus, P		150 177		0		1 1		29 34	48 57	
Potassium, K		177 77		0		1		34 15	5 / 25	
Sodium, Na	-	1.76		0		1		0.33	0.56	
Zinc, Zn		0.061		0		1		0.012	0.020	
Copper, Cu Manganese, Mn		0.001		0		1		0.012	0.020	
Selenium, Se		21.3	•	0	PIE	4		4.0	6.8	
Selemum, Se	1110g	21.5		Ū		-		4.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058	3	0		1		0.011	0.019	
Riboflavin	mg	0.137	7	0		1		0.026	0.044	
Niacin	mg	6.697	7	0		1		1.272	2.143	
Pantothenic acid	mg	0.874	1	0		1		0.166	0.280	
Vitamin B-6	mg	0.410)	0		1		0.078	0.131	
Folate, total	mcg	6		0	RA	4		1	2	
Folic acid	mcg	3		0	NC	4		1	1	
Folate, food		3		0		1		1	1	
Folate, DFE	mcg_DFE	8		0	NC	4		2	3	
Vitamin B-12		0.28		0		1		0.05	0.09	
Vitamin A, IU		125		0		1		24	40	
Vitamin A, RAE	mcg_RAE	38		0		1		7	12	
Retinol		38		0		1		7	12	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.060)	0		1		1.151	1.939	
4:0										
6:0										
8:0										
10:0	-	0.000)	0		4		0.000	0.000	
12:0		0.020)	0		1		0.004	0.006	
13:0										
14:0	-	0.160)	0		1		0.030	0.051	
15:0	-									
16:0	-	4.280)	0		1		0.813	1.370	
17:0	-									
18:0	-	1.480)	0		1		0.281	0.474	
20:0	-									
22:0	-									
24:0	-									
=										

		<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	8.890		0		1		1.689	2.845		
14:1		0.090		U		-		1.669	2.645		
15:1											
16:1 undifferentiated		0.920		0		1		0.175	0.294		
17:1	-										
18:1 undifferentiated		7.690		0		1		1.461	2.461		
20:1		0.190		0		1		0.036	0.061		
22:1 undifferentiated	_	0.000		0		4		0.000	0.000		
24:1 c		2.000		-		=					
Fatty acids, total polyunsaturated		4.950		0		1		0.941	1.584		
18:2 undifferentiated		4.340		0		1		0.825	1.389		
18:3 undifferentiated	_	0.210		0		1		0.040	0.067		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.140		0		1		0.027	0.045		
20:5 n-3	-	0.020		0		1		0.004	0.006		
22:5 n-3	_	0.030		0		1		0.006	0.010		
22:6 n-3		0.050		0		1		0.010	0.016		
Fatty acids, total trans											
Cholesterol	-	81		0		1		15	26		
Phytosterols	mg										
-											
Amino Acids:	~	0.001		•		1		0.050	0.000		
Tryptophan	-	0.281 1.056		0		1		0.053 0.201	0.090		
Threonine	_			0		1			0.338		
Isoleucine	_	1.239						0.235	0.396		
Leucine	-	1.851		0		1 1		0.352	0.592		
Lysine		2.030		0		1		0.386	0.650		
Methionine	_	0.669		0		1		0.127	0.214		
Cystine		0.363		0		1		0.069 0.190	0.116		
Phenylalanine	_	1.002				_			0.321		
Tyrosine	_	0.807		0		1		0.153	0.258		
Valine		1.245		0		1 1		0.237	0.398		
Arginine	-	1.680 0.729		0		1		0.319	0.538		
Histidine				0		1		0.139	0.233		
Alanine	_	1.595		0		1		0.303	0.510		
Aspartic acid	-	2.315		0		1		0.440	0.741		
Glutamic acid		3.818				1		0.725	1.222		
Glycine	_	2.013		0		-		0.382	0.644		
Proline		1.448		0		1		0.275	0.463		
Serine	_	0.947		0		1		0.180	0.303		
Hydroxyproline	g										

Common Measures:

Measure 1 = 19g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 32g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05103 Chicken, broilers or fryers, wing, meat and skin, cooked, roasted

Refuse: 48% Bone

		Amount in 100 grams of edible portion							edible portion	of common	
		Number							measures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	55.04	0.683	16		1		77.06	11.56	18.71	
Energy	-	290	0.003	0	NC	4		406	61	99	
Energy		1213		U	NC	4		1699	255	413	
63	=	26.86	0.394	16		1		37.60		9.13	
Protein (N x 6.25)		19.46	0.394	16		1		27.24	5.64 4.09	6.62	
Total lipid (fat)		0.75	0.332	16		1		1.05	0.16	0.26	
Ash		0.75	0.019	0	z	7		0.00	0.16	0.26	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00	
Fiber, total dietary				0	z	7					
Sugars, total		0.00		U	z	,		0.00	0.00	0.00	
Starch	9										
Minerals:											
Calcium, Ca	mg	15	0.507	16		1		21	3	5	
Iron, Fe	<u>mg</u>	1.27	0.056	16		1		1.78	0.27	0.43	
Magnesium, Mg	mg	19	0.414	16		1		27	4	6	
Phosphorus, P	mg	151	3.544	16		1		211	32	51	
Potassium, K	mg	184	6.654	16		1		258	39	63	
Sodium, Na	mg	82	2.414	16		1		115	17	28	
Zinc, Zn	mg	1.82	0.044	16		1		2.55	0.38	0.62	
Copper, Cu	mg	0.057	0.004	16		1		0.080	0.012	0.01	
Manganese, Mn	mg	0.018	0.000	16		1		0.025	0.004	0.00	
Selenium, Se	mcg	22.2		0	BFYN	4		31.1	4.7	7.5	
Vitamins:											
Vitamin C, total ascorbic acid	mα	0.0		0	z	7		0.0	0.0	0.0	
Thiamin		0.042	0.003	8	_	1		0.059	0.009	0.01	
Riboflavin	_	0.128		8		1		0.179	0.027	0.01	
Niacin		6.648		8		1		9.307	1.396	2.26	
Pantothenic acid	_	0.897		0		1		1.256	0.188	0.30	
Vitamin B-6		0.420		0		1		0.588	0.088	0.14	
Folate, total	-	3		0		1		4	1	1	
Folic acid		0		0	z	7		0	0	0	
Folate, food		3		0		1		4	1	1	
Folate, DFE		3		0	NC	4		4	1	1	
Vitamin B-12		0.29		0		1		0.41	0.06	0.10	
Vitamin A, IU		157		0	NC	4		219	33	53	
Vitamin A, RAE		47		0	NC	4		66	10	16	
Retinol		47		0	NR	4		66	10	16	
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.06	0.09	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	0.1	
Lipids:											
Fatty acids, total saturated	а	5.450		0		1		7.630	1.145	1.85	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0		0.020		0		1		0.028	0.004	0.00	
13:0	-	0.020		-		-		3.020	0.004	0.00	
14:0		0.160	ı	0		1		0.224	0.034	0.05	
15:0	-	3.200		•		-		J.224	0.034	0.00	
16:0	-	4.040	ı	0		1		5.656	0.848	1.37	
17:0		2.040		•		-		3.050	0.040	,	
18:0	-	1.090	ı	0		1		1.526	0.229	0.37	
20:0	-	1.030		-		-			0.223	0.57	
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common					
				Number	,			measures of food		
				of Data		Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Eatty saids total managements	tod (I	7.640		0		1		10.696	1.604	2.598
Fatty acids, total monounsatura	g	7.040		U		•		10.696	1.004	2.390
15:1 16:1 undifferentiated	g	1.030		0		1		1.442	0.216	0.350
17:1 18:1 undifferentiated	g	6.290		0		1		8.806	1.321	2.139
20:1	g	0.220		0		1		0.308	0.046	0.075
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturate	edg	4.140		0		1		5.796	0.869	1.408
18:2 undifferentiated	g	3.570		0		1		4.998	0.750	1.214
18:3 undifferentiated		0.150		0		1		0.210	0.032	0.051
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.150		0		1		0.210	0.032	0.051
20:5 n-3	g	0.020		0		1		0.028	0.004	0.007
22:5 n-3	g	0.030		0		1		0.042	0.006	0.010
22:6 n-3	g	0.060		0		1		0.084	0.013	0.020
Fatty acids, total trans	g									
Cholesterol	mg	84		0		1		118	18	29
Phytosterols	mg									
Amino Acids:										
	σ.	0.287		0		1		0.402	0.060	0.098
Tryptophan		1.087		0		1		1.522	0.228	0.098
Isoleucine	_	1.270		0		1		1.778	0.228	0.370
Leucine	_	1.898		0		1		2.657	0.399	0.432
Lysine	_	2.100		0		1		2.940	0.441	0.843
Methionine		0.688		0		1		0.963	0.144	0.714
Cystine		0.371		0		1		0.519	0.078	0.234
Phenylalanine		1.023		0		1		1.432	0.215	0.120
Tyrosine		0.827		0		1		1.158	0.174	0.281
Valine	_	1.278		0		1		1.789	0.268	0.435
Arginine	-	1.741		0		1		2.437	0.366	0.592
Histidine	• • • • • • • • • • • • • • • • • • • •	0.749		0		1		1.049	0.157	0.392
Alanine	-	1.657		0		1		2.320	0.348	0.253
Aspartic acid		2.396		0		1		3.354	0.503	0.815
Glutamic acid		3.840		0		1		5.376	0.806	1.306
Glycine	_	2.115		0		1		2.961	0.444	0.719
Proline		1.480		0		1		2.072	0.311	0.713
Serine	_	0.969		0		1		1.357	0.203	0.303
Hydroxyproline		0.505		Ū		-		1.337	0.203	0.525
11ydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:	m	•		•	_	_		0 000		2 252
Carotene, beta		0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 21g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 34g: 1 wing, bone removed

Chicken, broilers or fryers, wing, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05104 Chicken, broilers or fryers, wing, meat and skin, cooked, stewed

Refuse: 48% Bone

	Amount in 100 grams of edible portion							Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	62.18	0.761	16		1		87.05	14.92	24.87	
Energy	=	249	002	0	NC	4		349	60	100	
Energy		1042		·		4		1459	250	417	
63	=	22.78	0.357	16		1		31.89	5.47	9.11	
Protein (N x 6.25)		16.82	0.302	16		1		23.55	4.04	6.73	
Total lipid (fat)		0.62	0.302	16		1		0.87	0.15	0.25	
Ash		0.02	0.021	0	z	7		0.00		0.25	
Carbohydrate, by difference				0	z	7			0.00		
Fiber, total dietary		0.0						0.0	0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	mg	12	0.394	16		1		17	3	5	
Iron, Fe	_	1.13	0.036	16		1		1.58	0.27	0.45	
Magnesium, Mg	-	16	0.300	16		1		22	4	6	
Phosphorus, P		121	2.607	16		1		169	29	48	
Potassium, K	•	139	5.511	16		1		195	33	56	
Sodium, Na		67	2.211	16		1		94	16	27	
Zinc, Zn		1.63	0.029	16		1		2.28	0.39	0.65	
Copper, Cu		0.046		16		1		0.064	0.011	0.01	
Manganese, Mn		0.018		16		1		0.025	0.004	0.00	
Selenium, Se		18.5		0	BFYN	4		25.9	4.4	7.4	
•											
Vitamins:						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	0.0	
Thiamin	-	0.040		8		1		0.056	0.010	0.01	
Riboflavin		0.103		8		1		0.144	0.025	0.04	
Niacin	-	4.621		8		1		6.469	1.109	1.84	
Pantothenic acid		0.504		0		1		0.706	0.121	0.20	
Vitamin B-6	_	0.220	1	0		1		0.308	0.053	0.08	
Folate, total		3		0		1		4	1	1	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		3		0		1		4	1	1	
Folate, DFE		3		0	NC	4		4	1	1	
Vitamin B-12		0.18		0		1		0.25	0.04	0.07	
Vitamin A, IU		133		0	NC	4		187	32	53	
Vitamin A, RAE		40		0	NC	4		56	10	16	
Retinol		40		0	NR	4		56	10	16	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.06	0.11	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.1	0.1	
Lipids:											
Fatty acids, total saturated	а	4.710)	0		1		6.594	1.130	1.88	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0	_	0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0		0.020		0		1		0.028	0.005	0.00	
13:0	_	5.020		-		-		0.020	3.005	0.00	
14:0	_	0.140	1	0		1		0.196	0.034	0.05	
15:0	-	5.140		٠		-		0.190	0.034	0.05	
16:0	-	3.500	1	0		1		4.900	0.840	1.40	
17:0		5.500		٠		-		4.500	0.040	1.40	
18:0	-	0.940	1	0		1		1.316	0.226	0.37	
20:0	-	0.940		٠		_		1.310	0.220	0.37	
40.0	-										
22:0	a										

		<u>A</u> 1	mount in 10			Amount in edible portion of common				
Notation to an el	11-24-		Std. Error	of Data	Deriv	Source Code	Confidence Code		easures of food	
Nutrients and	Units	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	6.600		0		1		9.240	1.584	2.640
14:1										
15:1	_									
16:1 undifferentiated	_	0.890		0		1		1.246	0.214	0.356
17:1	-	F 440		•						0 176
18:1 undifferentiated		5.440		0		1 1		7.616	1.306	2.176
20:1		0.190		0 0		1		0.266	0.046	0.076
22:1 undifferentiated	_	0.000		U		1		0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturat		3.580		0		1		5.012	0.859	1.432
18:2 undifferentiated		3.080		0		1		4.312	0.739	1.232
18:3 undifferentiated		0.130		0		1		0.182	0.031	0.052
18:4		0.000		0		1		0.182	0.000	0.002
20:2 n-6 c.c.	_	0.000		·		-		0.000	0.000	0.000
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.130		0		1		0.182	0.031	0.052
20:5 n-3	_	0.020		0		1		0.028	0.005	0.008
22:5 n-3	_	0.030		0		1		0.042	0.007	0.012
22:6 n-3	-	0.050		0		1		0.070	0.012	0.020
Fatty acids, total trans										
Cholesterol		70		0		1		98	17	28
Phytosterols	_									
	_									
Amino Acids:										
Tryptophan		0.245		0		1		0.343	0.059	0.098
Threonine	=	0.925		0		1		1.295	0.222	0.370
Isoleucine	-	1.085		0		1		1.519	0.260	0.434
Leucine	-	1.616		0		1		2.262	0.388	0.646
Lysine		1.791		0		1 1		2.507	0.430	0.716
Methionine		0.587		0		1		0.822	0.141	0.235
Cystine		0.313		0		1		0.438	0.075	0.125
Phenylalanine		0.870 0.706		0		1		1.218 0.988	0.209	0.348
Tyrosine	-	1.087		0		1		1.522	0.169 0.261	0.282 0.435
Valine	-	1.469		0		1		2.057	0.353	0.433
Histidine	• • • • • • • • • • • • • • • • • • • •	0.640		0		1		0.896	0.353	0.388
	-	1.394		0		1		1.952	0.134	0.256
Alanine		2.032		0		1		2.845	0.488	0.813
Glutamic acid		3.266		0		1		4.572	0.488	1.306
Glycine	-	1.746		0		1		2.444	0.419	0.698
Proline		1.233		0		1		1.726	0.419	0.493
Serine	-	0.819		0		1		1.147	0.197	0.493
Hydroxyproline		0.613		U		_		1.14/	0.197	0.320
Trydroxypronne	9									
Others:										
Alcohol, ethyl	_	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta	-	0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 24g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 40g: 1 wing, bone removed

Chicken, broilers or fryers, wing, meat and skin, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			Nui	mber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	66.21	0.444	26		1		19.20	32.44	
Energy	_	222		0	NC	4		64	109	
Energy		929				4		269	455	
Protein (N x 6.25)		18.33	0.166	26		1		5.32	8.98	
Total lipid (fat)	_	15.97	0.310	26		1		4.63	7.83	
Ash		0.69	0.030	26		1		0.20	0.34	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_									
Minerals:										
Calcium, Ca		12	0.429	24		1		3	6	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.95	0.026	24		1		0.28	0.47	
Magnesium, Mg		18	0.340	24		1		5	9	
Phosphorus, P		132	3.210	24		1		38	65	
Potassium, K		156	4.105	24		1		45	76	
Sodium, Na	-	73	1.418	24		1		21	36	
Zinc, Zn		1.33	0.027	24		1		0.39	0.65	
Copper, Cu		0.041		24		1		0.012	0.020	
Manganese, Mn		0.018	0.000	24		1		0.005	0.009	
Selenium, Se	mcg	15.5		0	PAK	1		4.5	7.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	0.3	
Thiamin	mg	0.048	0.003	16		1		0.014	0.024	
Riboflavin		0.088	0.003	16		1		0.026	0.043	
Niacin	mg	5.926	0.276	16		1		1.719	2.904	
Pantothenic acid		0.766	;	0		1		0.222	0.375	
Vitamin B-6	mg	0.350	ı	0		1		0.102	0.172	
Folate, total		4		0		1		1	2	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		1	2	
Folate, DFE		4		0	NC	4		1	2	
Vitamin B-12		0.32		0		1		0.09	0.16	
Vitamin A, IU		147		0		1		43	72	
Vitamin A, RAE	mcg RAE	44		0		1		13	22	
Retinol		44		0	NC	4		13	22	
Vitamin E (alpha-tocopherol)	mg	0.30		0	NR	4		0.09	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Linide:										
Lipids:	0	4.360		0	NC	4		1.264	2.136	
Fatty acids, total saturated		0.000		0	NC	1				
4:0 6:0		0.000		0		1		0.000 0.000	0.000 0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.006	0.000	
13:0		0.020		U		_		0.008	0.010	
		0.130		0		1		0.038	0.064	
14:0 15:0		0.130		U		1		0.038	0.064	
16:0		3.340		0		1		0.969	1.637	
		3.340		J		-		0.909	1.03/	
17:0	-	0.870	ı	0		1		0.252	0.426	
18:0	-	0.870		J		1		0.252	0.420	
20:0	-									
22:0	-									
24:0	y									

		<u>Aı</u>	nount in 10			ole portic	<u>on</u>	_	edible portion	
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	6.280		0	NC	4		1.821	3.077	
14:1	-									
15:1 16:1 undifferentiated	_	0.870		0		1		0.252	0.426	
17:1	_									
18:1 undifferentiated	_	5.230		0		1		1.517	2.563	
20:1	_	0.180		0		1		0.052	0.088	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_						
Fatty acids, total polyunsaturated		3.260		0	NC	4		0.945	1.597	
18:2 undifferentiated		2.950		0		1 1		0.856	1.446	
18:3 undifferentiated		0.130 0.000		0		1		0.038 0.000	0.064 0.000	
18:4 20:2 n-6 c.c.		0.000		U		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	-	0.110		0		1		0.032	0.054	
20:5 n-3		0.010		0		1		0.003	0.005	
22:5 n-3	_	0.020		0		1		0.006	0.010	
22:6 n-3		0.040		0		1		0.012	0.020	
Fatty acids, total trans	-	0.191		0	PIK	4		0.055	0.093	
Cholesterol		77		0		1		22	38	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.195		0		1		0.057	0.096	
Threonine		0.740		0		1		0.215	0.363	
Isoleucine		0.860		0		1		0.249	0.421	
Leucine	_	1.290		0		1		0.374	0.632	
Lysine		1.425		0		1		0.413	0.698	
Methionine		0.467		0		1		0.135	0.229	
Cystine		0.255		0		1		0.074	0.125	
Phenylalanine		0.696		0		1		0.202	0.341	
Tyrosine		0.561		0		1		0.163	0.275	
Valine	g	0.870		0		1		0.252	0.426	
Arginine	g	1.193		0		1		0.346	0.585	
Histidine	g	0.507		0		1		0.147	0.248	
Alanine	g	1.138		0		1		0.330	0.558	
Aspartic acid	g	1.635		0		1		0.474	0.801	
Glutamic acid	_	2.612		0		1		0.757	1.280	
Glycine	g	1.475		0		1		0.428	0.723	
Proline	g	1.025		0		1		0.297	0.502	
Serine		0.663		0		1		0.192	0.325	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 29g: 1 wing, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 wing, bone removed

Chicken, broilers or fryers, wing, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 66% 47% bone, 19% skin

		<u>A</u>	mount in 100			ole portio	<u> </u>		edible portion o	
Nutrients and Uni	its	Mean	-		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.83		0		1		7.18	11.97	
Energy		211		0	NC	4		25	42	
Energy		883		•		4		106	177	
Protein (N x 6.25)		30.15		0		1 1		3.62	6.03	
Total lipid (fat)		9.15		0		1		1.10	1.83	
Ash		0.87		0		7		0.10	0.17	
Carbohydrate, by difference	_	0.00		0	z z	7		0.00 0.0	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	15		0		1		2	3	
Iron, Fe		1.14		0		1		0.14	0.23	
Magnesium, Mg	-	21		0		1		3	4	
Phosphorus, P	•	164		0		1		20	33	
Potassium, K	-	208		0		1		25	42	
Sodium, Na		91		0		1		11	18	
Zinc, Zn	_	2.12		0		1		0.25	0.42	
Copper, Cu		0.053		0		1		0.006	0.011	
Manganese, Mn	_	0.016 25.4)	0 0	BFYN	1 4		0.002 3.0	0.003 5.1	
Selenium, Se	Ilicy	25.4		U	Brin	4		3.0	5.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046	i	0		1		0.006	0.009	
Riboflavin	mg	0.128	3	0		1		0.015	0.026	
Niacin		7.239)	0		1		0.869	1.448	
Pantothenic acid		0.989		0		1		0.119	0.198	
Vitamin B-6		0.590)	0		1		0.071	0.118	
Folate, total		4		0		1		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		0	1	
Folate, DFE		4		0	NC	4		0	1	
Vitamin B-12		0.34		0		1		0.04	0.07	
Vitamin A, IU	IU	61		0		1		7	12	
Vitamin A, RAE		18 18		0 0		1 1		2 2	4	
Retinol		18		U		1		2	4	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_			•		_			0.500	
Fatty acids, total saturated		2.500	,	0		1		0.300	0.500	
4:0 6:0										
8:0										
10:0		0.000)	0		4		0.000	0.000	
12:0	-	0.010		0		1		0.001	0.002	
13:0	-			•		-		0.001	3.002	
14:0	-	0.070)	0		1		0.008	0.014	
15:0				-		-				
16:0		1.640)	0		1		0.197	0.328	
17:0										
18:0	-	0.720)	0		1		0.086	0.144	
20:0	-									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and a total management of	α.	3.080		0		1		0.270	0.616	
Fatty acids, total monounsaturated		3.080		U		1		0.370	0.616	
15:1										
16:1 undifferentiated		0.280		0		1		0.034	0.056	
17:1	-	0.200		Ū		-		0.054	0.050	
18:1 undifferentiated		2.700		0		1		0.324	0.540	
20:1		0.040		0		1		0.005	0.008	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated		2.070		0		1		0.248	0.414	
18:2 undifferentiated		1.560		0		1		0.187	0.312	
18:3 undifferentiated	-	0.080		0		1		0.010	0.016	
18:4		0.000		·		-		0.010	0.010	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.170		0		1		0.020	0.034	
20:5 n-3	-	0.020		0		1		0.002	0.004	
22:5 n-3	-	0.040		0		1		0.005	0.008	
22:6 n-3		0.070		0		1		0.008	0.014	
Fatty acids, total trans		0.070		·		-		0.000	0.014	
Cholesterol	-	84		0		1		10	17	
Phytosterols	_									
1 ily tosterois										
Amino Acids:										
Tryptophan	-	0.352		0		1		0.042	0.070	
Threonine	g	1.274		0		1		0.153	0.255	
Isoleucine	g	1.592		0		1		0.191	0.318	
Leucine	g	2.262		0		1		0.271	0.452	
Lysine	g	2.562		0		1		0.307	0.512	
Methionine	_	0.835		0		1		0.100	0.167	
Cystine		0.386		0		1		0.046	0.077	
Phenylalanine	_	1.196		0		1		0.144	0.239	
Tyrosine	g	1.018		0		1		0.122	0.204	
Valine		1.496		0		1		0.180	0.299	
Arginine	_	1.819		0		1		0.218	0.364	
Histidine		0.936		0		1		0.112	0.187	
Alanine	g	1.645		0		1		0.197	0.329	
Aspartic acid	-	2.687		0		1		0.322	0.537	
Glutamic acid		4.516		0		1		0.542	0.903	
Glycine	g	1.481		0		1		0.178	0.296	
Proline	g	1.240		0		1		0.149	0.248	
Serine	g	1.038		0		1		0.125	0.208	
Hydroxyproline	g									

Common Measures:

Measure 1 = 12.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 20g: 1 wing, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 68% 48% bone, 20% skin

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portic	<u>n</u>	Amount in	edible portion	of common
			Nu	mber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	62.78	0.619	1.0		1		8.16	12.10	
Water	_	203	0.619	16 0	NC	4		26	13.18	
Energy		203 849		U	NC	4		110	43	
Energy		30.46	0 261	1.0		1			178	
Protein (N x 6.25)	-	8.13	0.361 0.254	16 16		1		3.96 1.06	6.40 1.71	
Total lipid (fat)		0.89	0.254	16		1		0.12		
Ash		0.00	0.025	0	Z	7		0.12	0.19	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary									0.0	
Sugars, total	_	0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	16	0.791	16		1		2	3	
Iron, Fe	-	1.16	0.051	16		1		0.15	0.24	
Magnesium, Mg	mg	21	0.583	16		1		3	4	
Phosphorus, P	mg	166	4.638	16		1		22	35	
Potassium, K	mg	210	6.260	16		1		27	44	
Sodium, Na	mg	92	2.748	16		1		12	19	
Zinc, Zn	mg	2.14	0.050	16		1		0.28	0.45	
Copper, Cu	mg	0.054	0.003	16		1		0.007	0.011	
Manganese, Mn		0.016	0.001	16		1		0.002	0.003	
Selenium, Se	mcg	24.7		0	BFYN	4		3.2	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.047	0.004	8	_	1		0.006	0.010	
Riboflavin		0.129		8		1		0.017	0.027	
Niacin	-	7.312		8		1		0.951	1.536	
Pantothenic acid		0.999		0		1		0.130	0.210	
Vitamin B-6		0.590	1	0		1		0.077	0.124	
Folate, total		4		0		1		1	1	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		1	1	
Folate, DFE		4		0	NC	4		1	1	
Vitamin B-12		0.34		0		1		0.04	0.07	
Vitamin A, IU		60		0	NC	4		8	13	
Vitamin A, RAE	mcg RAE	18		0	NC	4		2	4	
Retinol		18		0	NR	4		2	4	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.03	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.0	0.1	
Lipids:										
	0	2.260		0		1		0.294	0.475	
Fatty acids, total saturated		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		0.010		0		1		0.001	0.000	
13:0		0.010		3		-		3.001	0.002	
14:0		0.070	ı	0		1		0.009	0.015	
15:0		5.070		Ū		-		0.003	0.013	
16:0		1.530	ı	0		1		0.199	0.321	
17:0		1.550		3		-		0.199	0.321	
18:0	-	0.590		0		1		0.077	0.124	
20:0	-	3.390		Ū		-		0.077	V.124	
22:0	-									
24:0	-									
∠¬.∪										

		<u>A</u> 1	mount in 100		of edil	ole portio	<u>on</u>		edible portion o	of common
			(Number of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatural	tedg	2.610	1	0		1		0.339	0.548	
14:1	-									
15:1	-	0 300		0		1		0.039	0 063	
16:1 undifferentiated 17:1	-	0.300		U		_		0.039	0.063	
18:1 undifferentiated	-	2.210	1	0		1		0.287	0.464	
20:1	-	0.050		0		1		0.007	0.011	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		1.780)	0		1		0.231	0.374	
18:2 undifferentiated	g	1.290)	0		1		0.168	0.271	
18:3 undifferentiated	g	0.060)	0		1		0.008	0.013	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.170		0		1		0.022	0.036	
20:5 n-3		0.020		0		1		0.003	0.004	
22:5 n-3	-	0.040		0		1		0.005	0.008	
22:6 n-3		0.070	1	0		1		0.009	0.015	
Fatty acids, total trans										
Cholesterol	_	85		0		1		11	18	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.356	i	0		1		0.046	0.075	
Threonine	g	1.286	i	0		1		0.167	0.270	
Isoleucine	g	1.608		0		1		0.209	0.338	
Leucine	g	2.285	i	0		1		0.297	0.480	
Lysine	g	2.588		0		1		0.336	0.543	
Methionine	g	0.843	1	0		1		0.110	0.177	
Cystine	g	0.390	1	0		1		0.051	0.082	
Phenylalanine	g	1.209	1	0		1		0.157	0.254	
Tyrosine	g	1.028		0		1		0.134	0.216	
Valine	-	1.511		0		1		0.196	0.317	
Arginine	-	1.837		0		1		0.239	0.386	
Histidine	-	0.945		0		1		0.123	0.198	
Alanine		1.662		0		1		0.216	0.349	
Aspartic acid	-	2.714		0		1		0.353	0.570	
Glutamic acid		4.561		0		1		0.593	0.958	
Glycine		1.496		0		1		0.194	0.314	
Proline	-	1.252		0		1		0.163	0.263	
Serine		1.048		0		1		0.136	0.220	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	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 = 13.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 21g: 1 wing, bone and skin removed

Chicken, broilers or fryers, wing, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 68% 48% bone, 20% skin

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
				nber				<u>m</u>	easures of food	_
Nutrients and Un	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		67.01	0.484	16		1		93.81	9.38	16.08
Energy		181		0	NC	4		253	25	43
Energy	=	757	0.400	1.0		4 1		1060	106	182
Protein (N x 6.25)		27.18 7.18	0.400 0.192	16 16		1		38.05 10.05	3.81	6.52 1.72
Total lipid (fat)		0.73	0.192	16		1		1.02	1.01 0.10	0.18
AshCarbohydrate, by difference		0.73	0.033	0	Z	7		0.00	0.10	0.18
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	0.00
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		·	_	•		0.00	0.00	0.00
Starcii	9									
Minerals:										
Calcium, Ca	-	13	0.513	16		1		18	2	3
Iron, Fe		1.12	0.046	16		1		1.57	0.16	0.27
Magnesium, Mg		18	0.456	16		1 1		25	3	4
Phosphorus, P		134 153	4.060 5.322	16 16		1		188 214	19 21	32 37
Potassium, K		73	2.842	16		1		102	10	18
Sodium, NaZinc, Zn		2.02	0.047	16		1		2.83	0.28	0.48
Copper, Cu		0.047		16		1		0.066	0.007	0.01
Manganese, Mn		0.017		16		1		0.024	0.002	0.004
Selenium, Se		21.7		0	BFYN	4		30.4	3.0	5.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	0.0
Thiamin		0.044	0.003	8		1		0.062	0.006	0.011
Riboflavin	mg	0.110	0.006	8		1		0.154	0.015	0.026
Niacin	mg	5.200	0.375	8		1		7.280	0.728	1.248
Pantothenic acid	mg	0.571	=	0		1		0.799	0.080	0.13
Vitamin B-6	-	0.320)	0		1		0.448	0.045	0.07
Folate, total		3		0		1		4	0	1
Folic acid		0		0	Z	7		0	0	0
Folate, food		3		0		1		4	0	1
Folate, DFE		3		0	NC	4		4	0	1
Vitamin B-12		0.22 53		0	170	1 4		0.31 75	0.03 7	0.05
Vitamin A, IU Vitamin A, RAE		16		0	NC NC	4		22	2	13 4
Retinol		16		0	NR	4		22	2	4
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37	0.04	0.06
Tocopherol, beta		V.27		-	-121	-		3.3.	0.04	0.00
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.0	0.1
Lipids:										
Fatty acids, total saturated		2.000		0		1		2.800	0.280	0.480
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.010	,	0		1		0.014	0.001	0.002
13:0 14:0.		0.060	1	0		1		0.084	0.008	0.014
15:0		0.000	•	J		-		0.084	0.008	0.01
16:0		1.350)	0		1		1.890	0.189	0.32
17:0				-		-			0.103	0.52
18:0	-	0.520)	0		1		0.728	0.073	0.12
20:0	-									
22:0	-									
24:0	-									

		<u>A</u> 1	nount in 10	0 grams	of edil	ole portio	<u>on</u>	_	edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data		Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	g	2.310		0		1		3.234	0.323	0.554
15:1 16:1 undifferentiated	g	0.270		0		1		0.378	0.038	0.065
17:1 18:1 undifferentiated	-	1.950		0		1		2.730	0.273	0.468
20:1	g	0.040		0		1		0.056	0.006	0.010
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturate		1.570		0		1		2.198	0.220	0.377
18:2 undifferentiated		1.140		0		1		1.596	0.160	0.274
18:3 undifferentiated		0.050		0		1		0.070	0.007	0.012
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.	=	0.000		·		-		0.000	0.000	0.000
20:3 undifferentiated	=									
20:4 undifferentiated	-	0.150		0		1		0.210	0.021	0.036
20:5 n-3		0.010		0		1		0.014	0.001	0.002
22:5 n-3	=	0.040		0		1		0.056	0.006	0.010
22:6 n-3	-	0.040		0		1		0.084	0.008	0.014
Fatty acids, total trans		0.000		·		_		0.004	0.000	
Cholesterol		74		0		1		104	10	18
Phytosterols	_	, -		·		-		104	10	10
1 llytostciois	9									
Amino Acids:										
Tryptophan	g	0.317		0		1		0.444	0.044	0.076
Threonine	g	1.148		0		1		1.607	0.161	0.276
Isoleucine	g	1.435		0		1		2.009	0.201	0.344
Leucine	g	2.039		0		1		2.855	0.285	0.489
Lysine	g	2.309		0		1		3.233	0.323	0.554
Methionine	g	0.752		0		1		1.053	0.105	0.180
Cystine	g	0.348		0		1		0.487	0.049	0.084
Phenylalanine	g	1.078		0		1		1.509	0.151	0.259
Tyrosine	g	0.917		0		1		1.284	0.128	0.220
Valine	g	1.348		0		1		1.887	0.189	0.324
Arginine	g	1.639		0		1		2.295	0.229	0.393
Histidine	g	0.844		0		1		1.182	0.118	0.203
Alanine	g	1.483		0		1		2.076	0.208	0.356
Aspartic acid	g	2.422		0		1		3.391	0.339	0.581
Glutamic acid		4.070		0		1		5.698	0.570	0.977
Glycine	g	1.335		0		1		1.869	0.187	0.320
Proline		1.117		0		1		1.564	0.156	0.268
Serine	g	0.935		0		1		1.309	0.131	0.224
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
		0.0		0	z	7		0.0	0.0	0.0
Caffeine Theobromine		0		0	z Z	7		0	0	0
	9	· ·		U	4	,		U	J	U
Carotenoids:	mea	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z Z	7				0.000
Lycopene		0		0	z Z	7		0.000	0.000	
Lutein + zeaxanthin	tiicg	U		U	Z	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 14.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 24g: 1 wing, bone and skin removed

Chicken, broilers or fryers, wing, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 68% 46% bone, 21% skin, 1% separable fat

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	74.95	0.244	24		1		12.74	21.74	
Energy	=	126		0	NC	4		21	37	
Energy		527		·	2.0	4		90	153	
Protein (N x 6.25)		21.97	0.244	24		1		3.73	6.37	
,	-	3.54	0.244	24		1		0.60	1.03	
Total lipid (fat)			0.032	24		1		0.14		
Ash		0.83	0.032		_				0.24	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	=	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.694	24		1		2	4	
Iron, Fe	mg	0.88	0.029	24		1		0.15	0.26	
Magnesium, Mg	-	22	0.365	24		1		4	6	
Phosphorus, P		155	3.934	24		1		26	45	
Potassium, K		194	4.927	24		1		33	56	
Sodium, Na		81	2.237	24		1		14	23	
Zinc, Zn		1.63	0.031	24		1		0.28	0.47	
Copper, Cu		0.041	0.002	24		1		0.007	0.012	
Manganese, Mn		0.018	0.000	24		1		0.003	0.005	
Selenium, Se		17.8	3.652	5	A	1		3.0	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.2		0		1		0.2	0.3	
Thiamin		0.059	0.003	16		1		0.010	0.017	
Riboflavin		0.101		16		1		0.017	0.029	
Niacin		7.359		16		1		1.251	2.134	
Pantothenic acid		0.836		0		1		0.142	0.242	
Vitamin B-6		0.530		0		1		0.090	0.154	
Folate, total	-	4		0		1		1	1	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0	_	1		1	1	
Folate, DFE		4		0	NC	4		1	1	
Vitamin B-12		0.38		0	NC	1		0.06	0.11	
Vitamin A, IU		59		0		1		10	17	
Vitamin A, RAE		18		0	NC	4		3	5	
		18		0		4		3 3	5	
Retinol				0	NR	4			0.04	
Vitamin E (alpha-tocopherol)	Illy	0.13		U	NR	4		0.02	0.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0	
				-		_			0.0	
Lipids: Fatty acids, total saturated	a	0.940		0		1		0.160	0.273	
•		0.940		0	Z	7		0.160	0.273	
4:0 6:0.		0.000		0	z	7				
				0	z Z	7		0.000	0.000	
8:0		0.000		0	Z	4		0.000	0.000	
10:0	-	0.000		-		_		0.000	0.000	
12:0		0.010	0.005	8		1		0.002	0.003	
13:0		2 222	0.000	0.7						
14:0	-	0.030	0.003	27		1		0.005	0.009	
15:0				0=		_				
16:0		0.600	0.022	27		1		0.102	0.174	
17:0	_					_				
18:0	_	0.290	0.015	27		1		0.049	0.084	
20:0	_									
22:0	_									
24:0	g									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
				umber				<u></u>	easures or root	<u> </u>
Nutrients and U	nits	Mean	of Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.850	l	0		1		0.145	0.247	
15:1	g									
16:1 undifferentiated	g	0.080	0.005	27		1		0.014	0.023	
17:1	g									
18:1 undifferentiated	g	0.730	0.028	27		1		0.124	0.212	
20:1	-	0.010	0.006	4		1		0.002	0.003	
22:1 undifferentiated	•	0.000	1	0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated.	g	0.800		0		1		0.136	0.232	
18:2 undifferentiated	g	0.470	0.020	27		1		0.080	0.136	
18:3 undifferentiated	g	0.020	0.002	15		1		0.003	0.006	
18:4	g	0.000	ı	0	Z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.120	0.007	26		1		0.020	0.035	
20:5 n-3	g	0.010	0.001	13		1		0.002	0.003	
22:5 n-3	g	0.030	0.005	13		1		0.005	0.009	
22:6 n-3	g	0.050	0.009	12		1		0.009	0.015	
Fatty acids, total trans	g	0.070	ı	0	BFFN	4		0.012	0.020	
Cholesterol	mg	57		0		1		10	17	
Phytosterols	mg									
Amino Asida										
Amino Acids:	~	0.055		•				0.044		
Tryptophan		0.257		0		1		0.044	0.075	
Threonine	-	0.928		0		1		0.158	0.269	
Isoleucine		1.160		0		1 1		0.197	0.336	
Leucine	-	1.649		0		1		0.280	0.478	
Lysine		1.866						0.317	0.541	
Methionine		0.608		0		1		0.103	0.176	
Cystine	-	0.281		0		1		0.048	0.081	
Phenylalanine		0.872		0		1		0.148	0.253	
Tyrosine		0.742		0		1		0.126	0.215	
Valine		1.090		0		1		0.185	0.316	
Arginine	_	1.325		0		1		0.225	0.384	
Histidine	-	0.682		0		1		0.116	0.198	
Alanine	-	1.199		0		1		0.204	0.348	
Aspartic acid	-	1.958		0		1		0.333	0.568	
Glutamic acid	_	3.290		0		1		0.559	0.954	
Glycine		1.079		0		1		0.183	0.313	
Proline		0.903		0		1		0.154	0.262	
Serine		0.756	i	0		1		0.129	0.219	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
<u> </u>		_		_		_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 17g: 1 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 29g: 1 wing, bone and skin removed

Chicken, broilers or fryers, wing, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.65	0.572	13		1		97.48		
Energy	kcal	165		0	NC	4		234		
Energy	kj	690				4		980		
Protein (N x 6.25)	g	21.77	0.517	13		1		30.91		
Total lipid (fat)	g	7.95	0.322	13		1		11.29		
Ash	g	1.81	0.034	13		1		2.57		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minavala										
Minerals: Calcium, Ca	ma	14	1.612	11		1		20		
Iron, Fe		1.58	0.116	11		1		2.24		
Magnesium, Mg		1.56	0.116	1		1		17		
Phosphorus, P		111		0		4		158		
Potassium, K		138	13.793	12		1		196		
Sodium, Na		503	46.664	4		1		714		
Zinc, Zn		1.41		0		4		2.00		
Copper, Cu	-	0.046	5	0		4		0.065		
Manganese, Mn		0.015	5	0		4		0.021		
Selenium, Se		15.8		0	BFNN	4		22.4		
•										
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	2.0	0.000	6		1		2.8		
Thiamin		0.015		12		1 1		0.021		
Riboflavin		0.129		15				0.183		
Niacin		6.329		14		1		8.987		
Pantothenic acid	-	0.850		1		1		1.207		
Vitamin B-6	-	0.350	,	2 0		1		0.497		
Folate, total		4 0		0	z	4 7		6 0		
Folic acid		4		0	Z	4		6		
Folate, foodFolate, DFE		4		0	NC	4		6		
		0.29	0.088	7	NC	1		0.41		
Vitamin B-12 Vitamin A, IU	IIICG	113	0.088	0	NC	4		161		
		34		0	NC	4		48		
Vitamin A, RAE		34		0	NR NR	4		48		
Vitamin E (alpha-tocopherol)		0.26		0	PIK	4		0.37		
Tocopherol, beta		0.20		U	FIR	-		0.37		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.8		0	PIK	4		2.6		
<u>Lipids:</u>										
Fatty acids, total saturated	=	2.200		0		1		3.124		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.010)	0		1		0.014		
13:0	-			_		-				
14:0	=	0.060)	0		1		0.085		
15:0				_		_				
16:0		1.620)	0		1		2.300		
17:0	-									
18:0	-	0.440)	0		1		0.625		
20:0	-									
22:0	g									

Nutrients and Units Numary Std. Error Points Deriv Source Confidence Code Nutrients and Units Numary Numary			<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Fatty acids, total monounstrated 9					Number	•			<u>m</u>	easures of food	•
Feb.	Nutrients and	Units	Mean	Std. Error					Measure 1	Measure 2	Measure 3
14-1	Fatty acids, total monounsatura	ited9	3.150	ı	0		1		4.473		
Fig. 1 1 1 1 1 1 1 1 1 1											
17-1	15:1	g									
Restrict 9		_	0.440	1	0		1		0.625		
201		_									
22-1 undifferentiated. 9		_									
24-1 C		_									
Fatty acids, total polymosturated		•	0.000		0		1		0.000		
1.510 0			1 750		0		1		2 405		
18.3 undifferentiated											
18.4.											
20.2 n-6 e.c.											
20.3 undifferentiated		• • • • • • • • • • • • • • • • • • • •	0.000		U		1		0.000		
20.4 undifferentiated	· · · · · · · · · · · · · · · · · · ·	_									
20.5 n-3.		_	0.070	ı	0		1		0 000		
22.5 n-3.											
Section Sect		_					_				
Patry acids, total trans. 9 62 0 4 88											
Cholesterol. mg 62 0 4 88 Phytosterols mg			0.020		Ū		-		0.028		
Namino Acids: Trypophan			62		0		4		88		
Amino Acids: Tryptophan 9 0.243 0 1 0.345 Thronine 9 0.895 0 1 1.271 Isoleucine 9 1.085 0 1 1.541 Leucine 9 1.578 0 1 2.241 Lysine 9 1.764 0 1 2.505 Methionine 9 0.574 0 1 0.815 Cystine 9 0.297 0 1 0.422 Phenylalanine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.944 Histidine 9 0.636 0 1 1.924 Histidine 9 0.636 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutanic acid 9 1.3199<			02		·		•		00		
Tryptophan 9 0.243 0 1 0.345 Threonine 9 0.895 0 1 1.271 Isoleucine 9 1.085 0 1 1.541 Leucine 9 1.578 0 1 2.241 Lysine 9 1.764 0 1 2.505 Methionine 9 0.574 0 1 0.815 Cystine 9 0.297 0 1 0.422 Phenylalanine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.422 Phenylalanine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 1.258 0 1<	1 Hy tosterois										
Threonine 9 0.895 0 1 1.271 Isoleucine 9 1.085 0 1 1.541 Leucine 9 1.578 0 1 2.241 Lysine 9 1.764 0 1 0.815 Methionine 9 0.574 0 1 0.815 Cystine 9 0.297 0 1 0.422 Phenylalamine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 1.786 Aspartic acid 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 1.477 Serine 9 1.040 0 <td< td=""><td>Amino Acids:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	Amino Acids:										
Soleucine	Tryptophan	g									
Leucine 9 1.578 0 1 2.241 Lysine 9 1.764 0 1 2.505 Methionine 9 0.574 0 1 0.815 Cystine 9 0.297 0 1 0.422 Phenylalanine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 3.173 0 1 2.735 Glutamic acid 9 3.173 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 7 <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_									
Lysine		• • • • • • • • • • • • • • • • • • • •									
Methionine 9 0.574 0 1 0.815 Cystine 9 0.297 0 1 0.422 Phenylalanine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.052 0 1 1.294 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutamic acid 9 1.389 0 1 4.506 Glycine 9 1.040 0 1 1.972 Proline 9 0.762 0 1 1.082 Hydroxyproline 9 0 0 7 0.0 Carfeine mg 0 0 7 </td <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_									
Cystine 9 0.297 0 1 0.422 Phenylalanine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 1.786 Aspartic acid 9 1.389 0 1 4.506 Glycine 9 1.389 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 1 1.082 Hydroxyproline 9 0 0 7 0.0 Caffeine mg 0 0 2	2										
Phenylalanine 9 0.842 0 1 1.196 Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutamic acid 9 3.173 0 1 4.506 Glycine 9 1.389 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 1 1.082 Hydroxyproline 9 0 0 7 0.0 Cargiene mg 0 0 2 7 0 Cargiene mg 0 0											
Tyrosine 9 0.699 0 1 0.993 Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutamic acid 9 3.173 0 1 4.506 Glycine 9 1.389 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 1 1.082 Hydroxyproline 9 0.0 7 0.0 Caffeine mg 0 0 7 0.0 Caffeine mg 0 0 2 7 0 Carotene, beta mcg 0 0 2	•										
Valine 9 1.052 0 1 1.494 Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutamic acid 9 3.173 0 1 4.506 Glycine 9 1.389 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 1 1.082 Hydroxyproline 9 0.762 0 1 1.082 Others: S 0 7 0.0 Caffeine mg 0 0 7 0 0 Cardenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg <	-				-		_				
Arginine 9 1.355 0 1 1.924 Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutamic acid 9 3.173 0 1 4.506 Glycine 9 1.389 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 1 1.082 Hydroxyproline 9 0.762 0 1 1.082 Hydroxyproline 9 0.0 0 7 0.0 Caffeine mg 0 0 2 7 0 Caffeine mg 0 0 2 7 0 Carotene, beta mcg 0 0 2 7 0.000 Carotene, alpha mcg 0 0 2 7 0.000	2	_									
Histidine 9 0.636 0 1 0.903 Alanine 9 1.258 0 1 1.786 Aspartic acid 9 1.926 0 1 2.735 Glutamic acid 9 3.173 0 1 4.506 Glycine 9 1.389 0 1 1.972 Proline 9 1.040 0 1 1.477 Serine 9 0.762 0 1 1.082 Hydroxyproline 9 0.00 0 7 0.0 Catesia mg 0 0 2 7 0 Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000							_				
Alanine g 1.258 0 1 1.786 Aspartic acid g 1.926 0 1 2.735 Glutamic acid g 3.173 0 1 4.506 Glycine g 1.389 0 1 1.972 Proline g 1.040 0 1 1.477 Serine g 0.762 0 1 1.082 Hydroxyproline g 0 0 1 1.082 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 z 7 0 Theobromine mg 0 0 z 7 0 Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000	C	_									
Aspartic acid. 9 1.926 0 1 2.735 Glutamic acid. 9 3.173 0 1 4.506 Glycine		_									
Glutamic acid. g 3.173 0 1 4.506 Glycine											
Glycine g 1.389 0 1 1.972 Proline g 1.040 0 1 1.477 Serine g 0.762 0 1 1.082 Hydroxyproline g 0 0 7 0.0 Cathol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 2 7 0 Theobromine mg 0 0 2 7 0 Carotene, beta mcg 0 0 2 7 0.000 Carotene, alpha mcg 0 0 2 7 0.000	•										
Proline g 1.040 0 1 1.477 Serine g 0.762 0 1 1.082 Hydroxyproline g 0 1 1.082 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 z 7 0 Theobromine mg 0 0 z 7 0 Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000		-									
Serine. g 0.762 0 1 1.082 Hydroxyproline. Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 z 7 0 Theobromine. mg 0 0 z 7 0 Carotenoids: Carotene, beta. mcg 0 0 z 7 0.000 Carotene, alpha. mcg 0 0 z 7 0.000											
Others: Section 1 Section 2 Section 3											
Others: Jack Strain Strai		-	0.762		U		1		1.082		
Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 z 7 0 Theobromine. mg 0 0 z 7 0 Carotenoids: Carotene, beta. mcg 0 0 z 7 0.000 Carotene, alpha. mcg 0 0 z 7 0.000	пуштохургоние	y									
Caffeine mg 0 z 7 0 Theobromine mg 0 z 7 0 Carotenoids: Carotene, beta mcg 0 z 7 0.000 Carotene, alpha mcg 0 z 7 0.000 Carotene, alpha mcg 0 z 7 0.000	Others:										
Caffeine	Alcohol, ethyl	g	0.0		0		7		0.0		
Carotenoids: Carotene, beta	Caffeine	mg	0		0	Z	7		0		
Carotene, beta. mcg 0 0 z 7 0.000 Carotene, alpha. mcg 0 0 z 7 0.000	Theobromine	mg	0		0	Z	7		0		
Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000	Carotenoids:										
Carotene, alpha	<u> </u>	mca	0		0	7.	7		0 000		
carovare, arpia.											
C. (Promission, Oversion,			-		·						
Lycopene	-		-		•						
Lutein + zeaxanthin											

Common Measures:

Measure 1 = 142g: 1 can (5 oz)

Chicken, canned, meat only, with broth

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

Nutrients and Unit										
Nutrients and Unit				Number	•			<u>m</u> e	easures of food	<u> </u>
Nutrients and Unit				of Data	Deriv	Source	Confidence			
	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.90				1		133.05	81.13	
Energy	kcal	184			NC	4		377	230	
Energy	kj	770				4		1578	962	
Protein	g	25.30				1		51.87	31.63	
Total lipid (fat)	g	8.10				1		16.61	10.13	
Ash	g	0.80				1		1.64	1.00	
Carbohydrate, by difference	g	0.80			NC	4		1.64	1.00	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
π· 1										
Minerals:	ma	14				1		29	18	
Calcium, Ca	_	1.30				1		2.67	1.63	
Magnesium, Mg	_	1.30				1		39	24	
Phosphorus, P		153				1		314	24 191	
Potassium, K	•	153				1		314	191	
Sodium. Na.		135				1		277	169	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.50				1		5.13	3.13	
Copper, Cu		0.050)			4		0.103	0.063	
Manganese, Mn	_									
Selenium, Se		18.4		0	BFNN	4		37.7	23.0	
•										
<u>/itamins:</u>		0.0				_		0.0		
Vitamin C, total ascorbic acid	_	0.0				7 1		0.0	0.0	
Thiamin	-	0.000 0.100				1		0.000 0.205	0.000 0.125	
Riboflavin		2.400				1		4.920	3.000	
Niacin Pantothenic acid	_	2.400				_		4.920	3.000	
Vitamin B-6	-	0.190				1		0.390	0.238	
Folate, total		2				1		4	3	
Folic acid		0		0	z	7		0	0	
Folate, food		2		·	_	1		4	3	
Folate, DFE		2		0	NC	4		4	3	
Vitamin B-12		1.00				1		2.05	1.25	
Vitamin A, IU		113		0	NC	4		232	142	
Vitamin A, RAE		34		0	NC	4		70	43	
Retinol		34		0	NR	4		70	43	
Vitamin E (alpha-tocopherol)		0.32		0	NR	4		0.66	0.40	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.3		0	BFSN	4		4.7	2.9	
ipids:										
Fatty acids, total saturated	g	2.250)			4		4.613	2.813	
4:0		0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0		0.000	1			4		0.000	0.000	
10:0	-	0.000				4		0.000	0.000	
12:0		0.011				4		0.023	0.014	
13:0	-									
14:0		0.063	1			4		0.129	0.079	
15:0										
16:0	g	1.713	1			4		3.512	2.141	
17:0	g									
18:0	g	0.465	i			4		0.953	0.581	
20:0	g									
22:0	g									

	<u>An</u>	ount 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	3.279				4		6.722	4.099	
14:1g									
15:1g									
16:1 undifferentiatedg	0.465				4		0.953	0.581	
17:1g									
18:1 undifferentiatedg	2.730				4		5.597	3.413	
20:1g	0.084				4		0.172	0.105	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	1.978				4		4.055	2.473	
18:2 undifferentiatedg	1.597				4		3.274	1.996	
18:3 undifferentiatedg	0.074				4		0.152	0.093	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.074				4		0.152	0.093	
20:5 n-3g	0.011				4		0.023	0.014	
22:5 n-3g	0.011				4		0.023	0.014	
22:6 n-3g	0.211				4		0.433	0.264	
Fatty acids, total transg									
Cholesterolmg	50				4		103	63	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 125g: 1 can (5 oz) yields

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	66.54	0		1		96.48	7.32	
Energy	kcal	164	0	NC	4		238	18	
Energy	kj	686			4		995	75	
Protein (N x 6.25)	g	26.39	0		1		38.27	2.90	
Total lipid (fat)	g	5.40	0		1		7.83	0.59	
Ash	g	0.91	0		1		1.32	0.10	
Carbohydrate, by difference	g	0.76	0	NC	4		1.10	0.08	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	13	0		1		19	1	
Iron, Fe	_	6.80	0		1		9.86	0.75	
Magnesium, Mg		20	0		1		29	2	
Phosphorus, P		235	0		1		341	26	
Potassium, K	mg	153	0		1		222	17	
Sodium, Na	mg	55	0		1		80	6	
Zine, Zn		4.67	0		1		6.77	0.51	
Copper, Cu		0.294			1		0.426	0.032	
Manganese, Mn		0.192			1		0.278	0.021	
Selenium, Se	mcg	95.0	0	BFNN	4		137.8	10.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	9.0	0		1		13.1	1.0	
Thiamin	mg	0.095	0		1		0.138	0.010	
Riboflavin	mg	1.061	. 0		1		1.538	0.117	
Niacin	-	4.120	0		1		5.974	0.453	
Pantothenic acid		3.296			1		4.779	0.363	
Vitamin B-6	_	0.380			1		0.551	0.042	
Folate, total		414	0		1		600	46	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	414	0	***	1 4		600	46	
Folate, DFE		414 1.14	0	NC	1		600	46	
Vitamin B-12 Vitamin A, IU		13266	0		1		1.65 19236	0.13 1459	
Vitamin A, RAE		3984	0		1		5776	438	
Retinol		3984	0		1		5776	438	
Vitamin E (alpha-tocopherol)		3301	· ·		_		51.75	450	
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	а	1.770	0		1		2.567	0.195	
4:0									
6:0	g								
8:0	g								
10:0		0.000			4		0.000	0.000	
12:0	_	0.000	0		1		0.000	0.000	
13:0	-						_		
14:0	-	0.020	0		1		0.029	0.002	
15:0	-								
16:0	-	0.980	0		1		1.421	0.108	
17:0	-	0.600			4		1 001	0.076	
18:0 20:0	-	0.690	0		1		1.001	0.076	
22:0	_								
44.V	g								

	<u>A</u>	mount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0	1		1.987	0.151		
14:1	-							
15:1								
16:1 undifferentiated	_	0	1		0.261	0.020		
17:1								
18:1 undifferentiated	-		1		1.711	0.130		
20:1			1		0.015	0.001		
22:1 undifferentiated		0	4		0.000	0.000		
24:1 c								
Fatty acids, total polyunsaturated			1		1.639	0.124		
18:2 undifferentiated	g 0.750	0	1		1.088	0.083		
18:3 undifferentiated	g 0.020	0	1		0.029	0.002		
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g 0.250	0	1		0.363	0.028		
20:5 n-3	g 0.020	0	1		0.029	0.002		
22:5 n-3	g 0.010	0	1		0.015	0.001		
22:6 n-3	g 0.050	0	1		0.073	0.006		
Fatty acids, total trans	-							
Cholesterol	-	0	1		629	48		
Phytosterols								
Amino Acids:								
Tryptophan	g 0.313	0	1		0.454	0.034		
Threonine		3 0	1		1.730	0.131		
Isoleucine	-	0	1		1.942	0.147		
Leucine	0		1		3.129	0.237		
Lysine	5		1		2.816	0.214		
Methionine	0		1		0.948	0.072		
Cystine		*	1		0.510	0.039		
Phenylalanine	-	•	1		1.762	0.134		
Tyrosine		-	1		1.273	0.134		
Valine	-		1		2.107	0.160		
Arginine			1		2.520	0.191		
Histidine	5		1		0.915	0.191		
Alanine	0		1		1.942	0.069		
	-	·	1		3.596	0.147		
Aspartic acid			1		3.596 5.665	0.273		
Glutamic acid	0		-					
Glycine	-		1		2.127	0.161		
Proline			1		1.940	0.147		
Serine		0	1		1.668	0.127		
Hydroxyproline	. 9							

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 11.0g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>			
				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	13.34 23 98 3.29 0.93 0.18 0.26 0.0 2 1.13 3 37 41 14 0.61 0.048 0.029 10.0 3.3 0.017 0.201 1.257 0.651 0.085 71 0 71 71 2.33 2622 787 787 0.295	Measure 3
Proximates:										
Water	g	74.12		0		1		85.24	13.34	
Energy	kcal	130		0	NC	4		150	23	
Energy	kj	544				4		626	98	
Protein (N x 6.25)	g	18.28		0		1		21.02	3.29	
Total lipid (fat)	g	5.18		0		1		5.96	0.93	
Ash	g	1.00		0		1		1.15	0.18	
Carbohydrate, by difference	g	1.42		0	NC	4		1.63	0.26	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Min and a										
Minerals:	ma	10		0		1		12	2	
Calcium, CaIron, Fe	-	6.25		0		1		7.19		
Magnesium, Mg	-	18		0		1		7.19 21		
Phosphorus, P		207		0		1		238		
Potassium, K	-	226		0		1		260		
Sodium, Na		77		0		1		89		
Zinc, Zn	-	3.38		0		1		3.89		
Copper, Cu		0.268	ł	0		1		0.308		
Manganese, Mn		0.163		0		1		0.187		
Selenium, Se		55.3		0	BFNN	4		63.6		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	18.4		0		1		21.2		
Thiamin	-	0.097		0		1		0.112		
Riboflavin	=	1.119		0		1		1.287		
Niacin	-	6.984		0		1		8.032		
Pantothenic acid	=	3.618		0		1		4.161		
Vitamin B-6	-	0.470)	0		1		0.541		
Folate, total		394		0		1		453		
Folic acid		0		0	Z	7		0		
Folate, food		394		0		1		453		
Folate, DFE		394		0	NC	4		453		
Vitamin B-12		12.95		0		1		14.89		
Vitamin A, IU		14566		0		1		16751		
Vitamin A, RAE		4374		0 0		1		5030		
Retinol		4374		U		1		5030	787	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.640)	0		1		1.886	0.295	
4:0										
6:0										
8:0		0.000		^				0.000	0.000	
10:0		0.000		0		4 1		0.000		
12:0		0.000	•	U		_		0.000	0.000	
13:0 14:0	-	0.020	1	0		1		0.023	0.004	
15:0	-	0.020	•	U		1		0.023	0.004	
16:0	-	0.910)	0		1		1.047	0 164	
17:0	-	3.510		•		-		1.04/	0.104	
18:0	-	0.600)	0		1		0.690	0.108	
20:0	-	0.000	•	J		-		3.050	0.100	
22:0	-									
44.0	g									

		Amount in 10	0 grams o	of edib	le portio	<u>on</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	
	g 1.3		0		1		1 510	0.000		
Fatty acids, total monounsaturated	9	:0	U		1		1.518	0.238		
14:1	-									
15:1 16:1 undifferentiated		.0	0		1		0.207	0.032		
16:1 undifferentiated	_	10	U		1		0.207	0.032		
		10	0		1		1.288	0.000		
18:1 undifferentiated	-				1			0.202		
20:1			0		_		0.012	0.002		
22:1 undifferentiated	0	10	0		4		0.000	0.000		
24:1 c					_					
Fatty acids, total polyunsaturated			0		1		1.369	0.214		
18:2 undifferentiated			0		1		0.932	0.146		
18:3 undifferentiated	•	30	0		1		0.035	0.005		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_		0		1		0.322	0.050		
20:5 n-3			0		1		0.012	0.002		
22:5 n-3	g 0.00	0	0		1		0.000	0.000		
22:6 n-3	g 0.04	10	0		1		0.046	0.007		
Fatty acids, total trans	-									
Cholesterol	mg 292		0		1		336	53		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g 0.2:	.7	0		1		0.250	0.039		
Threonine		16	0		1		0.950	0.149		
Isoleucine	-	27	0		1		1.066	0.167		
Leucine		16	0		1		1.720	0.269		
Lysine		16	0		1		1.548	0.242		
Methionine		52	0		1		0.520	0.081		
Cystine			0		1		0.279	0.044		
Phenylalanine			0		1		0.967	0.151		
Tyrosine			0		1		0.700	0.110		
Valine	-		0		1		1.158	0.181		
Arginine	•		0		1		1.383	0.217		
Histidine			0		1		0.503	0.079		
Alanine	0		0		1		1.070	0.167		
Aspartic acid	-		0		1		1.976	0.309		
Glutamic acid			0		1		3.108	0.487		
Glycine	0		0		1		1.168	0.183		
Proline	-		0		1		1.165	0.163		
	0		0		1		0.915	0.167		
Serine		, 0	U		_		0.915	0.143		
Hydroxyproline	9									

Common Measures:

Measure 1 = 115g: 1 giblets

Measure 2 = 18g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05134 Chicken, capons, meat and skin and giblets and neck, cooked, roasted

Refuse: 28% Bone

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		59.25		0		1		840.17	100 17	
Water				0		4			129.17	
Energy		226 946		U	NC	4		3205 13408	493 2061	
Energy		28.35		0		1		402.00	61.80	
Protein (N x 6.25) Total lipid (fat)		11.67		0		1		165.48	25.44	
Ash		1.01		0		1		14.32	2.20	
Carbohydrate, by difference		0.04		0	NC	4		0.57	0.09	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total				_	_	·				
Starch										
Survii										
Minerals:								_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	15		0		1		213	33	
Iron, Fe	-	1.79		0		1		25.38	3.90	
Magnesium, Mg	_	23 239		0		1 1		326 3389	50 521	
Phosphorus, P Potassium, K		239		0		1		3446	530	
Sodium, Na		50		0		1		709	109	
Zinc, Zn		1.94		0		1		27.51	4.23	
Copper, Cu		0.081	L	0		1		1.149	0.177	
Manganese, Mn		0.031		0		1		0.440	0.068	
Selenium, Se		19.3		0	BFYN	4		273.7	42.1	
	_									
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.4		0		1		5.7	0.9	
Thiamin	-	0.070		0		1 1		0.993	0.153	
Riboflavin	-	0.219 8.415		0		1		3.105 119.325	0.477 18.345	
Niacin Pantothenic acid		1.184		0		1		16.789	2.581	
Vitamin B-6		0.410		0		1		5.814	0.894	
Folate, total		26	,	0		1		369	57	
Folic acid	_	0		0	z	7		0	0	
Folate, food.		26		0		1		369	57	
Folate, DFE		26		0	NC	4		369	57	
Vitamin B-12		0.36		0		1		5.10	0.78	
Vitamin A, IU		734		0		1		10408	1600	
Vitamin A, RAE		220		0		1		3126	481	
Retinol		220		0		1		3126	481	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.280)	0		1		46.510	7.150	
4:0										
6:0										
8:0	-			•						
10:0		0.000		0		4		0.000	0.000	
12:0	_	0.010	,	0		1		0.142	0.022	
13:0	_	0.090	1	0		1		1.276	0.196	
14:0 15:0		0.090	•	J		-		1.2/0	0.190	
16:0		2.420)	0		1		34.316	5.276	
17:0			-	•		_		51.515	3.2.3	
18:0	_	0.650)	0		1		9.217	1.417	
20:0	_									
22:0	_									
24:0	_									

		<u>A</u> 1	mount in 10			ole portio	o <u>n</u>	Amount in edible portion of measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.710		0		1		66.788	10.268	
14:1	-	4.710		U		-		00.700	10.266	
15:1										
16:1 undifferentiated	-	0.650	1	0		1		9.217	1.417	
17:1	-									
18:1 undifferentiated.		3.880	1	0		1		55.018	8.458	
20:1		0.120		0		1		1.702	0.262	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c		2.000		-		=				
Fatty acids, total polyunsaturated		2.520	ı	0		1		35.734	5.494	
18:2 undifferentiated		2.220		0		1		31.480	4.840	
18:3 undifferentiated	-	0.100		0		1		1.418	0.218	
18:4									***==*	
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.090	ı	0		1		1.276	0.196	
20:5 n-3	-	0.010		0		1		0.142	0.022	
22:5 n-3		0.010		0		1		0.142	0.022	
22:6 n-3		0.030		0		1		0.425	0.065	
Fatty acids, total trans										
Cholesterol	-	103		0		1		1461	225	
Phytosterols	_									
-	•									
Amino Acids:										
Tryptophan	_	0.318		0		1		4.509	0.693	
Threonine	-	1.178		0		1		16.704	2.568	
Isoleucine	-	1.419		0		1		20.121	3.093	
Leucine	_	2.077		0		1		29.452	4.528	
Lysine	-	2.302		0		1		32.642	5.018	
Methionine	-	0.753		0		1		10.678	1.642	
Cystine		0.377		0		1		5.346	0.822	
Phenylalanine	_	1.112		0		1		15.768	2.424	
Tyrosine		0.916		0		1		12.989	1.997	
Valine	-	1.386		0		1		19.653	3.021	
Arginine	-	1.777		0		1		25.198	3.874	
Histidine		0.828		0		1		11.741	1.805	
Alanine	-	1.637		0		1		23.213	3.569	
Aspartic acid	_	2.534		0		1		35.932	5.524	
Glutamic acid		4.151		0		1		58.861	9.049	
Glycine		1.799		0		1		25.510	3.922	
Proline		1.366		0		1		19.370	2.978	
Serine	g	1.009	1	0		1		14.308	2.200	
Hydroxyproline	g									

Common Measures:

Measure 1 = 1418g: 1 capon

Measure 2 = 218g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% Bone

		<u>A</u> 1	mount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u></u>	easures or roou	
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		63.66		0		1		1369.96		
Energy		232		0	NC	4		4993		
Energy		971		•		4		20889		
Protein (N x 6.25)		18.51		0 0		1 1		398.34 363.69		
Total lipid (fat)	-	16.90 0.94		0		1		20.23		
Carbohydrate, by difference		0.94		0	NC	4		1.72		
Fiber, total dietary		0.00		0	Z	7		0.0		
Sugars, total		0.0		v		,		0.0		
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	11		0		1		237		
Iron, Fe	-	1.41		0		1		30.34		
Magnesium, Mg		21		0		1		452		
Phosphorus, P		181		0 0		1 1		3895		
Potassium, KSodium, Na		213 47		0		1		4584 1011		
Zinc, Zn		1.32		0		1		28.41		
Copper, Cu	-	0.063	1	0		1		1.356		
Manganese, Mn		0.028		0		1		0.603		
Selenium, Se		12.2		0	BFNN	4		262.5		
Vitamins:						_		F.C. 0		
Vitamin C, total ascorbic acid	-	2.6		0		1		56.0		
Thiamin	-	0.065		0		1 1		1.399 3.938		
Riboflavin Niacin	-	0.183 7.074		0		1		152.232		
Pantothenic acid		1.101		0		1		23.694		
Vitamin B-6		0.360		0		1		7.747		
Folate, total		27	,	0		1		581		
Folic acid		0		0	z	7		0		
Folate, food		27		0		1		581		
Folate, DFE		27		0	NC	4		581		
Vitamin B-12		1.01		0		1		21.74		
Vitamin A, IU	IU	905		0		1		19476		
Vitamin A, RAE	mcg_RAE	272		0		1		5849		
Retinol	mcg	272		0		1		5849		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		4.890)	0		1		105.233		
4:0										
6:0 8:0										
10:0	-	0.000)	0		4		0.000		
12:0	-	0.020		0		1		0.430		
13:0	-	0.020		v		-		3.430		
14:0		0.140)	0		1		3.013		
15:0				-		•				
16:0		3.570)	0		1		76.826		
17:0										
18:0	-	0.980)	0		1		21.090		
20:0	g									
22:0	-									
24:0	g									

		<u>Ar</u>	Amount in 100 grams of edible portion Number						edible portion easures of food	
						0	0	1111	easures or root	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	7.160		0		1		154.083		
14:1				·		_		134.003		
15:1										
16:1 undifferentiated	g	0.950		0		1		20.444		
17:1	g									
18:1 undifferentiated	g	5.930		0		1		127.614		
20:1	g	0.180		0		1		3.874		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated		3.600		0		1		77.472		
18:2 undifferentiated	g	3.250		0		1		69.940		
18:3 undifferentiated	g	0.160		0		1		3.443		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.070		0		1		1.506		
20:5 n-3	g	0.010		0		1		0.215		
22:5 n-3	g	0.010		0		1		0.215		
22:6 n-3	g	0.020		0		1		0.430		
Fatty acids, total trans	g									
Cholesterol	mg	87		0		1		1872		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.209		0		1		4.498		
Threonine	-	0.776		0		1		16.700		
Isoleucine	_	0.934		0		1		20.100		
Leucine	_	1.369		0		1		29.461		
Lysine	-	1.514		0		1		32.581		
Methionine	_	0.495		0		1		10.652		
Cystine	_	0.248		0		1		5.337		
Phenylalanine		0.733		0		1		15.774		
Tyrosine		0.603		0		1		12.977		
Valine	_	0.913		0		1		19.648		
Arginine		1.172		0		1		25.221		
Histidine	-	0.545		0		1		11.728		
Alanine	_	1.079		0		1		23.220		
Aspartic acid	_	1.670		0		1		35.938		
Glutamic acid	-	2.733		0		1		58.814		
Glycine		1.189		0		1		25.587		
Proline	_	0.902		0		1		19.411		
Serine	g	0.666		0		1		14.332		
Hydroxyproline	g									

Common Measures:

Measure 1 = 2152g: 1 capon

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% Bone

		<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	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	а	58.70	0		1		373.92	115.05	
Energy	_	229	0	NC	4		1459	449	
Energy		958	·	2.0	4		6103	1878	
Protein (N x 6.25)	=	28.96	0		1		184.48	56.76	
Total lipid (fat)		11.65	0		1		74.21	22.83	
Ash		1.04	0		1		6.62	2.04	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total								0.0	
Starch	-								
Starcii	9								
<u> Minerals:</u>									
Calcium, Ca	_	14	0		1		89	27	
Iron, Fe	_	1.49	0		1		9.49	2.92	
Magnesium, Mg		24	0		1		153	47	
Phosphorus, P	•	246	0		1		1567	482	
Potassium, K	_	255	0		1		1624	500	
Sodium, Na		49	0		1		312	96	
Zinc, Zn		1.74	0		1		11.08	3.41	
Copper, Cu		0.069			1		0.440	0.135	
Manganese, Mn		0.021	L 0	DEMA	1 4		0.134 137.6	0.041 42.3	
Selenium, Se	filicg	21.6	U	BFYN	4		137.6	42.3	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin	mg	0.070	0		1		0.446	0.137	
Riboflavin		0.170	0		1		1.083	0.333	
Niacin		8.947	7 0		1		56.992	17.536	
Pantothenic acid	mg	1.104	1 0		1		7.032	2.164	
Vitamin B-6	mg	0.430	0		1		2.739	0.843	
Folate, total	mcg	6	0		1		38	12	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	6	0		1		38	12	
Folate, DFE	mcg_DFE	6	0	NC	4		38	12	
Vitamin B-12		0.33	0		1		2.10	0.65	
Vitamin A, IU	IU	68	0		1		433	133	
Vitamin A, RAE	mcg_RAE	20	0		1		130	40	
Retinol		20	0		1		130	40	
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	3.260	0		1		20.766	6.390	
4:0		3.200	•		-		_333	3.330	
6:0									
8:0	-								
10:0		0.000	0		4		0.000	0.000	
12:0		0.010	0		1		0.064	0.020	
13:0	_								
14:0	-	0.090	0		1		0.573	0.176	
15:0	-								
16:0	-	2.420	0		1		15.415	4.743	
17:0	-								
18:0	-	0.640	0		1		4.077	1.254	
20:0									
22:0	-								
24:0	-								

		<u>Aı</u>	mount in 100	<u>0 grams</u> Number		ole portio	<u>on</u>	Amount in edible portion of measures of food		
Nutrients and Un	its	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F		4.750		0		1		20.050	0.210	
Fatty acids, total monounsaturated.		4.750		U		_		30.258	9.310	
15:1										
16:1 undifferentiated		0.660		0		1		4.204	1.294	
17:1	-	0.000		Ū		-		4.204	1.234	
18:1 undifferentiated		3.910		0		1		24.907	7.664	
20:1		0.130		0		1		0.828	0.255	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated		2.520		0		1		16.052	4.939	
18:2 undifferentiated		2.220		0		1		14.141	4.351	
18:3 undifferentiated	-	0.100		0		1		0.637	0.196	
18:4		0.200		·		_		0.057	0.130	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.080		0		1		0.510	0.157	
20:5 n-3	-	0.010		0		1		0.064	0.020	
22:5 n-3	-	0.010		0		1		0.064	0.020	
22:6 n-3		0.030		0		1		0.191	0.059	
Fatty acids, total trans				•		_		**		
Cholesterol	-	86		0		1		548	169	
Phytosterols	_									
-										
Amino Acids:										
Tryptophan	_	0.325		0		1		2.070	0.637	
Threonine	-	1.200		0		1		7.644	2.352	
Isoleucine	-	1.455		0		1		9.268	2.852	
Leucine	_	2.115		0		1		13.473	4.145	
Lysine	-	2.370		0		1		15.097	4.645	
Methionine	-	0.774		0		1		4.930	1.517	
Cystine		0.384		0		1		2.446	0.753	
Phenylalanine	-	1.128		0		1		7.185	2.211	
Tyrosine	-	0.938		0		1		5.975	1.838	
Valine		1.409		0		1		8.975	2.762	
Arginine	-	1.806		0		1		11.504	3.540	
Histidine		0.857		0		1		5.459	1.680	
Alanine	-	1.674		0		1		10.663	3.281	
Aspartic acid	_	2.582		0		1		16.447	5.061	
Glutamic acid		4.246		0		1		27.047	8.322	
Glycine	-	1.815		0		1		11.562	3.557	
Proline		1.376		0		1		8.765	2.697	
Serine	-	1.018		0		1		6.485	1.995	
Hydroxyproline	g									

Common Measures:

Measure 1 = 637g: .5 capon, bone removed

Measure 2 = 196g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% Bone

		<u>A</u>	mount in 100	Amount in edible portion of common						
			N	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	63.24		0		1		609.63	187.82	
Energy	-	234		0	NC	4		2256	695	
Energy		979		·	110	4		9438	2908	
Protein (N x 6.25)		18.77		0		1		180.94	55.75	
Total lipid (fat)		17.07		0		1		164.55	50.70	
Ash		0.96		0		1		9.25	2.85	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		ŭ	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	-	11		0		1		106	33	
Iron, Fe	-	1.09		0		1		10.51	3.24	
Magnesium, Mg		21		0		1		202	62	
Phosphorus, P	•	183		0		1		1764	544	
Potassium, K	-	217 45		0 0		1 1		2092	644 134	
Sodium, NaZinc, Zn		1.17		0		1		434 11.28	3.47	
Copper, Cu		0.050	1	0		1		0.482	0.149	
Manganese, Mn		0.020		0		1		0.193	0.149	
Selenium, Se		14.6	,	0	BFNN	4		140.7	43.4	
· ·				-		=				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.7		0		1		16.4	5.0	
Thiamin		0.064		0		1		0.617	0.190	
Riboflavin		0.127		0		1		1.224	0.377	
Niacin		7.273		0		1		70.112	21.601	
Pantothenic acid		0.965		0		1		9.303	2.866	
Vitamin B-6	-	0.360)	0		1		3.470	1.069	
Folate, total		6		0	_	1		58	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		6 6		0 0	NC	1 4		58 58	18	
Folate, DFE				0	NC	4 1		3.28	18	
Vitamin B-12 Vitamin A, IU		0.34 129		0		1		3.28 1244	1.01 383	
Vitamin A, RAE		37		0	NC	4		357	110	
Retinol		37		0	NR NR	4		357	110	
Vitamin E (alpha-tocopherol)		0.32		0	CASN	4		3.09	0.95	
Tocopherol, beta		0.32		ŭ	CILOIT	•		3.03	0.55	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		22.9	7.1	
Lipids:	~			_		_				
Fatty acids, total saturated		4.950		0	_	1		47.718	14.702	
4:0	-	0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0 0	Z	7 4		0.000	0.000	
10:0	-	0.000		0		4 1			0.000	
12:0		0.020	,	U		1		0.193	0.059	
13:0		0.140	1	0		1		1.350	0.416	
14:0		0.140	,	U		1		1.350	0.416	
15:0		3.620	1	0		1		24 007	10 751	
16:0	_	3.620	,	U		1		34.897	10.751	
17:0	-	0.980	1	0		1		9.447	2.911	
18:0 20:0	-	0.980	,	U		1		9.44/	2.911	
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	Amount in edible portion of common						
				Number	•			measures of food		
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		7.310		0		1		70.468	21.711	
14:1	_									
15:1	_					_				
16:1 undifferentiated	_	0.970		0		1		9.351	2.881	
17:1	-	6 070		•		1		FO F1F	10.000	
18:1 undifferentiated		6.070		0		1		58.515	18.028	
20:1	_	0.180		0				1.735	0.535	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c		2 620		•		1		24 007	10 751	
Fatty acids, total polyunsaturated		3.620		0				34.897	10.751	
18:2 undifferentiated		3.300		0		1		31.812	9.801	
18:3 undifferentiated	_	0.160		0	_	1		1.542	0.475	
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated		0.000		•						
20:4 undifferentiated		0.060		0		1		0.578	0.178	
20:5 n-3	_	0.010		0		1		0.096	0.030	
22:5 n-3		0.010		0		1		0.096	0.030	
22:6 n-3		0.020		0		1		0.193	0.059	
Fatty acids, total trans						_			222	
Cholesterol		75		0		1		723	223	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.213		0		1		2.053	0.633	
Threonine		0.786		0		1		7.577	2.334	
Isoleucine	_	0.954		0		1		9.197	2.833	
Leucine		1.386		0		1		13.361	4.116	
Lysine	_	1.553		0		1		14.971	4.612	
Methionine		0.507		0		1		4.887	1.506	
Cystine	-	0.251		0		1		2.420	0.745	
Phenylalanine		0.739		0		1		7.124	2.195	
Tyrosine		0.615		0		1		5.929	1.827	
Valine	-	0.923		0		1		8.898	2.741	
Arginine		1.181		0		1		11.385	3.508	
Histidine	-	0.562		0		1		5.418	1.669	
Alanine		1.094		0		1		10.546	3.249	
Aspartic acid		1.690		0		1		16.292	5.019	
Glutamic acid	_	2.781		0		1		26.809	8.260	
Glycine	-	1.181		0		1		11.385	3.508	
Proline		0.897		0		1		8.647	2.664	
Serine	-	0.666		0		1		6.420	1.978	
Hydroxyproline		0.000		J		-		3.420	1.576	
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	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	
		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	y	U		U	4	,		0.000	0.000	

Common Measures:

Measure 1 = 964g: .5 capon, bone removed

Measure 2 = 297g: 1 unit (yield from 1 lb ready-to cook capon)

Chicken, capons, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 37% 37% bone

Mare			<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
Nutrients and Units					Number	•			<u>m</u>	easures of food	
Proximates:					of Data	Deriv	Source	Confidence			
Energy	Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Foregy	Water	g	58.68		0		1		150.81	75.70	
Protein (N x 6.25)	Energy	kcal	260		0	NC	4		668	335	
Total prish (fath) 9 18.21 0 1 1 46.80 23.49 Ash 9 1.04 0 1 1 2.67 1.34 Carbohydrate, by difference 9 0.00 0 2 7 7 0.00 0.00 Piber, tend dictary 9 0.00 0 2 7 7 0.00 0.00 Surch 9 0.00 0 7 7 0.00 0.00 Surch 9 0.00 0 7 7 0.00 0.00 Surch 9 0.00 0 7 7 0.00 0.00 0.00 Surch 9 0.00 0 7 7 0.00 0.00 0.00 Surch 9 0.00 0 7 7 0.00 0.00 0.00 Surch 9 0.00 0 7 7 0.00 0.00 0.00 0 7 0 7 0.00 0.00 0 7 0 7	Energy	kj	1088				4		2796	1403	
Ash	Protein (N x 6.25)	g	22.27		0		1		57.23	28.73	
Carbolydrate, by difference	Total lipid (fat)	g	18.21		0		1		46.80	23.49	
Fiber, total dietary 9 0.0 0 Z 7 0.0 0.0 Sugars, total 9 0.00 0 Z 7 0.00 0.00 Minerals: Calcium, Ca mg 13 0 1 33 17 Iron, Fe mg 0.91 0 1 2.34 1.17 Magnesium, Mg mg 18 0 1 46 23 Phosphons, P mg 146 0 1 375 188 Potassium, K mg 64 0 1 164 83 Scium, Na mg 64 0 1 164 83 1.92 Copper, Cu mg 0.061 0 1 0.157 0.079 Magnesse, Mn mg 0.061 0 1 0.157 0.079 Magnesse, Mn mg 0.061 0 1 0.157 0.079 Vitamines </td <td>Ash</td> <td>g</td> <td>1.04</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>2.67</td> <td>1.34</td> <td></td>	Ash	g	1.04		0		1		2.67	1.34	
Sugars, total	Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Storch.	Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Minorals: Calcium, Ca.	Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Edecum. Ca.	Starch	g									
Taleman Tale	Minopole										
Iron, Fc.		ma	1 2		0		1		22	17	
Magnesium, Mg. mg 146 0 1 46 23 Phosphons, P. mg 146 0 1 375 188 Potassium, K. mg 245 0 1 630 316 Sodium, Na. mg 644 0 1 164 83 Zine, Zn. mg 1.49 0 1 0.157 0.079 Copper, Cu. mg 0.061 0 1 0.157 0.079 Maganese, Mm. mg 0.061 0 1 0.157 0.079 Maganese, Mm. mg 0.061 0 1 0.157 0.019 Maganese, Mm. mg 0.057 0 1 0.122 0.06 Vitamin C, total ascorbic acid mg 0.5 0 1 0.172 0.06 Thiamin. mg 0.067 0 1 0.172 0.06 Thiamin. mg 0.057 0 1		-									
Phosphorus, P. mg 146 0 1 375 188 Potassium, K. mg 245 0 1 630 316 Soddium, Na. mg 644 0 1 164 83 Zinc, Zn. mg 1.49 0 1 0.157 0.079 Manganese, Mn. mg 0.061 0 1 0.039 0.019 Manganese, Mn. mg 0.015 0 BFYN 4 39.8 20.0 Vitamins. Witamin C, total ascorbic acid. mg 0.55 0 BFYN 4 39.8 20.0 Vitamins. mg 0.55 0 1 1.3 0.6 Ribofavin. mg 0.067 0 1 1.13 0.6 Ribofavin. mg 0.199 0 1 1.515 7.607 Pautothenic acid. mg 0.593 0 1 1.524 0.765	· · · · · · · · · · · · · · · · · · ·	-									
Potassium K. mg 245 0 1 630 316 Sodium, Na. mg 64 0 1 164 83 Zine, Zn. mg 1.49 0 1 3.83 1.92 Copper, Cu. mg 0.051 0 1 0.157 0.079 Manganes, Mn. mg 0.051 0 1 0.039 0.019 Sclenium, Sc. mcg 15.5 0 BFYN 4 39.8 20.0 Vitamin, Sc. mcg 1.5.5 0 1 1.3 0.6 Thiamin. mg 0.067 0 1 0.172 0.086 Riboflavin. mg 0.067 0 1 0.511 0.257 Niacin. mg 0.067 0 1 0.511 0.257 Niacin. mg 0.067 0 1 0.511 0.051 Vitamin B mg 0.307 0 1											
Sodium, Na.	• '	-									
Zinc, Zin.											
Copper, Cu. mg 0.061 0 1 0.157 0.079 Manganese, Mn. mg 0.015 0 1 0.039 0.019 Selenium, Se. mcg 15.5 0 BFYN 4 39.8 20.0 Vitamins: Vitamin C, fotal ascorbic acid. mg 0.5 1 1.3 0.6 Riboflavin. mg 0.067 0 1 0.172 0.086 Riboflavin. mg 0.067 0 1 0.511 0.257 Niacin. mg 0.199 0 1 0.511 0.257 Niacin. mg 0.593 0 1 0.511 0.257 Niacin. mg 0.307 0 1 0.789 0.396 Folate, Def. mg 0.307 0 1 5 3 Foliac, pid. mcg 2 0 N 4 5 3 Foliac, pif. 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<>	, , , , , , , , , , , , , , , , , , , ,	•									
Manganese, Mn. mg 0.015 0 1 0.039 0.019 Sclenium, Se. mcg 15.5 0 BFYN 4 39.8 20.0 Vitamins mcg 15.5 0 1 1.3 0.6 Thiamin. mg 0.067 0 1 0.172 0.086 Riboflavin. mg 0.067 0 1 0.511 0.257 Niacin. mg 0.199 0 1 15.155 7.607 Patothenic acid. mg 0.593 0 1 1.524 0.755 Vitamin B-6. mg 0.307 0 1 1.524 0.755 Vitamin B-6. mg 0.307 0 1 5 3 Folate, total mcg 2 0 1 5 3 Folate, total mcg 2 0 NC 4 5 3 Vitamin B-12 mcg 2 0				ı							
Name	• •										
Vitamin C, total ascorbic acid. mg 0.5 0 1 1.3 0.6 Thiamin. mg 0.067 0 1 0.172 0.086 Riboflavin. mg 0.199 0 1 0.511 0.257 Niacin. mg 5.897 0 1 15.155 7.607 Niacin. mg 5.897 0 1 15.155 7.607 Niacin. mg 5.897 0 1 15.155 7.607 Patothenic acid. mg 0.307 0 1 0.789 0.396 Pidate, 6. mg 0.307 0 1 5 3 Folate, total. mcg 2 0 1 5 3 Folate, total. mcg 2 0 NC 4 5 3 Folate, total. mcg 2 0 NC 4 5 3 Vitamin B, Clobe. mcg 1 0.28 <td></td> <td></td> <td></td> <td></td> <td></td> <td>BFYN</td> <td></td> <td></td> <td></td> <td></td> <td></td>						BFYN					
Vitamin C, total ascorbic acid											
Thiamin											
Riboflavin	*	-									
Niacin		-									
Pantothenic acid. mg 0.593 0 1 1.524 0.765 Vitamin B-6 mg 0.307 0 1 0.789 0.396 Folate, total. .mcg 2 0 1 5 3 Folate, food .mcg 0 2 7 0 0 Folate, DFE .mcg_DFE 2 0 NC 4 5 3 Folate, DFE .mcg_DFE 2 0 NC 4 5 3 Vitamin B-12 .mcg 0 0.28 0 1 0.72 0.36 Vitamin A, IU .U 107 0 NC 4 82 41 Retinol .mcg RE 32 0 NR 4 82 41 Vitamin E (alpha-tocopherol) .mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, delta .mg .mg 0 BFZN 4 6.1 <t< td=""><td></td><td>=</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>		=									
Vitamin B-6. mg 0.307 0 1 0.789 0.396 Folate, total mcg 2 0 1 5 3 Folic acid. mcg 0 0 2 7 0 0 Folate, food. mcg 2 0 nC 4 5 3 Folate, DFE. mcg_DFE 2 0 NC 4 5 3 Vitamin B-12. mcg 0.28 0 NC 4 274 138 Vitamin A, IU. IU 107 0 NC 4 82 41 Retinol mcg 32 0 NR 4 82 41 Retinol mcg 32 0 NR 4 82 41 Retinol mcg 32 0 NR 4 82 41 Retinol mcg 2.4 0 BFZN 4 6.1 3.1 Inc		-			-						
Folate, total		-			-						
Folic acid		-		7							
Folate, food.											
Folate, DFE. mcg_DFE 2 0 NC 4 5 3 Vitamin B-12. mcg 0.28 0 1 0.72 0.36 Vitamin B-12. mcg 0.28 0 1 0.72 0.36 Vitamin A, IU. IU 107 0 NC 4 274 138 Vitamin A, RAE mcg_RAE 32 0 NC 4 82 41 Retinol. mcg 32 0 NR 4 82 41 Nitamin E (alpha-tocopherol). mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone). mcg 2.4 0 BFZN 4 6.1 3.1 Lipids: Fatty acids, total saturated. g 5.050 0 1 1 12.979 6.515 4:0. g 0.000 0 1 0.000 6:0. g 0.000 0 1 0.000 6:0. g 0.000 0 1 0.000 8:0. g 0.000 0 1 0.000 10:0. g 0.000 10:0. g 0.000 10:0. g 0.000 12:0. g 0.030 0 1 0.077 0.039 13:0. g 14:0. g 0.385 0.150 0 1 0.386 0.194 15:0. g 16:0. g 3.850 0 1 0.94						Z					
Vitamin B-12 mcg 0.28 0 1 0.72 0.36 Vitamin A, IU IU 107 0 NC 4 274 138 Vitamin A, RAE mcg 32 0 NC 4 82 41 Retinol mcg 32 0 NR 4 82 41 Vitamin E (alpha-tocopherol) mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, beta mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, gamma mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, gamma mg 0.06 0 CASN 4 0.93 0.46 Tocopherol, gamma mg 0 0 BFZN 4 6.1 3.1 Lipids: 10 0 0 BFZN 4 6.1 3.1 Lipids: 5 9 0.000 0											
Vitamin A, IU IU 107 0 NC 4 274 138 Vitamin A, RAE mcg_RAE 32 0 NC 4 82 41 Retinol mcg 32 0 NR 4 82 41 Vitamin E (alpha-tocopherol) mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, beta mg 7 0 EST 4 0.93 0.46 Tocopherol, gamma mg 7 0 DETAIL 4 0.93 0.46 Tocopherol, gamma mg 1 0 0 0 0 0 1 0 0 0 1 0 0 1 <						NC					
Vitamin A, RAE mcg_RAE 32 0 NC 4 82 41 Retinol mcg 32 0 NR 4 82 41 Vitamin E (alpha-tocopherol) mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, beta. mg 7 COOpherol, gamma mg 7 COOpherol, gamma mg 7 COOpherol, gamma mg 7 COOpherol, gamma mg VITAMIN D.					-						
Retinol mcg 32 0 NR 4 82 41 Vitamin E (alpha-tocopherol) mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, betta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D UU Vitamin K (phylloquinone) mcg 2.4 0 BFZN 4 6.1 3.1 Lipids: Fatty acids, total saturated g 5.050 0 1 12.979 6.515 4:0 g 0.000 0 1 0.000 0.000 6:0 g 0.000 0 1 0.000 0.000 8:0 g 0.000 0 1 0.000 0.000 10:0 g 0.000 0 1 0.000 0.000 10:0 g 0.030 0 1 0.077 0.039 13:0 g 0.15					-						
Vitamin E (alpha-tocopherol) mg 0.36 0 CASN 4 0.93 0.46 Tocopherol, beta											
Tocopherol, beta											
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 2.4 0 BFZN 4 6.1 3.1 Lipids: Fatty acids, total saturated g 5.050 0 1 12.979 6.515 4:0 9 0.000 0 1 0.000 6:0 9 0.000 0 1 0.000 8:0 9 0.000 0 1 0.000 8:0 9 0.000 0 1 0.000 10:0 9 0.000 0 1 0.000 10:0 9 0.000 0 1 0.000 12:0 9 0.030 0 1 0.077 0.039 13:0 9 14:0 9 0.150 0 1 0.386 0.194 15:0 9 3.850 0 1 9.895 4.967			0.36		U	CASN	4		0.93	0.46	
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg 2.4 0 BFZN 4 6.1 3.1 Lipids: Eatly acids, total saturated g 5.050 0 1 12.979 6.515 4:0 9 0.000											
Vitamin K (phylloquinone) mcg 2.4 0 BFZN 4 6.1 3.1 Lipids: Fatty acids, total saturated g 5.050 0 1 12.979 6.515 4:0 g 0.000 0 1 0.000 0.000 6:0 g 0.000 0 1 0.000 0.000 8:0 g 0.000 0 1 0.000 0.000 10:0 g 0.000 0 1 0.000 0.000 12:0 g 0.030 0 1 0.077 0.039 13:0 g 0.150 0 1 0.386 0.194 15:0 g 3.850 0 1 9.895 4.967											
Lipids: Fatty acids, total saturated g 5.050 0 1 12.979 6.515 4:0 g 0.000 0 1 0.000 0.000 6:0 g 0.000 0 1 0.000 0.000 8:0 g 0.000 0 1 0.000 0.000 10:0 g 0.000 0 1 0.000 0.000 12:0 g 0.030 0 1 0.077 0.039 13:0 g 0.150 0 1 0.386 0.194 15:0 g 3.850 0 1 9.895 4.967			2.4		0	BFZN	4		6.1	3.1	
Fatty acids, total saturated g 5.050 0 1 12.979 6.515 4:0 g 0.000 0 1 0.000 0.000 6:0 g 0.000 0 1 0.000 0.000 8:0 g 0.000 0 1 0.000 0.000 10:0 g 0.000 0 1 0.000 0.000 12:0 g 0.030 0 1 0.077 0.039 13:0 g 0.150 0 1 0.386 0.194 15:0 g 3.850 0 1 9.895 4.967		9			•		-		0.2	3.1	
4:0. g 0.000 0 1 0.000 0.000 6:0. g 0.000 0 1 0.000 0.000 8:0. g 0.000 0 1 0.000 0.000 10:0. g 0.000 0 1 0.000 0.000 12:0. g 0.030 0 1 0.077 0.039 13:0. g 0.150 0 1 0.386 0.194 15:0. g 3.850 0 1 9.895 4.967	<u>Lipids:</u>										
6:0 g 0.000 0 1 0.000 0.000 8:0 g 0.000 0 1 0.000 0.000 10:0 g 0.000 0 1 0.000 0.000 12:0 g 0.030 0 1 0.077 0.039 13:0 g 0.150 0 1 0.386 0.194 15:0 g 3.850 0 1 9.895 4.967	Fatty acids, total saturated	g	5.050)					12.979	6.515	
8:0. g 0.000 0 1 0.000 0.000 10:0. g 0.000 0 1 0.000 0.000 12:0. g 0.030 0 1 0.077 0.039 13:0. g 0.150 0 1 0.386 0.194 15:0. g 3.850 0 1 9.895 4.967											
10:0 g 0.000 0 1 0.000 0.000 12:0 g 0.030 0 1 0.077 0.039 13:0 g 14:0 g 0.150 0 1 0.386 0.194 15:0 g 16:0 g 3.850 0 1 9.895 4.967					0						
12:0. g 0.030 0 1 0.077 0.039 13:0. g 14:0. g 0.150 0 1 0.386 0.194 15:0. g 16:0. g 3.850 0 1 9.895 4.967		-			-						
13:0.					-						
14:0g 0.150 0 1 0.386 0.194 15:0g			0.030)	0		1		0.077	0.039	
15:0g 16:0g 3.850 0 1 9.895 4.967					_		_		_	_	
16:0g 3.850 0 1 9.895 4.967			0.150	J	0		1		0.386	0.194	
					_		_				
			3.850	J	0		1		9.895	4.967	
17:0g		_			_		_				
18:0		_	1.010	J	0		1		2.596	1.303	
20:0g		_									
22·0		_									

		<u>A</u> 1	mount in 100		Amount in edible portion of common						
			Number						measures of food		
							Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
En il del	. 1	8.000		0		1		00.500	10 200		
Fatty acids, total monounsaturat		8.000		U		1		20.560	10.320		
15:1	-										
16:1 undifferentiated	-	1.250	1	0		1		3.213	1.613		
17:1	g										
18:1 undifferentiated	g	6.640)	0		1		17.065	8.566		
20:1	g	0.070)	0		1		0.180	0.090		
22:1 undifferentiated	g	0.000)	0		1		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturate	edg	3.600	1	0		1		9.252	4.644		
18:2 undifferentiated	g	3.200)	0		1		8.224	4.128		
18:3 undifferentiated	g	0.160	1	0		1		0.411	0.206		
18:4	g	0.000)	0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated	g	0.190)	0		1		0.488	0.245		
20:5 n-3	g	0.020)	0		1		0.051	0.026		
22:5 n-3	-	0.010)	0		1		0.026	0.013		
22:6 n-3	g	0.020)	0		1		0.051	0.026		
Fatty acids, total trans	g										
Cholesterol	mg	131		0		1		337	169		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.247		0		1		0.635	0.319		
Threonine		0.916		0		1		2.354	1.182		
Isoleucine	-	1.100		0		1		2.827	1.419		
Leucine	-	1.610		0		1		4.138	2.077		
Lysine	-	1.799		0		1		4.623	2.321		
Methionine		0.588		0		1		1.511	0.759		
Cystine		0.298		0		1		0.766	0.384		
Phenylalanine		0.861		0		1		2.213	1.111		
Tyrosine		0.711		0		1		1.827	0.917		
Valine	-	1.075		0		1		2.763	1.387		
Arginine	_	1.400		0		1		3.598	1.806		
Histidine		0.648		0		1		1.665	0.836		
Alanine		1.306		0		1		3.356	1.685		
Aspartic acid		1.981		0		1		5.091	2.555		
Glutamic acid		3.238		0		1		8.322	4.177		
Glycine	-	1.482		0		1		3.809	1.912		
Proline		1.098		0		1		2.822	1.416		
Serine	-	0.787		0		1		2.023	1.015		
Hydroxyproline		0.707		·		_		2.020	2.020		
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine	-	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	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 = 257g: 1 bird whole Measure 2 = 129g: .5 bird

Chicken, cornish game hens, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 39% Bone

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure 3
Proximates:										
Water	=	68.18		0		1		114.54		
Energy		200		0	NC	4		336		
Energy		837				4		1406		
Protein (N x 6.25)		17.15		0		1		28.81		
Total lipid (fat)		14.02		0		1		23.55		
Ash	g	0.80		0		1		1.34		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minanala										
Minerals:	ma	11		0		1		18		
Calcium, Ca	_	0.78		0		1		18		
Iron, Fe.		18		0		1				
Magnesium, Mg		18 140		0		1		30 235		
Phosphorus, P		236		0		1		235 396		
Potassium, K		236 61		0		1		102		
Sodium, Na				0		1				
Zinc, Zn	_	1.15		0		1		1.93 0.082		
Copper, Cu		0.049		0		1		0.082		
Manganese, Mn		11.8	•	0	BFNN	4		19.8		
Selenium, Se	Tricg	11.8		U	BENN	4		19.8		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.8		
Thiamin	<u>mg</u>	0.073	3	0		1		0.123		
Riboflavin	mg	0.170)	0		1		0.286		
Niacin	mg	5.675	5	0		1		9.534		
Pantothenic acid	<u>mg</u>	0.609	•	0		1		1.023		
Vitamin B-6	mg	0.295	5	0		1		0.496		
Folate, total	mcg	3		0		1		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		0		1		5		
Folate, DFE	mcg_DFE	3		0	NC	4		5		
Vitamin B-12		0.33		0		1		0.55		
Vitamin A, IU	IU	108		0		1		181		
Vitamin A, RAE	mcg_RAE	32		0	NC	4		54		
Retinol		32		0	NR	4		54		
Vitamin E (alpha-tocopherol)		0.28		0	CASN	4		0.47		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		4.0		
Lipids:	~	2 22		_				c ===		
Fatty acids, total saturated		3.890		0		1		6.535		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.030	,	0		1		0.050		
13:0				_		_				
14:0		0.120)	0		1		0.202		
15:0										
16:0		2.970)	0		1		4.990		
17:0	-									
18:0	-	0.780)	0		1		1.310		
20:0	-									
22:0	-									
24:0	а									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion o	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	6.160		0		1		10.349		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.960		0		1		1.613		
17:1	-									
18:1 undifferentiated	_	5.110		0		1		8.585		
20:1		0.050		0		1		0.084		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsatura	tedg	2.770		0		1		4.654		
18:2 undifferentiated		2.460		0		1		4.133		
18:3 undifferentiated		0.120		0		1		0.202		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated		0.150		0		1		0.252		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.010		0		1		0.017		
22:5 n-3	•	0.010		0		1		0.017		
22:6 n-3	g	0.010		0		1		0.017		
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	101		0		1		170		
Phytosterols	mg									
Amino Acids:										
Tryptophan	ď	0.190		0		1		0.319		
Threonine		0.705		0		1		1.184		
Isoleucine	_	0.847		0		1		1.423		
Leucine	_	1.240		0		1		2.083		
Lysine	_	1.385		0		1		2.327		
Methionine		0.453		0		1		0.761		
Cystine		0.230		0		1		0.781		
Phenylalanine		0.663		0		1		1.114		
Tyrosine		0.548		0		1		0.921		
Valine	_	0.828		0		1		1.391		
Arginine	-	1.078		0		1		1.811		
Histidine	_	0.499		0		1		0.838		
Alanine	_	1.006		0		1		1.690		
		1.526		0		1		2.564		
Aspartic acidGlutamic acid		2.493		0		1		4.188		
		2.493 1.141		0		1		4.188 1.917		
Glycine		0.846		0		1		1.421		
Proline	_	0.846		0		1		1.421		
Serine		0.606		U		1		1.018		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	z	7		0		
Theobromine	-	0		0	z	7		0		
Carotenoids:	-									
	m	•		^	_	-		0.000		
Carotene, beta		0		0	Z	7		0.000		
Carotene, alpha	_	0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	riicg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 168g: .5 bird

NDB No. 05307

Chicken, cornish game hens, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% 37% bone, 9% skin

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	71.90		0		1		158.18	79.09	
Energy	kcal	134		0	NC	4		295	147	
Energy		561				4		1233	617	
Protein (N x 6.25)		23.30		0		1		51.26	25.63	
Total lipid (fat)		3.87		0		1		8.51	4.26	
Ash		1.04		0		1		2.29	1.14	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca		13		0		1		29	14	
Iron, Fe		0.77		0		1		1.69	0.85	
Magnesium, Mg		19		0		1		42	21	
Phosphorus, P		149		0		1		328	164	
Potassium, K		250		0		1		550	275	
Sodium, Na		63		0		1 1		139	69	
Zinc, Zn		1.53 0.059		0 0		1		3.37 0.130	1.68 0.065	
Copper, Cu		0.033		0		1		0.130	0.063	
Selenium, Se		20.8	,	0	BFYN	4		45.8	22.9	
· ·	g			·		-		10.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.6		0		1		1.3	0.7	
Thiamin		0.075		0		1		0.165	0.083	
Riboflavin	-	0.227		0		1		0.499	0.250	
Niacin		6.273 0.555		0		1 1		13.801	6.900	
Pantothenic acid Vitamin B-6		0.358		0		1		1.221 0.788	0.611 0.394	
Folate, total	_	2	•	0		1		4	2	
Folic acid		0		0	z	7		0	0	
Folate, food		2		0	_	1		4	2	
Folate, DFE		2		0	NC	4		4	2	
Vitamin B-12		0.30		0		1		0.66	0.33	
Vitamin A, IU		67		0	NC	4		147	73	
Vitamin A, RAE		20		0	NC	4		44	22	
Retinol		20		0	NR	4		44	22	
Vitamin E (alpha-tocopherol)		0.24		0	CASN	4		0.54	0.27	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.4		•				F 0		
Vitamin K (phylloquinone)	riicg	2.4		0	BFZN	4		5.2	2.6	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.990)	0		1		2.178	1.089	
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		0.010)	0		1		0.022	0.011	
13:0				_		_				
14:0	-	0.030	,	0		1		0.066	0.033	
15:0		0.000		^		4		1 510	0 ==0	
16:0		0.690	,	0		1		1.518	0.759	
17:0	-	0.260	1	0		1		0.572	0.286	
18:0 20:0	-	0.200	•	U		1		0.572	0.286	
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 100 grams	s of edib	ole portio	<u>n</u>		edible portion	
			Numbe				<u>m</u> :	easures of food	<u>.</u>
				Deriv		Confidence			
Nutrients and l	Jnits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Estheraide Astal management	- J	1.240	0		1		2.728	1.364	
Fatty acids, total monounsaturate	g	1.240	· ·		-		2.726	1.304	
15:1	g	0.210	0		1		0.462	0.231	
17:1 18:1 undifferentiated	-	1.010	0		1		2.222	1.111	
20:1	g	0.010	0		1		0.022	0.011	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 c			_						
Fatty acids, total polyunsaturated		0.940			1		2.068	1.034	
18:2 undifferentiated		0.690			1		1.518	0.759	
18:3 undifferentiated	-	0.030			1		0.066	0.033	
18:4		0.000	0		1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	-	0 170							
20:4 undifferentiated	-	0.170			1 1		0.374	0.187	
20:5 n-3	-	0.010			_		0.022	0.011	
22:5 n-3		0.020			1 1		0.044	0.022	
22:6 n-3		0.020	U		1		0.044	0.022	
Fatty acids, total trans	-	106	•		1		022	117	
Cholesterol		106	0		1		233	117	
Phytosterols	IIIg								
Amino Acids:									
Tryptophan	g	0.272	. 0		1		0.598	0.299	
Threonine	g	0.984	0		1		2.165	1.082	
Isoleucine	g	1.230	0		1		2.706	1.353	
Leucine	g	1.748	0		1		3.846	1.923	
Lysine	g	1.980	0		1		4.356	2.178	
Methionine		0.645	0		1		1.419	0.710	
Cystine	g	0.298	0		1		0.656	0.328	
Phenylalanine		0.925	0		1		2.035	1.018	
Tyrosine		0.787	0		1		1.731	0.866	
Valine		1.156	0		1		2.543	1.272	
Arginine		1.405	0		1		3.091	1.546	
Histidine		0.723	0		1		1.591	0.795	
Alanine		1.271	. 0		1		2.796	1.398	
Aspartic acid		2.076	0		1		4.567	2.284	
Glutamic acid		3.489	0		1		7.676	3.838	
Glycine		1.144	0		1		2.517	1.258	
Proline		0.958	0		1		2.108	1.054	
Serine		0.801	. 0		1		1.762	0.881	
Hydroxyproline	_								
Others:	~	0.0	•		7		0.0	0.0	
Alcohol, ethyl		0.0	0	-	7		0.0	0.0 0	
Caffeine		0	0	z z	7			0	
Theobromine		U	0	z	,		0	U	
<u>Carotenoids:</u>									
Carotene, beta	<u>m</u> cg	0	0	Z	7		0.000	0.000	
Carotene, alpha	<u>m</u> cg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0	0	Z	7		0.000	0.000	
Lycopene	mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 220g: 1 bird whole Measure 2 = 110g: .5 bird NDB No. 05310

Chicken, cornish game hens, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 57% 39% bone, 13% skin, 5% separable fat

		<u>A</u>	mount in 100 g	rams	of edib	ole portic	<u>n</u>	Amount in	edible portion of	f common
			Nu	ımber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	a	75.84		0		1		181.26	91.01	
Energy	-	116		0	NC	4		277	139	
Energy		485				4		1160	582	
Protein (N x 6.25)		20.04		0		1		47.90	24.05	
Total lipid (fat)	-	3.33		0		1		7.96	4.00	
Ash		0.90		0		1		2.15	1.08	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_	0.00		•	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	12		0		1		29	14	
Iron, Fe	-	0.74		0		1		1.77	0.89	
Magnesium, Mg		21		0		1		50	25	
Phosphorus, P	-	160		0		1		382	192	
Potassium, K	-	269		0		1		643	323	
Sodium, Na	_	68		0		1 1		163	82	
Zinc, Zn		1.31 0.053	,	0		1		3.13 0.127	1.57 0.064	
Copper, Cu		0.053		0		1		0.127	0.064	
Selenium, Se		15.8	,	0	BFNN	4		37.8	19.0	
Selemum, Se	1110g	15.0		Ū	DIMM	-		37.0	13.0	
Vitamins:										
Vitamin C, total ascorbic acid		0.6		0		1		1.4	0.7	
Thiamin		0.092	2	0		1		0.220	0.110	
Riboflavin	-	0.216	5	0		1		0.516	0.259	
Niacin		6.744		0		1		16.118	8.093	
Pantothenic acid		0.636		0		1		1.520	0.763	
Vitamin B-6	-	0.385	5	0		1		0.920	0.462	
Folate, total		3		0		1		7	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		7	4	
Folate, DFE		3		0	NC	4		7	4	
Vitamin B-12		0.40		0		1		0.96	0.48	
Vitamin A, IU	IU	75		0		1		179	90	
Vitamin A, RAE		22		0	NC	4		53	26	
Retinol		22		0	NR	4		53	26	
Vitamin E (alpha-tocopherol)		0.21		U	CASN	4		0.50	0.25	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		5.7	2.9	
vitanini K (phynodunione)	9			·	011211	-		• • • • • • • • • • • • • • • • • • • •	2.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.850)	0		1		2.032	1.020	
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		0.010)	0		1		0.024	0.012	
13:0				_						
14:0		0.020)	0		1		0.048	0.024	
15:0				_						
16:0		0.590)	0		1		1.410	0.708	
17:0	-			_		_				
18:0	-	0.230)	0		1		0.550	0.276	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Noted and a sould I	114		Std. Error	Number of Data	Deriv	Source Code	Confidence Code			•
Nutrients and U	Jnits	Mean	Sta. Error	Foilits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed Q	1.070		0		1		2.557	1.284	
14:1	g									
15:1 16:1 undifferentiated	9	0.180		0		1		0.430	0.216	
17:1 18:1 undifferentiated	-	0.870		0		1		2.079	1.044	
20:1	g	0.010		0		1		0.024	0.012	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_						
Fatty acids, total polyunsaturated		0.810		0		1		1.936	0.972	
18:2 undifferentiated		0.600		0		1		1.434	0.720	
18:3 undifferentiated	-	0.020		0		1		0.048	0.024	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0 150		^						
20:4 undifferentiated		0.150		0		1 1		0.359	0.180	
20:5 n-3	-	0.010		0		_		0.024	0.012	
22:5 n-3		0.010		0		1		0.024	0.012	
22:6 n-3		0.020		0		1		0.048	0.024	
Fatty acids, total trans		91		0		1		217	109	
CholesterolPhytosterols		91		U		1		217	109	
Phytosterois										
Amino Acids:										
Tryptophan	g	0.234		0		1		0.559	0.281	
Threonine	g	0.846		0		1		2.022	1.015	
Isoleucine	g	1.058		0		1		2.529	1.270	
Leucine	g	1.504		0		1		3.595	1.805	
Lysine	g	1.702		0		1		4.068	2.042	
Methionine	g	0.555		0		1		1.326	0.666	
Cystine	g	0.256		0		1		0.612	0.307	
Phenylalanine	g	0.795		0		1		1.900	0.954	
Tyrosine	g	0.676		0		1		1.616	0.811	
Valine	g	0.994		0		1		2.376	1.193	
Arginine	g	1.209		0		1		2.890	1.451	
Histidine	g	0.622		0		1		1.487	0.746	
Alanine	g	1.093		0		1		2.612	1.312	
Aspartic acid	g	1.786		0		1		4.269	2.143	
Glutamic acid	g	3.001		0		1		7.172	3.601	
Glycine	g	0.984		0		1		2.352	1.181	
Proline	g	0.824		0		1		1.969	0.989	
Serine	g	0.689		0		1		1.647	0.827	
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:										
<u></u>	mca	0		0	z	7		0.000	0.000	
Carotene, beta		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	
		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	y	U		U	4	,		0.000	0.000	

Common Measures:

Measure 1 = 239g: 1 bird whole Measure 2 = 120g: .5 bird NDB No. 05309

Chicken, cornish game hens, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 100	<u>0 grams</u>	of edik	ole portio	<u>on</u>		Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food			
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3		
D												
Proximates: Water	g	65.80				1						
Energy	=	215			NC	4						
Energy		900				4						
Protein	=	19.40				1						
Total lipid (fat)	g	14.60				1						
Ash	-	0.00		0	NC	4						
Carbohydrate, by difference		0.20			NC	4						
Fiber, total dietary		0.0				7						
Sugars, total		0.00		0	z	7						
Starch												
Minerals:	ma	00										
Calcium, Ca	-	88 0.91				1 1						
Iron, FeMagnesium, Mg	-	5				1						
Phosphorus, P		83				1						
Potassium, K	-	31				1						
Sodium, Na	-	67				1						
Zinc, Zn		0.69				1						
Copper, Cu		0.102	2			1						
Manganese, Mn												
Selenium, Se	-	3.6		0	BFNN	4						
Vitaming												
Vitamins: Vitamin C, total ascorbic acid	ma	0.0				7						
Thiamin		0.060	1			1						
Riboflavin	-	0.200				1						
Niacin		0.400				1						
Pantothenic acid		0.100	•			_						
Vitamin B-6		0.010)			1						
Folate, total		86				1						
Folic acid		0		0	z	7						
Folate, food		86				1						
Folate, DFE		86		0	NC	4						
Vitamin B-12		0.47				1						
Vitamin A, IU	IU	100				1						
Vitamin A, RAE	mcg_RAE	30		0	NC	4						
Retinol	mcg	30		0	NR	4						
Vitamin E (alpha-tocopherol)		0.27		0	NR	4						
Tocopherol, beta	mg											
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D				_		_						
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4						
<u>Lipids:</u>												
Fatty acids, total saturated	g	3.920)			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	0.014	Į.			4						
13:0	g											
14:0		0.115	5			4						
15:0												
16:0		2.908	3			4						
17:0												
18:0	g	0.785	5			4						
20:0	_											
22:0	_											
24:0	g											

	<u>Ar</u>	mount in 10	00 grams	of edib	Amount in edible portion of common				
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
[5.500				4				
Fatty acids, total monounsaturatedg 14:1g	5.500				4				
15:1 9									
16:1 undifferentiated	0.742				4				
17:1g					_				
18:1 undifferentiatedg	4.530				4				
20:1g	0.158				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	2.980				4				
18:2 undifferentiatedg	2.570				4				
18:3 undifferentiatedg	0.108				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	0.014				4				
22:5 n-3g	0.022				4				
22:6 n-3g	0.043				4				
Fatty acids, total transg									
Cholesterolmg	84				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeinemg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:									
Carotene, beta mcg	0		0	z	7				
Carotene, alpha mcg	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: 05 Poultry Products

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
			I	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	67.93		1	A	1		98.50		
Energy	kcal	154		0	NC	4		223		
Energy	kj	644		0	NC	4		934		
Protein (N x 6.25)	g	30.39		1	A	1		44.06		
Total lipid (fat)	g	2.68		1	A	1		3.88		
Ash	g	0.89		1	A	1		1.29		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
<u>Minerals:</u>				_		_				
Calcium, Ca	-	17		1	A	1		25		
Iron, Fe		3.19		1	A	1		4.63		
Magnesium, Mg		3		1	A	1		5		
Phosphorus, P	-	189		1	A	1		274		
Potassium, K	_	179		1	A	1		260		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	56		1	A	1		82		
Zinc, Zn		4.42		1 1	A A	1 1		6.41		
Copper, Cu		0.161		1		1		0.233		
Manganese, Mn		0.074		1	A A	1		0.107		
Selenium, Se	Ilicy	41.1		1	A	_		59.6		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.026	5	1	A	1		0.038		
Riboflavin	mg	0.210)	1	A	1		0.305		
Niacin	mg	3.120)	1	A	1		4.524		
Pantothenic acid	mg	0.468	3	1	A	1		0.679		
Vitamin B-6	mg	0.071		1	A	1		0.103		
Folate, total	mcg	5		1	A	1		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		5		1	A	1		7		
Folate, DFE	mcg_DFE	5		0	NC	4		7		
Vitamin B-12	mcg	1.04		1	A	1		1.51		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol)	mg	0.20		2	A	1		0.29		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.12		2	A	1		0.17		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
ipids:										
Fatty acids, total saturated	a	0.670)	1	A	1		0.972		
4:0		0.000		0	Z	7		0.000		
6:0		0.000		0	z	7		0.000		
8:0		0.000		1	A	1		0.000		
10:0		0.000		1	A	1		0.000		
12:0		0.000		1	A	1		0.000		
13:0		5.000		-		-		0.000		
14:0	-	0.000)	1	A	1		0.000		
15:0	-	0.003		1	A	1		0.004		
16:0	-	0.408		1	A	1		0.592		
17:0	-	0.004		1	A	1		0.006		
18:0		0.004		1	A	1		0.345		
20:0		0.236		1	A	1		0.345		
				1	A	1				
22:0	9 g	0.007	,	1	A	1		0.010		

		<u>Ar</u>	nount in 10	00 grams Numbei		ole portion	<u>n</u>		edible portion of easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	1 a	0.528		1	A	1		0.766		
14:1		0.000		1	A	1		0.000		
15:1		0.000		1	A	1		0.000		
16:1 undifferentiated		0.074		1	A	1		0.107		
17:1		0.07.2		_		-		0.107		
18:1 undifferentiated	-	0.443		1	A	1		0.642		
20:1	-	0.011		1	A	1		0.016		
22:1 undifferentiated	-	0.000		0	z	7		0.000		
24:1 c										
Fatty acids, total polyunsaturated.		0.353		1	A	1		0.512		
18:2 undifferentiated		0.223		1	A	1		0.323		
18:3 undifferentiated	-	0.007		0	AS	1		0.010		
18:3 n-6 c.c.c		0.003		1	A	1		0.004		
18:3i	-									
18:4	-	0.000		0	z	7		0.000		
20:2 n-6 c,c	-	0.019		1	A	1		0.028		
20:3 undifferentiated		0.003		1	A	1		0.004		
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.104		1	A	1		0.151		
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000		0	Z	7		0.000		
22:5 n-3	g	0.000		0	Z	7		0.000		
22:6 n-3	g	0.000		0	Z	7		0.000		
Fatty acids, total trans	g	0.130		1	A	1		0.189		
Cholesterol	mg	370		1	A	1		537		
Phytosterols	mg									
Others:										
Alcohol, ethyl	а	0.0		0	z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine	-	0		0	z	7		0		
Carotenoids:		-		-	_	•		-		
Carotene, beta	mca	0		1	A	1		0.000		
Carotene, alpha		0		1	A	1		0.000		
Cryptoxanthin, beta		0		1	A	1		0.000		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
				ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	q	79.33	1	A	1				
Energy	-	94	0		4				
Energy		393	0	NC	4				
Protein (N x 6.25)	-	17.66	1	A	1				
Total lipid (fat)		2.06	1		1				
Ash		0.95	1	A	1				
Carbohydrate, by difference		0.00	0	z	7				
Fiber, total dietary		0.0	0	z	7				
Sugars, total		0.00	0	Z	7				
Starch									
Minerals:									
Calcium, Ca	-	11	1	A	1				
Iron, Fe.	-	2.49	1	A	1				
Magnesium, Mg		15	1	A	1				
Phosphorus, P	-	148	1	A	1 1				
Potassium, K		237		A	1				
Sodium, Na		69 2.72	1	A A	1				
Zinc, Zn Copper, Cu		0.116		A	1				
Manganese, Mn		0.116		A	1				
Selenium, Se		25.5	, 1		1				
Scientini, Sc	9	23.3	-		-				
Vitamins:									
Vitamin C, total ascorbic acid	mg	3.7	1	A	1				
Thiamin		0.028		A	1				
Riboflavin	mg	0.231		A	1				
Niacin	-	3.680		A	1				
Pantothenic acid		0.631		A	1				
Vitamin B-6	_	0.112		A	1				
Folate, total		5	1	A	1				
Folic acid		0	0	Z	7				
Folate, food		5	1	A	1				
Folate, DFE		5	0	NC	4				
Vitamin B-12		1.21	1	A	1				
Vitamin A, IU		64	0	AS	1				
Vitamin A, RAE		19 19	0	AS	1 1				
Retinol			1 2	A A	1				
Vitamin E (alpha-tocopherol)		0.33	2	A 7	1				
Tocopherol, beta		0.00	2	A	1				
Tocopherol, gamma Tocopherol, delta		0.13	2		1				
Vitamin D		0.00	-		-				
Vitamin K (phylloquinone)		0.0	2	A	1				
Lipids:									
Fatty acids, total saturated	g	0.529) 1	A	1				
4:0		0.000		z	7				
6:0		0.000		z	7				
8:0		0.000		A	1				
10:0	_	0.000		A	1				
12:0		0.000) 1	A	1				
13:0									
14:0	g	0.007	, 1	A	1				
15:0	-	0.000) 1	A	1				
16:0		0.347	, 1	A	1				
17:0		0.003	3 1	A	1				
18:0		0.165	5 1	A	1				
20:0		0.003	3 1	A	1				
22:0		0.004		A	1				
24:0	_								

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion o	f common
				Number of Data		Source	Confidence	<u></u>	easures or roou	
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.512		1	A	1				
14:1	-	0.000		1	A	1				
15:1		0.000		1	A	1				
16:1 undifferentiated	-	0.073		1	A	1				
17:1										
18:1 undifferentiated	•	0.430		1	A	1				
20:1	-	0.009		1	A	1				
22:1 undifferentiated	-	0.000		0	Z	7				
24:1 c	-									
Fatty acids, total polyunsaturated		0.357		1	A	1				
18:2 undifferentiated		0.246		1	A	1				
18:3 undifferentiated		0.003		0	A	1				
18:3 n-6 c,c,c	g	0.003		1	A	1				
18:3i	g									
18:4	g	0.000		0	Z	7				
20:2 n-6 c,c		0.013		1	A	1				
20:3 undifferentiated	g	0.000		1	A	1				
20:3 n-3										
20:3 n-6										
20:4 undifferentiated	-	0.086		1	A	1				
20:4 n-3	-									
20:4 n-6	-									
20:5 n-3		0.000		0	Z	7				
22:5 n-3		0.000		0	Z	7				
22:6 n-3		0.000		0	Z	7				
Fatty acids, total trans		0.060		1	A	1				
Cholesterol	-	240		1	A	1				
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	z	7				
Caffeine	-	0		0	z	7				
Theobromine		0		0	z	7				
Carotenoids:	9									
Carotene, beta	mca	0		1	A	1				
Carotene, alpha		0		1	A	1				
Cryptoxanthin, beta		0		1	A	1				
Lycopene		0		1	A	1				
Lutein + zeaxanthin		0		0	Z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 gr	rams of	edib	<u>le portio</u>	<u>n</u>	Amount in	edible portion	of common
			Nur	nber				m	easures of food	
				Data De	eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	64.85	0.547	8		1		94.03	0.65	
Energy	-	185		0	NC	4		268	2	
Energy		774				4		1122	8	
Protein (N x 6.25)		26.41	0.959	4		1		38.29	0.26	
Total lipid (fat)		7.92	0.373	8		1		11.48	0.08	
Ash		0.72	0.038	6		1		1.04	0.01	
Carbohydrate, by difference		0.10		0	NC	4		0.15	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:				•		_			•	
Calcium, Ca		19	1.103	8		1 1		28	0	
Iron, Fe	-	9.03 20	0.152 0.604	8 8		1		13.09 29	0.09 0	
Magnesium, Mg		199	2.271			1		29 289	2	
Phosphorus, P Potassium, K	-	199 132	3.060	8 8		1		289 191	1	
Sodium, Na		48	1.062	8		1		70	0	
Zinc, Zn	-	7.30	0.072	8		1		10.59	0.07	
Copper, Cu		0.502		8		1		0.728	0.005	
Manganese, Mn		0.107		8		1		0.155	0.001	
Selenium, Se		8.0			BFYN	4		11.6	0.1	
	•									
Vitamins:				_						
Vitamin C, total ascorbic acid		1.8		0		1		2.6	0.0	
Thiamin		0.070		0		1		0.102	0.001	
Riboflavin		0.741		0		1		1.074	0.007	
Niacin	-	2.803 2.654		0		1 1		4.064	0.028	
Pantothenic acid		0.320		0		1		3.848 0.464	0.027	
Vitamin B-6.	-	80		0		1		116	0.003 1	
Folic acid		0		0	z	7		0	0	
Folate, food		80		0	_	1		116	1	
Folate, DFE	mca DFF	80			NC	4		116	1	
Vitamin B-12		7.29		0		1		10.57	0.07	
Vitamin A, IU		28		0		1		41	0	
Vitamin A, RAE		8		0		1		12	0	
Retinol		8		0		1		12	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	2.260	ı	0		1		3.277	0.023	
4:0		00		-		-		2. -	0.023	
6:0	-									
8:0										
10:0		0.000	ı	0		4		0.000	0.000	
12:0		0.000	ı	0		1		0.000	0.000	
13:0										
14:0		0.050	ı	0		1		0.073	0.001	
15:0	-									
16:0	-	1.230	1	0		1		1.784	0.012	
17:0	g									
18:0	-	0.660	ı	0		1		0.957	0.007	
20:0										
22:0	g									
24:0	a									

		<u>Aı</u>	nount in 10		<u>n</u>		edible portion o	of common	
				Number	_		<u> </u>	easures or roou	
Nutrients and Unit	s	Mean	Std. Error	of Data Points	 Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.010		0	1		2.915	0.020	
14:1									
15:1	-								
16:1 undifferentiated	-	0.330		0	1		0.479	0.003	
17:1									
18:1 undifferentiated		1.680		0	1		2.436	0.017	
20:1	-	0.000		0	1		0.000	0.000	
22:1 undifferentiated24:1 c	-	0.000		0	4		0.000	0.000	
Fatty acids, total polyunsaturated	g	2.300		0	1		3.335	0.023	
18:2 undifferentiated	g	1.620		0	1		2.349	0.016	
18:3 undifferentiated	g	0.060		0	1		0.087	0.001	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.610		0	1		0.885	0.006	
20:5 n-3	g	0.000		0	1		0.000	0.000	
22:5 n-3	g	0.000		0	1		0.000	0.000	
22:6 n-3	g	0.000		0	1		0.000	0.000	
Fatty acids, total trans	-								
Cholesterol	-	242		0	1		351	2	
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.338		0	1		0.490	0.003	
Threonine		1.196		0	1		1.734	0.012	
Isoleucine	-	1.415		0	1		2.052	0.014	
Leucine		2.303		0	1		3.339	0.023	
Lysine	-	2.214		0	1		3.210	0.022	
Methionine	-	0.638		0	1		0.925	0.006	
Cystine		0.359		0	1		0.521	0.004	
Phenylalanine		1.183		0	1		1.715	0.012	
Tyrosine	-	0.946		0	1		1.372	0.009	
Valine	-	1.496		0	1		2.169	0.015	
Arginine		1.694		0	1		2.456	0.017	
Histidine		0.693		0	1		1.005	0.007	
Alanine	-	1.665		0	1		2.414	0.017	
Aspartic acid		2.569		0	1		3.725	0.026	
Glutamic acid	_	3.921		0	1		5.685	0.039	
Glycine		1.466		0	1		2.126	0.015	
Proline		1.348		0	1		1.955	0.013	
Serine.	-	1.065		0	1		1.544	0.011	
Hydroxyproline	9								

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 1.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	of common
			Nu	mbei	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.56	0.917	13		1		4.49	1.32	
Energy	kcal	153		0	NC	4		9	3	
Energy		640				4		39	12	
Protein (N x 6.25)	g	15.55	0.433	15		1		0.95	0.28	
Total lipid (fat)	g	9.33	0.962	14		1		0.57	0.17	
Ash	g	0.85	0.062	10		1		0.05	0.02	
Carbohydrate, by difference	g	0.71		0	NC	4		0.04	0.01	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.028	9		1		1	0	
Iron, Fe	-	5.96	0.528	11		1		0.36	0.11	
Magnesium, Mg		15	0.392	11		1		1	0	
Phosphorus, P		177	4.794	11		1		11	3	
Potassium, K		176	6.256	11		1		11	3	
Sodium, Na		74	2.117	11		1		5	1	
Zinc, Zn		6.59	0.344	8		1		0.40	0.12	
Copper, Cu		0.346		11		1		0.021	0.006	
Manganese, Mn		0.089	0.001	8		1		0.005	0.002	
Selenium, Se	Ilicy	4.3		U	BFNN	4		0.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	3.2	0.084	5		1		0.2	0.1	
Thiamin		0.152	0.007	8		1		0.009	0.003	
Riboflavin	mg	0.728	0.161	8		1		0.044	0.013	
Niacin	-	4.883		3		1		0.298	0.088	
Pantothenic acid		2.559		1		1		0.156	0.046	
Vitamin B-6	-	0.360	0.020	6		1		0.022	0.006	
Folate, total		72		3	_	1		4	1	
Folic acid		0 72		0 3	Z	7 1		0 4	0 1	
Folate, food	mca DEE	72 72		0	NC	4		4	1	
Vitamin B-12		7.29		2	NC	1		0.44	0.13	
Vitamin A, IU		30		0		1		2	1	
Vitamin A, RAE		9		0		1		1	0	
Retinol		9		0		1		1	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.660)	0		1		0.162	0.048	
4:0	g									
6:0	g									
8:0	-									
10:0		0.000		0		4		0.000	0.000	
12:0		0.000)	0		1		0.000	0.000	
13:0	-	0.000	•	1		1		0.004	0 001	
14:0 15:0	-	0.060	,	1		1		0.004	0.001	
16:0	-	1.450)	1		1		0.088	0.026	
17:0	-	1.430	•	-		-		0.000	0.020	
18:0	-	0.780)	1		1		0.048	0.014	
20:0	-			-		_		2		
22:0	-									
24:0	-									

	<u>on</u>		edible portion of						
				Number			<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
- Nationa and one		Medii	Ota: Error				measure r	Wedsare 2	incusure o
Bu Hard and	~	0.070		0	1				
Fatty acids, total monounsaturated 14:1	-	2.370		U	_		0.145	0.043	
15:1									
16:1 undifferentiated		0.390		1	1		0.024	0.007	
17:1		0.390		_	_		0.024	0.007	
18:1 undifferentiated	-	1.980		1	1		0.121	0.036	
20:1		0.000		0	1		0.000	0.000	
22:1 undifferentiated	-	0.000		0	4		0.000	0.000	
24:1 c	•	0.000		U	-		0.000	0.000	
Fatty acids, total polyunsaturated	-	2.710		0	1		0.165	0.049	
18:2 undifferentiated		1.910		1	1		0.117	0.049	
18:3 undifferentiated	-	0.070		1	1		0.004	0.001	
18:4	-	0.070		-	-		0.004	0.001	
20:2 n-6 c.c.									
20:3 undifferentiated.									
20:4 undifferentiated		0.720		1	1		0.044	0.013	
20:5 n-3	-	0.000		0	1		0.000	0.000	
22:5 n-3	-	0.000		0	1		0.000	0.000	
22:6 n-3		0.000		0	1		0.000	0.000	
Fatty acids, total trans		0.000		·	-		0.000	0.000	
Cholesterol	-	136		1	1		8	2	
Phytosterols				=	_		•	_	
-									
Amino Acids:									
Tryptophan		0.199		0	1		0.012	0.004	
Threonine	g	0.704		0	1		0.043	0.013	
Isoleucine	-	0.833		0	1		0.051	0.015	
Leucine	g	1.355		0	1		0.083	0.024	
Lysine	g	1.303		0	1		0.079	0.023	
Methionine	g	0.376		0	1		0.023	0.007	
Cystine	g	0.211		0	1		0.013	0.004	
Phenylalanine	g	0.696		0	1		0.042	0.013	
Tyrosine	g	0.557		0	1		0.034	0.010	
Valine	g	0.880		0	1		0.054	0.016	
Arginine	g	0.997		0	1		0.061	0.018	
Histidine	g	0.408		0	1		0.025	0.007	
Alanine	g	0.980		0	1		0.060	0.018	
Aspartic acid	g	1.512		0	1		0.092	0.027	
Glutamic acid	g	2.308		0	1		0.141	0.042	
Glycine	g	0.863		0	1		0.053	0.016	
Proline	g	0.793		0	1		0.048	0.014	
Serine	g	0.627		0	1		0.038	0.011	
Hydroxyproline	g								

Common Measures:

Measure 1 = 6.1g: 1 heart

Measure 2 = 1.8g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Ar</u>	nount in 100 g	rams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	mbei	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.22	0.340	4	A	1		158.48		
Energy	kcal	172		0	NC	4		419		
Energy		721		0	NC	4		1752		
Protein (N x 6.25)		25.78	0.426	4	A	1		62.64		
Total lipid (fat)		6.43	0.354	4	A	1		15.61		
Ash		1.47	0.035	4	A	1		3.57		
Carbohydrate, by difference		1.11		0	NC	4		2.69		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch		0.00		U	2	,		0.00		
Starcn	g									
Minerals:										
Calcium, Ca	mg	10	1.462	4	A	1		25		
Iron, Fe	-	12.88	0.881	4	A	1		31.29		
Magnesium, Mg	-	27	0.416	4	A	1		66		
Phosphorus, P		442	7.878	4	A	1		1075		
Potassium, K	mg	315	18.042	4	A	1		765		
Sodium, Na		92	4.008	4	A	1		223		
Zinc, Zn	mg	4.01	0.062	4	A	1		9.73		
Copper, Cu		0.535	0.035	4	A	1		1.301		
Manganese, Mn		0.375	0.006	4	A	1		0.911		
Selenium, Se		88.2	11.454	4	A	1		214.3		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	2.7		1	A	1		6.6		
Thiamin	_	0.292		4	A	1		0.709		
Riboflavin		2.313		4	A	1		5.619		
Niacin	-	13.925		4	A	1		33.838		
Pantothenic acid	mg	8.315		4	A	1		20.205		
Vitamin B-6	-	0.840		4	A	1		2.040		
Folate, total		560	58.815	4	A	1		1361		
Folic acid		0		0	Z	7		0		
Folate, food		560	58.815	4	A	1		1361		
Folate, DFE	mcg_DFE	560		0	NC	4		1361		
Vitamin B-12		21.13	2.638	4	A	1		51.33		
Vitamin A, IU	IU	14378		0	AS	1		34938		
Vitamin A, RAE	mcg_RAE	4296		0	AS	1		10439		
Retinol	mcg	4293	485.015	4	A	1		10431		
Vitamin E (alpha-tocopherol)	mg	0.77		8	A	1		1.87		
Tocopherol, beta		0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.33		6	A	1		0.81		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D										
Vitamin K (phylloquinone)		0.0	0.000	4	A	1		0.0		
<u> ipids:</u>										
Fatty acids, total saturated		2.033		0	NC	4		4.940		
4:0	-	0.000		4	Z	7		0.000		
6:0		0.000		0	Z	7		0.000		
8:0		0.000		4	A	1		0.000		
10:0		0.003		4	A	1		0.006		
12:0	-	0.003	0.003	4	A	1		0.006		
13:0	_									
14:0	g	0.014	0.001	4	A	1		0.033		
15:0	g	0.000	0.000	4	A	1		0.000		
16:0	g	1.088	0.101	4	A	1		2.644		
17:0	g	0.000	0.000	4	A	1		0.000		
18:0	g	0.911	0.046	4	A	1		2.214		
20:0		0.000	0.000	4	A	1		0.000		
22:0		0.015		4	A	1		0.036		
24:0	_									

	Ar	mount in 100	gram: umbe			edible portion o	f common		
Noted and the W	B#		f Data	Deriv	Source Code	Confidence Code			W
Nutrients and Units	Mean	Sta. Error	UIIILS	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.387		0	NC	4		3.369		
14:1g	0.000	0.000	4 4	A A	1 1		0.000		
15:1g 16:1 undifferentiatedg	0.000	0.000	4	A	1		0.000 0.292		
17:1g	0.000		4	A	1		0.000		
18:1 undifferentiatedg	1.246			A	1		3.027		
20:1g 22:1 undifferentiatedg	0.021 0.000		4 0	A Z	1 7		0.050 0.000		
24:1 cg	0.000		Ū		,		0.000		
Fatty acids, total polyunsaturated	1.265		0	NC	4		3.073		
18:2 undifferentiatedg	0.714		0	AS	1		1.735		
18:2 n-6 c,cg 18:2 CLAsg	0.714	0.021	4	A	1		1.735		
18:2 c.tg									
18:2 t,cg									
18:2 t,tg									
18:2 i									
18:3 undifferentiatedg	0.026		0	AS	1		0.062		
18:3 n-6 c,c,cg	0.014	0.001	4	A	1		0.033		
18:3ig	0.000		0	Z	7		0.000		
18:4g 20:2 n-6 c,cg	0.000		4	Z A	1		0.000		
20:3 undifferentiatedg	0.000	0.000	4	A	1		0.000		
20:3 n-3g									
20:3 n-6	0.508	0.038	4	A	1		1 024		
20:4 undifferentiated	0.508	0.038	4	A	1		1.234		
20:4 n-6g									
20:5 n-3g	0.000		0	z	7		0.000		
22:5 n-3	0.000		0	Z Z	7 7		0.000 0.000		
Fatty acids, total trans	0.000	0.033	4	A	1		0.000		
Cholesterolmg	564	13.543		A	1		1369		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.261		0	A	1		0.635		
Threonine	1.076 1.206		0	A A	1 1		2.614 2.931		
Leucine	2.243		0	A	1		5.451		
Lysineg	1.976		0	A	1		4.802		
Methionineg	0.641		0	A	1		1.557		
Cystine	0.404 1.223		0	A A	1 1		0.981 2.971		
Phenylalanine	0.969		0	A	1		2.354		
Valineg	1.481		0	A	1		3.598		
Arginine9	1.622		0	A	1		3.941		
Histidine	0.752 1.473		0	A A	1 1		1.828 3.580		
Alanine	2.363		0	A	1		5.743		
Glutamic acid	3.105		0	A	1		7.546		
Glycineg	1.260		0	A	1		3.061		
Prolineg	1.077		0	A	1		2.617		
Serine g Hydroxyproline g	1.090 0.043		0 1	A A	1 1		2.650 0.104		
	0.043		-	••	-		3.104		
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, beta mcg	31	3.126		A	1		74.297		
Carotene, alphamcg	11 11	0.000		A A	1 1		27.168 27.168		
Cryptoxanthin, beta mcg	11	0.000	4	A	1		27.100		

	Amount in	edible portion o	of common						
	Number of Data Deriv Source Confidence								
Nutrients and Units	Mean	Std. Error Po				Code	Measure 1	Measure 2	Measure 3
Lycopenemcg	25	2.794	4	A	1		60.386		
Lutein + zeaxanthin mcg	79		4	A	1		192.881		

Common Measures:

Measure 1 = 243g: 1 container (cooked, yield from 388g raw liver)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Ar</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	66.81	0.423	4	A	1		171.03		
Energy	kcal	167		0	NC	4		426		
Energy		697		0	NC	4		1783		
Protein (N x 6.25)	g	24.46	0.290	4	A	1		62.62		
Total lipid (fat)	g	6.51	0.633	4	A	1		16.66		
Ash	g	1.36	0.013	4	A	1		3.47		
Carbohydrate, by difference	g	0.87		0	NC	4		2.22		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch										
Minerals:					_	_		00		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11	2.356	4	A	1		28		
Iron, Fe.	-	11.63	0.345	4	A	1 1		29.76		
Magnesium, Mg		25 405	0.214 5.006	4 4	A A	1		63 1037		
Phosphorus, P Potassium, K		405 263	13.835	4	A A	1		674		
Sodium. Na	-	76	3.405	4	A	1		194		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.98	0.103	4	A	1		10.18		
Copper, Cu	-	0.496		4	A	1		1.268		
Manganese, Mn		0.359		4	A	1		0.918		
Selenium, Se		82.4	10.469	4	A	1		210.9		
Scientifi, Sci				=		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	27.9		0	BFYN	4		71.5		
Thiamin	-	0.291		4	A	1		0.744		
Riboflavin	mg	1.993		4	A	1		5.101		
Niacin	mg	11.045		4	A	1		28.275		
Pantothenic acid	_	6.668		4	A	1		17.069		
Vitamin B-6	_	0.755		4	A	1		1.933		
Folate, total		578	46.650	4	A	1		1479		
Folic acid		0		0	Z	7		0		
Folate, food		578	46.650	4	A	1		1479		
Folate, DFE		578		0	NC	4		1479		
Vitamin B-12		16.85	1.129	4	A	1		43.14		
Vitamin A, IU		13328		0	AS	1		34119		
Vitamin A, RAE		3981		0	AS	1		10191		
Retinol		3978	437.824	4	A	1		10182		
Vitamin E (alpha-tocopherol)		0.82		8	A	1		2.09		
Tocopherol, beta		0.00		2	A	1		0.00		
Tocopherol, gamma		0.35		8 2	A	1		0.89		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D Vitamin K (phylloquinone)		0.0	0.000	4	A	1		0.0		
vitanini K (phynoquinone)	Illog	0.0	0.000	-		-		0.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	2.060		0	NC	4		5.272		
4:0		0.000		4	Z	7		0.000		
6:0		0.000		0	Z	7		0.000		
8:0		0.000		4	A	1		0.000		
10:0		0.003		4	A	1		0.006		
12:0		0.000	0.000	4	A	1		0.000		
13:0	-							_		
14:0	-	0.013		4	A	1		0.033		
15:0	_	0.000		4	A	1		0.000		
	g	1.107		4	A	1		2.834		
16:0										
17:0	_	0.000		4	A	1		0.000		
17:0 18:0	g	0.923	0.102	4	A	1		2.364		
17:0	g g		0.102 0.000							

Amount in 100 grams of edible portion								<u>on</u>	Amount in	edible portion of	f.common
				Numk	her					easures of food	Common
						Deriv	Source	Confidence			
Nutrients and Units	Mea	n	Std. Error	Point	ts	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0	.416		C		NC	4		3.626		
14:1	0	.000	0.00			A	1 1		0.000		
15:1	0	.000 .120	0.00			A A	1		0.000 0.307		
17:1	-	.000	0.00			A	1		0.000		
18:1 undifferentiated	g 1	.276	0.10	64 4	1	A	1		3.265		
20:1		.021	0.00			A	1		0.053		
22:1 undifferentiated		.000		C)	Z	7		0.000		
Fatty acids, total polyunsaturated		.269		C)	NC	4		3.248		
18:2 undifferentiated		.719		C)	AS	1		1.840		
18:2 n-6 c,c	0	.719	0.04	48 4	1	A	1		1.840		
18:2 CLAs	-										
18:2 c,t	-										
18:2 t,t											
18:2 i	-										
18:2 t not further defined				_			_				
18:3 undifferentiated		.023	0.00	04 4		AS A	1 1		0.060 0.029		
18:3i	-		0.00		•		-		0.023		
18:4		.000		C)	z	7		0.000		
20:2 n-6 c,c	=	.019	0.03			A	1		0.048		
20:3 undifferentiated	0	.000	0.00	00 4	1	A	1		0.000		
20:3 n-3 20:3 n-6											
20:3 ii-0 20:4 undifferentiated		.508	0.0	52 4	1	A	1		1.300		
20:4 n-3											
20:4 n-6	=			_		_	_				
20:5 n-3	0	.000		0		z z	7 7		0.000 0.000		
22:5 n-3 22:6 n-3	0	.000		0		Z	7		0.000		
Fatty acids, total trans	0	.090	0.03	32 4	1	A	1		0.230		
Cholesterol			22.82	23 4	1	A	1		1441		
Phytosterols	mg										
Amino Acids:											
Tryptophan		.248		0		A A	1 1		0.634 2.613		
ThreonineIsoleucine	-	.144		0		A	1		2.613		
Leucine	0	.128		d)	A	1		5.449		
Lysine	•	. 875		C)	A	1		4.800		
Methionine		. 608		0		A	1		1.557		
CystinePhenylalanine		.383 .160		0		A A	1 1		0.980 2.970		
Tyrosine	0	.919		d		A	1		2.353		
Valine		.405		C)	A	1		3.597		
Arginine		.539		C		A	1		3.939		
Histidine		.714		0		A	1 1		1.827		
AlanineAspartic acid	•	.398 .243		0		A A	1		3.579 5.741		
Glutamic acid	0	.946		d		A	1		7.543		
Glycine	g 1	.195		C)	A	1		3.060		
Proline		.022		0		A	1		2.616		
Serine		.035		1		A A	1 1		2.649 0.110		
	y 0	.043		_		n	-		0.110		
Others:	a ^	. 0		c	1	z	7		0.0		
Alcohol, ethyl	•			0		Z	7		0.0		
Theobromine	0			C		Z	7		0		
Carotenoids:											
Carotene, beta	mcg 30		8.73	39 4	1	A	1		77.939		
Carotene, alpha	-		0.00			A	1		28.622		
Cryptoxanthin, beta	mcg 11		0.00	00 4	1	A	1		28.622		

	<u>A</u>	Amount in edible portion of common measures of food							
Nutrients and Units	Mean			Deriv		Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	21 83	7.388	4 4	A A	1 1		53.952 213.696		

Common Measures:

Measure 1 = 256g: 1 container (cooked, yield from 400g raw liver)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	76.46	0.563	4	A	1				
Energy	kcal	119		0	NC	4				
Energy	kj	496		0	NC	4				
Protein (N x 6.25)		16.92	0.276	4	A	1				
Total lipid (fat)		4.83	0.774	4	A	1				
Ash		1.06	0.031	4	A	1				
Carbohydrate, by difference	g	0.73		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	8	1.040	4	A	1				
Iron, Fe	_	8.99	0.403	4	A	1				
Magnesium, Mg	-	19	0.545	4	A	1				
Phosphorus, P		297	8.109	4	A	1				
Potassium, K		230	13.720	4	A	1				
Sodium, Na		71	5.542	4	A	1				
Zinc, Zn	mg	2.67	0.045	4	A	1				
Copper, Cu	mg	0.492	0.102	4	A	1				
Manganese, Mn	mg	0.255	0.014	4	A	1				
Selenium, Se	mcg	54.6	8.247	4	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	ma	17.9		1	A	1				
Thiamin		0.305	0.006	4	A	1				
Riboflavin	_	1.778		4	A	1				
Niacin	-	9.728		4	A	1				
Pantothenic acid		6.233		4	A	1				
Vitamin B-6		0.853		4	A	1				
Folate, total		588	46.779	4	A	1				
Folic acid		0		0	z	7				
Folate, food		588	46.779	4	A	1				
Folate, DFE		588		0	NC	4				
Vitamin B-12		16.58	1.656	4	A	1				
Vitamin A, IU		11078		0	AS	1				
Vitamin A, RAE	mcg RAE	3296		0	AS	1				
Retinol		3290	239.548	4	A	1				
Vitamin E (alpha-tocopherol)		0.70		8	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma		0.31		6	A	1				
Tocopherol, delta		0.00		2	A	1				
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0.000	4	A	1				
Lipids:										
Fatty acids, total saturated	а	1.563		0	NC	4				
4:0		0.000		4	Z	7				
6:0		0.000		0	z	7				
8:0		0.000		4	A	1				
10:0		0.000		4	A	1				
12:0		0.000		4	A	1				
13:0										
14:0		0.012	0.004	4	A	1				
15:0	-	0.000		4	A	1				
16:0	-	0.883		4	A	1				
17:0	_	0.002		4	A	1				
18:0		0.659		4	A	1				
20:0		0.000		4	A	1				
22:0		0.007		4	A	1				
24:0	-		- · · · -							

	<u>An</u>	nount in 100	grams		<u>on</u>	Amount in edible portion of common measures of food				
					-	Source	Confidence	<u></u>		
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.249		0	NC	4				
14:1 15:1	_	0.000	0.000		A A	1 1				
16:1 undifferentiated		0.106	0.026		A	1				
17:1	_	0.000	0.000	4	A	1				
18:1 undifferentiated		1.127	0.330		A	1				
20:122:1 undifferentiated		0.016 0.000	0.003	4 0	A Z	1 7				
24:1 c		0.000		U	4	,				
Fatty acids, total polyunsaturated		0.819		0	NC	4				
18:2 undifferentiated		0.475		0	AS	1				
18:2 n-6 c,c 18:2 CLAs	_	0.475	0.028	4	A	1				
18:2 c,t										
18:2 t,c										
18:2 t,t										
18:2 i										
18:2 t not further defined 18:3 undifferentiated	_	0.012		0	AS	1				
18:3 n-6 c,c,c		0.006	0.002		A	1				
18:3i										
18:4		0.000		0	Z	7				
20:2 n-6 c,c 20:3 undifferentiated		0.005 0.000	0.005 0.000		A A	1 1				
20:3 n-3	-	0.000	0.000	4	A	1				
20:3 n-6										
20:4 undifferentiated	g	0.326	0.020	4	A	1				
20:4 n-3	-									
20:4 n-6 20:5 n-3	-	0.000		0	z	7				
22:5 n-3	-	0.000		0	Z	7				
22:6 n-3	_	0.000		0	z	7				
Fatty acids, total trans		0.065	0.022		A	1				
Cholesterol	-	345	5.236	4	A	1				
Phytosterols	g									
Amino Acids:	~	0.176			_	-				
TryptophanThreonine	-	0.176 0.725		1 1	A A	1 1				
Isoleucine		0.813		1	A	1				
Leucine	=	1.512		1	A	1				
Lysine		1.332		1	A	1				
Methionine		0.432		1	A	1				
CystinePhenylalanine	-	0.272 0.824		1 1	A A	1 1				
Tyrosine		0.653		1	A	1				
Valine	-	0.998		1	A	1				
Arginine		1.093		1	A	1				
Histidine		0.507		1 1	A	1				
AlanineAspartic acid		0.993 1.593		1	A A	1 1				
Glutamic acid	-	2.093		1	A	1				
Glycine	-	0.849		1	A	1				
Proline		0.726		1	A	1				
Serine		0.735		1 1	A A	1 1				
Hydroxyproline	y	0.043		1	A	1				
Others:	~			_	_	_				
Alcohol, ethyl Caffeine		0.0 0		0	Z Z	7 7				
Theobromine		0		0	Z	7				
Carotenoids:	5									
Carotene, beta	mcg	56		4	A	1				
Carotene, alpha		11		4	A	1				
Cryptoxanthin, beta	mcg	11		4	A	1				

NDB No. 05027

Chicken, liver, all classes, raw

	Δ	mount in 100) grams		ole portio	<u>n</u>		edible portion easures of food	
Nutrients and Units	Mean	-	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	40 133		4 4	A A	1 1				

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% 35% bone, 10% skin, 1% separable fat

		<u>A</u>	mount in 100 gr	ams of e	Amount in edible portion of common				
			Nur	nber	measures of food				
			of I	Data De	riv Sourc	ce Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	de Cod	e Code	Measure 1	Measure 2	Measure
Proximates: Water	a	67.05		0	1		93.87	63.03	
	-	178			NC 4		249	167	
Energy		745			4		1043		
Energy				•				700	
Protein (N x 6.25)	-	23.25		0	1		32.55	21.86	
Total lipid (fat)	_	8.75		0	1		12.25	8.23	
Ash		0.94		0	1		1.32	0.88	
Carbohydrate, by difference	g	0.00		0	z 7		0.00	0.00	
Fiber, total dietary	g	0.0		0	z 7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:	ma			•	_				
Calcium, Ca	-	11		0	1		15	10	
Iron, Fe	_	1.33		0	1		1.86	1.25	
Magnesium, Mg		20		0	1		28	19	
Phosphorus, P	•	171		0	1		239	161	
Potassium, K		224		0	1		314	211	
Sodium, Na	-	95		0	1		133	89	
Zinc, Zn	mg	2.13		0	1		2.98	2.00	
Copper, Cu	mg	0.070)	0	1		0.098	0.066	
Manganese, Mn	mg	0.019)	0	1		0.027	0.018	
Selenium, Se	mcg	19.6		0 BE	YN 4		27.4	18.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		0	z 7		0.0	0.0	
Thiamin		0.063	1	0	1		0.088	0.059	
Riboflavin		0.192		0	1		0.269	0.180	
		5.736		0	1		8.030	5.392	
Niacin				0	1				
Pantothenic acid		1.026			_		1.436	0.964	
Vitamin B-6	_	0.310)	0	1		0.434	0.291	
Folate, total		7		0	1		10	7	
Folic acid		0			z 7		0	0	
Folate, food		7		0	1		10	7	
Folate, DFE		7		0 1	IC 4		10	7	
Vitamin B-12		0.27		0	1		0.38	0.25	
Vitamin A, IU		54		0	1		76	51	
Vitamin A, RAE	mcg_RAE	16		0	1		23	15	
Retinol	mcg	16		0	1		23	15	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
	0	2.430	1	0	1		3.402	2.284	
Fatty acids, total saturated		2.430	,	U	_		3.402	2.204	
	_								
6:0	-								
8:0	-	0.000		^			0.000	0 000	
10:0		0.000		0	4		0.000	0.000	
12:0		0.020)	0	1		0.028	0.019	
13:0	-								
14:0	_	0.070)	0	1		0.098	0.066	
15:0	-								
16:0	_	1.690)	0	1		2.366	1.589	
17:0	g								
18:0	g	0.560)	0	1		0.784	0.526	
20:0	g								
22:0	g								
24:0	_								
	-								

	<u>Aı</u>	mount in 10		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
Two illustrations and the	~	3.310		0		1		4 624	2 111	
Fatty acids, total monounsaturated		3.310		U		_		4.634	3.111	
15:1										
16:1 undifferentiated		0.450		0		1		0.630	0.423	
17:1	-	0.430		v		-		0.050	0.425	
18:1 undifferentiated		2.760		0		1		3.864	2.594	
20:1		0.060		0		1		0.084	0.056	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c		0.000		Ū		•		0.000	0.000	
Fatty acids, total polyunsaturated		2.000		0		1		2.800	1.880	
18:2 undifferentiated		1.690		0		1		2.366	1.589	
18:3 undifferentiated	_	0.080		0		1		0.112	0.075	
18:4		0.000		·		_		0.112	0.075	
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.110		0		1		0.154	0.103	
20:5 n-3	-	0.010		0		1		0.014	0.009	
22:5 n-3	_	0.020		0		1		0.028	0.019	
22:6 n-3		0.040		0		1		0.056	0.038	
Fatty acids, total trans		0.010		•		_		0.000	0.000	
Cholesterol	-	75		0		1		105	71	
Phytosterols	_									
-										
Amino Acids:										
Tryptophan	-	0.272		0		1		0.381	0.256	
Threonine	-	0.982		0		1		1.375	0.923	
Isoleucine	-	1.228		0		1		1.719	1.154	
Leucine	-	1.745		0		1		2.443	1.640	
Lysine	-	1.975		0		1		2.765	1.857	
Methionine	-	0.644		0		1		0.902	0.605	
Cystine		0.298		0		1		0.417	0.280	
Phenylalanine	-	0.923		0		1		1.292	0.868	
Tyrosine	-	0.785		0		1		1.099	0.738	
Valine		1.153		0		1		1.614	1.084	
Arginine	-	1.402		0		1		1.963	1.318	
Histidine	-	0.722		0		1		1.011	0.679	
Alanine	-	1.269		0		1		1.777	1.193	
Aspartic acid	-	2.072		0		1		2.901	1.948	
Glutamic acid		3.482		0		1		4.875	3.273	
Glycine	-	1.142		0		1		1.599	1.073	
Proline		0.956		0		1		1.338	0.899	
Serine	-	0.800		0		1		1.120	0.752	
Hydroxyproline	g									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 94g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 53% 30% bone, 14% skin, 9% separable fat

Nutrients and Units Noan Std. Error Points Code Code Code Measure Neasure 2 Measure 2 Measure 3 Measure 2 Measure 3 Measure 4 Measure 2 Measure 5 Measure 5 Measure 5 Measure 5 Measure 6 Measur	ommon	Amount in edible portion of common measures of food			ole portio		rams mber	mount in 100 g	Aı		
Water	Measure 3					Deriv	Data	of	Mean	Nutrients and Units	
Energy											
Energy								0.273			
Protein (N x 6.25)						NC	0				
Total lipid (far)								0.400			
Ash 9 1.04 2 1 1.18 2.68 Carbohydrate, by difference 9 0.00 0 z 7 0.0 0.0 Fiber, total dietary 9 0.0 0 z 7 0.00 0.00 Sugars, total 9 0.00 0 z 7 0.00 0.00 Starch 9 0.00 0 z 7 0.00 0.00 Starch 9 0.00 0 z 7 0.00 0.00 Starch 9 0.00 0 z 7 0.00 0.00 Microst Starch 9 1.15 0.135 3 1 10 23 1 10 2 1 10 4 4 4 4 1 1.10 2 1 1 10 4 5 4 1 1 10 0 2 7 1					_						
Carbohydrate, by difference								0.485			
Fiber, total dietary						_					
Sugars, total										_	, ,
Name							-				
Minerals:		0.00	0.00		7	z	0		0.00		~ ,
Calcium, Ca. mg 9 1.252 3 1 10 23 Iron, Fe. mg 1.15 0.135 3 1 1.30 2.97 Magnesium, Mg. mg 21 2 1 24 54 Phosphorus, P. mg 178 29.077 3 1 201 459 Potassium, K. mg 227 2 1 257 586 Sodium, Na. mg 95 2 1 107 245 Zinc, Zn. mg 1.65 2 1 1.76 4.26 Copper, Cu. mg 0.059 0 1 0.067 0.152 Mangances, Mn. mg 0.020 0 1 0.067 0.152 Mangances, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Se. mcg 0 2 7 0 0 0 0 0 0 0										g	Starch
Calcium, Ca. mg 9 1.252 3 1 10 23 Iron, Fe. mg 1.15 0.135 3 1 1.30 2.97 Magnesium, Mg. mg 21 2 1 24 54 Phosphorus, P. mg 178 29.077 3 1 201 459 Potassium, K. mg 227 2 1 257 586 Sodium, Na. mg 95 2 1 107 245 Zinc, Zn. mg 1.65 2 1 1.76 4.26 Copper, Cu. mg 0.059 0 1 0.067 0.152 Mangances, Mn. mg 0.020 0 1 0.067 0.152 Mangances, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Se. mcg 0 2 7 0 0 0 0 0 0 0											Minerals:
Magnesium, Mg mg 21 2 1 24 54 Phosphorus, P mg 178 29.077 3 1 201 459 Potassium, K mg 227 2 1 257 586 Sodium, Na mg 95 2 1 107 245 Zinc, Zn mg 1.65 2 1 1.86 4.26 Copper, Cu mg 0.059 0 1 0.067 0.152 Manganese, Mn mg 0.020 0 1 0.067 0.152 Manganese, Mn mg 0.020 0 1 0.023 0.052 Selenium, Se mcg 13.5 1.194 4 A 1 15.3 34.8 Vitamins: Vitamins Sec mcg 0 2 7 0.0 0 0 0 0 0 0 0 0 0 0		23	10		1		3	1.252	9	mg	
Phosphorus, P. mg 178 29.077 3 1 201 459 Potassium, K. mg 227 2 1 257 586 Sodium, Na. mg 95 2 1 107 245 Zinc, Zn. mg 1.65 2 1 1.86 4.26 Copper, Cu. mg 0.059 0 1 0.067 0.152 Manganese, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Sc. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitamins: Vitamins C, total ascorbic acid. mg 0.0 0 Z 7 0.0 0 0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.091 0.446 Niacin. mg 5.878 0 1 <td< td=""><td></td><td>2.97</td><td>1.30</td><td></td><td>1</td><td></td><td>3</td><td>0.135</td><td>1.15</td><td>_</td><td></td></td<>		2.97	1.30		1		3	0.135	1.15	_	
Potassium, K mg 227 2 1 257 586 Sodium, Na mg 95 2 1 107 245 Zinc, Zn mg 1.65 2 1 1.86 4.26 Copper, Cu mg 0.059 0 1 0.067 0.152 Manganese, Mn mg 0.020 0 1 0.023 0.052 Selenium, Se mcg 13.5 1.194 A 1 15.3 34.8 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 Z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 0.195 0.446 Niacin. mg 1.183 0 1 0.362 0.826		54	24		1		2		21	mg	Magnesium, Mg
Sodium, Na. mg 95 2 1 107 245 Zinc, Zn. mg 1.65 2 1 1.86 4.26 Copper, Cu. mg 0.059 0 1 0.067 0.152 Manganese, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Se. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitaminse. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitaminse. mcg 1.194 4 A 1 15.3 34.8 Vitaminse. mcg 0.0 2 7 0.0 0.0 0		459	201		1		3	29.077	178	mg	Phosphorus, P
Zinc, Zn. mg 1.65 2 1 1.86 4.26 Copper, Cu. mg 0.059 0 1 0.067 0.152 Manganese, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Se. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitaminse. Selenium, Se. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitaminse. mcg 0.0 0 Z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.081 0.186 Riboflavin. mg 5.878 0 1 0.081 0.446 Niacin. mg 5.878 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.3		586	257		1		2		227	mg	Potassium, K
Copper, Cu. mg 0.059 0 1 0.067 0.152 Manganese, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Se. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitamins. Vitamins. Mg 0.0 0 Z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.091 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 0.195 0.446 Niacin. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folic acid. mcg 9 0 1 10 23		245	107		1		2		95	mg	Sodium, Na
Manganese, Mn. mg 0.020 0 1 0.023 0.052 Selenium, Se. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 Z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 0.195 0.446 Niacin. mg 5.878 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 1.337 3.052 Folate, total. mcg 9 0 1 10 23 Folate, food. mcg 9 0 NC 4		4.26	1.86		1		2		1.65	mg	Zinc, Zn
Selenium, Se. mcg 13.5 1.194 4 A 1 15.3 34.8 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 Z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 6.642 15.165 Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folate, food. mcg 9 0 1 10 23 Folate, food. mcg 9 0 NC 4 10 23 Vitamin B-12. mcg 0.34 0 1 68 155 <th< td=""><td></td><td></td><td>0.067</td><td></td><td></td><td></td><td>0</td><td>)</td><td>0.059</td><td>mg</td><td>Copper, Cu</td></th<>			0.067				0)	0.059	mg	Copper, Cu
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 6.642 15.165 Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folic acid. mcg 9 0 1 10 23 Folate, food. mcg 9 0 1 10 23 Folate, pofe. mcg 9 0 1 10 23 Folate, pofe. mcg 9 0 1 10 23 Vitamin B-12. mcg 0.34 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>mg</td><td>Manganese, Mn</td></td<>										mg	Manganese, Mn
Vitamin C, total ascorbic acid. mg 0.0 0 z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 6.642 15.165 Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folic acid. mcg 9 0 1 10 23 Folate, food. mcg 9 0 1 10 23 Folate, food. mcg 9 0 NC 4 10 23 Folate, food. mcg 9 0 NC 4 10 23 Vitamin B-12 mcg 0.34		34.8	15.3		1	A	4	1.194	13.5	mcg	Selenium, Se
Vitamin C, total ascorbic acid. mg 0.0 0 z 7 0.0 0.0 Thiamin. mg 0.072 0 1 0.081 0.186 Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 6.642 15.165 Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folic acid. mcg 9 0 1 10 23 Folate, food. mcg 9 0 1 10 23 Folate, pFE. mcg_DFE 9 0 NC 4 10 23 Vitamin B-12. mcg 0.34 0 1 68 155 Vitamin A, RAE. mcg_RAE 18											Vitamins:
Thiamin mg 0.072 0 1 0.081 0.186 Riboflavin mg 0.173 0 1 0.195 0.446 Niacin mg 5.878 0 1 6.642 15.165 Pantothenic acid mg 1.183 0 1 1.337 3.052 Vitamin B-6 mg 0.320 0 1 0.362 0.826 Folate, total mcg 9 0 1 10 23 Folic acid mcg 0 0 2 7 0 0 Folate, food mcg 9 0 1 10 23 Folate, food mcg 9 0 1 10 23 Folate, DFE mcg 0 NC 4 10 23 Vitamin B-12 mcg 0.34 0 1 68 155 Vitamin A, RAE mcg 18 0 NC 4 <td< td=""><td></td><td>0.0</td><td>0.0</td><td></td><td>7</td><td>z</td><td>0</td><td></td><td>0.0</td><td>ma</td><td></td></td<>		0.0	0.0		7	z	0		0.0	ma	
Riboflavin. mg 0.173 0 1 0.195 0.446 Niacin. mg 5.878 0 1 6.642 15.165 Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folic acid. mcg 0 0 Z 7 0 0 Folate, food. mcg 9 0 1 10 23 Folate, DFE. mcg_DFE 9 0 NC 4 10 23 Vitamin B-12. mcg 0.34 0 1 0.38 0.88 Vitamin A, IU. IU 60 0 1 68 155 Vitamin A, RAE. mcg_RAE 18 0 NC 4 20 46 Vitamin E (alpha-tocopherol). mg 0								<u>></u>		-	,
Niacin. mg 5.878 0 1 6.642 15.165 Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folic acid. mcg 0 0 Z 7 0 0 Folate, food. mcg 9 0 1 10 23 Folate, DFE. mcg_DFE 9 0 NC 4 10 23 Vitamin B-12. mcg 0.34 0 1 0.38 0.88 Vitamin A, IU. IU 60 0 1 68 155 Vitamin A, RAE. mcg_RAE 18 0 NC 4 20 46 Retinol. mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol). mg										-	
Pantothenic acid. mg 1.183 0 1 1.337 3.052 Vitamin B-6. mg 0.320 0 1 0.362 0.826 Folate, total. mcg 9 0 1 10 23 Folic acid. mcg 0 0 Z 7 0 0 Folate, food. mcg 9 0 1 10 23 Folate, DFE. mcg_DFE 9 0 NC 4 10 23 Vitamin B-12. mcg 0.34 0 1 0.38 0.88 Vitamin A, IU. IU 60 0 1 68 155 Vitamin A, RAE. mcg_RAE 18 0 NC 4 20 46 Retinol. mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol). mg 0.21 0 CASN 4 0.24 0.55					1		0			-	
Vitamin B-6 mg 0.320 0 1 0.362 0.826 Folate, total mcg 9 0 1 10 23 Folic acid mcg 0 0 Z 7 0 0 Folate, food mcg 9 0 1 10 23 Folate, DFE mcg_DFE 9 0 NC 4 10 23 Vitamin B-12 mcg 0.34 0 1 0.38 0.88 Vitamin A, IU IU 60 0 1 68 155 Vitamin A, RAE mcg_RAE 18 0 NC 4 20 46 Retinol mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol). mg 0.21 0 CASN 4 0.24 0.55		3.052	1.337		1		0	3	1.183		
Folate, total mcg 9 0 1 10 23 Folic acid mcg 0 0 z 7 0 0 Folate, food mcg 9 0 1 10 23 Folate, DFE mcg_DFE 9 0 NC 4 10 23 Vitamin B-12 mcg 0.34 0 1 0.38 0.88 Vitamin A, IU IU 60 0 1 68 155 Vitamin A, RAE mcg_RAE 18 0 NC 4 20 46 Retinol mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol) mg 0.21 0 CASN 4 0.24 0.55 Tocopherol, beta mg 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		0.826	0.362		1		0)	0.320		
Folic acid mcg 0 Z 7 0 0 Folate, food mcg 9 0 1 10 23 Folate, DFE mcg_DFE 9 0 NC 4 10 23 Vitamin B-12 mcg 0.34 0 1 0.38 0.88 Vitamin A, IU IU 60 0 1 68 155 Vitamin A, RAE mcg_RAE 18 0 NC 4 20 46 Retinol mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol) mg 0.21 0 CASN 4 0.24 0.55 Tocopherol, beta mg 0 <td></td> <td>23</td> <td>10</td> <td></td> <td>1</td> <td></td> <td>0</td> <td></td> <td>9</td> <td></td> <td></td>		23	10		1		0		9		
Folate, food mcg 9 0 1 10 23 Folate, DFE mcg_DFE 9 0 NC 4 10 23 Vitamin B-12 mcg 0.34 0 1 0.38 0.88 Vitamin A, IU IU 60 0 1 68 155 Vitamin A, RAE mcg_RAE 18 0 NC 4 20 46 Retinol mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol) mg 0.21 0 CASN 4 0.24 0.55 Tocopherol, beta mg		0	0		7	Z	0		0		
Folate, DFE		23	10		1		0		9		
Vitamin B-12		23	10		4	NC	0		9		
Vitamin A, RAE mcg_RAE 18 0 NC 4 20 46 Retinol mcg 18 0 NR 4 20 46 Vitamin E (alpha-tocopherol) mg 0.21 0 CASN 4 0.24 0.55 Tocopherol, beta mg		0.88	0.38		1		0		0.34		
Retinol		155	68		1		0		60	IU	Vitamin A, IU
Retinol		46	20		4	NC	0		18	mcg_RAE	Vitamin A, RAE
Tocopherol, betamg		46	20		4	NR	0		18		
		0.55	0.24		4	CASN	0		0.21	mg	Vitamin E (alpha-tocopherol)
Tocopherol, gammamg										mg	Tocopherol, gamma
Tocopherol, deltamg											
Vitamin DIU											
Vitamin K (phylloquinone) mcg 2.4 0 CAZN 4 2.7 6.1		6.1	2.7		4	CAZN	0		2.4	mcg	Vitamin K (phylloquinone)
Lipids:											Linids:
Fatty acids, total saturated		2.399	1.051		1		0)	0.930	q	
4:0						z	0				- · · · · · · · · · · · · · · · · · · ·
6:0.					7		0				
8:0.							0			-	
10:0 g 0.000 0 4 0.000 0.000					4		0				
12:0 g 0.020 0.004 17 1 0.023 0.052					1		17				
13:0.											
14:0		0.052	0.023		1		24	0.003	0.020	-	
15:0										_	
16:0		1.600	0.701		1		24	0.056	0.620		
17:0											
18:0		0.619	0.271		1		24	0.025	0.240		
20:0										-	
22:0										-	
24:0										-	

	<u>Aı</u>	mount in 100 g		Amount in edible portion of common measures of food						
Nutrients and	Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatural		1.120		0		1		1.266	2.890	
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.160	0.017	24		1		0.181	0.413	
17:1						_				
18:1 undifferentiated	-	0.930	0.086	24		1		1.051	2.399	
20:1		0.010	0.003	6		1		0.011	0.026	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturate		0.900		0		1		1.017	2.322	
18:2 undifferentiated		0.690	0.063	24		1		0.780	1.780	
18:3 undifferentiated		0.030	0.003	18	_	1		0.034	0.077	
18:4	-	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-					_				
20:4 undifferentiated		0.090	0.018	16		1		0.102	0.232	
20:5 n-3	-	0.010	0.003	8		1		0.011	0.026	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.020	0.006	9		1		0.023	0.052	
22:6 n-3		0.030	0.011	9		1		0.034	0.077	
Fatty acids, total trans										
Cholesterol	_	72		0		1		81	186	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.219		0		1		0.247	0.565	
Threonine		0.791		0		1		0.894	2.041	
Isoleucine	-	0.989		0		1		1.118	2.552	
Leucine	-	1.406		0		1		1.589	3.627	
Lysine	-	1.592		0		1		1.799	4.107	
Methionine		0.519		0		1		0.586	1.339	
Cystine		0.240		0		1		0.271	0.619	
Phenylalanine		0.744		0		1		0.841	1.920	
Tyrosine		0.633		0		1		0.715	1.633	
Valine	-	0.929		0		1		1.050	2.397	
Arginine	_	1.130		0		1		1.277	2.915	
Histidine		0.582		0		1		0.658	1.502	
Alanine	-	1.022		0		1		1.155	2.637	
Aspartic acid	-	1.670		0		1		1.887	4.309	
Glutamic acid		2.806		0		1		3.171	7.239	
Glycine		0.920		0		1		1.040	2.374	
Proline		0.770		0		1		0.870	1.987	
Serine	-	0.645		0		1		0.729	1.664	
Hydroxyproline		0.010		·		_		01.125	2.001	
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha	_	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 113g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 258g: .5 chicken, bone and skin removed

NDB No. 05119

Chicken, roasting, dark meat, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	Amount in edible portion of common				
			ļ	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	66.32		0		1		96.16	9.95	
Energy	kcal	165		0	NC	4		239	25	
Energy	kj	690				4		1001	104	
Protein (N x 6.25)	g	26.77		0		1		38.82	4.02	
Total lipid (fat)	g	5.22		0		1		7.57	0.78	
Ash	g	0.83		0		1		1.20	0.12	
Carbohydrate, by difference	g	0.86		0	NC	4		1.25	0.13	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
N. 6.										
Minerals:	ma.	10		^		4		17	•	
Calcium, Ca	-	12 6.09		0 0		1 1		17 8.83	2 0.91	
Iron, Fe	-	20		0		1		8.83 29	0.91	
Magnesium, Mg		20 213		0		1		29 309	3 32	
Phosphorus, P	-	160		0		1		232	32 24	
Potassium, K Sodium. Na		60		0		1		232 87	9	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	4.63		0		1		6.71	0.69	
Copper, Cu		0.236		0		1		0.342	0.035	
Manganese, Mn		0.230		0		1		0.342	0.022	
Selenium, Se		100.1	'	0	BFYN	4		145.1	15.0	
Scientum, Sc	g	100.1		·	2111	-		145.1	13.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.5		0		1		9.4	1.0	
Thiamin	mg	0.074	l	0		1		0.107	0.011	
Riboflavin	mg	0.808	3	0		1		1.172	0.121	
Niacin	mg	4.032	2	0		1		5.846	0.605	
Pantothenic acid	mg	2.512		0		1		3.642	0.377	
Vitamin B-6	mg	0.300)	0		1		0.435	0.045	
Folate, total		303		0		1		439	45	
Folic acid		0		0	Z	7		0	0	
Folate, food		303		0		1		439	45	
Folate, DFE	mcg_DFE	303		0	NC	4		439	45	
Vitamin B-12		8.45		0		1		12.25	1.27	
Vitamin A, IU		8136		0		1		11797	1220	
Vitamin A, RAE		2443		0		1		3543	366	
Retinol		2443		0		1		3543	366	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.640)	0		1		2.378	0.246	
4:0	g									
6:0	g									
8:0										
10:0		0.000		0		4		0.000	0.000	
12:0		0.000)	0		1		0.000	0.000	
13:0	_									
14:0	_	0.030)	0		1		0.044	0.005	
15:0	_									
16:0	_	0.910)	0		1		1.320	0.137	
17:0	_									
18:0	_	0.590)	0		1		0.856	0.089	
20:0	_									
22:0	_									
24:0	g									

	<u>Ar</u>	mount in 100 gram Numbe	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0	1		1.929	0.200	
14:1	-						
15:1		_					
16:1 undifferentiated	=	0	1		0.276	0.029	
17:1		_					
18:1 undifferentiated	-	0	1		1.639	0.170	
20:1		0	1		0.015	0.002	
22:1 undifferentiated	•	0	4		0.000	0.000	
24:1 c	•						
Fatty acids, total polyunsaturated		0	1		1.769	0.183	
18:2 undifferentiated	.g 0.830	0	1		1.204	0.125	
18:3 undifferentiated	.g 0.030	0	1		0.044	0.005	
18:4	.g						
20:2 n-6 c,c	.g						
20:3 undifferentiated	.g						
20:4 undifferentiated	.g 0.290	0	1		0.421	0.044	
20:5 n-3	.g 0.010	0	1		0.015	0.002	
22:5 n-3	.g 0.000	0	1		0.000	0.000	
22:6 n-3	.g 0.040	0	1		0.058	0.006	
Fatty acids, total trans	.g						
Cholesterol	.mg 357	0	1		518	54	
Phytosterols	mg						
Amino Acids:							
Tryptophan	g 0.295	0	1		0.428	0.044	
Threonine		0	1		1.765	0.183	
Isoleucine	g 1.333	0	1		1.933	0.200	
Leucine	q 2.102	0	1		3.048	0.315	
Lysine		0	1		2.820	0.292	
Methionine		0	1		0.977	0.101	
Cystine		0	1		0.515	0.053	
Phenylalanine	-		1		1.733	0.179	
Tyrosine		0	1		1.262	0.175	
Valine	-	-	1		2.020	0.209	
Arginine	•		1		2.623	0.271	
Histidine	.0		1		0.887	0.092	
Alanine		0	1		1.856	0.192	
Aspartic acid	-	•	1		3.629	0.375	
Glutamic acid.			1		6.012	0.622	
Glycine	•	•	1		2.121	0.219	
Proline	-		1		1.984	0.219	
Serine		0	1		1.699	0.205	
		U	1		1.099	0.1/6	
Hydroxyproline	.9						

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 15.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Nutrients and Units	Code Meas		Measure :
Nutrients and Units	Code Meas	.8.68 84.44 12 144 13 600 4.54 20.50 1.26 5.70 0.24 1.07	Measure
Proximates:	18 32 133 	.8.68 84.44 12 144 13 600 4.54 20.50 1.26 5.70 0.24 1.07	Measure
Walter	33 133 4 5 0	12 144 13 600 4.54 20.50 1.26 5.70 0.24 1.07	
Energy	33 133 4 5 0	12 144 13 600 4.54 20.50 1.26 5.70 0.24 1.07	
Energy	13: , ; (33 600 4.54 20.50 1.26 5.70 0.24 1.07	
Protein (N x 6.25)		4.54 20.50 1.26 5.70 0.24 1.07	
Total lipid (fat)	- (1.26 5.70 0.24 1.07	
Ash.	(0.24 1.07	
Carbohydrate, by difference	(
Fiber, total dietary		0.29 1.29	
Sugars, total. 9 Starch. 9 Finerals: Calcium, Ca. mg 10 0 1 Iron, Fe. mg 5.40 0 1 Magnesium, Mg. mg 17 0 1 Phosphorus, P. mg 184 0 1 Potassium, K. mg 227 0 1 Sodium, Na. mg 77 0 1 Sodium, Na. mg 77 0 1 Sodium, Na. mg 3.39 0 1 Sodium, Na. mg 0.218 0 1 Sodium, Na. mg 0.218 0 1 Manganese, Mn. mg 0.218 0 1 Manganese, Mn. mg 0.218 0 1 Manganese, Mn. mg 0.130 0 1 Selenium, Se. mcg 54.1 0 BFNN 4 Haminst. mcg	,		
Sugars, total. 9 Starch. 9 Ilinerals: Calcium, Ca. mg 10 0 1 Inon, Fe. mg 5.40 0 1 Magnesium, Mg. mg 17 0 1 Phosphorus, P. mg 184 0 1 Photastum, Mg. mg 12 1 1 Sodium, Na. mg 227 0 1 Zinc, Zn. mg 3.39 0 1 Copper, Cu. mg 3.39 0 1		0.0 0.0	
Starch			
Sinerals:			
Calcium, Ca. mg 10 0 1 Iron, Fe. mg 5.40 0 1 Magnesium, Mg. mg 17 0 1 Phosphorus, P. mg 184 0 1 Potassium, K. mg 227 0 1 Sodium, Na. mg 77 0 1 Copper, Cu. mg 3.39 0 1 Copper, Cu. mg 0.218 0 1 Manganese, Mn. mg 0.130 0 1 Manganese, Mn. mg 0.130 0 BFNN 4 Vitamin Se. mcg 54.1 0 BFNN 4 Vitamin C, total ascorbic acid. mg 13.1 0 1 1 Vitamin C, total ascorbic acid. mg 13.1 0 1 1 Thiamin C, total ascorbic acid. mg 0.818 0 1 1			
Iron, Fe			
Magnesium, Mg. mg 17 0 1 Phosphorus, P. mg 184 0 1 Potassium, K. mg 227 0 1 Sodium, Na. mg 77 0 1 Zinc, Zh. mg 3.39 0 1 Copper, Cu. mg 0.218 0 1 Manganese, Mn. mg 0.130 0 1 Manganese, Mn. mg 0.130 0 1 Selenium, Se. mcg 54.1 0 BFNN 4 Vitamin C, total ascorbic acid mg 1.3.1 0 BFNN 4 Vitamin C, total ascorbic acid mg 1.3.1 0 1 Thismin C, total ascorbic acid mg 1.3.1 0 1 Thismin C, total ascorbic acid mg 0.818 0 1 Thismin C, total ascorbic acid mg 0.818 0 1 Thi		3 11	
Phosphorus, P. mg 184 0 1 Potassium, K. mg 227 0 1 Sodium, Na. mg 77 0 1 Zinc, Zn. mg 3.39 0 1 Copper, Cu. mg 0.218 0 1 Manganese, Mn. mg 0.130 0 1 Manganese, Mn. mg 0.130 0 1 Selenium, Se mcg 54.1 0 BFNN 4 Vitamin C, total ascorbic acid. mg 1.3.1 0 1 1 Thiamin. mg 0.080 0 1		1.35 6.10	
Potassium, K. mg 227 0 1 Sodium, Na mg 77 0 1 Zinc, Zn. mg 3.39 0 1 Copper, Cu. mg 0.218 0 1 Manganese, Mn. mg 0.130 0 1 Selenium, Se. mcg 54.1 0 BFNN 4 Vitamin, Se. mcg 54.1 0 BFNN 4 Vitamin, Se. mcg 13.1 0 1 1 Miscorbic acid. mg 1.3.1 0 1 1 1 Thiamin. mg 0.818 0 1		4 19	
Sodium, Na		16 208	
Zinc, Zn. mg 3.39 0 1 Copper, Cu. mg 0.218 0 1 Manganese, Mn. mg 0.130 0 1 Selenium, Se. mcg 54.1 0 BFNN 4 Vitamin C, total ascorbic acid. mg 13.1 0 1 Thiamin. mg 0.080 0 1 Riboflavin. mg 0.818 0 1 Niacin. mg 6.208 0 1 Pantothenic acid. mg 0.360 0 1 Pantothenic acid. mg 0.360 0 1 Vitamin B-6. mg 0.360 0 1 Folate, total mcg 276 0 1 Folate, food. mcg 276 0 1 Folate, food. mcg 276 0 1 Vitamin B-12. mcg 9.40 0 1 Vitamin A, RAE.		57 257	
Copper, Cu mg 0.218 0 1 Manganese, Mn mg 0.130 0 1 Selenium, Se mcg 54.1 0 BFNN 4 Vitamins: Vitamin C, total ascorbic acid mg 13.1 0 1 Thiamin mg 0.080 0 1 Riboflavin mg 0.818 0 1 Niacin mg 0.818 0 1 Niacin mg 0.818 0 1 Niacin mg 6.208 0 1 Riboflavin mg 0.818 0 1 Niacin mg 0.818 0 1 Niacin mg 0.818 0 1 Vitamin B-6 mg 0.360 0 1 Folate, total mcg 276 0 1 Folate, food mcg 276 0 NC 4 Vitamin B-12		L9 87	
Manganese, Mn. mg 0.130 0 BFNN 4 Zitamins: mcg 54.1 0 BFNN 4 Zitamins: Vitamin C, total ascorbic acid. mg 13.1 0 1 Thiamin. mg 0.080 0 1 Riboflavin. mg 0.818 0 1 Niacin. mg 6.208 0 1 Pantothenic acid. mg 6.208 0 1 Pantothenic acid. mg 6.208 0 1 Vitamin. mg 6.208 0 1 Patothenic acid. mg 6.208 0 1 Vitamin B-6. mg 0.360 0 1 Folate, total. mcg 276 0 1 Folate, total. mcg 276 0 NC 4 Vitamin B-12. mcg 9 40 0 1 Vitamin A, IU. IU 9592 0		0.85 3.83	
Selenium, Se. mcg 54.1 0 BFNN 4		0.055 0.246	
Vitamins: Vitamin C, total ascorbic acid mg 13.1 0 1 Thiamin. mg 0.080 0 1 Riboflavin. mg 0.818 0 1 Niacin. mg 6.208 0 1 Pantothenic acid. mg 6.208 0 1 Pantothenic acid. mg 2.696 0 1 Vitamin B-6. mg 0.360 0 1 Folate, total. mcg 276 0 1 Folate, total. mcg 0 0 2 7 Folate, total. mcg 276 0 1 Folate, total. mcg 276 0 1 Folate, total. mcg 276 0 NC 4 Vitamin D.E. mcg_DFE 276 0 NC 4 Vitamin B-12. mcg 9 9 40 0 1 Vitamin A, RAE mcg_RAE 2880 0 1 Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, delta mg Vitamin K (phylloquinone). mcg Lipids: Fatty		0.033 0.147	
Vitamin C, total ascorbic acid. mg 13.1 0 1 Thiamin. mg 0.080 0 1 Riboflavin. mg 0.818 0 1 Niacin. mg 0.818 0 1 Pantothenic acid. mg 6.208 0 1 Pantothenic acid. mg 2.696 0 1 Vitamin B-6 mg 0.360 0 1 Folate, total. mcg 276 0 1 Folate, total. mcg 0 0 2 7 Folate, total. mcg 0 0 2 7 Folate, total. mcg 0 0 2 7 Folate, total. mcg 276 0 NC 4 Vitamin B-1c. mcg_PEE 276 0 NC 4 Vitamin A, IU. IU 9592 0 1 Vitamin E (alpha-tocopherol). mg 1 <td< td=""><td>1</td><td>13.5 61.1</td><td></td></td<>	1	13.5 61.1	
Vitamin C, total ascorbic acid. mg 13.1 0 1 Thiamin. mg 0.080 0 1 Riboflavin. mg 0.818 0 1 Niacin. mg 0.818 0 1 Pantothenic acid. mg 6.208 0 1 Pantothenic acid. mg 2.696 0 1 Vitamin B-6. mg 0.360 0 1 Folate, total. mcg 276 0 NC 4 Folate, food. mcg 276 0 NC 4 Vitamin B-12. mcg 9.40 0 1 Vitamin A, RAE mcg_RAE 2880 0 1 Retinol mcg 2880 0 1 Tocophero			
Thiamin mg 0.080 0 1 Riboflavin mg 0.818 0 1 Niacin mg 6.208 0 1 Pantothenic acid mg 6.208 0 1 Pantothenic acid mg 6.208 0 1 Vitamin B-6 mg 0.360 0 1 Folate, total mcg 276 0 1 Folate, total mcg 0 0 2 7 Folate, food mcg 276 0 NC 4 Folate, food mcg 276 0 NC 4 Vitamir, Good mcg 276 0 NC 4 Vitamin B-12 mcg 9 40 0 1 NC 4 Vitamin A, RAE mcg_RAE 2880 0 1 NC 1 NC NC 1 NC NC NC NC NC NC NC<		3.3 14.8	
Riboflavin mg 0.818 0 1 Niacin mg 6.208 0 1 Pantothenic acid mg 6.208 0 1 Pantothenic acid mg 2.696 0 1 Vitamin B-6 mg 0.360 0 1 Folate, total mcg 276 0 1 Folic acid mcg 0 0 2 7 Folate, food mcg 276 0 0 1 Folate, ood mcg 276 0 NC 4 Vitamic, Food mcg_DFE 276 0 NC 4 Vitamin B-12 mcg 9.40 0 1 1 Vitamin A, IU IU 9592 0 1 1 Vitamin E (alpha-tocopherol) mg 2880 0 1 1 Vitamin E (alpha-tocopherol) mg 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.020 0.090	
Niacin mg 6.208 0 1 Pantothenic acid mg 2.696 0 1 Vitamin B-6 mg 0.360 0 1 Folate, total mcg 276 0 1 Folic acid mcg 0 0 z 7 Folate, food mcg 276 0 nc 4 Folate, DFE mcg_DFE 276 0 nc 4 Vitamin B-12 mcg 9.40 0 1 Vitamin A, IU IU 9592 0 1 Vitamin A, RAE mcg_RAE 2880 0 1 Retinol mcg 2880 0 1 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.540 0 1 4:0		0.205 0.924	
Pantothenic acid mg 2 . 696 0 1 Vitamin B-6 mg 0 . 360 0 1 Folate, total mcg 276 0 1 Folic acid mcg 0 0 2 7 Folate, food mcg 276 0 NC 4 Folate, food mcg 276 0 NC 4 Vitamic, food mcg_DFE 276 0 NC 4 Vitamin B-12 mcg 9 . 40 0 1 1 Vitamin A, IU IU 9592 0 1 1 Vitamin A, RAE mcg_RAE 2880 0 1 1 Vitamin E (alpha-tocopherol) mg 1		1.552 7.015	
Vitamin B-6. mg 0.360 0 1 Folate, total. mcg 276 0 1 Folic acid. mcg 0 0 z 7 Folate, food. mcg 276 0 1 Folate, DFE. mcg_DFE 276 0 NC 4 Vitamin B-12. mcg 9.40 0 1 Vitamin A, IU. IU 9592 0 1 Vitamin A, RAE. mcg_RAE 2880 0 1 Retinol. mcg 2880 0 1 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg zipids: Fatty acids, total saturated. g 1.540 0 1 4:0. g 6:0. g 1.540 0 1		0.674 3.046	
Folate, total. mcg 276 0 1 Folic acid. mcg 0 0 2 7 Folate, food. mcg 276 0 1 Folate, DFE. mcg_DFE 276 0 NC 4 Vitamin B-12 mcg 9.40 0 1 Vitamin A, IU IU 9592 0 1 Vitamin A, RAE mcg_RAE 2880 0 1 Retinol mcg 2880 0 1 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Fatty acids, total saturated. 9 1.540 0 1 4:0. g 6:0. g		0.090 0.407	
Folic acid		59 312	
Folate, food.		0 0	
Folate, DFE		59 312	
Vitamin B-12 mcg 9.40 0 1 Vitamin A, IU IU 9592 0 1 Vitamin A, RAE mcg_RAE 2880 0 1 Retinol mcg 2880 0 1 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) IU Vitamin K (phylloquinone) mcg 1.540 0 1 4:0 g 9 1.540 0 1 4:0 g 9 1.540 0 1		59 312 59 312	
Vitamin A, IU		2.35 10.62	
Vitamin A, RAE. mcg_RAE 2880 0 1 Retinol. mcg 2880 0 1 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg	239		
Retinol mcg 2880 0 1 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 1.540 0 1 4:0 g 6:0 g	72		
Vitamin E (alpha-tocopherol) .mg Tocopherol, beta .mg Tocopherol, gamma .mg Tocopherol, delta .mg Vitamin D .IU Vitamin K (phylloquinone) .mcg .ipids:	72		
Tocopherol, beta	72	.0 3233	
Tocopherol, gamma			
Tocopherol, delta			
Vitamin D			
Vitamin K (phylloquinone) mcg Lipids: Statty acids, total saturated g 1.540 0 1 4:0			
Lipids: Fatty acids, total saturated			
Fatty acids, total saturated			
4:0g 6:0g			
6:0g		0.385 1.740	
9°0			
10:0g 0.000 0 4		0.000 0.000	
12:0g 0.000 0 1	,	0.000 0.000	
13:0g			
14:0g 0.030 0 1		0.008 0.034	
15:0g			
16:0g 0.850 0 1		0.213 0.961	
17:0g			
18:0g 0.530 0 1		0.133 0.599	
20:0g			
22:0g			

		<u>Ar</u>	mount in 10	<u>0 grams</u> Number	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Esternaide total management d	9	1.280		0		1		0.220	1 446	
Fatty acids, total monounsaturated 14:1		1.280		U		_		0.320	1.446	
15:1										
16:1 undifferentiated		0.190		0		1		0.048	0.215	
17:1	-	0.130		· ·		-		0.040	0.215	
18:1 undifferentiated		1.080		0		1		0.270	1.220	
20:1		0.010		0		1		0.270	0.011	
22:1 undifferentiated	_	0.010		0		4		0.003	0.000	
24:1 c		0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated		1.260		0		1		0.315	1.424	
18:2 undifferentiated		0.870		0		1		0.313	0.983	
18:3 undifferentiated	_	0.030		0		1		0.218	0.034	
18:4		0.030		Ū		-		0.008	0.034	
20:2 n-6 c.c										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.310		0		1		0.078	0.350	
20:5 n-3	-	0.010		0		1		0.003	0.011	
22:5 n-3	-	0.000		0		1		0.003	0.000	
		0.000		0		1		0.005	0.003	
22:6 n-3Fatty acids, total trans		0.020		U		_		0.003	0.023	
Cholesterol	-	236		0		1		59	267	
Phytosterols	-	250		· ·		-		39	207	
Filytosterois										
Amino Acids:										
Tryptophan	g	0.200		0		1		0.050	0.226	
Threonine	g	0.825		0		1		0.206	0.932	
Isoleucine	g	0.903		0		1		0.226	1.020	
Leucine	g	1.424		0		1		0.356	1.609	
Lysine	g	1.318		0		1		0.330	1.489	
Methionine	g	0.457		0		1		0.114	0.516	
Cystine	g	0.241		0		1		0.060	0.272	
Phenylalanine	g	0.810		0		1		0.203	0.915	
Tyrosine	g	0.590		0		1		0.148	0.667	
Valine	g	0.943		0		1		0.236	1.066	
Arginine		1.227		0		1		0.307	1.387	
Histidine	g	0.415		0		1		0.104	0.469	
Alanine		0.866		0		1		0.217	0.979	
Aspartic acid	g	1.696		0		1		0.424	1.916	
Glutamic acid	-	2.812		0		1		0.703	3.178	
Glycine		0.991		0		1		0.248	1.120	
Proline	-	0.927		0		1		0.232	1.048	
Serine		0.795		0		1		0.199	0.898	
	-									

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 113g: 1 giblets

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 40% 24% bone, 16% skin

		<u>A</u>	mount in 100	grams	of edib	ole portic	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	67.85		0		1		94.99	52.92		
Energy	_	153		0	NC	4		214	119		
Energy		640				4		896	499		
Protein (N x 6.25)		27.13		0		1		37.98	21.16		
Total lipid (fat)	_	4.07		0		1		5.70	3.17		
Ash		0.95		0		1		1.33	0.74		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	=			_	_	•			0.00		
Starch	9										
Minerals:											
Calcium, Ca	_	13		0		1		18	10		
Iron, Fe		1.08		0		1		1.51	0.84		
Magnesium, Mg		23		0		1		32	18		
Phosphorus, P	_	217		0		1		304	169		
Potassium, K	_	236		0		1		330	184		
Sodium, Na	-	51		0		1 1		71	40		
Zinc, Zn		0.78 0.042	,	0		1		1.09 0.059	0.61 0.033		
Copper, Cu		0.042		0		1		0.039	0.033		
Selenium, Se		25.8	,	0	BFYN	4		36.1	20.1		
Selemum, Se	g	23.0		Ū	DI III	-		30.1	20.1		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.061	L	0		1		0.085	0.048		
Riboflavin	_	0.093	3	0		1		0.130	0.073		
Niacin		10.469		0		1		14.657	8.166		
Pantothenic acid		0.907		0		1		1.270	0.707		
Vitamin B-6		0.540)	0		1		0.756	0.421		
Folate, total		3		0		1		4	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		3		0		1		4	2		
Folate, DFE		3		0	NC	4		4	2		
Vitamin B-12		0.31		0		1		0.43	0.24		
Vitamin A, IU	IU	27		0	NC	4		37	21		
Vitamin A, RAE		8		0	NC	4		11	6		
Retinol		8		0	NR	4		11	6		
Vitamin E (alpha-tocopherol)		0.27		U	NR	4		0.37	0.21		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4	0.2		
vitanini K (phynoquinone)	9	0.5		·	22 211	-		***	0.2		
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.080)	0		1		1.512	0.842		
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		0.030)	0		1		0.042	0.023		
15:0				_		_					
16:0		0.760	J	0		1		1.064	0.593		
17:0	_	0.05		^				0.350	0 105		
18:0	_	0.250	,	0		1		0.350	0.195		
20:0	_										
22:0	_										
24:0	g										

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				of Data	Deriv		Confidence		easures of food	•
Nutrients and	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedQ	1.520)	0		1		2.128	1.186	
14:1	g									
15:1 16:1 undifferentiated	_	0.200)	0		1		0.280	0.156	
17:1	_									
18:1 undifferentiated	_	1.260		0		1		1.764	0.983	
20:1		0.030		0		1		0.042	0.023	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c		0.030		0		1		1 200	0.705	
Fatty acids, total polyunsatura		0.930 0.690		0		1		1.302 0.966	0.725 0.538	
18:2 undifferentiated		0.030		0		1		0.988	0.023	
18:4		0.000		0		1		0.042	0.000	
20:2 n-6 c.c	_	0.000	,	·		-		0.000	0.000	
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.100)	0		1		0.140	0.078	
20:5 n-3	g	0.000)	0		1		0.000	0.000	
22:5 n-3	g	0.010)	0		1		0.014	0.008	
22:6 n-3	g	0.030)	0		1		0.042	0.023	
Fatty acids, total trans	g									
Cholesterol	mg	75		0		1		105	59	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.317	,	0		1		0.444	0.247	
Threonine	g	1.146	5	0		1		1.604	0.894	
Isoleucine	g	1.433	3	0		1		2.006	1.118	
Leucine	_	2.036	5	0		1		2.850	1.588	
Lysine		2.305		0		1		3.227	1.798	
Methionine		0.751		0		1		1.051	0.586	
Cystine		0.347		0		1		0.486	0.271	
Phenylalanine		1.077		0		1		1.508	0.840	
Tyrosine	_	0.916		0		1 1		1.282	0.714	
Valine	-	1.346 1.637		0		1		1.884 2.292	1.050 1.277	
Histidine		0.842		0		1		1.179	0.657	
Alanine	-	1.480		0		1		2.072	1.154	
Aspartic acid		2.418		0		1		3.385	1.886	
Glutamic acid		4.063		0		1		5.688	3.169	
Glycine.	_	1.333		0		1		1.866	1.040	
Proline	-	1.116	5	0		1		1.562	0.870	
Serine	_	0.933		0		1		1.306	0.728	
Hydroxyproline										
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
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 = 140g: 1 cup, chopped or diced

Measure 2 = 78g: 1 unit (yield from 1 lb ready-to-cook chicken)

NDB No. 05118

Chicken, roasting, light meat, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 43% 26% bone, 13% skin, 4% separable fat

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portic	<u>n</u>	Amount in edible portion of common		
			Nu	ımber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	74.30	0.294	13		1		73.56	163.46	
Energy	=	109		0	NC	4		108	240	
Energy		456				4		451	1003	
Protein (N x 6.25)		22.20	0.568	14		1		21.98	48.84	
Total lipid (fat)	_	1.63	0.362	11		1		1.61	3.59	
Ash		1.10		2		1		1.09	2.42	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	=									
S										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11	1.200	3		1		11	24	
Iron, Fe	_	0.89	0.159	3		1		0.88	1.96	
Magnesium, Mg		25		2		1		25	55	
Phosphorus, P		223	17.785	7		1		221	491	
Potassium, K		252		2		1		249	554	
Sodium, Na	-	51	5.280	6		1		50	112	
Zinc, Zn		0.66		2		1		0.65	1.45	
Copper, Cu		0.038		0		1		0.038	0.084	
Manganese, Mn		0.017		0	_	1		0.017	0.037	
Selenium, Se	mcg	17.8	3.652	5	A	1		17.6	39.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.066	i	0		1		0.065	0.145	
Riboflavin		0.089	ı	0		1		0.088	0.196	
Niacin	_	10.217		0		1		10.115	22.477	
Pantothenic acid		0.854		0		1		0.845	1.879	
Vitamin B-6		0.550	1	0		1		0.545	1.210	
Folate, total		4		0		1		4	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		4	9	
Folate, DFE		4		0	NC	4		4	9	
Vitamin B-12		0.39		0		1		0.39	0.86	
Vitamin A, IU		27		0		1		27	59	
Vitamin A, RAE	mca RAE	8		0		1		8	18	
Retinol		8		0	NR	4		8	18	
Vitamin E (alpha-tocopherol)		0.22		0	CASN	4		0.22	0.49	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		2.4	5.2	
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		0.370		0	_	1		0.366	0.814	
4:0		0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0		0.000		0	Z	7		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000		1		1		0.000	0.000	
13:0				_		_				
14:0		0.010	0.004	5		1		0.010	0.022	
15:0				_		_				
16:0		0.260	0.091	5		1		0.257	0.572	
17:0	_									
18:0	_	0.100	0.034	5		1		0.099	0.220	
20:0	_									
22:0	_									
24:0	g									

	<u>Ar</u>			Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3				
Fatty acids, total monounsaturatedg	0.480	0		1		0.475	1.056					
15:1g												
16:1 undifferentiated	0.070	0.025 5		1		0.069	0.154					
17:1	0.070	0.023 3		-		0.003	0.154					
18:1 undifferentiated	0.400	0.136 5		1		0.396	0.880					
20:1g	0.010	1		1		0.010	0.022					
22:1 undifferentiated	0.000	0		4		0.000	0.000					
24:1 cg	0.000	· ·		•		0.000	0.000					
Fatty acids, total polyunsaturated9	0.400	0		1		0.396	0.880					
18:2 undifferentiated	0.240	0.079 5		1		0.238	0.528					
18:3 undifferentiated	0.010	0.004 5		1		0.010	0.022					
18:4	0.000	0	z	7		0.000	0.000					
20:2 n-6 c.c. 9	0.000	· ·	_	•		0.000	0.000					
20:3 undifferentiated												
20:4 undifferentiated g	0.080	0.030 5		1		0.079	0.176					
20:5 n-3	0.000	0		1		0.000	0.000					
22:5 n-3	0.010	1		1		0.010	0.022					
22:6 n-3	0.020	1		1		0.020	0.044					
Fatty acids, total trans	0.020	-		-		0.020	0.044					
Cholesterolm	g 57	0		1		56	125					
Phytosterolsm	-	· ·		-		30	123					
1 llytosterois	9											
Amino Acids:												
Tryptophang	0.259	0		1		0.256	0.570					
Threonineg	0.938	0		1		0.929	2.064					
Isoleucineg	1.172	0		1		1.160	2.578					
Leucineg	1.666	0		1		1.649	3.665					
Lysineg	1.886	0		1		1.867	4.149					
Methionineg	0.614	0		1		0.608	1.351					
Cystineg	0.284	0		1		0.281	0.625					
Phenylalanineg	0.881	0		1		0.872	1.938					
Tyrosineg	0.749	0		1		0.742	1.648					
Valineg	1.101	0		1		1.090	2.422					
Arginineg	1.339	0		1		1.326	2.946					
Histidineg	0.689	0		1		0.682	1.516					
Alanineg	1.211	0		1		1.199	2.664					
Aspartic acidg	1.978	0		1		1.958	4.352					
Glutamic acid	3.325	0		1		3.292	7.315					
Glycine	1.090	0		1		1.079	2.398					
Proline	0.913	0		1		0.904	2.009					
Serineg	0.764	0		1		0.756	1.681					
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					
Carotenoids:												
Carotene, betamcc	g 0	0	z	7		0.000	0.000					
Carotene, alpha mcg	•	0	z	7		0.000	0.000					
Cryptoxanthin, beta mcg		0	z	7		0.000	0.000					
Lycopene mcc		0	z	7		0.000	0.000					
Lutein + zeaxanthin mcg		0	z	7		0.000	0.000					

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 220g: .5 chicken, bone and skin removed

NDB No. 05117

Chicken, roasting, light meat, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05110 Chicken, roasting, meat and skin and giblets and neck, cooked, roasted

Refuse: 29% Bone

		<u>A</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>!</u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure	
Proximates:	2	60.25		0	1		660.30	146 50		
Water	_	62.35		0			668.39	146.52		
Energy		220		0 NC			2358	517		
Energy		920			4		9868	2163		
Protein (N x 6.25)		23.96		0	1		256.85	56.31		
Total lipid (fat)		13.07		0	1		140.11	30.71		
Ash	g	0.85		0	1		9.11	2.00		
Carbohydrate, by difference	g	0.05		0 NC	4		0.54	0.12		
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:				•	_		400	•-		
Calcium, Ca	-	13		0	1		139	31		
Iron, Fe	-	1.61		0	1		17.26	3.78		
Magnesium, Mg		20		0	1		214	47		
Phosphorus, P	-	179		0	1		1919	421		
Potassium, K	-	204		0	1		2187	479		
Sodium, Na	-	71		0	1		761	167		
Zinc, Zn	mg	1.71		0	1		18.33	4.02		
Copper, Cu		0.071	L	0	1		0.761	0.167		
Manganese, Mn	mg	0.027	7	0	1		0.289	0.063		
Selenium, Se	mcg	15.7		0 BFY	1 4		168.3	36.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	1		4.3	0.9		
Thiamin	mg	0.057	7	0	1		0.611	0.134		
Riboflavin	mg	0.189	9	0	1		2.026	0.444		
Niacin	mg	7.031	L	0	1		75.372	16.523		
Pantothenic acid	mg	1.003	3	0	1		10.752	2.357		
Vitamin B-6	mg	0.340)	0	1		3.645	0.799		
Folate, total	mcg	23		0	1		247	54		
Folic acid		0		0 z	7		0	0		
Folate, food		23		0	1		247	54		
Folate, DFE		23		0 NC	4		247	54		
Vitamin B-12		0.78		0	1		8.36	1.83		
Vitamin A, IU		597		0	1		6400	1403		
Vitamin A, RAE		179		0	1		1922	421		
Retinol		179		0	1		1922	421		
Vitamin E (alpha-tocopherol)					_					
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	a	3.660)	0	1		39.235	8.601		
4:0					=					
6:0	-									
8:0	-									
10:0	-	0.000)	0	4		0.000	0.000		
12:0		0.020		0	1		0.214	0.047		
13:0					-			0.047		
14:0	-	0.100)	0	1		1.072	0.235		
15:0		0.100	-	-	-		1.072	0.233		
16:0	-	2.680)	0	1		28.730	6.298		
17:0	-	2.000	•	-	-		20.730	0.298		
	-	0.740	1	0	1		7.933	1.739		
18:0 20:0	-	0.740	,	•	_		1.933	1.739		
	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10		of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		_		m	easures of 1000		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	5.220		0		1		55.958	12.267		
14:1											
15:1	-			_		_					
16:1 undifferentiated	-	0.720		0		1		7.718	1.692		
17:1						_					
18:1 undifferentiated		4.300		0		1		46.096	10.105		
20:1	-	0.130		0		1		1.394	0.306		
22:1 undifferentiated 24:1 c	-	0.000		0		4		0.000	0.000		
Fatty acids, total polyunsaturated	g	2.850		0		1		30.552	6.698		
18:2 undifferentiated	g	2.480		0		1		26.586	5.828		
18:3 undifferentiated	g	0.110		0		1		1.179	0.259		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.120		0		1		1.286	0.282		
20:5 n-3	g	0.010		0		1		0.107	0.024		
22:5 n-3	g	0.020		0		1		0.214	0.047		
22:6 n-3	-	0.030		0		1		0.322	0.071		
Fatty acids, total trans	-										
Cholesterol	_	94		0		1		1008	221		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.265		0		1		2.841	0.623		
Threonine	g	0.994		0		1		10.656	2.336		
Isoleucine	g	1.187		0		1		12.725	2.789		
Leucine	g	1.746		0		1		18.717	4.103		
Lysine	g	1.925		0		1		20.636	4.524		
Methionine	g	0.632		0		1		6.775	1.485		
Cystine	g	0.321		0		1		3.441	0.754		
Phenylalanine	g	0.938		0		1		10.055	2.204		
Tyrosine	g	0.767		0		1		8.222	1.802		
Valine	g	1.166		0		1		12.500	2.740		
Arginine		1.517		0		1		16.262	3.565		
Histidine		0.688		0		1		7.375	1.617		
Alanine	-	1.390		0		1		14.901	3.267		
Aspartic acid		2.144		0		1		22.984	5.038		
Glutamic acid	_	3.506		0		1		37.584	8.239		
Glycine	_	1.578		0		1		16.916	3.708		
Proline		1.188		0		1		12.735	2.792		
Serine	_	0.862		0		1		9.241	2.026		
Hydroxyproline	g										

Common Measures:

Measure 1 = 1072g: 1 chicken

Measure 2 = 235g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% Bone

		<u>A</u> i	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Uni	te	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure :	
Nutrients and one	.5	Wican	Sta. Elloi					ivicasure i	Weasure 2	Weasure	
Proximates:											
Water	g	65.98		0		1		995.64			
Energy	kcal	213		0	NC	4		3214			
Energy	kj	891				4		13448			
Protein (N x 6.25)	g	17.09		0		1		257.89			
Total lipid (fat)		15.46		0		1		233.29			
Ash		0.86		0		1		12.98			
Carbohydrate, by difference		0.09		0	NC	4		1.36			
Fiber, total dietary		0.0		0	z	7		0.0			
Sugars, total		• • • • • • • • • • • • • • • • • • • •		•	_	•		0.0			
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	mg	10		0		1		151			
Iron, Fe	mg	1.37		0		1		20.67			
Magnesium, Mg		19		0		1		287			
Phosphorus, P		165		0		1		2490			
Potassium, K		196		0		1		2958			
Sodium, Na		69		0		1		1041			
Zinc, Zn	mg	1.28		0		1		19.32			
Copper, Cu	mg	0.060)	0		1		0.905			
Manganese, Mn	mg	0.027	7	0		1		0.407			
Selenium, Se	mcg	11.6		0	BFNN	4		175.0			
17*4											
Vitamins:				•		_		26.0			
Vitamin C, total ascorbic acid		2.4		0		1		36.2			
Thiamin	-	0.059		0		1		0.890			
Riboflavin		0.171		0		1		2.580			
Niacin		6.427		0		1		96.983			
Pantothenic acid		1.019		0		1		15.377			
Vitamin B-6	-	0.320)	0		1		4.829			
Folate, total		26		0		1		392			
Folic acid	-	0		0	Z	7		0			
Folate, food		26		0		1		392			
Folate, DFE		26		0	NC	4		392			
Vitamin B-12		0.99		0		1		14.94			
Vitamin A, IU		843		0		1		12721			
Vitamin A, RAE		253		0		1		3820			
Retinol	mcg	253		0		1		3820			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
	0	4.410	,	0		1		66.547			
Fatty acids, total saturated		4.410	,	U		_		00.547			
4:0											
6:0											
8:0		0.000	1	0		4		0.000			
10:0				0		1					
12:0		0.020	,	U		1		0.302			
13:0	-	0 100		^		-		1 000			
14:0		0.130)	0		1		1.962			
15:0	-			_		_					
16:0	-	3.220)	0		1		48.590			
17:0	-			_		_		تستر			
18:0	-	0.890)	0		1		13.430			
	α .										
20:0 22:0	-										

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number	_		m	easures of 1000		
Nutrients and Unit	s	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		6.390		0	1		96.425			
14:1										
15:1	-	0.000		•			10 077			
16:1 undifferentiated	-	0.860		0	1		12.977			
17:1 18:1 undifferentiated		5.290		0	1		79.826			
		0.160		0	1		2.414			
20:1	_	0.100		0	4		0.000			
22:1 undifferentiated 24:1 c	-	0.000		U	4		0.000			
Fatty acids, total polyunsaturated		3.330		0	1		50.250			
18:2 undifferentiated		2.960		0	1		44.666			
18:3 undifferentiated		0.140		0	1		2.113			
18:4		0.210		•	-		2.113			
20:2 n-6 c.c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.100		0	1		1.509			
20:5 n-3	-	0.010		0	1		0.151			
22:5 n-3	_	0.010		0	1		0.151			
22:6 n-3	g	0.030		0	1		0.453			
Fatty acids, total trans	g									
Cholesterol	mg	86		0	1		1298			
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.189		0	1		2.852			
Threonine		0.709		0	1		10.699			
Isoleucine		0.844		0	1		12.736			
Leucine	-	1.245		0	1		18.787			
Lysine		1.369		0	1		20.658			
Methionine	-	0.450		0	1		6.791			
Cystine	-	0.230		0	1		3.471			
Phenylalanine		0.670		0	1		10.110			
Tyrosine		0.547		0	1		8.254			
Valine	g	0.831		0	1		12.540			
Arginine	g	1.085		0	1		16.373			
Histidine		0.489		0	1		7.379			
Alanine	g	0.993		0	1		14.984			
Aspartic acid	g	1.530		0	1		23.088			
Glutamic acid	g	2.500		0	1		37.725			
Glycine	g	1.136		0	1		17.142			
Proline	g	0.853		0	1		12.872			
Serine	g	0.617		0	1		9.311			
Hydroxyproline	g									

Common Measures:

Measure 1 = 1509g: 1 chicken

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% Bone

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	•	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	62.10	0		1		130.41	298.08		
Energy	kcal	223	0	NC	4		468	1070		
Energy		933			4		1959	4479		
Protein (N x 6.25)	g	23.97	0		1		50.34	115.06		
Total lipid (fat)	g	13.39	0		1		28.12	64.27		
Ash	g	0.86	0		1		1.81	4.13		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0		1		25	58		
Iron, Fe	_	1.26	0		1		2.65	6.05		
Magnesium, Mg		20	0		1		42	96		
Phosphorus, P		179	0		1		376	859		
Potassium, K	mg	211	0		1		443	1013		
Sodium, Na		73	0		1		153	350		
Zinc, Zn		1.45	0		1		3.05	6.96		
Copper, Cu		0.058			1		0.122	0.278		
Manganese, Mn		0.018			1		0.038	0.086		
Selenium, Se	mcg	23.6	0	BFYN	4		49.6	113.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	z	7		0.0	0.0		
Thiamin	mg	0.057	7 0		1		0.120	0.274		
Riboflavin	mg	0.143	0		1		0.300	0.686		
Niacin	-	7.418			1		15.578	35.606		
Pantothenic acid		0.918			1		1.928	4.406		
Vitamin B-6	_	0.350			1		0.735	1.680		
Folate, total		5	0	_	1		11	24		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	5 5	0	NC	1 4		11 11	24 24		
Folate, DFE		0.27	0	NC	1		0.57	1.30		
Vitamin B-12 Vitamin A, IU		83	0		1		174	398		
Vitamin A, RAE		25	0		1		52	120		
Retinol		25	0		1		52	120		
Vitamin E (alpha-tocopherol)			-		_					
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	3.740	0		1		7.854	17.952		
4:0										
6:0	g									
8:0	g									
10:0		0.000			4		0.000	0.000		
12:0		0.020	0		1		0.042	0.096		
13:0	_		_		_					
14:0	_	0.110	0		1		0.231	0.528		
15:0	_	2.760	0		1		F 706	13 040		
16:0 17:0	_	2.760	, 0		_		5.796	13.248		
18:0	_	0.740	0		1		1.554	3.552		
20:0	_	J. /40	. •		-		1.554	3.332		
22:0	-									
24:0	-									

		<u>Am</u>	ount in 100 grams Number		e portion	1	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		5.400	0		1		11.340	25.920	
14:1									
15:1 16:1 undifferentiated		0.740	0		1		1.554	3.552	
17:1		0.740	v		-		1.554	3.332	
18:1 undifferentiated		4.450	0		1		9.345	21.360	
20:1		0.140	0		1		0.294	0.672	
22:1 undifferentiated		0.000	0		4		0.000	0.000	
24:1 c	•	0.000	·		-		0.000	0.000	
Fatty acids, total polyunsaturated		2.920	0		1		6.132	14.016	
18:2 undifferentiated		2.550	0		1		5.355	12.240	
18:3 undifferentiated		0.120	0		1		0.252	0.576	
18:4			•		_		0.202	0.070	
20:2 n-6 c.c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.110	0		1		0.231	0.528	
20:5 n-3		0.010	0		1		0.021	0.048	
22:5 n-3		0.020	0		1		0.042	0.096	
22:6 n-3		0.030	0		1		0.063	0.144	
Fatty acids, total trans									
Cholesterol		76	0		1		160	365	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.266	0		1		0.559	1.277	
Threonine		0.989	0		1		2.077	4.747	
Isoleucine	-	1.191	0		1		2.501	5.717	
Leucine		1.739	0		1		3.652	8.347	
Lysine	_	1.945	0		1		4.085	9.336	
Methionine	-	0.636	0		1		1.336	3.053	
Cystine		0.320	0		1		0.672	1.536	
Phenylalanine		0.929	0		1		1.951	4.459	
Tyrosine		0.769	0		1		1.615	3.691	
Valine		1.162	0		1		2.440	5.578	
Arginine		1.506	0		1		3.163	7.229	
Histidine		0.701	0		1		1.472	3.365	
Alanine	-	1.403	0		1		2.946	6.734	
Aspartic acid		2.137	0		1		4.488	10.258	
Glutamic acid	-	3.497	0		1		7.344	16.786	
Glycine		1.574	0		1		3.305	7.555	
Proline		1.173	0		1		2.463	5.630	
Serine		0.847	0		1		1.779	4.066	
Hydroxyproline		3.31,	· ·		-			4.000	
Others:					_				
Alcohol, ethyl		0.0	0	Z	7		0.0	0.0	
Caffeine	-								
Theobromine	mg								

Common Measures:

Measure 1 = 210g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 480g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% Bone

		<u>A</u>	mount in 100	<u>grams</u>	of ear	ne portio	<u>on</u>	Amount in edible portion of common			
			Ni	umber				<u>m</u>	easures of food		
			O ^c	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	65.50		0		1		191.92	437.54		
Energy	_	216		0	NC	4		633	1443		
Energy		904				4		2648	6037		
Protein (N x 6.25)		17.14		0		1		50.22	114.50		
Total lipid (fat)	_	15.85		0		1		46.44	105.88		
Ash		0.87		0		1		2.55	5.81		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	=										
Minerals: Calcium. Ca	ma	10		0		1		29	67		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.01		0		1		2.96	6.75		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	19		0		1		56	127		
Phosphorus, P		166		0		1		486	1109		
Potassium, K	-	196		0		1		574	1309		
Sodium, Na	-	68		0		1		199	454		
Zinc, Zn	-	1.07		0		1		3.14	7.15		
Copper, Cu		0.046	5	0		1		0.135	0.307		
Manganese, Mn	<u>mg</u>	0.018	3	0		1		0.053	0.120		
Selenium, Se	mcg	15.3		0	PAK	1		44.8	102.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin		0.058	3	0		1		0.170	0.387		
Riboflavin		0.115	5	0		1		0.337	0.768		
Niacin	mg	6.572	2	0		1		19.256	43.901		
Pantothenic acid	mg	0.885	5	0		1		2.593	5.912		
Vitamin B-6	mg	0.320)	0		1		0.938	2.138		
Folate, total		6		0		1		18	40		
Folic acid		0		0	Z	7		0	0		
Folate, food		6		0		1		18	40		
Folate, DFE		6		0	NC	4		18	40		
Vitamin B-12		0.31		0		1		0.91	2.07		
Vitamin A, IU	IU	131		0		1		384	875		
Vitamin A, RAE		38		0	NC	4		111	254		
Retinol	_	38		0	NR	4		111	254		
Vitamin E (alpha-tocopherol)		0.30		U	CASN	4		0.88	2.01		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.4		0	CAZN	4		7.0	15.9		
Lipids:											
Fatty acids, total saturated	g	4.530)	0		1		13.273	30.260		
4:0		0.000		0	z	7		0.000	0.000		
6:0		0.000		0	z	7		0.000	0.000		
8:0	-	0.000		0	z	7		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	_	0.020)	0		1		0.059	0.134		
13:0											
14:0		0.130)	0		1		0.381	0.868		
15:0	g										
16:0		3.320)	0		1		9.728	22.178		
17:0	g										
18:0	g	0.900)	0		1		2.637	6.012		
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	mount in 10		<u>n</u>	Amount in edible portion of common measures of food				
				Number				me	easures or 1000	i
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		6.640		0		1		19.455	44.355	
15:1	_									
16:1 undifferentiated	_	0.890		0		1		2.608	5.945	
17:1	-	F 400		•				4.6.00.6	0.6 680	
18:1 undifferentiated		5.490		0		1		16.086	36.673	
20:1	_	0.170		0		1		0.498	1.136	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c		2 400		•					00 710	
Fatty acids, total polyunsaturated		3.400		0		1		9.962	22.712	
18:2 undifferentiated		3.040		0		1		8.907	20.307	
18:3 undifferentiated	_	0.150		0	_	1		0.440	1.002	
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated		2 222		_		_				
20:4 undifferentiated	_	0.080		0		1		0.234	0.534	
20:5 n-3		0.010		0		1		0.029	0.067	
22:5 n-3		0.010		0		1		0.029	0.067	
22:6 n-3		0.030		0		1		0.088	0.200	
Fatty acids, total trans				_		_				
Cholesterol		73		0		1		214	488	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.190		0		1		0.557	1.269	
Threonine		0.706		0		1		2.069	4.716	
Isoleucine	-	0.851		0		1		2.493	5.685	
Leucine		1.244		0		1		3.645	8.310	
Lysine	-	1.390		0		1		4.073	9.285	
Methionine		0.454		0		1		1.330	3.033	
Cystine	_	0.230		0		1		0.674	1.536	
Phenylalanine		0.665		0		1		1.948	4.442	
Tyrosine		0.550		0		1		1.612	3.674	
Valine	-	0.831		0		1		2.435	5.551	
Arginine	-	1.078		0		1		3.159	7.201	
Histidine		0.501		0		1		1.468	3.347	
		1.005		0		1		2.945	6.713	
Alanine		1.529		0		1		4.480	10.214	
Aspartic acid		2.500		0		1		7.325	16.700	
Glutamic acid	-			0		1				
Glycine		1.131		0		1		3.314	7.555	
		0.842		0		1		2.467	5.625	
Serine		0.606		U		1		1.776	4.048	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcq	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	
		•		•	-	•			2.000	
Lycopene	mca	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 293g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 668g: .5 chicken, bone removed

NDB No. 05111

Chicken, roasting, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 43% 30% bone, 12% skin, 1% separable fat

		<u>A</u>	mount in 100 gr	ams of ed	ible porti	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	67.41		0	1		94.37	115.27	
Energy	-	167		0 NC			234	286	
· ·		699		U NC	. 4		978		
Energy				•				1195	
Protein (N x 6.25)		25.01		0	1		35.01	42.77	
Total lipid (fat)	_	6.63		0	1		9.28	11.34	
Ash		0.95		0	1		1.33	1.62	
Carbohydrate, by difference	g	0.00		0 Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
	_								
Minerals:				_	_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	12		0	1		17	21	
Iron, Fe	_	1.21		0	1		1.69	2.07	
Magnesium, Mg		21		0	1		29	36	
Phosphorus, P		192		0	1		269	328	
Potassium, K	mg	229		0	1		321	392	
Sodium, Na	mg	75		0	1		105	128	
Zinc, Zn	mg	1.52		0	1		2.13	2.60	
Copper, Cu	mg	0.057	7	0	1		0.080	0.097	
Manganese, Mn	mg	0.017	7	0	1		0.024	0.029	
Selenium, Se	mcg	24.6		0 BFY	N 4		34.4	42.1	
Vitaming									
Vitamins:	ma	0.0		^ =	7		0.0	0.0	
Vitamin C, total ascorbic acid		0.0		0 z			0.0	0.0	
Thiamin		0.062		0	1		0.087	0.106	
Riboflavin		0.147		0	1		0.206	0.251	
Niacin		7.881		0	1		11.033	13.477	
Pantothenic acid	mg	0.972		0	1		1.361	1.662	
Vitamin B-6	mg	0.410)	0	1		0.574	0.701	
Folate, total	mcg	5		0	1		7	9	
Folic acid	mcg	0		0 z	7		0	0	
Folate, food	mcg	5		0	1		7	9	
Folate, DFE	mcg_DFE	5		0 NC	4		7	9	
Vitamin B-12		0.29		0	1		0.41	0.50	
Vitamin A, IU		41		0	1		57	70	
Vitamin A, RAE		12		0	1		17	21	
Retinol		12		0	1		17	21	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	-								
Fatty acids, total saturated	a	1.810)	0	1		2.534	3.095	
4:0		1.01	,	Ü	-		2.554	3.033	
6:0									
8:0	-								
	-	0.000	1	0	4		0.000	0.000	
10:0				0	1				
12:0		0.010	,	U	1		0.014	0.017	
13:0	-			•	_				
14:0	_	0.050)	0	1		0.070	0.086	
15:0	-								
16:0	_	1.270)	0	1		1.778	2.172	
17:0	g								
18:0	g	0.420)	0	1		0.588	0.718	
20:0	g								
22:0	g								
24:0	g								
	-								

		<u>Ar</u>	nount in 10	0 grams		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father a side total management and	9	2.500		0		1		2 500	4 275	
Fatty acids, total monounsaturated		2.500		U		1		3.500	4.275	
15:1										
16:1 undifferentiated		0.340		0		1		0.476	0.581	
17:1	-	0.510		·		-		0.470	0.301	
18:1 undifferentiated		2.080		0		1		2.912	3.557	
20:1		0.040		0		1		0.056	0.068	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c		0.000		v		•		0.000	0.000	
Fatty acids, total polyunsaturated		1.510		0		1		2.114	2.582	
18:2 undifferentiated		1.240		0		1		1.736	2.120	
18:3 undifferentiated	_	0.060		0		1		0.084	0.103	
18:4		0.000		·		_		0.004	0.105	
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.100		0		1		0.140	0.171	
20:5 n-3	-	0.010		0		1		0.014	0.017	
22:5 n-3	_	0.020		0		1		0.028	0.034	
22:6 n-3		0.030		0		1		0.042	0.051	
Fatty acids, total trans		0.000		·		_		*****	0.002	
Cholesterol	-	75		0		1		105	128	
Phytosterols	-									
-										
Amino Acids:										
Tryptophan	-	0.292		0		1		0.409	0.499	
Threonine	_	1.056		0		1		1.478	1.806	
Isoleucine	_	1.321		0		1		1.849	2.259	
Leucine	-	1.877		0		1		2.628	3.210	
Lysine		2.125		0		1		2.975	3.634	
Methionine	_	0.693		0		1		0.970	1.185	
Cystine		0.320		0		1		0.448	0.547	
Phenylalanine	g	0.993		0		1		1.390	1.698	
Tyrosine	_	0.844		0		1		1.182	1.443	
Valine	g	1.240		0		1		1.736	2.120	
Arginine	-	1.509		0		1		2.113	2.580	
Histidine	_	0.776		0		1		1.086	1.327	
Alanine	_	1.365		0		1		1.911	2.334	
Aspartic acid	-	2.229		0		1		3.121	3.812	
Glutamic acid		3.745		0		1		5.243	6.404	
Glycine	g	1.229		0		1		1.721	2.102	
Proline	g	1.029		0		1		1.441	1.760	
Serine	g	0.860		0		1		1.204	1.471	
Hydroxyproline	g									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 171g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 49% 28% bone, 14% skin, 7% separable fat

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
			Nı	umber				<u>m</u>	easures of food	<u></u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	74.94		0		1		156.62	357.46	
Energy	-	111		0	NC	4		232	529	
Energy		464				4		971	2215	
Protein (N x 6.25)		20.33		0		1		42.49	96.97	
Total lipid (fat)	_	2.70		0		1		5.64	12.88	
Ash		1.07		0		1		2.24	5.10	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	-	0.00		·	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		0		1		21	48	
Iron, Fe		1.03		0		1		2.15	4.91	
Magnesium, Mg		23		0		1		48	110	
Phosphorus, P	_	198		0		1		414	944	
Potassium, K	_	238		0		1		497	1135	
Sodium, Na	-	75		0		1 1		157 2.49	358	
Zinc, Zn		1.19 0.050	,	0		1		2.49 0.105	5.68 0.239	
Copper, Cu		0.050		0		1		0.105	0.239	
Selenium, Se		16.9	,	0	BFNN	4		35.3	80.6	
Selemum, Se	g	10.5		Ū	DIMM	-		33.3	00.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.069	9	0		1		0.144	0.329	
Riboflavin	_	0.134	1	0		1		0.280	0.639	
Niacin		7.875		0		1		16.459	37.564	
Pantothenic acid		1.032		0		1		2.157	4.923	
Vitamin B-6	_	0.420)	0		1		0.878	2.003	
Folate, total		7		0		1		15	33	
Folic acid		0		0	Z	7		0	0	
Folate, food		7		0		1		15	33	
Folate, DFE		7		0	NC	4		15	33	
Vitamin B-12		0.36		0		1		0.75	1.72	
Vitamin A, IU	IU	45		0		1		94	215	
Vitamin A, RAE		13		0	NC	4		27	62	
Retinol	_	13		0	NR	4		27	62	
Vitamin E (alpha-tocopherol)		0.22		U	CASN	4		0.46	1.04	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		5.0	11.3	
vitanini K (phynoquinone)	9			·	011211	-		3.0	11.5	
Lipids:										
Fatty acids, total saturated	g	0.670		0		1		1.400	3.196	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	_	0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0	Z	7		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.010)	0		1		0.021	0.048	
13:0				_		_				
14:0		0.020)	0		1		0.042	0.095	
15:0			_			_				
16:0		0.450	J	0		1		0.941	2.147	
17:0	_	0.10		^		-		0 000	0 0=0	
18:0	_	0.180	J	0		1		0.376	0.859	
20:0	_									
22:0	_									
24:0	g									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures 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 monounsaturat	ted9	0.830		0		1		1.735	3.959	
14:1										
15:1	g									
16:1 undifferentiated	g	0.120		0		1		0.251	0.572	
17:1	g									
18:1 undifferentiated	g	0.690		0		1		1.442	3.291	
20:1	g	0.010		0		1		0.021	0.048	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate	edg	0.670		0		1		1.400	3.196	
18:2 undifferentiated		0.480		0		1		1.003	2.290	
18:3 undifferentiated	-	0.020		0		1		0.042	0.095	
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0		1		0.167	0.382	
20:5 n-3	g	0.010		0		1		0.021	0.048	
22:5 n-3	g	0.010		0		1		0.021	0.048	
22:6 n-3	g	0.030		0		1		0.063	0.143	
Fatty acids, total trans	g									
Cholesterol	mg	65		0		1		136	310	
Phytosterols	mg									
Amino Acids:										
	a	0.237		0		1		0.495	1.130	
Tryptophan Threonine		0.859		0		1		1.795	4.097	
Isoleucine	-	1.073		0		1		2.243	5.118	
Leucine		1.526		0		1		3.189	7.279	
		1.727		0		1		3.609	8.238	
Lysine Methionine		0.563		0		1		1.177	2.686	
		0.260		0		1		0.543	1.240	
Cystine		0.807		0		1		1.687	3.849	
Phenylalanine		0.686		0		1		1.434		
Tyrosine	-			0		1		2.107	3.272 4.808	
Valine	-	1.008 1.226		0		1				
Arginine				0		1		2.562 1.319	5.848	
Histidine		0.631		0		1			3.010	
Alanine		1.109		0		1		2.318	5.290	
Aspartic acid		1.812						3.787	8.643	
Glutamic acid	_	3.045		0		1 1		6.364	14.525	
Glycine		0.998						2.086	4.760	
Proline		0.836		0		1 1		1.747	3.988	
Serine		0.700		U		1		1.463	3.339	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
		_		_	_	_				
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iiicg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 209g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 477g: .5 chicken, bone and skin removed

NDB No. 05113

Chicken, roasting, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 51% 36% bone, 15% skin

		<u>A</u> :	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	_
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
D : 4									
Proximates: Water	а	55.09	0		1		77.13	40.22	
Energy	-	258	0	NC	4		361	188	
Energy		1079	·	-1.0	4		1511	788	
Protein (N x 6.25)	=	28.14	0		1		39.40	20.54	
Total lipid (fat)		15.28	0		1		21.39	11.15	
Ash		1.49	0		1		2.09	1.09	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.0	Ŭ	_	•		0.0	0.0	
Starch	-								
Starcii	9								
<u> Minerals:</u>									
Calcium, Ca	-	12	0		1		17	9	
Iron, Fe	-	1.64	0		1		2.30	1.20	
Magnesium, Mg		22	0		1		31	16	
Phosphorus, P	•	187	0		1		262	137	
Potassium, K	-	204	0		1		286	149	
Sodium, Na		95	0		1		133	69	
Zinc, Zn		3.12	0		1		4.37	2.28	
Copper, Cu		0.144			1		0.202	0.105	
Manganese, Mn		0.023			1		0.032	0.017	
Selenium, Se	mcg	21.8	0	BFYN	4		30.5	15.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.128			1		0.179	0.093	
Riboflavin		0.347			1		0.486	0.253	
Niacin		4.556			1		6.378	3.326	
Pantothenic acid		1.010			1		1.414	0.737	
Vitamin B-6		0.240			1		0.336	0.175	
Folate, total	_	8	0		1		11	6	
Folic acid		0	0	z	7		0	0	
Folate, food		8	0		1		11	6	
Folate, DFE	mca DFE	8	0	NC	4		11	6	
Vitamin B-12		0.25	0		1		0.35	0.18	
Vitamin A, IU		145	0		1		203	106	
Vitamin A, RAE		44	0		1		61	32	
Retinol		44	0		1		61	32	
Vitamin E (alpha-tocopherol)								32	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u> Lipids:</u>									
Fatty acids, total saturated		4.070	0		1		5.698	2.971	
4:0									
6:0									
8:0	-	0.000	, _		,		0.000	2 222	
10:0		0.000			4		0.000	0.000	
12:0		0.060	0		1		0.084	0.044	
13:0	_	0 100	, _		4		0 140	0.070	
14:0	_	0.100	0		1		0.140	0.073	
15:0	_	0 500	, _		4		2 222	2 222	
16:0	_	2.780	0		1		3.892	2.029	
17:0	-	1 000	, _		4		1 400	0.700	
18:0		1.000	0		1		1.400	0.730	
20:0	-								
22:0	~								

		<u>Aı</u>	mount in 10	0 grams		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Par il col	a	F 240		0		1		7 226	2 005	
Fatty acids, total monounsaturated		5.240		U		1		7.336	3.825	
15:1										
16:1 undifferentiated		0.730		0		1		1.022	0.533	
17:1	-	0.750		Ū		-		1.022	0.555	
18:1 undifferentiated		4.370		0		1		6.118	3.190	
20:1		0.060		0		1		0.084	0.044	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated		3.650		0		1		5.110	2.665	
18:2 undifferentiated		2.930		0		1		4.102	2.139	
18:3 undifferentiated	_	0.130		0		1		0.182	0.095	
18:4		0.130				-		0.102	0.033	
20:2 n-6 c.c										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.280		0		1		0.392	0.204	
20:5 n-3	-	0.030		0		1		0.042	0.022	
22:5 n-3	_	0.060		0		1		0.084	0.044	
22:6 n-3		0.110		0		1		0.154	0.080	
Fatty acids, total trans		0.220		•		_		0.201	0.000	
Cholesterol	-	95		0		1		133	69	
Phytosterols	-									
-										
Amino Acids:										
Tryptophan	-	0.329		0		1		0.461	0.240	
Threonine	_	1.189		0		1		1.665	0.868	
Isoleucine	_	1.486		0		1		2.080	1.085	
Leucine	-	2.112		0		1		2.957	1.542	
Lysine	_	2.391		0		1		3.347	1.745	
Methionine	_	0.779		0		1		1.091	0.569	
Cystine		0.360		0		1		0.504	0.263	
Phenylalanine	_	1.117		0		1		1.564	0.815	
Tyrosine	g	0.950		0		1		1.330	0.694	
Valine		1.396		0		1		1.954	1.019	
Arginine	-	1.698		0		1		2.377	1.240	
Histidine	_	0.874		0		1		1.224	0.638	
Alanine	_	1.536		0		1		2.150	1.121	
Aspartic acid	-	2.508		0		1		3.511	1.831	
Glutamic acid		4.215		0		1		5.901	3.077	
Glycine	g	1.382		0		1		1.935	1.009	
Proline		1.157		0		1		1.620	0.845	
Serine	_	0.968		0		1		1.355	0.707	
Hydroxyproline	g									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 73g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 54% 33% bone, 11% skin, 10% separable fat

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion of	of common
			Nι	umbe	r			<u>m</u>	easures of food	
			of	f Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	71.94	0.312	75		1		75.54	110.79	
Energy		157		0	NC	4		165	242	
Energy		657				4		690	1012	
Protein (N x 6.25)		19.70	0.129	87		1		20.69	30.34	
Total lipid (fat)		8.12	0.437	55		1		8.53	12.50	
Ash	g	1.41		2		1		1.48	2.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		0		1		11	15	
Iron, Fe		1.22		0		1		1.28	1.88	
Magnesium, Mg		23		0		1		24	35	
Phosphorus, P	mg	190		0		1		200	293	
Potassium, K	mg	242		0		1		254	373	
Sodium, Na	mg	101		0		1		106	156	
Zinc, Zn	mg	2.08	0.038	5		1		2.18	3.20	
Copper, Cu	mg	0.107	0.012	43		1		0.112	0.165	
Manganese, Mn	mg	0.021	=	0		1		0.022	0.032	
Selenium, Se	mcg	13.5	1.936	4	A	1		14.2	20.8	
Vitamins:										
	ma	4.6		0		1		4.8	- 1	
Vitamin C, total ascorbic acid	-		0.004	6		1			7.1	
Thiamin		0.163				1		0.171	0.251	
Riboflavin	-	0.279		6				0.293	0.430	
Niacin		5.405		2		1		5.675	8.324	
Pantothenic acid		1.262		0		1		1.325	1.943	
Vitamin B-6		0.340)	0		1		0.357	0.524	
Folate, total	-	10		0		1		11	15	
Folic acid	_	0		0	Z	7		0	0	
Folate, food		10		0		1		11	15	
Folate, DFE		10		0	NC	4		11	15	
Vitamin B-12	mcg	0.37		0		1		0.39	0.57	
Vitamin A, IU	IU	135		0		1		142	208	
Vitamin A, RAE		41		0		1		43	62	
Retinol		41		0	NR	4		43	63	
Vitamin E (alpha-tocopherol)	mg	0.24		0	CASN	4		0.26	0.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.5	3.7	
Lipids:										
	0	2.080	,	0		1		2.184	3.203	
Fatty acids, total saturated		0.000		0	z	7		0.000	0.000	
4:0				0	Z	7				
6:0		0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		-	Z			0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.040	0.007	17		1		0.042	0.062	
13:0	-	0 05-		٠.				•		
14:0		0.050	0.006	24		1		0.053	0.077	
15:0				٠.		_				
16:0	-	1.390	0.074	24		1		1.460	2.141	
17:0	-	_		_		_			_	
18:0		0.550	0.038	24		1		0.578	0.847	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion easures of food	
				ımbeı		_		<u></u>	0000100 01 1000	•
Nutrients and U	nits	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.520		0		1		2.646	3.881	
15:1	g									
16:1 undifferentiated	g	0.370	0.027	24		1		0.389	0.570	
17:1	g									
18:1 undifferentiated	-	2.100		24		1		2.205	3.234	
20:1	-	0.020	0.006	6		1		0.021	0.031	
22:1 undifferentiated	•	0.000	1	0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated.	g	2.020		0		1		2.121	3.111	
18:2 undifferentiated	g	1.550	0.084	24		1		1.628	2.387	
18:3 undifferentiated	-	0.070		18		1		0.074	0.108	
18:4	g	0.000	ı	0	Z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.190		16		1		0.200	0.293	
20:5 n-3	g	0.020	0.007	8		1		0.021	0.031	
22:5 n-3	g	0.040	0.011	9		1		0.042	0.062	
22:6 n-3	g	0.080	0.023	9		1		0.084	0.123	
Fatty acids, total trans	g									
Cholesterol	mg	77	3.341	4		1		81	119	
Phytosterols	mg									
Amino Asida										
Amino Acids:	~	0.230		0		1		0.242	0.254	
Tryptophan				0		1			0.354	
Threonine	-	0.832				1		0.874	1.281	
Isoleucine		1.040		0		1		1.092	1.602	
Leucine		1.478		0		1		1.552	2.276	
Lysine		1.674		0		1		1.758	2.578	
Methionine		0.545						0.572	0.839	
Cystine		0.252		0		1		0.265	0.388	
Phenylalanine		0.782		0		1		0.821	1.204	
Tyrosine	=	0.665		0		1		0.698	1.024	
Valine		0.977		0		1		1.026	1.505	
Arginine		1.188		0		1		1.247	1.830	
Histidine		0.611		0		1		0.642	0.941	
Alanine		1.075		0		1		1.129	1.656	
Aspartic acid	-	1.756		0		1		1.844	2.704	
Glutamic acid	-	2.950		0		1		3.098	4.543	
Glycine		0.968		0		1		1.016	1.491	
Proline		0.810		0		1		0.851	1.247	
Serine		0.678		0		1		0.712	1.044	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
	9	J		•		•		J	•	
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 154g: .5 chicken, bone and skin removed

NDB No. 05131

Chicken, stewing, dark meat, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	64.00	0		1		92.80	10.88		
Energy	kcal	194	0	NC	4		281	33		
Energy	kj	812			4		1177	138		
Protein (N x 6.25)	g	25.73	0		1		37.31	4.37		
Total lipid (fat)	g	9.30	0		1		13.49	1.58		
Ash		0.87	0		1		1.26	0.15		
Carbohydrate, by difference	g	0.11	0	NC	4		0.16	0.02		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
M:										
Minerals: Calcium. Ca	ma	13	0		1		19	2		
Iron. Fe.		6.44	0		1		9.34	1.09		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	20	0		1		29	3		
Phosphorus, P		223	0		1		323	38		
Potassium, K	•	154	0		1		223	26		
Sodium, Na	-	56	0		1		81	10		
Zinc, Zn		4.28	0		1		6.21	0.73		
Copper, Cu		0.299	0		1		0.434	0.051		
Manganese, Mn		0.177	0		1		0.257	0.030		
Selenium, Se	mcg	90.4	0	BFNN	4		131.1	15.4		
Vitamins:										
	ma	5.5	0		1		8.0	0.9		
Vitamin C, total ascorbic acid Thiamin		0.090			1		0.131	0.9		
Riboflavin		1.047			1		1.518	0.178		
Niacin		4.971			1		7.208	0.845		
Pantothenic acid.	-	2.971			1		4.308	0.505		
Vitamin B-6		0.410			1		0.595	0.070		
Folate, total	_	367	0		1		532	62		
Folic acid		0	0	Z	7		0	0		
Folate, food		367	0		1		532	62		
Folate, DFE	mcg_DFE	367	0	NC	4		532	62		
Vitamin B-12		9.48	0		1		13.75	1.61		
Vitamin A, IU	IU	9536	0		1		13827	1621		
Vitamin A, RAE	mcg_RAE	2864	0		1		4152	487		
Retinol		2864	0		1		4152	487		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.660	0		1		3.857	0.452		
4:0	g									
6:0										
8:0										
10:0		0.000			4		0.000	0.000		
12:0		0.000	0		1		0.000	0.000		
13:0					_					
14:0	-	0.040	0		1		0.058	0.007		
15:0	-	4 =								
16:0	-	1.710	0		1		2.480	0.291		
17:0	-	A 7.55					1 100	0 100		
18:0		0.760	0		1		1.102	0.129		
20:0	_									
22:0	g									

Nutrients and Units			<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common				
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3					Number			<u>m</u>	easures of food	
141	Nutrients and Unit	ts	Mean	Std. Error				Measure 1	Measure 2	Measure 3
141										
15-1	2 ,	_	2.940		0	1		4.263	0.500	
16.1 undifferentiated.										
17-1						_				
181 undifferentiated			0.290		0	1		0.421	0.049	
201		_	0.660		•	_				
22:1 undifferentiated		_			-	_				
241 c. 9 Fatty acids, total polyunsaturated. 9 1.430 0 1 2.741 0.321 182 undifferentiated. 9 1.430 0 1 0.073 0.009 184. 9 0.050 0 1 0.073 0.009 184. 9 202 n.5 c. 9 9 0.000 0 1 0.073 0.065 203 undifferentiated. 9 0.380 0 1 0.000 0.005 0.000 0 1 0.000		-								
Fatty acids, total polyunsaturated		•	0.000		0	4		0.000	0.000	
18.2 undifferentiated. g		_			•	_				
18:3 undifferentiated										
18:4.		_								
202 n-6 c.c. g 203 undifferentiated. g 204 undifferentiated. g 0.380 0 1 0.551 0.065 205 n-3. g 0.000 0 1 0.000 0.000 225 n-3. g 0.000 0 1 0.000 0.000 225 n-3. g 0.000 0 1 0.000 0.000 225 n-3. g 0.000 0 1 0.000		_	0.050		0	1		0.073	0.009	
20.3 undifferentiated. g g 0.380 0 1 0.551 0.065 20.4 undifferentiated. g 0.000 0 1 0.000 0.000 22.5 n.3. g 0.000 0 1 0.000 0.000 22.5 n.3. g 0.000 0 1 0.000 0.000 22.6 n.3. g 0.000 0 1 0.000 0.000 Faty acids, total trans. g										
20.4 undifferentiated 9 0.380 0 1 0.551 0.065 20.5 n-3 9 0.000 0 1 0.000 0.000 22.5 n-3 9 0.000 0 1 0.000 0.000 Faty acids, total trans. 9 0.000 0 1 0.000 0.000 Faty acids, total trans. 9 0 0 1 515 60 Phytosterols. mg 355 0 1 515 60 Phytosterols. mg 355 0 1 0.422 0.049 Phytosterols. mg 8 0 1 0.422 0.049 Phytosterols. mg 0 1 0.422 0.049 Thytosterols. mg 1.167 0 1 1.692 0.198 Isolation. 9 1.288 0 1 1.668 0.219 1.291 0.348 1.291										
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 0 1 515 60 Phytosterolog mg 355 0 1 515 60 Phytosterolog mg 355 0 1 515 60 Phytosterolog mg 2 1 1 0.422 0.049 Phytosterolog g 1.167 0 1 1.692 0.198 Threonine g 1.167 0 1 1.682 0.198 Income g 1.288 0 1 1.868 0.219 Leucine g 1.875 0 1 2.967 0.348 Lysine g <td< td=""><td></td><td></td><td></td><td></td><td>•</td><td>_</td><td></td><td></td><td></td><td></td></td<>					•	_				
22:5 n-3 g 0.000 0 1 0.000 0.000 22:5 n-3 g 0.000 0 1 0.000 0.000 Fatty acids, total trans g Cholesterol. mg 355 0 1 515 60 Amino Acids: Tryptophan g 0.291 0 1 0.422 0.049 Threonine g 1.167 0 1 1.692 0.198 Isoleucine g 1.288 0 1 1.868 0.219 Leucine g 2.046 0 1 2.967 0.348 Lysine g 1.875 0 1 2.971 0.319 Methionine g 0.645 0 1 0.935 0.110 Cystine g 0.342 0 1 0.935 0.110 Tyrosine g 0.842 0 1 1.682 0.197		_								
22:6 n-3 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 355 0 1 515 60 Cholesterol. .mg 355 0 1 515 60 Phytosterols. Amino Acids: Tryptophan. .9 0.291 0 1 0.422 0.049 Threonine. .9 1.167 0 1 1.692 0.198 Iboleucine. .9 1.288 0 1 1.692 0.198 Leucine. .9 1.288 0 1 1.868 0.219 Leucine. .9 1.875 0 1 2.967 0.348 Lysine. .9 1.875 0 1 0.935 0.110 Cystine. .9 0.342 0 1 0.496 0.058 Phenylalanine. .9 1.160 0 1 1.682 0.197 <td></td> <td>_</td> <td></td> <td></td> <td>-</td> <td>_</td> <td></td> <td></td> <td></td> <td></td>		_			-	_				
Fatty acids, total trans.										
Cholesterol mg 355 0 1 515 60			0.000		0	1		0.000	0.000	
Phytosterols. mg Phytosterols. Phytost	2 ,	_				_				
Amino Acids: Tryptophan 9 0.291 0 1 0.422 0.049 Threonine 9 1.167 0 1 1.692 0.198 Isoleucine 9 1.288 0 1 1.868 0.219 Leucine 9 2.046 0 1 2.967 0.348 Lysine 9 1.875 0 1 2.719 0.319 Methionine 9 0.645 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.935 0.110 Cystine 9 0.342 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.682 0.197 Tyrosine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 <td></td> <td></td> <td>355</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>515</td> <td>60</td> <td></td>			355		0	1		515	60	
Tryptophan. g 0.291 0 1 0.422 0.049 Threonine. g 1.167 0 1 1.692 0.198 Isoleucine. g 1.288 0 1 1.868 0.219 Leucine. g 2.046 0 1 2.967 0.348 Lysine. g 1.875 0 1 2.719 0.319 Methionine. g 0.645 0 1 0.935 0.110 Cystine. g 0.342 0 1 0.935 0.110 Cystine. g 0.342 0 1 0.496 0.058 Phenylalanine. g 1.160 0 1 1.682 0.197 Tyrosine. g 0.842 0 1 1.221 0.143 Valine. g 1.363 0 1 1.976 0.232 Arginine. g 0 1 0 1 0.86	Phytosterols	mg								
Tryptophan. g 0.291 0 1 0.422 0.049 Threonine. g 1.167 0 1 1.692 0.198 Isoleucine. g 1.288 0 1 1.868 0.219 Leucine. g 2.046 0 1 2.967 0.348 Lysine. g 1.875 0 1 2.719 0.319 Methionine. g 0.645 0 1 0.935 0.110 Cystine. g 0.342 0 1 0.935 0.110 Cystine. g 0.342 0 1 0.496 0.058 Phenylalanine. g 1.160 0 1 1.682 0.197 Tyrosine. g 0.842 0 1 1.221 0.143 Valine. g 1.363 0 1 1.976 0.232 Arginine. g 0 1 0 1 0.86	Amino Acids:									
Threonine 9 1.167 0 1 1.692 0.198 Isoleucine 9 1.288 0 1 1.868 0.219 Leucine 9 2.046 0 1 2.967 0.348 Lysine 9 1.875 0 1 2.9719 0.319 Methionine 9 0.645 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.496 0.058 Phenylalanine 9 0.342 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.976 0.232 Arginine 9 1.363 0 1 1.976 0.232 Histidine 9 0.596 0 1 0.864 0.101<		а	0.291		0	1		0.422	0.049	
Soleucine 9	2		1.167		0	1		1.692	0.198	
Leucine 9 2.046 0 1 2.967 0.348 Lysine 9 1.875 0 1 2.719 0.319 Methionine 9 0.645 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.496 0.058 Phenylalanine 9 1.160 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.221 0.143 Valine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 1.976 0.232 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.22			1.288		0	1		1.868		
Lysine 9 1.875 0 1 2.719 0.319 Methionine 9 0.645 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.496 0.058 Phenylalanine 9 1.160 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.221 0.143 Valine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 2.500 0.293 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.631 0.19		_			0	1				
Methionine 9 0.645 0 1 0.935 0.110 Cystine 9 0.342 0 1 0.496 0.058 Phenylalanine 9 1.160 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.221 0.143 Valine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 2.500 0.293 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.631 0		_	1.875		0	1		2.719	0.319	
Cystine 9 0.342 0 1 0.496 0.058 Phenylalanine 9 1.160 0 1 1.682 0.197 Tyrosine 9 0.842 0 1 1.221 0.143 Valine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 2.500 0.293 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.631 0.191	2		0.645		0	1		0.935	0.110	
Phenylalanine g 1.160 0 1 1.682 0.197 Tyrosine .g 0.842 0 1 1.221 0.143 Valine .g 1.363 0 1 1.976 0.232 Arginine .g 1.724 0 1 2.500 0.293 Histidine .g 0.596 0 1 0.864 0.101 Alanine .g 1.252 0 1 1.815 0.213 Aspartic acid .g 2.408 0 1 3.492 0.409 Glutamic acid .g 3.928 0 1 5.696 0.668 Glycine .g 1.414 0 1 2.050 0.240 Proline .g 1.311 0 1 1.901 0.223 Serine .g 1.125 0 1 1.631 0.191					0	1		0.496		
Tyrosine 9 0.842 0 1 1.221 0.143 Valine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 2.500 0.293 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191	2				0	1				
Valine 9 1.363 0 1 1.976 0.232 Arginine 9 1.724 0 1 2.500 0.293 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191	•	_	0.842		0	1		1.221		
Arginine 9 1.724 0 1 2.500 0.293 Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191					0	1		1.976		
Histidine 9 0.596 0 1 0.864 0.101 Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191			1.724		0	1		2.500	0.293	
Alanine 9 1.252 0 1 1.815 0.213 Aspartic acid 9 2.408 0 1 3.492 0.409 Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191	=					1				
Aspartic acid. 9 2.408 0 1 3.492 0.409 Glutamic acid. 9 3.928 0 1 5.696 0.668 Glycine. 9 1.414 0 1 2.050 0.240 Proline. 9 1.311 0 1 1.901 0.223 Serine. 9 1.125 0 1 1.631 0.191			1.252		0	1				
Glutamic acid 9 3.928 0 1 5.696 0.668 Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191		_				1				
Glycine 9 1.414 0 1 2.050 0.240 Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191	•				0	1				
Proline 9 1.311 0 1 1.901 0.223 Serine 9 1.125 0 1 1.631 0.191		-				1				
Serine	3	_			-	_				
y v v v v v v v v v v v v v v v v v v v										
					-	-			· · - · -	

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 17g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	69.80		0		1		19.54	56.54	
Energy	kcal	168		0	NC	4		47	136	
Energy	kj	703				4		197	569	
Protein (N x 6.25)	g	17.89		0		1		5.01	14.49	
Total lipid (fat)	g	9.21		0		1		2.58	7.46	
Ash	g	0.97		0		1		0.27	0.79	
Carbohydrate, by difference	g	2.13		0	NC	4		0.60	1.73	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	10		0		1		3	8	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	5.93		0		1		1.66	4.80	
Magnesium, Mg		18		0		1		5	15	
Phosphorus, P	•	198		0		1		55	160	
Potassium, K	-	226		0		1		63	183	
Sodium, Na	_	77		0		1		22	62	
Zinc, Zn		3.01		0		1		0.84	2.44	
Copper, Cu		0.275		0		1		0.077	0.223	
Manganese, Mn		0.151	=	0		1		0.042	0.122	
Selenium, Se	mcg	56.1		0	BFNN	4		15.7	45.4	
itamins:										
Vitamin C, total ascorbic acid	ma	11.4		0		1		3.2	9.2	
Thiamin	-	0.097	,	0		1		0.027	0.079	
Riboflavin	_	1.106		0		1		0.310	0.896	
Niacin		8.530		0		1		2.388	6.909	
Pantothenic acid		3.275		0		1		0.917	2.653	
Vitamin B-6	-	0.520		0		1		0.146	0.421	
Folate, total	-	350		0		1		98	284	
Folic acid		0		0	z	7		0	0	
Folate, food		350		0		1		98	284	
Folate, DFE		350		0	NC	4		98	284	
Vitamin B-12		10.83		0		1		3.03	8.77	
Vitamin A, IU		10497		0		1		2939	8503	
Vitamin A, RAE		3152		0		1		883	2553	
Retinol		3152		0		1		883	2553	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
ipids:	a	2.630		0		1		0.736	2.130	
Fatty acids, total saturated		2.630	,	U		1		0.736	2.130	
6:0										
8:0	_									
10:0		0.000)	0		4		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	-	3.000				-		0.000	0.000	
14:0	_	0.050)	0		1		0.014	0.041	
15:0	_	3.030				-		0.014	0.041	
16:0	_	1.620)	0		1		0.454	1.312	
17:0	_	1.520		Ū		-		0.434	1.312	
18:0	_	0.750)	0		1		0.210	0.608	
20:0	_	0.750	•	J		-		3.210	0.000	
22:0	_									
24:0										

Fatty acids, total monounsaturated 9 2.750 0 1 0.770 2.228 141. 9 151. 9 151. 9 1 0.087 0.251 171. 191. 9 1 0.087 0.251 171. 191. 9 1 0.087 0.251 171. 191. 9 1 0.083 1.976 201. 9 0.000 0 1 0.000 0.000 201. 9 0.000 0 1 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 211. 9 0.000 0.000 212. undifferentiated 9 1.550 0 1 0.588 1.701 183. undifferentiated 9 0.050 0 1 0.588 1.701 184. 9 0.000 0 1 0.001 184. 9 0.001 185. undifferentiated 9 0.000 0 1 0.001 120. undifferentiated 9 0.000 0 1 0.001 120. undifferentiated 9 0.000 0 1 0.000 0.000 225. n.3 9 0.000 0 1 0.000 0.000 225. n.3 9 0.000 0 1 0.000 0.000 225. n.3 9 0.000 0 1 0.000 0.000 226. n.3 9 0.000 0 1 0.000 0.000 246. n.3 9 0.000 0 1 0.000 0.000 25. n.3 9 0.000 0 1 0.000 0.000 26. n.3 9 0.000 0 1 0.000 0.000 27. n.3 9 0.000 0 1 0.000 0.000 286. n.3 9 0.000 0 1 0.000 0.000 29. n.3 9 0.000 0 1 0.000 0.000 20. n.3 9 0.000 0 1 0.000			<u>A</u> 1	mount in 10	0 grams	of edil	Amount in edible portion of common				
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3					Number				<u>m</u>	easures of food	
141	Nutrients and Un	its	Mean						Measure 1	Measure 2	Measure 3
141					_						
15-1	2	_	2.750		0		1		0.770	2.228	
16 undifferentiated											
17-1			0.310		0		1		0 007	0.251	
18.1 undifferentiated			0.310		U		1		0.087	0.231	
20-1		_	2 440		0		1		0 603	1 076	
22:1 undifferentiated					-		_				
Party acids, total polyunsaturated		-									
Fatty acids, total polyunsaturated		•	0.000		U		4		0.000	0.000	
18.2 undifferentiated. g 1.550 0 1 0.434 1.256 18.3 undifferentiated. g 0.050 0 1 0.014 0.041 18.4		_	2 100		0		-		0 500	1 701	
18:3 undifferentiated. 9 0.050 0 1 0.014 0.041 18:4											
18:4		_									
202 n-6 c.c. 9 203 undifferentiated. 9 0.470 0 1 0.132 0.381		_	0.050		U		1		0.014	0.041	
20.3 undifferentiated											
20.4 undifferentiated. 9											
20.5 n-3.			0.470		0		1		0 122	0 201	
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 240 0 1 67 194 Amino Acids: Typophan g 0.203 0 1 0.057 0.164 Threonine g 0.812 0 1 0.227 0.658 Isoleucine g 0.812 0 1 0.227 0.658 Isoleucine g 0.812 0 1 0.251 0.726 Leucine g 1.306 0 1 0.399 1.154 Lysine g 1.306 0 1 0.399 1.154 Lysine g 0.248 0 1 0.125 0.363 Oystine g 0.238 0 1 0.125 0.363		_									
22:6 n-3. g 0.000 0 1 0.000 0.000 Fatty acids, total trans. g 240 0 1 67 194 Cholesterols. mg 240 0 1 67 194 Phytosterols. Amino Acids: Tryptophan. g 0.203 0 1 0.057 0.164 Threonine. g 0.812 0 1 0.227 0.658 Isoleucine. g 0.896 0 1 0.251 0.726 Leucine. g 1.425 0 1 0.399 1.154 Lysine. g 1.306 0 1 0.366 1.058 Methionine. g 0.0448 0 1 0.125 0.363 Cystine. g 0.238 0 1 0.067 0.193 Phenylalanine. g 0.586 0 1 0.164 0.475		_			-		_				
Fatty acids, total trans											
Cholesterol. mg 240 0 1 67 194 Phytosterols. mg Amino Acids: Tryptophan g 0.203 0 1 0.057 0.164 Threonine. g 0.812 0 1 0.227 0.658 Isoleucine. g 0.896 0 1 0.251 0.726 Leucine. g 1.425 0 1 0.399 1.154 Lysine. g 1.306 0 1 0.366 1.058 Methionine. g 0.448 0 1 0.125 0.363 Cystine. g 0.238 0 1 0.067 0.193 Phenylalanine. g 0.807 0 1 0.226 0.654 Tyrosine. g 0.586 0 1 0.164 0.475 Valine. g 0.949 0 1 0.266 0.76			0.000	1	U		1		0.000	0.000	
Phytosterols	2	_	240		^				677	104	
Amino Acids: Tryptophan. g 0.203 0 1 0.057 0.164 Threonine. g 0.812 0 1 0.227 0.658 Isoleucine. g 0.896 0 1 0.251 0.726 Leucine. g 1.425 0 1 0.399 1.154 Lysine. g 1.306 0 1 0.366 1.058 Methionine. g 0.448 0 1 0.125 0.363 Cystine. g 0.238 0 1 0.067 0.193 Phenylalanine. g 0.807 0 1 0.226 0.654 Tyrosine. g 0.586 0 1 0.164 0.475 Valine. g 0.586 0 1 0.164 0.475 Valine. g 0.586 0 1 0.164 0.475 Valine. g 0.949 0 1		_	240		U		_		67	194	
Tryptophan g 0.203 0 1 0.057 0.164 Threonine g 0.812 0 1 0.227 0.658 Isoleucine g 0.896 0 1 0.251 0.726 Leucine g 1.425 0 1 0.399 1.154 Lysine g 1.306 0 1 0.366 1.058 Methionine g 0.448 0 1 0.125 0.363 Cystine g 0.238 0 1 0.067 0.193 Phenylalanine g 0.807 0 1 0.226 0.654 Tyrosine g 0.586 0 1 0.164 0.475 Valine g 0.586 0 1 0.164 0.475 Valine g 0.949 0 1 0.266 0.769 Arginine g 0.416 0 1 0.335 0.970 <td>Phytosterois</td> <td><u>iii</u>g</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterois	<u>iii</u> g									
Threonine g 0.812 0 1 0.227 0.658 Isoleucine g 0.896 0 1 0.251 0.726 Leucine g 1.425 0 1 0.399 1.154 Lysine g 1.306 0 1 0.366 1.058 Methionine g 0.448 0 1 0.125 0.363 Cystine g 0.238 0 1 0.167 0.133 Cystine g 0.807 0 1 0.067 0.193 Phenylalanine g 0.807 0 1 0.226 0.654 Tyrosine g 0.586 0 1 0.164 0.475 Valine g 0.586 0 1 0.266 0.769 Arginine g 0.949 0 1 0.335 0.970 Histidine g 0.416 0 1 0.116 0.337 <td>Amino Acids:</td> <td></td>	Amino Acids:										
Threonine g 0.812 0 1 0.227 0.658 Isoleucine g 0.896 0 1 0.251 0.726 Leucine g 1.425 0 1 0.399 1.154 Lysine g 1.306 0 1 0.366 1.058 Methionine g 0.448 0 1 0.365 1.058 Mythonine g 0.448 0 1 0.067 0.363 Cystine g 0.238 0 1 0.067 0.193 Phenylalanine g 0.807 0 1 0.226 0.654 Tyrosine g 0.586 0 1 0.164 0.475 Valine g 0.949 0 1 0.266 0.769 Arginine g 0.9416 0 1 0.335 0.970 Histidine g 0.874 0 1 0.245 0.708<	Tryptophan	g	0.203	1	0		1		0.057	0.164	
Leucine g 1.425 0 1 0.399 1.154 Lysine g 1.306 0 1 0.366 1.058 Methionine g 0.448 0 1 0.125 0.363 Cystine g 0.238 0 1 0.067 0.193 Phenylalanine g 0.807 0 1 0.226 0.654 Tyrosine g 0.586 0 1 0.164 0.475 Valine g 0.949 0 1 0.266 0.769 Arginine g 1.198 0 1 0.335 0.970 Histidine g 0.416 0 1 0.116 0.337 Alanine g 0.874 0 1 0.245 0.708 Aspartic acid g 2.729 0 1 0.764 2.210 Glycine g 0.983 0 1 0.275 0.796 Proline g 0.912 0 1 0.255 0.739	2. I		0.812		0		1		0.227	0.658	
Leucine. 9 1.425 0 1 0.399 1.154 Lysine. 9 1.306 0 1 0.366 1.058 Methionine. 9 0.448 0 1 0.125 0.363 Cystine. 9 0.238 0 1 0.067 0.193 Phenylalanine. 9 0.807 0 1 0.226 0.654 Tyrosine. 9 0.586 0 1 0.164 0.475 Valine. 9 0.949 0 1 0.266 0.769 Arginine. 9 1.198 0 1 0.335 0.970 Histidine. 9 0.416 0 1 0.116 0.337 Alanine. 9 0.874 0 1 0.245 0.708 Aspartic acid. 9 1.676 0 1 0.469 1.358 Glutamic acid. 9 0.983 0 1 0.275 0.796 Proline. 9 0.912 0 1 0.255	Isoleucine	g	0.896	i	0		1		0.251	0.726	
Lysine 9 1.306 0 1 0.366 1.058 Methionine 9 0.448 0 1 0.125 0.363 Cystine 9 0.238 0 1 0.067 0.193 Phenylalanine 9 0.807 0 1 0.226 0.654 Tyrosine 9 0.586 0 1 0.164 0.475 Valine 9 0.949 0 1 0.266 0.769 Arginine 9 1.198 0 1 0.335 0.970 Histidine 9 0.416 0 1 0.116 0.337 Alanine 9 0.874 0 1 0.245 0.708 Aspartic acid 9 1.676 0 1 0.469 1.358 Glutamic acid 9 0.983 0 1 0.764 2.210 Glycine 9 0.993 0 1 0.275 0.796 Proline 9 0.782 0 1 0.255 0.73		-	1.425	i	0		1		0.399	1.154	
Methionine g 0.448 0 1 0.125 0.363 Cystine g 0.238 0 1 0.067 0.193 Phenylalanine g 0.807 0 1 0.226 0.654 Tyrosine g 0.586 0 1 0.164 0.475 Valine g 0.949 0 1 0.266 0.769 Arginine g 1.198 0 1 0.335 0.970 Histidine g 0.416 0 1 0.116 0.337 Alanine g 0.874 0 1 0.245 0.708 Aspartic acid g 1.676 0 1 0.469 1.358 Glutanic acid g 2.729 0 1 0.764 2.210 Glycine g 0.983 0 1 0.275 0.796 Proline g 0.912 0 1 0.255 0		-	1.306	i	0		1		0.366	1.058	
Cystine 9 0.238 0 1 0.067 0.193 Phenylalanine 9 0.807 0 1 0.226 0.654 Tyrosine 9 0.586 0 1 0.164 0.475 Valine 9 0.949 0 1 0.266 0.769 Arginine 9 1.198 0 1 0.335 0.970 Histidine 9 0.416 0 1 0.116 0.337 Alanine 9 0.874 0 1 0.245 0.708 Aspartic acid 9 1.676 0 1 0.469 1.358 Glutamic acid 9 2.729 0 1 0.764 2.210 Glycine 9 0.983 0 1 0.275 0.796 Proline 9 0.912 0 1 0.255 0.739 Serine 9 0.782 0 1 0.219 0.633	-		0.448		0		1		0.125	0.363	
Phenylalanine g 0.807 0 1 0.226 0.654 Tyrosine g 0.586 0 1 0.164 0.475 Valine g 0.949 0 1 0.266 0.769 Arginine g 1.198 0 1 0.335 0.970 Histidine g 0.416 0 1 0.116 0.337 Alanine g 0.874 0 1 0.245 0.708 Aspartic acid g 1.676 0 1 0.469 1.358 Glutamic acid g 2.729 0 1 0.764 2.210 Glycine g 0.983 0 1 0.275 0.796 Proline g 0.912 0 1 0.255 0.739 Serine g 0.782 0 1 0.219 0.633			0.238		0		1		0.067	0.193	
Tyrosine 9 0.586 0 1 0.164 0.475 Valine 9 0.949 0 1 0.266 0.769 Arginine 9 1.198 0 1 0.335 0.970 Histidine 9 0.416 0 1 0.116 0.337 Alanine 9 0.874 0 1 0.245 0.708 Aspartic acid 9 1.676 0 1 0.469 1.358 Glutamic acid 9 2.729 0 1 0.764 2.210 Glycine 9 0.983 0 1 0.275 0.796 Proline 9 0.912 0 1 0.255 0.739 Serine 9 0.782 0 1 0.219 0.633	<u> </u>		0.807		0		1				
Valine 9 0.949 0 1 0.266 0.769 Arginine 9 1.198 0 1 0.335 0.970 Histidine 9 0.416 0 1 0.116 0.337 Alanine 9 0.874 0 1 0.245 0.708 Aspartic acid 9 1.676 0 1 0.469 1.358 Glutamic acid 9 2.729 0 1 0.764 2.210 Glycine 9 0.983 0 1 0.275 0.796 Proline 9 0.912 0 1 0.255 0.739 Serine 9 0.782 0 1 0.219 0.633	2	-			0		1				
Arginine 9 1.198 0 1 0.335 0.970 Histidine 9 0.416 0 1 0.116 0.337 Alanine 9 0.874 0 1 0.245 0.708 Aspartic acid 9 1.676 0 1 0.469 1.358 Glutamic acid 9 2.729 0 1 0.764 2.210 Glycine 9 0.983 0 1 0.275 0.796 Proline 9 0.912 0 1 0.255 0.739 Serine 9 0.782 0 1 0.219 0.633					0		1		0.266		
Histidine 9 0.416 0 1 0.116 0.337 Alanine 9 0.874 0 1 0.245 0.708 Aspartic acid 9 1.676 0 1 0.469 1.358 Glutamic acid 9 2.729 0 1 0.764 2.210 Glycine 9 0.983 0 1 0.275 0.796 Proline 9 0.912 0 1 0.255 0.739 Serine 9 0.782 0 1 0.219 0.633							1				
Alanine g 0.874 0 1 0.245 0.708 Aspartic acid g 1.676 0 1 0.469 1.358 Glutamic acid g 2.729 0 1 0.764 2.210 Glycine g 0.983 0 1 0.275 0.796 Proline g 0.912 0 1 0.255 0.739 Serine g 0.782 0 1 0.219 0.633	=				0		1				
Aspartic acid. 9 1.676 0 1 0.469 1.358 Glutamic acid. 9 2.729 0 1 0.764 2.210 Glycine. 9 0.983 0 1 0.275 0.796 Proline. 9 0.912 0 1 0.255 0.739 Serine. 9 0.782 0 1 0.219 0.633			0.874		0		1		0.245	0.708	
Glutamic acid g 2.729 0 1 0.764 2.210 Glycine g 0.983 0 1 0.275 0.796 Proline g 0.912 0 1 0.255 0.739 Serine g 0.782 0 1 0.219 0.633		-			0		1		0.469		
Glycine g 0.983 0 1 0.275 0.796 Proline g 0.912 0 1 0.255 0.739 Serine g 0.782 0 1 0.219 0.633	•				0		1				
Proline g 0.912 0 1 0.255 0.739 Serine g 0.782 0 1 0.219 0.633		_			0		1				
Serine	2	-			0		1				
TIVIDIX VIII DI III E	Hydroxyproline				-		-			0.000	

Common Measures:

Measure 1 = 28g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 81g: 1 giblets

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 42% 26% bone, 16% skin

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	**	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and On	its	Weari	Stu. Ellor	. 011110		Oout	Joue	weasure i	Wedsure 2	weasure 3
Proximates:										
Water	g	57.79		0		1		80.91	36.99	
Energy	kcal	213		0	NC	4		298	136	
Energy	kj	891				4		1248	570	
Protein (N x 6.25)	g	33.04		0		1		46.26	21.15	
Total lipid (fat)	g	7.98		0		1		11.17	5.11	
Ash	g	1.19		0		1		1.67	0.76	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
3.4° 1										
Minerals:	ma	14		0		1		20	9	
Calcium, Ca Iron, Fe	_	1.19		0		1		1.67	0.76	
Magnesium, Mg	_	23		0		1		32	15	
Phosphorus, P		225		0		1		32 315	144	
Potassium, K		199		0		1		279	127	
Sodium, Na		58		0		1		81	37	
Zinc, Zn		0.83		0		1		1.16	0.53	
Copper, Cu	_	0.085	5	0		1		0.119	0.054	
Manganese, Mn		0.020		0		1		0.028	0.013	
Selenium, Se		28.7		0	BFYN	4		40.2	18.4	
***	_									
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.094		0		1		0.132	0.060	
Riboflavin	-	0.196		0		1		0.274	0.125	
Niacin		8.538		0		1		11.953	5.464	
Pantothenic acid		0.690		0		1		0.966	0.442	
Vitamin B-6		0.390	,	0		1		0.546	0.250	
Folate, total		4 0		0 0	Z	1 7		6 0	3	
Folic acid		4		0	Z	1		6	0 3	
Folate, foodFolate, DFE		4		0	NC	4		6	3	
		0.27		0	NC	1		0.38	0.17	
Vitamin B-12 Vitamin A, IU		73		0		1		102	47	
Vitamin A, RAE		22		0		1		31	14	
Retinol		22		0		1		31	14	
Vitamin E (alpha-tocopherol)				·		-		31		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	=									
Lipids:	~			_		_				
Fatty acids, total saturated		1.980)	0		1		2.772	1.267	
4:0										
6:0										
8:0 10:0	-	0.000	1	0		4		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-	0.010	•	U		1		0.014	0.008	
14:0		0.050	1	0		1		0.070	0.032	
15:0		0.030	•	U		1		0.070	0.032	
16:0		1.390)	0		1		1.946	0.890	
17:0		1.590	•	J		-		1.540	0.630	
18:0	-	0.480)	0		1		0.672	0.307	
20:0	-	0.400	•	J		-		0.072	0.507	
22:0	-									
44.V										

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>		edible portion o	of common
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.690		0		1		3.766	1.722	
14:1										
15:1	-									
16:1 undifferentiated	-	0.360		0		1		0.504	0.230	
17:1										
18:1 undifferentiated	g	2.220		0		1		3.108	1.421	
20:1	g	0.050		0		1		0.070	0.032	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	g	1.890		0		1		2.646	1.210	
18:2 undifferentiated	g	1.260		0		1		1.764	0.806	
18:3 undifferentiated	g	0.060		0		1		0.084	0.038	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.290		0		1		0.406	0.186	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.030		0		1		0.042	0.019	
22:6 n-3	g	0.080		0		1		0.112	0.051	
Fatty acids, total trans	g									
Cholesterol	-	70		0		1		98	45	
Phytosterols	_									
Amino Acids:										
Tryptophan	g	0.386		0		1		0.540	0.247	
Threonine	g	1.396		0		1		1.954	0.893	
Isoleucine	g	1.744		0		1		2.442	1.116	
Leucine		2.479		0		1		3.471	1.587	
Lysine		2.807		0		1		3.930	1.796	
Methionine	-	0.914		0		1		1.280	0.585	
Cystine	-	0.423		0		1		0.592	0.271	
Phenylalanine		1.311		0		1		1.835	0.839	
Tyrosine		1.115		0		1		1.561	0.714	
Valine	-	1.639		0		1		2.295	1.049	
Arginine	-	1.993		0		1		2.790	1.276	
Histidine.		1.025		0		1		1.435	0.656	
Alanine		1.803		0		1		2.524	1.154	
Aspartic acid	-	2.944		0		1		4.122	1.884	
Glutamic acid		4.948		0		1		6.927	3.167	
Glycine	-	1.623		0		1		2.272	1.039	
Proline	-	1.359		0		1		1.903	0.870	
		1.136		0		1		1.590	0.870	
Serine	-	1.136		U		1		1.590	0.727	
Hydroxyproline	y									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 44% 26% bone, 14% skin, 4% separable fat

		<u>Aı</u>	mount in 100 g	rams	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 3
p : .										
Proximates: Water	a	73.24	0.244	93		1		65.18	95.21	
Energy	=	137	****	0	NC	4		122	178	
Energy		573		·	110	4		510	745	
Protein (N x 6.25)		23.10	0.143	89		1		20.56	30.03	
Total lipid (fat)	_	4.21	0.143	48		1		3.75	5.47	
Ash		1.10	0.557	2		1		0.98	1.43	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	, 7		0.0	0.00	
Sugars, total		0.00		0	Z	, 7		0.00	0.00	
Starch	=	0.00		U	4	,		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11		0		1		10	14	
Iron, Fe	-	0.92		0		1		0.82	1.20	
Magnesium, Mg	mg	26		0		1		23	34	
Phosphorus, P	•	231		0		1		206	300	
Potassium, K		261		0		1		232	339	
Sodium, Na		53		0		1		47	69	
Zinc, Zn		0.60		1		1		0.53	0.78	
Copper, Cu		0.067		0		1		0.060	0.087	
Manganese, Mn		0.018		0		1		0.016	0.023	
Selenium, Se	mcg	17.8	3.652	5	A	1		15.8	23.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8	0.042	20		1		1.6	2.3	
Thiamin		0.132		6		1		0.117	0.172	
Riboflavin		0.123		8		1		0.109	0.160	
Niacin		9.915		2		1		8.824	12.890	
Pantothenic acid		0.887		0		1		0.789	1.153	
Vitamin B-6		0.570		0		1		0.507	0.741	
Folate, total	_	4		0		1		4	5	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		4	5	
Folate, DFE		4		0	NC	4		4	5	
Vitamin B-12		0.40		0		1		0.36	0.52	
Vitamin A, IU		70		0		1		62	91	
Vitamin A, RAE		21		0	NC	4		19	27	
Retinol		21		0	NR	4		19	27	
Vitamin E (alpha-tocopherol)		0.23		0	CASN	4		0.21	0.30	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	CAZN	4		2.1	3.1	
Linida										
Lipids:	~	0 070		•				0.063	1 061	
Fatty acids, total saturated		0.970 0.000		0	z	1 7		0.863	1.261	
4:0		0.000		0	Z	7		0.000	0.000	
6:0 8:0	-	0.000		0	Z	7		0.000 0.000	0.000 0.000	
		0.000		0	Z	4				
10:0	-			1		4 1		0.000	0.000	
12:0		0.000		1		1		0.000	0.000	
13:0		0.020	0.010	5		1		0.010	0.006	
14:0	-	0.020	0.010	3		1		0.018	0.026	
15:0		0.670	0 100	F		1		0 506	0.071	
16:0		0.670	0.182	5		1		0.596	0.871	
17:0	_	0.000	0.067	F		4		0 001	0 330	
18:0	_	0.260	0.067	5		1		0.231	0.338	
20:0	_									
22:0	_									
24:0	g									

	<u>Aı</u>	mount in 100 g			Amount in edible portion of common measures of food					
Nutrients and	I Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	1.250		0		1		1.113	1.625	
14:1	g									
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.170	0.053	5		1		0.151	0.221	
17:1										
18:1 undifferentiated	_	1.020		5		1		0.908	1.326	
20:1		0.020		0		1		0.018	0.026	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsatura		1.040		0		1		0.926	1.352	
18:2 undifferentiated		0.610		5		1		0.543	0.793	
18:3 undifferentiated		0.030		5		1		0.027	0.039	
18:4	_	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.210		5		1		0.187	0.273	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3		0.020		1		1		0.018	0.026	
22:6 n-3		0.060		1		1		0.053	0.078	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	47	1.279	24		1		42	61	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.270		0		1		0.240	0.351	
Threonine	g	0.975		0		1		0.868	1.268	
Isoleucine	g	1.219		0		1		1.085	1.585	
Leucine	g	1.733		0		1		1.542	2.253	
Lysine	g	1.962		0		1		1.746	2.551	
Methionine	g	0.639		0		1		0.569	0.831	
Cystine	g	0.296		0		1		0.263	0.385	
Phenylalanine	g	0.916		0		1		0.815	1.191	
Tyrosine	g	0.780		0		1		0.694	1.014	
Valine	g	1.145		0		1		1.019	1.489	
Arginine	g	1.393		0		1		1.240	1.811	
Histidine	g	0.717		0		1		0.638	0.932	
Alanine	g	1.260		0		1		1.121	1.638	
Aspartic acid	g	2.058		0		1		1.832	2.675	
Glutamic acid	g	3.459		0		1		3.079	4.497	
Glycine	g	1.134		0		1		1.009	1.474	
Proline	g	0.950		0		1		0.846	1.235	
Serine	g	0.794		0		1		0.707	1.032	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	9	v		J		,		Ū	J	
		_		_	_	_				
Carotene, beta	_	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 89g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 130g: .5 chicken, bone and skin removed

NDB No. 05129

Chicken, stewing, light meat, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed

Refuse: 31% 29% bone, 2% separable fat

		A	mount in 10			le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.24		0	PIE	4		102.78	129.76	380.92
Energy		214		0	PIE	4		342	432	1268
Energy		894		0	PIE	4		1431	1807	5304
Protein (N x 6.25)		24.88		0 0	PIE	4 4		39.81	50.26	147.54
Total lipid (fat)		11.91 0.79		0	PIE PIE	4		19.05 1.26	24.05 1.59	70.61 4.68
Carbohydrate, by difference		0.73		0	PIE	4		0.06	0.07	0.21
Fiber, total dietary		0.03		0	PIE	4		0.00	0.07	0.21
Sugars, total		0.00		0	PIE	4		0.00	0.00	0.00
Starch		0.00		•		-		0.00	0.00	0.00
Minerals:		4.5		_		_			•	
Calcium, Ca	-	13 1.64		0	PIE	4		21 2.62	26	77 9.70
Iron, Fe	-	1.64 19		0 0	PIE PIE	4 4		2.62 30	3.31 38	9.70 110
Phosphorus, P	-	151		0	PIE	4		242	305	896
Potassium, K	•	171		0	PIE	4		273	345	1012
Sodium, Na		67		0	PIE	4		107	135	397
Zinc, Zn		1.96		0	PIE	4		3.14	3.96	11.62
Copper, Cu	mg	0.079)	0	PIE	4		0.127	0.160	0.470
Manganese, Mn	mg	0.034	Į.	0	PIE	4		0.054	0.068	0.199
Selenium, Se	mcg	21.4		0	PIE	4		34.2	43.2	126.7
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		0	PIE	4		1.6	2.0	6.0
Thiamin	-	0.054	ļ	0	PIE	4		0.086	0.109	0.319
Riboflavin	-	0.221		0	PIE	4		0.354	0.447	1.312
Niacin	mg	5.677	,	0	PIE	4		9.084	11.469	33.667
Pantothenic acid	mg	0.878	3	0	PIE	4		1.405	1.774	5.207
Vitamin B-6	mg	0.234	Į.	0	PIE	4		0.375	0.473	1.389
Folate, total		25		0	PIE	4		41	51	151
Folic acid		0		0	PIE	4		0	0	0
Folate, food		25		0	PIE	4		41	51	151
Folate, DFE		25		0	NC	4		41	51	151
Vitamin B-12		0.95		0	PIE	4		1.52	1.92	5.62
Vitamin A, IU Vitamin A, RAE	IU	604 181		0 0	PIE PIE	4 4		966 289	1220 365	3580 1070
Retinol		180		0	PIE	4		289	364	1070
Vitamin E (alpha-tocopherol)		0.28		0	PIE	4		0.45	0.57	1.67
Tocopherol, beta		0.00		0	PIE	4		0.00	0.00	0.00
Tocopherol, gamma		0.02		0	PIE	4		0.03	0.04	0.11
Tocopherol, delta		0.00		0	PIE	4		0.00	0.00	0.00
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.9		0	PIE	4		3.1	3.9	11.5
Lipids:										
Fatty acids, total saturated	g	3.232	<u>!</u>	0	PIE	4		5.171	6.528	19.165
4:0	•	0.000		0	PIE	4		0.000	0.000	0.000
6:0	g	0.000)	0	PIE	4		0.000	0.000	0.000
8:0		0.000)	0	PIE	4		0.000	0.000	0.000
10:0		0.000		0	PIE	4		0.000	0.000	0.001
12:0		0.018	3	0	PIE	4		0.029	0.037	0.109
13:0		<u> </u>		_		_			_	_ = -
14:0	_	0.092		0	PIE	4		0.148	0.187	0.548
15:0	-	0.000		0	PIE	4		0.000	0.000	0.001
16:0	-	2. 4 22		0 0	PIE	4 4		3.876 0.000	4.893 0.000	14.364 0.001
17:0 18:0	-	0.697		0	PIE PIE	4		1.116	1.409	4.135
20:0	-	0.000		0	PIE	4		0.000	0.000	0.001
22:0	-	0.001		0	PIE	4		0.001	0.002	0.005
24:0	-	2.201		•		-			0.002	0.000

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion of	of common
			1	Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.554		0	PIE	4		7.286	9.198	27.003
14:1	g	0.000		0	PIE	4		0.000	0.000	0.000
15:1	g	0.000		0	PIE	4		0.000	0.000	0.000
16:1 undifferentiated	g	0.633		0	PIE	4		1.013	1.279	3.754
17:1	•	0.000		0	PIE	4		0.000	0.000	0.000
18:1 undifferentiated	-	3.809		0	PIE	4		6.094	7.694	22.588
20:1		0.112		0	PIE	4		0.178	0.225	0.661
22:1 undifferentiated	-	0.000		0	PIE	4		0.000	0.000	0.000
24:1 c		0.510								44.00
Fatty acids, total polyunsaturated		2.510		0	PIE	4		4.017	5.071	14.887
18:2 undifferentiated		2.227		0	PIE	4		3.562	4.498	13.203
18:2 n-6 c,c	-	0.026		0	PIE	4		0.041	0.052	0.152
18:2 CLAs	-									
18:2 c,t										
18:2 t,c	-									
18:2 t,t 18:2 i										
18:2 t not further defined										
18:3 undifferentiated		0.102		0	PIE	4		0.163	0.206	0.605
18:3 n-6 c,c,c		0.001		0	PIE	4		0.001	0.001	0.003
18:3i		0.002		·		-		0.001	0.001	0.000
18:4		0.000		0	PIE	4		0.000	0.000	0.000
20:2 n-6 c,c		0.002		o	PIE	4		0.002	0.003	0.009
20:3 undifferentiated		0.000		0	PIE	4		0.000	0.000	0.001
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.116		0	PIE	4		0.185	0.234	0.687
20:4 n-3										
20:4 n-6	-									
20:5 n-3	-	0.009		0	PIE	4		0.015	0.019	0.054
22:5 n-3	g	0.018		0	PIE	4		0.029	0.037	0.109
22:6 n-3	g	0.037		0	PIE	4		0.059	0.074	0.218
Fatty acids, total trans	g	0.008		0	PIE	4		0.013	0.017	0.050
Cholesterol	mg	107		0	PIE	4		172	217	637
Phytosterols	mg									
Amino Acids: Tryptophan	a	0.262		0	PIE	4		0.420	0.530	1.557
Threonine		0.202		0	PIE	4		1.558	1.967	5.775
Isoleucine	-	1.174		0	PIE	4		1.878	2.371	6.962
Leucine		1.727		0	PIE	4		2.764	3.489	10.243
Lysine		1.915		o	PIE	4		3.064	3.868	11.356
Methionine		0.625		0	PIE	4		1.001	1.263	3.709
Cystine		0.316		0	PIE	4		0.506	0.638	1.874
Phenylalanine		0.923		0	PIE	4		1.476	1.864	5.472
Tyrosine		0.764		0	PIE	4		1.223	1.544	4.532
Valine		1.152		0	PIE	4		1.843	2.327	6.831
Arginine	-	1.475		0	PIE	4		2.360	2.979	8.745
Histidine		0.693		0	PIE	4		1.108	1.399	4.107
Alanine		1.370		0	PIE	4		2.191	2.766	8.121
Aspartic acid	g	2.102		0	PIE	4		3.363	4.246	12.464
Glutamic acid		3.423		0	PIE	4		5.476	6.914	20.297
Glycine	g	1.497		0	PIE	4		2.396	3.025	8.880
Proline		1.130		0	PIE	4		1.808	2.283	6.701
Serine	g	0.836		0	PIE	4		1.338	1.690	4.960
Hydroxyproline	g	0.002		0	PIE	4		0.002	0.003	0.009
Others:										
Alcohol, ethyl		0.0		0	PIE	4		0.0	0.0	0.0
Caffeine		0		0	PIE	4		0	0	0
Theobromine	mg	0		0	PIE	4		0	0	0
Carotenoids:										
	mcg	1		0	PIE	4		1.735	2.191	6.431
Carotenoids:		1 0		0	PIE PIE	4 4		1.735 0.637	2.191 0.804	6.431 2.362

	<u> </u>	mount in 100 g	rams of edil	ble portion	<u>n</u>		edible portion	
Nutrients and Units	Mean				Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	1 3		0 PIE 0 PIE	4 4		1.491 4.758	1.883 6.006	5.527 17.633

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 202g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 593g: 1 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 32% 27% bone, 5% separable fat

Nutrients and Units			<u>A</u> 1	mount in 10			ole portio	<u>en</u>		edible portion o	of common
Nutrients and Units					Number of Data		Source	Confidence	<u> </u>	<u> </u>	
Valer	Nutrients and Un	its	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Fine Problem No. 25 9											
Protein IN S	23				0	NC	_				
Total final (a)											
Ash 9 1.02 0 1 9.23 Carbohydrac, by difference 9 0.19 0 NC 4 1.72 Fiber, total dictary 9 0.0 2 7 0.0 Sugar, botal 9 9 0.0 2 7 0.0 Mannettan 9 1.51 0 1 13.67 Magnetum, Me mg 1.51 0 1 13.67 Magnetum, Me mg 20 0 1 184 Possphorus, P mg 173 0 1 1846 Sodium, Na mg 1.27 0 1 12.40 Copper, Cu mg 0.031 0 1 12.40 Copper, Cu mg 0.032 0 1 0.221 Wiamia mg 0.031 0 1 0.231 Viamia mg 3.1 0 1 28.1 Thimin mg 0.211 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<>											
Carbohydraus, by difference 9 0.19 0 NC 4 1.72 Sugars, total 9 0.0 2 7 0.0 Sugars, total 9 9 1 1 9 Minerals: Calcum, Ca. mg 1.51 0 1 1.181 1.181 Prophers P. mg 1.73 0 1 1.184 1.184 Phosphers, P. mg 173 0 1 1.184 1.184 Sodium, Na. mg 204 0 1 1.184 1.184 Sodium, Na. mg 7.1 0 1 1.240 1.184 Copper, Cu. mg 0.092 0 1 0.231 0 1 0.231 Scleaum, Sc. mG0 12.5 0 BFNN 4 113.1 1 1.141 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1	1 ()	-									
Fiber, rotal dictury						NC					
Signar, total 9											
Surch			0.0		Ū		,		0.0		
Mincrals: Calcium. Ca. mg 10 0 1 91 Iron, Fe. mg 1.51 0 1 13.67 Magnesum. Mg. mg 20 0 1 181 Phosphorae, F. mg 173 0 1 186 Potassiun. K. mg 204 0 1 1846 Soldum. Na. mg 1.37 0 1 1843 Zinc, Zh. mg 1.022 0 1 0.833 Magnesse, Mn. mg 0.092 0 1 0.833 Magnesse, Mn. mg 0.092 0 1 0.281 Vitamines meg 12.1 0 1 12.1 1 Vitamines mg 3.1 0 1 2.8.1 1 Thiram mg 0.131 0 1 2.9.1 1 1.0.2 1 1.0.2 1 1.0.2 1 1.0.2 1	•										
Taleum, Ca.	Sarcii	9									
Triangle Triangle					_		_				
Magnessum, Mg.		_									
Phosphorus P.		-									
Potessium K. mg 204 0 1 1846 Sodium, Na. mg 1.37 0 1 643 Zinc, Zn. mg 1.092 0 1 0.833 Manganesc, Mm. mg 0.031 0 1 0.281 Schenium, Se. mg 0.031 0 1 0.281 Schenium, Se. mg 3.1 0 1 1.005 Schenium, Se. mg 0.111 0 1 1.005 Ribeflavin. mg 0.111 0 1 2.272 Niscin. mg 0.251 0 1 5.7766 Pantothenic acid. mg 1.129 0 1 10.217 Vitamin B-6. mg 0.350 0 1 3.3168 Foliac, total mgg 37 0 1 335 Foliac, food mg 3.7 0 NC 4 335 Vitamin B-12	C , C	_			-						
Sodum Na											
Zinc, Zn. mg 1.37 0 1 12.40 Copper Cu. mg 0.092 0 1 0.833 Manganese, Mn. mg 0.031 0 BFNN 4 113.1 Vitamin, C. Sotal ascorbic acid. mg 3.1 0 1 28.1 Thiamin. mg 0.111 0 1 1.005 Ribedrain. mg 0.251 0 1 2.272 Niacin. mg 6.383 0 1 57.766 Pantothenic acid. mg 1.129 0 1 10.217 Viminin B-6. mg 0.350 0 1 3.168 Foltat, food. mG9 37 0 1 3.35 Foltat, food. mG9 37 0 1 3.35 Foltat, food. mG9 1.26 0 1 1.140 Vitamin A, U. I/U 1102 1 2.995 Reticol. <td></td>											
Manganess, Mn. mg 0.031 0 BFNN 4 113.1 Vitamins: Vitamin C, total ascorbic acid. mg 3.1 0 1 28.1 Thiamin mg 0.111 0 1 1.005 Ribedravin mg 0.251 0 1 2.272 Niacin mg 6.383 0 1 57.766 Partothenic acid mg 1.129 0 1 10.217 Vitamin B-6 mg 0.350 0 1 3.168 Foltate, fold meg 0.350 0 1 3.35 Foltate, food meg 0 2.7 0 0 Foltate, food meg 3.7 0 1 335 Foltate, food meg 1.26 0 1 11.40 Vitamin A, IU IU 1102 0 1 2995 Returble mg 1 2995	5				0		1		12.40		
Scientum, Se. meg 12.5 0 BFN 4 113.1	Copper, Cu	mg	0.092	2	0		1		0.833		
Vitamins: Vitamin C, Iotal ascorbic acid mg 3.1 0 1 28.1 Thlamin mg 0.111 0 1 1.005 Riboflavin mg 6.283 0 1 2.272 Niacin mg 6.383 0 1 57.766 Pantothenic acid mg 1.129 0 1 10.217 Vitamin B-6 mg 0.350 0 1 3.168 Folate, total mg 3.7 0 1 3.35 Folate, total mgg 3.7 0 1 3.35 Folate, total mgg 3.7 0 NC 4 335 Folate, DFE mg 3.2 0 NC 4 335 Vitamin B-12 mg 1.26 0 1 1.140 Vitamin A, WI U 1102 0 1 2995 Vitamin A, Rel mg 331 0 1 2995 <	Manganese, Mn	mg	0.031	-			1		0.281		
Vitamin C, total ascorbic acid	Selenium, Se	mcg	12.5		0	BFNN	4		113.1		
Vitamin C, total ascorbic acid	Vitamins:										
Riboflavin		mg	3.1		0		1		28.1		
Niacin	Thiamin	mg	0.111	=	0		1		1.005		
Pantothenic acid.	Riboflavin	mg	0.251	-	0		1		2.272		
Vitamin B-6. mg 0.350 0 1 3.168 Folate, total. mcg 37 0 1 335 Folate, Evel. mcg 0 2 7 0 Folate, DFE. mcg 37 0 NC 4 335 Folate, DFE. mcg 1.26 0 1 11.40 Vitamin A, IU. IU 1102 0 1 2995 Vitamin A, RAE. mcg RAE 331 0 1 2995 Retinol. mcg 331 0 1 2995 Vitamin E (alpha-tocopherol) mg 1 2995 Retinol. mg 331 0 1 2995 Vitamin E (alpha-tocopherol) mg 1 2995 Vitamin E (alpha-tocopherol) mg 1 2 2995 Vitamin E (alpha-tocopherol) mg 1 2 2995 Vitamin E (alpha-tocopherol) mg 1 2											
Folate, total.											
Folia e, food.)							
Folate, food						_					
Folate, DFE						Z					
Vitamin B-12.						NC					
Vitamin A, IU IU 1102 0 1 9973 Vitamin A, RAE mcg_RAE 331 0 1 2995 Retinol mcg 331 0 1 2995 Vitamin E (alpha-tocopherol) mg 7 1 2995 Vitamin E (alpha-tocopherol) mg 7 2						NO					
Vitamin A, RAE mcg_RAE 331 0 1 2995 Retinol mcg 331 0 1 2995 Vitamin E (alpha-tocopherol) mg 7											
Retinol mcg 331 0 1 2995 Vitamin E (alpha-tocopherol) mg 1 2995 Tocopherol, beta mg 1 4 Tocopherol, gamma mg 1 4 Tocopherol, delta mg 1 4 Vitamin D IU 1 1 Vitamin K (phylloquinone) mcg 1 4 Eatly acids, total saturated g 5.480 0 1 49.594 4.0 g 0.000 0 1 0.000 6.0 g 0.000 0 1 0.000 8.0 g 0.000 0 1 0.000 10.0 g 0.030 0 1 0.000 12.0 g 0.030 0 1 0.272 13.0 g 0.150 0 1 1.358 15.0 g 3.970 0 1 35.929 17.0	Vitamin A, RAE	mcg_RAE	331		0		1		2995		
Tocopherol, beta			331		0		1		2995		
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg									
Tocopherol, delta	• •										
Vitamin D											
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 5.480 0 1 49.594 4:0 g 0.000 0 1 0.000 6:0 g 0.000 0 1 0.000 8:0 g 0.000 0 1 0.000 10:0 g 0.030 0 4 0.000 12:0 g 0.030 0 1 0.272 13:0 g 0 1 1.358 15:0 g 3.970 0 1 35.929 18:0 g 1.140 0 1 10.317 20:0 g 22:0 g											
Lipids: Fatty acids, total saturated 9 5.480 0 1 49.594 4:0. 9 0.000 0 1 0.000 6:0. 9 0.000 0 1 0.000 8:0. 9 0.000 0 1 0.000 10:0. 9 0.000 0 4 0.000 12:0. 9 0.030 0 1 0.272 13:0. 9 14:0. 9 0.150 0 1 1.358 15:0. 9 16:0. 9 3.970 0 1 35.929 18:0. 9 1.140 0 1 10.317 20:0. 9 22:0. 9											
Fatty acids, total saturated 9 5.480 0 1 49.594 4:0 9 0.000 0 1 0.000 6:0 9 0.000 0 1 0.000 8:0 9 0.000 0 1 0.000 10:0 9 0.000 0 4 0.000 12:0 9 0.030 0 1 0.272 13:0 9 0.150 0 1 1.358 15:0 9 3.970 0 1 35.929 17:0 9 1.140 0 1 10.317 20:0 9 22:0 9	vitamini K (phynoquinone)										
4:0 9 0.000 0 1 0.000 6:0 9 0.000 0 1 0.000 8:0 9 0.000 0 1 0.000 10:0 9 0.000 0 4 0.000 12:0 9 0.030 0 1 0.272 13:0 9 0.150 0 1 1.358 15:0 9 0.150 0 1 1.358 15:0 9 3.970 0 1 35.929 17:0 9 1.140 0 1 10.317 20:0 9 22:0 9											
6:0											
8:0 g 0.000 0 1 0.000 10:0 g 0.000 0 4 0.000 12:0 g 0.030 0 1 0.272 13:0 g 0 1 1.358 15:0 g 0 1 1.358 15:0 g 3.970 0 1 35.929 17:0 g 18:0 g 1.140 0 1 10.317 20:0 g 22:0 g					•						
10:0		-			•						
12:0		-			•						
13:0		-			•		_				
14:0. g 0.150 0 1 1.358 15:0. g 16:0. g 3.970 0 1 35.929 17:0. g 18:0. g 1.140 0 1 10.317 20:0. g 22:0. g					•		-		3		
15:0		-	0.150)	0		1		1.358		
17:0		-									
18:0	16:0	g	3.970)	0		1		35.929		
20:0g 22:0g											
22:0g			1.140)	0		1		10.317		
24:0g											

		<u>A</u> 1	mount in 100 gram		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
				a Deriv		Confidence	<u></u>	easures or root	_	
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	7.820	0		1		70.771			
14:1										
15:1			_							
16:1 undifferentiated		1.050	0		1		9.503			
17:1	-	6.480	0		1		58.644			
18:1 undifferentiated 20:1		0.180			1		1.629			
		0.180			4		0.000			
22:1 undifferentiated	_	0.000	U		4		0.000			
24:1 cFatty acids, total polyunsaturated		4.270	0		1		38.644			
		3.690			1		33.395			
18:2 undifferentiated	_	0.170			1		1.539			
18:3 undifferentiated	-	0.170			1		0.000			
18:4 20:2 n-6 c,c	_	0.000	U		_		0.000			
20:3 undifferentiated	-									
20:4 undifferentiated		0.200	0		1		1.810			
20:5 n-3	-	0.200			1		0.091			
22:5 n-3		0.020			1		0.181			
22:6 n-3	_	0.020			1		0.453			
		0.030	U		_		0.455			
Fatty acids, total trans		87	0		1		787			
Phytosterols		07	v		-		707			
T Hytosterois	9									
Amino Acids:										
Tryptophan		0.195			1		1.765			
Threonine	_	0.728			1		6.588			
Isoleucine	g	0.870	0		1		7.874			
Leucine		1.281			1		11.593			
Lysine		1.407			1		12.733			
Methionine	g	0.461			1		4.172			
Cystine	g	0.234			1		2.118			
Phenylalanine	g	0.688			1		6.226			
Tyrosine	g	0.563			1		5.095			
Valine	g	0.855			1		7.738			
Arginine		1.104			1		9.991			
Histidine		0.502			1		4.543			
Alanine	g	1.006			1		9.104			
Aspartic acid	g	1.566	0		1		14.172			
Glutamic acid		2.563			1		23.195			
Glycine	-	1.125			1		10.181			
Proline	-	0.856			1		7.747			
Serine	-	0.631	0		1		5.711			
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0	0	z	7		0.0			
Caffeine		0.0	v	_	•		•••			
Theobromine	_									

Common Measures:

Measure 1 = 905g: 1 chicken

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 32% Bone

		<u>A</u>	mount in 100	grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	_	
			c	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	53.07		0		1		94.46	138.51		
Energy	-	285		0	NC	4		507	744		
23		1192		U	NC	4		2123			
Energy	=			•					3112		
Protein (N x 6.25)		26.88		0		1		47.85	70.16		
Total lipid (fat)	-	18.87		0		1		33.59	49.25		
Ash		1.18		0		1		2.10	3.08		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:				_		_			2.4		
Calcium, Ca	-	13		0		1		23	34		
Iron, Fe	-	1.37		0		1		2.44	3.58		
Magnesium, Mg		20		0		1		36	52		
Phosphorus, P	•	180		0		1		320	470		
Potassium, K	mg	182		0		1		324	475		
Sodium, Na	-	73		0		1		130	191		
Zinc, Zn	mg	1.77		0		1		3.15	4.62		
Copper, Cu	mg	0.100)	0		1		0.178	0.261		
Manganese, Mn	mg	0.021	L	0		1		0.037	0.055		
Selenium, Se	mcg	19.7		0	BFYN	4		35.1	51.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
					4						
Thiamin		0.094		0		1		0.167	0.245		
Riboflavin		0.235		0		1		0.418	0.613		
Niacin		5.798		0		1		10.320	15.133		
Pantothenic acid		0.753		0		1		1.340	1.965		
Vitamin B-6	-	0.250)	0		1		0.445	0.653		
Folate, total	mcg	5		0		1		9	13		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		5		0		1		9	13		
Folate, DFE	mcg_DFE	5		0	NC	4		9	13		
Vitamin B-12		0.23		0		1		0.41	0.60		
Vitamin A, IU	IU	131		0		1		233	342		
Vitamin A, RAE	mcg_RAE	39		0		1		70	103		
Retinol		39		0		1		70	103		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	a	5.110	1	0		1		9.096	13.337		
4:0		3.110	•	·		-		3.030	13.337		
6:0											
8:0	-										
	-	0.000	n	0		4		0 000	0 000		
10:0				0		1		0.000	0.000		
12:0		0.030	,	U		1		0.053	0.078		
13:0	-			_		_			2 22=		
14:0	-	0.140	J	0		1		0.249	0.365		
15:0	-		_								
16:0	-	3.730)	0		1		6.639	9.735		
17:0	-										
18:0	-	1.070)	0		1		1.905	2.793		
20:0	g										
22:0	g										
24:0	g										

	<u>A</u>	mount in 100 grams	ion	Amount in edible portion of common measures of food			
		Number	r Deriv Sourc	. Canfidanaa	<u></u>	<u> </u>	•
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	7.190	0	1		12.798	18.766	
14:1g	,.130	·	-		12.750	10.700	
15:1g							
16:1 undifferentiatedg	1.000	0	1		1.780	2.610	
17:1g	5.920	0	1		10 520	15 451	
18:1 undifferentiated		·	1		10.538	15.451	
20:1g	0.170				0.303	0.444	
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
24:1 c	4.230	0	1		7 500	11 040	
Fatty acids, total polyunsaturated9			1		7.529	11.040	
18:2 undifferentiated	3.530		1		6.283	9.213	
18:3 undifferentiated	0.160	0	1		0.285	0.418	
18:4g							
20:2 n-6 c,c							
• • • • • • • • • • • • • • • • • • • •	0.250	0	1		0.445	0.653	
20:4 undifferentiated	0.020		1		0.445	0.052	
-	0.020		1		0.036	0.052	
22:5 n-3g	0.040		1		0.071	0.104	
22:6 n-3	0.080	0	1		0.142	0.209	
Fatty acids, total trans	79	0	1		141	206	
Phytosterols mg	73	U	-		141	206	
Filytosterois							
Amino Acids:							
Tryptophang	0.301	. 0	1		0.536	0.786	
Threonineg	1.113	0	1		1.981	2.905	
Isoleucineg	1.348	0	1		2.399	3.518	
Leucineg	1.961	. 0	1		3.491	5.118	
Lysineg	2.197		1		3.911	5.734	
Methionineg	0.717		1		1.276	1.871	
Cystineg	0.357	0	1		0.635	0.932	
Phenylalanineg	1.046	0	1		1.862	2.730	
Tyrosineg	0.869		1		1.547	2.268	
Valineg	1.307	0	1		2.326	3.411	
Arginineg	1.680	0	1		2.990	4.385	
Histidineg	0.793		1		1.412	2.070	
Alanineg	1.559		1		2.775	4.069	
Aspartic acidg	2.397		1		4.267	6.256	
Glutamic acidg	3.938		1		7.010	10.278	
Glycineg	1.702		1		3.030	4.442	
Prolineg	1.286		1		2.289	3.356	
Serineg	0.946	0	1		1.684	2.469	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 178g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 261g: .5 chicken, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u> </u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	61.84	0		1		167.59	246.12		
Energy	-	258	0	NC	4		699	1027		
Energy		1079			4		2925	4296		
Protein (N x 6.25)		17.55	0		1		47.56	69.85		
Total lipid (fat)		20.33	0		1		55.09	80.91		
Ash		1.04	0		1		2.82	4.14		
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00		
Fiber, total dietary		0.0	0	z	7		0.0	0.0		
Sugars, total		0.00	0	Z	7		0.00	0.00		
Starch	_									
Minerals:										
Calcium, Ca	-	10	0		1		27	40		
Iron, Fe	-	1.04	0		1		2.82	4.14		
Magnesium, Mg		20	0		1		54	80		
Phosphorus, P	•	172	0		1		466	685		
Potassium, K		204	0		1		553	812		
Sodium, Na		71	0		1		192	283		
Zinc, Zn		1.19	0		1		3.22	4.74		
Copper, Cu		0.074			1		0.201	0.295		
Manganese, Mn		0.019			1		0.051	0.076		
Selenium, Se	mcg	14.4	0	PIE	4		39.0	57.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0		
Thiamin		0.114	1 0		1		0.309	0.454		
Riboflavin		0.167	0		1		0.453	0.665		
Niacin		6.262	2 0		1		16.970	24.923		
Pantothenic acid	-	0.920			1		2.493	3.662		
Vitamin B-6		0.330	0		1		0.894	1.313		
Folate, total	-	6	0		1		16	24		
Folic acid		0	0	Z	7		0	0		
Folate, food		6	0		1		16	24		
Folate, DFE	mcg DFE	6	0	NC	4		16	24		
Vitamin B-12		0.32	0		1		0.87	1.27		
Vitamin A, IU		178	0		1		482	708		
Vitamin A, RAE		52	0	NC	4		141	207		
Retinol		52	0	NR	4		141	207		
Vitamin E (alpha-tocopherol)		0.33	0	CASN	4		0.90	1.32		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4	0	CAZN	4		6.4	9.5		
Lipids:	σ.	E 71/			4		15 474	20 700		
Fatty acids, total saturated		5.710			1 7		15.474	22.726		
4:0		0.000		z z	7		0.000	0.000		
6:0		0.000		z z			0.000	0.000		
8:0		0.000		z	7 4		0.000	0.000		
10:0	_	0.000			1		0.000	0.000		
12:0	-	0.030	0		1		0.081	0.119		
13:0	-	0 100	0		1		0 404	2 (27		
14:0	_	0.160	, 0		1		0.434	0.637		
15:0	_	4 100	0		1		11 074	16 555		
16:0		4.160	0		1		11.274	16.557		
17:0	9				_		2 171	4 657		
10.0	~									
18:0	_	1.170	0		1		3.171	4.657		
18:0 20:0 22:0.	g	1.170	0		1		3.1/1	4.657		

			mount in 10			Amount in edible portion of common measures of food				
				Number of Data		Source	Confidence	<u>m</u>	easures of 1000	
Nutrients and l	Jnits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	8.240)	0		1		22.330	32.795	
14:1	g									
15:1	-					_				
16:1 undifferentiated	_	1.110	1	0		1		3.008	4.418	
17:1 18:1 undifferentiated	-	6.810		0		1		18.455	27.104	
20:1	_	0.200		0		1		0.542	0.796	
22:1 undifferentiated	-	0.000		0		4		0.000	0.798	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturate		4.440)	0		1		12.032	17.671	
18:2 undifferentiated		3.860)	0		1		10.461	15.363	
18:3 undifferentiated		0.180	1	0		1		0.488	0.716	
18:4		0.000)	0	z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.170)	0		1		0.461	0.677	
20:5 n-3	g	0.010	1	0		1		0.027	0.040	
22:5 n-3	g	0.030	1	0		1		0.081	0.119	
22:6 n-3	g	0.050)	0		1		0.136	0.199	
Fatty acids, total trans	g									
Cholesterol	-	71		0		1		192	283	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.196	;	0		1		0.531	0.780	
Threonine		0.726	;	0		1		1.967	2.889	
Isoleucine	_	0.877		0		1		2.377	3.490	
Leucine	g	1.278		0		1		3.463	5.086	
Lysine	g	1.431		0		1		3.878	5.695	
Methionine	g	0.467		0		1		1.266	1.859	
Cystine	g	0.234		0		1		0.634	0.931	
Phenylalanine	g	0.682		0		1		1.848	2.714	
Tyrosine	g	0.566	i	0		1		1.534	2.253	
Valine	g	0.853	1	0		1		2.312	3.395	
Arginine	g	1.099)	0		1		2.978	4.374	
Histidine	-	0.517		0		1		1.401	2.058	
Alanine	g	1.021		0		1		2.767	4.064	
Aspartic acid	g	1.565		0		1		4.241	6.229	
Glutamic acid	-	2.568		0		1		6.959	10.221	
Glycine		1.126		0		1		3.051	4.481	
Proline		0.846		0		1		2.293	3.367	
Serine		0.619)	0		1		1.677	2.464	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	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 = 271g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 398g: .5 chicken, bone removed

Chicken, stewing, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 48% Bone, 32%, skin, 16%

		A	mount in 1	00 grams	of edib	ole portic	o <u>n</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Un	iits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	~	F.C. 2F		•				70.00		
Water	_	56.35		0		1		78.89	77.20	
Energy		237		0	NC	4		332	325	
Energy		992				4		1388	1359	
Protein (N x 6.25)		30.42		0		1		42.59	41.68	
Total lipid (fat)		11.89		0		1		16.65	16.29	
Ash	g	1.35		0		1		1.89	1.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	13		0		1		18	18	
	_	1.43		0		1		2.00	1.96	
Iron, Fe	_	22		0		1		31	30	
Magnesium, Mg Phosphorus, P		204		0		1		286	279	
1 /	•	204		0		1		283	279 277	
Potassium, K				-		1		109		
Sodium, Na	_	78		0					107	
Zinc, Zn		2.06		0		1 1		2.88 0.162	2.82 0.159	
Copper, Cu		0.116		0					0.139	
Manganese, Mn		25.2	<u> </u>	0	BFYN	1 4		0.031 35.3	34.5	
Selenium, Se	rricg	25.2		U	BEYN	4		35.3	34.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.112	<u>!</u>	0		1		0.157	0.153	
Riboflavin	mg	0.277	,	0		1		0.388	0.379	
Niacin	mg	6.408	3	0		1		8.971	8.779	
Pantothenic acid		0.861	_	0		1		1.205	1.180	
Vitamin B-6	mg	0.310)	0		1		0.434	0.425	
Folate, total	mcg	6		0		1		8	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	8	
Folate, DFE		6		0	NC	4		8	8	
Vitamin B-12		0.26		0		1		0.36	0.36	
Vitamin A, IU	IU	112		0	NC	4		157	154	
Vitamin A, RAE	mcg RAE	34		0	NC	4		47	46	
Retinol		34		0	NR	4		47	46	
Vitamin E (alpha-tocopherol)		0.30		0	NR	4		0.42	0.41	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.1		0	BFSN	4		4.4	4.3	
x · · · ·										
Lipids:	~	2 100		•				4 240	4 047	
Fatty acids, total saturated	-	3.100		0	_	1		4.340	4.247	
4:0		0.000		-	z	7		0.000	0.000	
6:0	-	0.000		0	z	7		0.000	0.000	
8:0	-	0.000		0	Z	7		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.030	,	0		1		0.042	0.041	
13:0	_	0.00		•						
14:0		0.080)	0		1		0.112	0.110	
15:0	-			_		_				
16:0	-	2.130)	0		1		2.982	2.918	
17:0	-	- -		_		_				
18:0		0.760)	0		1		1.064	1.041	
20:0	-									
22:0	-									
24:0	g									

			mount in 10			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
Fatty acids, total monounsatur	atedg	4.050	1	0		1		5.670	5.549	
14:1	_									
15:1	_	0.560		0		1		0.784	0.767	
16:1 undifferentiated 17:1	_	0.560		U		1		0.784	0.767	
18:1 undifferentiated	_	3.370	1	0		1		4.718	4.617	
20:1	_	0.050		0		1		0.070	0.069	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsatural		2.830	1	0		1		3.962	3.877	
18:2 undifferentiated	g	2.150)	0		1		3.010	2.946	
18:3 undifferentiated		0.100)	0		1		0.140	0.137	
18:4	g	0.000)	0	Z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.290		0		1		0.406	0.397	
20:5 n-3	_	0.020		0		1		0.028	0.027	
22:5 n-3		0.050		0		1		0.070	0.069	
22:6 n-3		0.090)	0		1		0.126	0.123	
Fatty acids, total trans		83		•				11.0	114	
Cholesterol	_	83		0		1		116	114	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.356	i	0		1		0.498	0.488	
Threonine	g	1.285		0		1		1.799	1.760	
Isoleucine	_	1.606		0		1		2.248	2.200	
Leucine	_	2.283		0		1		3.196	3.128	
Lysine		2.585		0		1		3.619	3.541	
Methionine		0.842		0		1		1.179	1.154	
Cystine		0.389		0		1		0.545	0.533	
Phenylalanine		1.207 1.027		0 0		1 1		1.690 1.438	1.654	
Tyrosine	-	1.509		0		1		2.113	1.407 2.067	
ValineArginine	_	1.835		0		1		2.569	2.514	
Histidine		0.944		0		1		1.322	1.293	
Alanine	_	1.660		0		1		2.324	2.274	
Aspartic acid		2.711		0		1		3.795	3.714	
Glutamic acid		4.556		0		1		6.378	6.242	
Glycine		1.494		0		1		2.092	2.047	
Proline	-	1.251		0		1		1.751	1.714	
Serine	_	1.046	i	0		1		1.464	1.433	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	3	·		•	_	•		Ţ	•	
	ma	•		_	_	_		0 000		
Carotene, beta		0		0	z z	7 7		0.000	0.000	
Carotene, alpha		0		0	z z	7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Lutem + Zeazantinin		U		U	- 4	'		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 137g: 1 unit (yield from 1 lb ready-to-cook chicken)

Chicken, stewing, meat only, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 50% Bone 30%, skin 12%, separable fat 8%

		<u>A</u>	mount in 100 g	rams	of edib	ole portic	<u>n</u>	Amount in edible portion of common		
			Nui	mber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	72.54		0		1		140.73	206.01	
Energy	_	148		0	NC	4		287	420	
Energy		619		0		4		1201	1759	
Protein (N x 6.25)		21.26		0		1		41.24	60.38	
Total lipid (fat)	-	6.32		0		1		12.26	17.95	
Ash		1.27		0		1		2.46	3.61	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_			-	_	•			0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		0		1		19	28	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.09		0		1		2.11	3.10	
Magnesium, Mg		24		0		1		47	68	
Phosphorus, P	-	209		0		1		405	594	
Potassium, K	-	251		0		1		487	713	
Sodium, Na	_	79		0 0		1 1		153 2.72	224	
Zinc, Zn		1.40 0.089		0		1		2.72 0.173	3.98 0.253	
Copper, Cu		0.089		0		1		0.173	0.253	
Selenium, Se		15.7	,	0	PIE	4		30.5	44.6	
Scienium, Se	1110g	13.7		Ü		-		30.3	44.0	
Vitamins:										
Vitamin C, total ascorbic acid		3.3		0		1		6.4	9.4	
Thiamin		0.149)	0		1		0.289	0.423	
Riboflavin	-	0.207	1	0		1		0.402	0.588	
Niacin		7.477		0		1		14.505	21.235	
Pantothenic acid		1.090		0		1		2.115	3.096	
Vitamin B-6		0.440)	0		1		0.854	1.250	
Folate, total		7		0		1		14	20	
Folic acid		0		0	Z	7		0	0	
Folate, food		7		0		1		14	20	
Folate, DFE		7		0	NC	4		14	20	
Vitamin B-12		0.38		0		1		0.74	1.08	
Vitamin A, IU	IU	105		0	NC	4		204	298	
Vitamin A, RAE		32		0	NC	4		61 61	90	
Retinol	-	32		0	NR	4			90	
Vitamin E (alpha-tocopherol)		0.24		U	CASN	4		0.46	0.68	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.0		0	BFSN	4		3.8	5.6	
vitanini K (phynodunione)	9			·	22 021	-		3.3	3.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.570)	0		1		3.046	4.459	
4:0	g	0.000)	0	BFFN	4		0.000	0.000	
6:0	-	0.000		0	BFFN	4		0.000	0.000	
8:0	-	0.000		0	BFFN	4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.020)	0		1		0.039	0.057	
13:0				_		_		_	_	
14:0	-	0.040)	0		1		0.078	0.114	
15:0						_		_		
16:0		1.060)	0		1		2.056	3.010	
17:0	-			•		_				
18:0	-	0.410)	0		1		0.795	1.164	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	edg	1.940		0		1		3.764	5.510		
14:1	g										
15:1											
16:1 undifferentiated	-	0.280		0		1		0.543	0.795		
17:1	-										
18:1 undifferentiated	-	1.600		0		1		3.104	4.544		
20:1	-	0.020		0		1		0.039	0.057		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		1.570		0		1		3.046	4.459		
18:2 undifferentiated		1.120		0		1		2.173	3.181		
18:3 undifferentiated	-	0.050		0		1		0.097	0.142		
18:4		0.000		0	BFFN	4		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.200		0		1		0.388	0.568		
20:5 n-3	-	0.010		0		1		0.019	0.028		
22:5 n-3	g	0.030		0		1		0.058	0.085		
22:6 n-3	g	0.070		0		1		0.136	0.199		
Fatty acids, total trans	g										
Cholesterol		63		0		1		122	179		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.248		0		1		0.481	0.704		
Threonine		0.898		0		1		1.742	2.550		
Isoleucine	-	1.122		0		1		2.177	3.186		
Leucine		1.595		0		1		3.094	4.530		
	-	1.806		0		1		3.504	5.129		
Lysine Methionine		0.588		0		1		1.141	1.670		
		0.388		0		1		0.528	0.772		
Cystine		0.844		0		1		1.637	2.397		
Phenylalanine		0.718		0		1		1.393	2.039		
Tyrosine	-			0		1		2.045	2.039		
Valine	-	1.054 1.282		0		1					
Arginine		0.660		0		1		2.487 1.280	3.641		
Histidine						1			1.874		
Alanine		1.160		0		1		2.250	3.294		
Aspartic acid		1.895		0				3.676	5.382		
Glutamic acid	-	3.184		0		1		6.177	9.043		
Glycine		1.044		0		1		2.025	2.965		
Proline		0.874		0		1		1.696	2.482		
Serine		0.731		0		1		1.418	2.076		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:											
		_		_	_	_					
Carotene, beta		0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta	_	0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 194g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 284g: .5 chicken, bone and skin removed

Chicken, stewing, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% Drumette: Bone 24.92%, Cartilage 9.79%, Total refuse: 34.71%; Second wing section: Bone 22.09%, Cartilage 8.51%, Total

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	61.79	0.591	3	A	1		17.92	53.14	
Energy		211		0	NC	4		61	182	
Energy		884		0	NC	4		256	760	
Protein (N x 6.25)		19.67	0.888	3	A	1		5.70	16.92	
Total lipid (fat)		12.67	0.606	3	A	1		3.67	10.89	
Ash		2.53	0.577	3	A	1		0.73	2.17	
Carbohydrate, by difference		3.34		0	NC	4		0.97	2.88	
Fiber, total dietary		0.6	0.146	3	A	1		0.2	0.5	
Sugars, total		2.04		0	AS	1		0.59	1.76	
Sucrose	g	0.34	0.572	3	A	1		0.10	0.29	
Glucose (dextrose)	g	1.16	0.670	3	A	1		0.34	0.99	
Fructose	g	0.51	1.080	3	A	1		0.15	0.44	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.04	0.083	3	A	1		0.01	0.03	
Galactose	g	0.00		0	Z	7		0.00	0.00	
Starch		0.73	0.733	3	A	1		0.21	0.63	
Minouala										
Minerals:	ma	28	4.015	2		1		8	24	
Calcium, Ca		2.41	0.149	3 3	A A	1 1		0.70	2.07	
Iron, Fe		20	1.091	3	A	1		6	17	
Magnesium, Mg Phosphorus, P		205	24.168	3	A	1		60	177	
Potassium, K	_	190	21.528	3	A	1		55	163	
Sodium, Na		615	140.001	3	A	1		178	529	
Zinc, Zn		1.14	0.091	3	A	1		0.33	0.98	
Copper, Cu		0.039		3	A	1		0.011	0.033	
Manganese, Mn		0.000		3	A	1		0.000	0.000	
Selenium, Se		33.2	2.749	3	A	1		9.6	28.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.074	0.004	3	A	1		0.021	0.064	
Riboflavin		0.242	0.058	3	A	1		0.070	0.208	
Niacin	mg	5.500	0.236	3	A	1		1.595	4.730	
Pantothenic acid	mg	0.545	0.023	3	A	1		0.158	0.469	
Vitamin B-6	mg	0.142	0.016	3	A	1		0.041	0.122	
Folate, total	mcg	10	1.567	3	A	1		3	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	1.567	3	A	1		3	8	
Folate, DFE	mcg_DFE	10		0	NC	4		3	8	
Vitamin B-12	mcg	0.40	0.075	3	A	1		0.12	0.35	
Vitamin A, IU	IU	58		0	AS	1		17	50	
Vitamin A, RAE		17		0	AS	1		5	15	
Retinol	mcg	17	3.257	3	A	1		5	15	
Vitamin E (alpha-tocopherol)	mg	0.36	0.113	3	A	1		0.10	0.31	
Tocopherol, beta	mg	0.00	0.001	3	A	1		0.00	0.00	
Tocopherol, gamma		0.40	0.113	3	A	1		0.12	0.34	
Tocopherol, delta		0.09	0.021	3	A	1		0.03	0.08	
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated		3.321		0	NC	4		0.963	2.856	
4:0	g	0.000)	0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0		0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g									
14:0	g	0.063		3	A	1		0.018	0.054	
15:0	g	0.000	0.000	3	A	1		0.000	0.000	

refuse: 30.65%

	<u>An</u>	nount in 100 g	rams o	f edible i	portio	<u>n</u>	Amount in edible portion of common measures of food			
		Nu	mber				<u>me</u>	easures of food		
		of	Data D	Deriv Sc	ource	Confidence				
Nutrients and Units	Mean	Std. Error Po	ints C	Code C	Code	Code	Measure 1	Measure 2	Measure	
16:0g	2.637	0.149	3	A	1		0.765	2.267		
17:0g	0.007	0.003	3	A	1		0.002	0.006		
18:0g	0.607	0.022	3	A	1		0.176	0.522		
20:0g	0.007	0.000	3	A	1		0.002	0.006		
22:0g	0.000	0.000	3	A	1		0.000	0.000		
24:0g	0.000	0.000	3	A	1		0.000	0.000		
Fatty acids, total monounsaturatedg	5.766		0	NC	4		1.672	4.959		
14:1g	0.027	0.003	3	A	1		0.008	0.023		
15:1g	0.000	0.000	3	A	1		0.000	0.000		
16:1 undifferentiatedg	0.960	0.061	3	A	1		0.278	0.826		
17:1g	0.000	0.000	3	A	1		0.000	0.000		
18:1 undifferentiatedg	4.737	0.259	3	A	1		1.374	4.073		
20:1g	0.043	0.003	3	A	1		0.013	0.037		
22:1 undifferentiated	0.000	0.000	3	A	1		0.000	0.000		
24:1 c	0.000	0.000	J		-		0.000	0.000		
Fatty acids, total polyunsaturated9	2.359		0	NC	4		0.684	2.029		
18:2 undifferentiated	2.073	0.156	3	A	1		0.601	1.783		
18:3 undifferentiated	0.117	0.007	3	A	1		0.034	0.100		
18:4	0.020	0.000	3	A	1		0.006	0.017		
	0.020	0.000	3	A	1		0.006	0.017		
20:2 n-6 c,c	0.020	0.000	3	A	1		0.008			
20:3 undifferentiated								0.020		
20:4 undifferentiated	0.077	0.003	3	A	1		0.022	0.066		
20:5 n-3	0.000	0.000	3	A	1		0.000	0.000		
22:5 n-3g	0.020	0.000	3	A	1		0.006	0.017		
22:6 n-3g	0.010	0.000	3	A	1		0.003	0.009		
Fatty acids, total trans										
Cholesterolmg	126	5.859	3	A	1		37	108		
Phytosterolsmg										
Amino Acids: Tryptophang	0.180		0	A	1		0.052	0.155		
Threonine	0.743		0	A	1		0.216	0.639		
Isoleucine	0.745		0	A	1		0.216	0.641		
Leucine	1.278		0	A	1		0.371	1.099		
Lysine	1.352		0	A	1		0.392	1.163		
	0.414		0	A	1		0.120	0.356		
Methionine			0		1					
Cystineg	0.184			A			0.053	0.159		
Phenylalanine	0.726		0	A	1		0.210	0.624		
Tyrosine	0.493		0	A	1		0.143	0.424		
Valine	0.809		0	A	1		0.235	0.696		
Arginineg	1.188		0	A	1		0.345	1.022		
Histidineg	0.462		0	A	1		0.134	0.397		
Alanineg	1.082		0	A	1		0.314	0.931		
Aspartic acidg	1.644		0	A	1		0.477	1.414		
Glutamic acidg	2.527		0	A	1		0.733	2.174		
Glycineg	1.268		0	A	1		0.368	1.090		
Prolineg	0.906		0	A	1		0.263	0.779		
Serineg	0.708		0	A	1		0.205	0.609		
Hydroxyprolineg	0.511		0	A	1		0.148	0.440		
thers:										
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0		
Caffeinemg	0		0	Z	7		0	0		
Theobromine mg	0		0	Z	7		0	0		
arotenoids:										
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		

Chicken, wing, frozen, glazed, barbecue flavored

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 29g: 1 piece Measure 2 = 86g: 1 serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Refuse: 33% Drumette: Bone 24.92%, Cartilage 9.79%, Total refuse: 34.71%; Second wing section: Bone 22.09%, Cartilage 8.51%, Total

Nutrients and Units			<u>A</u> 1	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units							Car	Confidence	1111	<u> </u>	
Proximates:	Nutrients and Un	its	Mean						Measure 1	Measure 2	Measure 3
Materian G											
Energy		a	E7 2E	0 474	10	7	1				
Facegy				0.4/4							
Protein IN S c 25											
Total Individual				0 689							
Ash. 9 2 2.88 0.240 10 3 1 1 Christydrifference. 9 3.35 0 NC 4 1 Christydrifference. 9 9.3.36 0 NC 4 1 Christydrifference. 9 9.5 0.5 0.238 5 A 1 1 Sugar, total (1998)	,	-									
Carbionydrate, by difference 9 0 3.36 0 NC 4 Fibre, total dietary 9 0.5 0.5 0.238 5 A 1 Sugars, total 9 0.60 0.60 0.433 5 A 1 Fructosce 9 0.60 0.643 5 A 1 Fructosce 9 0.34 0.290 5 A 1 Lactosc 9 0.00 0.000 5 A 1 Maltiosce 9 0.007 0.000 5 A 1 Maltiosce 9 0.007 0.000 5 A 1 Maltiosce 9 0.007 0.000 5 A 1 Galactosce 9 0.007 0.000 5 A 1 Carbinosce 9 0.000 0.66 5 A 1 Galactosce 9 0.000 0.66 5 A 1 Galactosce 9 0.000 0.66 5 A 1 Carbinosce 9 0.000 0.000 0 A 1 Carbinosce 9 0.000 0 0.000 0 A 1 Carbinosce 9 0.000 0 0.000 0 A 1 Carbinosce 9 0.000 0 0.000 0 A 1 Carbinosce 9 0 0.000 0 0.000 0 A 1 Carbinosce							1				
Sugary, total.			3.36		0	NC	4				
Surroux			0.5	0.238	5	A	1				
Glucoses (dextrose). 9 0.92 0.376 5 A 1 Fructione. 9 0.34 0.290 5 A 1 Lactone. 9 0.00 0.00 0.00 5 A 1 Maltitose. 9 0.00 0 0 Z 7 Galactose. 9 0.00 0 Z 7 Shareh 9 0.76 0.466 5 A 1 Maltitose. 9 0.00 0 Z 7 Shareh 9 0.76 0.466 5 A 1 Marcaris: Calcium, Ca. mg 28 0.351 10 A 1 Inon, Fe. mg 1.97 0.392 10 A 1 Magnesium, Mg. mg 21 0.708 10 A 1 Magnesium, Mg. mg 21 0.708 10 A 1 Magnesium, Mg. mg 21 0.708 10 A 1 Potassum, K. mg 238 5.430 10 A 1 Zinc, Zn. mg 1.33 0.043 10 A 1 Zinc, Zn. mg 1.30 0.043 10 A 1 Mangares, Mn. mg 55.9 3 10 A 1 Mangares, Mn. mg 0.000 0.000 10 A 1 Mangares, Mn. mg 0.000 0.000 10 A 1 Mangares, Mn. mg 0.400 0.000 10 A	Sugars, total	g	1.94		0	AS	1				
Pructose	Sucrose	g	0.60	0.443	5	A	1				
Tactose			0.92	0.376		A					
Mailose	Fructose	g									
Salachoose	Lactose	g									
Sharch.				0.070							
Minerals: Calcium, Ca.					-						
Calcium, Ca.	Starch	g	0.76	0.466	5	A	1				
Tron. Pc.	Minerals:										
Magnesium, Mg. mg 21 0.708 10 A 1 Phosphous, P. mg 233 7.240 10 A 1 Potassium, K. mg 218 5.430 10 A 1 Sodium, Na. mg 559 71.563 10 A 1 Coper, Cu. mg 0.000 0.000 10 A 1 Maaganese, Mn. mg 0.000 0.000 10 A 1 Selenium, Sc. mcg 34.2 3.257 6 A 1 Vitamin C, Ital sacorbic acid. mg 0.0 0.000 3 A 1 Vitamin B. mg 0.17 0.050 10 A 1 Witamin B. mg 0.17 0.05 10 A 1 Niacin. mg 0.183 0.21 10 A 1 Patotheric acid. mg 0.183 0.021 10 A<	Calcium, Ca	mg		4.351	10	A	1				
Phosphorus P.	· · · · · · · · · · · · · · · · · · ·	-									
Potassim K.											
Softwone											
Zinc, Zn											
Copper, Cu mg 0.000 0.000 10 A 1 Manganese, Mn mg 0.000 0.000 10 A 1 Selenium, Se mcg 34.2 3.257 6 A 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.00 3 A 1 Riboflavin. mg 0.117 0.050 10 A 1 Riboflavin. mg 0.260 0.181 10 A 1 Niacin. mg 6.030 0.197 10 A 1 Pantothenic acid. mg 0.603 0.039 6 A 1 Vitamin B-6. mg 0.183 0.021 10 A 1 Folate, total. mcg 10 0.828 10 A 1 Folate, pode. mcg 0 0.828 10 A 1 Folate, pode. mcg 1 0 8 <	,	-									
Manganese, Mn mg 0.000 0.000 10 A 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0.000 3 A 1 Riboflavin. mg 0.117 0.050 10 A 1 Niacin. mg 0.260 0.018 10 A 1 Niacin. mg 0.603 0.197 10 A 1 Vitamin B-6. mg 0.603 0.039 6 A 1 Folate, total. mg 0.183 0.021 10 A 1 Folate, total. mg 0.183 0.021 10 A 1 Folate, total. mg 0 0.828 10 A 1 Folate, DFE. mgQ.DFE 10 0.828 10 A 1 Vitamin B-12. mcg 0.55 0.024 10 A 1 Retinol. mg 0.44<	5										
Vitamins: Vitamin C, total ascerbic acid mg 0.0 0.000 3 4 1 Thiamin mg 0.117 0.050 10 A 1 Riboflavin mg 0.260 0.018 10 A 1 Niacin mg 6.030 0.197 10 A 1 Pantothenic acid mg 0.603 0.039 6 A 1 Vitamin B-6 mg 0.183 0.021 10 A 1 Folate, total mcg 0 0.828 10 A 1 Folate, food mcg 0 0 Z 7 Folate, food mcg 10 0.828 10 A 1 Vitamin B-12 mcg 0.55 0.024 10 A 1 Vitamin B-12 mcg 0 AS 1 Retinol mcg 21 2.422 5 A 1	• • •		0.000	0.000	10	A	1				
Vitamin C, total ascorbic acid mg 0.0 0.000 3 A 1 Thiamin mg 0.117 0.050 10 A 1 Riboflavin mg 0.260 0.018 10 A 1 Niacin mg 6.030 0.197 10 A 1 Pantothenic acid mg 0.603 0.039 6 A 1 Vitamin B-6 mg 0.183 0.021 10 A 1 Folate, foal mg 10 0.828 10 A 1 Folate, food mcg 0 0 2 7 Folate, food mcg 10 0.828 10 A 1 Folate, food mcg 10 0.828 10 A 1 Folate, food mcg 10 0.828 10 A 1 Vitamin A, IU IU 69 0.83 1 Vitamin E, Galpha-toc	Selenium, Se	mcg	34.2	3.257	6	A	1				
Thiamin	Vitamins:										
Riboflavin mg	*	-									
Niacin mg 6.030 0.197 10 a 1 Pantothenic acid mg 0.603 0.039 6 a 1 Vitamin B-6 mg 0.183 0.021 10 a 1 Folate, total mcg 10 0.828 10 a 1 Folate, food mcg 10 0.828 10 a 1 Folate, food mcg 10 0.828 10 a 1 Folate, DFE mcg 10 0.828 10 a 1 Folate, DFE mcg 10.55 0.024 10 a 1 Vitamin B-12 mcg 0.55 0.024 10 a 1 Vitamin A, RAE mcg_RAE 21 0.482 1 Retinol mcg 21 2.422 5 a 1 Tocopherol, beta mg 0.01 0.004 5 a 1											
Pantothenic acid. mg 0.603 0.039 6 A 1 Vitamin B-6. mg 0.183 0.021 10 A 1 Folate, total. mcg 10 0.828 10 A 1 Folate, food. mcg 10 0.828 10 A 1 Folate, DFE mcg 10 0.828 10 A 1 Vitamin B-12. mcg 0.55 0.024 10 A 1 Vitamin A, IU IU 69 0 AS 1 Vitamin A, RAE mcg_RAE 21 0 AS 1 Vitamin E (alpha-tocopherol) mg 0.44 0.095 5 A 1 Tocopherol, beta mg 0.01 0.004 5 A 1 Tocopherol, garma mg 0.09 0.021 5 A 1 Vitamin K (phylloquinone) mcg 0.000 0 Z 7											
Vitamin B-6 mg 0.183 0.021 10 A 1 Folica cid mcg 0 0.828 10 A 1 Folica cid mcg 0 0.828 10 A 1 Folate, food mcg 10 0.82 1 1 Vitamin E, felphe mcg 21 0.83 1 Vitamin A, IU mcg 121 2.422 5 A 1 Tocopherol, beta mg 0.44 0.095 5 A 1		-									
Folate, total		-									
Folic acid mcg 0 0 82 7 Folate, food mcg 10 0.828 10 A 1 Folate, food mcg 10 0.828 10 A 1 Folate, DFE mcg_DFE 10 0 NC 4 Vitamin B-12 mcg 0.55 0.024 10 A 1 Vitamin A, IU IU 69 0 AS 1 Vitamin A, RAE mcg_RAE 21 0 AS 1 Vitamin E (alpha-tocopherol) mg 0.44 0.095 5 A 1 Tocopherol, beta mg 0.001 0.004 5 A 1 Tocopherol, gamma mg 0.40 0.090 5 A 1 Tocopherol, delta mg 0.09 0.021 5 A 1 Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 3.966 0 NC 4 4.0 9 0.000 0 2 7 8.0 9 0.000 0 0 2 7 8.0 9 0.000 0.000 10 A 1 10.0 9 0.000 0.000 10 A 1 12.0 9 0.000 0.000 10 A 1 12.0 9 0.000 9 0.000 10 A 1 13.0 9 0.008		-									
Folate, food			0		0	Z	7				
Vitamin B-12 mcg 0.55 0.024 10 A 1 Vitamin A, IU IU 69 0 AS 1 Vitamin A, RAE mcg 21 0 AS 1 Retinol mcg 21 2.422 5 A 1 Vitamin E (alpha-tocopherol) mg 0.44 0.095 5 A 1 Tocopherol, beta mg 0.01 0.004 5 A 1 Tocopherol, gamma mg 0.40 0.090 5 A 1 Tocopherol, delta mg 0.09 0.021 5 A 1 Vitamin D IU Witamin K (phylloquinone) mcg Image: Company of the	Folate, food	mcg	10	0.828	10	A	1				
Vitamin A, IU	Folate, DFE	mcg_DFE	10		0	NC	4				
Vitamin A, RAE mcg_RAE 21 0 AS 1 Retinol mcg 21 2.422 5 A 1 Vitamin E (alpha-tocopherol) mg 0.44 0.095 5 A 1 Tocopherol, beta mg 0.01 0.004 5 A 1 Tocopherol, gamma mg 0.40 0.090 5 A 1 Tocopherol, delta mg 0.09 0.021 5 A 1 Vitamin D IU U Witamin K (phylloquinone) mcg Vitamin K (phylloquinone) mcg Etipids: Fatty acids, total saturated g 3.966 0 NC 4 4:0 g 0.000 0 z 7 6:0 g 0.000 0 z 7 8:0 g 0.000 0.000 10 A 1 10:0 g 0.000 0.000 10 A 1				0.024							
Retinol. mcg 21 2.422 5 A 1 Vitamin E (alpha-tocopherol) mg 0.44 0.095 5 A 1 Tocopherol, beta mg 0.01 0.004 5 A 1 Tocopherol, gamma. mg 0.40 0.090 5 A 1 Tocopherol, delta. mg 0.09 0.021 5 A 1 Vitamin D. IU IU Vitamin K (phylloquinone) mcg IV											
Vitamin E (alpha-tocopherol) mg 0.44 0.095 5 A 1 Tocopherol, beta mg 0.01 0.004 5 A 1 Tocopherol, gamma mg 0.40 0.090 5 A 1 Tocopherol, delta mg 0.09 0.021 5 A 1 Vitamin D IU UVitamin K (phylloquinone) mcg Entipuds: Fatty acids, total saturated g 3.966 0 NC 4 4'0 g 0.000 0 z 7 6:0 g 0.000 0 z 7 8:0 g 0.000 0.000 10 A 1 10:0 g 0.000 0.000 10 A 1 12:0 g 0.000 0.000 10 A 1 13:0 g 0.0078 0.003 10 A 1				0 400							
Tocopherol, beta. mg 0.01 0.004 5 A 1 Tocopherol, gamma. mg 0.40 0.090 5 A 1 Tocopherol, delta. mg 0.09 0.021 5 A 1 Vitamin D. IU U Vitamin K (phylloquinone). mcg Vitamin K (phylloquinone). mcg Eipids: Fatty acids, total saturated. g 3.966 0 NC 4 4:0. g 0.000 0 z 7 6:0. g 0.000 0 z 7 8:0. g 0.000 0.000 10 A 1 10:0. g 0.000 0.000 10 A 1 12:0. g 0.000 0.000 10 A 1 13:0. g 0.078 0.003 10 A 1											
Tocopherol, gamma mg 0.40 0.090 5 A 1 Tocopherol, delta mg 0.09 0.021 5 A 1 Vitamin D. U Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 3.966 0 NC 4 4:0. g 0.000 0 z 7 6:0. g 0.000 0 z 7 8:0. g 0.000 0.000 10 A 1 10:0. g 0.000 0.000 10 A 1 12:0. g 0.000 0.000 10 A 1 13:0. g 14:0. g 0.078 0.078 0.003 10 A 1											
Tocopherol, delta mg 0.09 0.021 5 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 3.966 0 NC 4 4:0. g 0.000 0 z 7 6:0. g 0.000 0 z 7 8:0 g 0.000 0.000 10 A 1 10:0. g 0.000 0.000 10 A 1 12:0. g 0.000 0.000 10 A 1 12:0. g 0.000 0.000 10 A 1 13:0. g	-										
Vitamin D											
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 3.966 0 NC 4 4:0 g 0.000 0 z 7 6:0 g 0.000 0 z 7 8:0 g 0.000 0.000 10 A 1 10:0 g 0.000 0.000 10 A 1 12:0 g 0.000 0.000 10 A 1 13:0 g 14:0 g 0.078 0.003 10 A 1	- · · · · · · · · · · · · · · · · · · ·										
Fatty acids, total saturated. g 3.966 0 NC 4 4:0. g 0.000 0 z 7 6:0. g 0.000 0 z 7 8:0. g 0.000 0.000 10 A 1 10:0. g 0.000 0.000 10 A 1 12:0. g 0.000 0.000 10 A 1 13:0. g 14:0. g 0.078 0.003 10 A 1											
Fatty acids, total saturated g 3.966 0 NC 4 4:0 g 0.000 0 z 7 6:0 g 0.000 0 z 7 8:0 g 0.000 0.000 10 A 1 10:0 g 0.000 0.000 10 A 1 12:0 g 0.000 0.000 10 A 1 13:0 g 14:0 g 0.078 0.003 10 A 1	Lipids:										
4:0 9 0.000 0 z 7 6:0 9 0.000 0 z 7 8:0 9 0.000 0.000 10 A 1 10:0 9 0.000 0.000 10 A 1 12:0 9 0.000 0.000 10 A 1 13:0 9 14:0 9 0.078 0.003 10 A 1		g	3.966	5	0	NC	4				
8:0	2	-			0	z	7				
10:0. g 0.000 0.000 10 A 1 12:0. g 0.000 0.000 10 A 1 13:0. g 14:0. g 0.078 0.003 10 A 1	6:0	g	0.000)	0	Z	7				
12:0											
13:0											
14:0g 0.078 0.003 10 A 1			0.000	0.000	10	A	1				
•			0.070	0 000	10		4				
15:0					10	A A	1				

NDB No. 05320 Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

refuse: 30.65%

	<u>An</u>	nount in 100 g			ole portio	<u>on</u>		edible portion	
		Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0g	3.146	0.101	10	A	1 1				
17:0g	0.014 0.717	0.002	10 10	A A	1				
18:0g 20:0g	0.717	0.020 0.002	10	A	1				
20:0	0.000	0.002	10	A	1				
24:0g	0.000	0.000	10	A	1				
Fatty acids, total monounsaturatedg	6.737	0.000	0	NC	4				
14:19	0.030	0.001	10	A	1				
15:1g	0.000	0.000	10	A	1				
16:1 undifferentiatedg	1.126	0.055	10	A	1				
17:1g	0.000	0.000	10	A	1				
18:1 undifferentiatedg	5.527	0.188	10	A	1				
20:1g	0.054	0.002	10	A	1				
22:1 undifferentiated	0.000	0.000	10	A	1				
Fatty acids, total polyunsaturated9	2.838		0	NC	4				
18:2 undifferentiatedg	2.492	0.095	10	A	1				
18:3 undifferentiatedg	0.143	0.006	10	A	1				
18:4g	0.027	0.002	10	A	1				
20:2 n-6 c,cg	0.021	0.001	10	A	1				
20:3 undifferentiatedg	0.030	0.000	10	A	1				
20:4 undifferentiatedg	0.088	0.003	10	A	1				
20:5 n-39	0.000	0.000	10	A	1				
22:5 n-3g	0.027	0.002	10	A	1				
22:6 n-3g	0.011	0.001	10	A	1				
Fatty acids, total trans									
Cholesterolmg Phytosterolsmg	136	5.209	10	A	1				
Amino Acids:									
Tryptophang	0.204		0	A	1				
Threonineg	0.841		0	A	1				
Isoleucineg	0.842		0	A	1				
Leucineg	1.444		0	A	1				
Lysineg	1.529		0	A	1				
Methionineg	0.468		0	A	1				
Cystineg	0.208		0	A	1				
Phenylalanineg	0.820		0	A	1				
Tyrosineg	0.558		0	A	1				
Valine	0.915		0	A	1 1				
Arginine	1.343 0.522		0	A A	1				
Alanine 9	1.224		0	A	1				
Aspartic acid	1.858		0	A	1				
Glutamic acid	2.857		0	A	1				
Glycine	1.433		0	A	1				
Proline	1.024		0	A	1				
Serine	0.801		0	A	1				
Hydroxyproline	0.578		0	A	1				
Others:									
Alcohol, ethylg	0.0		0	Z	7				
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, beta mcg	0		0	Z	7				
Lycopenemcg	0		0	Z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05313 Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Refuse: 33% Drumette: Bone 24.92%, Cartilage 9.79%, Total refuse: 34.71%; Second wing section: Bone 22.09%, Cartilage 8.51%, Total

		<u>A</u> 1	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
				mber		_		<u></u>	easures or roou	ı
Nutrients and Un	ite	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and on	iito	Wearr	Ota: Elloi - s					Measure 1	Measure 2	Wicasare o
Proximates:										
Water		53.89	2.854	3	A	1				
Energy		248		0	NC	4				
Energy		1039		0	NC	4				
Protein (N x 6.25)	-	25.34	2.792	3	A	1				
Total lipid (fat)		13.90	0.416	3	A	1				
Ash	g	3.04	0.584	3	A	1				
Carbohydrate, by difference		3.84		0	NC	4				
Fiber, total dietary	g	0.9	0.285	3	A	1				
Sugars, total	g	2.10		0	AS	1				
Sucrose	g	0.35	0.417	3	A	1				
Glucose (dextrose)		1.21	0.545	3	A	1				
Fructose	g	0.54	0.833	3	A	1				
Lactose	g	0.00	0.000	3	A	1				
Maltose	g	0.00	0.000	3	A	1				
Galactose		0.00		0	Z	7				
Starch	g	0.80	0.800	3	A	1				
Minerals:										
Calcium, Ca	ma	38	5.269	3	A	1				
Iron, Fe	-	2.74	0.494	3	A	1				
Magnesium, Mg	-	27	3.200	3	A	1				
Phosphorus, P		272	32.209	3	A	1				
Potassium, K		254	30.421	3	A	1				
Sodium, Na		837	240.214	3	A	1				
Zinc, Zn	mg	1.55	0.145	3	A	1				
Copper, Cu	mg	0.049	0.049	3	A	1				
Manganese, Mn	mg	0.000	0.000	3	A	1				
Selenium, Se	mcg	41.7	5.320	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5	0.237	3	A	1				
Thiamin	-	0.081		3	A	1				
Riboflavin		0.296		3	A	1				
Niacin		7.100	0.717	3	A	1				
Pantothenic acid		0.711	0.074	3	A	1				
Vitamin B-6	mg	0.210	0.028	3	A	1				
Folate, total	mcg	12	1.966	3	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	12	1.966	3	A	1				
Folate, DFE	mcg_DFE	12		0	NC	4				
Vitamin B-12	mcg	0.48	0.014	3	A	1				
Vitamin A, IU	IU	68		0	AS	1				
Vitamin A, RAE	mcg_RAE	20		0	AS	1				
Retinol		20	2.977	3	A	1				
Vitamin E (alpha-tocopherol)		0.38		3	A	1				
Tocopherol, beta		0.01	0.007	3	A	1				
Tocopherol, gamma		0.39	0.121	3	A	1				
Tocopherol, delta		0.09	0.024	3	A	1				
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.655	i	0	NC	4				
4:0	g	0.000)	0	z	7				
6:0	g	0.000)	0	Z	7				
8:0	g	0.000	0.000	3	A	1				
10:0	g	0.000	0.000	3	A	1				
12:0	g	0.000	0.000	3	A	1				
13:0	g									
14:0	g	0.067	0.003	3	A	1				
15:0	g	0.000	0.000	3	A	1				

refuse: 30.65%

	<u>An</u>	nount in 100 g			ole portic	<u>on</u>		edible portion	
			mber				<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0g	2.883	0.156	3	A	1				
17:0g	0.010	0.000	3	A	1				
18:0g	0.680	0.026	3	A	1				
20:0g	0.008	0.001	3	A	1				
22:0g	0.007	0.007	3	A	1				
24:0g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturatedg	6.297		0	NC	4				
14:1g	0.027	0.003	3	A	1				
15:1g	0.000	0.000	3	A	1				
16:1 undifferentiatedg	1.057	0.085	3	A	1				
17:1g	0.000	0.000	3	A	1				
18:1 undifferentiatedg	5.163	0.291	3	A	1				
20:1g	0.050	0.000	3	A	1				
22:1 undifferentiated	0.000	0.000	3	A	1				
24:1 c	2.599		0	NC	4				
Fatty acids, total polyunsaturated9		0 121							
18:2 undifferentiated	2.250 0.130	0.131 0.006	3 3	A A	1 1				
	0.130	0.006	3	A A	1				
18:4g					1				
20:2 n-6 c,cg	0.027	0.003	3 3	A	1				
20:3 undifferentiated	0.030	0.000		A					
20:4 undifferentiatedg	0.093	0.014	3	A	1				
20:5 n-3g	0.000	0.000	3	A	1				
22:5 n-3g	0.030	0.000	3	A	1				
22:6 n-3g	0.017	0.003	3	A	1				
Fatty acids, total trans			_	_	_				
Cholesterol mg	156	14.075	3	A	1				
Phytosterolsmg									
Amino Acids:									
Tryptophan9	0.232		0	A	1				
Threonineg	0.958		0	A	1				
Isoleucineg	0.960		0	A	1				
Leucineg	1.646		0	A	1				
Lysineg	1.742		0	A	1				
Methionineg	0.533		0	A	1				
Cystineg	0.238		0	A	1				
Phenylalanineg	0.935		0	A	1				
Tyrosineg	0.635		0	A	1				
Valineg	1.043		0	A	1				
Arginineg	1.530		0	A	1				
Histidineg	0.595		0	A	1				
Alanineg	1.394		0	A	1				
Aspartic acidg	2.117		0	A	1				
Glutamic acid	3.256		0	A	1				
Glycineg	1.633		0	A	1				
Proline	1.167		0	A	1				
Serineg	0.912		0	A	1				
Hydroxyprolineg	0.658		0	A	1				
Others:									
Alcohol, ethylg	0.0		0	z	7				
Caffeine mg	0		0	z	7				
Theobromine mg	0		0	z	7				
Carotenoids:	·		•	_	•				
	•		0		7				
Carotene, beta mcg	0		0	Z	7				
Carotene, alpha mcg	0		U	Z	7				
Cryptoxanthin, betamcg	0		0	Z	7				
Lycopenemcg	0		0	Z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

Nutrients and Units	Measure 2	Measure 3
Nutrients and Units Nutrients Nutrient	Measure 2	Measure :
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1	Measure 2	Measure 3
Proximates: Water. 9 62.00 4 86.80 Energy. kcal 219 4 307 Energy. kj 916 4 1283 Protein. 9 23.90 4 33.46 Total lipid (fat). 9 13.00 4 18.20 Ash. 9 1.10 0 NC 4 1.54 Carbohydrate, by difference. 9 0.00 2 7 0.00 Fiber, total dictary. 9 0.0 7 0.0 Sugars, total. 9 0.00 2 7 0.00 Starch. 9 0.00 2 7 0.00 Starch. 9 0.00 2 7 0.00 Starch. 9 0.0 2 7 0.00 Starch. 9 0.0 2 7 0.00 Starch. 9 5.91 4 8.27		
Water. g 62.00 4 86.80 Energy. kcal 219 4 307 Energy. kj 916 4 1283 Protein. g 23.90 4 33.46 Total lipid (fat). g 13.00 4 18.20 Ash. g 1.10 0 NC 4 1.54 Carbohydrate, by difference. g 0.00 z 7 0.00 Fiber, total dietary. g 0.0 z 7 0.0 Sugars, total. g 0.00 z 7 0.0 Starch. g 0.00 z 7 0.0 Starch. g 0.00 z 7 0.00 Starch. g 0.0 z 7 0.00 Minerals: Calcium, Ca. mg 17 4 24 Iron, Fe. mg 5.91 4 36		
Energy		
Energy kj 916 4 1283 Protein 9 23.90 4 33.46 Total lipid (fat) 9 13.00 4 18.20 Ash 9 1.10 0 NC 4 1.54 Carbohydrate, by difference 9 0.00 z 7 0.00 Fiber, total dietary 9 0.00 z 7 0.00 Sugars, total 9 0.00 z 7 0.00 Starch 9 0.00 z 7 0.00 Minerals: Calcium, Ca mg 17 4 24 Iron, Fe mg 2 4 36 Pobassium, Mg mg 256 4 35		
Protein 9 23.90 4 33.46 Total lipid (fat) 9 13.00 4 18.20 Ash 9 1.10 0 NC 4 1.54 Carbohydrate, by difference 9 0.00 Z 7 0.00 Fiber, total dietary 9 0.00 Z 7 0.00 Sugars, total 9 0.00 Z 7 0.00 Starch 9 0.00 Z 7 0.00 9 0.00 Z 7 0.00 mg 17 4 24 Iron, Fe mg 5.91 4 8.27 Magnesium, Mg mg 26 4 36 Phosphorus, P mg 332 4 465 Potassium, K mg 256 4 358 Sodium, Na mg 3.83 4 5.36 Copper, Cu mg 0.763 <td></td> <td></td>		
Total lipid (fat) 9 13.00 4 18.20 Ash 9 1.10 0 NC 4 1.54 Carbohydrate, by difference 9 0.00 z 7 0.00 Fiber, total dietary 9 0.00 z 7 0.00 Sugars, total 9 0.00 z 7 0.00 Starch 9 24 24 Winerals: 2 4 24 24 For Processium, Mg mg 26 4 36 36 4 465 465 465 465 465 465 465 465 465 465 465 465 465 465 466 466 466 466		
Ash. 9 1.10 0 NC 4 1.54 Carbohydrate, by difference. 9 0.00 Z 7 0.00 Fiber, total dietary. 9 0.00 Z 7 0.00 Sugars, total. 9 0.00 Z 7 0.00 Starch. 9 Winerals: Calcium, Ca mg 17 4 24 Iron, Fe. mg 5.91 4 8.27 Magnesium, Mg. mg 26 4 4 36 Phosphorus, P. mg 332 4 4 465 Potassium, K. mg 256 4 4 358 Sodium, Na mg 57 4 4 80 Zinc, Zn mg 3.83 4 4 5.36 Copper, Cu mg 3.83 4 5.36 Copper, Cu mg 30.763 4 1.068 Manganese, Mn. mg Selenium, Se mcg 20.1 0 BFYN 4 28.1 Vitamins: Vitamins: Vitamins: Vitamins: Vitamins. mg 2.99 4 4 1.1 Thiamin. mg 0.280		
Carbohydrate, by difference g 0.00 z 7 0.00 Fiber, total dietary g 0.00 7 0.00 Sugars, total g 0.00 0 z 7 0.00 Starch g 0 0 z 7 0.00 Witerial Starch g 0 0 z 7 0.00 Witerial Starch g 24 24 24 24 24 24 24 24 24 24 24 24 24 25 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20		
Fiber, total dietary. 9 0.0 7 0.0 Sugars, total. 9 0.00 0 z 7 0.00 Starch. 9 0.00 0 z 7 0.00 Starch. 9 0.00 0 z 7 0.00 Winch 9 0.00 0 z 7 0.00 Winch 9 0.00 0 z 7 0.00 Winch 9 0 </td <td></td> <td></td>		
Sugars, total g 0.00 z 7 0.00 Starch g Winerals: Calcium, Ca. mg 17 4 24 Iron, Fe. mg 5.91 4 8.27 Magnesium, Mg. mg 26 4 36 Phosphorus, P. mg 332 4 465 Potassium, K. mg 256 4 358 Sodium, Na. mg 57 4 80 Zinc, Zn. mg 3.83 4 5.36 Copper, Cu. mg 0.763 4 1.068 Manganese, Mn. mg 20.1 0 BFYN 4 28.1 Vitamins: VitaminC, total ascorbic acid. mg 2.9 4 4.1 1.068 Thiamin. mg 0.280 4 0.392 4 0.392		
Starch g Minerals: Calcium, Ca. mg 17 4 24 Iron, Fe. mg 5.91 4 8.27 Magnesium, Mg. mg 26 4 36 Phosphorus, P. mg 332 4 465 Potassium, K. mg 256 4 358 Sodium, Na. mg 57 4 80 Zinc, Zn. mg 3.83 4 5.36 Copper, Cu. mg 0.763 4 1.068 Manganese, Mn. mg Selenium, Se. mcg 20.1 0 BFYN 4 28.1 Vitamins: Vitamin C, total ascorbic acid. mg 2.9 4 4.1 Thiamin. mg 0.280 4 0.392		
Minerals: Calcium, Ca		
Calcium, Ca. mg 17 4 24 Iron, Fe. mg 5.91 4 8.27 Magnesium, Mg. mg 26 4 36 Phosphorus, P. mg 332 4 465 Potassium, K. mg 256 4 358 Sodium, Na. mg 57 4 80 Zinc, Zn. mg 3.83 4 5.36 Copper, Cu. mg 0.763 4 1.068 Manganese, Mn. mg Selenium, Se. mcg 20.1 0 BFYN 4 28.1 Vitamins: Vitamins: mg 2.9 4 4.1 Thiamin. mg 0.280 4 0.392		
Calcium, Ca. mg 17 4 24 Iron, Fe. mg 5.91 4 8.27 Magnesium, Mg. mg 26 4 36 Phosphorus, P. mg 332 4 465 Potassium, K. mg 256 4 358 Sodium, Na. mg 57 4 80 Zinc, Zn. mg 3.83 4 5.36 Copper, Cu. mg 0.763 4 1.068 Manganese, Mn. mg Selenium, Se. mcg 20.1 0 BFYN 4 28.1 Vitamins: Vitamin C, total ascorbic acid mg 2.9 4 4.1 Thiamin. mg 0.280 4 0.392		
Magnesium, Mg. mg 26 4 36 Phosphorus, P. mg 332 4 465 Potassium, K. mg 256 4 358 Sodium, Na. mg 57 4 80 Zinc, Zn. mg 3.83 4 5.36 Copper, Cu. mg 0.763 4 1.068 Manganese, Mn. mg Selenium, Se. mcg 20.1 0 BFYN 4 28.1 Vitamins: Vitamin C, total ascorbic acid. mg 2.9 4 4.1 Thiamin. mg 0.280 4 0.392		
Phosphorus, P		
Potassium, K mg 256 4 358 Sodium, Na mg 57 4 80 Zinc, Zn mg 3.83 4 5.36 Copper, Cu mg 0.763 4 1.068 Manganese, Mn mg 20.1 0 BFYN 4 28.1 Vitamins: Vitamin C, total ascorbic acid mg 2.9 4 4.1 Thiamin mg 0.280 4 0.392		
Sodium, Na		
Zinc, Zn mg 3.83 4 5.36 Copper, Cu mg 0.763 4 1.068 Manganese, Mn mg 20.1 0 BFYN 4 28.1 Vitamins: Vitamin C, total ascorbic acid. mg 2.9 4 4.1 Thiamin mg 0.280 4 0.392		
Copper, Cu		
Manganese, Mn		
Selenium, Se		
Vitamins: Vitamin C, total ascorbic acidmg 2.9 4 4.1 Thiaminmg 0.280 4 0.392		
Vitamin C, total ascorbic acid		
Thiaminmg 0.280 4 0.392		
J		
TO 1 OF 1		
Riboflavinmg 0.350 4 0.490		
Niacinmg 7.600 4 10.640		
Pantothenic acidmg		
Vitamin B-6		
Folate, total		
Tone deld		
Folate, DFE		
Vitamin B-12		
Vitamin A, RAE		
Retinol mcg 28 0 NR 4 39		
Vitamin E (alpha-tocopherol)mg 0.06 0 NR 4 0.08		
Tocopherol, betamg		
Tocopherol, gammamg		
Tocopherol, deltamg		
Vitamin DIU		
Vitamin K (phylloquinone)mcg 4.0 0 BFSN 4 5.6		
Lipids:		
Fatty acids, total saturated		
4:0g 0.000 4 0.000		
6:0		
8:0g 0.000 4 0.000		
10:0g 0.000 4 0.000		
12:0g 0.005 4 0.007		
13:0		
14:0g 0.087 4 0.122		
15:0g		
16:0g 2.510 4 3.514		
17:0g		
18:0g 1.015 4 1.421		
20:0g		
22:0g		
24:0g		

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Day March	5 460				4				
Fatty acids, total monounsaturatedg	5.462				4		7.647		
14:1g									
15:1	0.677				4		0.948		
17:1g	0.077				-		0.548		
18:1 undifferentiatedg	4.632				4		6.485		
20:1g	0.100				4		0.483		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg	0.000				•		0.000		
Fatty acids, total polyunsaturated9	2.733				4		3.826		
18:2 undifferentiatedg	2.324				4		3.254		
18:3 undifferentiatedg	0.096				4		0.134		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated	0.113				4		0.158		
20:5 n-3g	0.005				4		0.007		
22:5 n-3g	0.044				4		0.062		
22:6 n-3g	0.015				4		0.021		
Fatty acids, total transg									
Cholesterolmg	116				4		162		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Ar</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			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	71.78	0.462	37		1		31.58	7.18	
Energy	kcal	136		0	NC	4		60	14	
Energy	kj	569				4		250	57	
Protein (N x 6.25)	g	18.74	0.213	29		1		8.25	1.87	
Total lipid (fat)	g	4.64	0.123	47		1		2.04	0.46	
Ash	g	1.32	0.015	28		1		0.58	0.13	
Carbohydrate, by difference	g	3.53		0	NC	4		1.55	0.35	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	11	0.733	20		1		5	1	
Iron. Fe.	-	30.53	0.733	20		1		13.43	3.05	
Magnesium, Mg		24	0.007	0		4		11	2	
Phosphorus, P		269	5.984	20		1		118	27	
Potassium, K	-	230	3.334	0		4		101	23	
Sodium, Na		140		0		4		62	14	
Zinc, Zn	-	3.07		0		4		1.35	0.31	
Copper, Cu		5.962	0.171			1		2.623	0.596	
Manganese, Mn		0.258		0		4		0.114	0.026	
Selenium, Se	-	67.0		0	BFNN	4		29.5	6.7	
·										
Vitamins:										
Vitamin C, total ascorbic acid	-	4.5		0		4		2.0	0.5	
Thiamin		0.562		0		4		0.247	0.056	
Riboflavin	=	0.892		0		4		0.392	0.089	
Niacin	-	6.500		0		4		2.860	0.650	
Pantothenic acid	-	6.184		0		4		2.721	0.618	
Vitamin B-6	-	0.760		0		4		0.334	0.076	
Folate, total		738		0	_	4		325	74	
Folic acid		0		0	Z	7		0	0	
Folate, food		738		0	***	4		325	74	
Folate, DFE		738		0	NC	4		325	74	
Vitamin B-12		54.00 39907	11.66 000	1		1		23.76	5.40	
Vitamin A, IU			1166.888	8		1		17559	3991	
Vitamin A, RAE		11984 11984	350.417	8 8		1 1		5273 5273	1198	
Retinol		11984	350.417	0		1		52/3	1198	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitamini k (phynodumone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		1.440		0		1		0.634	0.144	
4:0	-									
6:0	-									
8:0				•						
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0	_	0 05-		_				0.004	2 222	
14:0	_	0.010		2		1		0.004	0.001	
15:0	_	0.000	0 100	4		1		0.250	0.000	
16:0	_	0.800	0.100	4		T		0.352	0.080	
17:0	_	0 600	0 000			4		0.033	0.000	
18:0	-	0.630	0.090	4		1		0.277	0.063	
20:0	_									
22:0	y									

		<u>Am</u>	nount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			N	Numbe	r			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	0.710		0		1		0.312	0.071	
14:1										
15:1										
16:1 undifferentiated		0.050	0.02	1 4		1		0.022	0.005	
17:1	_									
18:1 undifferentiated	_	0.650	0.15			1		0.286	0.065	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c	_			_		_				
Fatty acids, total polyunsaturated		0.630		0		1		0.277	0.063	
18:2 undifferentiated	_	0.370	0.09			1		0.163	0.037	
18:3 undifferentiated	_	0.000		2		1		0.000	0.000	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.260	0.13			1		0.114	0.026	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans	_									
Cholesterol		515	144.77	6 3		1		227	52	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.264		0		1		0.116	0.026	
Threonine		0.833		0		1		0.367	0.083	
Isoleucine	g	0.995		0		1		0.438	0.100	
Leucine	_	1.691		0		1		0.744	0.169	
Lysine	_	1.418		0		1		0.624	0.142	
Methionine		0.444		0		1		0.195	0.044	
Cystine		0.252		0		1		0.111	0.025	
Phenylalanine		0.932		0		1		0.410	0.093	
Tyrosine	_	0.660		0		1		0.290	0.066	
Valine		1.181		0		1		0.520	0.118	
Arginine		1.148		0		1		0.505	0.115	
Histidine		0.498		0		1		0.219	0.050	
Alanine		1.088		0		1		0.479	0.109	
Aspartic acid	_	1.781		0		1		0.784	0.178	
Glutamic acid		2.428		0		1		1.068	0.243	
Glycine	-	1.088		0		1		0.479	0.109	
Proline	_	0.929		o		1		0.409	0.093	
Serine		0.806		0		1		0.355	0.081	
Hydroxyproline		2.000		-		_			0.001	
11ydroxypronne	э									

Common Measures:

Measure 1 = 44g: 1 liver

Measure 2 = 10.0g: 1 unit (yield from 1 lb ready-to-cook duck)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05140 Duck, domesticated, meat and skin, cooked, roasted

Refuse: 35% Bone

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	ite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure
rathents and on		Mean	Ota. Error					Micusure 1	measure 2	Measure
Proximates:										
Water	g	51.84		0		1		72.58	89.68	198.03
Energy	kcal	337		0	NC	4		472	583	1287
Energy	kj	1410				4		1974	2439	5386
Protein (N x 6.25)	g	18.99		0		1		26.59	32.85	72.54
Total lipid (fat)	g	28.35		0		1		39.69	49.05	108.30
Ash	g	0.82		0		1		1.15	1.42	3.13
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	mα	11		0		1		15	19	42
Iron, Fe	-	2.70		0		1		3.78	4.67	10.31
Magnesium, Mg		16		0		1		22	28	61
Phosphorus, P		156		0		1		218	270	596
Potassium, K		204		0		1		286	353	779
Sodium, Na		59		0		1		83	102	225
Zine, Zn		1.86		0		1		2.60	3.22	7.1
Copper, Cu		0.227	,	0		1		0.318	0.393	0.80
Manganese, Mn		0.019		0		4		0.027	0.033	0.0
Selenium, Se		20.0		0	BFYN	4		28.0	34.6	76.4
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin		0.174	ı	0	_	1		0.244	0.301	0.66
Riboflavin	-	0.269		0		1		0.377	0.465	1.02
Niacin		4.825		0		1		6.755	8.347	18.43
Pantothenic acid	-	1.098		0		1		1.537	1.900	4.19
Vitamin B-6		0.180		0		1		0.252	0.311	0.6
Folate, total		6		0		1		8	10	23
Folic acid		0		0	z	7		0	0	0
Folate, food		6		0	_	1		8	10	23
Folate, DFE		6		0	NC	4		8	10	23
Vitamin B-12		0.30		0	2.0	1		0.42	0.52	1.1
Vitamin A, IU		210		0		1		294	363	802
Vitamin A, RAE		63		0	NC	4		88	109	241
Retinol		63		0	NR	4		88	109	241
Vitamin E (alpha-tocopherol)		0.70		0	NR	4		0.98	1.21	2.6
Tocopherol, beta				·		-		0.50		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		5.1		0	BFSN	4		7.1	8.8	19.5
ipids:										
Fatty acids, total saturated	g	9.670)	0		1		13.538	16.729	36.9
4:0		0.000)	0		1		0.000	0.000	0.0
6:0		0.000)	0		1		0.000	0.000	0.0
8:0	-	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	g	0.040)	0		1		0.056	0.069	0.1
13:0	g									
14:0	g	0.170)	0		1		0.238	0.294	0.6
15:0	g									
16:0		6.800)	0		1		9.520	11.764	25.9
17:0										
18:0	g	2.430)	0		1		3.402	4.204	9.2
20:0	-									
22:0	g									
24:0	-									

		<u>A</u>	mount in 100 g		lible portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	l Unite	Mean		mber Data Deri [,] ints Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and	Units	Mean	Sid. Error 10		. Oode	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedQ	12.900	1	0	1		18.060	22.317	49.278	
14:1										
15:1	-									
16:1 undifferentiated	-	1.110)	0	1		1.554	1.920	4.240	
17:1		44 500		•	_					
18:1 undifferentiated	_	11.520		0	1 1		16.128	19.930	44.006	
20:1		0.260		0	1		0.364 0.000	0.450 0.000	0.993 0.000	
22:1 undifferentiated	-	0.000		U	1		0.000	0.000	0.000	
Fatty acids, total polyunsatural		3.650	1	0	1		5.110	6.315	13.943	
18:2 undifferentiated		3.360		0	1		4.704	5.813	12.835	
18:3 undifferentiated		0.290		0	1		0.406	0.502	1.108	
18:4		0.000		0	1		0.000	0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000	1	0	1		0.000	0.000	0.000	
20:5 n-3	g	0.000	1	0	1		0.000	0.000	0.000	
22:5 n-3	g	0.000	1	0	1		0.000	0.000	0.000	
22:6 n-3	g	0.000)	0	1		0.000	0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	84		0	1		118	145	321	
Phytosterols	mg									
Amino Acids:										
Tryptophan	ď	0.232		0	1		0.325	0.401	0.886	
Threonine		0.773		0	1		1.082	1.337	2.953	
Isoleucine		0.872		0	1		1.221	1.509	3.331	
Leucine	-	1.465		0	1		2.051	2.534	5.596	
Lysine	_	1.486		0	1		2.080	2.571	5.677	
Methionine		0.475		0	1		0.665	0.822	1.815	
Cystine		0.299)	0	1		0.419	0.517	1.142	
Phenylalanine		0.752		0	1		1.053	1.301	2.873	
Tyrosine		0.640	1	0	1		0.896	1.107	2.445	
Valine	g	0.938		0	1		1.313	1.623	3.583	
Arginine	g	1.284		0	1		1.798	2.221	4.905	
Histidine	g	0.462		0	1		0.647	0.799	1.765	
Alanine	g	1.300)	0	1		1.820	2.249	4.966	
Aspartic acid	g	1.814		0	1		2.540	3.138	6.929	
Glutamic acid	g	2.798		0	1		3.917	4.841	10.688	
Glycine	g	1.624		0	1		2.274	2.810	6.204	
Proline	g	1.172		0	1		1.641	2.028	4.477	
Serine	g	0.804		0	1		1.126	1.391	3.071	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	7		0.0	0.0	0.0	
Caffeine		0		0 z	7		0	0	0	
Theobromine		0		0 Z	7		0	0	0	
Carotenoids:		-		_	•		-	-	-	
	maa	•			-		0.000	0 000	2 222	
Carotene, beta		0		0 Z	7 7		0.000	0.000	0.000	
Carotene, alpha		0		0 z 0 z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0			7		0.000 0.000	0.000	0.000	
Lycopene		0		0 z 0 z	7		0.000	0.000 0.000	0.000	
Lutein + zeaxanthin	uicy	U		5 Z	,		0.000	0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 173g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 382g: .5 duck

Duck, domesticated, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05139 Duck, domesticated, meat and skin, raw

Anas platyrhynchos

Refuse: 28% Bone

		<u>A</u> :	mount in 100 grams	Amount in edible portion of common					
			Numbe	m	easures of food	<u> </u>			
					Source	Confidence			
Nutrients and Units		Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	48.50	0		1		139.20	307.49	
Energy	kcal	404	0	NC	4		1159	2561	
Energy		1690	0		4		4851	10717	
Protein (N x 6.25)	g	11.49	0		1		32.98	72.85	
Total lipid (fat)	g	39.34	0		1		112.91	249.42	
Ash		0.68	0		1		1.95	4.31	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:									
Calcium, Ca	-	11	0		1		32	70	
Iron, Fe		2.40	0		1		6.89	15.22	
Magnesium, Mg		15	0		1		43	95	
Phosphorus, P	_	139 209	0		1 1		399	881	
Potassium, K					1		600	1325	
Sodium, Na		63 1.36	0		1		181 3.90	399 8.62	
Zinc, Zn		0.236			1		0.677	1.496	
Copper, Cu		0.236			4		0.049	0.108	
Manganese, Mn Selenium, Se		12.4	0	PAK	1		35.6	78.6	
Selemum, Se	nog	12.4	· ·	FAIC	_		33.0	78.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.8	0		1		8.0	17.8	
Thiamin	mg	0.197	0.014 20		1		0.565	1.249	
Riboflavin	mg	0.210	0.012 20		1		0.603	1.331	
Niacin	<u>mg</u>	3.934	. 0		1		11.291	24.942	
Pantothenic acid	mg	0.951	. 0		1		2.729	6.029	
Vitamin B-6	mg	0.190	0.012 20		1		0.545	1.205	
Folate, total	mcg	13	0		1		37	82	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	13	0		1		37	82	
Folate, DFE		13	0	NC	4		37	82	
Vitamin B-12		0.25	0		1		0.72	1.59	
Vitamin A, IU		168	5.334 20		1		482	1065	
Vitamin A, RAE		50	0	NC	4		144	317	
Retinol		50	0	NR	4		144	317	
Vitamin E (alpha-tocopherol)	mg	0.70	0	NR	4		2.01	4.44	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D							45.5		
Vitamin K (phylloquinone)	mcg	5.5	0	BFSN	4		15.7	34.6	
Lipids:									
Fatty acids, total saturated	g	13.220	0		1		37.941	83.815	
4:0		0.000	0		1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000	0		1		0.000	0.000	
10:0		0.000			4		0.000	0.000	
12:0		0.050	0		1		0.144	0.317	
13:0	-								
14:0	-	0.250	0		1		0.718	1.585	
15:0	g								
16:0	g	9.580	0		1		27.495	60.737	
17:0									
18:0	g	3.200	0		1		9.184	20.288	
20:0	g								
22:0	g								
24:0	α								

	<u>Aı</u>	mount in 100 grams	Amount in edible portion of common					
		Numbe				<u>m</u> :	easures of food	•
					Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	18.690	0		1		53.640	118.495	
14:1g								
15:1g								
16:1 undifferentiatedg	1.540	0		1		4.420	9.764	
17:1g				_				
18:1 undifferentiated	16.730			1		48.015	106.068	
20:1g	0.400			1		1.148	2.536	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg		•		_				
Fatty acids, total polyunsaturatedg	5.080			1		14.580	32.207	
18:2 undifferentiated	4.690			1		13.460	29.735	
18:3 undifferentiatedg	0.390			1		1.119	2.473	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg	0.000	•						
20:4 undifferentiatedg	0.000			4		0.000	0.000	
20:5 n-3g	0.000			4		0.000	0.000	
22:5 n-3g	0.000			4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg	7.6	•				010	400	
Cholesterol mg	76	0		1		218	482	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.144	0		1		0.413	0.913	
Threonineg	0.471	0		1		1.352	2.986	
Isoleucineg	0.537	0		1		1.541	3.405	
Leucineg	0.900	0		1		2.583	5.706	
Lysineg	0.912	0		1		2.617	5.782	
Methionineg	0.291	0		1		0.835	1.845	
Cystineg	0.180	0		1		0.517	1.141	
Phenylalanineg	0.459	0		1		1.317	2.910	
Tyrosineg	0.395	0		1		1.134	2.504	
Valineg	0.573	0		1		1.645	3.633	
Arginineg	0.770	0		1		2.210	4.882	
Histidineg	0.283	0		1		0.812	1.794	
Alanineg	0.777	0		1		2.230	4.926	
Aspartic acidg	1.102	0		1		3.163	6.987	
Glutamic acidg	1.709	0		1		4.905	10.835	
Glycine9	0.928	0		1		2.663	5.884	
Prolineg	0.686	0		1		1.969	4.349	
Serineg	0.488	0		1		1.401	3.094	
Hydroxyprolineg								
Others:		=		_				
Alcohol, ethyl	0.0	0	_	7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
<u>Carotenoids:</u>								
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 287g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 634g: .5 duck

Duck, domesticated, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 62% 35% bone, 27% skin and separable fat

		<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	<u>1</u> Measure (
Proximates:											
Water	-	64.22		0		1		89.91	64.22	141.93	
Energy		201		0	NC	4		281	201	444	
Energy	-	841				4		1177	841	1859	
Protein (N x 6.25)		23.48		0		1		32.87	23.48	51.89	
Total lipid (fat)		11.20		0		1		15.68	11.20	24.75	
Ash		1.11		0		1		1.55	1.11	2.45	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	_	12		0		1		17	12	27	
Iron, Fe		2.70		0		1		3.78	2.70	5.97	
Magnesium, Mg		20		0		1		28	20	44	
Phosphorus, P		203		0		1		284	203	449	
Potassium, K		252		0		1		353	252	557	
Sodium, Na		65		0 0		1 1		91	65	144	
Zinc, Zn		2.60 0.231		0		1		3.64 0.323	2.60 0.231	5.75 0.51	
Copper, Cu		0.231		0		4		0.323	0.231	0.31	
Selenium, Se		22.4	•	0	BFYN	4		31.4	22.4	49.5	
	9					-		02.12		10.0	
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	0.0	
Thiamin	-	0.260		0		1		0.364	0.260	0.57	
Riboflavin		0.470		0		1		0.658	0.470	1.03	
Niacin		5.100		0 0		1 1		7.140	5.100	11.27	
Pantothenic acid		1.500 0.250		0		1		2.100 0.350	1.500	3.31	
Vitamin B-6	_	10	,	0		1		14	0.250 10	0.55 22	
Folic acid		0		0	z	7		0	0	0	
Folate, food		10		0		1		14	10	22	
Folate, DFE		10		0	NC	4		14	10	22	
Vitamin B-12		0.40		0	110	1		0.56	0.40	0.88	
Vitamin A, IU		77		0	NC	4		107	77	169	
Vitamin A, RAE		23		0	NC	4		32	23	51	
Retinol		23		0	NR	4		32	23	51	
Vitamin E (alpha-tocopherol)		0.70		0	NR	4		0.98	0.70	1.55	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	3.8		0	BFSN	4		5.3	3.8	8.4	
Lipids:											
Fatty acids, total saturated	g	4.170)	0		1		5.838	4.170	9.21	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0	_	0.000		0		1		0.000	0.000	0.00	
10:0	_	0.000)	0		1		0.000	0.000	0.00	
12:0	g	0.040)	0		1		0.056	0.040	0.08	
13:0	g										
14:0	g	0.050)	0		1		0.070	0.050	0.11	
15:0	g										
16:0	g	2.440)	0		1		3.416	2.440	5.39	
17:0	_										
18:0	_	1.270)	0		1		1.778	1.270	2.80	
20:0	g										
22:0											

		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
Note: outo an al	l I I wide	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code			M 2	
Nutrients and	Units	Mean	Sta. Error	Foilits	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	ated Q	3.700	ı	0		1		5.180	3.700	8.177	
14:1	g										
15:1 16:1 undifferentiated	_	0.430		0		1		0.602	0.430	0.950	
17:1	_	0.450		Ū		-		0.002	0.450	0.550	
18:1 undifferentiated	_	3.240	ı	0		1		4.536	3.240	7.160	
20:1	g	0.040	ı	0		1		0.056	0.040	0.088	
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturat	tedg	1.430	1	0		1		2.002	1.430	3.160	
18:2 undifferentiated		1.290		0		1		1.806	1.290	2.851	
18:3 undifferentiated		0.140		0		1		0.196	0.140	0.309	
18:4	_	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	_										
20:3 undifferentiated	_			_		_					
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans		89		0		1		125	0.0	197	
Cholesterol	_	89		U		1		125	89	197	
Phytosterols											
Amino Acids:											
Tryptophan	g	0.327		0		1		0.458	0.327	0.723	
Threonine	g	1.003		0		1		1.404	1.003	2.217	
Isoleucine	g	1.206	i	0		1		1.688	1.206	2.665	
Leucine	g	1.983	1	0		1		2.776	1.983	4.382	
Lysine		2.009		0		1		2.813	2.009	4.440	
Methionine		0.635		0		1		0.889	0.635	1.403	
Cystine		0.361		0		1		0.505	0.361	0.798	
Phenylalanine		0.984		0		1		1.378	0.984	2.175	
Tyrosine	_	0.894		0		1		1.252	0.894	1.976	
Valine	-	1.228		0		1		1.719	1.228	2.714	
Arginine	•••••••••••••••••••••••••••••••••••••••	1.499		0		1		2.099	1.499	3.313	
Histidine	_	0.620		0		1		0.868	0.620	1.370	
Alanine		1.487		0		1		2.082	1.487	3.286	
Aspartic acid		2.299		0		1		3.219	2.299	5.081	
Glutamic acid	-	3.673		0		1		5.142	3.673	8.117	
Glycine		1.315		0		1		1.841	1.315	2.906	
Proline	_	1.153		0		1		1.614	1.153	2.548	
Serine		1.010		0		1		1.414	1.010	2.232	
Hydroxyproline	g										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, beta	_	0		0	z	7		0.000	0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 100g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 221g: .5 duck

NDB No. 05142

Duck, domesticated, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 66% 28% bone, 38% skin and separable fat

		<u>Aı</u>	mount in 100 gran Numb		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		73.77	0.233 13		1		101.06	223.52	
Energy		132	0	NC	4		181	400	
Energy		552			4		757	1673	
Protein (N x 6.25)		18.28	0.273 13		1		25.04	55.39	
Total lipid (fat)		5.95	0.506 13		1		8.15	18.03	
Ash		1.06	0.028 13		1		1.45	3.21	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium. Ca	mg	11	2		1		15	33	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.40	1		1		3.29	7.27	
Magnesium, Mg	-	19	1		1		26	58	
Phosphorus, P		203	2		1		278	615	
Potassium, K		271	3		1		371	821	
Sodium, Na		74	7.480 5		1		101	224	
Zinc, Zn		1.90	1		1		2.60	5.76	
Copper, Cu	mg	0.253	0.010 28	2	1		0.347	0.767	
Manganese, Mn	mg	0.019	0		4		0.026	0.058	
Selenium, Se	mcg	13.9	0	BFNN	4		19.0	42.1	
Vitamins:									
Vitamin C, total ascorbic acid	ma	5.8	1		1		7.9	17.6	
Thiamin	-	0.360			1		0.493	1.091	
Riboflavin	-	0.450			1		0.617	1.364	
Niacin	-	5.300			1		7.261	16.059	
Pantothenic acid		1.600			1		2.192	4.848	
Vitamin B-6		0.340			1		0.466	1.030	
Folate, total		25	1		1		34	76	
Folic acid		0	0	Z	7		0	0	
Folate, food		25	1		1		34	76	
Folate, DFE		25	0	NC	4		34	76	
Vitamin B-12		0.40	1		1		0.55	1.21	
Vitamin A, IU		80	0	NC	4		110	242	
Vitamin A, RAE	mcg_RAE	24	0	NC	4		33	73	
Retinol		24	0	NR	4		33	73	
Vitamin E (alpha-tocopherol)	mg	0.70	0	NR	4		0.96	2.12	
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	2.8	0	BFSN	4		3.8	8.4	
Lipids:									
Fatty acids, total saturated	а	2.320	0		1		3.178	7.030	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	-	0.000			1		0.000	0.000	
10:0	-	0.000			1		0.000	0.000	
12:0	-	0.030			1		0.041	0.091	
13:0	-		_					- · · · · -	
14:0		0.020	1		1		0.027	0.061	
15:0								- · · · -	
16:0		1.220	1		1		1.671	3.697	
17:0	-								
18:0		0.770	1		1		1.055	2.333	
20:0									
22:0									
24:0	-								

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	ı	
Nutrients and	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	1.540)	0		1		2.110	4.666		
14:1	_										
15:1 16:1 undifferentiated	-	0.220	1	1		1		0.301	0.667		
17:1	-	0.220		_		-		0.502	0.00.		
18:1 undifferentiated	g	1.320)	1		1		1.808	4.000		
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 polyunsatura		0.750		0 1		1 1		1.028	2.273		
18:2 undifferentiated		0.670 0.080		1		1		0.918	2.030 0.242		
18:3 undifferentiated 18:4		0.080		0		1		0.110 0.000	0.242		
20:2 n-6 c.c	_	0.000	•	O		-		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	g	0.000)	0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	77		1		1		105	233		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.254	Į	0		1		0.348	0.770		
Threonine		0.781		0		1		1.070	2.366		
Isoleucine	g	0.939)	0		1		1.286	2.845		
Leucine	g	1.544	Į.	0		1		2.115	4.678		
Lysine	g	1.564	Į.	0		1		2.143	4.739		
Methionine	g	0.494	ļ	0		1		0.677	1.497		
Cystine	g	0.281		0		1		0.385	0.851		
Phenylalanine		0.766		0		1		1.049	2.321		
Tyrosine	_	0.696		0		1		0.954	2.109		
Valine	_	0.956		0		1		1.310	2.897		
Arginine		1.166		0		1		1.597	3.533		
Histidine	•	0.483		0		1 1		0.662	1.463 3.509		
Alanine		1.158		0		1		1.586 2.452	5.424		
Aspartic acidGlutamic acid		2.860		0		1		3.918	8.666		
Glycine		1.024		0		1		1.403	3.103		
Proline		0.898		0		1		1.230	2.721		
Serine	_	0.787		0		1		1.078	2.385		
Hydroxyproline											
	-										
Others:	a	0.0		0		7		0.0	0.0		
Alcohol, ethyl		0.0		0	z	7		0.0	0.0		
Theobromine		0		0	Z	7		0	0		
Carotenoids:	9	v		Ū		,		J	J		
		_		_		_					
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0 0	z z	7 7		0.000	0.000		
Lutein + zeaxanthin	iiicā	U		U	z			0.000	0.000		

Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 303g: .5 duck

NDB No. 05141

Duck, domesticated, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 46% 15% bone, 31% skin and separable fat

		<u>Aı</u>	mount in 100 gra	ms of ed	ible porti	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	75.51	0.351	L7	1		55.12	62.67	
Energy	-	123		0 NC			90	102	
Energy		515			4		376	427	
Protein (N x 6.25)		19.85	0.352	L7	1		14.49	16.48	
Total lipid (fat)	-	4.25		 L 7	1		3.10	3.53	
Ash		1.33		L 7	1		0.97	1.10	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 Z			0.0	0.0	
Sugars, total								0.0	
Starch	_								
Staren	9								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	3		.7	1		2	2	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.51		.6	1		3.29	3.74	
Magnesium, Mg		22		.6	1		16	18	
Phosphorus, P	_	186		.7	1		136	154	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	268		.7	1		196	222	
Sodium, Na	_	57		.7	1 1		42 0.54	47	
Zinc, Zn		0.74 0.330		.6 .6	1		0.54	0.61 0.274	
Copper, Cu		0.330		. 6 0	4		0.241	0.274	
Selenium, Se		13.9		O BFNI			10.1	11.5	
Selenium, Se	1110g	13.5		O DIN			10.1	11.5	
Vitamins:									
Vitamin C, total ascorbic acid		6.2		1	1		4.5	5.1	
Thiamin		0.416	0.038 1	.7	1		0.304	0.345	
Riboflavin	-	0.310	0.027	.7	1		0.226	0.257	
Niacin		3.444		.7	1		2.514	2.859	
Pantothenic acid		0.770		1	1		0.562	0.639	
Vitamin B-6		0.630		1	1		0.460	0.523	
Folate, total		25		0	4		18	21	
Folic acid		0		0 z	7		0	0	
Folate, food		25		0	4		18	21	
Folate, DFE		25		0 NC			18	21	
Vitamin B-12		0.76		1	1		0.55	0.63	
Vitamin A, IU	IU	53		0	1		39	44	
Vitamin A, RAE		16		0	1		12	13	
Retinol	-	16		0	1		12	13	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>				_					
Fatty acids, total saturated		1.320)	0	1		0.964	1.096	
4:0	-								
6:0	-								
8:0	-	0.000	•	0	4		0 000	0 000	
10:0 12:0	-	0.000		0 1	1		0.000 0.022	0.000 0.025	
13:0		0.030	•	-	1		0.022	0.025	
14:0	-	0.020)	1	1		0.015	0.017	
15:0	-	0.020	•	-	1		0.013	0.017	
16:0	-	0.690)	1	1		0.504	0.573	
17:0	-	0.090		_	-		0.304	0.575	
18:0	-	0.410)	1	1		0.299	0.340	
20:0	-	0.410		_	-		3.233	0.540	
22:0	-								
24:0	-								
=									

		Amount in 1	00 grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Patter and the total management of	g 1.2	10	0		1		0.883	1.004		
Fatty acids, total monounsaturated	5	10	U		1		0.883	1.004		
15:1	-									
16:1 undifferentiated		70	1		1		0.124	0.141		
17:1	-	70	_		-		0.124	0.141		
18:1 undifferentiated	•	30	1		1		0.752	0.855		
20:1	-		0		4		0.752	0.000		
20:1 undifferentiated			0		4		0.000			
24:1 c		00	U		4		0.000	0.000		
		00	0		1		0.423	0 401		
Fatty acids, total polyunsaturated			1		1			0.481		
18:2 undifferentiated			1		1		0.372	0.423		
18:3 undifferentiated		70	1		1		0.051	0.058		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-		0 0		4		0.000	0.000		
20:5 n-3			-		4		0.000	0.000		
22:5 n-3	-		0		4		0.000	0.000		
22:6 n-3	-	00	0		4		0.000	0.000		
Fatty acids, total trans	-		_							
Cholesterol			0		4		56	64		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q 0.2	76	0		1		0.201	0.229		
Threonine	0		0		1		0.619	0.704		
Isoleucine	0		0		1		0.744	0.846		
Leucine	•		0		1		1.224	1.392		
Lysine			0		1		1.240	1.410		
Methionine	0		0		1		0.392	0.446		
Cystine			0		1		0.223	0.253		
Phenylalanine	0		0		1		0.607	0.691		
Tyrosine			0		1		0.552	0.627		
Valine	-		0		1		0.758	0.862		
			0		1		0.738	1.052		
Arginine Histidine	0		0		1		0.925	0.435		
	0		0		1		0.383	1.044		
Alanine	-		0		1		1.419	1.044		
Aspartic acid			0		1		2.267	2.578		
Glutamic acid	0		0		1					
Glycine	-		0		1		0.812	0.923		
Proline							0.712	0.809		
Serine		54	0		1		0.623	0.709		
Hydroxyproline	9									

Common Measures:

Measure 1 = 73g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 83g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 40% 38% bone, 2% handling loss

		<u>A</u>	mount in 100 gra	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	66.52	()	1		158.98	179.60	
Energy	kcal	211	(NC NC	4		504	570	
Energy	kj	883			4		2110	2384	
Protein (N x 6.25)	g	17.42	()	1		41.63	47.03	
Total lipid (fat)	g	15.20	()	1		36.33	41.04	
Ash		1.16	()	1		2.77	3.13	
Carbohydrate, by difference		0.00	(Z	7		0.00	0.00	
Fiber, total dietary		0.0	(7		0.0	0.0	
Sugars, total			·	_	•		0.0	0.0	
0 ,	-								
Starch	9								
Ainerals:									
Calcium, Ca	mg	5	C		1		12	14	
Iron, Fe	-	4.16	Ċ		1		9.94	11.23	
Magnesium, Mg	_	20	Ċ		1		48	54	
Phosphorus, P		168			1		402	454	
Potassium, K	_	249			1		595	672	
Sodium, Na	_	56			1		134	151	
Zinc, Zn	-	0.77			1		1.84	2.08	
Copper, Cu		0.312			1		0.746	0.842	
Manganese, Mn		0.019			4		0.045	0.051	
Selenium, Se	-	12.8			4		30.6	34.6	
Scientifi, Sci									
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	5.2	C		1		12.4	14.0	
Thiamin	mg	0.351			1		0.839	0.948	
Riboflavin	mg	0.269) (1		0.643	0.726	
Niacin	mg	3.317	7		1		7.928	8.956	
Pantothenic acid	mg	0.701			1		1.675	1.893	
Vitamin B-6		0.530)		1		1.267	1.431	
Folate, total	mcq	21	(4		50	57	
Folic acid		0	(Z	7		0	0	
Folate, food		21	C		4		50	57	
Folate, DFE		21			4		50	57	
Vitamin B-12		0.65			1		1.55	1.76	
Vitamin A, IU		88			4		210	238	
Vitamin A, RAE		26			4		63	71	
Retinol		26	(4		63	71	
		20	,		4		63	/1	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
ipids:									
Fatty acids, total saturated	a	5.040) (1		12.046	13.608	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	-	0.000			4		0.000	0.000	
12:0		0.040			1		0.000	0.108	
		0.040	,		1		0.096	0.108	
13:0	-	0 000) (1		0.015	0.040	
14:0		0.090	, (1		0.215	0.243	
15:0					_			2 22 -	
16:0		3.480) (1		8.317	9.396	
17:0					_				
18:0		1.270) (1		3.035	3.429	
20:0	-								
22:0									
24:0	g								

		<u>Aı</u>	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			-	Number		0	0		easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	6.800		0		1		16.252	18.360	
14:1	g	0.000		Ů		-		10.232	18.300	
16:1 undifferentiated 17:1	g	0.610		0		1		1.458	1.647	
18:1 undifferentiated		6.060		0		1		14.483	16.362	
20:1	_	0.130		0		1		0.311	0.351	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	
24:1 c				•		_				
Fatty acids, total polyunsaturated		2.020		0		1		4.828	5.454	
18:2 undifferentiated	-	1.850		0		1		4.422	4.995	
18:3 undifferentiated		0.170		0		1		0.406	0.459	
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		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3	_	0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans				_		_		4.04	04.6	
Cholesterol		80		1		1		191	216	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.237		0		1		0.566	0.640	
Threonine	g	0.738		0		1		1.764	1.993	
Isoleucine	g	0.878		0		1		2.098	2.371	
Leucine	g	1.449		0		1		3.463	3.912	
Lysine	g	1.468		0		1		3.509	3.964	
Methionine	g	0.465		0		1		1.111	1.256	
Cystine	g	0.269		0		1		0.643	0.726	
Phenylalanine	g	0.723		0		1		1.728	1.952	
Tyrosine	g	0.650		0		1		1.554	1.755	
Valine	g	0.902		0		1		2.156	2.435	
Arginine	g	1.124		0		1		2.686	3.035	
Histidine	g	0.454		0		1		1.085	1.226	
Alanine	g	1.119		0		1		2.674	3.021	
Aspartic acid	g	1.698		0		1		4.058	4.585	
Glutamic acid	g	2.697		0		1		6.446	7.282	
Glycine	g	1.066		0		1		2.548	2.878	
Proline	-	0.894		0		1		2.137	2.414	
Serine	g	0.748		0		1		1.788	2.020	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 270g: .5 duck

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05315

Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted (1)

Anas platyrhynchos

		<u>A</u>	mount in 1			ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	63.25		2	A	1		35.42	E2 76	75.90
Water	-	202		0	NC	4		113	53.76 172	242
Energy		845		U	NC	4		473	718	1014
Protein (N x 6.25)		24.50		2	A	1		13.72	20.83	29.40
Total lipid (fat) (2)		10.85	0.7		A	1		6.08	9.22	13.02
Ash		1.15	0.7	2	A	1		0.64	0.98	1.38
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.98	0.00
Fiber, total dietary		0.00		·	-	•		0.00	0.00	0.00
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		2	A	1		4	7	10
Iron, Fe		3.26		2	A	1		1.83	2.77	3.91
Magnesium, Mg										
Phosphorus, P										
Potassium, K		0.4		•	_			4-		
Sodium, Na		84		2	A	1		47	71	101
Zinc, Zn	_									
Copper, Cu Manganese, Mn										
Selenium, Se	_	26.4		0	BFNN	4		14.8	22.4	31.7
Scientini, Sc	Thog	20.4		Ū	DIMM	-		14.0	22.4	31.7
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	2.8		2	A	1		1.6	2.4	3.4
Thiamin	mg									
Riboflavin	mg									
Niacin		7.855	5	2	A	1		4.399	6.677	9.426
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAEVitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		2.922	2	0		1		1.636	2.484	3.506
4:0										
6:0										
8:0 10:0	-									
12:0										
13:0	-									
14:0		0.060)	2	A	1		0.034	0.051	0.072
15:0	-			_		-		0.054	3.031	0.072
16:0	-	2.259)	2	A	1		1.265	1.920	2.711
17:0	-			_		-		. =		
18:0		0.603	3	2	A	1		0.338	0.513	0.724
20:0										
22:0										
24:0	-									
Fatty acids, total monounsaturated		5.428	3	0		1		3.040	4.614	6.514
14:1										
15:1										

Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted (1)

		<u>Ar</u>		umber	_	Amount in edible portion of common measures of food				
Nutrients and Units	5	Mean	Std. Error P		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16.1 100 0 1	a	0.420		2	A	1		0.025	0.257	0.504
16:1 undifferentiated		0.420		2	A	1		0.235	0.357	0.504
18:1 undifferentiated	-	4.939		2	A	1		2.766	4.198	5.927
20:1		0.059		2	A	1		0.033	0.050	0.071
22:1 undifferentiated	_	0.033		_		-		0.033	0.030	0.071
24:1 c										
Fatty acids, total polyunsaturated		1.632		0		1		0.914	1.387	1.958
18:2 undifferentiated		1.496		2	A	1		0.838	1.272	1.795
18:3 undifferentiated	-	0.070		2	A	1		0.039	0.060	0.084
18:4				_		_		0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.066		2	A	1		0.037	0.056	0.079
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans										
Cholesterol (3)	mg	136		2	A	1		76	116	163
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.337		0		1		0.189	0.286	0.404
Threonine.		1.039		0		1		0.582	0.883	1.247
Isoleucine		1.247		0		1		0.698	1.060	1.496
Leucine		2.050		0		1		1.148	1.743	2.460
Lysine	-	2.078		0		1		1.164	1.766	2.494
Methionine		0.655		0		1		0.367	0.557	0.786
Cystine	-	0.372		0		1		0.208	0.316	0.446
Phenylalanine	-	1.019		0		1		0.571	0.866	1.223
Tyrosine		0.925		0		1		0.518	0.786	1.110
Valine	-	1.270		0		1		0.711	1.080	1.524
Arginine		1.548		0		1		0.867	1.316	1.858
Histidine	-	0.643		0		1		0.360	0.547	0.772
Alanine	-	1.537		0		1		0.861	1.306	1.844
Aspartic acid		2.379		0		1		1.332	2.022	2.855
Glutamic acid		3.798		0		1		2.127	3.228	4.558
Glycine	-	1.360		0		1		0.762	1.156	1.632
Proline		1.192		0		1		0.668	1.013	1.430
Serine	•	1.047		0		1		0.586	0.890	1.256
Hydroxyproline	-									

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 = 56g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 85g: 3 oz

Measure 3 = 120g: .5 breast, bone removed

Footnotes

- 1 Pieces, skin side down, seared 13 minutes; roasted at 350 degrees F, 17 minutes to 165 degrees F
- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05316

Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled (1)

Anas platyrhynchos

						Amount in edible portion of common			
							<u>m</u>	easures of food	<u>.</u>
3	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
_	60.05		•	_	-		110 76		64.04
-									64.84
			U	NC					133 556
			•						26.22
		0 1							2.38
		0.1							1.33
									0.00
	0.00		U	4	,		0.00	0.00	0.00
9									
	9		2	A	1		16	4	9
	4.49		2	A	1		7.81	1.98	4.27
	105		•	_			100		100
	105		2	A	1		183	46	100
_									
_	29 0		0	BENN	4		50 5	12 8	27.6
Thog	23.0		v	DIMM	-		30.3	12.0	27.0
mg	3.2		2	A	1		5.6	1.4	3.0
	10.350)	2	A	1		18.009	4.554	9.833
mca RAF									
_									
mcg									
a	0 579	1	0		1		1 006	0.254	0.549
	0.576	•	U		_		1.000	0.234	0.543
-									
g									
g	0.011		2	A	1		0.019	0.005	0.010
g									
-	0.415	i	2	A	1		0.722	0.183	0.394
	0.153	}	2	A	1		0.266	0.067	0.145
-									
			_		_				
	0.871	•	0		1		1.516	0.383	0.827
g									
	gggggggggggg	g 68.25 kcal 140 kj 586 g 27.60 g 2.50 g 2.50 g 1.40 g 0.00 g 9 g 9 g 9 mg 4.49 mg mg 105 mg m		Mean Std. Error Points G	Second 140	Mean Std. Error Points Code Code Code Code Code Code Code Code	Mean Std. Error Points Code Code	State Stat	Mean Std. Error Points Code C

		<u>An</u>	nount in 100 gram		on Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.066	2	A	1		0.115	0.029	0.063
17:1	-			_	_				
18:1 undifferentiated	-	0.792	2	A	1		1.378	0.348	0.752
20:1		0.010	2	A	1		0.017	0.004	0.010
22:1 undifferentiated	_								
24:1 c	-	0.270	0						0.250
Fatty acids, total polyunsaturated	_	0.378		_	1		0.658	0.166	0.359
18:2 undifferentiated	-	0.302	2	A	1		0.525	0.133	0.287
18:3 undifferentiated	_	0.012	2	A	1		0.021	0.005	0.011
18:4									
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated	-	0.064	2	A	1		0.111	0.028	0.061
20:5 n-3		0.004	2		_		0.111	0.028	0.001
20.5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol (3)		143	4.600 8	A	1		249	63	136
Phytosterols									
•									
Amino Acids:									
Tryptophan		0.380	0		1		0.661	0.167	0.361
Threonine		1.170	0		1		2.036	0.515	1.112
Isoleucine		1.404	0		1		2.443	0.618	1.334
Leucine		2.310	0		1		4.019	1.016	2.195
Lysine		2.340	0		1		4.072	1.030	2.223
Methionine	_	0.737	0		1		1.282	0.324	0.700
Cystine	_	0.420	0		1		0.731	0.185	0.399
Phenylalanine		1.148	0		1		1.998	0.505	1.091
Tyrosine	-	1.042	0		1		1.813	0.458	0.990
Valine		1.431	0		1		2.490	0.630	1.359
Arginine		1.744	0		1		3.035	0.767	1.657
Histidine	•	0.724	0		1		1.260	0.319	0.688
Alanine		1.731	0		1		3.012	0.762	1.644
Aspartic acid		2.681	0		1 1		4.665	1.180	2.547
Glutamic acid	-	4.279			_		7.445	1.883	4.065
Glycine		1.532	0		1		2.666	0.674	1.455
Proline	•	1.342	0		1 1		2.335	0.590	1.275
Serine	_	1.179	U		T		2.051	0.519	1.120
Hydroxyproline	g								

Common Measures:

Measure 1 = 174g: 1 cup, chopped or diced

Measure 2 = 44g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 95g: .5 breast, bone and skin removed

Footnotes

1 Skinless pieces, charbroiled 12 minutes to 165 degrees F

- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05317

Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted (1)

Anas platyrhynchos

Refuse: 31% Bone

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		60.90		2	A	1		56.03	26.19	51.77
Energy		217		0	NC	4		200	93	184
Energy		908				4		835	390	772
Protein (N x 6.25)		26.75		2	A	1		24.61	11.50	22.74
Total lipid (fat) (2)		11.40	0.7		A	1		10.49	4.90	9.69
Ash		1.00		2 0	A -	1		0.92	0.43	0.85
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	10		2	A	1		9	4	9
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.08		2	A	1		1.91	0.89	1.77
Magnesium, Mg										
Phosphorus, P										
Potassium, K	_	440			_	_				
Sodium, Na		110		2	A	1		101	47	94
Zinc, Zn	_									
Copper, Cu	_									
Selenium, Se	_	21.8		0	BFNN	4		20.1	9.4	18.5
Selemani, Se	9			·		-		2012		20.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.5		2	A	1		1.4	0.6	1.3
Thiamin	-									
Riboflavin	-	5.770		2	A	1		5.308	0 401	4 005
Niacin	-	5.770	,	2	A	1		5.308	2.481	4.905
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated		2.975	i	0		1		2.737	1.279	2.529
4:0										
6:0	-									
8:0	-									
10:0	-									
12:0 13:0	-									
14:0	-	0.069)	2	A	1		0.063	0.030	0.059
15:0	_	0.000		_		_		3.003	0.050	0.000
16:0	_	2.300)	2	A	1		2.116	0.989	1.955
17:0										
18:0	g	0.606	i	2	A	1		0.558	0.261	0.515
20:0	g									
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		5.617	1	0		1		5.168	2.415	4.774
14:1										
15:1	g									

		<u>Ar</u>	mount in 100 gram	er	_	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error Points	a Deriv s Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.440	2	A	1		0.405	0.189	0.374
17:1	_		_		_				
18:1 undifferentiated		5.109		A	1		4.700	2.197	4.343
20:1		0.058	2	A	1		0.053	0.025	0.049
22:1 undifferentiated	-								
24:1 c	_	1.896	0		1		1.744	0.815	1.612
Fatty acids, total polyunsaturated	-	1.896			1		1.744	0.815	1.612
18:2 undifferentiated	-	0.083		A A	1				0.071
18:3 undifferentiated		0.083	2	A	1		0.076	0.036	0.071
	-								
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated	-	0.065	2	A	1		0.060	0.028	0.055
20:5 n-3		0.003	-	n	-		0.000	0.020	0.033
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol (3)		114	2	A	1		105	49	97
Phytosterols									
Amino Asidor									
Amino Acids:	a	0.368	0		1		0.339	0.158	0.313
Tryptophan Threonine		1.134			1		1.043	0.158	0.313
	-	1.361			1		1.252	0.488	1.157
Isoleucine		2.238	-		1		2.059	0.383	1.157
		2.238			1		2.039	0.962	1.928
Lysine Methionine		0.715	-		1		0.658	0.307	0.608
Cystine	-	0.713	-		1		0.374	0.175	0.346
Phenylalanine	-	1.113	-		1		1.024	0.479	0.946
Tyrosine		1.010			1		0.929	0.434	0.859
Valine	-	1.387			1		1.276	0.596	1.179
Arginine		1.691	-		1		1.556	0.727	1.437
Histidine	-	0.702			1		0.646	0.302	0.597
Alanine	•	1.678			1		1.544	0.722	1.426
Aspartic acid	-	2.598			1		2.390	1.117	2.208
Glutamic acid		4.147	-		1		3.815	1.783	3.525
Glycine	-	1.485	-		1		1.366	0.639	1.262
Proline		1.301			1		1.197	0.559	1.106
Serine	•	1.143			1		1.052	0.491	0.972

Common Measures:

Measure 1 = 92g: 1 leg, bone removed (yield after cooking)

Measure 2 = 43g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 3 oz

Footnotes

- 1 Pieces with skin, seared 13 minutes, roasted at 350 degrees F, 60 minutes to 185 degrees F
- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05318

Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised (1)

Anas platyrhynchos

Refuse: 34% Bone

		<u>A</u>	mount in 1			ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Erro	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Description										
Proximates: Water	a	64.60		2	A	1		112.40	22.61	54.91
Energy	-	178		0	NC	4		310	62	151
Energy		745		·	-1.0	4		1296	261	633
Protein (N x 6.25)		29.10		2	A	1		50.63	10.19	24.74
Total lipid (fat) (2)		5.96	0.4	116 8	A	1		10.37	2.09	5.07
Ash		1.10	•	2	A	1		1.91	0.39	0.94
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.00		Ū	-	•		0.00	0.00	0.00
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		2	A	1		17	4	9
Iron, Fe		2.33		2	A	1		4.05	0.82	1.98
Magnesium, Mg										
Phosphorus, P										
Potassium, K		100		•	_			100		
Sodium, Na		108		2	A	1		188	38	92
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn Selenium, Se	-	21.6		0	BFNN	4		37.6	7.6	18.4
Scienium, Se	Illog	21.6		U	DFNN	4		37.6	7.6	10.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		2	A	1		4.0	0.8	2.0
Thiamin	mg									
Riboflavin	mg									
Niacin	mg	5.330)	2	A	1		9.274	1.866	4.531
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	illog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.339	•	0		1		2.330	0.469	1.138
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	-	0.029)	2	A	1		0.050	0.010	0.025
15:0	-									
16:0	-	1.021	<u> </u>	2	A	1		1.777	0.357	0.868
17:0				_	_	_				
18:0		0.289	,	2	A	1		0.503	0.101	0.246
20:0										
22:0	-									
24:0				_		_		,		
Fatty acids, total monounsaturated		2.637	•	0		1		4.588	0.923	2.241
14:1										
15:1	g									

		<u>An</u>	nount in 100 grams	Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean	of Data Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.216	2	A	1		0.376	0.076	0.184
17:1		0.210	_	-	-		0.376	0.076	0.104
18:1 undifferentiated	_	2.387	2	A	1		4.153	0.835	2.029
20:1		0.024	2	A	1		0.042	0.008	0.020
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated		0.909	0		1		1.582	0.318	0.773
18:2 undifferentiated		0.817	2	A	1		1.422	0.286	0.694
18:3 undifferentiated	-	0.039	2	A	1		0.068	0.014	0.033
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.054	2	A	1		0.094	0.019	0.046
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol (3)		105	3.200 8	A	1		183	37	89
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.400	0		1		0.696	0.140	0.340
Threonine		1.234	0		1		2.147	0.432	1.049
Isoleucine		1.481	0		1		2.577	0.518	1.259
Leucine	=	2.435	0		1		4.237	0.852	2.070
Lysine	-	2.468	0		1		4.294	0.864	2.098
Methionine		0.778	0		1		1.354	0.272	0.661
Cystine	-	0.442	0		1		0.769	0.155	0.376
Phenylalanine	-	1.211	0		1		2.107	0.424	1.029
Tyrosine		1.099	0		1		1.912	0.385	0.934
Valine	-	1.509	0		1		2.626	0.528	1.283
Arginine		1.839	0		1		3.200	0.644	1.563
Histidine	-	0.764	0		1		1.329	0.267	0.649
Alanine	-	1.825	0		1		3.176	0.639	1.551
Aspartic acid		2.826	0		1		4.917	0.989	2.402
Glutamic acid		4.512	0		1		7.851	1.579	3.835
Glycine	-	1.616	0		1		2.812	0.566	1.374
Proline		1.415	0		1		2.462	0.495	1.203
Serine	•	1.243	0		1		2.163	0.435	1.057
Hydroxyproline	-		·		-		,	0.133	2.337

Common Measures:

Measure 1 = 174g: 1 cup chopped or diced, cooked

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 3 oz

Footnotes

- 1 Skinless pieces, covered and braised at 350 degrees F, 55 minutes to 185 degrees F
- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_	66.43	0.000		1		061 75	56.45		
Water	-		0.623	3 A			261.75	56.47		
Energy		154		0 NC	4		608	131		
Energy	-	645		0 NC	4		2543	549		
Protein (N x 6.25)	-	31.27	0.333	3 A	1		123.19	26.58		
Total lipid (fat)		2.30	0.173	3 A	1		9.06	1.96		
Ash		1.30	0.000	3 A	1		5.12	1.11		
Carbohydrate, by difference	g	0.00		0 z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0		
Sugars, total	g	0.00		0 z	7		0.00	0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.519	3 A	1		23	5		
Iron, Fe	mg	4.56	0.267	3 A	1		17.97	3.88		
Magnesium, Mg	mg	30	1.629	3 A	1		118	26		
Phosphorus, P	mg	272	5.548	3 A	1		1070	231		
Potassium, K	mg	397	21.000	3 A	1		1564	337		
Sodium, Na		53	3.219	3 A	1		210	45		
Zinc, Zn	mg	3.19	0.278	3 A	1		12.56	2.71		
Copper, Cu	mg	0.232	0.009	3 A	1		0.913	0.197		
Manganese, Mn	mg	0.026	0.003	3 A	1		0.104	0.022		
Selenium, Se	mcg	46.1		0 BFNN	4		181.6	39.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0		
Thiamin	mg	0.350		0 BFPN	4		1.379	0.298		
Riboflavin	mg	0.599		0 BFPN	4		2.361	0.509		
Niacin	mg	9.814		0 BFPN	4		38.669	8.342		
Pantothenic acid	mg	3.387		0 BFPN	4		13.344	2.879		
Vitamin B-6	mg	0.916		0 BFPN	4		3.611	0.779		
Folate, total	mcg	9		0 BFPN	4		37	8		
Folic acid	mcg	0		0 z	7		0	0		
Folate, food	mcg	9		0 BFPN	4		37	8		
Folate, DFE		9		0 NC	4		37	8		
Vitamin B-12		9.37		0 BFPN	4		36.92	7.97		
Vitamin A, IU	IU	0		0 BFSN	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0 NC	4		0	0		
Retinol		0		0 BFSN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.23		0 BFSN	4		0.92	0.20		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.583		0 NC	4		2.296	0.495		
4:0										
6:0										
8:0		0.000		0 BFFN			0.000	0.000		
10:0	-	0.000		0 BFFN			0.000	0.000		
12:0	=	0.000		0 BFFN	4		0.000	0.000		
13:0	-									
14:0		0.007		0 BFFN			0.028	0.006		
15:0		0.000		0 BFFN			0.000	0.000		
16:0		0.374		0 BFFN			1.473	0.318		
17:0		0.003		0 BFFN			0.011	0.002		
18:0	=	0.198		0 BFFN			0.778	0.168		
20:0	-	0.001		0 BFFN			0.003	0.001		
22:0	g	0.001		0 BFFN	4		0.002	0.001		
24:0	g									

		<u>Aı</u>	nount in 10	0 grams	of edib	le portic	on_	Amount in	edible portion of	f common
				Number				me	easures of food	
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.917		0	NC	4		3.611	0.779	
14:1		0.000		0	BFFN	4		0.000	0.000	
15:1		0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated		0.074		0	BFFN	4		0.294	0.063	
17:1	g	0.000		0	BFFN	4		0.002	0.000	
18:1 undifferentiated	-	0.835		0	BFFN	4		3.289	0.710	
20:1	g	0.007		0	BFFN	4		0.027	0.006	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.318		0	NC	4		1.252	0.270	
18:2 undifferentiated	g	0.238		0	BFFN	4		0.937	0.202	
18:3 undifferentiated	g	0.012		0	BFFN	4		0.048	0.010	
18:3 n-6 c,c,c	g	0.000		0	BFFN	4		0.000	0.000	
18:3i	g									
18:4	-									
20:2 n-6 c,c	-	0.004		0	BFFN	4		0.015	0.003	
20:3 undifferentiated	-	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3	-									
20:3 n-6	-									
20:4 undifferentiated	-	0.064		0	BFFN	4		0.251	0.054	
20:4 n-3	-									
20:4 n-6										
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	-	82	1.80	00 3	A	1		325	70	
Phytosterols		82	1.00	30 3	A	_		325	70	
Filytosterois	1119									
Amino Acids:										
Tryptophan		0.207		0	A	1		0.814	0.176	
Threonine		0.896		0	A	1		3.532	0.762	
Isoleucine	-	1.016		0	A	1		4.003	0.864	
Leucine		1.726		0	A	1		6.801	1.467	
Lysine		1.840		0	A	1		7.249	1.564	
Methionine		0.593		0	A	1		2.336	0.504	
Cystine		0.226		0	A	1		0.890	0.192	
Phenylalanine		0.892		0	A	1		3.515	0.758	
Tyrosine		0.667		0	A	1		2.628	0.567	
Valine		1.041		0	A	1		4.102	0.885	
Arginine		1.407		0	A	1		5.545	1.196	
Histidine	-	0.685		0	A	1		2.698	0.582	
Alanine		1.216		0	A	1		4.789	1.033	
Aspartic acid		2.720		0	A	1		10.719	2.312	
Glutamic acid		3.053		0	A	1		12.027	2.595	
Glycine		0.984		0	A	1		3.878	0.837	
Proline	-	1.267		0	A	1 1		4.992	1.077	
Serine		0.744		0 0	A			2.931	0.632	
Hydroxyproline	g	0.205		U	A	1		0.806	0.174	
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	_mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	_mcg	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	

NDB No. 05624

Emu, fan fillet, cooked, broiled

Common Measures:

Measure 1 = 394g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	74.62	6	A	1		382.80	63.43		
Energy	-	103	0	NC	4		530	88		
Energy		432	0	NC	4		2217	367		
Protein (N x 6.25)		22.50	6	A	1		115.43	19.13		
Total lipid (fat)		0.80	6	A	1		4.10	0.68		
Ash		1.10	6	A	1		5.64	0.94		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g	0.00	0	Z	7		0.00	0.00		
Starch	g									
Mr. 1										
Minerals:	ma	3	6	7	1		15	3		
Calcium, Ca		3 4.50	6	A A	1 1		23.09	3.83		
Magnesium, Mg	_	4.50	6	A	1		23.09	3.83		
Phosphorus, P		236	0	BFNN	4		1212	201		
Potassium, K	_	300	6	A A	1		1539	255		
Sodium, Na		120	6	A	1		616	102		
Zinc, Zn		3.50	6	A	1		17.96	2.98		
Copper, Cu		0.211	. 0	BFNN	4		1.084	0.180		
Manganese, Mn		0.029	0	BFNN	4		0.148	0.025		
Selenium, Se		32.5	0	BFNN	4		166.5	27.6		
Vitamina										
Vitamins:		0.0	•	_	-		0.0			
Vitamin C, total ascorbic acid		0.0 0.267	0	Z BFPN	7 4		0.0 1.369	0.0 0.227		
ThiaminRiboflavin	-	0.267		BFPN	4		2.315	0.227		
Niacin		7.397		BFPN	4		37.948	6.288		
Pantothenic acid	-	2.708		BFPN	4		13.892	2.302		
Vitamin B-6		0.634		BFPN	4		3.253	0.539		
Folate, total	-	13	. 0	BFPN	4		65	11		
Folic acid		0	0	Z	7		0	0		
Folate, food		13	0	BFPN	4		65	11		
Folate, DFE	mcg DFE	13	0	NC	4		65	11		
Vitamin B-12		6.67	0	BFPN	4		34.21	5.67		
Vitamin A, IU		0	0	BFSN	4		0	0		
Vitamin A, RAE		0	0	NC	4		0	0		
Retinol		0	0	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)		0.22	0	BFSN	4		1.14	0.19		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.201	. 0	NC	4		1.034	0.171		
4:0		0.202		1.0	-		1.051	0.171		
6:0										
8:0										
10:0		0.000	0	BFFN	4		0.000	0.000		
12:0		0.000	0	BFFN	4		0.000	0.000		
13:0	-									
14:0	-	0.002	2 0	BFFN	4		0.013	0.002		
15:0	g									
16:0	g	0.130	0	BFFN	4		0.667	0.111		
17:0	g									
18:0	g	0.069	0	BFFN	4		0.352	0.058		
20:0	g	0.000	0	BFFN	4		0.001	0.000		
	g									

	<u>A</u>	mount in 100 g		of edib	le portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		umber f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.319	•	0	NC	4		1.635	0.271	
14:1g 15:1g	0.000	1	0	BFFN	4		0.000	0.000	
16:1 undifferentiated	0.026	i	0	BFFN	4		0.133	0.022	
17:1g 18:1 undifferentiatedg	0.290	1	0	BFFN	4		1.490	0.247	
20:1g 22:1 undifferentiatedg	0.002	!	0	BFFN	4		0.012	0.002	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.109 0.083		0	NC BFFN	4 4		0.560 0.425	0.093 0.070	
18:2 undifferentiated	0.004		0	BFFN	4		0.423	0.070	
18:4g 20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.022	!	0	BFFN	4		0.114	0.019	
20.5 n-3g									
22:6 n-3g									
Fatty acids, total trans	71		6	A	1		363	60	
Phytosterolsmg			· ·		_		303	00	
Amino Acids:									
Tryptophang	0.149		0	A	1		0.763	0.126	
Threonine	0.645 0.731		0	A A	1 1		3.309 3.751	0.548	
Isoleucine 9 Leucine 9	1.242		0	A	1		6.373	0.622 1.056	
Lysineg	1.324		0	A	1		6.792	1.125	
Methionine	0.427		0	A	1		2.189	0.363	
Cystineg	0.163		0	A	1		0.834	0.138	
Phenylalanine	0.642		0	A	1		3.294	0.546	
Tyrosineg	0.480)	0	A	1		2.463	0.408	
Valineg	0.749)	0	A	1		3.843	0.637	
Arginineg	1.013	;	0	A	1		5.195	0.861	
Histidine	0.493	1	0	A	1		2.527	0.419	
Alanineg	0.875	i	0	A	1		4.487	0.744	
Aspartic acidg	1.958	1	0	A	1		10.043	1.664	
Glutamic acidg	2.197	,	0	A	1		11.269	1.867	
Glycineg	0.708	1	0	A	1		3.633	0.602	
Proline	0.912	!	0	A	1		4.678	0.775	
Serine	0.535		0	A	1		2.746	0.455	
Hydroxyproline	0.147		0	A	1		0.755	0.125	
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeine mg	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	
Carotenoids:	-			_	•		•	-	
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 513g: 1 fan fillet Measure 2 = 85g: 1 serving (3 oz) NDB No. 05623 Emu, fan fillet, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	75.40		6	A	1		266.92		
Energy	kcal	102		0	NC	4		360		
Energy		425		0	NC	4		1506		
Protein (N x 6.25)		22.25		6	A	1		78.77		
Total lipid (fat)	g	0.74		6	A	1		2.62		
Ash		0.93		6	A	1		3.29		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		6	A	1		11		
Iron, Fe	_	5.00		6	A	1		17.70		
Magnesium, Mg	_	31		6	A	1		110		
Phosphorus, P		229		0	BFNN	4		812		
Potassium, K	-	240		6	A	1		850		
Sodium, Na	mg	150		6	A	1		531		
Zinc, Zn	mg	3.00		6	A	1		10.62		
Copper, Cu		0.205		0	BFNN	4		0.726		
Manganese, Mn		0.028	3	0	BFNN	4		0.099		
Selenium, Se	mcg	31.5		0	BFNN	4		111.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	_	0.245	5	0	BFSN	4		0.867		
Riboflavin	-	0.414		0	BFSN	4		1.466		
Niacin		6.786	5	0	BFSN	4		24.023		
Pantothenic acid	-	2.484	l	0	BFSN	4		8.794		
Vitamin B-6		0.582	2	0	BFSN	4		2.059		
Folate, total	mcg	12		0	BFSN	4		41		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	12		0	BFSN	4		41		
Folate, DFE	mcg_DFE	12		0	NC	4		41		
Vitamin B-12	mcg	6.12		0	BFSN	4		21.66		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)		0.22		0	BFSN	4		0.76		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.187	1	0	NC	4		0.664		
4:0										
6:0	-									
8:0	-	0.000		0	BFFN	4		0.000		
10:0		0.000		0	BFFN	4		0.000		
12:0		0.000)	0	BFFN	4		0.000		
13:0		_			_	_				
14:0		0.002		0	BFFN	4		0.008		
15:0		0.000		0	BFFN	4		0.000		
16:0		0.120		0	BFFN	4		0.426		
17:0		0.001		0	BFFN	4		0.003		
18:0		0.064		0	BFFN	4		0.225		
20:0	-	0.000		0	BFFN	4		0.001		
22:0	a	0.000)	0	BFFN	4		0.001		

		Amount in	100 grams	of edib	ole portic	on .	Amount in edible portion of common		
			Number	r			me	asures of food	
					Source	Confidence			
Nutrients and Units	Mea	n Std. Erre	or Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 0	. 295	0	NC	4		1.044		
14:1	g 0	.000	0	BFFN	4		0.000		
15:1	g 0	.000	0	BFFN	4		0.000		
16:1 undifferentiated		.024	0	BFFN	4		0.085		
17:1	-	.000	0	BFFN	4		0.001		
18:1 undifferentiated	-	.269	0	BFFN	4		0.951		
20:1	-	.002	0	BFFN	4		0.008		
22:1 undifferentiated	-								
24:1 cFatty acids, total polyunsaturated		.102	0	NC	4		0.362		
18:2 undifferentiated		.077	0	BFFN	4		0.302		
18:3 undifferentiated		.004	0	BFFN	4		0.014		
18:3 n-6 c,c,c	-	.000	0	BFFN	4		0.000		
18:3i									
18:4	-								
20:2 n-6 c.c.		.001	0	BFFN	4		0.004		
20:3 undifferentiated	g 0	.000	0	BFFN	4		0.000		
20:3 n-3	g								
20:3 n-6	g								
20:4 undifferentiated		.021	0	BFFN	4		0.073		
20:4 n-3	g								
20:4 n-6	-								
20:5 n-3	-								
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans			6	A	1		251		
Phytosterols	0		0	•	_		251		
•	9								
Amino Acids:									
Tryptophan		.147	0	A	1		0.520		
Threonine	0	. 638	0	A	1		2.258		
Isoleucine		.723	0	A	1		2.560		
Leucine	0	. 228 . 309	0 0	A A	1 1		4.349		
Lysine Methionine	0	. 422	0	A	1		4.635 1.494		
Cystine		.161	0	A	1		0.569		
Phenylalanine	-	. 635	0	A	1		2.247		
Tyrosine		. 475	0	A	1		1.681		
Valine		.741	0	A	1		2.623		
Arginine		.001	0	A	1		3.545		
Histidine		.487	0	A	1		1.725		
Alanine		. 865	0	A	1		3.062		
Aspartic acid		. 936	0	A	1		6.853		
Glutamic acid	g 2	.172	0	A	1		7.690		
Glycine	g 0	.700	0	A	1		2.479		
Proline	g 0	. 902	0	A	1		3.192		
Serine		. 529	0	A	1		1.874		
Hydroxyproline	g 0	.146	0	A	1		0.515		
Others:									
Alcohol, ethyl	q 0	. 0	0	z	7		0.0		
Caffeine	•		0	z	7		0		
Theobromine			0	z	7		0		
Carotenoids:									
Carotene, beta			0	Z	7		0.000		
Carotene, alpha			0	Z	7		0.000		
Cryptoxanthin, beta			0	Z	7		0.000		
Lycopene			0	Z	7		0.000		
Lutein + zeaxanthin	mcg 0		0	Z	7		0.000		

NDB No. 05625 Emu, flat fillet, raw

Common Measures:

Measure 1 = 354g: 1 flat fillet

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05627 Emu, full rump, cooked, broiled Dromaius novaehollandiae

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	61.97	0.800	20	A	1		307.37	52.67		
Energy	-	168	0.000	0	NC	4		833	143		
0.		703		0	NC	4		3485	597		
Energy		33.67	0.340	20	A.	1		167.00			
Protein (N x 6.25)		2.68	0.340	20	A	1		13.29	28.62 2.28		
Total lipid (fat)		1.35	0.160	20	A	1		6.70	1.15		
Ash		0.00	0.060	0	Z	7		0.00			
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00 0.0		
Fiber, total dietary				0	Z	7					
Sugars, total	-	0.00		U	Z	,		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	mg	7	0.410	20	A	1		35	6		
Iron, Fe	mg	6.89	0.230	20	A	1		34.17	5.86		
Magnesium, Mg	mg	34		0	BFNN	4		171	29		
Phosphorus, P	mg	323		0	BFNN	4		1600	274		
Potassium, K	mg	324	16.070	20	A	1		1607	275		
Sodium, Na	mg	110	4.140	20	A	1		546	94		
Zinc, Zn	mg	4.32	0.160	20	A	1		21.43	3.67		
Copper, Cu	mg	0.285	i	0	BFNN	4		1.415	0.242		
Manganese, Mn	mg	0.036	i	0	BFNN	4		0.176	0.030		
Selenium, Se	mcg	52.1		0	BFNN	4		258.4	44.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		5	A	1		0.0	0.0		
Thiamin	mg	0.430)	5	A	1		2.133	0.366		
Riboflavin	mg	0.645	i	0	BFPN	4		3.201	0.549		
Niacin	<u>mg</u>	10.569	1	0	BFPN	4		52.421	8.983		
Pantothenic acid	mg	3.647		0	BFPN	4		18.090	3.100		
Vitamin B-6	mg	0.987		0	BFPN	4		4.895	0.839		
Folate, total	mcg	10		0	BFPN	4		51	9		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	10		0	BFPN	4		51	9		
Folate, DFE		10		0	NC	4		51	9		
Vitamin B-12		2.20		5	A	1		10.91	1.87		
Vitamin A, IU		11		0	AS	1		53	9		
Vitamin A, RAE		3		0	AS	1		16	3		
Retinol		3		5	A	1		16	3		
Vitamin E (alpha-tocopherol)		0.26		0	BFSN	4		1.31	0.22		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
<u>_ipids:</u> Fatty acids, total saturated	а	0.870	1	0	NC	4		4.313	0.739		
		0.670		U	NC	-		4.313	0.739		
4:0 6:0											
8:0											
10:0											
12:0											
13:0											
14:0		0.015	i	5	A	1		0.076	0.013		
15:0		0.003		5	A	1		0.013	0.002		
16:0	-	0.595		5	A	1		2.951	0.506		
17:0	-	0.013		5	A	1		0.063	0.011		
18:0	-	0.218		5	A	1		1.082	0.185		
20:0	-	0.008		5	A	1		0.038	0.007		
22:0	-	0.005		5	A	1		0.026	0.004		
	g	0.013		5	A	1		0.064	0.011		

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	ite	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and On	its	Weali	Stu. Ellol 1					Weasure i	Wedsure 2	Weasure 3
Fatty acids, total monounsaturated		1.079		0	NC	4		5.353	0.917	
14:1	_	0.005		5	A	1		0.025	0.004	
15:1	-									
16:1 undifferentiated	_	0.117		5	A	1		0.582	0.100	
17:1		0.005		5	A	1		0.025	0.004	
18:1 undifferentiated	•	0.928		5	A	1		4.605	0.789	
20:1		0.023		5	A	1		0.115	0.020	
22:1 undifferentiated		0.000		5	A	1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.613		0	NC	4		3.041	0.521	
18:2 undifferentiated	-	0.503		5	A	1		2.493	0.427	
18:3 undifferentiated	_	0.044		5	A	1		0.216	0.037	
18:4				_	_	_				
20:2 n-6 c,c		0.003		5	A	1		0.013	0.002	
20:3 undifferentiated				_	_	_				
20:4 undifferentiated		0.039		5	A	1		0.191	0.033	
20:5 n-3	_	0.010		5	A	1		0.051	0.009	
22:5 n-3	_			_	_	_				
22:6 n-3		0.015	1	5	A	1		0.077	0.013	
Fatty acids, total trans		100	0 500	00	_				440	
Cholesterol		129	8.590	20	A	1		640	110	
Phytosterols	nig									
Amino Acids:										
Tryptophan	g	0.222		0	A	1		1.104	0.189	
Threonine	g	0.965	i	0	A	1		4.788	0.820	
Isoleucine	g	1.094		0	A	1		5.427	0.930	
Leucine	g	1.859	ı	0	A	1		9.220	1.580	
Lysine		1.981		0	A	1		9.828	1.684	
Methionine	g	0.638		0	A	1		3.167	0.543	
Cystine	g	0.243		0	A	1		1.206	0.207	
Phenylalanine	g	0.961		0	A	1		4.765	0.817	
Tyrosine	g	0.718		0	A	1		3.563	0.611	
Valine	g	1.121		0	A	1		5.561	0.953	
Arginine	g	1.516	;	0	A	1		7.517	1.288	
Histidine		0.737		0	A	1		3.657	0.627	
Alanine	g	1.309	1	0	A	1		6.493	1.113	
Aspartic acid	g	2.930	ı	0	A	1		14.531	2.490	
Glutamic acid		3.287		0	A	1		16.305	2.794	
Glycine	g	1.060	ı	0	A	1		5.257	0.901	
Proline		1.364		0	A	1		6.768	1.160	
Serine		0.801		0	A	1		3.973	0.681	
Hydroxyproline		0.220	ı	0	A	1		1.092	0.187	
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0	
Theobromine	_	0		0	z	7		0	0	
Carotenoids:		-		-	_	•		-	*	
		_		•	_	_				
Carotene, beta	-	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	incg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 496g: 1 full rump cooked (yield from 695 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

NDB No. 05627

Emu, full rump, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Ai</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			1	Numbe	r			<u>m</u> :	easures of food	<u>i</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	73.79	0.28	5 26	A	1		512.81			
Energy	kcal	112		0	NC	4		780			
Energy	kj	469		0	NC	4		3263			
Protein (N x 6.25)	g	22.83	0.52	5 26	A	1		158.63			
Total lipid (fat)	g	1.64	0.39	5 26	A	1		11.36			
Ash	g	1.14	0.01	5 26	A	1		7.89			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch											
Minerals:					_	_					
Calcium, Ca	_	4	1.26		A	1		30			
Iron, Fe	-	4.96 40	0.45	5 26 6	A A	1 1		34.44 278			
Magnesium, Mg		236		0	BFNN	4		1642			
Phosphorus, P	-	330	10.00		A A	1		2294			
Potassium, K		90	0.35		A	1		623			
Sodium, NaZinc, Zn		3.59	0.33		A	1		24.92			
Copper, Cu		0.211		0	BFNN	4		1.469			
Manganese, Mn		0.029		0	BFNN	4		0.201			
Selenium, Se		32.5	,	0	BFNN	4		225.6			
Scientini, Sc	9	32.3		Ū	21111	•		223.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		14	A	1		0.0			
Thiamin		0.360)	14	A	1		2.502			
Riboflavin	mg	0.458	1	0	BFPN	4		3.182			
Niacin	mg	7.504	l .	0	BFPN	4		52.154			
Pantothenic acid	mg	2.747	•	0	BFPN	4		19.092			
Vitamin B-6	mg	0.643	1	0	BFPN	4		4.471			
Folate, total	mcg	13		0	BFPN	4		89			
Folic acid		0		0	Z	7		0			
Folate, food	mcg	13		0	BFPN	4		89			
Folate, DFE		13		0	NC	4		89			
Vitamin B-12		2.24		14	A	1		15.57			
Vitamin A, IU		15		14	A	1		103			
Vitamin A, RAE	mcg_RAE	4		0	AS	1		31			
Retinol		4		14	A	1		31			
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		1.60			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.672	!	0	NC	4		4.670			
4:0											
6:0	-										
8:0											
10:0											
12:0	g										
13:0	g										
14:0	g	0.012	!	14	A	1		0.080			
15:0	g	0.004	ŀ	14	A	1		0.027			
16:0	g	0.484	ŀ	14	A	1		3.361			
17:0	g	0.008	1	14	A	1		0.054			
18:0	g	0.155	i	14	A	1		1.080			
20:0	g	0.004	ŀ	14	A	1		0.027			
22:0	-	0.002	!	14	A	1		0.014			
24:0		0.004		14	A	1		0.027			

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number				<u>m</u> :	easures of food	_
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	0.773		0	NC	4		5.372		
14:1	g	0.004		14	A	1		0.027		
15:1	_				_					
16:1 undifferentiated	-	0.043		14	A	1		0.296		
17:1		0.004		14	A	1		0.027		
18:1 undifferentiated	•	0.711		14	A	1		4.942		
20:1		0.010		14	A	1		0.068		
22:1 undifferentiated		0.002		14	A	1		0.014		
24:1 c										
Fatty acids, total polyunsaturated		0.491		0	NC	4		3.416		
18:2 undifferentiated	_	0.416		14	A	1		2.888		
18:3 undifferentiated	-	0.039		14	A	1		0.270		
18:4						_		_		
20:2 n-6 c,c		0.002		14	A	1		0.014		
20:3 undifferentiated										
20:4 undifferentiated	-	0.021		14	A	1		0.149		
20:5 n-3		0.006		14	A	1		0.041		
22:5 n-3										
22:6 n-3		0.008		14	A	1		0.054		
Fatty acids, total trans										
Cholesterol		85		6	A	1		590		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.151		0	A	1		1.048		
Threonine		0.654		0	A	1		4.548		
Isoleucine	-	0.742		0	A	1		5.155		
Leucine		1.260		0	A	1		8.758		
Lysine		1.343		0	A	1		9.335		
Methionine		0.433		0	A	1		3.008		
Cystine		0.165		0	A	1		1.146		
2	-	0.651		0	A	1		4.526		
PhenylalanineTyrosine		0.487		0	A	1		3.385		
Valine		0.760		0	A	1		5.282		
	-	1.027		0	A	1		7.140		
Arginine		0.500		0	A	1		3.474		
Histidine		0.887		0	A	1		6.167		
Alanine				0	A	1				
Aspartic acid	•••••••••••••••••••••••••••••••••••••••	1.986 2.228		0	A	1		13.802		
Glutamic acid	-			0	A	1		15.488		
Glycine		0.719 0.925						4.994 6.429		
Proline	-			0 0	A	1 1				
Serine		0.543		0	A A	1		3.774		
Hydroxyproline	9	0.149		U	A	1		1.038		
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	_	0		0	z	7		0		
Carotenoids:	=									
	mac	•		^	_	-		0.000		
Carotene, beta		0		0	z z	7 7		0.000		
Carotene, alpha		•		0				0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	iicā	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 695g: 1 full rump

NDB No. 05626 Emu, full rump, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05622 Emu, ground, cooked, pan-broiled

Dromaius novaehollandiae

		<u>Aı</u>	mount in 100 gra	Amount in edible portion of common					
			Num	ber			<u>m</u>	easures of food	<u> </u>
				ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	65.83	0.525	6 A	1		71.76	55.96	
Energy	_	163	****	0 NC	4		178	139	
Energy		683		0 NC	4		745	581	
0.0		28.43	0.592	6 A	1		30.99		
Protein (N x 6.25)		4.65	0.392	6 A	1		5.07	24.17 3.95	
Total lipid (fat)		1.17	0.033	6 A	1		1.27		
Ash			0.033	0 Z	7			0.99	
Carbohydrate, by difference		0.00					0.00	0.00	
Fiber, total dietary		0.0		0 Z	7		0.0	0.0	
Sugars, total		0.00		0 z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium, Ca	mg	8	0.395	6 A	1		9	7	
Iron, Fe	-	5.01	0.152	6 A	1		5.46	4.26	
Magnesium, Mg		29	0.254	6 A	1		31	24	
Phosphorus, P		269	2.216	6 A	1		294	229	
Potassium, K	-	375	4.529	6 A	1		409	319	
Sodium, Na		65	2.842	6 A	1		71	55	
Zinc, Zn		4.56	0.230	6 A	1		4.97	3.88	
Copper, Cu		0.238	0.012	6 A	1		0.260	0.202	
Manganese, Mn		0.030	0.001	6 A	1		0.032	0.025	
Selenium, Se		43.5		2 A	1		47.4	37.0	
Vitamina									
<u>Vitamins:</u>	ma	0.0		0 z	7		0.0	0.0	
Vitamin C, total ascorbic acid								0.0	
Thiamin		0.318		6 A	1 1		0.347	0.271	
Riboflavin		0.545					0.594	0.463	
Niacin	-	8.925		6 A 1 A	1 1		9.728	7.586	
Pantothenic acid		3.080		1 A 6 A	1		3.357	2.618	
Vitamin B-6	-	0.833 9			1		0.908 9	0.708 7	
Folate, total		0		1 A 0 Z	7		0	0	
Folic acid								7	
Folate, food	mcg	9		1 A	1		9		
Folate, DFE		9		0 NC	4		9	7	
Vitamin B-12		8.52		6 A	1		9.29	7.24	
Vitamin A, IU		0		1 A	1		0	0	
Vitamin A, RAE		0		0 AS	1		0	0	
Retinol		0		1 A	1		0	0	
Vitamin E (alpha-tocopherol)		0.24		1 A	1		0.26	0.20	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		3.6		0 BFSN	1 4		3.9	2.1	
Vitamin K (pnylloquinone)	nicg	3.6		U BFSF	4		3.9	3.1	
Lipids:									
Fatty acids, total saturated	g	1.242	?	0 NC	4		1.353	1.055	
4:0	g	0.000)	0 z	7		0.000	0.000	
6:0	g	0.000)	0 z	7		0.000	0.000	
8:0	g	0.000	0.000	3 A	1		0.000	0.000	
10:0	g	0.000	0.000	3 A	1		0.000	0.000	
12:0	g	0.000	0.000	3 A	1		0.000	0.000	
13:0	g								
14:0	g	0.015	0.007	3 A	1		0.017	0.013	
15:0	g	0.000	0.000	3 A	1		0.000	0.000	
16:0		0.797	0.348	3 A	1		0.868	0.677	
17:0	_	0.006		3 A	1		0.007	0.005	
18:0	_	0.421		3 A	1		0.459	0.358	
20:0	-	0.002		3 A	1		0.002	0.001	
22:0	_	0.001	0.001	3 A	1		0.001	0.001	

	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.953		0	NC	4		2.129	1.660		
14:1g	0.000	0.000	3	A	1		0.000	0.000		
15:1g	0.000		3	A	1		0.000	0.000		
16:1 undifferentiatedg	0.159	0.079	3	A	1		0.173	0.135		
17:1g	0.001		3	A	1		0.001	0.001		
18:1 undifferentiatedg	1.779		3	A	1		1.939	1.512		
20:1g	0.014		3	A	1		0.016	0.012		
22:1 undifferentiatedg	0.000		0	Z	7		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.677		0	NC	4		0.738	0.576		
18:2 undifferentiated	0.507		3 3	A A	1 1		0.553	0.431		
18:3 undifferentiated	0.026		3	A	1		0.028	0.022		
18:3 n-6 c,c,cg	0.000	0.000	3	A	1		0.000	0.000		
18:3ig	0.000		0	z	7		0.000	0.000		
18:4g	0.000		3	A	1		0.000	0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg	0.000		3	A	1		0.009	0.007		
20:3 n-3g	0.000	0.000	3	A	_		0.000	0.000		
20:3 n-6										
20:4 undifferentiatedg	0.136	0.014	3	A	1		0.148	0.116		
20:4 n-3	0.130	0.011	•		•		0.140	0.110		
20:4 n-6g										
20:5 n-3	0.000		0	z	7		0.000	0.000		
22:5 n-3g	0.000		0	z	7		0.000	0.000		
22:6 n-3g	0.000		0	z	7		0.000	0.000		
Fatty acids, total transg	0.153		0	BFFN	4		0.167	0.130		
Cholesterolmg	87	1.103	6	A	1		95	74		
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.188		0	A	1		0.205	0.160		
Threonineg	0.815		0	A	1		0.889	0.693		
Isoleucineg	0.924		0	A	1		1.007	0.785		
Leucineg	1.570		0	A	1		1.711	1.334		
Lysineg	1.673		0	A	1		1.824	1.422		
Methionineg	0.539		0	A	1		0.588	0.458		
Cystineg	0.205		0	A	1		0.224	0.175		
Phenylalanineg	0.811		0	A	1		0.884	0.690		
Tyrosineg	0.607		0	A	1		0.661	0.516		
Valineg	0.947		0	A	1		1.032	0.805		
Arginineg	1.280		0	A	1		1.395	1.088		
Histidineg	0.623		0	A	1		0.679	0.529		
Alanineg	1.105		0	A	1		1.205	0.940		
Aspartic acid	2.474		0	A	1		2.697	2.103		
Glutamic acid	2.776		0	A	1		3.026	2.360		
Glycineg	0.895		0	A	1		0.976	0.761		
Prolineg	1.152		0	A	1		1.256	0.979		
Serineg	0.676		0	A A	1 1		0.737	0.575		
Hydroxyproline	0.186		U	A	1		0.203	0.158		
Others:	0.0		0		7		0.0	0.0		
Alcohol, ethyl	0.0		0	Z	7		0.0	0.0		
Caffeine mg	0		0	Z	7 7		0	0		
Theobrominemg Carotenoids:	U		U	Z	,		U	0		
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 + zeaxanthinmcg	0		0	z	7		0.000	0.000		

NDB No. 05622

Emu, ground, cooked, pan-broiled

Common Measures:

Measure 1 = 109g: 1 patty (yield from 135.8 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number							measures of food		
			0	f Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	72.87	1.140	6	A	1		85.25			
Energy	kcal	134		0	NC	4		156			
Energy	kj	559		0	NC	4		654			
Protein (N x 6.25)	g	22.77	0.396	6	A	1		26.64			
Total lipid (fat)	g	4.03	0.944	6	A	1		4.72			
Ash	g	1.00	0.037	6	A	1		1.17			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Mr. 1											
Minerals:	ma	7	0.001	_		4		0			
Calcium, Ca	_	4.02	0.861 0.141	6 6	A A	1 1		8 4.70			
Iron, Fe	_	4.02 24	0.141	6	A A	1		4.70 28			
Magnesium, Mg		222	9.388	6	A	1		28 260			
Phosphorus, P Potassium, K		320	10.321	6	A A	1		260 37 4			
Sodium, Na	-	56	2.331	6	A	1		66			
Zinc, Zn		3.48	0.210	6	A	1		4.08			
Copper, Cu	-	0.199		6	A	1		0.232			
Manganese, Mn		0.133		6	A	1		0.032			
Selenium, Se	-	30.5	0.002	2	A	1		35.7			
Selemani, Se				_		_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0			
Thiamin	-	0.270		6	A	1		0.316			
Riboflavin	mg	0.457		6	A	1		0.534			
Niacin	mg	7.485		6	A	1		8.757			
Pantothenic acid	-	2.740		1	A	1		3.206			
Vitamin B-6		0.642	0.021	6	A	1		0.751			
Folate, total		13		1	A	1		15			
Folic acid		0		0	Z	7		0			
Folate, food		13		1	A	1		15			
Folate, DFE	mcg_DFE	13		0	NC	4		15			
Vitamin B-12		6.75	0.297	6	A	1		7.90			
Vitamin A, IU		0		1	A	1		0			
Vitamin A, RAE		0		0	AS	1		0			
Retinol		0		1	A	1		0			
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1		0.28			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.022		0	NC	4		1.195			
4:0	g										
6:0	g										
8:0	g	0.000		0	BFFN	4		0.000			
10:0	g	0.000		0	BFFN	4		0.000			
12:0	g	0.000		0	BFFN	4		0.000			
13:0	g										
14:0	g	0.012		0	BFFN	4		0.015			
15:0	g	0.000		0	BFFN	4		0.000			
16:0	g	0.656		0	BFFN	4		0.767			
17:0	g	0.005		0	BFFN	4		0.006			
18:0		0.346		0	BFFN	4		0.405			
20:0		0.001		0	BFFN	4		0.002			
22:0	-	0.001		0	BFFN	4		0.001			
24:0	-										

	<u>An</u>	nount in 100 grams	of edib	<u>on</u>	Amount in edible portion of common			
		Number	Number			measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.607	0	NC	4		1.881		
14:1g	0.000	0	BFFN	4		0.000		
15:1g	0.000	0	BFFN	4		0.000		
16:1 undifferentiated	0.131	0	BFFN	4		0.153		
17:1g 18:1 undifferentiatedg	0.001 1.464	0	BFFN BFFN	4 4		0.001 1.713		
20:1	0.012	0	BFFN	4		0.014		
22:1 undifferentiated	****	-		_				
24:1 cg								
Fatty acids, total polyunsaturated	0.557	0	NC	4		0.652		
18:2 undifferentiated	0.417	0	BFFN	4		0.488		
18:3 undifferentiated	0.022	0	BFFN BFFN	4 4		0.025 0.000		
18:3i	0.000	U	DEEN	4		0.000		
18:4g								
20:2 n-6 c,cg	0.007	0	BFFN	4		0.008		
20:3 undifferentiatedg	0.000	0	BFFN	4		0.000		
20:3 n-3g								
20:3 n-6	0 110	•				0 101		
20:4 undifferentiated	0.112	0	BFFN	4		0.131		
20:4 n-6g								
20:5 n-3								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg		_						
Cholesterol mg	69	0	BFYN	4		81		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.150	0	A	1		0.176		
Threonine	0.653	0	A	1 1		0.764		
Isoleucine	0.740 1.257	0	A A	1		0.866 1.471		
Lysine	1.340	0	A	1		1.568		
Methionine 9	0.432	0	A	1		0.505		
Cystineg	0.164	0	A	1		0.192		
Phenylalanineg	0.650	0	A	1		0.760		
Tyrosineg	0.486	0	A	1		0.568		
Valineg	0.758	0	A	1		0.887		
Arginine	1.025	0	A	1		1.199		
Histidine	0.499 0.885	0	A A	1 1		0.583 1.036		
Aspartic acid	1.981	0	A	1		2.318		
Glutamic acid	2.223	0	A	1		2.601		
Glycineg	0.717	0	A	1		0.838		
Prolineg	0.923	0	A	1		1.079		
Serineg	0.542	0	A	1		0.634		
Hydroxyproline	0.149	0	A	1		0.174		
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, alphamcg	0	0	z z	7 7		0.000 0.000		
Cryptoxanthin, betamcg Lycopenemcg	0	0	Z	7		0.000		
Lutein + zeaxanthinmcg	0	0	Z	7		0.000		
	•	· ·	_	•				

NDB No. 05621 Emu, ground, raw Common Measures:

Measure 1 = 117g: 1 patty

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Ar</u>	nount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.73	0.045	25	A	1		427.43			
Energy	kcal	108		0	NC	4		619			
Energy	kj	453		0	NC	4		2591			
Protein (N x 6.25)	g	22.22	0.045	25	A	1		127.07			
Total lipid (fat)	g	1.49	0.345	25	A	1		8.49			
Ash	g	1.15	0.095	25	A	1		6.55			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Minerals:											
Calcium, Ca	ma	4	1.095	25	A	1		23			
Iron, Fe	-	5.23	0.225	25	A	1		29.89			
Magnesium, Mg	-	26		6	A	1		149			
Phosphorus, P		229		0	BFNN	4		1308			
Potassium, K	•	318	2.500	25	A	1		1816			
Sodium, Na		102	8.000	25	A	1		583			
Zinc, Zn	-	4.33	0.675	25	A	1		24.74			
Copper, Cu	mg	0.205		0	BFNN	4		1.170			
Manganese, Mn	mg	0.028		0	BFNN	4		0.160			
Selenium, Se	mcg	31.4		0	BFNN	4		179.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		14	A	1		0.0			
Thiamin	-	0.420		14	A	1		2.402			
Riboflavin	-	0.446		0	BFPN	4		2.549			
Niacin		7.304		0	BFPN	4		41.777			
Pantothenic acid	-	2.674		0	BFPN	4		15.293			
Vitamin B-6		0.626		0	BFPN	4		3.581			
Folate, total	-	12		0	BFPN	4		71			
Folic acid		0		0	z	7		0			
Folate, food		12		0	BFPN	4		71			
Folate, DFE		12		0	NC	4		71			
Vitamin B-12		2.26		14	A	1		12.93			
Vitamin A, IU		17		14	A	1		97			
Vitamin A, RAE		5		0	AS	1		29			
Retinol	mcg	5		14	A	1		29			
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		1.27			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	g										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.574		0	NC	4		3.285			
4:0											
6:0											
8:0	-										
10:0											
12:0	g										
13:0	g										
14:0	g	0.009		14	A	1		0.050			
15:0	g	0.003		14	A	1		0.020			
16:0	g	0.413		14	A	1		2.364			
17:0	-	0.003		14	A	1		0.020			
18:0	g	0.142		14	A	1		0.812			
20:0	g	0.000		14	A	1		0.000			
22:0	g	0.000		14	A	1		0.000			
24:0		0.004		14	A	1		0.020			

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food					
		Number	•			<u>m</u>	easures or 1000	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.793	0	NC	4		4.536		
14:1g	0.003	14	A	1		0.020		
15:1g								
16:1 undifferentiatedg	0.084	14	A	1		0.479		
17:1g	0.002	14	A	1		0.010		
18:1 undifferentiatedg	0.697	14	A	1		3.987		
20:1g	0.007	14	A	1		0.040		
22:1 undifferentiatedg	0.000	14	A	1		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.382	0	NC	4		2.184		
18:2 undifferentiatedg	0.319	14	A	1		1.823		
18:3 undifferentiatedg	0.028	14	A	1		0.160		
18:4g								
20:2 n-6 c,cg	0.002	14	A	1		0.010		
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.023	14	A	1		0.131		
20:5 n-3g	0.004	14	A	1		0.020		
22:5 n-3g								
22:6 n-3g	0.007	14	A	1		0.040		
Fatty acids, total transg								
Cholesterolmg	67	6	A	1		383		
Phytosterolsmg	l							
Amino Asido								
Amino Acids:	0.147	•		1		0.840		
Tryptophan		0	A	1				
Threonine	0.637		A A	1		3.643 4.130		
Isoleucine	0.722		A	1				
Leucine	1.226 1.307	0	A	1		7.016		
Lysine		0	A	1		7.478		
Methionine	0.421					2.409		
Cystine	0.160		A	1		0.918		
Phenylalanine	0.634	0	A	1		3.626		
Tyrosineg	0.474	0	A	1 1		2.711		
Valine	0.740	0	A			4.231		
Arginine	1.000	0	A	1		5.720		
Histidine	0.486		A	1		2.782		
Alanine	0.864	0	A	1		4.940		
Aspartic acid	1.933		A	1		11.056		
Glutamic acid	2.169	•	A	1		12.406		
Glycine	0.699		A	1		4.000		
Proline	0.900		A	1		5.150		
Serine	0.528		A	1		3.023		
Hydroxyproline	0.145	0	A	1		0.831		
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, beta mcg	0	0	z	7		0.000		
Carotene, alpha mcg		0	z	7		0.000		
Cryptoxanthin, beta mcg		0	z	7		0.000		
Lycopene mcg		0	z	7		0.000		
Lutein + zeaxanthin mcg		0	z	7		0.000		

Common Measures:

Measure 1 = 572g: 1 inside drum

NDB No. 05628 Emu, inside drum, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05629 Emu, inside drums, cooked, broiled Dromaius novaehollandiae

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	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	
Proximates: Water	a	64.31	0.940	19	A	1		267.53	54.66		
Energy	-	156	0.540	0	NC	4		651	133		
0.		654		0	NC	4		2722	556		
Energy		32.38	0.380	19	A.	1		134.70			
Protein (N x 6.25)		2.01	0.380	19	A	1		8.36	27.52 1.71		
Total lipid (fat)		1.30	0.430	19	A	1		5.41	1.71		
Ash			0.040	0	Z	7					
Carbohydrate, by difference		0.00		0	_	7		0.00	0.00		
Fiber, total dietary		0.0			z			0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	mg	6	0.350	19	A	1		24	5		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	7.27	0.280	19	A	1		30.24	6.18		
Magnesium, Mg	mg	33		0	BFNN	4		136	28		
Phosphorus, P		307		0	BFNN	4		1278	261		
Potassium, K	_	312	15.300	19	A	1		1298	265		
Sodium, Na		118	4.890	19	A	1		489	100		
Zinc, Zn		5.09	0.210	19	A	1		21.17	4.33		
Copper, Cu	mg	0.272		0	BFNN	4		1.131	0.231		
Manganese, Mn	mg	0.034		0	BFNN	4		0.141	0.029		
Selenium, Se	mcg	49.6		0	BFNN	4		206.5	42.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		5	A	1		0.0	0.0		
Thiamin		0.410		5	A	1		1.706	0.349		
Riboflavin	-	0.621		0	BFPN	4		2.582	0.528		
Niacin		10.164		0	BFPN	4		42.282	8.639		
Pantothenic acid	mg	3.508		0	BFPN	4		14.591	2.981		
Vitamin B-6	mg	0.949		0	BFPN	4		3.948	0.807		
Folate, total	mcg	10		0	BFPN	4		41	8		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	10		0	BFPN	4		41	8		
Folate, DFE	mcg_DFE	10		0	NC	4		41	8		
Vitamin B-12		2.40		5	A	1		9.98	2.04		
Vitamin A, IU	IU	10		0	AS	1		40	8		
Vitamin A, RAE	mcg_RAE	3		0	AS	1		12	2		
Retinol		3		5	A	1		12	2		
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFSN	4		1.03	0.21		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.654		0	NC	4		2.721	0.556		
4:0											
6:0											
8:0											
10:0											
12:0											
13:0	-			-	_	_					
14:0		0.008		5	A	1		0.032	0.006		
15:0	-	0.006		5	A	1		0.024	0.005		
16:0	-	0.446		5	A	1		1.856	0.379		
17:0	-	0.010		5	A	1		0.040	0.008		
18:0	-	0.169		5	A	1		0.704	0.144		
20:0	-	0.006		5	A	1		0.024	0.005		
22:0		0.004		5	A	1		0.016	0.003		
24:0	g	0.006		5	A	1		0.024	0.005		

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Units	S	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	0.859		0	NC	4		3.575	0.731	
14:1	g	0.004		5	A	1		0.016	0.003	
16:1 undifferentiated		0.090		5	A	1		0.374	0.076	
17:1	-	0.004		5	A	1		0.016	0.003	
18:1 undifferentiated		0.742		5	A	1		3.089	0.631	
20:1	•	0.019		5	A	1		0.080	0.016	
22:1 undifferentiated		0.000		5	A	1		0.000	0.000	
24:1 c		0.000		3	A	-		0.000	0.000	
Fatty acids, total polyunsaturated		0.408		0	NC	4		1.697	0.347	
18:2 undifferentiated		0.337		5	A	1		1.400	0.286	
18:3 undifferentiated	-	0.337		5	A	1		0.112	0.023	
18:4	-	0.027		3	A	-		V.112	0.023	
20:2 n-6 c.c		0.002		5	A	1		0.008	0.002	
20:3 undifferentiated	-	0.002		3	A	-		0.008	0.002	
20:4 undifferentiated		0.027		5	A	1		0.112	0.023	
20:5 n-3		0.027		5	A	1		0.016	0.003	
20:5 n-3		0.004		3	A	-		0.010	0.003	
22:6 n-3		0.012		5	A	1		0.048	0.010	
Fatty acids, total trans	-	0.012		3	A	-		0.040	0.010	
Cholesterol	-	91		0	BFSN	4		377	77	
Phytosterols	-	31		Ū	DESIN	-		377	,,	
Phytosterois										
mino Acids:										
Tryptophan	g	0.214		0	A	1		0.890	0.182	
Threonine	g	0.928		0	A	1		3.862	0.789	
Isoleucine	g	1.052		0	A	1		4.378	0.894	
Leucine	g	1.788		0	A	1		7.437	1.520	
Lysine	g	1.905		0	A	1		7.927	1.620	
Methionine	g	0.614		0	A	1		2.554	0.522	
Cystine		0.234		0	A	1		0.973	0.199	
Phenylalanine	_	0.924		0	A	1		3.844	0.785	
Tyrosine		0.691		0	A	1		2.874	0.587	
Valine		1.078		0	A	1		4.485	0.916	
Arginine		1.457		0	A	1		6.063	1.239	
Histidine		0.709		0	A	1		2.950	0.603	
Alanine		1.259		0	A	1		5.237	1.070	
Aspartic acid	-	2.817		0	A	1		11.720	2.395	
Glutamic acid	-	3.161		0	A	1		13.151	2.687	
Glycine	_	1.019		0	A	1		4.240	0.866	
Proline		1.312		0	A	1		5.459	1.115	
Serine	_	0.770		0	A	1		3.204	0.655	
Hydroxyproline	_	0.770		0	A	1		0.881	0.180	
-	9	0.212		O	•	-		0.881	0.180	
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
		0		0	z	7		0.000	0.000	
	y	J		U						
Carotene, alpha	mca	0		^	7	7		በ በበበ	ስ ስስስ	
Cryptoxanthin, betaLycopene		0		0 0	z z	7 7		0.000 0.000	0.000 0.000	

Common Measures:

Measure 1 = 416g: 1 inside drum cooked (yield from 572 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

NDB No. 05629

Emu, inside drums, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<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	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.87		6	A	1		315.95			
Energy	kcal	103		0	NC	4		434			
Energy	kj	430		0	NC	4		1817			
Protein (N x 6.25)	g	23.08		6	A	1		97.40			
Total lipid (fat)	g	0.48		6	A	1		2.03			
Ash	g	1.00		6	A	1		4.22			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Minerals:											
Villierais: Calcium, Ca	ma	3		6	A	1		13			
Iron, Fe	-	4.50		6	A	1		18.99			
Magnesium, Mg	-	29		6	A	1		122			
Phosphorus, P		225		0	BFNN	4		949			
Potassium, K	-	320		6	A	1		1350			
Sodium, Na		100		6	A	1		422			
Zinc, Zn	mg	4.50		6	A	1		18.99			
Copper, Cu	mg	0.199)	0	BFNN	4		0.839			
Manganese, Mn	mg	0.025	i	0	BFNN	4		0.105			
Selenium, Se	mcg	36.3		0	BFNN	4		153.3			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0			
Thiamin	-	0.0	1	0	BFPN	4		1.090			
Riboflavin	-	0.442		0	BFPN	4		1.867			
Niacin		7.245		0	BFPN	4		30.572			
Pantothenic acid	-	2.500		0	BFPN	4		10.550			
Vitamin B-6		0.676		0	BFPN	4		2.855			
Folate, total	_	7		0	BFPN	4		29			
Folic acid		0		0	z	7		0			
Folate, food		7		0	BFPN	4		29			
Folate, DFE		7		0	NC	4		29			
Vitamin B-12		6.92		0	BFPN	4		29.19			
Vitamin A, IU		0		0	BFSN	4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol	mcg	0		0	BFSN	4		0			
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFSN	4		0.74			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	rncg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.122		0	NC	4		0.513			
4:0											
6:0											
8:0		0.000)	0	BFFN	4		0.000			
10:0	g	0.000)	0	BFFN	4		0.000			
12:0		0.000)	0	BFFN	4		0.000			
13:0	g										
14:0	-	0.001		0	BFFN	4		0.006			
15:0		0.000		0	BFFN	4		0.000			
16:0		0.078		0	BFFN	4		0.329			
17:0	g	0.001		0	BFFN	4		0.003			
18:0		0.041		0	BFFN	4		0.174			
20:0	g	0.000		0	BFFN	4		0.001			
22:0	~	0.000		0	BFFN	4		0.001			

	<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			Number	,			me	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.202		0	BFFN	4		0.851		
14:1g	0.000		0	BFFN	4		0.000		
15:1g	0.000		0	BFFN	4		0.000		
16:1 undifferentiatedg	0.016		0	BFFN	4		0.066		
17:1g	0.000		0	BFFN	4		0.000		
18:1 undifferentiatedg	0.174		0	BFFN	4		0.735		
20:1g	0.001		0	BFFN	4		0.006		
22:1 undifferentiatedg									
24:1 c	0.070		0	BFFN	4		0.295		
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.070		0	BFFN	4		0.295		
18:3 undifferentiated	0.003		0	BFFN	4		0.210		
18:3 n-6 c,c,cg	0.000		0	BFFN	4		0.000		
18:3ig	0.000		·		-		0.000		
18:4g									
20:2 n-6 c.cg	0.001		0	BFFN	4		0.003		
20:3 undifferentiatedg	0.000		0	BFFN	4		0.000		
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.013		0	BFFN	4		0.056		
20:4 n-3g									
20:4 n-6g									
20:5 n-3g									
22:5 n-3g									
22:6 n-3									
Fatty acids, total transg	78		6	A	1		327		
Cholesterolmg Phytosterolsmg	70		0	A	1		327		
Filytosterois									
Amino Acids:									
Tryptophang	0.153		0	A	1		0.644		
Threonineg	0.662		0	A	1		2.792		
Isoleucineg	0.750		0	A	1		3.165		
Leucineg	1.274		0	A	1		5.377		
Lysineg	1.358		0	A	1 1		5.732		
Methionine	0.438 0.167		0	A A	1		1.847 0.703		
Phenylalanine	0.167		0	A	1		2.779		
Tyrosine	0.492		0	A	1		2.078		
Valineg	0.769		0	A	1		3.243		
Arginine	1.039		0	A	1		4.384		
Histidine 9	0.505		0	A	1		2.133		
Alanineg	0.897		0	A	1		3.787		
Aspartic acidg	2.008		0	A	1		8.474		
Glutamic acidg	2.253		0	A	1		9.509		
Glycineg	0.727		0	A	1		3.066		
Prolineg	0.935		0	A	1		3.947		
Serineg	0.549		0	A	1		2.317		
Hydroxyprolineg	0.151		0	A	1		0.637		
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeinemg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Carotono, arpira	•		•		•				
Cryptoxanthin beta mcq	0		0	Z	7		0.000		
Cryptoxanthin, betamcg Lycopenemcg	0 0		0 0	z z	7 7		0.000		

NDB No. 05630 Emu, outside drum, raw

Common Measures:

Measure 1 = 422g: 1 outside drum

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<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	72.57		6	A	1		217.71			
Energy	kcal	141		0	NC	4		424			
Energy	kj	591		0	NC	4		1773			
Protein (N x 6.25)	g	22.81		6	A	1		68.43			
Total lipid (fat)	g	4.86		6	A	1		14.58			
Ash	g	0.95		6	A	1		2.85			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
M:											
Minerals: Calcium, Ca	ma	4		6	A	1		11			
Iron, Fe	-	5.50		6	A	1		16.50			
Magnesium, Mg	-	30		6	A	1		90			
Phosphorus, P		217		0	BFNN	4		651			
Potassium, K	_	250		6	A	1		750			
Sodium, Na	_	150		6	A	1		450			
Zinc, Zn	-	6.00		6	A	1		18.00			
Copper, Cu		0.194	ı	0	BFNN	4		0.582			
Manganese, Mn		0.027		0	BFNN	4		0.080			
Selenium, Se		29.8		0	BFNN	4		89.4			
· ·											
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0			
Thiamin	-	0.271		0	BFPN	4		0.812			
Riboflavin		0.458		0	BFPN	4		1.373			
Niacin	-	7.499		0	BFPN	4		22.498			
Pantothenic acid	_	2.745		0	BFPN	4		8.236			
Vitamin B-6	_	0.643	3	0	BFPN	4		1.929			
Folate, total		13 0		0	BFPN	4 7		38			
Folic acid		13			Z			0 38			
Folate, food		13		0 0	BFPN NC	4 4		38			
Folate, DFE		6.76		0	BFPN	4		20.28			
Vitamin B-12 Vitamin A, IU		0.76		0	BFSN	4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	BFSN	4		0			
Vitamin E (alpha-tocopherol)		0.24		0	BFSN	4		0.72			
Tocopherol, beta		0.24		U	DESN	7		0.72			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>				_							
Fatty acids, total saturated		1.231	L	0	NC	4		3.693			
4:0											
6:0	-	0.000		•	DEEM			0.000			
8:0	-	0.000		0	BFFN	4		0.000			
10:0	_	0.000		0 0	BFFN BFFN	4 4		0.000			
12:0	_	0.000	,	U	DEFN	4		0.000			
13:0	_	0.015		^	DEST	4		0.045			
14:0	_	0.015		0 0	BFFN	4 4		0.045			
15:0	_	0.000			BFFN			0.000			
16:0		0.790		0 0	BFFN	4		2.370			
17:0		0.006		0	BFFN	4		0.018			
18:0		0.417			BFFN	4		1.252			
20:0	_	0.002		0	BFFN	4		0.005			
22:0 24:0	_	0.001	L	0	BFFN	4		0.004			

		Amount in 1	00 grams	of edib	ole portic	<u>on</u>		edible portion of	common
			Number				<u>me</u>	easures of food	
Nutrients and Units	Mear	n Std. Erro			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0	937	0	NC	4		5.810		
14:1	-	000	0	BFFN	4		0.000		
15:1	•	000 157	0	BFFN BFFN	4 4		0.000 0.472		
17:1	-	001	0	BFFN	4		0.472		
18:1 undifferentiated	•	764	0	BFFN	4		5.292		
20:1		014	0	BFFN	4		0.043		
22:1 undifferentiated	-								
24:1 c		C71	•	***					
Fatty acids, total polyunsaturated		671 503	0	NC BFFN	4 4		2.014 1.508		
18:3 undifferentiated		026	0	BFFN	4		0.078		
18:3 n-6 c,c,c		000	0	BFFN	4		0.000		
18:3i									
18:4	9								
20:2 n-6 c,c	5	008	0	BFFN	4		0.024		
20:3 undifferentiated		000	0	BFFN	4		0.000		
20:3 n-3 20:3 n-6	-								
20:4 undifferentiated	-	135	0	BFFN	4		0.405		
20:4 n-3									
20:4 n-6	-								
20:5 n-3	-								
22:5 n-3	-								
22:6 n-3Fatty acids, total trans									
Cholesterol			6	A	1		242		
Phytosterols									
Amino Acids:									
Tryptophan	g 0.	151	0	A	1		0.452		
Threonine		654	0	A	1		1.962		
Isoleucine	g 0.	741	0	A	1		2.224		
Leucine		259	0	A	1		3.778		
Lysine	0	342	0	A	1		4.027		
Methionine	=	433 165	0	A A	1 1		1.298 0.494		
CystinePhenylalanine	0	651	0	A	1		1.953		
Tyrosine		487	0	A	1		1.460		
Valine		760	0	A	1		2.279		
Arginine		027	0	A	1		3.080		
Histidine	0	499	0	A	1		1.498		
Alanine		887	0	A	1		2.660		
Aspartic acid		985	0	A	1		5.954		
Glutamic acid		227 718	0	A A	1 1		6.681 2.154		
Proline		924	0	A	1		2.773		
Serine		543	0	A	1		1.628		
Hydroxyproline		149	0	A	1		0.448		
Others:									
Alcohol, ethyl	g 0.	0	0	Z	7		0.0		
Caffeine	=		0	Z	7		0		
Theobromine	mg 0		0	Z	7		0		
Carotenoids:									
Carotene, beta			0	z	7		0.000		
Carotene, alpha			0	z z	7 7		0.000 0.000		
Cryptoxanthin, beta Lycopene	3		0	z Z	7		0.000		
Lutein + zeaxanthin	3		0	z	7		0.000		
	= -								

NDB No. 05631 Emu, oyster, raw

Common Measures:

Measure 1 = 300g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 gı	rams (of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	67.37	2.436	3	A	1		164.37	57.26		
Energy	kcal	152		0	NC	4		372	130		
Energy	kj	638		0	NC	4		1556	542		
Protein (N x 6.25)	g	29.07	2.046	3	A	1		70.92	24.71		
Total lipid (fat)	g	3.13	0.240	3	A	1		7.65	2.66		
Ash	g	1.27	0.033	3	A	1		3.09	1.08		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:	m~	^	2	2		-		22	•		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9	3.653	3	A	1		22	8		
Iron, Fe.	_	5.07 30	0.662 1.342	3 3	A A	1 1		12.37 72	4.31		
Magnesium, Mg									25		
Phosphorus, P	_	274 374	10.116 16.462	3	A	1 1		669	233		
Potassium, K				3	A	1		913	318		
Sodium, Na		58 3.42	2.761 0.295	3 3	A	1		140 8.34	49 2.91		
Zinc, Zn					A	1			0.238		
Copper, Cu		0.280 0.031		3 3	A A	1		0.683 0.075	0.238		
Manganese, Mn		43.5	0.001	0	BFNN	4		106.1	37.0		
Selenium, Se	Ilicg	43.5		U	DEMN	4		106.1	37.0		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.325	i	0	BFPN	4		0.794	0.277		
Riboflavin	mg	0.557		0	BFPN	4		1.359	0.474		
Niacin	mg	9.124		0	BFPN	4		22.262	7.755		
Pantothenic acid	mg	3.149	1	0	BFPN	4		7.683	2.676		
Vitamin B-6	mg	0.852		0	BFPN	4		2.079	0.724		
Folate, total	mcg	9		0	BFPN	4		21	7		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		9		0	BFPN	4		21	7		
Folate, DFE	mcg_DFE	9		0	NC	4		21	7		
Vitamin B-12	mcg	8.71		0	BFPN	4		21.26	7.40		
Vitamin A, IU		0		0	BFSN	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol	mcg	0		0	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.55	0.19		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	0.794		0	NC	4		1.937	0.675		
4:0											
6:0											
8:0		0.000)	0	BFFN	4		0.000	0.000		
10:0		0.000		0	BFFN	4		0.000	0.000		
12:0	-	0.000		0	BFFN	4		0.000	0.000		
13:0	-				-						
14:0	-	0.010)	0	BFFN	4		0.024	0.008		
15:0	-	0.000		0	BFFN	4		0.000	0.000		
16:0	-	0.509		0	BFFN	4		1.243	0.433		
17:0	-	0.004		0	BFFN	4		0.009	0.003		
18:0		0.269		0	BFFN	4		0.657	0.229		
20:0	_	0.001		0	BFFN	4		0.002	0.001		
22:0	-	0.001		0	BFFN	4		0.002	0.001		
24:0	-	5.001		-		-		0.002	0.001		

		<u>Aı</u>	mount in 10	0 grams	of edib	le portic	on_	Amount in	edible portion of	common
				Number				me	easures of food	
						Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	1.249		0	NC	4		3.047	1.061	
14:1		0.000		0	BFFN	4		0.000	0.000	
15:1		0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated		0.101		0	BFFN	4		0.248	0.086	
17:1	g	0.001		0	BFFN	4		0.001	0.001	
18:1 undifferentiated	g	1.137		0	BFFN	4		2.775	0.967	
20:1	g	0.009		0	BFFN	4		0.022	0.008	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.433		0	NC	4		1.056	0.368	
18:2 undifferentiated	g	0.324		0	BFFN	4		0.791	0.276	
18:3 undifferentiated	-	0.017		0	BFFN	4		0.041	0.014	
18:3 n-6 c,c,c	g	0.000		0	BFFN	4		0.000	0.000	
18:3i	-									
18:4	-									
20:2 n-6 c,c	-	0.005		0	BFFN	4		0.012	0.004	
20:3 undifferentiated	-	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3	-									
20:3 n-6	-			_						
20:4 undifferentiated	-	0.087		0	BFFN	4		0.212	0.074	
20:4 n-3	-									
20:4 n-6										
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3Fatty acids, total trans										
Cholesterol	-	88	4.03	11 3	A	1		214	75	
Phytosterols				0		_			,5	
Amino Acids:	_									
Tryptophan	a	0.192		0	A	1		0.469	0.163	
Threonine		0.833		0	A	1		2.033	0.708	
Isoleucine		0.945		0	A	1		2.305	0.803	
Leucine	-	1.605		0	A	1		3.916	1.364	
Lysine		1.711		0	A	1		4.174	1.454	
Methionine		0.551		0	A	1		1.345	0.468	
Cystine	0	0.210		0	A	1		0.512	0.178	
Phenylalanine		0.829		0	A	1		2.024	0.705	
Tyrosine	_	0.620		0	A	1		1.513	0.527	
Valine		0.968		0	A	1		2.362	0.823	
Arginine	-	1.308		0	A	1		3.192	1.112	
Histidine		0.636		0	A	1		1.553	0.541	
Alanine	-	1.130		0	A	1		2.757	0.961	
Aspartic acid	_	2.529		0	A	1		6.171	2.150	
Glutamic acid	g	2.838		0	A	1		6.924	2.412	
Glycine	g	0.915		0	A	1		2.233	0.778	
Proline	g	1.178		0	A	1		2.874	1.001	
Serine	g	0.691		0	A	1		1.687	0.588	
Hydroxyproline	g	0.190		0	A	1		0.464	0.162	
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	-									
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	.mcg	0		0	Z	7		0.000	0.000	

NDB No. 05632

Emu, top loin, cooked, broiled

Common Measures:

Measure 1 = 244g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% Bone

		<u>A</u>	mount in 100 gram	s of edil	oie portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			m	easures of food		
				a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	51.95	0		1		72.73	97.67	402.09	
Energy	kcal	305	0	NC	4		427	573	2361	
Energy	kj	1276			4		1787	2399	9877	
Protein (N x 6.25)	g	25.16	0		1		35.22	47.30	194.74	
Total lipid (fat)	g	21.92	0		1		30.69	41.21	169.66	
Ash		0.97	0		1		1.36	1.82	7.51	
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	0.00	
Starch	g									
Minerals:		4.0	_		_		1.0	0.4		
Calcium, Ca	_	13	0		1		18	24	101	
Iron, Fe	_	2.83 22	0		1 1		3.96	5.32	21.9	
Magnesium, Mg			-		_		31	41	170	
Phosphorus, P	-	270	0		1		378	508	2090	
Potassium, K		329	0		1		461	619	2546	
Sodium, Na		70	0		1		98	132	542	
Zinc, Zn		2.62	0		4		3.67	4.93	20.2	
Copper, Cu		0.264			1		0.370	0.496	2.0	
Manganese, Mn		0.023			4		0.032	0.043	0.1	
Selenium, Se	mcg	21.8	0	BFYN	4		30.5	41.0	168.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	0.0	
Thiamin		0.077	0		1		0.108	0.145	0.5	
Riboflavin	-	0.323	3 0		1		0.452	0.607	2.5	
Niacin		4.168	3 0		1		5.835	7.836	32.2	
Pantothenic acid	-	1.530	0		4		2.142	2.876	11.8	
Vitamin B-6		0.370	0		1		0.518	0.696	2.8	
Folate, total	_	2	0		1		3	4	15	
Folic acid		0	0	Z	7		0	0	0	
Folate, food		2	0		1		3	4	15	
Folate, DFE		2	0	NC	4		3	4	15	
Vitamin B-12		0.41	0		4		0.57	0.77	3.1	
Vitamin A, IU		70	0		1		98	132	542	
Vitamin A, RAE		21	0	NC	4		29	39	163	
Retinol		21	0	NR	4		29	39	163	
Vitamin E (alpha-tocopherol)		1.74	0	NR	4		2.44	3.27	13.4	
Tocopherol, beta		2.73	v		•		2.11	3.27	13.1	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		5.1	0	BFSN	4		7.1	9.6	39.4	
	•••••									
<u> Lipids:</u>										
Fatty acids, total saturated		6.870			1		9.618	12.916	53.1	
4:0		0.000			1		0.000	0.000	0.0	
6:0	-	0.000			1		0.000	0.000	0.0	
8:0		0.000			1		0.000	0.000	0.0	
10:0		0.000			1		0.000	0.000	0.0	
12:0	-	0.040	0		1		0.056	0.075	0.3	
13:0	-				_		_			
14:0	_	0.110	0		1		0.154	0.207	0.8	
15:0	_									
16:0		4.530	0		1		6.342	8.516	35.0	
17:0	_									
18:0	_	1.810	0		1		2.534	3.403	14.0	
20:0	_									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		10.250		0		1		14.350	19.270	79.335	
15:1	g	0.680		0		1		0.952	1.278	5.263	
17:1 18:1 undifferentiated 20:1	g	9.520 0.020		0		1 1		13.328 0.028	17.898 0.038	73.685 0.155	
22:1 undifferentiated 24:1 c	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	g	2.520 2.240		0 0		1 1		3.528 3.136	4.738 4.211	19.505 17.338	
18:3 undifferentiated	g	0.180 0.000		0 0		1 1		0.252 0.000	0.338 0.000	1.393 0.000	
20:2 n-6 c,c 20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0 0 0		1 1 1		0.000	0.000 0.000 0.000	0.000 0.000 0.000	
22:5 n-3 22:6 n-3 Fatty acids, total trans	g	0.000		0		1		0.000	0.000	0.000	
CholesterolPhytosterols	mg	91		0		1		127	171	704	
Amino Acids:											
Tryptophan Threonine	g	0.332 1.123		0 0		4 1		0.465 1.572	0.62 4 2.111	2.570 8.692	
Isoleucine	g	1.183		0 0 0		1 1 1		1.656 2.953	2.224 3.965	9.156 16.324	
Lysine Methionine Cystine	g	1.988 0.608 0.390		0		1 4		2.783 0.851 0.546	3.737 1.143 0.733	15.387 4.706 3.019	
PhenylalanineTyrosine	g	1.055		0		1 1		1.477 1.127	1.983 1.513	8.166 6.231	
Valine		1.232 1.566		0 0		1 1		1.725 2.192	2.316 2.944	9.536 12.121	
HistidineAlanine	g	0.700 1.550		0		1		0.980 2.170	1.316 2.914	5.418 11.997	
Aspartic acid	g	2.262 3.739 1.594		0 0 0		1 1 1		3.167 5.235 2.232	4.253 7.029 2.997	17.508 28.940 12.338	
Glycine Proline Serine	g	1.216		0		1		1.702 1.403	2.286 1.884	9.412 7.755	
Hydroxyproline											
Others: Alcohol, ethyl Caffeine		0.0		0	z	7 7		0.0	0.0	0.0	
Theobromine		0		0	Z	7		0	0	o	
Carotene, beta		0		0	z	7		0.000	0.000	0.000	
Carotene, alpha Cryptoxanthin, beta	mcg	0		0	z z	7		0.000	0.000	0.000	
LycopeneLutein + zeaxanthin		0 0		0	z z	7 7		0.000	0.000 0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 188g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 3 = 774g: .5 goose

NDB No. 05147

Goose, domesticated, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		A	mount in 100 g	rams mbei		ole portic	on		edible portion of easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		40.66	4 504	_				450.04		
Water		49.66	1.704	5		1		158.91	655.02	
Energy		371 1552		0	NC	4 4		1187 4967	4893	
Energy		15.86	0.793	5		1		50.75	20474 209.19	
Protein (N x 6.25) Total lipid (fat)		33.62	2.566	5		1		107.58	443.45	
Ash		0.87	0.058	5		1		2.78	11.48	
Carbohydrate, by difference		0.00	0.000	0	z	7		0.00	0.00	
Fiber, total dietary	_	0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
	5									
Minerals:						_				
Calcium, Ca	-	12 2.50	2 622	2		1		38	158 32.98	
Iron, Fe.	•	2.50 18	0.603	3 0		1 1		8.00		
Magnesium, Mg Phosphorus, P		18 234	49.720	3		1		58 749	237 3086	
Potassium, K		308	49.720	0		1		986	4063	
Sodium, Na		73		0		1		234	963	
Zinc, Zn		1.72		0		4		5.50	22.69	
Copper, Cu		0.270	1	0		1		0.864	3.561	
Manganese, Mn		0.020	ı	0		4		0.064	0.264	
Selenium, Se	-	14.4		0	PIE	4		46.1	189.9	
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	4.2		0		4		13.4	55.4	
Thiamin	-	0.085	0.002	10		1		0.272	1.121	
Riboflavin	-	0.245		10		1		0.784	3.232	
Niacin	-	3.608		13		1		11.546	47.590	
Pantothenic acid		1.294		0		4		4.141	17.068	
Vitamin B-6		0.390	0.011	11		1		1.248	5.144	
Folate, total		4	0.178	10		1		13	53	
Folic acid		0		0	Z	7		0	0	
Folate, food		4	0.178	10		1		13	53	
Folate, DFE	mcg_DFE	4		0	NC	4		13	53	
Vitamin B-12		0.34		0		4		1.09	4.48	
Vitamin A, IU	IU	55	1.138	10		1		176	725	
Vitamin A, RAE		17	0.342	10		1		53	218	
Retinol		17	0.342	10		1		53	218	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	0.700		•		1		21 206	100 000	
Fatty acids, total saturated		9.780 0.000		0		1 1		31.296 0.000	128.998 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		4		0.000	0.000	
12:0		0.030		0		1		0.096	0.396	
13:0	-									
14:0	-	0.170	ı	0		1		0.544	2.242	
15:0	-									
16:0	g	6.950		0		1		22.240	91.671	
17:0	g									
18:0		2.330		0		1		7.456	30.733	
20:0										
22:0	-									
24:0	9									

		<u>Am</u>	ount in 100 grams Number		rtion		edible portion of easures of food	
Nutrients and U	Inits	Mean S		Deriv Sour	ce Confidence le Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d O	17.770	0	1		56.864	234.386	
14:1	g	27.770	v	-		30.004	234.300	
15:1 16:1 undifferentiated		0.980	0	1		3.136	12.926	
17:1								
18:1 undifferentiated	-	16.680	0	1		53.376	220.009	
20:1		0.040	0	1		0.128	0.528	
22:1 undifferentiated	g	0.000	0	4		0.000	0.000	
24:1 c	-							
Fatty acids, total polyunsaturated		3.760	0	1		12.032	49.594	
18:2 undifferentiated	-	3.340	0	1		10.688	44.055	
18:3 undifferentiated	-	0.210	0	1		0.672	2.770	
18:4	g	0.000	0	1		0.000	0.000	
20:2 n-6 c.c								
20:3 undifferentiated	g							
20:4 undifferentiated		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		80	0	1		256	1055	
Phytosterols								
Amino Acids:								
Tryptophan	g	0.207	0	4		0.662	2.730	
Threonine		0.708	0	1		2.266	9.339	
Isoleucine	-	0.746	0	1		2.387	9.840	
Leucine	-	1.330	0	1		4.256	17.543	
Lysine		1.254	0	1		4.013	16.540	
Methionine		0.383	0	1		1.226	5.052	
Cystine	-	0.247	0	4		0.790	3.258	
Phenylalanine		0.665	0	1		2.128	8.771	
Tyrosine		0.508	0	1		1.626	6.701	
Valine		0.777	0	1		2.486	10.249	
Arginine		0.987	0	1		3.158	13.019	
Histidine		0.442	0	1		1.414	5.830	
Alanine		0.977	0	1		3.126	12.887	
Aspartic acid		1.426	0	1		4.563	18.809	
Glutamic acid		2.358	0	1		7.546	31.102	
Glycine	-	1.005	0	1		3.216	13.256	
Proline		0.766	0	1		2.451	10.104	
Serine	• • • • • • • • • • • • • • • • • • • •	0.632	0	1		2.022	8.336	
Hydroxyproline								
Others:								
Alcohol, ethyl	g	0.0	0	z 7		0.0	0.0	
Caffeine	mg							
Theobromine	mg							

Common Measures:

Measure 1 = 320g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 1319g: .5 goose

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 45% 28% bone, 17% skin and separable fat

		<u>A</u>	mount in 100 gra	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numi	er			<u>m</u>	easures of food	<u> </u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	57.23)	1		81.84	338.23	
Energy	-	238) NC	4		340	1407	
Energy		996		,	4		1424	5885	
		28.97)	1		41.43	171.21	
Protein (N x 6.25) Total lipid (fat)		12.67)	1		18.12	74.88	
1 ()	-	1.14)	1		1.63		
Ash								6.74	
Carbohydrate, by difference		0.00		_	7		0.00	0.00	
Fiber, total dietary		0.0) z	7		0.0	0.0	
Sugars, total	-								
Starch	g								
Minerals:									
Calcium, Ca	mg	14	()	1		20	83	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	2.87	()	1		4.10	16.96	
Magnesium, Mg	_	25	()	1		36	148	
Phosphorus, P		309	()	1		442	1826	
Potassium, K	_	388)	1		555	2293	
Sodium, Na	_	76	()	1		109	449	
Zinc, Zn	-	3.17	()	4		4.53	18.73	
Copper, Cu		0.276	5 ()	1		0.395	1.631	
Manganese, Mn		0.024)	4		0.034	0.142	
Selenium, Se	-	25.5	(4		36.5	150.7	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	() Z	7		0.0	0.0	
Thiamin		0.092			1		0.132	0.544	
Riboflavin	-	0.390			1		0.152	2.305	
Niacin		4.081			1		5.836	24.119	
Pantothenic acid		1.834			4		2.623	10.839	
Vitamin B-6		0.470			1		0.672	2.778	
Folate, total	_	12		,)	4		17	71	
		0		,) Z	7		0	0	
Folic acid		12	,		4		17	71	
Folate, food		12	,		4		17	71	
Folate, DFE		0.49	,		4		0.70	2.90	
Vitamin B-12					4				
Vitamin A, IU		40	(_		57	236	
Vitamin A, RAE		12	(4		17	71	
Retinol		12	()	4		17	71	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
	Illog								
Lipids:	a	4.560) (1		6.521	26 050	
Fatty acids, total saturated		4.560	,	,	1		0.521	26.950	
4:0	_								
6:0 8:0	-								
	-	0.000) (1	4		0.000	0.000	
10:0					1				
12:0	-	0.040	,	,	1		0.057	0.236	
13:0	_	0 0-0	,		4		0.070	0.000	
14:0	_	0.050) (,	1		0.072	0.296	
15:0	_				_			, = = -	
16:0	_	2.610) (,	1		3.732	15.425	
17:0	_				_				
18:0	-	1.400) ()	1		2.002	8.274	
20:0	_								
22:0	_								
24:0	g								

		<u>Ar</u>	mount in 10			le portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Eatty saids total managements	a	4.340		0		1		6.206	25.649	
Fatty acids, total monounsaturated		4.340		U		1		6.206	25.649	
15:1										
16:1 undifferentiated		0.440		0		1		0.629	2.600	
17:1	-	0.440		·		-		0.023	2.000	
18:1 undifferentiated.		3.880		0		1		5.548	22.931	
20:1		0.010		0		1		0.014	0.059	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c		0.000		Ü		-		0.000	0.000	
Fatty acids, total polyunsaturated		1.540		0		1		2.202	9.101	
18:2 undifferentiated		1.370		0		1		1.959	8.097	
18:3 undifferentiated	-	0.150		0		1		0.215	0.887	
18:4		0.130				-		0.213	0.007	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans		0.000				•		0.000	0.000	
Cholesterol	-	96		0		1		137	567	
Phytosterols								20.		
1 Hy tosterois										
Amino Acids:										
Tryptophan	g	0.403		0		4		0.576	2.382	
Threonine	g	1.238		0		4		1.770	7.317	
Isoleucine	g	1.488		0		4		2.128	8.794	
Leucine	g	2.447		0		4		3.499	14.462	
Lysine	g	2.480		0		4		3.546	14.657	
Methionine	g	0.783		0		4		1.120	4.628	
Cystine	g	0.445		0		4		0.636	2.630	
Phenylalanine	g	1.214		0		4		1.736	7.175	
Tyrosine	g	1.103		0		4		1.577	6.519	
Valine	g	1.516		0		4		2.168	8.960	
Arginine	g	1.849		0		4		2.644	10.928	
Histidine	g	0.765		0		4		1.094	4.521	
Alanine	g	1.835		0		4		2.624	10.845	
Aspartic acid	g	2.837		0		4		4.057	16.767	
Glutamic acid	g	4.533		0		4		6.482	26.790	
Glycine		1.622		0		4		2.319	9.586	
Proline	g	1.423		0		4		2.035	8.410	
Serine	g	1.247		0		4		1.783	7.370	
Hydroxyproline	g									

Common Measures:

Measure 1 = 143g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 591g: .5 goose

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 53% 19% bone, 34% skin and separable fat

		<u>Aı</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numl	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	68.30	:		1		126.36	523.18	
Energy	=	161			4		298	1233	
Energy		674	· ·	, inc	4		1246	5160	
		22.75	0.241		1		42.09	174.27	
Protein (N x 6.25) Total lipid (fat)		7.13	0.241		1		13.19	174.27 54.62	
•		1.10	0.036		1		2.04	8.43	
AshCarbohydrate, by difference		0.00			7		0.00	0.00	
		0.00			7		0.00	0.00	
Fiber, total dietary		0.0	,	2	,		0.0	0.0	
Sugars, total	=								
Starch	9								
Minerals:									
Calcium, Ca	mg	13	(1		24	100	
Iron, Fe	mg	2.57	(1		4.75	19.69	
Magnesium, Mg		24	1		1		44	184	
Phosphorus, P		312	1		1		577	2390	
Potassium, K		420	(1		777	3217	
Sodium, Na	-	87	(1		161	666	
Zinc, Zn		2.34	(4		4.33	17.92	
Copper, Cu		0.306			1		0.566	2.344	
Manganese, Mn		0.024			4		0.044	0.184	
Selenium, Se	mcg	16.8	(BFNN	4		31.1	128.7	
Vitamins:									
Vitamin C, total ascorbic acid	mg	7.2	(4		13.3	55.2	
Thiamin	mg	0.129	(1		0.239	0.988	
Riboflavin	mg	0.377	•		1		0.697	2.888	
Niacin	mg	4.278	(1		7.914	32.769	
Pantothenic acid	mg	1.973	(4		3.650	15.113	
Vitamin B-6	mg	0.640	(1		1.184	4.902	
Folate, total		31	(4		57	237	
Folic acid	mcg	0	(Z	7		0	0	
Folate, food		31	(4		57	237	
Folate, DFE		31	(NC	4		57	237	
Vitamin B-12		0.49	(4		0.91	3.75	
Vitamin A, IU		40	(4		74	306	
Vitamin A, RAE		12	(4		22	92	
Retinol		12	(4		22	92	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin D Vitamin K (phylloquinone)									
Lipids:	~	0.700					F 160	01 271	
Fatty acids, total saturated		2.790	(1		5.162	21.371	
4:0 6:0	-								
8:0	-								
10:0	-	0.000			4		0.000	0.000	
12:0		0.030			1		0.056	0.230	
13:0		0.030	`		-		0.030	0.230	
14:0		0.030			1		0.056	0.230	
15:0	-	0.030	`		-		3.030	0.230	
16:0	-	1.470			1		2.720	11.260	
17:0	-	1.4/0	`		_		2.720	11.200	
18:0	-	0.920			1		1.702	7.047	
20:0	-	0.320	`		-		1.702	7.047	
22:0	-								

		<u>Aı</u>	mount in 10			le portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Facility I		1.850		0		1		2 402	14 171	
Fatty acids, total monounsaturated		1.850		U		_		3.423	14.171	
15:1										
16:1 undifferentiated		0.270		0		1		0.500	2.068	
17:1	_	0.270		Ū		-		0.500	2.000	
18:1 undifferentiated		1.580		0		1		2.923	12.103	
20:1		0.000		0		4		0.000	0.000	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.900		0		1		1.665	6.894	
18:2 undifferentiated		0.800		0		1		1.480	6.128	
18:3 undifferentiated	-	0.100		0		1		0.185	0.766	
18:4		0.100		Ū		-		0.103	0.766	
20:2 n-6 c.c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans		0.000		Ū		-		0.000	0.000	
Cholesterol	_	84		1		1		155	643	
Phytosterols		•		_		_		133	043	
T flytosterois	9									
Amino Acids:										
Tryptophan	g	0.317		0		4		0.586	2.428	
Threonine	g	0.972		0		4		1.798	7.446	
Isoleucine	g	1.168		0		4		2.161	8.947	
Leucine	g	1.922		0		4		3.556	14.723	
Lysine	g	1.947		0		4		3.602	14.914	
Methionine	g	0.615		0		4		1.138	4.711	
Cystine	g	0.349		0		4		0.646	2.673	
Phenylalanine	g	0.954		0		4		1.765	7.308	
Tyrosine	g	0.866		0		4		1.602	6.634	
Valine	g	1.190		0		4		2.202	9.115	
Arginine	g	1.452		0		4		2.686	11.122	
Histidine	g	0.601		0		4		1.112	4.604	
Alanine	g	1.441		0		4		2.666	11.038	
Aspartic acid	g	2.228		0		4		4.122	17.066	
Glutamic acid	g	3.560		0		4		6.586	27.270	
Glycine		1.274		0		4		2.357	9.759	
Proline	g	1.117		0		4		2.066	8.556	
Serine	g	0.979		0		4		1.811	7.499	
Hydroxyproline	-									

Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 766g: .5 goose

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Ar</u>	nount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			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
Proximates:										
Water	g	71.78	0.520	17		1		67.47	7.90	
Energy	kcal	133		0	NC	4		125	15	
Energy	kj	556				4		523	61	
Protein (N x 6.25)	g	16.37	0.948	10		1		15.39	1.80	
Total lipid (fat)	g	4.28	0.157	40		1		4.02	0.47	
Ash	g	1.25	0.104	4		1		1.18	0.14	
Carbohydrate, by difference	g	6.32		0	NC	4		5.94	0.70	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
5 .										
Minerals:	ma	43	6 507	4		1		40	E	
Calcium, Ca	-	43 30.53	6.587	4 0		1 4		40 28.70	5 3.36	
Iron, Fe		30.53 24	2.449	4		1		28.70 23	3.36	
Magnesium, Mg		261		4		1		23 245	3 29	
Phosphorus, P		261	27.693	1		1		245 216	29 25	
Potassium, K Sodium, Na		230 140		1		1		132	25 15	
Zinc, Zn		3.07		0		4		2.89	0.34	
Copper, Cu		7.522	1.323	19		1		7.071	0.827	
Manganese, Mn		0.000		0		4		0.000	0.000	
Selenium, Se		68.1		0	BFNN	4		64.0	7.5	
Scientini, Sc	9	00.1		·		-		01.0		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	4.5		0		4		4.2	0.5	
Thiamin		0.562		1		1		0.528	0.062	
Riboflavin	mg	0.892		1		1		0.838	0.098	
Niacin	-	6.500		1		1		6.110	0.715	
Pantothenic acid	-	6.184		0		4		5.813	0.680	
Vitamin B-6	-	0.760		2		1		0.714	0.084	
Folate, total		738		0		4		694	81	
Folic acid		0		0	Z	7		0	0	
Folate, food		738		0		4		694	81	
Folate, DFE		738		0	NC	4		694	81	
Vitamin B-12	mcg	54.00		0		4		50.76	5.94	
Vitamin A, IU		30998	1467.843	13		1		29138	3410	
Vitamin A, RAE		9309	440.794	13		1		8750	1024	
Retinol		9309	440.794	13		1		8750	1024	
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.590		0		1		1.495	0.175	
4:0										
6:0										
8:0				-		_		_		
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.000		1		1		0.000	0.000	
13:0	_			_		_				
14:0	_	0.010		1		1		0.009	0.001	
15:0	_			_		_				
16:0	_	0.800		1		1		0.752	0.088	
17:0	-			_		_				
18:0	_	0.760		1		1		0.714	0.084	
20:0	-									
22:0	g g									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion of	of common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	0.810		0		1		0.761	0.089	
14:1										
15:1				_		_				
16:1 undifferentiated		0.060		1		1		0.056	0.007	
17:1	-	0.740								
18:1 undifferentiated		0.740		1		1		0.696	0.081	
20:1	-	0.010		1		1		0.009	0.001	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c	-	0.000		•						
Fatty acids, total polyunsaturated		0.260		0		1 1		0.244	0.029	
18:2 undifferentiated	-	0.180		1				0.169	0.020	
18:3 undifferentiated	-	0.010		1		1		0.009	0.001	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated		0.070				1		0.066	0.000	
20:4 undifferentiated	-	0.070 0.000		1 0		4		0.066 0.000	0.008 0.000	
20:5 n-3	-			0		-				
22:5 n-3		0.000				4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans	-	515		0		4		484	57	
Cholesterol	_	212		U		4		484	57	
Phytosterols	III									
Amino Acids:										
Tryptophan	g	0.230	ı	0		1		0.216	0.025	
Threonine		0.728		0		1		0.684	0.080	
Isoleucine	g	0.870	ı	0		1		0.818	0.096	
Leucine	g	1.477		0		1		1.388	0.162	
Lysine	g	1.239	ı	0		1		1.165	0.136	
Methionine		0.388		0		1		0.365	0.043	
Cystine	g	0.220	ı	0		1		0.207	0.024	
Phenylalanine	g	0.815	i	0		1		0.766	0.090	
Tyrosine	g	0.576	;	0		1		0.541	0.063	
Valine		1.032		0		1		0.970	0.114	
Arginine		1.003		0		1		0.943	0.110	
Histidine		0.435	i	0		1		0.409	0.048	
Alanine		0.951		0		1		0.894	0.105	
Aspartic acid	_	1.556	i	0		1		1.463	0.171	
Glutamic acid		2.121		0		1		1.994	0.233	
Glycine	g	0.951		0		1		0.894	0.105	
Proline	-	0.812		0		1		0.763	0.089	
Serine		0.705	i	0		1		0.663	0.078	
Hydroxyproline										

Common Measures:

Measure 1 = 94g: 1 liver

Measure 2 = 11.0g: 1 unit (yield from 1 lb ready-to-cook goose)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 17% Bone

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure
Proximates:										
Water	g	68.90		2		1		247.35	237.71	
Energy	kcal	158		0	NC	4		567	545	
Energy	kj	661				4		2373	2281	
Protein (N x 6.25)	g	23.40		2		1		84.01	80.73	
Total lipid (fat)		6.45		2		1		23.16	22.25	
Ash		1.25		2		1		4.49	4.31	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		•	_	•		0.0	0.0	
Starch										
Starcn	g									
Minerals:										
Calcium, Ca	mg	11		0		4		39	38	
Iron, Fe.	-	0.84		0		4		3.02	2.90	
Magnesium, Mg		22		0		4		79	76	
Phosphorus, P		153		0		4		549	528	
Potassium, K		193		0		4		693	666	
Sodium, Na		67		0		4		241	231	
Zinc, Zn		1.13		0		4		4.06	3.90	
Copper, Cu		0.043	3	0		4		0.154	0.148	
Manganese, Mn		0.018	3	0		4		0.065	0.062	
Selenium, Se		16.3		0	PIE	4		58.5	56.2	
·										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		1.3		0		4		4.7	4.5	
Thiamin		0.059)	0		4		0.212	0.204	
Riboflavin	mg	0.102	?	0		4		0.366	0.352	
Niacin	<u>mg</u>	7.667	•	0		4		27.525	26.451	
Pantothenic acid	<u>mg</u>	0.879)	0		4		3.156	3.033	
Vitamin B-6	mg	0.380)	0		4		1.364	1.311	
Folate, total	mcg	5		0		4		18	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		18	17	
Folate, DFE		5		0	NC	4		18	17	
Vitamin B-12		0.34		0		4		1.22	1.17	
Vitamin A, IU		92		0		4		330	317	
Vitamin A, RAE		28		0		4		99	95	
Retinol		28		0		4		99	95	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
· ····································										
<u> ipids:</u>										
Fatty acids, total saturated	g	1.770		0		4		6.354	6.107	
4:0	g	0.000)	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.010)	0		4		0.036	0.035	
13:0	g									
14:0	g	0.050)	0		4		0.180	0.173	
15:0	-									
16:0	_	1.300)	0		4		4.667	4.485	
17:0										
18:0		0.370)	0		4		1.328	1.277	
20:0				-						
22:0										
24:0										

		<u>Aı</u>	mount in 100 gram		ole portio	<u>n</u>		edible portion of easures of food	
			Numbe		_	0 51	<u></u>	<u>easures or 1000</u>	
Nutrients and Un	its	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	2.430	0		4		8.724	8.384	
14:1									
15:1									
16:1 undifferentiated	g	0.340	0		4		1.221	1.173	
17:1	g								
18:1 undifferentiated	g	2.000	0		4		7.180	6.900	
20:1	g	0.060	0		4		0.215	0.207	
22:1 undifferentiated	g	0.000	0		4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.410	0		4		5.062	4.865	
18:2 undifferentiated	g	1.190	0		4		4.272	4.106	
18:3 undifferentiated	g	0.050	0		4		0.180	0.173	
18:4	g	0.000	0		4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.070	0		4		0.251	0.242	
20:5 n-3	g	0.010	0		4		0.036	0.035	
22:5 n-3	g	0.010	0		4		0.036	0.035	
22:6 n-3	g	0.030	0		4		0.108	0.104	
Fatty acids, total trans	g								
Cholesterol	mg	74	0		4		266	255	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.259	0		4		0.930	0.894	
Threonine	g	0.963	0		4		3.457	3.322	
Isoleucine	g	1.156	0		4		4.150	3.988	
Leucine	g	1.693	0		4		6.078	5.841	
Lysine	g	1.891	0		4		6.789	6.524	
Methionine	g	0.618	0		4		2.219	2.132	
Cystine	g	0.314	0		4		1.127	1.083	
Phenylalanine		0.906	0		4		3.253	3.126	
Tyrosine	g	0.748	0		4		2.685	2.581	
Valine		1.132	0		4		4.064	3.905	
Arginine		1.476	0		4		5.299	5.092	
Histidine		0.681	0		4		2.445	2.349	
Alanine		1.378	0		4		4.947	4.754	
Aspartic acid		2.087	0		4		7.492	7.200	
Glutamic acid		3.407	0		4		12.231	11.754	
Glycine		1.572	0		4		5.643	5.423	
Proline		1.162	0		4		4.172	4.009	
Serine		0.829	0		4		2.976	2.860	
Hydroxyproline									
Others:									
Alcohol, ethyl	q	0.0	0	z	7		0.0	0.0	
Caffeine	-	2.70	·	_	•				
Theobromine									

Common Measures:

Measure 1 = 359g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 345g: .5 guinea

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% 17% bone, 19% skin and separable fat

		<u>A</u> 1	mount in 100 gra	ams of e	dible porti	<u>on</u>	Amount in	edible portion	of common
			Num	nber			<u>m</u>	easures of food	<u> </u>
			of D	ata Der	iv Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:	~	74.44	0.440	10			004 71	106 50	
Water	-	74.44	0.442	10	1		204.71	196.52	
Energy		110		0 1	NC 4		303	290	
Energy		460	0.260	10	4		1266	1215	
Protein (N x 6.25)		20.64		10	1		56.76	54.49	
Total lipid (fat)		2.47		10	1 1		6.79	6.52	
Ash		1.25	0.035	9			3.44	3.30	
Carbohydrate, by difference		0.00		0	z 7		0.00	0.00	
Fiber, total dietary		0.0		0	z 7		0.0	0.0	
Sugars, total	-								
Starch	g								
Minerals:									
Calcium, Ca	mg	11		0	4		30	29	
Iron, Fe	-	0.77		0	4		2.12	2.03	
Magnesium, Mg	mg	24		0	4		66	63	
Phosphorus, P	•	169		0	4		465	446	
Potassium, K	mg	220		0	4		605	581	
Sodium, Na	mg	69		0	4		190	182	
Zinc, Zn	mg	1.20		0	4		3.30	3.17	
Copper, Cu		0.044		0	4		0.121	0.116	
Manganese, Mn		0.018	3	0	4		0.050	0.048	
Selenium, Se	mcg	17.5		0 BF	NN 4		48.1	46.2	
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.7		0	4		4.7	4.5	
Thiamin		0.067	,	0	4		0.184	0.177	
Riboflavin		0.112		0	4		0.308	0.296	
Niacin		8.782		0	4		24.151	23.184	
Pantothenic acid		0.936	5	0	4		2.574	2.471	
Vitamin B-6		0.470)	0	4		1.293	1.241	
Folate, total	_	6		0	4		17	16	
Folic acid		0		0	z 7		0	0	
Folate, food		6		0	4		17	16	
Folate, DFE		6		0 N	C 4		17	16	
Vitamin B-12		0.37		0	4		1.02	0.98	
Vitamin A, IU		41		0	4		113	108	
Vitamin A, RAE		12		0	4		34	33	
Retinol		12		0	4		34	33	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	0.640)	0	4		1.760	1.690	
4:0									
6:0	_								
8:0	g								
10:0	-	0.000)	0	4		0.000	0.000	
12:0		0.010)	0	4		0.028	0.026	
13:0									
14:0	-	0.020)	0	4		0.055	0.053	
15:0	_								
16:0	_	0.420)	0	4		1.155	1.109	
17:0	_								
18:0	_	0.180)	0	4		0.495	0.475	
20:0	_								
22:0	_								
24:0	_								
	-								

		<u>Ar</u>	nount in 10		of edib	le portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
E-44	9	0.680		0		4		1.870	1.795	
Fatty acids, total monounsaturated		0.680		U		4		1.870	1.795	
15:1										
16:1 undifferentiated		0.090		0		4		0.248	0.238	
17:1	-	0.050		•		-		0.240	0.230	
18:1 undifferentiated		0.570		0		4		1.568	1.505	
20:1		0.010		0		4		0.028	0.026	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		*		0.000	0.000	
Fatty acids, total polyunsaturated		0.590		0		4		1.623	1.558	
18:2 undifferentiated		0.400		0		4		1.100	1.056	
18:3 undifferentiated	-	0.020		0		4		0.055	0.053	
18:4		0.020		·		-		0.033	0.033	
20:2 n-6 c.c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.070		0		4		0.193	0.185	
20:5 n-3	-	0.010		0		4		0.028	0.026	
22:5 n-3	_	0.020		0		4		0.055	0.053	
22:6 n-3		0.020		0		4		0.033	0.079	
Fatty acids, total trans		0.030		·		-		0.003	0.073	
Cholesterol	-	63		1		1		173	166	
Phytosterols		05		-		-		173	100	
Filytosterois										
Amino Acids:										
Tryptophan	g	0.241		0		4		0.663	0.636	
Threonine	g	0.872		0		4		2.398	2.302	
Isoleucine	g	1.090		0		4		2.998	2.878	
Leucine	g	1.549		0		4		4.260	4.089	
Lysine	g	1.754		0		4		4.824	4.631	
Methionine	g	0.571		0		4		1.570	1.507	
Cystine	g	0.264		0		4		0.726	0.697	
Phenylalanine		0.819		0		4		2.252	2.162	
Tyrosine	g	0.697		0		4		1.917	1.840	
Valine	g	1.024		0		4		2.816	2.703	
Arginine		1.245		0		4		3.424	3.287	
Histidine	-	0.641		0		4		1.763	1.692	
Alanine		1.126		0		4		3.097	2.973	
Aspartic acid	_	1.840		0		4		5.060	4.858	
Glutamic acid	-	3.092		0		4		8.503	8.163	
Glycine		1.014		0		4		2.789	2.677	
Proline	_	0.849		0		4		2.335	2.241	
Serine	·····	0.710		0		4		1.953	1.874	
Hydroxyproline	_									

Common Measures:

Measure 1 = 275g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 264g: .5 guinea

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		Amount in 100 grams of edible portion							Amount in edible portion of common			
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3		
Proximates: Water	a	75.93		3	A	1						
Energy	=	117		0	NC	4						
Energy		490		0	NC	4						
Protein (N x 6.25)		21.81		3	A	1						
Total lipid (fat)		2.65		3	A	1						
Ash		0.61		0	BFSN	4						
Carbohydrate, by difference		0.00		0	Z	7						
Fiber, total dietary		0.0		0	z	7						
Sugars, total		0.00		0	z	7						
Starch		0.00		·	_	•						
Starcii	9											
Minerals:												
Calcium, Ca	-	6		3	A	1						
Iron, Fe		4.38		3	A	1						
Magnesium, Mg		22		0	BFNN	4						
Phosphorus, P		211		0	BFNN	4						
Potassium, K		308		0	BFNN	4						
Sodium, Na		75		3	A	1						
Zinc, Zn		3.71		0	BFNN	4						
Copper, Cu		0.136		0 0	BFNN	4						
Manganese, Mn		0.017 34.9		0	BFNN	4 4						
Selenium, Se	Ilicg	34.9		U	BFNN	4						
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7						
Thiamin	mg	0.196	5	0	BFPN	4						
Riboflavin	mg	0.288	3	0	BFPN	4						
Niacin	mg	4.722	2	0	BFPN	4						
Pantothenic acid	mg	1.165	5	0	BFPN	4						
Vitamin B-6	mg	0.513	3	0	BFPN	4						
Folate, total		8		0	BFPN	4						
Folic acid		0		0	Z	7						
Folate, food		8		0	BFPN	4						
Folate, DFE		8		0	NC	4						
Vitamin B-12		4.97		0	BFPN	4						
Vitamin A, IU		0		0	BFSN	4						
Vitamin A, RAE		0		0	NC	4						
Retinol		0		0	BFSN	4						
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4						
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta Vitamin D												
Vitamin K (phylloquinone)												
vitanini ix (phynoquinone)	9											
Lipids:												
Fatty acids, total saturated	g	0.950)	0	NC	4						
4:0	g											
6:0	g											
8:0												
10:0												
12:0												
13:0		0.000		_	-							
14:0	-	0.030	,	3	A	1						
15:0	_	0.000		_		-						
16:0	_	0.690	,	3	A	1						
17:0	_	0.230		3	A	1						
18:0	_	0.230	,	3	A	1						
20:0	_											
22:0	y											

		<u>A</u> 1	mount in 10	Amount in edible portion of common						
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.950	ı	0	NC	4				
14:1 15:1	-									
16:1 undifferentiated	9	0.220		3	A	1				
17:1 18:1 undifferentiated	9	0.730	ı	3	A	1				
20:1 22:1 undifferentiated	g									
24:1 c Fatty acids, total polyunsaturated	g	0.500		0	NC	4				
18:2 undifferentiated 18:3 undifferentiated	-	0.330 0.030		3 3	A A	1 1				
18:4 20:2 n-6 c,c										
20:3 undifferentiated 20:4 undifferentiated		0.140	ı	3	A	1				
20:5 n-3 22:5 n-3										
22:6 n-3Fatty acids, total trans										
CholesterolPhytosterols		73		3	A	1				
Amino Acids:										
Tryptophan		0.194		0	A	1				
ThreonineIsoleucine	-	0.957 1.036		0	A A	1 1				
Leucine	-	1.772		0	A	1				
Lysine		1.926		0	A	1				
Methionine		0.610		0	A	1				
Cystine		0.224		0	A	1				
Phenylalanine		0.900	ı	0	A	1				
Tyrosine	g	0.709	ı	0	A	1				
Valine	g	1.077		0	A	1				
Arginine	g	1.492		0	A	1				
Histidine	g	0.548		0	A	1				
Alanine	g	1.399	ı	0	A	1				
Aspartic acid		2.040	ı	0	A	1				
Glutamic acid	g	3.343	1	0	A	1				
Glycine	g	1.458		0	A	1				
Proline		1.137		0	A	1				
Serine	-	0.873		0	A	1				
Hydroxyproline	-	0.389		0	A	1				
Others:										
Alcohol, ethyl	g	0.0		0	z	7				
Caffeine		0		0	Z	7				
Theobromine		0		0	z	7				
Carotenoids:		-		-	_	•				
Carotene, beta		0		0	Z	7				
Carotene, alpha		0		0	z	7				
Cryptoxanthin, beta		0		0	z	7				
Lycopene		0		0	z	7				
Lutein + zeaxanthin		0		0	Z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05643 Ostrich, fan, raw

Food Group: 05 Poultry Products

NDB No. 05642 Ostrich, ground, cooked, pan-broiled Struthio camelus

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
			Nun	nber	measures of food					
			of D	Data De	riv S	ource	Confidence			
Nutrients and Units		Mean	Std. Error Poi	nts Co	de (Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	67.12	1.028	6	A	1		62.42	57.05	
	_	175	1.028		NC	4				
Energy								163	149	
Energy		734			NC -	4		683	624	
Protein (N x 6.25)		26.15	0.380	6	A	1		24.32	22.23	
Total lipid (fat)		7.07	1.050	6	A	1		6.57	6.01	
Ash		0.83	0.033	6	A	1		0.77	0.71	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	ma	8	0.456	6	A	1		8	7	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.43	0.126		A	1		3.19	2.91	
Magnesium, Mg	-	23	0.304		A	1		21	19	
Phosphorus, P		224	2.236		A.	1		208	190	
Potassium, K	_	323	5.199		A.	1		301	275	
Sodium, Na		80	0.912		A.	1		75	68	
Zinc, Zn		4.33	0.233		A.	1		4.03	3.68	
Copper, Cu		0.136			A.	1		0.126	0.115	
Manganese, Mn		0.130			A	1		0.016	0.014	
Selenium, Se		33.5	0.001		A.	1		31.2	28.5	
· ·				_		_				
<u>Vitamins:</u>				_	_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.213			A	1		0.198	0.181	
Riboflavin		0.268			A	1		0.250	0.228	
Niacin	_	6.557			A	1		6.098	5.573	
Pantothenic acid		1.210			A	1		1.125	1.029	
Vitamin B-6	-	0.501	0.023		A	1		0.465	0.425	
Folate, total		14			A	1		13	12	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	14			A	1		13	12	
Folate, DFE		14			IC	4		13	12	
Vitamin B-12		5.74	0.613		A	1		5.33	4.87	
Vitamin A, IU		0			A	1		0	0	
Vitamin A, RAE		0			AS	1		0	0	
Retinol		0			A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1		0.22	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.5		0 B	SN	4		3.2	3.0	
Lipids:										
Fatty acids, total saturated	g	1.793		0 1	iC	4		1.667	1.524	
4:0		0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0		0.000		3	A	1		0.000	0.000	
10:0	-	0.000			A	1		0.000	0.000	
12:0	-	0.000			A	1		0.000	0.000	
13:0	-									
14:0	-	0.040	0.007	3	A	1		0.038	0.034	
15:0		0.012			A	1		0.011	0.011	
16:0		1.339			A.	1		1.245	1.138	
17:0	-	0.012			A	1		0.011	0.010	
18:0	-	0.012			A A	1		0.361	0.330	
20:0	-	0.002			A.	1		0.001	0.001	
22:0	-	0.002			A A	1		0.001	0.001	
24:0		0.000	0.000	,	••	-		3.000	0.000	

		<u>Aı</u>	mount in 100	grams	Amount in edible portion of common					
			N	r			measures of food			
Nutrients and Units		Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		0.450								
Fatty acids, total monounsaturated		2.156		0	NC	4		2.005	1.832	
14:1	-	0.001		3	A	1		0.001	0.001	
15:1		0.000		3	A	1		0.000	0.000	
16:1 undifferentiated	-	0.342		3	A	1		0.318	0.291	
17:1		0.005		3	A	1		0.004	0.004	
18:1 undifferentiated		1.783		3	A	1		1.658	1.516	
20:1	-	0.024		3 0	A	1		0.023	0.021	
22:1 undifferentiated	-	0.000		U	Z	7		0.000	0.000	
24:1 c		0 720		^	27.0			0 607	0.600	
Fatty acids, total polyunsaturated		0.739		0	NC	4 1		0.687	0.628	
18:2 undifferentiated		0.631		3	A			0.587	0.537	
18:3 undifferentiated		0.045		3	A	1		0.042	0.038	
18:3 n-6 c,c,c		0.000	0.000	3	A	1		0.000	0.000	
18:3i		0.000		0	z	7		0.000	0 000	
18:4								0.000	0.000	
20:2 n-6 c,c	-	0.005		3	A	1		0.005	0.005	
20:3 undifferentiated		0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3	-									
20:3 n-6	-			_	_	_				
20:4 undifferentiated	-	0.057	0.015	3	A	1		0.053	0.048	
20:4 n-3										
20:4 n-6		0 000		^	_	-				
20:5 n-3		0.000		0	z	7		0.000	0.000	
22:5 n-3	-	0.000		0	Z	7		0.000	0.000	
22:6 n-3		0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans		0.233		0	BFFN	4		0.217	0.198	
CholesterolPhytosterols		83	2.991	6	A	1		77	70	
Amino Acids:										
Tryptophan	g	0.233		0	A	1		0.217	0.198	
Threonine	g	1.147		0	A	1		1.067	0.975	
Isoleucine	g	1.242		0	A	1		1.155	1.056	
Leucine	g	2.125		0	A	1		1.976	1.806	
Lysine	g	2.309		0	A	1		2.147	1.963	
Methionine	g	0.731		0	A	1		0.680	0.621	
Cystine	g	0.269		0	A	1		0.250	0.228	
Phenylalanine	g	1.079		0	A	1		1.004	0.917	
Tyrosine	g	0.850		0	A	1		0.791	0.723	
Valine	g	1.291		0	A	1		1.201	1.098	
Arginine		1.788		0	A	1		1.663	1.520	
Histidine	g	0.657		0	A	1		0.611	0.558	
Alanine	g	1.678		0	A	1		1.560	1.426	
Aspartic acid	g	2.446		0	A	1		2.275	2.079	
Glutamic acid	g	4.009		0	A	1		3.728	3.407	
Glycine		1.748		0	A	1		1.626	1.486	
Proline		1.363		0	A	1		1.268	1.159	
Serine		1.046		0	A	1		0.973	0.889	
Hydroxyproline	<u>g</u>	0.467		0	A	1		0.434	0.397	
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0	0.0	
Caffeine	_	0		0	Z	7		0	0	
Theobromine Carotenoids:	.mg	0		0	Z	7		0	0	
Carotene, beta	mcq	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	

NDB No. 05642

Ostrich, ground, cooked, pan-broiled

Common Measures:

Measure 1 = 93g: 1 patty (yield from 108.8 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 gr	rams of	t edib	ie portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u>	easures of food	<u>.</u>
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.07	1.750	6	A	1				
Energy	kcal	165		0	NC	4				
Energy	kj	690		0	NC	4				
Protein (N x 6.25)	g	20.22	0.413	6	A	1				
Total lipid (fat)		8.70	2.278	6	A	1				
Ash	g	0.73	0.021	6	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minarala										
Minerals: Calcium. Ca	ma	7	0.503	6	A	1				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.91	0.041	6	A	1				
Magnesium, Mg	-	20	0.173	6	A	1				
Phosphorus, P		199	1.308	6	A	1				
Potassium, K	-	291	6.737	6	A	1				
Sodium, Na		72	1.730	6	A	1				
Zinc, Zn	mg	3.51	0.267	6	A	1				
Copper, Cu	mg	0.128	0.004	6	A	1				
Manganese, Mn	mg	0.017	0.001	6	A	1				
Selenium, Se	mcg	33.0		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7				
Thiamin		0.182	0.010	6	A	1				
Riboflavin		0.267	0.019	6	A	1				
Niacin		4.377	0.197	6	A	1				
Pantothenic acid	mg	1.080	1	1	A	1				
Vitamin B-6	mg	0.475	0.023	6	A	1				
Folate, total	mcg	7		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food		7		0	NR	4				
Folate, DFE		7		0	NC	4				
Vitamin B-12		4.61	0.504	6	A	1				
Vitamin A, IU		0		1	A	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0		1	A	1				
Vitamin E (alpha-tocopherol)		0.24		1	A	1				
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	····· •									
<u>Lipids:</u>	_									
Fatty acids, total saturated		2.177		0	NC	4				
4:0										
6:0 8:0		0.000	ı	0	BFFN	4				
10:0		0.000			BFFN	- <u>-</u> -				
12:0		0.000			BFFN	4				
13:0	_	0.000		•		•				
14:0	_	0.050	l	0	BFFN	4				
15:0	_			- '		-				
16:0	_	1.648		0	BFFN	4				
17:0	_									
18:0	_	0.477		0	BFFN	4				
20:0		0.002		0	BFFN	4				
22:0		0.000	ı	0	BFFN	4				
24:0										

		Amount in 1	00 grams	of edib	ole portio	<u>on</u>		edible portion of	common
			Number	•			<u>me</u>	asures of food	
Nutrients and Units	Mea	n Std. Erro			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	n 2	654	0	NC	4				
14:1	0	002	0	BFFN	4				
15:1	_	000	0	BFFN	4				
16:1 undifferentiated		421	0	BFFN	4				
17:1	-	006	0	BFFN	4				
18:1 undifferentiated		195	0	BFFN	4				
20:1		030	0	BFFN	4				
22:1 undifferentiated									
24:1 c	-								
Fatty acids, total polyunsaturated	g 0.	910	0	NC	4				
18:2 undifferentiated	g 0.	777	0	BFFN	4				
18:3 undifferentiated	g 0.	056	0	BFFN	4				
18:3 n-6 c,c,c	g 0.	000	0	BFFN	4				
18:3i	g								
18:4	g								
20:2 n-6 c,c	g 0.	007	0	BFFN	4				
20:3 undifferentiated	<u>g</u> 0.	000	0	BFFN	4				
20:3 n-3	g								
20:3 n-6	-								
20:4 undifferentiated		070	0	BFFN	4				
20:4 n-3									
20:4 n-6									
20:5 n-3	_								
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans									
Cholesterol			0	BFYN	4				
Phytosterols	mg								
Amino Acids:									
Tryptophan		180	0	A	1				
Threonine	-	887	0	A	1				
Isoleucine	-	961	0	A	1				
Leucine		643	0	A	1				
Lysine	0	785	0	A	1				
Methionine	0	565	0	A	1				
Cystine		208	0	A	1				
Phenylalanine		834	0	A	1				
Tyrosine		657	0	A	1				
Valine		998	0	A	1				
Arginine		383	0	A	1				
Histidine		508	0	A	1				
Alanine		297	0	A	1				
Aspartic acid		891 099	0	A A	1 1				
Glutamic acid			0		1				
Glycine		351 054	0	A	1				
Proline			0	A A	1				
Serine		809	0	A	1				
Hydroxyproline	g 0.	361	U	A	1				
Others:									
Alcohol, ethyl	<u>.g</u> 0.	0	0	Z	7				
Caffeine	<u>mg</u> 0		0	Z	7				
Theobromine	mg 0		0	Z	7				
Carotenoids:									
Carotene, beta	mcg 0		0	z	7				
Carotene, alpha			0	z	7				
Cryptoxanthin, beta			0	z	7				
Lycopene			0	z	7				
Lutein + zeaxanthin			0	Z	7				

NDB No. 05641 Ostrich, ground, raw Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 10			le portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure
Proximates: Water	a	69.95		3	A	1		59.46		
Energy	=	141		0	NC	4		120		
Energy		591		0	NC	4		503		
Protein (N x 6.25)		29.01		3	A	1		24.66		
Total lipid (fat)		1.94		3	A	1		1.65		
Ash		0.76		0	BFSN	4		0.65		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	_	6		3	A	1		5		
Iron, Fe		3.12		3	A	1		2.65		
Magnesium, Mg		25		0	BFNN	4		21		
Phosphorus, P		244		0	BFNN	4		207		
Potassium, K		352 83		0 3	BFNN	4 1		299		
Sodium, NaZinc, Zn		83 4.71		0	A BFNN	4		71 4.01		
Copper, Cu		0.148	ı	0	BFNN	4		0.125		
Manganese, Mn		0.018		0	BFNN	4		0.015		
Selenium, Se		36.5		0	BFNN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0		
Thiamin		0.237	,	0	BFPN	4		0.201		
Riboflavin	mg	0.298	3	0	BFPN	4		0.253		
Niacin	mg	7.274	Į.	0	BFPN	4		6.183		
Pantothenic acid		1.342		0	BFPN	4		1.141		
Vitamin B-6	_	0.555	5	0	BFPN	4		0.472		
Folate, total		16		0	BFPN	4		13		
Folic acid	-	0 16		0 0	Z BFPN	7 4		0 13		
Folate, foodFolate, DFE		16		0	NC NC	4		13		
Vitamin B-12		6.36		0	BFPN	4		5.41		
Vitamin A, IU		0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)		0.22		0	BFSN	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	0	0.700		0	NC	4		0.595		
Fatty acids, total saturated		0.700	•	U	NC	-		0.595		
6:0										
8:0										
10:0										
12:0										
13:0	g									
14:0		0.010)	3	A	1		0.009		
15:0	-							_		
16:0	-	0.440)	3	A	1		0.374		
17:0	-	0.050		_	•	4		0.010		
18:0	-	0.250	,	3	A	1		0.213		
20:0 22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	0.670		0	NC	4		0.570		
14:1 15:1	-									
16:1 undifferentiated	g	0.130		3	A	1		0.111		
18:1 undifferentiated	g	0.540		3	A	1		0.459		
20:1 undifferentiated	g									
24:1 c Fatty acids, total polyunsaturated.	g	0.320		0	NC	4		0.272		
18:2 undifferentiated	-	0.180 0.010		3 3	A A	1 1		0.153 0.009		
18:4	-	0.010		3	A	1		0.009		
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.130		3	A	1		0.111		
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans Cholesterol		73		3	A	1		62		
Phytosterols	_	73		3	•	-		62		
1 Hytosterois	g									
Amino Acids:										
Tryptophan		0.259		0	A	1		0.220		
Threonine	-	1.272		0	A	1		1.082		
Isoleucine	-	1.378		0	A	1		1.172		
Leucine		2.357		0	A	1 1		2.003		
Lysine		2.562 0.811		0 0	A A	1		2.177 0.689		
Methionine		0.811		0	A	1		0.889		
CystinePhenylalanine		1.197		0	A	1		1.018		
Tyrosine		0.943		0	A	1		0.802		
Valine	-	1.433		0	A	1		1.218		
Arginine	-	1.984		0	A	1		1.686		
Histidine		0.729		0	A	1		0.619		
Alanine	•	1.861		0	A	1		1.582		
Aspartic acid	-	2.713		0	A	1		2.306		
Glutamic acid	g	4.447		0	A	1		3.780		
Glycine	g	1.939		0	A	1		1.648		
Proline	g	1.512		0	A	1		1.286		
Serine	g	1.161		0	A	1		0.987		
Hydroxyproline	g	0.518		0	A	1		0.440		
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	_	0		0	z	7		0		
Carotenoids:	-									
Carotene, beta	mca	0		0	Z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene	-	0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05645

Ostrich, inside leg, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	75.97		3	A	1		64.57		
Energy	kcal	111		0	NC	4		94		
Energy	kj	465		0	NC	4		395		
Protein (N x 6.25)	g	22.39		3	A	1		19.03		
Total lipid (fat)	g	1.72		3	A	1		1.46		
Ash	g	0.61		0	BFSN	4		0.52		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	5		3	A	1		4		
Iron, Fe	-	2.30		3	A	1		1.96		
Magnesium, Mg	-	22		0	BFNN	4		19		
Phosphorus, P		220		0	BFNN	4		187		
Potassium, K	-	320		0	BFNN	4		272		
Sodium, Na		72		3	A	1		61		
Zinc, Zn	-	3.87		0	BFNN	4		3.29		
Copper, Cu		0.141		0	BFNN	4		0.120		
Manganese, Mn	mg	0.018	1	0	BFNN	4		0.015		
Selenium, Se	mcg	36.4		0	BFNN	4		30.9		
Vitamins										
Vitamins:	ma	0.0		0	z	7		0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0		0	BFPN	4		0.0		
Riboflavin	-	0.201		0	BFPN	4		0.171		
Niacin.		4.847		0	BFPN	4		4.120		
Pantothenic acid	-	1.196		0	BFPN	4		1.017		
Vitamin B-6		0.526		0	BFPN	4		0.447		
Folate, total	-	8	•	0	BFPN	4		7		
Folic acid		0		0	Z	7		0		
Folate, food		8		0	BFPN	4		7		
Folate, DFE		8		0	NC	4		7		
Vitamin B-12		5.10		0	BFPN	4		4.34		
Vitamin A, IU		0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4		0.17		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.600)	0	NC	4		0.510		
4:0										
6:0										
8:0										
10:0										
12:0										
13:0										
14:0	g	0.010)	3	A	1		0.009		
15:0	g									
16:0	g	0.400)	3	A	1		0.340		
17:0	g									
18:0	g	0.190)	3	A	1		0.162		
20:0	g									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.600		0	NC	4		0.510		
14:1	-									
16:1 undifferentiated17:1	g	0.120		3	A	1		0.102		
18:1 undifferentiated	g	0.480		3	A	1		0.408		
22:1 undifferentiated	g									
Fatty acids, total polyunsaturate	edg	0.380		0	NC	4		0.323		
18:2 undifferentiated	g	0.220 0.020		3 3	A A	1 1		0.187 0.017		
18:4 20:2 n-6 c,c	g									
20:3 undifferentiated 20:4 undifferentiated	-	0.140		3	A	1		0.119		
20:5 n-3 22:5 n-3										
22:6 n-3 Fatty acids, total trans										
CholesterolPhytosterols	-	66		3	A	1		56		
Amino Acids:										
Tryptophan		0.200		0	A	1		0.170		
Threonine Isoleucine	-	0.982 1.064		0	A A	1 1		0.835 0.904		
Leucine	-	1.819		0	A	1		1.546		
Lysine		1.977		0	A	1		1.681		
Methionine		0.626		0	A	1		0.532		
Cystine		0.230		0	A	1		0.195		
Phenylalanine		0.924		0	A	1		0.786		
Tyrosine		0.728		0	A	1		0.619		
Valine	-	1.106		0	A	1		0.940		
Arginine	-	1.531		0	A	1		1.302		
Histidine		0.562		0	A	1		0.478		
Alanine	•	1.437		0	A	1		1.221		
Aspartic acid		2.094		0	A	1		1.780		
Glutamic acid		3.432		0	A	1		2.917		
Glycine	-	1.497		0	A	1		1.272		
Proline		1.167		0	A	1		0.992		
Serine		0.896		0	A	1		0.761		
Hydroxyproline		0.400		0	A	1		0.340		
Others:	9	0.400		Ū		-		0.540		
Alcohol, ethyl	q	0.0		0	z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	-	0		0	z	7		0		
Carotenoids:		v		v	4	,		ŭ		
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene	_	0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05644 Ostrich, inside leg, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u> e	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		66.53		3	A	1		56.55		
Energy	kcal	164		0	NC	4		139		
Energy		685		0	NC	4		583		
Protein (N x 6.25)		29.37		3	A	1		24.96		
Total lipid (fat)		4.26		3	A	1		3.62		
Ash		0.85		0	BFSN	4		0.72		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1		4		
Iron, Fe	-	4.80		3	A	1		4.08		
Magnesium, Mg	-	26		0	BFNN	4		22		
Phosphorus, P		253		0	BFNN	4		215		
Potassium, K	-	366		0	BFNN	4		311		
Sodium, Na	mg	73		3	A	1		62		
Zine, Zn		4.90		0	BFNN	4		4.16		
Copper, Cu		0.153		0	BFNN	4		0.130		
Manganese, Mn		0.019	1	0	BFNN	4		0.016		
Selenium, Se	mcg	37.9		0	BFNN	4		32.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	-	0.240	ı	0	BFPN	4		0.204		
Riboflavin	-	0.301		0	BFPN	4		0.256		
Niacin		7.364		0	BFPN	4		6.259		
Pantothenic acid	-	1.359	ı	0	BFPN	4		1.155		
Vitamin B-6		0.562		0	BFPN	4		0.478		
Folate, total	mcg	16		0	BFPN	4		14		
Folic acid		0		0	z	7		0		
Folate, food	mcg	16		0	BFPN	4		14		
Folate, DFE		16		0	NC	4		14		
Vitamin B-12	mcg	6.44		0	BFPN	4		5.48		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		0.21		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicy									
Lipids:										
Fatty acids, total saturated	g	1.710		0	NC	4		1.454		
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0										
13:0	-	_				_				
14:0	_	0.040		3	A	1		0.034		
15:0	_									
16:0	_	1.230		3	A	1		1.046		
17:0	_			_		_		_		
18:0	_	0.440		3	A	1		0.374		
20:0	_									
22:0	~									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	I Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	1.740	1	0	NC	4		1.479		
14:1 15:1.	-									
16:1 undifferentiated	g	0.380)	3	A	1		0.323		
18:1 undifferentiated 20:1	g	1.360	1	3	A	1		1.156		
22:1 undifferentiated	g									
24:1 c Fatty acids, total polyunsatura	tedg	0.740		0	NC	4		0.629		
18:2 undifferentiated 18:3 undifferentiated	-	0.540 0.040		3 3	A A	1 1		0.459 0.034		
18:4 20:2 n-6 c,c	-									
20:3 undifferentiated	g	0.460			_	_				
20:4 undifferentiated 20:5 n-3		0.160	1	3	A	1		0.136		
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	-	97		3	A	1		82		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.262	!	0	A	1		0.223		
Threonine	g	1.288	1	0	A	1		1.095		
Isoleucine	g	1.395	i	0	A	1		1.186		
Leucine		2.386		0	A	1		2.028		
Lysine		2.593		0	A	1		2.204		
Methionine		0.821		0	A	1		0.698		
Cystine		0.302		0	A	1		0.256		
Phenylalanine		1.212		0	A	1		1.030		
Tyrosine	-	0.955		0	A	1 1		0.812		
Valine	-	1.450		0	A			1.233		
Arginine		2.009		0	A	1 1		1.707		
Histidine	•	0.738 1.884		0	A A	1		0.627 1.602		
Alanine Aspartic acid		2.747		0	A	1		2.335		
Glutamic acid	• • • • • • • • • • • • • • • • • • • •	4.502		0	A	1		3.827		
	-	1.963		0	A	1		1.669		
Glycine				0		1				
Proline	• • • • • • • • • • • • • • • • • • • •	1.531 1.175		0	A A	1		1.301 0.999		
Serine Hydroxyproline		0.524		0	A	1		0.445		
Others:	9	0.324	ı	U	A	•		0.443		
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	-	0		0	z	7		0		
Carotenoids:	J	-		-						
	mea	0		0	z	7		0.000		
Carotene, beta		0		0	z z	7		0.000		
Carotene, alpha		0		•		7				
Cryptoxanthin, beta		0		0	z z	7		0.000		
Lycopene		0		0	z Z	7		0.000		
Lutein + zeaxanthin	iiicg	<u> </u>			Z			0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05647

Ostrich, inside strip, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 100 gr	ams of	t edib	ie portio	<u>n</u>	Amount in	edible portion	of common
			Nur	nber				<u>m</u> e	easures of food	<u> </u>
			of I	Data D	eriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	74.16	0.330	9	A	1				
Energy	-	127		0	NC	4				
Energy		532		0	NC	4				
0,		23.69	0.886	9	A	1				
Protein (N x 6.25)		23.03	0.106	9	A	1				
Total lipid (fat)		1.22	0.055	6	A	1				
Carbohydrate, by difference		0.00	0.033	0	Z	7				
		0.00		0	Z	7				
Fiber, total dietary				0	Z	7				
Sugars, total		0.00		U	z	,				
Starch	9									
Minerals:										
Calcium, Ca	mg	5		3	A	1				
Iron, Fe	_	4.20		3	A	1				
Magnesium, Mg	-	23		0	BFNN	4				
Phosphorus, P		226		0	BFNN	4				
Potassium, K	-	330		0	BFNN	4				
Sodium, Na	_	76		3	A	1				
Zinc, Zn		3.98		0	BFNN	4				
Copper, Cu		0.145	5	0	BFNN	4				
Manganese, Mn.		0.019)	0	BFNN	4				
Selenium, Se		37.5		0	BFNN	4				
Vitamins:				•	_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7				
Thiamin	_	0.213			BFPN	4				
Riboflavin		0.312			BFPN	4				
Niacin	_	5.129			BFPN	4				
Pantothenic acid		1.266			BFPN	4				
Vitamin B-6	-	0.557	'		BFPN	4				
Folate, total		9			BFPN	4				
Folic acid		0		0	Z	7				
Folate, food		9			BFPN	4				
Folate, DFE		9		0	NC	4				
Vitamin B-12		5.40			BFPN	4				
Vitamin A, IU		0			BFSN	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0			BFSN	4				
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.923	3	0	NC	4				
4:0										
6:0	g									
8:0	g									
10:0										
12:0	g	0.001	0.001	6	A	1				
13:0										
14:0	g	0.030	0.000	9	A	1				
15:0	g	0.005	0.000	6	A	1				
16:0	g	0.712	0.045	9	A	1				
17:0	-	0.009	0.001	6	A	1				
18:0	-	0.162	0.051	9	A	1				
20:0	-									
22:0		0.004	0.004	6	A	1				

		<u>Ar</u>	nount in 100 g		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		Moun	Ottal 21101					mododio i	mododi o z	mododi o o
Fatty acids, total monounsaturated		1.179	0.001	0	NC	4				
14:1 15:1	-	0.005	0.001	6	A	1				
16:1 undifferentiated		0.270	0.019	9	A	1				
17:1		0.010	0.001	6	A	1				
18:1 undifferentiated		0.884	0.007	9	A	1				
20:1		0.010	0.001	6	A	1				
22:1 undifferentiated		*****		-		_				
24:1 c										
Fatty acids, total polyunsaturated		0.591		0	NC	4				
18:2 undifferentiated		0.461	0.026	9	A	1				
18:3 undifferentiated	g	0.052	0.011	9	A	1				
18:4	g									
20:2 n-6 c,c	g	0.002	0.002	6	A	1				
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.065	0.047	9	A	1				
20:5 n-3	g	0.011	0.006	6	A	1				
22:5 n-3	g									
22:6 n-3	g	0.000	0.000	6	A	1				
Fatty acids, total trans	g									
Cholesterol		73	1.685	9	A	1				
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.211		0	A	1				
Threonine		1.039		0	A	1				
Isoleucine	-	1.126		0	A	1				
Leucine	g	1.925		0	A	1				
Lysine	g	2.092		0	A	1				
Methionine	g	0.662		0	A	1				
Cystine	g	0.243		0	A	1				
Phenylalanine	g	0.978		0	A	1				
Tyrosine	g	0.770		0	A	1				
Valine	g	1.170		0	A	1				
Arginine	g	1.620		0	A	1				
Histidine	g	0.595		0	A	1				
Alanine	g	1.520		0	A	1				
Aspartic acid	-	2.216		0	A	1				
Glutamic acid	-	3.632		0	A	1				
Glycine		1.584		0	A	1				
Proline	-	1.235		0	A	1				
Serine		0.948		0	A	1				
Hydroxyproline	g	0.423		0	A	1				
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	-	0		0	z	7				
Theobromine		0		0	z	7				
Carotenoids:										
Carotene, beta	mca	0		0	z	7				
Carotene, alpha		0		0	Z	7				
Cryptoxanthin, beta		0		0	Z	7				
Lycopene		0		0	z	7				
Lutein + zeaxanthin		0		0	z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05646 Ostrich, inside strip, raw

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 10			le portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
_										
Proximates: Water	a	75.59		3	A	1				
Energy	-	115		0	NC	4				
Energy		482		0	NC	4				
Protein (N x 6.25)		22.86		3	A	1				
Total lipid (fat)		1.96		3	A	1				
Ash		0.62		0	BFSN	4				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	5		3	A	1				
Iron, Fe	-	2.65		3	A	1				
Magnesium, Mg		23		0	BFNN	4				
Phosphorus, P		221		0	BFNN	4				
Potassium, K	mg	322		0	BFNN	4				
Sodium, Na	mg	90		3	A	1				
Zinc, Zn		3.89		0	BFNN	4				
Copper, Cu		0.142		0	BFNN	4				
Manganese, Mn		0.018	3	0 0	BFNN	4 4				
Selenium, Se	nicg	36.6		U	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7				
Thiamin		0.205		0	BFPN	4				
Riboflavin		0.302		0	BFPN	4				
Niacin		4.949		0	BFPN	4				
Pantothenic acid		1.221		0	BFPN	4				
Vitamin B-6 Folate, total	-	0.537 8		0 0	BFPN BFPN	4 4				
Folic acid		0		0	Z	7				
Folate, food	_	8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		5.21		0	BFPN	4				
Vitamin A, IU		0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol		0		0	BFSN	4				
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_			•		_				
Fatty acids, total saturated		0.610)	0	NC	4				
4:0 6:0										
8:0	_									
10:0										
12:0										
13:0										
14:0	g	0.010)	3	A	1				
15:0	_									
16:0	_	0.420)	3	A	1				
17:0	_			_	_	_				
18:0	_	0.180)	3	A	1				
20:0	-									
22:0 24:0	-									

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	of common
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.590		0	NC	4				
14:1g									
16:1 undifferentiated	0.120		3	A	1				
18:1 undifferentiated	0.470		3	A	1				
20:1									
Fatty acids, total polyunsaturated	0.430 0.260		0 3	NC A	4 1				
18:3 undifferentiatedg	0.260		3	A	1				
18:4									
20:3 undifferentiated	0.160		3	A	1				
20:5 n-3									
22:6 n-3	65		3	A	-				
Cholesterol mg Phytosterols mg			3	A	1				
Amino Acids: Tryptophang	0.204		0	A	1				
Threonineg	1.003		0	A	1				
Isoleucine	1.086 1.857		0 0	A A	1 1				
Lysine	2.019 0.639		0 0	A A	1 1				
Cystineg Phenylalanineg	0.235 0.944		0 0	A A	1 1				
Tyrosine	0.743 1.129		0 0	A A	1 1				
Arginine	1.563 0.574		0	A A	1 1				
Alanine	1.467		0	A A	1				
Glutamic acid	3.504 1.528		0	A A	1				
Prolineg	1.192 0.915		0	A A	1				
Serine	0.408		0	A	1				
Others:	0.0		0	z	7				
Alcohol, ethyl	0		0	Z	7				
Theobrominemg <u>Carotenoids:</u>	0		0	Z	7				
Carotene, beta mcg			0	Z	7				
Carotene, alphamcg Cryptoxanthin, betamcg	0		0	z z	7				
Lutein + zeaxanthinmcg	0 0		0 0	z z	7 7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05648 Ostrich, outside leg, raw

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	66.88		3	A	1		56.85		
Energy	kcal	156		0	NC	4		133		
Energy	kj	655		0	NC	4		556		
Protein (N x 6.25)	g	28.55		3	A	1		24.27		
Total lipid (fat)	g	3.83		3	A	1		3.26		
Ash		0.83		0	BFZN	4		0.71		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	ma	5		3	A	1		4		
Iron, Fe	-	4.30		3	A	1		3.66		
Magnesium, Mg	-	26		0	BFNN	4		22		
Phosphorus, P		254		0	BFNN	4		216		
Potassium, K	-	367		0	BFNN	4		312		
Sodium, Na		72		3	A	1		61		
Zinc, Zn	mg	4.91		0	BFNN	4		4.17		
Copper, Cu	mg	0.154		0	BFNN	4		0.131		
Manganese, Mn		0.019)	0	BFNN	4		0.016		
Selenium, Se	mcg	38.0		0	BFNN	4		32.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	-	0.233	ı	0	BFPN	4		0.198		
Riboflavin	-	0.293		0	BFPN	4		0.249		
Niacin		7.158		0	BFPN	4		6.085		
Pantothenic acid	-	1.321		0	BFPN	4		1.123		
Vitamin B-6		0.546		0	BFPN	4		0.464		
Folate, total	-	16		0	BFPN	4		13		
Folic acid		0		0	Z	7		0		
Folate, food		16		0	BFPN	4		13		
Folate, DFE		16		0	NC	4		13		
Vitamin B-12	mcg	6.26		0	BFPN	4		5.32		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.430)	0	NC	4		1.216		
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0										
13:0	-									
14:0	-	0.030)	3	A	1		0.026		
15:0	-							_		
16:0	-	1.020)	3	A	1		0.867		
17:0	-			_		_		_		
18:0	-	0.380)	3	A	1		0.323		
20:0	-									
22:0	~									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number		_			easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	dg	1.590		0	NC	4		1.352		
14:1 15:1	-									
16:1 undifferentiated	g	0.310		3	A	1		0.264		
18:1 undifferentiated 20:1	g	1.280		3	A	1		1.088		
22:1 undifferentiated24:1 c	g									
Fatty acids, total polyunsaturated	g	0.440 0.340		0 3	NC A	4 1		0.37 4 0.289		
18:3 undifferentiated	g	0.030		3	A	1		0.289		
18:4 20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated		0.070		3	A	1		0.060		
20:5 n-3	g			_		_				
22:6 n-3	g									
Fatty acids, total trans				_	_	_				
CholesterolPhytosterols	-	93		3	A	1		79		
,										
Amino Acids:	~	0.055		•	_			0.016		
Tryptophan Threonine		0.255 1.252		0	A A	1 1		0.216 1.064		
Isoleucine	_	1.356		0	A	1		1.153		
Leucine	_	2.320		0	A	1		1.972		
Lysine		2.521		0	A	1		2.143		
Methionine		0.798		0	A	1		0.678		
Cystine		0.293		0	A	1		0.249		
Phenylalanine		1.178		0	A	1		1.002		
Tyrosine	g	0.928		0	A	1		0.789		
Valine	g	1.410		0	A	1		1.198		
Arginine	g	1.952		0	A	1		1.660		
Histidine	g	0.717		0	A	1		0.610		
Alanine	g	1.832		0	A	1		1.557		
Aspartic acid	g	2.670		0	A	1		2.270		
Glutamic acid	g	4.377		0	A	1		3.720		
Glycine	g	1.908		0	A	1		1.622		
Proline		1.488		0	A	1		1.265		
Serine	g	1.142		0	A	1		0.971		
Hydroxyproline	g	0.509		0	A	1		0.433		
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene	-	0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05650

Ostrich, outside strip, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		Aı	mount in 100 g	rams		le portic	on		edible portion of easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		74.50	0.010	•	_					
Water		74.58 120	0.219	9	A NC	1 4				
Energy		501		0	NC NC	4				
Protein (N x 6.25)		23.36	0.555	9	A	1				
Total lipid (fat)		2.21	0.594	9	A	1				
Ash		1.13	0.030	6	A	1				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.0		0	z	7				
Sugars, total		0.00		0	z	7				
Starch										
	_									
Minerals: Calcium. Ca	ma	5		2	A	1				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.69		3 3	A	1				
Magnesium, Mg		23		0	BFNN	4				
Phosphorus, P		229		0	BFNN	4				
Potassium, K		333		0	BFNN	4				
Sodium, Na		70		3	A	1				
Zine, Zn		4.02		0	BFNN	4				
Copper, Cu		0.147	•	0	BFNN	4				
Manganese, Mn	mg	0.019	1	0	BFNN	4				
Selenium, Se	mcg	37.9		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	Z	7				
Thiamin	_	0.210	1	0	BFPN	4				
Riboflavin	_	0.308		0	BFPN	4				
Niacin	_	5.058	:	0	BFPN	4				
Pantothenic acid		1.248	1	0	BFPN	4				
Vitamin B-6	mg	0.549)	0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food		8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		5.33		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0 0.21		0	BFSN BFSN	4 4				
Vitamin E (alpha-tocopherol)		0.21		U	BFSN	4				
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Linide										
Lipids:	a	0.771		0	NC	4				
Fatty acids, total saturated4:0		0.771	•	v	140	-				
6:0										
8:0	-									
10:0										
12:0		0.001	0.001	6	A	1				
13:0	g									
14:0	g	0.026		9	A	1				
15:0		0.006		6	A	1				
16:0	-	0.556		9	A	1				
17:0	-	0.002		6	A	1				
18:0	-	0.178	0.051	9	A	1				
20:0		0.000	0.000	_	7	4				
22:0		0.002	0.002	6	A	1				
24:0	g									

	<u>A</u> 1	mount in 100 gr		of edib	ole portic	<u>on</u>		edible portion o	f common
			mber				<u> </u>	easures or roou	
Nutrients and Units	Mean	of I Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated			0	NC	4				
14:1		0.001	6	A	1				
15:19		0.070	•	_					
16:1 undifferentiated			9	A	1				
17:1			6	A	1				
18:1 undifferentiated	•		9	A	1				
20:1		0.001	6	A	1				
22:1 undifferentiated									
24:1 c			•						
Fatty acids, total polyunsaturated			0 9	NC A	4 1				
18:2 undifferentiated									
18:3 undifferentiated		0.007	9	A	1				
18:4		0.001	_		1				
20:2 n-6 c,c	•	0.001	6	A	1				
20:3 undifferentiated		0.045	•		1				
20:4 undifferentiated			9	A	1 1				
20:5 n-3		0.005	6	A	1				
22:5 n-3		0.001	6	A	1				
22:6 n-3		0.001	0	A	1				
Fatty acids, total trans	=	1.889	9	A	1				
Cholesterolr	•	1.889	9	A	1				
Phytosterolsr	ng								
Amino Acids:									
Tryptophan	0.208	1	0	A	1				
Threonine	1.025	;	0	A	1				
Isoleucine	1.110	1	0	A	1				
Leucine	1.898	1	0	A	1				
Lysine	2.063	1	0	A	1				
Methionine	0.653	1	0	A	1				
Cystine	0.240	1	0	A	1				
Phenylalanine	0.964		0	A	1				
Tyrosine		1	0	A	1				
Valine	1.154		0	A	1				
Arginine	1.598	1	0	A	1				
Histidine	0.587	,	0	A	1				
Alanine	1.499	1	0	A	1				
Aspartic acid		;	0	A	1				
Glutamic acid	3.581		0	A	1				
Glycine	1.562	!	0	A	1				
Proline		!	0	A	1				
Serine	0.935	i	0	A	1				
Hydroxyproline	0.417	,	0	A	1				
Others:			_						
Alcohol, ethylg	0.0		0	Z	7				
Caffeine me			0	Z	7				
Theobrominemg	g 0		0	Z	7				
Carotenoids:									
Carotene, betame	cg 0		0	Z	7				
Carotene, alphamo			0	Z	7				
Cryptoxanthin, betame			0	Z	7				
Lycopene			0	Z	7				
Lutein + zeaxanthinmo	cg 0		0	Z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05649 Ostrich, outside strip, raw

Food Group: 05 Poultry Products

		<u>A</u>	mount in 100	grams (ot ealb	le portio	<u>on</u>	Amount in	edible portion	of common
			Ni	umber				<u>m</u>	easures of food	
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
D : 4										
Proximates: Water	а	67.55		3	A	1		57.42		
Energy	-	159		0	NC	4		135		
Energy		665		0	NC	4		565		
Protein (N x 6.25)		28.81		3	A	1		24.49		
Total lipid (fat)		3.97		3	A	1		3.37		
Ash		0.82		0	BFSN	4		0.70		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch				-	_	•				
Suici										
Minerals:										
Calcium, Ca		6		3	A	1		5		
Iron, Fe	_	4.90		3	A	1		4.17		
Magnesium, Mg		29		0	BFNN	4		24		
Phosphorus, P	-	281		0	BFNN	4		238		
Potassium, K		409		0	BFNN	4		348		
Sodium, Na		81		3	A	1		69		
Zinc, Zn		4.94	,	0	BFNN	4 4		4.20		
Copper, Cu		0.180		0	BFNN BFNN	4		0.153 0.020		
Manganese, Mn Selenium, Se		46.5	•	0	BFNN	4		39.5		
Selemum, Se	1110g	40.5		Ū	DIMM	-		33.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin		0.235	5	0	BFPN	4		0.200		
Riboflavin		0.296	5	0	BFPN	4		0.251		
Niacin		7.224		0	BFPN	4		6.140		
Pantothenic acid		1.333		0	BFPN	4		1.133		
Vitamin B-6	_	0.551	L	0	BFPN	4		0.469		
Folate, total		16		0	BFPN	4		13		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	16		0	BFPN	4		13		
Folate, DFE		16		0	NC	4		13		
Vitamin B-12		6.32		0	BFPN	4		5.37		
Vitamin A, IU		0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0.23		0	BFSN BFSN	4 4		0.20		
Vitamin E (alpha-tocopherol)		0.23		U	DESN	4		0.20		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	···· •									
<u>Lipids:</u>	_			_		_		_		
Fatty acids, total saturated		1.690	J	0	NC	4		1.437		
4:0	-									
6:0	-									
8:0										
10:0	-									
12:0 13:0										
14:0		0.030)	3	A	1		0.026		
15:0		0.030	•	3	•	1		0.026		
16:0	-	1.090	1	3	A	1		0.927		
17:0	-	1.090	•	3	•	1		0.321		
18:0	-	0.570)	3	A	1		0.485		
20:0	-	0.570	-	3		-		0.403		
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
				Number		_		m	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	1.450		0	NC	4		1.233		
14:1	-									
16:1 undifferentiated	g	0.240		3	A	1		0.204		
18:1 undifferentiated 20:1	g	1.210		3	A	1		1.029		
22:1 undifferentiated24:1 c	g									
Fatty acids, total polyunsaturated.	g	0.510 0.360		0 3	NC A	4 1		0.434 0.306		
18:3 undifferentiated	g	0.030		3	A	1		0.026		
20:2 n-6 c,c	g									
20:4 undifferentiated	g	0.120		3	A	1		0.102		
22:5 n-3	g									
Fatty acids, total trans	g	90		3	A	1		77		
Phytosterols	_	30		J		-		,,		
Amino Acids:	a	0.257		0	A	1		0.218		
Tryptophan Threonine		1.264		0	A	1		1.074		
Isoleucine	-	1.369		0	A	1		1.164		
Leucine	g	2.341		0	A	1		1.990		
Lysine	g	2.544		0	A	1		2.162		
Methionine	g	0.805		0	A	1		0.684		
Cystine	g	0.296		0	A	1		0.252		
Phenylalanine	g	1.189		0	A	1		1.011		
Tyrosine	g	0.937		0	A	1		0.796		
Valine	g	1.423		0	A	1		1.209		
Arginine	g	1.970		0	A	1		1.675		
Histidine	g	0.724		0	A	1		0.615		
Alanine	g	1.849		0	A	1		1.571		
Aspartic acid	g	2.695		0	A	1		2.290		
Glutamic acid	g	4.416		0	A	1		3.754		
Glycine	g	1.926		0	A	1		1.637		
Proline	g	1.502		0	A	1		1.277		
Serine	g	1.153		0	A	1		0.980		
Hydroxyproline		0.514		0	A	1		0.437		
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene	mcg	0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05652 Ostrich, oyster, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 10	u grams	ot ealb	ie portio	<u>on</u>		edible portion of	
				Number	,			<u>m</u>	easures of food	i
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	75.62		3	A	1				
Energy	_	125		0	NC	4				
Energy		524		0	NC	4				
Protein (N x 6.25)		21.55		3	A	1				
Total lipid (fat)		3.67		3	A	1				
Ash		0.62		0	BFSN	4				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.0		0	z	7				
Sugars, total		0.00		0	z	7				
Starch		0.00			_	•				
	9									
Minerals:		_		•	_	_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	6		3	A	1				
Iron, Fe	•	3.86 21		3 0	A BFNN	1 4				
		204		0	BFNN	4				
Phosphorus, P Potassium, K		204		0	BFNN	4				
Sodium, Na		83		3	A	1				
Zinc, Zn	-	3.59		0	BFNN	4				
Copper, Cu		0.131	_	0	BFNN	4				
Manganese, Mn		0.017		0	BFNN	4				
Selenium, Se		33.8		0	BFNN	4				
Vitamina										
Vitamins:	ma	0.0		0	z	7				
Vitamin C, total ascorbic acid Thiamin		0.0		0	BFPN	4				
Riboflavin		0.194		0	BFPN	4				
Niacin		4.665		0	BFPN	4				
Pantothenic acid		1.151		0	BFPN	4				
Vitamin B-6		0.507		0	BFPN	4				
Folate, total	_	8		0	BFPN	4				
Folic acid		0		0	z	7				
Folate, food		8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		4.91		0	BFPN	4				
Vitamin A, IU		0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol		0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
Lipids:										
Fatty acids, total saturated	g	1.220)	0	NC	4				
4:0	-									
6:0										
8:0										
10:0										
12:0	-									
13:0		0.000		_	3	4				
14:0	-	0.040	,	3	A	1				
15:0	-	0 000		_	_					
16:0	-	0.920)	3	A	1				
17:0	-	0.000		3	3	4				
18:0	-	0.260	,	3	A	1				
20:0	-									
22:0	9									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u>m</u>	easures of food		
Nutrients and l	Jnits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	edg	1.250	ı	0	NC	4					
14:1 15:1	-										
16:1 undifferentiated	g	0.330		3	A	1					
17:1	g	0.920		3	A	1					
20:122:1 undifferentiated	g										
24:1 c Fatty acids, total polyunsaturated	dg	0.610		0	NC	4					
18:2 undifferentiated 18:3 undifferentiated	-	0.430 0.040		3 3	A A	1 1					
18:4 20:2 n-6 c.c											
20:3 undifferentiated 20:4 undifferentiated		0.140	ı	3	A	1					
20:5 n-3	g	0.140		,	A	-					
22:6 n-3	g										
Fatty acids, total trans Cholesterol	mg	73		3	A	1					
Phytosterols	mg										
Amino Acids:	a	0.192		0	A	1					
TryptophanThreonine		0.945		0	A	1					
Isoleucine	g	1.024		0	A	1					
Leucine		1.751		0	A	1					
Lysine		1.903		0	A	1					
Methionine		0.602 0.221		0	A A	1 1					
Cystine		0.221		0	A	1					
Phenylalanine Tyrosine		0.701		0	A	1					
Valine	-	1.064		0	A	1					
Arginine	-	1.474		0	A	1					
Histidine	-	0.541		0	A	1					
Alanine	• • • • • • • • • • • • • • • • • • • •	1.383		0	A	1					
Aspartic acid		2.016		0	A	1					
Glutamic acid		3.303		0	A	1					
		1.440		0	A	1					
Glycine				0		1					
Proline	-	1.123		0	A A	1					
Serine	-	0.862		0	A	1					
Hydroxyproline Others:	g	0.385	1	U	А	1					
Alcohol, ethyl	a	0.0		0	Z	7					
		0.0		0	z	7					
Caffeine		0		0	z Z	7					
Theobromine Carotenoids:	y	U		U	Z	,					
Carotene, beta	mca	0		0	z	7					
Carotene, alpha		0		0	z	7					
Cryptoxanthin, beta		0		0	z	7					
Lycopene		0		0	z	7					
Lutein + zeaxanthin		0		0	Z	7					

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05651 Ostrich, oyster, raw

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 10			le portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	75.68		3	A	1				
Energy	_	116		0	NC	4				
Energy		483		0	NC	4				
Protein (N x 6.25)		21.99		3	A	1				
Total lipid (fat)		2.40		3	A	1				
Ash		0.62		0	BFSN	4				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.0		0	z	7				
Sugars, total		0.00		0	z	7				
Starch		0.00		·	_	•				
Starch	9									
Minerals:										
Calcium, Ca	-	5		3	A	1				
Iron, Fe		3.54		3	A	1				
Magnesium, Mg		22		0	BFNN	4				
Phosphorus, P		216		0	BFNN	4				
Potassium, K		315		0	BFNN	4				
Sodium, Na	-	72		3	A	1				
Zinc, Zn		3.80 0.139		0 0	BFNN	4 4				
Copper, Cu		0.139		0	BFNN BFNN	4				
Manganese, Mn Selenium, Se		35.8	•	0	BFNN	4				
Selenium, Se	Illog	33.8		U	DENN	•				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.198	3	0	BFPN	4				
Riboflavin	mg	0.290)	0	BFPN	4				
Niacin		4.761	=	0	BFPN	4				
Pantothenic acid	<u>mg</u>	1.175	5	0	BFPN	4				
Vitamin B-6	-	0.517	,	0	BFPN	4				
Folate, total		8		0	BFPN	4				
Folic acid	_	0		0	Z	7				
Folate, food		8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		5.01		0	BFPN	4				
Vitamin A, IU		0		0	BFSN	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	BFSN	4				
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4				
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.810)	0	NC	4				
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0		0.010		•	_					
14:0		0.010	,	3	A	1				
15:0	-	A		_	-					
16:0	-	0.550	,	3	A	1				
17:0	-	0.050		_		4				
18:0	-	0.250	,	3	A	1				
20:0	-									
22:0	g									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	0.850		0	NC	4				
14:1 15:1	_									
16:1 undifferentiated	g	0.170		3	A	1				
17:1	g	0.680		3	A	1				
20:1	g									
24:1 c Fatty acids, total polyunsaturated.	g	0.520		0	NC	4				
18:2 undifferentiated 18:3 undifferentiated	-	0.330		3 3	A A	1 1				
18:4 20:2 n-6 c,c										
20:3 undifferentiated 20:4 undifferentiated	-	0.170		3	A	1				
20:5 n-3	g									
22:6 n-3Fatty acids, total trans	g									
Cholesterol		71		3	A	1				
Phytosterols	mg									
Amino Acids:	_				_	_				
Tryptophan Threonine		0.196 0.965		0 0	A A	1 1				
Isoleucine	_	1.045		0	A	1				
Leucine		1.787		0	A	1				
Lysine		1.942		0	A	1				
Methionine		0.615		0	A	1				
Cystine		0.226		0	A	1				
Phenylalanine		0.908		0	A	1				
Tyrosine	_	0.715		0	A A	1 1				
Valine	-	1.086		0	A	1				
Arginine	-	1.504		0	A	1				
Histidine	•	0.552 1.411		0	A A	1				
Alanine				0	A	1				
Aspartic acidGlutamic acid	• • • • • • • • • • • • • • • • • • • •	2.057 3.371		0	A	1				
		1.470		0	A	1				
Glycine				0		1				
Proline	_	1.146		0	A A	1				
Serine	_	0.880 0.392		0	A	1				
Hydroxyproline	y	0.392		U	A	1				
Others:	a	0.0		0	z	7				
Alcohol, ethyl				0						
Caffeine		0		-	Z	7				
Theobromine	IIII	0		0	Z	7				
Carotenoids:	mca	0		0		7				
Carotene, beta		0		0	z z	7				
Carotene, alpha		·		0						
Cryptoxanthin, beta		0		0	Z	7 7				
Lycopene		0		0	Z					
Lutein + zeaxanthin	IIICG	U		0	Z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05653 Ostrich, round, raw

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 10			le portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
_										
Proximates: Water	a	74.50		3	A	1				
Energy	-	123		0	NC	4				
Energy		515		0	NC	4				
Protein (N x 6.25)		22.07		3	A	1				
Total lipid (fat)		3.19		3	A	1				
Ash		0.73		0	BFZN	4				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.0		0	z	7				
Sugars, total		0.00		0	z	7				
Starch										
Minerals:										
Calcium, Ca	-	6		3	A	1				
Iron, Fe.		4.88		3	A	1				
Magnesium, Mg		22 220		0 0	BFNN BFNN	4 4				
Phosphorus, P Potassium, K		320		0	BFNN	4				
Sodium, Na		86		3	A	1				
Zinc, Zn	_	3.87		0	BFNN	4				
Copper, Cu		0.141	_	0	BFNN	4				
Manganese, Mn		0.018		0	BFNN	4				
Selenium, Se		36.4		0	BFNN	4				
	-									
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7				
Thiamin		0.198 0.291		0	BFPN BFPN	4 4				
Riboflavin		4.778		0	BFPN	4				
Pantothenic acid		1.179		0	BFPN	4				
Vitamin B-6		0.519		0	BFPN	4				
Folate, total	-	8		0	BFPN	4				
Folic acid		0		0	Z	7				
Folate, food	_	8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		5.03		0	BFPN	4				
Vitamin A, IU		0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)		0.21		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.170)	0	NC	4				
4:0										
6:0	_									
8:0										
10:0										
12:0										
13:0		0.040		3	•	4				
14:0		0.040	,	3	A	1				
15:0	_	0.810	1	3	A	1				
16:0 17:0	_	0.010	,	3	A	1				
18:0	_	0.320)	3	A	1				
20:0	_	0.520		3		-				
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number		Course	Confidence	<u>m</u>	easures of food		
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	ig	1.230		0	NC	4					
14:1 15:1	-										
16:1 undifferentiated	g	0.240		3	A	1					
17:1	g	0.990		3	A	1					
20:1	g										
24:1 c Fatty acids, total polyunsaturated.	g	0.750		0	NC	4					
18:2 undifferentiated	-	0.480 0.040		3 3	A A	1 1					
18:4 20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	-	0.230		3	A	1					
20:5 n-3											
22:6 n-3Fatty acids, total trans											
CholesterolPhytosterols		80		3	A	1					
Amino Acids:											
Tryptophan		0.197		0	A	1					
Threonine	-	0.968		0	A	1					
Isoleucine	-	1.049		0	A	1 1					
Leucine		1.793 1.949		0	A A	1					
Lysine		0.617		0	A	1					
Methionine Cystine		0.227		0	A	1					
Phenylalanine		0.911		0	A	1					
Tyrosine		0.718		0	A	1					
Valine	-	1.090		0	A	1					
Arginine	-	1.509		0	A	1					
Histidine	-	0.554		0	A	1					
	•	1.416		0	A	1					
Alanine				0	A	1					
Aspartic acid		2.064		0	A	1					
Glutamic acid		3.383		0							
Glycine		1.475		0	A	1					
Proline	-	1.151		0	A	1					
Serine	-	0.883		0	A	1					
Hydroxyproline	g	0.394		0	A	1					
Others:	_				_	_					
Alcohol, ethyl		0.0		0	Z	7					
Caffeine		0		0	Z	7					
Theobromine	mg	0		0	Z	7					
Carotenoids:	mea	0		^	-	7					
Carotene, beta		0		0	z z	7					
Carotene, alpha		ū		Ū		7					
Cryptoxanthin, beta		0		0	z	7					
Lycopene		0		0	Z	7					
Lutein + zeaxanthin	mcg	0		0	Z	7					

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05654 Ostrich, tenderloin, raw

Food Group: 05 Poultry Products

Struthio camelus

		<u>A</u>	mount in 10	υ grams	of edib	ie portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_	60.51				_				
Water	_	68.51		3	A	1		58.23		
Energy		145		0	NC	4		123		
Energy		606 28.49		0 3	NC	4 1		515 24.22		
Protein (N x 6.25)		28.49		3	A A	1		24.22		
Total lipid (fat)		0.83		0	BFZN	4		0.71		
AshCarbohydrate, by difference		0.00		0	BF ZN Z	7		0.00		
Fiber, total dietary		0.00		0	Z	7		0.00		
Sugars, total		0.00		0	Z	7		0.00		
Starch	_	0.00		U	4	,		0.00		
Starcii	9									
Minerals:										
Calcium, Ca	_	6		3	A	1		5		
Iron, Fe	_	2.79		3	A	1		2.37		
Magnesium, Mg		25		0	BFNN	4		21		
Phosphorus, P		251		0	BFNN	4		213		
Potassium, K		362 80		0 3	BFNN	4 1		308 68		
Sodium, NaZinc, Zn		4.85		0	A BFNN	4		4.12		
Copper, Cu		0.152	,	0	BFNN	4		0.129		
Manganese, Mn		0.132		0	BFNN	4		0.016		
Selenium, Se		37.5		0	BFNN	4		31.9		
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0		
Thiamin	_	0.232		0	BFPN	4		0.198		
Riboflavin		0.292		0	BFPN	4		0.248		
Niacin		7.143		0	BFPN	4 4		6.072		
Pantothenic acid		1.318		0 0	BFPN	4		1.121 0.463		
Vitamin B-6.	-	0.545 15	•	0	BFPN BFPN	4		13		
Folia acid		0		0	Z	7		0		
Folate, food		15		0	BFPN	4		13		
Folate, DFE		15		0	NC	4		13		
Vitamin B-12		6.25		0	BFPN	4		5.31		
Vitamin A, IU		0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.000)	0	NC	4		0.850		
4:0										
6:0	-									
8:0	-									
10:0										
12:0	g									
13:0										
14:0	g	0.040)	3	A	1		0.034		
15:0	g									
16:0	-	0.680)	3	A	1		0.578		
17:0	-									
18:0	-	0.280)	3	A	1		0.238		
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	nount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number of Data		Sauras	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.970		0	NC	4		0.825		
14:1	g	0.5.0		·		-		0.023		
15:1 16:1 undifferentiated	g	0.210		3	A	1		0.179		
17:1	-	0.760		3	A	1		0.646		
20:1 22:1 undifferentiated										
24:1 cFatty acids, total polyunsaturated	g	0.440		0	NC	4		0.374		
18:2 undifferentiated		0.300		3	A	1		0.255		
18:3 undifferentiated	-	0.020		3	A	1		0.017		
18:4		2.3 2		-		_		3.02.		
20:2 n-6 c.c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.120		3	A	1		0.102		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	_	85		3	A	1		72		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.254		0	A	1		0.216		
Threonine		1.250		0	A	1		1.062		
Isoleucine	_	1.354		0	A	1		1.151		
Leucine		2.315		0	A	1		1.968		
Lysine	_	2.516		0	A	1		2.138		
Methionine		0.796		0	A	1		0.677		
Cystine		0.293		0	A	1		0.249		
Phenylalanine		1.176		0	A	1		1.000		
Tyrosine		0.927		0	A	1		0.788		
Valine	-	1.407		0	A	1		1.196		
Arginine	_	1.948		0	A	1		1.656		
Histidine	-	0.716		0	A	1		0.608		
Alanine	_	1.828		0	A	1		1.554		
Aspartic acid		2.665		0	A	1		2.265		
Glutamic acid	g	4.367		0	A	1		3.712		
Glycine	g	1.904		0	A	1		1.619		
Proline		1.485		0	A	1		1.262		
Serine	g	1.140		0	A	1		0.969		
Hydroxyproline	_	0.508		0	A	1		0.432		
Others:	a	0.0		0	z	7		0.0		
Alcohol, ethyl		0.0		0	Z	7		0.0		
Theobromine	_	0		0	Z	7		0		
	!!!!9	U		U	4	,		U		
Carotenoids:								_		
Carotene, beta		0		0	Z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05656

Ostrich, tip trimmed, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 10	u grams	ot ealb	ie portio	<u>on</u>		edible portion	
				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	a	76.12		3	A	1				
Energy	-	114		0	NC	4				
Energy		477		0	NC NC	4				
		21.85		3	A	1				
Protein (N x 6.25) Total lipid (fat)		2.30		3	A	1				
Ash		0.61		0	BFSN	4				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.00		0	Z	7				
		0.00		0	Z	7				
Sugars, total		0.00		U	4	,				
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	5		3	A	1				
Iron, Fe	-	2.86		3	A	1				
Magnesium, Mg		22		0	BFNN	4				
Phosphorus, P		213		0	BFNN	4				
Potassium, K		310		0	BFNN	4				
Sodium, Na	-	67		3 0	A	1				
Zinc, Zn		3.74 0.137	,	0	BFNN BFNN	4 4				
Copper, Cu		0.137		0	BFNN	4				
Selenium, Se		35.2	,	0	BFNN	4				
Scientum, Sc	9	33.2		v	22111	•				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin		0.196	5	0	BFPN	4				
Riboflavin		0.288	3	0	BFPN	4				
Niacin		4.730		0	BFPN	4				
Pantothenic acid		1.167		0	BFPN	4				
Vitamin B-6	-	0.514	l	0	BFPN	4				
Folate, total		8		0	BFPN	4				
Folic acid		0		0	Z	7				
Folate, food		8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		4.98		0	BFPN	4				
Vitamin A, IU		0 0		0	BFSN	4 4				
Vitamin A, RAE		0		0 0	NC BFSN	4				
Vitamin E (alpha-tocopherol)		0.20		0	BFSN	4				
Tocopherol, beta	 ma	0.20		U	DF 3N	•				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_			_		_				
Fatty acids, total saturated		0.860)	0	NC	4				
4:0	-									
6:0	-									
8:0										
10:0										
12:0 13:0										
14:0		0.030)	3	A	1				
15:0		0.030	•	3	n	_				
16:0	-	0.640	1	3	A	1				
17:0	-	0.040	•	3	A	_				
18:0	-	0.190	1	3	A	1				
20:0	-	0.190	•	3	A	_				
22:0	-									
24:0	-									

		<u>A</u> 1	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number		0	Canfidanaa	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	0.790		0	NC	4				
14:1 15:1	g									
16:1 undifferentiated	g	0.210		3	A	1				
18:1 undifferentiated	g	0.580		3	A	1				
22:1 undifferentiated	g									
Fatty acids, total polyunsaturat	edg	0. 4 50 0.290		0 3	NC A	4 1				
18:3 undifferentiated	g	0.020		3	A	1				
18:4 20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.140		3	A	1				
20:5 n-3	g									
22:6 n-3 Fatty acids, total trans Cholesterol	g	72		3	A	1				
Phytosterols		72		3	A	•				
Amino Acids: Tryptophan	a	0.195		0	A	1				
Threonine		0.958		0	A	1				
Isoleucine	g	1.038		0	A	1				
Leucine	g	1.775		0	A	1				
Lysine		1.929		0	A	1				
Methionine	g	0.611		0	A	1				
Cystine		0.224		0	A	1				
Phenylalanine		0.902		0	A	1				
Tyrosine	-	0.711		0	A	1				
Valine	-	1.079		0	A	1				
Arginine		1.494		0	A	1				
Histidine	• • • • • • • • • • • • • • • • • • • •	0.549		0	A	1				
Alanine	g	1.402		0	A	1				
Aspartic acid	g	2.044		0	A	1				
Glutamic acid	g	3.349		0	A	1				
Glycine	g	1.461		0	A	1				
Proline	g	1.139		0	A	1				
Serine	g	0.874		0	A	1				
Hydroxyproline	g	0.390		0	A	1				
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	-	0		0	Z	7				
Theobromine	mg	0		0	Z	7				
Carotenoids:										
Carotene, beta		0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta		0		0	Z	7				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin		0		0	Z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05655 Ostrich, tip trimmed, raw

Food Group: 05 Poultry Products

		<u>A</u>	mount in 100	grams	ot edib	le portio	<u>on</u>	Amount in	edible portion	of common
			N	umber					easures of food	
				f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	67.95		3	A	1		57.76		
Energy	-	155		0	NC	4		132		
		648		0	NC NC			551		
Energy						4				
Protein (N x 6.25)		28.12		3	A	1		23.90		
Total lipid (fat)		3.87		3	A	1		3.29		
Ash		0.83		0	BFZN	4		0.71		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minovola										
Minerals:	ma	6		2	7.	1		E		
Calcium, Ca	-	6		3	A	1 1		5 2.81		
Iron, Fe.	-	3.31 25		3 0	A BFNN	4		2.81		
Magnesium, Mg										
Phosphorus, P	-	245		0	BFNN	4		208		
Potassium, K		353		0	BFNN	4		300		
Sodium, Na		77		3	A	1		65		
Zinc, Zn		4.72		0	BFNN	4		4.02		
Copper, Cu		0.148		0	BFNN	4		0.126		
Manganese, Mn		0.018	3	0	BFNN	4		0.015		
Selenium, Se	mcg	36.6		0	BFNN	4		31.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	Z	7		0.0		
Thiamin		0.229)	0	BFPN	4		0.195		
Riboflavin		0.289		0	BFPN	4		0.245		
Niacin		7.051		0	BFPN	4		5.993		
Pantothenic acid		1.301		0	BFPN	4		1.106		
Vitamin B-6		0.538		0	BFPN	4		0.457		
	-	15	,	0		4		13		
Folate, total		0		0	BFPN Z	7		0		
Folic acid										
Folate, food	mcg	15		0	BFPN	4		13		
Folate, DFE		15		0	NC	4		13		
Vitamin B-12		6.17		0	BFPN	4		5.24		
Vitamin A, IU		0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.20		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.4		0	BFSN	4		2.9		
Linide										
Lipids:	a	1 200	1	0	NO	4		1.122		
Fatty acids, total saturated		1.320		0	NC	4 7				
4:0		0.000		-	Z			0.000		
6:0	-	0.000		0	z	7		0.000		
8:0		0.000		0	z	7		0.000		
10:0	_	0.000		0	Z	7		0.000		
12:0	-	0.000)	0	Z	7		0.000		
13:0										
14:0		0.030)	3	A	1		0.026		
15:0	g									
16:0	g	0.920)	3	A	1		0.782		
17:0	g									
18:0	g	0.370)	3	A	1		0.315		
20:0	g									
22:0	_									
24:0	-									

		<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	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ıtedg	1.270		0	NC	4		1.080		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.250		3	A	1		0.213		
17:1	-	1 000		2		1		0.067		
18:1 undifferentiated	_	1.020 0.000		3 0	A Z	7		0.867		
20:1 22:1 undifferentiated	-	0.000		0	z	7		0.000 0.000		
24:1 c	•	0.000		U	2	,		0.000		
Fatty acids, total polyunsaturate		0.380		0	NC	4		0.323		
18:2 undifferentiated		0.280		3	A	1		0.238		
18:3 undifferentiated		0.020		3	A	1		0.017		
18:4		0.000		0	z	7		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		3	A	1		0.068		
20:5 n-3	g	0.000		0	Z	7		0.000		
22:5 n-3	g	0.000		0	Z	7		0.000		
22:6 n-3	g	0.000		0	Z	7		0.000		
Fatty acids, total trans	g	0.128		0	BFFN	4		0.108		
Cholesterol	mg	93		3	A	1		79		
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.251		0	A	1		0.213		
Threonine		1.233		0	A	1		1.048		
Isoleucine	_	1.336		0	A	1		1.136		
Leucine		2.285		0	A	1		1.942		
Lysine		2.483		0	A	1		2.111		
Methionine		0.786		0	A	1		0.668		
Cystine		0.289		0	A	1		0.245		
Phenylalanine	_	1.161		0	A	1		0.987		
Tyrosine		0.914		0	A	1		0.777		
Valine		1.389		0	A	1		1.180		
Arginine	g	1.923		0	A	1		1.635		
Histidine	g	0.706		0	A	1		0.600		
Alanine	g	1.804		0	A	1		1.534		
Aspartic acid	g	2.630		0	A	1		2.236		
Glutamic acid	g	4.311		0	A	1		3.664		
Glycine	g	1.880		0	A	1		1.598		
Proline	g	1.466		0	A	1		1.246		
Serine	g	1.125		0	A	1		0.956		
Hydroxyproline	g	0.502		0	A	1		0.427		
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine		0.0		0	z	7		0.0		
Theobromine		0		0	Z	7		0		
Carotenoids:		ŭ		Ū	-	•		Ţ		
		_		_		_				
Carotene, beta		0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	z z	7 7		0.000		
Lutein + zeaxanthin	iicā	U		U	<u>z</u>	'		0.000		

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05658

Ostrich, top loin, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 10	<u>u grams</u>	ot earb	ie portio	<u>on</u>		edible portion of	
				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	75.35		3	A	1				
Energy	-	119		0	NC	4				
Energy		498		0	NC	4				
Protein (N x 6.25)		21.67		3	A	1				
Total lipid (fat)		2.95		3	A	1				
Ash		0.73		0	BFZN	4				
Carbohydrate, by difference		0.00		0	Z	7				
Fiber, total dietary		0.0		0	z	7				
Sugars, total		0.00		0	z	7				
Starch		0.00		·	_	•				
	0									
Minerals:		_		2	_					
Calcium, Ca	-	6 3.13		3 3	A A	1 1				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22		0	A BFNN	4				
Phosphorus, P		214		0	BFNN	4				
Potassium, K		312		0	BFNN	4				
Sodium, Na		81		3	A	1				
Zinc, Zn	_	3.76		0	BFNN	4				
Copper, Cu		0.137	,	0	BFNN	4				
Manganese, Mn.		0.018		0	BFNN	4				
Selenium, Se		35.4		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7				
Thiamin		0.195	:	0	BFPN	4				
Riboflavin		0.286		0	BFPN	4				
Niacin		4.691		0	BFPN	4				
Pantothenic acid		1.158		0	BFPN	4				
Vitamin B-6		0.509		0	BFPN	4				
Folate, total	-	8		0	BFPN	4				
Folic acid		0		0	z	7				
Folate, food		8		0	BFPN	4				
Folate, DFE		8		0	NC	4				
Vitamin B-12		4.94		0	BFPN	4				
Vitamin A, IU		0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol		0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	<u>Inc</u> y									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.200)	0	NC	4				
4:0	-									
6:0										
8:0	-									
10:0	-									
12:0										
13:0		0.000	,	_		4				
14:0		0.060	,	3	A	1				
15:0	-	0.00		_	-					
16:0	-	0.930)	3	A	1				
17:0	-	0.010	,	3	•	4				
18:0	-	0.210	,	3	A	1				
20:0	-									
22:0	g									

	<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>		edible portion of	f common
			Number				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.060)	0	NC	4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.330)	3	A	1				
17:1g			_	_	_				
18:1 undifferentiatedg	0.730)	3	A	1				
20:1g									
22:1 undifferentiatedg									
24:1 cg Fatty acids, total polyunsaturatedg	0.580		0	NC	4				
18:2 undifferentiatedg	0.380		3	A	1				
18:3 undifferentiatedg	0.050		3	A	1				
18:4g	0.030		3		-				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.150)	3	A	1				
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	75		3	A	1				
Phytosterolsmg									
Amino Acids									
Amino Acids:	0.193		0	A	1				
Tryptophang Threonineg	0.195		0	A	1				
Isoleucineg	1.030		0	A	1				
Leucineg	1.761		0	A	1				
Lysineg	1.914		0	A	1				
Methionineg	0.606		0	A	1				
Cystineg	0.223		0	A	1				
Phenylalanineg	0.894		0	A	1				
Tyrosineg	0.705		0	A	1				
Valineg	1.070)	0	A	1				
Arginineg	1.482		0	A	1				
Histidineg	0.544		0	A	1				
Alanineg	1.390	1	0	A	1				
Aspartic acidg	2.027		0	A	1				
Glutamic acidg	3.322		0	A	1				
Glycineg	1.448		0	A	1				
Prolineg	1.130)	0	A	1				
Serineg	0.867		0	A	1				
Hydroxyprolineg	0.387		0	A	1				
Others:									
Alcohol, ethylg	0.0		0	z	7				
Caffeineg	0.0		0	Z	7				
Theobromine mg	0		0	Z	7				
_	U		U	4	,				
Carotenoids:									
Carotene, beta mcg	0		0	z	7				
Carotene, alpha mcg	0		0	Z	7				
Cryptoxanthin, betamcg	0		0	z	7				
Lycopene mcg	0		0	Z	7				
Lutein + zeaxanthinmcg	0		0	Z	7				

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 05657 Ostrich, top loin, raw

Food Group: 05 Poultry Products

		<u>A</u> :	mount in 100 g	rams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u>-</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	q	37.04	2.599	15		1		4.82	10.50	
Energy		462		0	NC	4		60	131	
Energy		1933				4		251	548	
Protein (N x 6.25)		11.40	0.778	15		1		1.48	3.23	
Total lipid (fat)	g	43.84	2.666	14		1		5.70	12.43	
Ash		3.05	0.258	15		1		0.40	0.86	
Carbohydrate, by difference	g	4.67		0	NC	4		0.61	1.32	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	70		0		4		9	20	
Iron, Fe	-	5.50		0		4		0.72	1.56	
Magnesium, Mg		13		0		4		2	4	
Phosphorus, P		200		0		4		26	57	
Potassium, K	_	138		0		4		18	39	
Sodium, Na		697		0		4		91	198	
Zinc, Zn		0.92		0		4		0.12	0.26	
Copper, Cu		0.400)	0		4		0.052	0.113	
Manganese, Mn	mg	0.120)	0		4		0.016	0.034	
Selenium, Se	mcg	44.0		0	BFZN	4		5.7	12.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.0		0		4		0.3	0.6	
Thiamin		0.088	0.007	5		1		0.011	0.025	
Riboflavin		0.299	0.005	5		1		0.039	0.085	
Niacin		2.510	0.056	5		1		0.326	0.712	
Pantothenic acid	mg	1.200)	0		4		0.156	0.340	
Vitamin B-6	mg	0.060)	0		4		0.008	0.017	
Folate, total	mcg	60		0		4		8	17	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	60		0		4		8	17	
Folate, DFE		60		0	NC	4		8	17	
Vitamin B-12		9.40		2		1		1.22	2.66	
Vitamin A, IU		3333		0		4		433	945	
Vitamin A, RAE		1001		0		4		130	284	
Retinol		1001		0		4		130	284	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	············									
<u>Lipids:</u>	_							4 000	4 000	
Fatty acids, total saturated		14.450)	0		4		1.879	4.097	
4:0 6:0	-									
8:0										
10:0		0.000)	0		4		0.000	0.000	
12:0		0.030		0		4		0.004	0.009	
13:0	-	0.050		-		-		3.004	0.003	
14:0		0.290)	0		4		0.038	0.082	
15:0	-			-		•				
16:0	-	9.450)	0		4		1.229	2.679	
17:0	-									
18:0	-	4.580)	0		4		0.595	1.298	
20:0	-									
22:0	g									
24:0	~									

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Two Classics and the	a	25 610		0		4		2 200	7.000	
Fatty acids, total monounsaturated		25.610		0		4		3.329	7.260	
15:1										
16:1 undifferentiated		1.400		0		4		0.182	0.397	
17:1	-	1.400		Ū		-		0.102	0.557	
18:1 undifferentiated		24.040		0		4		3.125	6.815	
20:1		0.130		0		4		0.017	0.013	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.840		0		4		0.109	0.238	
18:2 undifferentiated		0.540		0		4		0.109	0.238	
18:3 undifferentiated	_	0.010		0		4		0.001	0.003	
18:4		0.010		•		-		0.001	0.003	
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.250		0		4		0.033	0.071	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3	_	0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans		0.000		•		-		0.000	0.000	
Cholesterol	-	150		1		1		20	43	
Phytosterols										
1 ily tosterois										
Amino Acids:										
Tryptophan	-	0.161		0		4		0.021	0.046	
Threonine	g	0.507		0		4		0.066	0.144	
Isoleucine	g	0.606		0		4		0.079	0.172	
Leucine	g	1.029		0		4		0.134	0.292	
Lysine	g	0.863		0		4		0.112	0.245	
Methionine	g	0.270		0		4		0.035	0.077	
Cystine	g	0.153		0		4		0.020	0.043	
Phenylalanine	g	0.567		0		4		0.074	0.161	
Tyrosine	g	0.401		0		4		0.052	0.114	
Valine		0.719		0		4		0.093	0.204	
Arginine	-	0.699		0		4		0.091	0.198	
Histidine		0.303		0		4		0.039	0.086	
Alanine	g	0.662		0		4		0.086	0.188	
Aspartic acid	-	1.083		0		4		0.141	0.307	
Glutamic acid	g	1.477		0		4		0.192	0.419	
Glycine	g	0.662		0		4		0.086	0.188	
Proline	g	0.565		0		4		0.073	0.160	
Serine	g	0.491		0		4		0.064	0.139	
Hydroxyproline	g									

Common Measures:

Measure 1 = 13.0g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.40	0.368	9		1		122.36	131.77	
Energy	kcal	133		0	NC	4		225	242	
Energy	kj	556				4		940	1013	
Protein (N x 6.25)	g	24.37	0.345	9		1		41.19	44.35	
Total lipid (fat)	g	3.25	0.595	9		1		5.49	5.92	
Ash	g	1.30	0.020	25		1		2.20	2.37	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	_									
Starch	g									
Ainerals:										
Calcium, Ca	mg	3	0.570	25		1		5	5	
Iron, Fe	-	0.79	0.033	14		1		1.34	1.44	
Magnesium, Mg	mg	21	1.047	24		1		35	38	
Phosphorus, P		200	9.446	25		1		338	364	
Potassium, K	mg	242	15.073	25		1		409	440	
Sodium, Na	-	33	1.418	25		1		56	60	
Zinc, Zn		0.63	0.083	14		1		1.06	1.15	
Copper, Cu		0.046		14		1		0.078	0.084	
Manganese, Mn		0.015	0.001	7		1		0.025	0.027	
Selenium, Se	mcg	16.7		0	BFNN	4		28.2	30.4	
/itamins:										
Vitamin C, total ascorbic acid	mg	6.0		1		1		10.1	10.9	
Thiamin	_	0.081	0.042	7		1		0.137	0.147	
Riboflavin		0.119	0.039	7		1		0.201	0.217	
Niacin		8.554	0.410	7		1		14.456	15.568	
Pantothenic acid	mg	0.960	1	1		1		1.622	1.747	
Vitamin B-6	mg	0.740	1	1		1		1.251	1.347	
Folate, total	mcg	4		0		4		7	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		4		0		4		7	7	
Folate, DFE		4		0	NC	4		7	7	
Vitamin B-12		0.84		1		1		1.42	1.53	
Vitamin A, IU		147		0		1		248	268	
Vitamin A, RAE		44		0		1		75	80	
Retinol		44		0		1		75	80	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
	9									
<u> ipids:</u>										
Fatty acids, total saturated		1.100		0		1		1.859	2.002	
4:0										
6:0	-									
8:0	_	0.000		0		4		0.000	0 000	
10:0		0.000		1		1		0.000 0.068	0.000 0.073	
12:0 13:0		0.040		-		1		0.068	0.073	
14:0	-	0.030		1		1		0.051	0.055	
15:0	-	0.030		-		1		0.031	0.035	
16:0	-	0.670	ı	1		1		1.132	1.219	
17:0	-	0.070		-		_		2.132	1.213	
18:0	-	0.320	1	1		1		0.541	0.582	
20:0	-									
22:0	-									
24:0										

		<u>A</u> 1	mount in 100		of edib	le portio	<u>n</u>		edible portion o	of common
Nutrients and Uni	ts	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	1.040)	0		1		1.758	1.893	
14:1										
15:1	-									
16:1 undifferentiated	-	0.180)	1		1		0.304	0.328	
17:1										
18:1 undifferentiated		0.860		1		1		1.453	1.565	
20:1	-	0.000		1		1		0.000	0.000	
22:1 undifferentiated		0.000)	0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.550		0		1		0.930	1.001	
18:2 undifferentiated	-	0.480		1		1		0.811	0.874	
18:3 undifferentiated	g	0.070)	1		1		0.118	0.127	
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000)	0		4		0.000	0.000	
20:5 n-3	g	0.000)	0		4		0.000	0.000	
22:5 n-3	g	0.000)	0		4		0.000	0.000	
22:6 n-3	g	0.000)	0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	58		0		4		98	106	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.339)	0		1		0.573	0.617	
Threonine		1.220)	0		1		2.062	2.220	
Isoleucine	-	1.369)	0		1		2.314	2.492	
Leucine	-	2.063	3	0		1		3.486	3.755	
Lysine	-	2.230		0		1		3.769	4.059	
Methionine	-	0.710)	0		1		1.200	1.292	
Cystine	-	0.320)	0		1		0.541	0.582	
Phenylalanine		0.951		0		1		1.607	1.731	
Tyrosine	-	0.799		0		1		1.350	1.454	
Valine	-	1.349		0		1		2.280	2.455	
Arginine		1.482		0		1		2.505	2.697	
Histidine	-	0.971		0		1		1.641	1.767	
Alanine	-	1.470		0		1		2.484	2.675	
Aspartic acid	-	2.363		0		1		3.993	4.301	
Glutamic acid	-	3.603		0		1		6.089	6.557	
Glycine		1.080		0		1		1.825	1.966	
Proline		0.889		0		1		1.502	1.618	
Serine		1.049		0		1		1.773	1.909	
	-	1.049	•	U		_		1.773	1.909	
Hydroxyproline	y									

Common Measures:

Measure 1 = 169g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 182g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 10	<u>u grams</u>	ot edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	54.20				4		75.88			
Energy	kcal	247				4		346			
Energy	kj	1033				4		1447			
Protein	g	32.40				4		45.36			
Total lipid (fat)		12.10				4		16.94			
Ash		1.30		0	NC	4		1.82			
Carbohydrate, by difference		0.00			Z	7		0.00			
Fiber, total dietary	g	0.0				7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	16				4		22			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.43				4		2.00			
Magnesium, Mg		22				4		31			
Phosphorus, P		242				4		339			
Potassium, K		271 43				4		379 60			
Sodium, NaZinc, Zn		1.37				4		1.92			
Copper, Cu		0.084				4		0.118			
Manganese, Mn		0.004				-		0.110			
Selenium, Se		20.7		0	BFYN	4		29.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.3				4		3.2			
Thiamin		0.070)			4		0.098			
Riboflavin	-	0.180	1			4		0.252			
Niacin		7.530	1			4		10.542			
Pantothenic acid	mg										
Vitamin B-6	mg	0.750	1			4		1.050			
Folate, total	mcg	5				4		7			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		5				4		7			
Folate, DFE		5		0	NC	4		7			
Vitamin B-12		0.72				4		1.01			
Vitamin A, IU		190		_		4		266			
Vitamin A, RAE		57		0	NC	4		80			
Retinol		57		0	NR	4		80			
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.37			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		4.9		0	BFSN	4		6.8			
Lipids:											
Fatty acids, total saturated	g	3.517				4		4.924			
4:0		0.000				4		0.000			
6:0		0.000				4		0.000			
8:0	g	0.000)			4		0.000			
10:0	g	0.000)			4		0.000			
12:0	g	0.065	i			4		0.091			
13:0	g										
14:0	g	0.117				4		0.164			
15:0	g										
16:0		2.879	1			4		4.031			
17:0	g										
18:0		0.847				4		1.186			
20:0	g										
22:0	g										
24:0	g										

	<u>Am</u>	ount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Number		0	0	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.627				4		7.878		
14:1g	3.027				-		7.878		
15:1									
16:1 undifferentiated 9	1.055				4		1.477		
17:1g									
18:1 undifferentiated	4.012				4		5.617		
20:1g	0.013				4		0.018		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	1.537				4		2.152		
18:2 undifferentiatedg	1.055				4		1.477		
18:3 undifferentiatedg	0.130				4		0.182		
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	89				4		125		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

		<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	_	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	a	73.40	0.245	6		1		72.67	78.54		
Energy	_	134	0.210	0	NC	4		133	143		
Energy		561		·	2.0	4		555	600		
Protein (N x 6.25)		22.20	0.204	6		1		21.98	23.75		
Total lipid (fat)		4.30	0.122	6		1		4.26	4.60		
Ash		1.44	0.034	14		1		1.43	1.54		
Carbohydrate, by difference		0.00	0.001	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.0		Ů	_	•		0.0	0.0		
Starch	_										
Starcii	9										
<u> Minerals:</u>											
Calcium, Ca		29	6.249	14		1		29	31		
Iron, Fe		1.78	0.224	14		1		1.76	1.90		
Magnesium, Mg		20	0.431	14		1		20	21		
Phosphorus, P	-	280	23.583	14		1		277	300		
Potassium, K		296	12.997	14		1		293	317		
Sodium, Na		45	1.472	14		1		45	48		
Zinc, Zn		1.53	0.098	14		1		1.51	1.64		
Copper, Cu		0.108		14		1		0.107	0.116		
Manganese, Mn		0.020	0.003	8		1		0.020	0.021		
Selenium, Se	mcg	15.3		0	BFNN	4		15.1	16.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	6.0		0		1		5.9	6.4		
Thiamin		0.070	0.012	6		1		0.069	0.075		
Riboflavin		0.210		6		1		0.208	0.225		
Niacin		3.700		6		1		3.663	3.959		
Pantothenic acid	-	0.960		0		1		0.950	1.027		
Vitamin B-6		0.740		0		1		0.733	0.792		
Folate, total	-	10		0		4		10	11		
Folic acid		0		0	z	7		0	0		
Folate, food		10		0		4		10	11		
Folate, DFE	mca DFE	10		0	NC	4		10	11		
Vitamin B-12		0.84		0		1		0.83	0.90		
Vitamin A, IU		195		0		1		193	209		
Vitamin A, RAE		59		0		1		58	63		
Retinol		59		0		1		58	63		
Vitamin E (alpha-tocopherol)				·		_			05		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•										
<u>Lipids:</u>											
Fatty acids, total saturated		1.460	1	0		1		1.445	1.562		
4:0	-										
6:0	-										
8:0				•							
10:0		0.000		0		4		0.000	0.000		
12:0	_	0.060	1	0		1		0.059	0.064		
13:0				•		_					
14:0	_	0.040	1	0		1		0.040	0.043		
15:0	_	0.000		•		-					
16:0	_	0.880	•	0		1		0.871	0.942		
17:0	-			•		_					
18:0		0.430	1	0		1		0.426	0.460		
(10.4)	a										
20:0 22:0	-										

	<u>Ar</u>	nount in 100 grams	-	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0	1		1.366	1.477	
14:1S							
15:1Q							
16:1 undifferentiated		0	1		0.238	0.257	
17:1Q							
18:1 undifferentiatedQ		0	1		1.129	1.220	
20:19	0.000	0	1		0.000	0.000	
22:1 undifferentiated		0	4		0.000	0.000	
24:1 c9							
Fatty acids, total polyunsaturated	0.730	0	1		0.723	0.781	
18:2 undifferentiated	0.640	0	1		0.634	0.685	
18:3 undifferentiated	0.090	0	1		0.089	0.096	
18:4							
20:2 n-6 c,c							
20:3 undifferentiated							
20:4 undifferentiated	0.000	0	4		0.000	0.000	
20:5 n-3	0.000	0	4		0.000	0.000	
22:5 n-3	0.000	0	4		0.000	0.000	
22:6 n-3	0.000	0	4		0.000	0.000	
Fatty acids, total trans							
Cholesterolr		0	4		79	86	
Phytosterols r	-						
Amino Acids:							
Tryptophan	0.309	0	1		0.306	0.331	
Threonine	1.112	0	1		1.101	1.190	
Isoleucine	1.247	0	1		1.235	1.334	
Leucine		0	1		1.860	2.011	
Lysine		0	1		2.012	2.174	
Methionine		0	1		0.640	0.691	
Cystine		0	1		0.288	0.311	
Phenylalanine		0	1		0.858	0.928	
Tyrosine		0	1		0.721	0.779	
Valine		0	1		1.217	1.315	
Arginine		0	1		1.337	1.445	
Histidine C		0	1		0.875	0.946	
Alanine 9		0	1		1.326	1.433	
Aspartic acid		0	1		2.131	2.304	
Glutamic acid		0	1		3.249	3.512	
Glycine		0	1		0.974	1.053	
_		0	1		0.802	0.867	
Proline		0	1		0.802	1.022	
Serine		U	1		0.945	1.022	
HydroxyprolineQ							

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 107g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Phasianus colchicus

Refuse: 14% Bone

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
			of Data		Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	67.77	0		1		251.43	271.08		
Energy	-	181	0	NC	4		672	724		
Energy		757			4		2810	3029		
Protein (N x 6.25)	g	22.70	0		1		84.22	90.80		
Total lipid (fat)		9.29	0		1		34.47	37.16		
Ash		1.27	0		1		4.71	5.08		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total										
Starch	g									
Minerals:	me	10	-				4-	40		
Calcium, Ca	_	12	0		1 1		45	48		
Iron, Fe	_	1.15 20	0		1		4.27 74	4.60 80		
Magnesium, Mg		214	-		1		7 <u>4</u> 794			
Phosphorus, P Potassium, K	•	214	0		1		902	856 972		
Sodium, Na		40	0		1		148	160		
Zinc, Zn		0.96	0		1		3.56	3.84		
Copper, Cu		0.065			1		0.241	0.260		
Manganese, Mn		0.017			1		0.063	0.068		
Selenium, Se		15.7	0	PIE	4		58.2	62.8		
	_									
Vitamins:					_					
Vitamin C, total ascorbic acid		5.3	0		1		19.7	21.2		
Thiamin		0.072			1		0.267	0.288		
Riboflavin		0.143			1		0.531	0.572		
Niacin	_	6.426			1		23.840	25.704		
Pantothenic acid		0.928			1		3.443	3.712		
Vitamin B-6	-	0.660 6	0 0		1 4		2.449 22	2.640		
Folate, total		0	0	z	7		0	2 4 0		
Folic acidFolate, food		6	0	4	4		22	24		
Folate, DFE	mcg DEE	6	0	NC	4		22	24		
Vitamin B-12		0.77	0	NC	1		2.86	3.08		
Vitamin A, IU		177	0		1		657	708		
Vitamin A, RAE		53	0		1		197	213		
Retinol		53	0		1		197	213		
Vitamin E (alpha-tocopherol)			·		_		-5.	213		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inide										
Lipids:	a	2.700	0		1		10.017	10.800		
Fatty acids, total saturated		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0		0.000			4		0.000	0.000		
12:0	-	0.050			1		0.186	0.200		
13:0	-	0.000	. •		-		3.100	0.200		
14:0	-	0.090	0		1		0.334	0.360		
15:0	-		•		-		0.554	0.500		
16:0	-	2.210	0		1		8.199	8.840		
17:0	-		ŭ		-			2.0.0		
18:0		0.650	0		1		2.412	2.600		
20:0										
	g									

	<u>Aı</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturated9	4.320	0	1		16.027	17.280	
14:1							
15:1	0.810	0	1		3.005	3.240	
17:1g	0.010	v	-		3.003	3.240	
18:1 undifferentiatedg	3.080	0	1		11.427	12.320	
20:1g	0.010		1		0.037	0.040	
22:1 undifferentiated	0.000		4		0.000	0.000	
24:1 cg	0.000	·	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.180	0	1		4.378	4.720	
18:2 undifferentiatedg	0.810		1		3.005	3.240	
18:3 undifferentiated	0.100		1		0.371	0.400	
18:4g	0.000		1		0.000	0.000	
20:2 n-6 c.c. 9		•	_				
20:3 undifferentiatedg							
20:4 undifferentiated	0.000	0	4		0.000	0.000	
20:5 n-3	0.000	0	4		0.000	0.000	
22:5 n-3	0.000		4		0.000	0.000	
22:6 n-3	0.000		4		0.000	0.000	
Fatty acids, total trans							
Cholesterol mg	71	0	4		263	284	
Phytosterols mg							
Amino Acids:	0.304	0	1		1.128	1.216	
Tryptophan	1.108		1		4.111		
Threonine			1			4.432	
Isoleucine	1.228 1.870		1		4.556 6.938	4.912	
Leucine			1		7.476	7.480	
Lysine	2.015 0.643		1			8.060	
Methionine	0.305		1		2.386 1.132	2.572 1.220	
Cystine	0.876		1		3.250	3.504	
Phenylalanine	0.876		1		2.686	2.896	
Tyrosine	1.230		1		4.563	4.920	
Valine	1.412		1		5.239	5.648	
Histidine 9	0.864		1		3.205	3.456	
_	1.410		1		5.231	5.436	
Alanine	2.186		1		8.110	8.744	
Aspartic acid	3.309		1		12.276	13.236	
_	1.231		1		4.567	4.924	
Glycine 9 Proline 9	0.939		1		3.484	3.756	
Serine	0.939		1		3.404	3.888	
Hydroxyproline	0.972	U	_		3.000	3.000	
тумгохургонис9							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 371g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 400g: .5 pheasant

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 24% 14% bone, 10% skin

		<u>A</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	72.77		0		1		237.23	256.15	
Water Energy		133		0	NC	4		434	468	
Energy		556		Ū	NC	4		1814	1959	
Protein (N x 6.25)		23.57		0		1		76.84	82.97	
Total lipid (fat)		3.64		0		1		11.87	12.81	
Ash		1.35		0		1		4.40	4.75	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		Ū	-	•		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	_	13		0		1		42	46	
Iron, Fe	_	1.15		0		1		3.75	4.05	
Magnesium, Mg		20		0		1		65	70	
Phosphorus, P		230		0		1		750	810	
Potassium, K		262		0		1		854	922	
Sodium, Na		37		0		1		121	130	
Zinc, Zn		0.97		0		1 1		3.16	3.41	
Copper, Cu		0.069 0.016		0 0		1		0.225 0.052	0.243 0.056	
Manganese, Mn		16.2	•	0	BFNN	4		52.8	57.0	
Selenium, Se	Tilog	10.2		U	DEMM	-		32.8	37.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		1		19.6	21.1	
Thiamin	mg	0.077	7	0		1		0.251	0.271	
Riboflavin	mg	0.153	3	0		1		0.499	0.539	
Niacin		6.759	•	0		1		22.034	23.792	
Pantothenic acid	mg	0.960)	0		1		3.130	3.379	
Vitamin B-6	mg	0.740)	0		1		2.412	2.605	
Folate, total		6		0		4		20	21	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		4		20	21	
Folate, DFE		6		0	NC	4		20	21	
Vitamin B-12		0.84		0		1		2.74	2.96	
Vitamin A, IU		165		0		1		538	581	
Vitamin A, RAE		50		0		1		162	174	
Retinol		50		0		1		162	174	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	nog									
Lipids:										
Fatty acids, total saturated	g	1.240)	0		1		4.042	4.365	
4:0										
6:0										
8:0	-			_		_				
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.050)	0		1		0.163	0.176	
13:0	-	0.00		^				0.000	0.100	
14:0		0.030)	0		1		0.098	0.106	
15:0		0.750	1	0		1		2 445	0.640	
16:0		0.750	,	U		1		2.445	2.640	
17:0	-	0.360	1	0		1		1.174	1.267	
18:0 20:0	-	0.360	•	U		_		1.1/4	1.20/	
22:0	-									
44.U	y									

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Du il dal	a	1 170		0		1		2 014	4 110		
Fatty acids, total monounsaturated 14:1		1.170		0		1		3.814	4.118		
15:1											
16:1 undifferentiated		0.200		0		1		0.652	0.704		
17:1	-	0.200		Ū		-		0.032	0.704		
18:1 undifferentiated		0.960		0		1		3.130	3.379		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	-	0.000		0		4		0.000	0.000		
24:1 c		0.000		U		-		0.000	0.000		
Fatty acids, total polyunsaturated		0.620		0		1		2.021	2.182		
18:2 undifferentiated		0.540		0		1		1.760	1.901		
18:3 undifferentiated	-	0.080		0		1		0.261	0.282		
18:4		0.000		·		-		0.201	0.202		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.000		0		4		0.000	0.000		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.000		0		4		0.000	0.000		
22:6 n-3		0.000		0		4		0.000	0.000		
Fatty acids, total trans		0.000		·		-		0.000	0.000		
Cholesterol	-	66		0		4		215	232		
Phytosterols											
Amino Acids:											
Tryptophan	-	0.328		0		1		1.069	1.155		
Threonine	_	1.180		0		1		3.847	4.154		
Isoleucine	_	1.324		0		1		4.316	4.660		
Leucine	-	1.995		0		1		6.504	7.022		
Lysine	_	2.157		0		1		7.032	7.593		
Methionine	_	0.686		0		1		2.236	2.415		
Cystine		0.309		0		1		1.007	1.088		
Phenylalanine	g	0.920		0		1		2.999	3.238		
Tyrosine	_	0.773		0		1		2.520	2.721		
Valine		1.305		0		1		4.254	4.594		
Arginine	_	1.433		0		1		4.672	5.044		
Histidine		0.939		0		1		3.061	3.305		
Alanine	_	1.422		0		1		4.636	5.005		
Aspartic acid	-	2.285		0		1		7.449	8.043		
Glutamic acid		3.484		0		1		11.358	12.264		
Glycine	g	1.044		0		1		3.403	3.675		
Proline		0.860		0		1		2.804	3.027		
Serine	_	1.014		0		1		3.306	3.569		
Hydroxyproline	g										

Common Measures:

Measure 1 = 326g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 352g: .5 pheasant

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			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	59.42	0.937	16		1		48.72	196.09	
Energy	kcal	235		0	NC	4		193	776	
Energy	kj	983				4		806	3245	
Protein (N x 6.25)	g	27.36	0.757	12		1		22.44	90.29	
Total lipid (fat)	g	13.15	1.100	16		1		10.78	43.40	
Ash	g	1.19	0.034	12		1		0.98	3.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	25		0		1		21	83	
Iron, Fe	-	1.93	0.183	5		1		1.58	6.37	
Magnesium, Mg	-	24	0.200	0		1		20	79	
Phosphorus, P		196		0		1		161	647	
Potassium, K	-	270		0		1		221	891	
Sodium, Na		107	6.058	12		1		88	353	
Zinc, Zn	mg	2.86		0		1		2.35	9.44	
Copper, Cu	mg	0.090		0		1		0.074	0.297	
Manganese, Mn	mg	0.020		0		1		0.016	0.066	
Selenium, Se	mcg	37.2		0	BFNN	4		30.5	122.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.054		0		1		0.044	0.178	
Riboflavin	-	0.054		0		1		0.138	0.554	
Niacin	=	4.819		0		1		3.952	15.903	
Pantothenic acid	-	0.813		0		1		0.667	2.683	
Vitamin B-6	-	0.390		0		1		0.320	1.287	
Folate, total	-	7		0		1		6	23	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0		1		6	23	
Folate, DFE		7		0	NC	4		6	23	
Vitamin B-12		0.33		0		1		0.27	1.09	
Vitamin A, IU	IU -	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	NR	4		0.28	1.12	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•		_				
Vitamin K (phylloquinone)	mcg	0.9		0	BFSN	4		0.8	3.1	
Lipids:										
Fatty acids, total saturated	g	3.390		0		1		2.780	11.187	
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		8		1		0.000	0.000	
13:0										
14:0	g	0.130		8		1		0.107	0.429	
15:0	g									
16:0	g	2.340		8		1		1.919	7.722	
17:0	-									
18:0	-	0.910		8		1		0.746	3.003	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		4.890		0		1		4.010	16.137		
14:1	-										
15:1				•		_					
16:1 undifferentiated		0.580		8		1		0.476	1.914		
17:1	-	4 250		•		1		2 405	14 005		
18:1 undifferentiated	_	4.250		8				3.485	14.025		
20:1	-	0.040		8		1		0.033	0.132		
22:1 undifferentiated	•	0.000		8		1		0.000	0.000		
24:1 c		2 220		•		1		0.640	10 650		
Fatty acids, total polyunsaturated		3.230		0				2.649	10.659		
18:2 undifferentiated		2.910		8 8		1 1		2.386	9.603		
18:3 undifferentiated		0.150						0.123	0.495		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated		0 100		•							
20:4 undifferentiated		0.120		8		1		0.098	0.396		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3		0.020	0.0			1		0.016	0.066		
22:6 n-3		0.030		8		1		0.025	0.099		
Fatty acids, total trans		400				_		•			
Cholesterol		102	5.6	16 16		1		84	337		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.306		0		1		0.251	1.010		
Threonine		1.204		0		1		0.987	3.973		
Isoleucine	-	1.405		0		1		1.152	4.637		
Leucine		2.154		0		1		1.766	7.108		
Lysine	-	2.548		0		1		2.089	8.408		
Methionine		0.784		0		1		0.643	2.587		
Cystine		0.280		0		1		0.230	0.924		
Phenylalanine		1.073		0		1		0.880	3.541		
Tyrosine		1.068		0		1		0.876	3.524		
Valine	-	1.436		0		1		1.178	4.739		
Arginine	-	1.887		0		1		1.547	6.227		
Histidine		0.845		0		1		0.693	2.789		
Alanine		1.672		0		1		1.371	5.518		
Aspartic acid		2.627		0		1		2.154	8.669		
Glutamic acid		4.413		0		1		3.619	14.563		
Glycine		1.340		0		1		1.099	4.422		
Proline		1.125		0		1		0.923	3.713		
Serine	-	1.123		0		1		0.987	3.973		
Hydroxyproline	-	1.204		U		_		0.967	3.973		
Hydroxypronne	9										
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		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 82g: 1 patty (4 oz, raw) (yield after cooking)

Measure 2 = 330g: 1 unit, yield from 1 lb raw

NDB No. 05306

Poultry food products, ground turkey, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.97	0.676	29		1		326.46	82.05	
Energy	kcal	149		0	NC	4		676	170	
Energy	kj	623		0		4		2828	711	
Protein (N x 6.25)	g	17.46	0.304	8		1		79.20	19.90	
Total lipid (fat)	g	8.26	0.440	28		1		37.47	9.42	
Ash	g	0.87	0.041	8		1		3.95	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	13		0		1		59	15	
Iron, Fe	-	1.25		0		1		5.67	1.43	
Magnesium, Mg	-	19		0		1		86	22	
Phosphorus, P		156		0		1		708	178	
Potassium, K	-	233		0		1		1057	266	
Sodium, Na	-	94	4.725	8		1		426	107	
Zinc, Zn	mg	1.93		0		1		8.75	2.20	
Copper, Cu		0.090		0		1		0.408	0.103	
Manganese, Mn	mg	0.018		0		1		0.082	0.021	
Selenium, Se	mcg	18.9		0	BFNN	4		85.7	21.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.055		0	2	1		0.249	0.063	
Riboflavin	-	0.033		0		1		0.603	0.152	
Niacin	=	3.493		0		1		15.844	3.982	
Pantothenic acid	-	0.690		0		1		3.130	0.787	
Vitamin B-6	-	0.350		0		1		1.588	0.399	
Folate, total	-	7		0		1		32	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		7		0		1		32	8	
Folate, DFE		7		0	NC	4		32	8	
Vitamin B-12		0.34		0		1		1.54	0.39	
Vitamin A, IU	IU	5		0	NC	4		23	6	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		7	2	
Retinol	mcg	2		0	NR	4		7	2	
Vitamin E (alpha-tocopherol)	mg	0.35		0	NR	4		1.61	0.40	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rricg	0.6		0	CASN	4		2.9	0.7	
Lipids:										
Fatty acids, total saturated	g	2.250		0		1		10.206	2.565	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.010		20		1		0.045	0.011	
13:0										
14:0	g	0.080		20		1		0.363	0.091	
15:0										
16:0		1.560		20		1		7.076	1.778	
17:0	-									
18:0	-	0.600		20		1		2.722	0.684	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 100 gr		of edik	ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean		mber Data [ints (Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate 14:1		3.100		0		1		14.062	3.534	
15:1	-									
16:1 undifferentiated	-	0.330	ı	20		1		1.497	0.376	
17:1	g									
18:1 undifferentiated	g	2.740	1	20		1		12.429	3.124	
20:1	g	0.020	1	20		1		0.091	0.023	
22:1 undifferentiated	g	0.000	1	20		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	lg	2.000	1	0		1		9.072	2.280	
18:2 undifferentiated	g	1.800	1	20		1		8.165	2.052	
18:3 undifferentiated	g	0.090		20		1		0.408	0.103	
18:4	g	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.090	1	20		1		0.408	0.103	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.010	0.000	20		1		0.045	0.011	
22:6 n-3	g	0.010	ı	20		1		0.045	0.011	
Fatty acids, total trans	g	0.274		0	BFFN	4		1.241	0.312	
Cholesterol	mg	79	1.758	28		1		358	90	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.196		0		1		0.889	0.223	
Threonine	-	0.768		0		1		3.484	0.876	
Isoleucine		0.897		0		1		4.069	1.023	
Leucine		1.375		0		1		6.237	1.568	
Lysine		1.626		0		1		7.376	1.854	
Methionine		0.500		0		1		2.268	0.570	
Cystine	-	0.179		0		1		0.812	0.204	
Phenylalanine	g	0.685		0		1		3.107	0.781	
Tyrosine	-	0.682		0		1		3.094	0.777	
Valine	g	0.916		0		1		4.155	1.044	
Arginine	g	1.204		0		1		5.461	1.373	
Histidine	-	0.539		0		1		2.445	0.614	
Alanine	g	1.067		0		1		4.840	1.216	
Aspartic acid	g	1.676	i	0		1		7.602	1.911	
Glutamic acid	_	2.816	i	0		1		12.773	3.210	
Glycine	g	0.855	i	0		1		3.878	0.975	
Proline	g	0.718		0		1		3.257	0.819	
Serine	g	0.768		0		1		3.484	0.876	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
	mo~	•		•	_	-		0.000	0.000	
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7 7		0.000	0.000	
Lycopene				0	z z			0.000	0.000	
Lutein + zeaxanthin	iiicā	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 114g: 1 patty, 4 oz

NDB No. 05305

Poultry food products, ground turkey, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 100	Amount in edible portion of common						
			1	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	62.66		35		1		142.24		
Energy	kcal	272		0	NC	4		617		
Energy	kj	1138				4		2583		
Protein (N x 6.25)	g	11.39		33		1		25.86		
Total lipid (fat)	g	24.73		39		1		56.14		
Ash	g	0.96		23		1		2.18		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total										
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	138		19		1		313		
Iron, Fe	-	1.57		9		1		3.56		
Magnesium, Mg		12		3		1		27		
Phosphorus, P	_	132		3		1		300		
Potassium, K	_	104		3		1		236		
Sodium, Na	-	40		3		1		91		
Zinc, Zn		1.29		9		1		2.93		
Copper, Cu		0.065		3		1		0.148		
Manganese, Mn		0.019	9	3		1		0.043		
Selenium, Se	mcg	10.7		0	PIE	4		24.3		
itamins:										
Vitamin C, total ascorbic acid	ma	1.5		0		4		3.4		
Thiamin	-	0.050	1	0		4		0.114		
Riboflavin		0.129		0		4		0.293		
Niacin		4.630		0		4		10.510		
Pantothenic acid		0.824		0		4		1.870		
Vitamin B-6		0.190		0		4		0.431		
	_	6	,	0		4		14		
Folate, total		0		0	z	7		0		
Folic acid		6		0	4	4		14		
Folate, foodFolate, DFE		6		0	NC	4		14		
		0.25		0	NC	4		0.57		
Vitamin B-12		245		0		4		556		
Vitamin A, IU		245 74				=				
Vitamin A, RAE				0 0		4 4		167		
Retinol		74		U		4		167		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
<u> ipids:</u>										
Fatty acids, total saturated	g	7.450)	0		1		16.912		
4:0										
6:0	g									
8:0	g									
10:0	g	0.000)	0		4		0.000		
12:0	g	0.000)	0		4		0.000		
13:0	g									
14:0	g	0.260)	7		1		0.590		
15:0	_									
16:0	g	5.270)	7		1		11.963		
17:0	_									
18:0	_	1.820)	7		1		4.131		
20:0	_									
22:0	_									
24:0										

	<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common								
		Number						measures of food				
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	g	10.440		0		1		23.699				
14:1												
15:1	-											
16:1 undifferentiated	-	0.550		7		1		1.249				
17:1												
18:1 undifferentiated		9.870		7		1		22.405				
20:1	_	0.000		0		4		0.000				
22:1 undifferentiated 24:1 c	-	0.000		0		4		0.000				
Fatty acids, total polyunsaturated	g	4.960		0		1		11.259				
18:2 undifferentiated	g	4.480		7		1		10.170				
18:3 undifferentiated	g	0.340		7		1		0.772				
18:4	g											
20:2 n-6 c,c	g											
20:3 undifferentiated	g											
20:4 undifferentiated	g	0.100		3		1		0.227				
20:5 n-3	g	0.020		3		1		0.045				
22:5 n-3	g	0.000		3		1		0.000				
22:6 n-3	g	0.020		3		1		0.045				
Fatty acids, total trans	g											
Cholesterol	_	130		0		4		295				
Phytosterols	mg											
Amino Acids:												
Tryptophan		0.091		0		4		0.207				
Threonine		0.509		0		1		1.155				
Isoleucine	-	0.403		0		1		0.915				
Leucine		0.903		0		1		2.050				
Lysine	-	0.965		0		1		2.191				
Methionine	-	0.303		0		1		0.688				
Cystine		0.115		0		1		0.261				
Phenylalanine		0.452		0		1		1.026				
Tyrosine	-	0.344		0		1		0.781				
Valine	-	0.472		0		1		1.071				
Arginine		0.786		0		1		1.784				
Histidine		0.319		0		1		0.724				
Alanine	-	0.795		0		1		1.805				
Aspartic acid		1.165		0		1		2.645				
Glutamic acid	-	1.818		0		1		4.127				
Glycine		0.903		0		1		2.050				
Proline		0.609		0		1		1.382				
Serine	-	0.536		0		1		1.217				
Hydroxyproline	g											

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05302 Poultry, mechanically deboned, from backs and necks without skin, raw

		<u>A</u> 1	mount in 10	Amount in edible portion of common						
					Deriv	Source	Confidence	<u>m</u> .	easures of food	<u>1</u>
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.29		22		1		157.29		
Energy	kcal	199		0	NC	4		452		
Energy		833				4		1890		
Protein (N x 6.25)		13.79		24		1		31.30		
Total lipid (fat)		15.48		22		1		35.14		
Ash		1.00		17		1		2.27		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	123		16		1		279		
Iron, Fe	-	1.73		15		1		3.93		
Magnesium, Mg		13		3		1		30		
Phosphorus, P		154		3		1		350		
Potassium, K		128		3		1		291		
Sodium, Na	mg	51		3		1		116		
Zinc, Zn	mg	1.82		15		1		4.13		
Copper, Cu	-	0.069		3		1		0.157		
Manganese, Mn		0.020)	3		1		0.045		
Selenium, Se	mcg	14.4		0	PIE	4		32.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		6.8		
Thiamin		0.071	L	0		4		0.161		
Riboflavin		0.175	5	0		4		0.397		
Niacin		6.246	5	0		4		14.178		
Pantothenic acid		1.202	2	0		4		2.729		
Vitamin B-6	mg	0.320)	0		4		0.726		
Folate, total	mcg	9		0		4		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		9		0		4		20		
Folate, DFE	mcg_DFE	9		0	NC	4		20		
Vitamin B-12	mcg	0.35		0		4		0.79		
Vitamin A, IU		107		0		4		243		
Vitamin A, RAE		32		0		4		73		
Retinol		32		0		4		73		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Tricg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.710)	0		1		10.692		
4:0	g									
6:0	-									
8:0										
10:0		0.000		0		4		0.000		
12:0		0.000)	0		4		0.000		
13:0	-			_		_				
14:0	-	0.120)	8		1		0.272		
15:0	-	a		_		_				
16:0	-	3.570)	8		1		8.104		
17:0	-	4 00		_				0 01-		
18:0	-	1.020)	8		1		2.315		
20:0	-									
22:0	g g									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food				
				Number	0	0 51	illeasules of loou		
Nutrients and Units		Mean	Std. Error		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	7.410		0	1		16.821		
14:1		7.410		v	_		10.021		
15:1									
16:1 undifferentiated		0.710		8	1		1.612		
17:1	-								
18:1 undifferentiated		6.700		8	1		15.209		
20:1	_	0.000		0	4		0.000		
22:1 undifferentiated	-	0.000		0	4		0.000		
24:1 c		0.000		·	-		0.000		
Fatty acids, total polyunsaturated		2.280		0	1		5.176		
18:2 undifferentiated		2.070		8	1		4.699		
18:3 undifferentiated	-	0.210		8	1		0.477		
18:4		0.220		•	_		0.4//		
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.000		0	4		0.000		
20:5 n-3	-	0.000		0	4		0.000		
22:5 n-3	_	0.000		0	4		0.000		
22:6 n-3		0.000		0	4		0.000		
Fatty acids, total trans		0.000			•		0.000		
Cholesterol	-	104		0	4		236		
Phytosterols	-			•	-		230		
1 II y tosterois	9								
Amino Acids:									
Tryptophan	g	0.110		0	4		0.250		
Threonine	g	0.642		0	1		1.457		
Isoleucine	g	0.499		0	1		1.133		
Leucine	g	1.132		0	1		2.570		
Lysine	g	1.194		0	1		2.710		
Methionine	g	0.389		0	1		0.883		
Cystine	g	0.093		0	1		0.211		
Phenylalanine	g	0.545		0	1		1.237		
Tyrosine	g	0.485		0	1		1.101		
Valine	g	0.565		0	1		1.283		
Arginine	g	0.918		0	1		2.084		
Histidine	g	0.362		0	1		0.822		
Alanine	g	0.940		0	1		2.134		
Aspartic acid	g	1.426		0	1		3.237		
Glutamic acid	g	2.282		0	1		5.180		
Glycine		0.931		0	1		2.113		
Proline		0.715		0	1		1.623		
Serine	g	0.671		0	1		1.523		
Hydroxyproline	-								

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	measures of food					
				Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	62.95	18		1		142.90		
Energy	_	243	0	NC	4		552		
Energy	kj	1017			4		2308		
Protein (N x 6.25)		14.72	18		1		33.41		
Total lipid (fat)		19.98	25		1		45.35		
Ash		1.15	7		1		2.61		
Carbohydrate, by difference		0.00	0	Z	7		0.00		
Fiber, total dietary		0.0	0	Z	7		0.0		
Sugars, total									
Starch									
Minerals:		- 			_				
Calcium, Ca	-	187	6		1		424		
Iron, Fe	-	1.22	6		1 4		2.77		
Magnesium, Mg		12			-		27		
Phosphorus, P	-	132 104	0		4 4		300 236		
Potassium, K		40	0		4		236 91		
Sodium, NaZinc, Zn	_	1.90	6		1		4.31		
Copper, Cu		0.065			4		0.148		
Manganese, Mn		0.019			4		0.043		
Selenium, Se		15.7	0	BFZN	4		35.6		
·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		2.0	0		4		4.5		
Thiamin		0.096			4		0.218		
Riboflavin		0.140			4		0.318		
Niacin		5.254			4		11.927		
Pantothenic acid		0.772			4		1.752		
Vitamin B-6	_	0.280			4		0.636		
Folate, total		5 0	0	_	4 7		11 0		
Folic acid		5		Z			11		
Folate, food	Ilicg	5 5	0	NC	4 4		11		
Folate, DFE		0.27	0	NC	4		0.61		
Vitamin B-12 Vitamin A, IU		149	0		4		338		
Vitamin A, RAE		45	0		4		102		
Retinol		45	0		4		102		
Vitamin E (alpha-tocopherol)		-13	· ·		•		102		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	_	4 70			_		40 505		
Fatty acids, total saturated		4.730	0		1		10.737		
4:0									
6:0 8:0									
10:0	-	0.000	0		4		0.000		
12:0		0.000			4		0.000		
13:0	-	0.000	, 0		-		0.000		
14:0	_	0.150) 12		1		0.341		
15:0	_	0.150	, 12		1		0.341		
16:0	_	3.530) 12		1		8.013		
17:0	_	3.330	. 12		-		0.013		
18:0	-	0.980) 12		1		2.225		
20:0	-	0.560	. 12		-		2.223		
22:0	-								
24:0	-								

		<u>Ar</u>	nount in 10	0 grams o	<u>n</u>	Amount in edible portion of common			
				Number			<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data D Points C	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.300		0	1		21.111		
14:1									
15:1	_								
16:1 undifferentiated	_	0.860		12	1		1.952		
17:1									
18:1 undifferentiated		8.360		12	1		18.977		
20:1	-	0.000		0	4		0.000		
22:1 undifferentiated 24:1 c	_	0.000		0	4		0.000		
Fatty acids, total polyunsaturated	g	4.550		0	1		10.329		
18:2 undifferentiated	g	4.110		12	1		9.330		
18:3 undifferentiated	g	0.240		12	1		0.545		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.100		8	1		0.227		
20:5 n-3	g	0.000		0	4		0.000		
22:5 n-3	g	0.000		0	4		0.000		
22:6 n-3	g	0.000		0	4		0.000		
Fatty acids, total trans	g								
Cholesterol	mg	143	7.44	42 7	1		325		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.118		0	4		0.268		
Threonine		0.692		0	1		1.571		
Isoleucine		0.570		0	1		1.294		
Leucine	-	1.220		0	1		2.769		
Lysine	-	1.314		0	1		2.983		
Methionine	-	0.398		0	1		0.903		
Cystine		0.111		0	1		0.252		
Phenylalanine		0.584		0	1		1.326		
Tyrosine	-	0.485		0	1		1.101		
Valine	-	0.584		0	1		1.326		
Arginine		0.996		0	1		2.261		
Histidine		0.525		0	1		1.192		
Alanine	-	0.958		0	1		2.175		
Aspartic acid		1.594		0	1		3.618		
Glutamic acid	-	2.440		0	1		5.539		
Glycine	-	0.864		0	1 1		1.961		
Proline		0.666		0 0	1		1.512		
Serine	-	0.716		U	1		1.625		
Hydroxyproline	9								

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 100 g	ırams	of edit	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	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	71.67	0.411	49		1		149.07	40.14		
Energy	kcal	123		0	NC	4		256	69		
Energy	kj	515				4		1070	288		
Protein (N x 6.25)	g	22.59	0.139	37		1		46.99	12.65		
Total lipid (fat)	g	2.99	0.158	52		1		6.22	1.67		
Ash	g	1.27	0.013	37		1		2.64	0.71		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	10	0.420	3		1		21	6		
Iron, Fe	-	2.31	0.420	3		1		4.80	1.29		
Magnesium, Mg	-	28	0.130	0		4		58	16		
Phosphorus, P		228	9.133	3		1		474	128		
Potassium, K	•	260	33.822	4		1		541	146		
Sodium. Na		55	6.749	4		1		114	31		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.70	0.066	3		1		5.62	1.51		
Copper, Cu	mg	0.433	0.069	3		1		0.901	0.242		
Manganese, Mn	mg	0.018		0		4		0.037	0.010		
Selenium, Se	mcg	18.8		0	BFNN	4		39.1	10.5		
Vitamins:											
Vitamin C, total ascorbic acid	ma	5.1	1.046	3		1		10.6	2.9		
Thiamin	-	0.240		3		1		0.499	0.134		
Riboflavin	-	0.243		3		1		0.505	0.136		
Niacin	_	8.200		3		1		17.056	4.592		
Pantothenic acid	-	0.787		3		1		1.637	0.441		
Vitamin B-6	_	0.530		3		1		1.102	0.297		
Folate, total	-	4		0		4		8	2		
Folic acid		0		0	z	7		0	0		
Folate, food		4		0		4		8	2		
Folate, DFE		4		0	NC	4		8	2		
Vitamin B-12		0.47	0.027	3		1		0.98	0.26		
Vitamin A, IU	IU	37	18.735	3		1		77	21		
Vitamin A, RAE		11	5.626	3		1		23	6		
Retinol	mcg	11	5.626	3		1		23	6		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.870	ı	0		1		1.810	0.487		
4:0	g										
6:0	g										
8:0	g										
10:0		0.000		0		4		0.000	0.000		
12:0		0.020	0.005	3		1		0.042	0.011		
13:0	-										
14:0	-	0.020	0.003	19		1		0.042	0.011		
15:0	-					_					
16:0	-	0.520	0.052	19		1		1.082	0.291		
17:0	-					_					
18:0	-	0.300	0.033	19		1		0.624	0.168		
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 100 g	grams of ed	1	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data Deri	v Source e Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.840		0	1		1.747	0.470	
14:1		0.040		· ·	-		1.747	0.470	
15:1									
16:1 undifferentiated		0.160	0.016	19	1		0.333	0.090	
17:1	-		****		_				
18:1 undifferentiated.		0.670	0.067	19	1		1.394	0.375	
20:1		0.000	0.000	16	1		0.000	0.000	
22:1 undifferentiated	-	0.000		0	4		0.000	0.000	
24:1 c		2.200		-	-		3.000	0.000	
Fatty acids, total polyunsaturated		0.770		0	1		1.602	0.431	
18:2 undifferentiated		0.620	0.069	19	1		1.290	0.347	
18:3 undifferentiated	-	0.020	0.005	19	1		0.042	0.011	
18:4							0.012	0.011	
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.080	0.023	16	1		0.166	0.045	
20:5 n-3	-	0.010	0.006	9	1		0.021	0.006	
22:5 n-3	-	0.020	0.008	16	1		0.042	0.011	
22:6 n-3		0.000		0	4		0.000	0.000	
Fatty acids, total trans									
Cholesterol	-	58		0	4		121	32	
Phytosterols	_								
-									
Amino Acids:									
Tryptophan	-	0.354		0	1		0.736	0.198	
Threonine	_	1.131		0	1		2.352	0.633	
Isoleucine	_	1.233		0	1		2.565	0.690	
Leucine	-	1.938		0	1		4.031	1.085	
Lysine		1.977		0	1		4.112	1.107	
Methionine	_	0.716		0	1		1.489	0.401	
Cystine		0.394		0	1		0.820	0.221	
Phenylalanine	g	0.980		0	1		2.038	0.549	
Tyrosine	_	1.048		0	1		2.180	0.587	
Valine		1.225		0	1		2.548	0.686	
Arginine	_	1.432		0	1		2.979	0.802	
Histidine		0.857		0	1		1.783	0.480	
Alanine	_	1.392		0	1		2.895	0.780	
Aspartic acid	-	1.883		0	1		3.917	1.054	
Glutamic acid		2.928		0	1		6.090	1.640	
Glycine	_	1.497		0	1		3.114	0.838	
Proline		0.828		0	1		1.722	0.464	
Serine	_	1.103		0	1		2.294	0.618	
Hydroxyproline	g								

Common Measures:

Measure 1 = 208g: 1 unit (yield from 1 lb ready-to cook quail)

Measure 2 = 56g: 1 breast

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	<u>l</u> Measure 3	
Proximates:											
Water	_	60.00				4					
Energy		234				4					
Energy		979				4					
Protein	-	25.10				4					
Total lipid (fat)		14.10		_		4					
Ash		0.80		0	NC	4					
Carbohydrate, by difference		0.00			Z	7					
Fiber, total dietary		0.0		_	_	7					
Sugars, total		0.00		0	Z	7					
Starch	g										
Minerals:											
Calcium, Ca	mg	15				4					
Iron, Fe	<u>mg</u>	4.43				4					
Magnesium, Mg	mg	22				4					
Phosphorus, P	mg	279				4					
Potassium, K		216				4					
Sodium, Na		52				4					
Zinc, Zn		3.10				4					
Copper, Cu		0.592	<u> </u>			4					
Manganese, Mn				•							
Selenium, Se	mcg	21.8		0	BFYN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.3				4					
Thiamin	mg	0.220)			4					
Riboflavin	mg	0.300)			4					
Niacin		7.920)			4					
Pantothenic acid											
Vitamin B-6		0.620)			4					
Folate, total		6				4					
Folic acid		0		0	Z	7					
Folate, food		6		•		4					
Folate, DFE		6		0	NC	4					
Vitamin B-12		0.36		•	***	4 4					
Vitamin A, IU	IU	233 70		0 0	NC NC	4					
Vitamin A, RAE		70		0	NR NR	4					
Retinol Vitamin E (alpha-tocopherol)		0.70		0	NR NR	4					
Tocopherol, beta		0.70		Ū	1414	-					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		4.2		0	BFSN	4					
Linida											
Lipids:	σ.	2 055				4					
Fatty acids, total saturated		3.955 0.000				4					
4:0 6:0		0.000				4					
8:0	-	0.000				4					
10:0		0.000				4					
12:0		0.047				4					
13:0	-	0.04/				-					
14:0		0.117	,			4					
15:0	-	J.11/				-					
16:0		2.563	3			4					
17:0						-					
18:0		1.030)			4					
20:0											
22:0	-										
24:0	-										

	Ar	mount in 10	00 grams	of edik	Amount in edible portion of common				
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.891				4				
14:1	4.031				-				
15:1									
16:1 undifferentiated.	0.725				4				
17:1g									
18:1 undifferentiatedg	4.119				4				
20:1g	0.012				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	3.487				4				
18:2 undifferentiatedg	2.691				4				
18:3 undifferentiatedg	0.492				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.164				4				
20:5 n-3g	0.012				4				
22:5 n-3g	0.035				4				
22:6 n-3g	0.000				4				
Fatty acids, total trans									
Cholesterolmg	86				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
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				
Lycopene mcg	0		0	Z	7				
Lutein + zeaxanthinmcg	0		0	Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05157 Quail, meat and skin, raw Coturnix spp. and Colinus spp.

Refuse: 10% Bone

Proximates: Water. 9 Energy kca Energy kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Pantothenic acid. mg Folate, food. mc Folate, food. mc Folate, ofod. mc Folate, ofod. mc Folate, ofod. mc Vitamin B-12. mc Vitamin A, IU. IU	13 3.97 23 275 216 53 2.42 0.50 0.01	Std. Error P	2 0 12 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Deriv	1 4 4 1 1 1 7 7 7	Confidence Code	75.92 209 876 21.40 13.13 0.98 0.00 0.0	282.08 778 3253 79.50 48.80 3.65 0.00 0.0	Measure
Proximates: 9 Energy kca Energy kj Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin mg Vitamin B-6 mg Folate, total mc Folate, food mc Folate, food mc Vitamin B-12 mc Vitamin A, IU IU	69.65 192 803 19.63 12.05 0.90 0.00 0.00 13 3.97 23 275 216 53 2.42 0.50 0.01	Std. Error P	2 0 12 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC	1 4 4 1 1 1 7 7 7		75.92 209 876 21.40 13.13 0.98 0.00 0.0	282.08 778 3253 79.50 48.80 3.65 0.00 0.0	Measure
Proximates: 9 Energy kca Energy kj Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin mg Vitamin B-6 mg Folate, total mc Folate, food mc <	69.65 192 803 19.63 12.05 0.90 0.00 0.00 13 3.97 23 275 216 53 2.42 0.50 0.01	0.325	2 0 12 2 2 0 0	NC Z	1 4 4 1 1 7 7	Code	75.92 209 876 21.40 13.13 0.98 0.00 0.0	282.08 778 3253 79.50 48.80 3.65 0.00 0.0	Measure
Water 9 Energy kca Energy kj Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Pantothenic acid mg Vitamin B-6 mg Folate, food mc Folate, food mc Vitamin B-12 mc	192 803 19.63 12.05 0.90 0.00 0.0 13 3.97 23 275 216 53 2.42 0.50 0.01	0.325	0 12 2 2 0 0	z	4 4 1 1 7 7		209 876 21.40 13.13 0.98 0.00 0.0	778 3253 79.50 48.80 3.65 0.00 0.0	
Water 9 Energy kca Energy kj Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin G Vitamin B-6 mg Folate, total mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU	192 803 19.63 12.05 0.90 0.00 0.0 13 3.97 23 275 216 53 2.42 0.50 0.01	0.325	0 12 2 2 0 0	z	4 4 1 1 7 7		209 876 21.40 13.13 0.98 0.00 0.0	778 3253 79.50 48.80 3.65 0.00 0.0	
Energy	192 803 19.63 12.05 0.90 0.00 0.0 13 3.97 23 275 216 53 2.42 0.50 0.01	0.325	0 12 2 2 0 0	z	4 4 1 1 7 7		209 876 21.40 13.13 0.98 0.00 0.0	778 3253 79.50 48.80 3.65 0.00 0.0	
Energy	13 3.97 23 275 216 53 2.42 0.50 0.01		12 2 2 0 0	z	4 1 1 7 7		876 21.40 13.13 0.98 0.00 0.0	3253 79.50 48.80 3.65 0.00 0.0	
Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Potassium, K mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid mg Vitamin B-6 mg Folate, total. mc Folate, food mc Vitamin B-12 mc Vitamin A, IU IU	19.63 12.05 0.90 0.00 0.00 13 3.97 23 275 216 53 2.42 0.50 0.01		2 2 0 0 0		1 1 1 7 7		21.40 13.13 0.98 0.00 0.0	79.50 48.80 3.65 0.00 0.0	
Total lipid (fat)	12.05 0.90 0.00 0.00 13 3.97 23 275 216 53 2.42 0.50 0.01		2 2 0 0 0		1 1 7 7		13.13 0.98 0.00 0.0	48.80 3.65 0.00 0.0	
Ash	0.90 0.00 0.00 13 3.97 23 275 216 53 2.42 0.50 0.01		2 0 0		1 7 7		0.98 0.00 0.0	3.65 0.00 0.0	
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: Vitamin C, total ascorbic acid. mg Thiamin mg Riboflavin mg Pantothenic acid. mg Vitamin B-6. mg Folate, food. mc Folate, food. mc Folate, DFE. mc Vitamin R-12. mc Vitamin P-12. mc	0.00 0.0 13 3.97 23 275 216 53 2.42 0.50		0 0 0 0 0		7 7 1 1		0.00 0.0	0.00 0.0	
Fiber, total dietary	13 3.97 23 275 216 53 2.42 0.50	,	0 0 0 0 0 0		7 1 1		0.0	0.0	
Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid. mg Phiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Foliac, total. mc Foliac, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	13 3.97 23 275 216 53 2.42 0.50	ı.	0 0 0 0	Z	1 1		14	53	
Starch g Minerals: Calcium, Ca. mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P. mg Potassium, K mg Potassium, K. mg Coptassium, K mg Zinc, Zn. mg Copper, Cu mg Manganese, Mn. mg selenium, Se mc Vitamins: Vitamin C, total ascorbic acid. mg mg Vitamin C, total ascorbic acid. mg mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Foliac, total. mc Foliac, food. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU IU	3.97 23 275 216 53 2.42 0.50	ı.	0 0 0		1				
Minerals: Calcium, Ca. mg Iron, Fe. mg mg Magnesium, Mg. mg mg Phosphorus, P. mg mg Potassium, K. mg mg Sodium, Na. mg mg Zinc, Zn. mg Mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc mc Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	3.97 23 275 216 53 2.42 0.50	ı.	0 0 0		1				
Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	3.97 23 275 216 53 2.42 0.50	ı.	0 0 0		1				
Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	3.97 23 275 216 53 2.42 0.50	ı.	0 0 0		1				
Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Foliac, total mc Foliac, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU	3.97 23 275 216 53 2.42 0.50	ı.	0 0 0		1				
Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: Vitamin C, total ascorbic acid mg Niacin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mc Folace, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU	23 275 216 53 2.42 0.50	ı.	0 0		_		4.33	16.08	
Phosphorus, P	275 216 53 2.42 0.50		0		4		25	93	
Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU	216 53 2.42 0.50 0.01		0		1		300	1114	
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folica, total. mc Folic acid. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	53 2.42 0.50 0.01		-		1		235	875	
Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid mg Vitamin B-6. mg Folate, total. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU	2.42 0.50 0.01		0		1		58	215	
Copper, Cu	0.50		0		4		2.64	9.80	
Manganese, Mn	0.01		0		1		0.553	2.053	
Selenium, Se			0		4		0.021	0.077	
Vitamins: Witamins: mg Vitamin C, total ascorbic acid. mg 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	3		0	PIE	4		18.1	67.2	
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total mc Folate, food mc Folate, DFE. mc Vitamin B-12. mc Vitamin B-12. mc Vitamin A, IU. IU									
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			0		1		6.6	24.7	
Niacin			0		1		0.266	0.988	
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					1		0.283	1.053	
Vitamin B-6. mg Folate, total. mc Folic acid. mc Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU			0		1		8.216	30.529	
Folate, total mo Folic acid mo Folate, food mo Folate, DFE mo Vitamin B-12 mo Vitamin A, IU IU			0		4		0.841	3.127	
Folic acid mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin A, IU IU					1		0.654	2.430	
Folate, food. mc Folate, DFE. mc Vitamin B-12. mc Vitamin A, IU. IU		0.224			1		9	32	
Folate, DFE			0	Z	7		0	0	
Vitamin B-12mc	g 8	0.224			1		9	32	
Vitamin A, IUIU			0	NC	4		9	32	
			0		4		0.47	1.74	
	243	5.963			1		265	984	
Vitamin A, RAEmc		1.791			1		80	296	
Retinolmc		1.791	5		1		80	296	
Vitamin E (alpha-tocopherol)mg									
Tocopherol, betamg									
Tocopherol, gammamg									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mc	g								
Lipids:									
Fatty acids, total saturated	3.38	10	0		1		3.684	13.689	
4:0g	0.00		0	z	7		0.000	0.000	
6:0g	0.00	0	0	z	7		0.000	0.000	
8:0g	0.00		0	z	7		0.000	0.000	
10:0g	0.00		0		4		0.000	0.000	
12:0g	0.04		0		1		0.044	0.162	
13:0g									
14:0g	0.10	0	0		1		0.109	0.405	
15:0g									
16:0g	2.19	00	0		1		2.387	8.870	
17:0			-		=				
18:0	0.88	10	0		1		0.959	3.564	
20:0g	1.00		-		=		2.202	0.001	
22:0g									

	<u>A</u> :	mount in 100 gra	<u>on</u>	Amount in edible portion of common				
		Num				<u>m</u>	easures of food	
Nutrients and Units	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
	4.400		•					
Fatty acids, total monounsaturatedg	4.180	•	0	1		4.556	16.929	
14:1								
15:1g 16:1 undifferentiatedg	0.620		0	1		0.676	2.511	
16:1 undifferentiated	0.620		U	1		0.676	2.511	
17.1	3.520	1	0	1		3.837	14.256	
20:1g	0.010		0	1		0.011	0.041	
22:1 undifferentiated	0.010		0	4		0.011	0.041	
24:1 c9	0.000		U	4		0.000	0.000	
	2.980		0	1		3.248	12.069	
Fatty acids, total polyunsaturated9	2.300		0	1		2.507	9.315	
18:2 undifferentiated	0.420		0	1		0.458	1.701	
18:3 undifferentiated	0.420		0 0 z	7		0.458	0.000	
18:4g	0.000	•	0 Z	,		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated	0 140		0	1		0.150	0.567	
20:4 undifferentiatedg	0.140					0.153	0.567	
20:5 n-3g	0.010		0	1		0.011	0.041	
22:5 n-3g	0.030		0	1		0.033	0.122	
22:6 n-3g	0.000	1	0	4		0.000	0.000	
Fatty acids, total trans9			_					
Cholesterol mg	76		0	4		83	308	
Phytosterolsmg								
mino Acids:								
Tryptophang	0.288		0	1		0.314	1.166	
Threonineg	0.945		0	1		1.030	3.827	
Isoleucineg	1.013		0	1		1.104	4.103	
Leucineg	1.613		0	1		1.758	6.533	
Lysineg	1.645		0	1		1.793	6.662	
Methionineg	0.591		0	1		0.644	2.394	
Cystineg	0.340		0	1		0.371	1.377	
Phenylalanineg	0.826		0	1		0.900	3.345	
Tyrosineg	0.849		0	1		0.925	3.438	
Valineg	1.033	1	0	1		1.126	4.184	
Arginineg	1.279		0	1		1.394	5.180	
Histidineg	0.696	i	0	1		0.759	2.819	
Alanineg	1.260		0	1		1.373	5.103	
Aspartic acidg	1.652	!	0	1		1.801	6.691	
Glutamic acid9	2.530)	0	1		2.758	10.247	
Glycine9	1.542	!	0	1		1.681	6.245	
Prolineg	0.866	;	0	1		0.944	3.507	
Serineg	0.937	•	0	1		1.021	3.795	
Hydroxyproline								
thers:								
Alcohol, ethyl	0.0		0 z	7		0.0	0.0	
Caffeine mg	2.0			•			•••	
Theobromine mg								

Common Measures:

Measure 1 = 109g: 1 quail

Measure 2 = 405g: 1 unit (yield from 1 lb ready-to cook quail)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 24% 10% bone, 14% skin

		<u>A</u>	mount in 100 gran Numb		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean		a Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		70.03	0.383 18		1		64.43	239.50	
Energy		134	0	NC	4		123	458	
Energy		561			4		516	1917	
Protein (N x 6.25)	_	21.76	0.379 18		1		20.02	74.42	
Total lipid (fat)		4.53	0.472 18		1		4.17	15.49	
Ash		1.32	0.075 18		1		1.21	4.51	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	13	1		1		12	44	
Iron, Fe.		4.51	1		1		4.15	15.42	
Magnesium, Mg	_	25	0		4		23	86	
Phosphorus, P		307	1		1		282	1050	
Potassium, K		237	1		1		218	811	
Sodium, Na	mg	51	1		1		47	174	
Zinc, Zn	mg	2.70	0		4		2.48	9.23	
Copper, Cu	mg	0.594	1		1		0.546	2.031	
Manganese, Mn	mg	0.019			4		0.017	0.065	
Selenium, Se	mcg	17.4	0	BFNN	4		16.0	59.5	
Vitamins:									
Vitamin C, total ascorbic acid	ma	7.2	1		1		6.6	24.6	
Thiamin	_	0.283			1		0.260	0.968	
Riboflavin	_	0.285			1		0.262	0.975	
Niacin	_	8.200			1		7.544	28.044	
Pantothenic acid		0.787	0		4		0.724	2.692	
Vitamin B-6		0.530	0		4		0.488	1.813	
Folate, total		7	0		4		6	24	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	7	0		4		6	24	
Folate, DFE		7	0	NC	4		6	24	
Vitamin B-12	mcg	0.47	0		4		0.43	1.61	
Vitamin A, IU	IU	57	0		1		52	195	
Vitamin A, RAE	mcg_RAE	17	0		1		16	59	
Retinol	mcg	17	0		1		16	59	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Ilicg								
Lipids:									
Fatty acids, total saturated	g	1.320	0		1		1.214	4.514	
4:0	g								
6:0	g								
8:0	-								
10:0	_	0.000			4		0.000	0.000	
12:0	-	0.030	0		1		0.028	0.103	
13:0									
14:0		0.030	0		1		0.028	0.103	
15:0		_							
16:0		0.780	0		1		0.718	2.668	
17:0	_						_		
18:0	_	0.460	0		1		0.423	1.573	
20:0	_								
22:0	-								
24:0	g								

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food				
				Number			<u> </u>	easures or roou	•
Nutrients and Uni	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	1 000							
Fatty acids, total monounsaturated		1.280		0	1		1.178	4.378	
14:1	_								
15:1 16:1 undifferentiated	_	0.240		0	1		0.221	0.821	
17:1	-	0.240		U	1		0.221	0.821	
18:1 undifferentiated	_	1.020		0	1		0.938	3.488	
20:1		0.010		0	1		0.009	0.034	
22:1 undifferentiated		0.000		0	4		0.009	0.000	
24:1 c	•	0.000		·	•		2.000	0.000	
Fatty acids, total polyunsaturated		1.170		0	1		1.076	4.001	
18:2 undifferentiated		0.930		0	1		0.856	3.181	
18:3 undifferentiated	-	0.020		0	1		0.018	0.068	
18:4	-								
20:2 n-6 c.c									
20:3 undifferentiated	_								
20:4 undifferentiated	g	0.120		0	1		0.110	0.410	
20:5 n-3	g	0.010		0	1		0.009	0.034	
22:5 n-3	g	0.020		0	1		0.018	0.068	
22:6 n-3		0.000		0	4		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	70		0	4		64	239	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.341		0	1		0.314	1.166	
Threonine	g	1.090		0	1		1.003	3.728	
Isoleucine	g	1.187		0	1		1.092	4.060	
Leucine	g	1.866		0	1		1.717	6.382	
Lysine	g	1.905		0	1		1.753	6.515	
Methionine	g	0.689		0	1		0.634	2.356	
Cystine	g	0.380		0	1		0.350	1.300	
Phenylalanine	g	0.944		0	1		0.868	3.228	
Tyrosine	g	1.010		0	1		0.929	3.454	
Valine	g	1.180		0	1		1.086	4.036	
Arginine	_	1.379		0	1		1.269	4.716	
Histidine	_	0.825		0	1		0.759	2.822	
Alanine		1.341		0	1		1.234	4.586	
Aspartic acid	_	1.814		0	1		1.669	6.204	
Glutamic acid		2.820		0	1		2.594	9.644	
Glycine		1.442		0	1		1.327	4.932	
Proline	-	0.797		0	1		0.733	2.726	
Serine		1.062		0	1		0.977	3.632	
Hydroxyproline	g								

Common Measures:

Measure 1 = 92g: 1 quail

Measure 2 = 342g: 1 unit (yield from 1 lb ready-to cook quail)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g		of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	72.82	0.417	13		1		73.55	109.96		
Energy	kcal	134		0	NC	4		135	202		
Energy	kj	561				4		566	847		
Protein (N x 6.25)	g	21.76	0.405	13		1		21.98	32.86		
Total lipid (fat)	g	4.52	0.231	15		1		4.57	6.83		
Ash	g	1.28	0.039	13		1		1.29	1.93		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Ain analas											
<u>/Iinerals:</u> Calcium, Ca	ma	10		0		4		10	15		
Iron, Fe	_	2.31		0		4		2.33	3.49		
Magnesium, Mg	_	28		0		4		28	42		
Phosphorus, P		228		0		4		230	344		
Potassium, K	_	260		0		4		263	393		
Sodium, Na		55		0		4		56	83		
Zinc, Zn	-	2.70		0		4		2.73	4.08		
Copper, Cu		0.433	1	0		4		0.437	0.654		
Manganese, Mn	<u>mg</u>	0.018		0		4		0.018	0.027		
Selenium, Se	mcg	15.5		0	BFNN	4		15.7	23.4		
itamins:											
Vitamin C, total ascorbic acid	ma	5.1		0		4		5.2	7.7		
Thiamin	_	0.240	1	0		4		0.242	0.362		
Riboflavin		0.243		0		4		0.245	0.367		
Niacin		7.322		23		1		7.395	11.056		
Pantothenic acid		0.787		0		4		0.795	1.188		
Vitamin B-6		0.530		0		4		0.535	0.800		
Folate, total	-	4		0		4		4	6		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		4		4	6		
Folate, DFE		4		0	NC	4		4	6		
Vitamin B-12		0.47		0		4		0.47	0.71		
Vitamin A, IU	IU	57		0		4		58	86		
Vitamin A, RAE	mcg_RAE	17		0		4		17	26		
Retinol		17		0		4		17	26		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	IIICY										
<u> ipids:</u>											
Fatty acids, total saturated	g	1.180)	0		1		1.192	1.782		
4:0	-										
6:0											
8:0											
10:0		0.000		0		4		0.000	0.000		
12:0		0.000	1	0		4		0.000	0.000		
13:0	-			_		_					
14:0	-	0.010	1	1		1		0.010	0.015		
15:0	-			_		_		<u>.</u> .== =			
16:0	-	0.620	1	1		1		0.626	0.936		
17:0	-			_		_					
18:0	-	0.560	1	1		1		0.566	0.846		
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 10		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	a	1.610		0		1		1 606	0.421	
Fatty acids, total monounsaturated		1.610		U				1.626	2.431	
15:1										
16:1 undifferentiated		0.180		1		1		0.182	0.272	
17:1	-	0.100		-		-		0.102	0.272	
18:1 undifferentiated.		1.430		1		1		1.444	2.159	
20:1		0.000		0		4		0.000	0.000	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c		0.000		U		*		0.000	0.000	
Fatty acids, total polyunsaturated		0.960		0		1		0.970	1.450	
18:2 undifferentiated		0.900		1		1		0.626	0.936	
18:3 undifferentiated	_	0.020		0		4		0.020	0.000	
18:4		0.000		Ū		-		0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.140		1		1		0.141	0.211	
20:5 n-3	-	0.140		1		1		0.010	0.015	
20.5 n-3	-	0.010		1		1		0.010	0.015	
		0.020		1		1		0.001	0.030	
22:6 n-3 Fatty acids, total trans		0.020		_		_		0.020	0.030	
Cholesterol	-	90		1		1		91	136	
Phytosterols		90		_		_		91	136	
Phytosterois										
Amino Acids:										
Tryptophan	g	0.341		0		4		0.344	0.515	
Threonine	g	1.090		0		4		1.101	1.646	
Isoleucine	g	1.187		0		4		1.199	1.792	
Leucine	g	1.866		0		4		1.885	2.818	
Lysine	g	1.905		0		4		1.924	2.877	
Methionine	g	0.689		0		4		0.696	1.040	
Cystine	g	0.380		0		4		0.384	0.574	
Phenylalanine		0.944		0		4		0.953	1.425	
Tyrosine	g	1.010		0		4		1.020	1.525	
Valine	g	1.180		0		4		1.192	1.782	
Arginine		1.379		0		4		1.393	2.082	
Histidine	-	0.825		0		4		0.833	1.246	
Alanine		1.341		0		4		1.354	2.025	
Aspartic acid	_	1.814		0		4		1.832	2.739	
Glutamic acid	-	2.820		0		4		2.848	4.258	
Glycine		1.442		0		4		1.456	2.177	
Proline	_	0.797		0		4		0.805	1.203	
Serine		1.062		0		4		1.073	1.604	

Common Measures:

Measure 1 = 101g: 1 breast, bone removed

Measure 2 = 151g: 1 unit (yield rom 1 lb ready-to-cook squab)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 23% Bone

		<u>A</u> 1	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 Uni	its	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	56.60	1.054 3		1		168.10	112.63	
Energy	kcal	294	0	NC	4		873	585	
Energy	kj	1230			4		3653	2448	
Protein (N x 6.25)	g	18.47	0.233 3		1		54.86	36.76	
Total lipid (fat)	g	23.80	1.102 3		1		70.69	47.36	
Ash	g	1.40	0.100 3		1		4.16	2.79	
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g								
Starch									
	_								
Minerals:									
Calcium, Ca	-	12	0		4		36	24	
Iron, Fe		3.54	0		4		10.51	7.04	
Magnesium, Mg		22	0		4		65	44	
Phosphorus, P		248	0		4		737	494	
Potassium, K		199	0		4		591	396	
Sodium, Na		54	0		4		160	107	
Zinc, Zn		2.20	0		4		6.53	4.38	
Copper, Cu	_	0.437			4		1.298	0.870	
Manganese, Mn		0.019			4		0.056	0.038	
Selenium, Se	mcg	13.3	0	PIE	4		39.5	26.5	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		5.2	0		4		15.4	10.3	
Thiamin		0.212			4		0.630	0.422	
Riboflavin		0.224			4		0.665	0.446	
Niacin		6.046			4		17.957	12.032	
Pantothenic acid		0.760			4		2.257	1.512	
Vitamin B-6	-	0.410			4		1.218	0.816	
Folate, total		6	0		4		18	12	
Folic acid	_	0	0	Z	7		0	0	
Folate, food		6	0		4		18	12	
Folate, DFE		6	0	NC	4		18	12	
Vitamin B-12		0.40	0		4		1.19	0.80	
Vitamin A, IU		243	0		4		722	484	
Vitamin A, RAE		73	0		4		217	145	
Retinol		73	0		4		217	145	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	8.430	0		1		25.037	16.776	
4:0	g								
6:0	g								
8:0	g								
10:0	g	0.000	0		4		0.000	0.000	
12:0	g	0.000	0		4		0.000	0.000	
13:0	g								
14:0	g	0.030	0		1		0.089	0.060	
15:0	g								
16:0	g	4.790	0		1		14.226	9.532	
17:0	g								
18:0	-	2.690	0		1		7.989	5.353	
20:0	g								
22:0	g								
24:0	g								

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	9.720		0		1		28.868	19.343	
14:1		3.720		Ū		-		20.000	19.343	
15:1										
16:1 undifferentiated		3.470		0		1		10.306	6.905	
17:1	_									
18:1 undifferentiated		6.260		0		1		18.592	12.457	
20:1		0.000		0		4		0.000	0.000	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		3.070		0		1		9.118	6.109	
18:2 undifferentiated		2.670		0		1		7.930	5.313	
18:3 undifferentiated	-	0.000		0		4		0.000	0.000	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.160		0		1		0.475	0.318	
20:5 n-3	_	0.010		0		1		0.030	0.020	
22:5 n-3	g	0.070		0		1		0.208	0.139	
22:6 n-3		0.020		0		1		0.059	0.040	
Fatty acids, total trans										
Cholesterol	_	95		0		4		282	189	
Phytosterols	mg									
Amino Acids:										
	0	0.268		0		4		0.796	0.533	
Tryptophan Threonine	-	0.288		0		4		2.625	1.759	
Isoleucine	_	0.884		0		4		2.801	1.877	
	_	1.506		0		4		4.473	2.997	
LeucineLvsine	-	1.537		0		4		4.565	3.059	
Methionine		0.552		0		4		1.639	1.098	
	_	0.320		0		4		0.950	0.637	
Cystine		0.773		0		4		2.296	1.538	
Phenylalanine	-	0.773		0		4		2.296	1.538	
Tyrosine	_	0.789		0		4		2.343	1.924	
Valine		1.210		0		4		3.594	2.408	
Arginine Histidine	-	0.647		0		4		1.922	1.288	
Alanine		1.194		0		4		3.546	2.376	
Aspartic acid	_	1.194		0		4		4.624	3.098	
	-	2.378		0		4		7.063	4.732	
Glutamic acid		1.491		0		4		4.428	4.732 2.967	
Proline	_	0.839		0		4		4.428 2.492	1.670	
Proline		0.839		0		4		2.492	1.670	
	_	0.878		U		4		2.000	1./4/	
Hydroxyproline	9									

Common Measures:

Measure 1 = 297g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 199g: 1 squab

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 35% 23% bone, 12% skin

		<u>A</u> 1	mount in 100 grams	ot edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<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
D									
Proximates: Water	a	72.80	1		1		182.73	122.30	
Energy	=	142	0	NC	4		356	239	
Energy		594	·	-1.0	4		1491	998	
Protein (N x 6.25)	=	17.50	1		1		43.93	29.40	
Total lipid (fat)		7.50	1		1		18.83	12.60	
Ash		1.17	1		1		2.94	1.97	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		• • • • • • • • • • • • • • • • • • • •	·	_	•		0.0	0.0	
Starch	_								
Starcii	9								
<u> Minerals:</u>									
Calcium, Ca	-	13	0		4		33	22	
Iron, Fe	-	4.51	0		4		11.32	7.58	
Magnesium, Mg		25	0		4		63	42	
Phosphorus, P	•	307	0		4		771	516	
Potassium, K		237	0		4		595	398	
Sodium, Na		51	0		4		128	86	
Zinc, Zn		2.70	0		4		6.78	4.54	
Copper, Cu		0.594			4		1.491	0.998	
Manganese, Mn		0.019	0 0	DENT	4 4		0.048 33.9	0.032 22.7	
Selenium, Se	flicg	13.5	U	BFNN	4		33.9	22.7	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	7.2	0		4		18.1	12.1	
Thiamin	<u>mg</u>	0.283	3 0		4		0.710	0.475	
Riboflavin	mg	0.285	5 0		4		0.715	0.479	
Niacin	mg	6.860	0.259 23		1		17.219	11.525	
Pantothenic acid	mg	0.787	0		4		1.975	1.322	
Vitamin B-6	mg	0.530	0		4		1.330	0.890	
Folate, total	mcg	7	0		4		18	12	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	7	0		4		18	12	
Folate, DFE		7	0	NC	4		18	12	
Vitamin B-12		0.47	0		4		1.18	0.79	
Vitamin A, IU		94	0		4		236	158	
Vitamin A, RAE		28	0		4		71	47	
Retinol		28	0		4		71	47	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitannii K (priyrioquinone)									
Lipids:									
Fatty acids, total saturated		1.960	0		1		4.920	3.293	
4:0									
6:0									
8:0	-				_		_	_	
10:0		0.000			4		0.000	0.000	
12:0	-	0.000	0		4		0.000	0.000	
13:0	-				_		•		
14:0	-	0.010	0		1		0.025	0.017	
15:0	-	1 000							
16:0	-	1.020	0		1		2.560	1.714	
17:0	-	0 000			4		2 224	1 560	
18:0		0.930	0		1		2.334	1.562	
20:0	-								
22:0	9								

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	2.660		0		1		6.677	4.469		
14:1		2.000		v		-		0.077	4.409		
15:1											
16:1 undifferentiated		0.300		0		1		0.753	0.504		
17:1	-										
18:1 undifferentiated		2.370		0		1		5.949	3.982		
20:1	-	0.000		0		4		0.000	0.000		
22:1 undifferentiated	-	0.000		0		4		0.000	0.000		
24:1 c		2.000		•		-			0.000		
Fatty acids, total polyunsaturated		1.600		0		1		4.016	2.688		
18:2 undifferentiated		1.030		0		1		2.585	1.730		
18:3 undifferentiated	-	0.000		0		4		0.000	0.000		
18:4		0.000		·		-		0.000	0.000		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.220		0		1		0.552	0.370		
20:5 n-3	-	0.010		0		1		0.025	0.017		
22:5 n-3	-	0.090		0		1		0.226	0.151		
22:6 n-3		0.030		0		1		0.075	0.050		
Fatty acids, total trans		0.000		·		_		0.070	0.000		
Cholesterol	-	90		0		4		226	151		
Phytosterols									-0-		
1 11/ 105001015											
Amino Acids:											
Tryptophan	g	0.274		0		4		0.688	0.460		
Threonine	g	0.876		0		4		2.199	1.472		
Isoleucine	g	0.955		0		4		2.397	1.604		
Leucine	g	1.501		0		4		3.768	2.522		
Lysine	g	1.532		0		4		3.845	2.574		
Methionine	g	0.554		0		4		1.391	0.931		
Cystine	g	0.305		0		4		0.766	0.512		
Phenylalanine	g	0.759		0		4		1.905	1.275		
Tyrosine	g	0.812		0		4		2.038	1.364		
Valine	g	0.949		0		4		2.382	1.594		
Arginine	g	1.109		0		4		2.784	1.863		
Histidine	g	0.664		0		4		1.667	1.116		
Alanine	g	1.078		0		4		2.706	1.811		
Aspartic acid	g	1.459		0		4		3.662	2.451		
Glutamic acid	g	2.268		0		4		5.693	3.810		
Glycine		1.159		0		4		2.909	1.947		
Proline	g	0.641		0		4		1.609	1.077		
Serine	g	0.854		0		4		2.144	1.435		
Hydroxyproline	g										

Common Measures:

Measure 1 = 251g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 168g: 1 squab

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</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	85.07	0.217	4		1		204.17	120.80	
Energy	kcal	67		0	NC	4		161	95	
Energy	kj	280				4		673	398	
Protein (N x 6.25)	g	5.88	0.188	4		1		14.11	8.35	
Total lipid (fat)	g	2.63	0.682	4		1		6.31	3.73	
Ash	g	1.81	0.125	4		1		4.34	2.57	
Carbohydrate, by difference	g	4.61		0	NC	4		11.06	6.55	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	14	2.465	4		1		34	20	
Iron. Fe.	-	0.93	0.097	4		1		2.23	1.32	
Magnesium, Mg		8	0.614	4		1		19	11	
Phosphorus, P		81	7.503	4		1		194	115	
Potassium, K	-	61		0		4		146	87	
Sodium, Na	-	554	54.648	4		1		1330	787	
Zinc, Zn	mg	0.70	0.054	4		1		1.68	0.99	
Copper, Cu	mg	0.022	2	0		4		0.053	0.031	
Manganese, Mn	mg	0.005	5	0		4		0.012	0.007	
Selenium, Se	mcg	19.2		0	PAK	1		46.1	27.3	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.024	0.003	4	_	1		0.058	0.034	
Riboflavin		0.127		4		1		0.305	0.180	
Niacin		1.799	0.122	4		1		4.318	2.555	
Pantothenic acid		0.213	3	0		4		0.511	0.302	
Vitamin B-6	mg	0.100	0.002	4		1		0.240	0.142	
Folate, total	mcg	4		0		4		10	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		4		0		4		10	6	
Folate, DFE	mcg_DFE	4		0	NC	4		10	6	
Vitamin B-12		0.24		0		4		0.58	0.34	
Vitamin A, IU		42	12.846	4		1		101	60	
Vitamin A, RAE		13	3.858	4		1		30	18	
Retinol		13	3.858	4		1		30	18	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phylloquillone)	nicg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.850)	0		1		2.040	1.207	
4:0										
6:0	-									
8:0		0 000		^						
10:0		0.000		0		4		0.000	0.000	
12:0		0.000	0.000	4		1		0.000	0.000	
13:0	-	0.030	0.009	4		1		0.072	0.043	
14:0 15:0	-	0.030	, 0.009	4		1		0.072	0.043	
16:0	-	0.540	0.143	4		1		1.296	0.767	
17:0	-	0.540	. 0.143	-		-		1.290	0.767	
18:0	-	0.270	0.080	4		1		0.648	0.383	
20:0	-	0.270	0.000	-		-		3.040	0.505	
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100	grams o	of edible	e portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		f Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.970		0		1		2.328	1.377		
14:1		0.570		Ū		-		2.320	1.377		
15:1											
16:1 undifferentiated		0.110	0.030	4		1		0.264	0.156		
17:1	-	***==*		_		_		*****	***		
18:1 undifferentiated		0.860	0.229	4		1		2.064	1.221		
20:1		0.000		0		4		0.000	0.000		
22:1 undifferentiated	-	0.000		0		4		0.000	0.000		
24:1 c		2.000		•		-			0.000		
Fatty acids, total polyunsaturated		0.470		0		1		1.128	0.667		
18:2 undifferentiated		0.440	0.121	4		1		1.056	0.625		
18:3 undifferentiated	-	0.030	0.012			1		0.072	0.043		
18:4		0.000	0.022	-		_		0.072	0.015		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.000		0		4		0.000	0.000		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.000		0		4		0.000	0.000		
22:6 n-3		0.000		0		4		0.000	0.000		
Fatty acids, total trans		0.000		·		-		0.000	0.000		
Cholesterol	-	18		0		4		43	26		
Phytosterols											
Amino Acids:											
Tryptophan	-	0.067		0		4		0.161	0.095		
Threonine	_	0.262		0		4		0.629	0.372		
Isoleucine	_	0.306		0		4		0.734	0.435		
Leucine	g	0.469		0		4		1.126	0.666		
Lysine	g	0.554		0		4		1.330	0.787		
Methionine	g	0.170		0		4		0.408	0.241		
Cystine	g	0.061		0		4		0.146	0.087		
Phenylalanine	g	0.233		0		4		0.559	0.331		
Tyrosine	g	0.232		0		4		0.557	0.329		
Valine	g	0.312		0		4		0.749	0.443		
Arginine	_	0.410		0		4		0.984	0.582		
Histidine	g	0.183		0		4		0.439	0.260		
Alanine	g	0.364		0		4		0.874	0.517		
Aspartic acid	g	0.571		0		4		1.370	0.811		
Glutamic acid	g	0.960		0		4		2.304	1.363		
Glycine	g	0.292		0		4		0.701	0.415		
Proline	g	0.245		0		4		0.588	0.348		
Serine	g	0.262		0		4		0.629	0.372		
Hydroxyproline	g										

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 142g: 1 package (net weight, 5 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number of Data	Davis	Sauras	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure
Proximates:										
Water	g	32.60				1		26.73	9.13	5.22
Energy		382				4		313	107	61
Energy	kj	1598				4		1311	448	256
Protein	_	29.60				1		24.27	8.29	4.74
Total lipid (fat)		27.90				1		22.88	7.81	4.46
Ash		6.80		0	NC	4		5.58	1.90	1.09
Carbohydrate, by difference		3.10			NC	4		2.54	0.87	0.50
Fiber, total dietary		0.0				7		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	9				1		7	3	1
Iron, Fe.		2.11				1		1.73	0.59	0.34
Magnesium, Mg		29				1		24	8	5
Phosphorus, P		460				1		377	129	74
Potassium, K	mg	395				1		324	111	63
Sodium, Na	mg	2285				1		1874	640	366
Zinc, Zn		3.03				1		2.48	0.85	0.48
Copper, Cu		0.15	0			4		0.123	0.042	0.02
Manganese, Mn										
Selenium, Se	mcg	25.8		0	BFNN	4		21.2	7.2	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			z	7		0.0	0.0	0.0
Thiamin		0.06	0			4		0.049	0.017	0.01
Riboflavin		0.24	0			4		0.197	0.067	0.03
Niacin	_	3.53	0			4		2.895	0.988	0.56
Pantothenic acid	mg									
Vitamin B-6	mg	0.32	0			4		0.262	0.090	0.05
Folate, total	mcg	9				4		7	3	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		9				4		7	3	1
Folate, DFE	mcg_			0	NC	4		7	3	1
Vitamin B-12	mcg	0.36				4		0.30	0.10	0.06
Vitamin A, IU		0				4		0	0	0
Vitamin A, RAE				0	NC	4		0	0	0
Retinol		0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)		1.03		0	BFSN	4		0.85	0.29	0.17
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		7.1		0	BFSN	4		5.9	2.0	1.1
vitamin K (phynoquinone)	11109	7.1		U	DF SN	-		3.9	2.0	1.1
<u>Lipids:</u>										
Fatty acids, total saturated	g	8.29	4			1		6.801	2.322	1.32
4:0	g	0.00	0			4		0.000	0.000	0.00
6:0		0.00				4		0.000	0.000	0.00
8:0	-	0.00				4		0.000	0.000	0.00
10:0		0.00				4		0.000	0.000	0.00
12:0		0.00	8			4		0.007	0.002	0.00
13:0	-									
14:0		0.23	2			4		0.190	0.065	0.03
15:0	-		_							
16:0		5.52	3			4		4.529	1.546	0.8
17:0			_			_				
18:0	_	1.88	6			4		1.547	0.528	0.3
20:0	-									
22:0										

	<u>Ar</u>	nount 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 monounsaturated	10.899				1		8.937	3.052	1.744	
14:1g										
15:1g										
16:1 undifferentiatedg	1.591				4		1.305	0.445	0.255	
17:1g										
18:1 undifferentiatedg	9.050				4		7.421	2.534	1.448	
20:1g	0.017				4		0.014	0.005	0.003	
22:1 undifferentiatedg	0.017				4		0.014	0.005	0.003	
24:1 cg										
Fatty acids, total polyunsaturated	6.807				1		5.582	1.906	1.089	
18:2 undifferentiatedg	6.059				4		4.968	1.697	0.969	
18:3 undifferentiatedg	0.373				4		0.306	0.104	0.060	
18:4g	0.000				4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.255				4		0.209	0.071	0.041	
20:5 n-3g	0.000				4		0.000	0.000	0.000	
22:5 n-3g	0.025				4		0.021	0.007	0.004	
22:6 n-3g	0.042				4		0.034	0.012	0.007	
Fatty acids, total transg										
Cholesterol mg	98				1		80	27	16	
Phytosterols mg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	0	
Theobromine mg	0		0	z	7		0	0	0	
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000	0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	0.000	
Lycopene mcg	0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthinmcg	0		0	z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 82g: 1 cup pieces

Measure 2 = 28g: 1 oz

Measure 3 = 16g: 1 oz cooked, yield

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

Refuse: 8% Bone

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
				mber				<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
n : .										
Proximates: Water	a	70.91	0.774	7		1		612.66		
Energy	=	126	0.774	0	NC	4		1089		
Energy		527		•		4		4555		
Protein (N x 6.25)		22.16	0.670	18		1		191.46		
Total lipid (fat)		3.46	0.370	18		1		29.89		
Ash		2.06	0.117	5		1		17.80		
Carbohydrate, by difference		0.00		0	z	7		0.00		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total										
Starch										
Minerals:		_				_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9	0.774	16		1 1		78 5.70		
Iron, Fe		0.66 21	0.069 1.749	19 5		1		5.70		
Magnesium, Mg		21 214	1.749	5		1		181 1849		
Phosphorus, P Potassium, K		214	11.968	5 17		1		2143		
Sodium, Na		397	33.514	19		1		3430		
Zinc, Zn		1.53	0.118	5		1		13.22		
Copper, Cu		0.041		5		1		0.354		
Manganese, Mn	-	0.015		0		4		0.130		
Selenium, Se		25.7		0	BFNN	4		222.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0		
Thiamin	-	0.053		17		1		0.458		
Riboflavin		0.133		17		1		1.149		
Niacin		9.067		3		1 4		78.339		
Pantothenic acid		0.489		0 2		4 1		4.225		
Vitamin B-6	_	0.320 5		0		4		2.765		
Folate, total		0		0	z	7		43 0		
Folate, food	-	5		0	2	4		43		
Folate, DFE		5		0	NC	4		43		
Vitamin B-12		0.32		2	NC	1		2.76		
Vitamin A, IU		0		0		1		0		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0		1		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.980		0		1		8.467		
4:0		0.500		·		-		0.407		
6:0										
8:0										
10:0		0.000	ı	0		4		0.000		
12:0		0.010		0		1		0.086		
13:0										
14:0	_	0.020	ı	0		1		0.173		
15:0	_									
16:0	_	0.590	ı	0		1		5.098		
17:0	g									
18:0	g	0.240		0		1		2.074		
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10		of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	1.140		0		1		9.850			
14:1											
15:1	-										
16:1 undifferentiated	-	0.190		0		1		1.642			
17:1											
18:1 undifferentiated		0.920		0		1		7.949			
20:1	_	0.010		0		1		0.086			
22:1 undifferentiated 24:1 c	_	0.010		0		1		0.086			
Fatty acids, total polyunsaturated	g	0.840		0		1		7.258			
18:2 undifferentiated	g	0.680		0		1		5.875			
18:3 undifferentiated	g	0.040		0		1		0.346			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.080		0		1		0.691			
20:5 n-3	g	0.000		0		4		0.000			
22:5 n-3	g	0.010		0		1		0.086			
22:6 n-3	g	0.010		0		1		0.086			
Fatty acids, total trans	g										
Cholesterol	_	42	1.3	12 13		1		363			
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.246		0		1		2.125			
Threonine		0.967		0		1		8.355			
Isoleucine	_	1.116		0		1		9.642			
Leucine	_	1.725		0		1		14.904			
Lysine	_	2.022		0		1		17.470			
Methionine	-	0.623		0		1		5.383			
Cystine		0.245		0		1		2.117			
Phenylalanine		0.867		0		1		7.491			
Tyrosine	_	0.845		0		1		7.301			
Valine	-	1.155		0		1		9.979			
Arginine		1.554		0		1		13.427			
Histidine		0.668		0		1		5.772			
Alanine	-	1.401		0		1		12.105			
Aspartic acid		2.130		0		1		18.403			
Glutamic acid	-	3.542		0		1		30.603			
Glycine		1.287		0		1 1		11.120			
Proline		1.007		0		1		8.700			
Serine	_	0.976		U		1		8.433			
Hydroxyproline	9										

Common Measures:

Measure 1 = 864g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u> e	easures of food	•
			Ψ.		Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.70	0.527	17		1		13.92	20.87	31.81
Energy	kcal	283		0	NC	4		79	119	181
Energy	kj	1184				4		332	497	758
Protein (N x 6.25)	g	14.00	0.121	17		1		3.92	5.88	8.96
Total lipid (fat)	g	18.00	0.196	17		1		5.04	7.56	11.52
Ash		2.60	0.068	17		1		0.73	1.09	1.66
Carbohydrate, by difference		15.70		0	NC	4		4.40	6.59	10.05
Fiber, total dietary	g	0.5		0		4		0.1	0.2	0.3
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	ma	14	0.473	17		1		4	6	9
Iron, Fe		2.20	0.149	17		1		0.62	0.92	1.41
Magnesium, Mg		15		0		4		4	6	10
Phosphorus, P		270	6.219	17		1		76	113	173
Potassium, K		275	6.083	17		1		77	116	176
Sodium, Na	mg	800	40.503	17		1		224	336	512
Zinc, Zn	mg	1.44		0		4		0.40	0.60	0.92
Copper, Cu	mg	0.070		0		4		0.020	0.029	0.04
Manganese, Mn		0.077		0		4		0.022	0.032	0.04
Selenium, Se	mcg	19.9		0	PIE	4		5.6	8.4	12.7
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	-	0.100	0.003	17		1		0.028	0.042	0.06
Riboflavin		0.190		17		1		0.053	0.080	0.12
Niacin		2.300	0.095	17		1		0.644	0.966	1.47
Pantothenic acid	mg	0.520		0		4		0.146	0.218	0.33
Vitamin B-6	mg	0.200		0		4		0.056	0.084	0.12
Folate, total	mcg	28		0	RA	4		8	12	18
Folic acid	mcg	20		0	NC	4		6	8	13
Folate, food		8		0		4		2	3	5
Folate, DFE		42		0	NC	4		12	18	27
Vitamin B-12	mcg	0.22		0		4		0.06	0.09	0.14
Vitamin A, IU		37		0	NC	4		10	15	23
Vitamin A, RAE		11		0	NC	4		3	5	7
Retinol		11		0	NR	4		3	5	7
Vitamin E (alpha-tocopherol)		1.26		0	PIK	4		0.35	0.53	0.81
Tocopherol, beta		0.02		0	PIK	4		0.01	0.01	0.01
Tocopherol, gamma		0.14		0	PIK	4		0.04	0.06	0.09
Tocopherol, delta		0.01		U	PIK	4		0.00	0.00	0.00
Vitamin D Vitamin K (phylloquinone)		21.0		0	PIK	4		5.9	8.8	13.5
Vitamini K (phylioquinone)	9			·		-		0.0	0.0	13.3
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.690		0		4		1.313	1.970	3.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0	-	0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0		0.000		0		4		0.000	0.000	0.00
13:0		=-		_						
14:0	_	0.070		0		4		0.020	0.029	0.04
15:0	-			_						
16:0	-	2.650		0		4		0.742	1.113	1.69
17:0	-	1 0-0		^				0.550		
18:0	_	1.850		0		4		0.518	0.777	1.18
20:0 22:0		0.001		0	PAK	1 1		0.000	0.000	0.00
	П	0.001		0	PAK	7		0.000	0.001	0.00

		<u>Aı</u>	mount in 100			ole portio	<u>n</u>		edible portion of easures of food	of common
Nutrients and L	Inito	Mean		Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and C	Jilles	Mean	Stu. Entit	1 011110		Couc	- Couc	Wedsure i	WedSure 2	Weasure 3
Fatty acids, total monounsaturate	edg	7.470		0		4		2.092	3.137	4.781
14:1										
15:1	-									
16:1 undifferentiated	-	0.080		0		4		0.022	0.034	0.051
17:1				_						
18:1 undifferentiated	-	7.380		0		4		2.066	3.100	4.723
20:1		0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturated		4.710		0		4		1.319	1.978	3.014
18:2 undifferentiated		4.310		0		4		1.207	1.810	2.758
18:3 undifferentiated		0.260		0		4		0.073	0.109	0.166
18:4	-	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c	• • • • • • • • • • • • • • • • • • • •	0.000		Ū		-		0.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated		0.090		0		4		0.025	0.038	0.058
20:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:6 n-3		0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	=	0.000		·		-		0.000	0.000	0.000
Cholesterol		62		0		4		17	26	40
Phytosterols										
-										
Amino Acids:										
Tryptophan		0.167		0		4		0.047	0.070	0.107
Threonine	-	0.598		0		4		0.167	0.251	0.383
Isoleucine		0.716		0		4		0.200	0.301	0.458
Leucine	-	1.116		0		4		0.312	0.469	0.714
Lysine		1.161		0		4		0.325	0.488	0.743
Methionine		0.382		0		4		0.107	0.160	0.244
Cystine		0.174		0		4		0.049	0.073	0.111
Phenylalanine		0.592		0		4		0.166	0.249	0.379
Tyrosine	=	0.541		0		4		0.151	0.227	0.346
Valine		0.740		0		4		0.207	0.311	0.474
Arginine		0.913		0		4		0.256	0.383	0.584
Histidine		0.416		0		4		0.116	0.175	0.266
Alanine		0.800		0		4		0.224	0.336	0.512
Aspartic acid		1.244		0		4		0.348	0.522	0.796
Glutamic acid	-	2.754		0		4		0.771	1.157	1.763
Glycine		0.660		0		4		0.185	0.277	0.422
Proline		0.772		0		4		0.216	0.324	0.494
Serine		0.665		0		4		0.186	0.279	0.426
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	•									
	mea	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	z Z	7		0.000	0.000 0.000	0.000
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
		39		0	NR	4		10.972		25.079
Lutein + zeaxanthin	g	33		U	NK	4		10.312	16.458	25.079

Common Measures:

Measure 1 = 28g: 1 medium slice (approx $3" \times 2" \times 1/4"$)

Measure 2 = 42g: 1 thick slice (approx 3" x 2" x 3/8")

Measure 3 = 64g: 1 patty (2.25 oz)

NDB No. 05292

Turkey patties, breaded, battered, fried

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mbei	r				easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	70.40	0.435	6		1		798.34	199.94	
Energy		120	0.100	0	NC	4		1361	341	
Energy		502		·	2.0	4		5694	1426	
Protein (N x 6.25)		17.60	0.258	6		1		199.58	49.98	
Total lipid (fat)		2.20	0.258	6		1		24.95	6.25	
Ash		3.40	0.129	6		1		38.56	9.66	
Carbohydrate, by difference		6.40		0	NC	4		72.58	18.18	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	1		1		1		11	3	
Iron, Fe		2.10	0.097	6		1		23.81	5.96	
Magnesium, Mg		20		0		4		227	57	
Phosphorus, P	•	158		0		4		1792	449	
Potassium, K		360	4.832	6		1		4082	1022	
Sodium, Na		678	77.630	18		1		7689	1926	
Zinc, Zn		1.91		0		4 4		21.66	5.42	
Copper, Cu		0.088 0.017		0		4		0.998 0.193	0.250 0.048	
Manganese, Mn Selenium, Se		26.5		0	PIE	4		300.5	75.3	
Seiemum, Se	nog	20.5		U	FIE	-		300.3	73.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040	0.003	6		1		0.454	0.114	
Riboflavin	mg	0.120	0.005	6		1		1.361	0.341	
Niacin	mg	4.400	0.129	6		1		49.896	12.496	
Pantothenic acid		0.733	1	0		4		8.312	2.082	
Vitamin B-6		0.380	1	0		4		4.309	1.079	
Folate, total		7		0		4		79	20	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		79	20	
Folate, DFE		7		0	NC	4		79	20	
Vitamin B-12		0.35		0		4		3.97	0.99	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.730)	0		4		8.278	2.073	
4:0										
6:0										
8:0	g									
10:0		0.000)	0		4		0.000	0.000	
12:0	g	0.010)	0		4		0.113	0.028	
13:0	g									
14:0	g	0.010)	0		4		0.113	0.028	
15:0	g									
16:0	g	0.370)	0		4		4.196	1.051	
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	a									

Nutrients and Units Nutrients			<u>Aı</u>	mount in 100		ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3				ı	Number			<u>m</u> e	easures of 1000	
14	Nutrients and Uni	ts	Mean					Measure 1	Measure 2	Measure 3
14										
15-1	3 7	_	0.470		0	4		5.330	1.335	
16-1 undifferentiated.										
17-1			0.070		•			0.704	0 100	
18.1 undifferentiated 9 0.380 0 4 0.113 0.028 20:1 undifferentiated 9 0.010 0 4 0.113 0.028 24:1 c			0.070		U	4		0.794	0.199	
201		-	0 200		•			4 200	1 070	
22.1 midiferentiated					-	_				
24.1 c. 9 0.640 0 4 7.258 1.818 Fatty acids, total polyunsaturated. 9 0.490 0 4 5.557 1.392 18.2 audifferentiated. 9 0.020 0 4 0.227 0.057 18.4 9 0.020 0 4 0.227 0.057 18.4 9 0.020 0 4 0.027 0.057 20.2 nudifferentiated. 9 0.090 0 4 0.000 0.000 20.5 n-3 9 0.010 0 4 0.113 0.028 22.5 n-3 9 0.010 0 4 0.227 0.057 Fatty acids, total rans. 9 0.020 0 4 601 151 Phytosterol. mg 53 0 4 601 151 Typtophan 9 0.200 0 4 2.268 0.568 Threonine. 9 0.		_				_				
Fatty acids, total polyunsaturated 9		•	0.010		0	4		0.113	0.028	
18.2 undifferentiated g 0.490 0 4 5.557 1.392 18.3 undifferentiated g 0.020 0 4 0.227 0.057 18.4 g 0.090 0 4 1.021 0.256 20.3 undifferentiated g 0.090 0 4 0.000 0.000 20.5 n-3 g 0.000 0 4 0.113 0.028 22.5 n-3 g 0.020 0 4 0.13 0.028 22.5 n-3 g 0.020 0 4 601 151 Fatty acids, total rans. g Cholesterol mg 53 0 4 601 151 Phytosterols. mg 53 0 4 2.26 0.557 Amino Acits Tryptophan g 0.200 0 4 2.268 0.568 Threspinam g 0.782 0		-	0.640		•			7.050	1 010	
18:3 undifferentiated										
18:4. 9 20:2 n-6 c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3. 9 3 0.000 0 4 0.000 0.000 22:5 n-3. 9 3 0.010 0 4 0.113 0.028 22:6 n-3. 9 3 0.020 0 4 0.123 0.027 22:6 n-3. 9 3 0.020 0 4 0.227 0.057 Fatty acids, total trans. 9 Cholesterol. mg 53 0 4 601 151 Phytosterols. mg Tryptophan. 9 3 0.200 0 4 2.268 0.568 Threonine. 9 3 0.782 0 4 8.868 2.221 Isoleucine. 9 3 0.915 0 4 10.376 2.599 Lysine. 9 4 10.376 2.599 Lysine. 9 4 1.657 0 4 18.790 4.706 Methionine. 9 9 0.509 0 4 18.790 4.706 Methionine 9 9 0.698 0 4 2.075 0.520 Phenylalamine 9 9 0.698 0 4 7.915 1.982 Tyrytophan 9 9 0.698 0 4 7.915 1.982 Tyrytophan 9 1.627 0 4 10.376 2.599 Phytogram 9 1.637 0 4 18.790 4.706 Methionine 9 1.637 0 4 18.790 4.706 Methionine 9 1.637 0 4 18.790 4.706 Methionine 9 1.638 0 4 7.915 1.982 Tyrosine. 9 1.639 0.698 0 4 7.915 1.982 Tyrosine. 9 1.637 0 4 13.914 3.485 Histidine 9 1.627 0 4 13.914 3.485 Histidine 9 1.638 0 4 6.226 1.559 Alanine. 9 1.089 0 8.72 0 4 8.868 2.221		-				_				
20.2 n-6 c, c.		-	0.020		U	4		0.227	0.057	
20:3 undifferentiated										
20.4 undifferentiated	*	_								
20.5 n-3			0.000		•			1 001	0.056	
22:5 n-3 9 0.010 0 4 0.113 0.028 22:6 n-3 9 0.020 0 4 0.227 0.057 Fatty acids, total trans 9 1 601 151 Phytosterols mg 5 0 4 601 151 Amino Acids: Tryptophan 9 0.200 0 4 2.268 0.568 Threonine 9 0.782 0 4 8.868 2.221 Isoleucine 9 0.915 0 4 10.376 2.599 Leucine 9 1.402 0 4 15.899 3.982 Lysine 9 1.657 0 4 18.790 4.706 Methionine 9 0.183 0 4 5.772 1.446 Cystine 9 0.183 0 4 7.915 1.982 Tyrosine 9 0.698 0 4		-								
22:6 n-3 9 0.020 0 4 0.227 0.057 Fatty acids, total trans 9 53 0 4 601 151 Cholesterol. mg 53 0 4 601 151 Phytosterols. Amino Acids: Tryptophan. 9 0.200 0 4 2.268 0.568 Threonine 9 0.782 0 4 8.868 2.221 Isoleucine 9 0.915 0 4 10.376 2.599 Leucine 9 1.402 0 4 15.899 3.982 Lysine 9 1.657 0 4 18.790 4.706 Methionine 9 0.183 0 4 2.075 0.520 Phenylalanine 9 0.183 0 4 7.915 1.982 Tyrosine 9 0.698 0 4 7.881 1.974					-	=				
Fatty acids, total trans										
Cholesterol mg 53 0 4 601 151 Phytosterols mg 53 0 4 601 151 Amino Acids: Trypophan 9 0.200 0 4 2.268 0.568 Threonine 9 0.782 0 4 8.868 2.221 Isoleucine 9 0.782 0 4 10.376 2.599 Leuine 9 1.402 0 4 15.899 3.982 Lysine 9 1.657 0 4 18.790 4.706 Methionine 9 0.509 0 4 2.075 0.520 Phenylalanine 9 0.698 0 4 7.915 1.982 Tyrosine 9 0.695 0 4 7.881 1.974 Valine 9 0.934 0 4 10.592 2.653 Arginine 9 1.227 <			0.020		0	4		0.227	0.057	
Phytosterols. mg Phytosterols. mg Phytosterols. mg Phytosterols. Phytosterols.	2 /	-								
Amino Acids: Tryptophan 9 0.200 0 4 2.268 0.568 Threonine 9 0.782 0 4 8.868 2.221 Isoleucine 9 0.915 0 4 10.376 2.599 Leucine 9 1.402 0 4 15.899 3.982 Lysine 9 1.657 0 4 18.790 4.706 Methionine 9 0.509 0 4 5.772 1.446 Cystine 9 0.183 0 4 2.075 0.520 Phenylalanine 9 0.698 0 4 7.915 1.982 Tyrosine 9 0.698 0 4 7.881 1.974 Valine 9 0.695 0 4 7.881 1.974 Valine 9 0.549 0 4 10.592 2.653 Arginine 9 1.279 0 4 <t< td=""><td></td><td>_</td><td>53</td><td></td><td>0</td><td>4</td><td></td><td>601</td><td>151</td><td></td></t<>		_	53		0	4		601	151	
Tryptophan g 0.200 0 4 2.268 0.568 Threonine g 0.782 0 4 8.868 2.221 Isoleucine g 0.915 0 4 10.376 2.599 Leucine g 1.402 0 4 15.899 3.982 Lysine g 1.657 0 4 18.790 4.706 Methionine g 0.509 0 4 5.772 1.446 Cystine g 0.183 0 4 2.075 0.520 Phenylalanine g 0.698 0 4 7.915 1.982 Tyrosine g 0.695 0 4 7.881 1.974 Valine g 0.934 0 4 10.592 2.653 Arginine g 1.227 0 4 13.914 3.485 Histidine g 0.549 0 4 6.226 1	Phytosterols	mg								
Tryptophan g 0.200 0 4 2.268 0.568 Threonine g 0.782 0 4 8.868 2.221 Isoleucine g 0.915 0 4 10.376 2.599 Leucine g 1.402 0 4 15.899 3.982 Lysine g 1.657 0 4 18.790 4.706 Methionine g 0.509 0 4 5.772 1.446 Cystine g 0.183 0 4 2.075 0.520 Phenylalanine g 0.698 0 4 7.915 1.982 Tyrosine g 0.695 0 4 7.881 1.974 Valine g 0.934 0 4 10.592 2.653 Arginine g 1.227 0 4 13.914 3.485 Histidine g 0.549 0 4 6.226 1	Amino Acids:									
Threonine g 0.782 0 4 8.868 2.221 Isoleucine g 0.915 0 4 10.376 2.599 Leucine g 1.402 0 4 15.899 3.982 Lysine g 1.657 0 4 18.790 4.706 Methionine g 0.509 0 4 5.772 1.446 Cystine g 0.183 0 4 2.075 0.520 Phenylalanine g 0.698 0 4 7.915 1.982 Tyrosine g 0.695 0 4 7.881 1.974 Valine g 0.695 0 4 10.592 2.653 Arginine g 1.227 0 4 13.914 3.485 Histidine g 0.549 0 4 6.226 1.559 Alanine g 1.089 0 4 19.369 4.8		q	0.200		0	4		2.268	0.568	
Leucine 9 1.402 0 4 15.899 3.982 Lysine 9 1.657 0 4 18.790 4.706 Methionine 9 0.509 0 4 5.772 1.446 Cystine 9 0.183 0 4 2.075 0.520 Phenylalanine 9 0.698 0 4 7.915 1.982 Tyrosine 9 0.695 0 4 7.881 1.974 Valine 9 0.934 0 4 10.592 2.653 Arginine 9 1.227 0 4 13.914 3.485 Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.07	7. ·		0.782		0	4		8.868	2.221	
Leucine 9 1.402 0 4 15.899 3.982 Lysine 9 1.657 0 4 18.790 4.706 Methionine 9 0.509 0 4 5.772 1.446 Cystine 9 0.183 0 4 2.075 0.520 Phenylalanine 9 0.698 0 4 7.915 1.982 Tyrosine 9 0.695 0 4 7.881 1.974 Valine 9 0.934 0 4 10.592 2.653 Arginine 9 1.227 0 4 13.914 3.485 Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.731 0 4 8.290 <	Isoleucine	q	0.915		0	4		10.376	2.599	
Lysine		_	1.402		0	4		15.899		
Methionine. g 0.509 0 4 5.772 1.446 Cystine. g 0.183 0 4 2.075 0.520 Phenylalanine. g 0.698 0 4 7.915 1.982 Tyrosine. g 0.695 0 4 7.881 1.974 Valine. g 0.934 0 4 10.592 2.653 Arginine. g 1.227 0 4 13.914 3.485 Histidine. g 0.549 0 4 6.226 1.559 Alanine. g 1.089 0 4 12.349 3.093 Aspartic acid. g 1.708 0 4 19.369 4.851 Glutamic acid. g 2.870 0 4 32.546 8.151 Glycine. g 0.872 0 4 9.888 2.476 Proline. g 0.731 0 4 8.290 2.076 Serine. g 0.782 0 4 8.868 </td <td></td> <td>_</td> <td></td> <td></td> <td>0</td> <td>4</td> <td></td> <td></td> <td></td> <td></td>		_			0	4				
Cystine 9 0.183 0 4 2.075 0.520 Phenylalanine 9 0.698 0 4 7.915 1.982 Tyrosine 9 0.695 0 4 7.881 1.974 Valine 9 0.934 0 4 10.592 2.653 Arginine 9 1.227 0 4 13.914 3.485 Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221	3	-	0.509		0	4		5.772	1.446	
Phenylalanine. 9 0.698 0 4 7.915 1.982 Tyrosine. 9 0.695 0 4 7.881 1.974 Valine. 9 0.934 0 4 10.592 2.653 Arginine. 9 1.227 0 4 13.914 3.485 Histidine. 9 0.549 0 4 6.226 1.559 Alanine. 9 1.089 0 4 12.349 3.093 Aspartic acid. 9 1.708 0 4 19.369 4.851 Glutamic acid. 9 2.870 0 4 32.546 8.151 Glycine. 9 0.872 0 4 9.888 2.476 Proline. 9 0.731 0 4 8.290 2.076 Serine. 9 0.782 0 4 8.868 2.221					0	4		2.075	0.520	
Tyrosine 9 0.695 0 4 7.881 1.974 Valine 9 0.934 0 4 10.592 2.653 Arginine 9 1.227 0 4 13.914 3.485 Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221	3	_			0	4				
Valine 9 0.934 0 4 10.592 2.653 Arginine 9 1.227 0 4 13.914 3.485 Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221	•	-	0.695		0	4		7.881		
Arginine 9 1.227 0 4 13.914 3.485 Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221						4				
Histidine 9 0.549 0 4 6.226 1.559 Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221					0	4				
Alanine 9 1.089 0 4 12.349 3.093 Aspartic acid 9 1.708 0 4 19.369 4.851 Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221	=					_				
Aspartic acid. 9 1.708 0 4 19.369 4.851 Glutamic acid. 9 2.870 0 4 32.546 8.151 Glycine. 9 0.872 0 4 9.888 2.476 Proline. 9 0.731 0 4 8.290 2.076 Serine. 9 0.782 0 4 8.868 2.221					0	4				
Glutamic acid 9 2.870 0 4 32.546 8.151 Glycine 9 0.872 0 4 9.888 2.476 Proline 9 0.731 0 4 8.290 2.076 Serine 9 0.782 0 4 8.868 2.221						_				
Glycine g 0.872 0 4 9.888 2.476 Proline g 0.731 0 4 8.290 2.076 Serine g 0.782 0 4 8.868 2.221	•				-	_				
Proline g 0.731 0 4 8.290 2.076 Serine g 0.782 0 4 8.868 2.221		-				_				
Serine	-				-	-				
						_				
			5.702		•	-		2.230	2.221	

Common Measures:

Measure 1 = 1134g: 1 box (net weight, 2.5 lb)

Measure 2 = 284g: .25 box (net weight, 0.625 lb)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05296 Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

		<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	
			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	a	67.84	0.798	7		1		91.58	530.51	132.97
Energy		155		0	NC	4		209	1212	304
Energy		649				4		876	5071	1271
Protein (N x 6.25)		21.32	1.043	11		1		28.78	166.72	41.79
Total lipid (fat)		5.78	0.331	11		1		7.80	45.20	11.33
Ash		1.99	0.244	7		1		2.69	15.56	3.90
Carbohydrate, by difference		3.07		0	NC	4		4.14	24.01	6.02
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch										
Minerals:		_	=			_		_	0.5	
Calcium, Ca	-	5	1.847	10		1		7	39	10
Iron, Fe.	_	1.63 22	0.178	11 2		1 1		2.20 30	12.75	3.19
Magnesium, Mg		244	10.020			1			172	43
Phosphorus, P Potassium, K	-	244 298	19.030 19.779	7 11		1		329 402	1908 2330	478 584
Sodium, Na	_	680	82.007	11		1		918	5318	1333
Zinc, Zn		2.54	02.007	2		1		3.43	19.86	4.98
Copper, Cu		0.060)	2		1		0.081	0.469	0.11
Manganese, Mn		0.015		0		4		0.020	0.117	0.02
Selenium, Se		36.5		0	PIE	4		49.3	285.4	71.5
·	_									
Vitamins:				_		_				
Vitamin C, total ascorbic acid		0.0		0		7		0.0	0.0	0.0
Thiamin	_	0.047		11		1		0.063	0.368	0.09
Riboflavin		0.163		11 7		1		0.220	1.275	0.31
Niacin	_	6.271 0.806		1		1 1		8.466	49.039	12.29 1.58
Pantothenic acid Vitamin B-6		0.800		2		1		1.088 0.365	6.303 2.111	0.52
Folate, total	-	5	,	0		4		7	39	10
Folic acid		0		0	z	7		0	0	0
Folate, food		5		0	_	4		7	39	10
Folate, DFE		5		0	NC	4		7	39	10
Vitamin B-12		1.52		2	2.0	1		2.05	11.89	2.98
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.38		0	NR	4		0.52	3.00	0.75
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4		1.0	5.8	1.4
Lipids:										
Fatty acids, total saturated	а	1.900)	0		4		2.565	14.858	3.72
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0	g	0.020		0		4		0.027	0.156	0.03
13:0	-									
14:0	-	0.040)	0		4		0.054	0.313	0.07
15:0	-									
16:0	g	0.960)	0		4		1.296	7.507	1.88
17:0										
18:0	g	0.570)	0		4		0.770	4.457	1.11
20:0	g									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number of Data	Deriv		Confidence		easures of food	•	
Nutrients and	I Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	ratedg	1.200	ı	0		4		1.620	9.384	2.352	
14:1	g										
15:1 16:1 undifferentiated	-	0.170	1	0		4		0.230	1.329	0.333	
17:1	-										
18:1 undifferentiated	=	0.990		0		4		1.337	7.742	1.940	
20:1 22:1 undifferentiated		0.020 0.020		0		4 4		0.027 0.027	0.156 0.156	0.039 0.039	
24:1 c	•	0.020		U		4		0.027	0.156	0.039	
Fatty acids, total polyunsatura		1.660		0		4		2.241	12.981	3.254	
18:2 undifferentiated		1.260		0		4		1.701	9.853	2.470	
18:3 undifferentiated		0.040	ı	0		4		0.054	0.313	0.078	
18:4	g	0.000	1	0		4		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated		0.240		0		4		0.324	1.877	0.470	
20:5 n-3	=	0.000		0		4		0.000	0.000	0.000	
22:5 n-3	-	0.040 0.050		0		4 4		0.054	0.313	0.078 0.098	
22:6 n-3		0.050	'	U		4		0.068	0.391	0.098	
Fatty acids, total trans Cholesterol		53	4.68	9 4		1		72	414	104	
Phytosterols	_	33	4.00			-		12	414	104	
-											
Amino Acids:											
Tryptophan		0.242		0		4		0.327	1.892	0.474	
Threonine	-	0.948		0		4		1.280	7.413	1.858	
Isoleucine	-	1.109		0 0		4 4		1.497 2.292	8.672	2.174	
Leucine	_	1.698 2.009		0		4		2.712	13.278 15.710	3.328 3.938	
Methionine		0.617		0		4		0.833	4.825	1.209	
Cystine		0.222		0		4		0.300	1.736	0.435	
Phenylalanine		0.846		0		4		1.142	6.616	1.658	
Tyrosine		0.843		0		4		1.138	6.592	1.652	
Valine	g	1.132		0		4		1.528	8.852	2.219	
Arginine	g	1.487		0		4		2.007	11.628	2.915	
Histidine	g	0.665	i	0		4		0.898	5.200	1.303	
Alanine	g	1.320	1	0		4		1.782	10.322	2.587	
Aspartic acid	g	2.070		0		4		2.795	16.187	4.057	
Glutamic acid	g	3.479		0		4		4.697	27.206	6.819	
Glycine		1.057		0		4		1.427	8.266	2.072	
Proline	_	0.887		0		4		1.197	6.936	1.739	
Serine		0.948		0		4		1.280	7.413	1.858	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	-	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 135g: 1 cup, chopped or diced Measure 2 = 782g: 1 box (net weight, 1.72 lb) Measure 3 = 196g: .25 box (net weight, 0.43 lb) NDB No. 05296

Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>me</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	49.40	0.333	11		1		31.62		
Energy	kcal	279		0	NC	4		179		
Energy	kj	1167				4		747		
Protein (N x 6.25)	g	14.20	0.172	11		1		9.09		
Total lipid (fat)	g	16.90	0.304	11		1		10.82		
Ash	g	2.50	0.057	11		1		1.60		
Carbohydrate, by difference	g	17.00		0	NC	4		10.88		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	14	1.140	11		1		9		
Iron. Fe.	_	2.20	0.181	11		1		1.41		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	15	- · · · -	0		4		10		
Phosphorus, P		234	22.807	11		1		150		
Potassium, K	_	260	6.652	11		1		166		
Sodium, Na	_	838	28.509	11		1		536		
Zinc, Zn	<u>mg</u>	1.46		0		4		0.93		
Copper, Cu	mg	0.073		0		4		0.047		
Manganese, Mn		0.083	1	0		4		0.053		
Selenium, Se	mcg	20.7		0	BFNN	4		13.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	-	0.100	0.005	11	_	1		0.064		
Riboflavin	-	0.180		11		1		0.115		
Niacin		2.100	0.171	11		1		1.344		
Pantothenic acid		0.533	1	0		4		0.341		
Vitamin B-6	_	0.200	1	0		4		0.128		
Folate, total	mcg	29		0	RA	4		19		
Folic acid		20		0	NC	4		13		
Folate, food	mcg	9		0		4		6		
Folate, DFE	mcg_DFE	43		0	NC	4		28		
Vitamin B-12	mcg	0.23		0		4		0.15		
Vitamin A, IU		40		0		4		26		
Vitamin A, RAE		12		0		4		8		
Retinol		12		0		4		8		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
Lipids:										
Fatty acids, total saturated	g	4.380)	0		4		2.803		
4:0	-									
6:0	_									
8:0										
10:0		0.000		0		4		0.000		
12:0	_	0.000	1	0		4		0.000		
13:0	_	<u> </u>		_						
14:0	_	0.060	1	0		4		0.038		
15:0	_			_						
16:0	_	2.480	1	0		4		1.587		
17:0	_	1 500		^		4		1 101		
18:0	_	1.720	•	0		4		1.101		
20:0	_									
22:0 24:0										

		<u>Aı</u>	mount in 10		Amount in edible portion of common					
				of Data	Deriv	Source	Confidence	<u></u>	<u>easures or 1000</u>	
Nutrients and Uni	ts	Mean	Std. Error	Number <u>measures of food</u> of Data Deriv Source Confidence	Measure 3					
Fatty acids, total monounsaturated	q	6.920		0		4		4.429		
14:1										
15:1	g									
16:1 undifferentiated	g	0.080		0		4		0.051		
17:1	g									
18:1 undifferentiated	g	6.830		0		4		4.371		
20:1	g	0.000		0		4		0.000		
22:1 undifferentiated		0.000		0		4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		4.390				_				
18:2 undifferentiated	-	4.010				_				
18:3 undifferentiated		0.240		0		4		0.154		
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.090								
20:5 n-3	_	0.000				_				
22:5 n-3		0.000								
22:6 n-3		0.000		0		4		0.000		
Fatty acids, total trans	-			•						
Cholesterol		64		U		4		41		
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.170		0		4		0.109		
Threonine	g	0.606		0		4		0.388		
Isoleucine	g	0.726		0		4		0.465		
Leucine	g	1.134		0		4		0.726		
Lysine	g	1.168		0		4		0.748		
Methionine	g	0.387		0		4		0.248		
Cystine	g	0.178		0		4		0.114		
Phenylalanine	g	0.604		0		4		0.387		
Tyrosine	g	0.549		0		4		0.351		
Valine	g	0.751		0		4		0.481		
Arginine	g	0.923		0		4		0.591		
Histidine	g	0.421		0		4		0.269		
Alanine	g	0.808				4				
Aspartic acid	_	1.256		-		-				
Glutamic acid		2.831								
Glycine	-	0.668				-				
Proline		0.798				_				
Serine	-	0.679		0		4		0.435		
Hydroxyproline	g									

Common Measures:

Measure 1 = 64g: 1 stick (2.25 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 13% Bone

		<u>A</u> :	mount in 100 gra	ams of ec	ible portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
			of D	ata Deri	/ Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir	nts Cod	Code	Code	Measure 1	Measure 2	Measure	
Duovimatos										
Proximates: Water	q	70.60		0	1		221.68			
Energy	_	157		0 N			493			
Energy		657			4		2063			
Protein (N x 6.25)		18.80	1.087	7	1		59.03			
Total lipid (fat)		8.54		7	1		26.82			
Ash		2.06		0	1		6.47			
Carbohydrate, by difference		0.00		0 z	7		0.00			
Fiber, total dietary		0.0		0 2			0.0			
Sugars, total										
Starch										
Survin										
Minerals:										
Calcium, Ca	_	8		7	1		25			
Iron, Fe	-	1.51		7	1		4.74			
Magnesium, Mg		17		1	1		53			
Phosphorus, P	-	171		1	1		537			
Potassium, K	_	241		7	1		757			
Sodium, Na		437		7	1		1372			
Zinc, Zn		4.12		1	1		12.94			
Copper, Cu		0.139		1	1		0.436			
Manganese, Mn		0.015 27.9		0 0 BFN	4 N 4		0.047			
Selenium, Se	filicg	27.9		0 BFN	N 4		87.6			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0			
Thiamin		0.083	0.004	6	1		0.261			
Riboflavin		0.255	0.018	6	1		0.801			
Niacin	mg	2.409)	0	4		7.564			
Pantothenic acid	mg	0.812	2	0	4		2.550			
Vitamin B-6	mg	0.230)	0	4		0.722			
Folate, total	mcg	6		0	4		19			
Folic acid		0		0 z	7		0			
Folate, food	mcg	6		0	4		19			
Folate, DFE	mcg_DFE	6		0 NC	4		19			
Vitamin B-12		0.24		0	4		0.75			
Vitamin A, IU	IU	0		0	1		0			
Vitamin A, RAE	mcg_RAE	0		0	1		0			
Retinol		0		0	1		0			
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.650)	0	1		8.321			
4:0										
6:0										
8:0	g									
10:0	-	0.000)	0	4		0.000			
12:0		0.010)	0	1		0.031			
13:0	_									
14:0	-	0.060)	0	1		0.188			
15:0	-									
16:0	g	1.550)	0	1		4.867			
17:0	g									
18:0	-	0.710)	0	1		2.229			
20:0	-									
22:0	-									
24:0	a									

					of edil	ole portio	<u>n</u>	Amount in edible portion of common				
				Number				<u>m</u>	measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	g	2.530		0		1		7.944				
14:1												
15:1	-					_						
16:1 undifferentiated	-	0.400		0		1		1.256				
17:1		2.060		0		1		6 460				
18:1 undifferentiated		0.020		0		1		6.468				
20:1	_			0		1		0.063				
22:1 undifferentiated 24:1 c	_	0.010		U		1		0.031				
Fatty acids, total polyunsaturated	g	2.350		0		1		7.379				
18:2 undifferentiated	g	1.970		0		1		6.186				
18:3 undifferentiated	g	0.100		0		1		0.314				
18:4	g											
20:2 n-6 c,c	g											
20:3 undifferentiated	g											
20:4 undifferentiated	g	0.210		0		1		0.659				
20:5 n-3	g	0.000		0		4		0.000				
22:5 n-3	g	0.030		0		1		0.094				
22:6 n-3	g	0.040		0		1		0.126				
Fatty acids, total trans	_											
Cholesterol	mg	62	5.6	53 6		1		195				
Phytosterols	mg											
Amino Acids:												
Tryptophan	g	0.210		0		1		0.659				
Threonine		0.824		0		1		2.587				
Isoleucine		0.954		0		1		2.996				
Leucine	_	1.471		0		1		4.619				
Lysine	_	1.727		0		1		5.423				
Methionine	_	0.532		0		1		1.670				
Cystine		0.205		0		1		0.644				
Phenylalanine		0.737		0		1		2.314				
Tyrosine	_	0.722		0		1		2.267				
Valine	-	0.984		0		1		3.090				
Arginine		1.317		0		1		4.135				
Histidine		0.571		0		1		1.793				
Alanine	-	1.183		0		1 1		3.715				
Aspartic acid		1.811		0 0		1		5.687				
Glutamic acid	_	3.019				1		9.480				
Glycine	_	1.057 0.838		0 0		1		3.319				
Proline		0.838		0		1		2.631 2.606				
Serine	_	0.830		U		1		2.006				
Hydroxyproline	y											

Common Measures:

Measure 1 = 314g: 1 thigh, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 41% Bone

Nutrients and Units	in edible portion	of common
Nutrients and Units Nutrients Nutrients	measures of food	<u>I</u>
Nutrients and Units		
Walter.	Measure 2	Measure
Walter.		
Energy	151.80	19.70
Energy	637	83
Protein (N x 6 25)	2664	346
Total lipid (fin)	69.67	9.04
Ash.	37.68	4.89
Fiber, total dictary	2.44	0.32
Sugars, total	0.00	0.00
Sarch	0.0	0.0
Minerals:	0.00	0.00
Calcium, Ca. mg 33 0 1 46 Iron, Fe. mg 2.19 0 1 3.07 Magnesium, Mg. mg 22 0 1 31 Phosphorus, P. mg 189 0 1 364 Sodium, Na. mg 73 0 1 564 Sodium, Na. mg 3.92 0 1 0.19 Copper, Cu. mg 0.142 0 1 0.92 Copper, Cu. mg 0.023 0 1 0.032 Selenium, Se. mcg 37.8 0 BFYN 4 52.9 Vitamins: Vitamins: Vitamins: Vitamins: 0 2 7 0.0 Thiamin, mg 0.054 0 1 0.0 Thiamin, mg 0.054 0 1 0.0 Witamin E, total sacorbic acid mg 1.073		
Ealeium, Ca.		
Fron, Fe.	86	11
Magnesium, Mg. mg 22 0 1 31 Phosphons, P. mg 189 0 1 265 Potassium, K. mg 260 0 1 364 Sodium, Na. mg 73 0 1 102 Zine, Zn. mg 3.92 0 1 0.19 Copper, Cu. mg 0.142 0 1 0.032 Selenium, Se. meg 37.8 0 BFYN 4 52.9 Vitamins. 0 BFYN 4 52.9 Vitamin Se. 0 1 0.03 Vitamin Se. 0 2 7 0 0 Vitamin Se. mg 0.054 0 1 0.07 0 1 1 0.07 0 1 1 0.07 0	5.74	0.74
Phosphorus, P. mg 189 0 1 265 Potassium, K. mg 260 0 1 364 Soddum, Na. mg 73 0 1 102 Zinc, Zn. mg 3.92 0 1 5.49 Copper, Cu. mg 0.042 0 1 0.032 Manganese, Mn. mg 0.023 0 1 0.032 Scelenium, Se. mcg 37.8 0 BFYN 4 52.9 Vitamins C, total ascorbic acid mg 0.023 0 BFYN 4 52.9 Vitamins M, mg 0.054 0 2 7 0.0 0 Thiamin. mg 0.054 0 1 0.0 0 Vitamins. mg 0.054 0 1 1 1.1 Pantothenic acid. mg 0.200 0 1 1 1.5 2	5.74	7
Potassium, K.	495	64
Sodium, Na.	681	88
Zinc, Zin.	191	25
Copper, Cu mg 0.142 0 1 0.199 Manganese, Mn mg 0.023 0 1 0.032 Sclenium, Se mcg 37.8 0 BFYN 4 52.9 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 Z 7 0.0 Riboflavin mg 0.054 0 1 0.076 Riboflavin mg 0.04 1 0.076 Riboflavin mg 0.04 1 0.076 Riboflavin mg 0.224 0 1 0.314 Nisain Mg 1.4824 0 1 1 0.314 Nisain Mg 1.4824 0 1 1 1.502 0 1 1 1.502 0 1 1 1.502 0 1 1 1.502 0 1 1 1.502 0 1 1 1.502 0 1 1 1.502 0 1 1 <t< td=""><td>10.27</td><td>1.33</td></t<>	10.27	1.33
Manganese, Mn. mg 0.023 0 1 0.032 Selenium, Se. mcg 37.8 0 BFYN 4 52.9 Vitamins "Vitamins C, lotal ascorbic acid mg 0.0 0 Z 7 0.0 Thiamin mg 0.054 0 1 0.314 Riboflavin mg 0.224 0 1 0.314 Niacin mg 0.242 0 1 4.824 Pantothenic acid mg 1.073 0 1 4.824 Pantothenic acid mg 0.300 0 1 1.502 Vitamin B-6 mg 0.300 0 1 1.1 1.1 Foliate, food. mcg 8 0 1 1 1 Foliate, food. mcg 8 0 Nc 4 1 Vitamin B-12 mcg 8 0 Nc 4 0 Vitamin A, RAE mcg		0.04
Selenium, Se.	0.060	0.00
Vitamin C, total ascorbic acid	99.0	12.9
Vitamin C, total ascorbic acid		
Thiamin		
Riboflavin	0.0 0.141	0.0 0.01
Niacin. mg 3.446 0 1 4.824 Pantohenic acid. mg 1.073 0 1 1.502 Vitamin B-6. mg 0.300 0 1 0.420 Folate, Iodal. mcg 8 0 1 11 Folate, Iodd. mcg 8 0 1 11 Folate, Iodd. mcg 8 0 NC 4 11 Folate, Iodd. mcg 8 0 NC 4 11 Folate, DFE. mcg 0.34 0 NC 4 11 Vitamin B-12. mcg 0.34 0 NC 4 0 Vitamin A, IU. IU 0 NC 4 0 4 Retinol. mcg 0 NR 4 0 8 Vitamin E (alpha-tocopherol). mg 0.59 0 NR 4 0 8 Tocopherol, beta mg 1 <td></td> <td>0.01</td>		0.01
Pantothenic acid. mg 1.073 0 1 1.502 Vitamin B-6 mg 0.300 0 1 0.420 Folate, total. mcg 8 0 1 11 Folate, total. mcg 0 0 2 7 0 Folate, food. mcg 8 0 1 11 11 Folate, DFE mcg 0.34 0 1 0.48 11 Vitamin B-12 mcg 0.34 0 1 0.48 0 1 0 4 0 0 1 0.48 0 0 1 0 4 0 0 4 0 0 4 0 0 4 0 0 4 0		1.17
Vitamin B-6. mg 0.300 0 1 0.420 Folate, total mcg 8 0 1 11 Folic cold. mcg 0 0 2 7 0 Folate, food. mcg 8 0 1 11 Folate, DFE. mcg_DFE 8 0 NC 4 11 Vitamin B-12. mcg 0.34 0 1 0.48 Vitamin A, IU. IU 0 0 NC 4 0 Vitamin A, RAE. mcg_RAE 0 NR 4 0 0 Retinol. mcg 0 NR 4 0 0 0 NR 4 0 0 82 0 0 NR 4 0 0 82 0 0 NR 4 0 0 82 0 0 NR 4 0 0 8 0 NR 4 0 0		0.36
Folate, total		0.10
Folic acid	21	3
Folate, food	0	0
Folate, DFE	21	3
Vitamin B-12 mcg 0.34 0 1 0.48 Vitamin A, IU IU 0 0 1 0 Vitamin A, RAE mcg RAE 0 0 NC 4 0 Retinol mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 0.59 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 0.59 0 NR 4 0 Volamin E (alpha-tocopherol) mg 0.59 0 NR 4 0 Tocopherol, gamma mg 0 NR 4 0.82 Tocopherol, gamma mg 0 0 BFSN 4 6.2 Usinin E (alpha-tocopherol) mg 0 0 BFSN 4 6.2 Lipids: mg 0 0 BFSN 4 6.2 Lipids: Fatty acids, total saturated g 0 0 1 0.000 </td <td>21</td> <td>3</td>	21	3
Vitamin A, IU. IU 0 0 1 0 Vitamin A, RAE mcg_RAE 0 0 NC 4 0 Retinol. mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol). mg 0.59 0 NR 4 0.82 Tocopherol, beta. mg 7 0 NR 4 0.82 Tocopherol, gamma. mg 7 0 NR 4 0.82 Tocopherol, delta. mg 7 0 BFSN 4 6.2 Vitamin D. IU V V V V V V V V V V V C C 2 C <td>0.89</td> <td>0.12</td>	0.89	0.12
Retinol. mcg 0 NR 4 0 Vitamin E (alpha-tocopherol). mg 0.59 0 NR 4 0.82 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. UU Vitamin K (phylloquinone). mcg 4.5 0 BFSN 4 6.2 Lipids: Fatty acids, total saturated. g 4.180 0 1 5.852 4:0. g 0.000 0 1 0.000 6:0. g 0.000 0 1 0.000 8:0. g 0.000 0 1 0.000 10:0. g 0.010 0 1 0.014 13:0. g 0.100 0 1 0.140 15:0. g 2.640 0 1 3.696 17:0. g 1.000 0 1 1.400	0	0
Retinol. mcg 0 NR 4 0 Vitamin E (alpha-tocopherol). mg 0.59 0 NR 4 0.82 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. UU Vitamin K (phylloquinone). mcg 4.5 0 BFSN 4 6.2 Lipids: Fatty acids, total saturated. g 4.180 0 1 5.852 4:0. g 0.000 0 1 0.000 6:0. g 0.000 0 1 0.000 8:0. g 0.000 0 1 0.000 10:0. g 0.000 0 1 0.000 12:0. g 0.010 0 1 0.140 15:0. g 0.100 0 1 3.696 17:0. g 2.640 0 1 1.400	0	0
Tocopherol, beta	0	0
Tocopherol, gamma	1.54	0.20
Tocopherol, delta		
Vitamin D. IU Vitamin K (phylloquinone). mcg 4.5 0 BFSN 4 6.2 Lipids: Fatty acids, total saturated g 4.180 0 1 5.852 4:0. g 0.000 0 1 0.000 6:0. g 0.000 0 1 0.000 8:0. g 0.000 0 1 0.000 10:0. g 0.010 0 1 0.014 13:0. g 0.100 0 1 0.140 15:0. g 2.640 0 1 3.696 17:0. g 1.000 0 1 1.400		
Vitamin K (phylloquinone) mcg 4.5 0 BFSN 4 6.2 Lipids: Fatty acids, total saturated g 4.180 0 1 5.852 4:0 g 0.000 0 1 0.000 6:0 g 0.000 0 1 0.000 8:0 g 0.000 0 1 0.000 10:0 g 0.000 0 1 0.000 12:0 g 0.010 0 1 0.014 13:0 g 14:0 g 0.100 0 1 0.140 15:0 g 16:0 g 2.640 0 1 3.696 17:0 g 18:0 g 1.000 0 1 1.400		
Lipids: Fatty acids, total saturated g 4.180 0 1 5.852 4:0		
Fatty acids, total saturated g 4.180 0 1 5.852 4:0	11.7	1.5
Fatty acids, total saturated g 4.180 0 1 5.852 4:0		
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	10.952	1.42
8:0. g 0.000 0 1 0.000 10:0. g 0.000 0 1 0.000 12:0. g 0.010 0 1 0.014 13:0. g 0.100 0 1 0.140 15:0. g 16:0. g 2.640 0 1 3.696 17:0. g 18:0. g 1.000 0 1 1.400	0.000	0.00
10:0 g 0.000 0 1 0.000 12:0 g 0.010 0 1 0.014 13:0 g 14:0 g 0.100 0 1 0.140 15:0 g 16:0 g 2.640 0 1 3.696 17:0 g 18:0 g 1.000 0 1 1.400	0.000	0.00
12:0 g 0.010 0 1 0.014 13:0 g 14:0 g 0.100 0 1 0.140 15:0 g 16:0 g 2.640 0 1 3.696 17:0 g 18:0 g 1.000 0 1 1.400	0.000	0.00
13:0	0.000	0.00
14:0. g 0.100 0 1 0.140 15:0. g 16:0. g 2.640 0 1 3.696 17:0. g 18:0. g 1.000 0 1 1.400	0.026	0.00
15:0		
16:0	0.262	0.03
17:0g 18:0g 1.000 0 1 1.400		
18:0g 1.000 0 1 1.400	6.917	0.89
20:0g	2.620	0.34
22:0		

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Number					measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	g	5.000		0		1		7.000	13.100	1.700	
15:1 16:1 undifferentiated	g	0.830		0		1		1.162	2.175	0.282	
17:1 18:1 undifferentiated	-	4.050		0		1		5.670	10.611	1.377	
20:1	g	0.020		0		1		0.028	0.052	0.007	
22:1 undifferentiated	-	0.010		0		1		0.014	0.026	0.003	
24:1 cFatty acids, total polyunsaturate		3.700		0		1		5.180	9.694	1.258	
18:2 undifferentiated		3.180		0		1		4.452	8.332	1.081	
18:3 undifferentiated		0.190		0		1		0.266	0.498	0.065	
		0.000		0		1		0.266	0.498	0.000	
18:4	-	0.000		U		_		0.000	0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated	-			•		_					
20:4 undifferentiated	_	0.230		0		1		0.322	0.603	0.078	
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	_	0.030		0		1		0.042	0.079	0.010	
22:6 n-3	g	0.040		0		1		0.056	0.105	0.014	
Fatty acids, total trans	g										
Cholesterol	mg	91		0		1		127	238	31	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.288		0		1		0.403	0.755	0.098	
Threonine	g	1.145		0		1		1.603	3.000	0.389	
Isoleucine	g	1.297		0		1		1.816	3.398	0.441	
Leucine	g	2.028		0		1		2.839	5.313	0.690	
Lysine	g	2.356		0		1		3.298	6.173	0.801	
Methionine	g	0.731		0		1		1.023	1.915	0.249	
Cystine	g	0.304		0		1		0.426	0.796	0.103	
Phenylalanine		1.029		0		1		1.441	2.696	0.350	
Tyrosine		0.978		0		1		1.369	2.562	0.333	
Valine	_	1.365		0		1		1.911	3.576	0.464	
Arginine	_	1.887		0		1		2.642	4.944	0.642	
Histidine		0.778		0		1		1.089	2.038	0.265	
	_			0		1			4.530		
Alanine		1.729						2.421		0.588	
Aspartic acid		2.549		0		1		3.569	6.678	0.867	
Glutamic acid	_	4.171		0		1		5.839	10.928	1.418	
Glycine		1.794		0		1		2.512	4.700	0.610	
Proline	g	1.329		0		1		1.861	3.482	0.452	
Serine	g	1.166		0		1		1.632	3.055	0.396	
Hydroxyproline	g										
Others											
Others:	σ.	0.0		^		7		0 0	0.0		
Alcohol, ethyl		0.0		0	_			0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	<u>mg</u>	0		0	Z	7		0	0	0	
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000	0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	0.000	
•	mcg	0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced Measure 2 = 262g: .5 back, bone removed

Measure 3 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05190

Turkey, all classes, back, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 40% Bone

		<u>A</u>	mount in 100 g	rams of	t edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nui	nber				m	easures of food	_
			of	Data D	eriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	67.78		0		1		244.69	31.86	
Energy	-	196		0	NC	4		708	92	
0,		820		U	NC	4		2960	385	
Energy		18.11		0		1		65.38		
Protein (N x 6.25)				0					8.51	
Total lipid (fat)	-	13.11				1		47.33	6.16	
Ash		0.79		0	_	1		2.85	0.37	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium. Ca	mg	17		0		1		61	8	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	1.63		0		1		5.88	0.77	
Magnesium, Mg	-	18		0		1		65	8	
Phosphorus, P		157		0		1		567	74	
Potassium, K		236		0		1		852	111	
Sodium, Na		66		0		1		238	31	
Zinc, Zn	_	2.67		0		1		9.64	1.25	
Copper, Cu		0.127	7	0		1		0.458	0.060	
Manganese, Mn		0.020		0		1		0.072	0.009	
Selenium, Se		26.4			PAK	1		95.3	12.4	
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.065		0		1		0.235	0.031	
Riboflavin		0.183		0		1		0.661	0.086	
Niacin		2.682		0		1		9.682	1.261	
Pantothenic acid		0.917		0		1		3.310	0.431	
Vitamin B-6	-	0.290)	0		1		1.047	0.136	
Folate, total	mcg	9		0		1		32	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		9		0		1		32	4	
Folate, DFE	mcg_DFE	9		0	NC	4		32	4	
Vitamin B-12	mcg	0.36		0		1		1.30	0.17	
Vitamin A, IU		10		0		1		36	5	
Vitamin A, RAE	mcg_RAE	3		0		1		11	1	
Retinol		3		0		1		11	1	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	3.660)	0		1		13.213	1.720	
4:0				-		-			= = v	
6:0	-									
8:0	-									
10:0	-	0.000)	0		4		0.000	0.000	
12:0		0.010		0		1		0.036	0.005	
13:0								2		
14:0	-	0.100)	0		1		0.361	0.047	
15:0	-			-		=				
16:0	-	2.430)	0		1		8.772	1.142	
17:0	-	2.130		-		-		3.,,2	1.112	
18:0	-	0.820)	0		1		2.960	0.385	
20:0	-	0.020	-	•		-		2.300	0.505	
	-									
22:0	a									

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	4.940		0		1		17.833	2.322	
Fatty acids, total monounsaturated.		4.940		U		-		17.633	2.322	
15:1										
16:1 undifferentiated		0.840		0		1		3.032	0.395	
17:1	-	0.010		·		_		3.002	0.000	
18:1 undifferentiated.		3.990		0		1		14.404	1.875	
20:1		0.010		0		1		0.036	0.005	
22:1 undifferentiated	-	0.010		0		1		0.036	0.005	
24:1 c		5.010		•		-		0.000	0.000	
Fatty acids, total polyunsaturated		3.230		0		1		11.660	1.518	
18:2 undifferentiated		2.830		0		1		10.216	1.330	
18:3 undifferentiated	-	0.180		0		1		0.650	0.085	
18:4								0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.140		0		1		0.505	0.066	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3	-	0.020		0		1		0.072	0.009	
22:6 n-3		0.030		0		1		0.108	0.014	
Fatty acids, total trans										
Cholesterol	-	74		0		1		267	35	
Phytosterols	_									
-										
Amino Acids:						_				
Tryptophan	_	0.195		0		1		0.704	0.092	
Threonine	-	0.777		0		1		2.805	0.365	
Isoleucine	-	0.876		0		1		3.162	0.412	
Leucine	_	1.374		0		1		4.960	0.646	
Lysine		1.592		0		1		5.747	0.748	
Methionine	-	0.495		0		1		1.787	0.233	
Cystine		0.209		0		1		0.754	0.098	
Phenylalanine	-	0.699		0		1		2.523	0.329	
Tyrosine	-	0.660		0		1		2.383	0.310	
Valine		0.926		0		1		3.343	0.435	
Arginine	-	1.288		0		1		4.650	0.605	
Histidine		0.525		0		1		1.895	0.247	
Alanine	-	1.185		0		1		4.278	0.557	
Aspartic acid	_	1.734		0		1		6.260	0.815	
Glutamic acid		2.827		0		1		10.205	1.329	
Glycine	-	1.263		0		1		4.559	0.594	
Proline		0.925		0		1		3.339	0.435	
Serine	-	0.793		0		1		2.863	0.373	
Hydroxyproline	g									

Common Measures:

Measure 1 = 361g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 8% Bone

		<u>A</u>	mount in 100	0 grams	of edil	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.22		0		1		70.81	546.22	
Energy	kcal	189		0	NC	4		212	1633	
Energy	kj	791				4		886	6832	
Protein (N x 6.25)	g	28.71		0		1		32.16	248.05	
Total lipid (fat)	g	7.41		0		1		8.30	64.02	
Ash	g	1.03		0		1		1.15	8.90	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	21		0		1		24	181	
Iron, Fe	-	1.40		0		1		1.57	12.10	
Magnesium, Mg	-	27		0		1		30	233	
Phosphorus, P		210		0		1		235	1814	
Potassium. K.	-	288		0		1		323	2488	
Sodium, Na		63		0		1		71	544	
Zinc, Zn	-	2.03		0		1		2.27	17.54	
Copper, Cu		0.047	7	0		1		0.053	0.406	
Manganese, Mn	mg	0.020	ס	0		1		0.022	0.173	
Selenium, Se	mcg	29.1		0	BFYN	4		32.6	251.4	
Vitamins:										
	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.057	7	0	4	1		0.064	0.492	
Riboflavin		0.03		0		1		0.147	1.132	
Niacin	-	6.365		0		1		7.129	54.994	
Pantothenic acid		0.634		0		1		0.710	5.478	
Vitamin B-6		0.480		0		1		0.538	4.147	
Folate, total		6		0		1		7	52	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		1		7	52	
Folate, DFE		6		0	NC	4		7	52	
Vitamin B-12		0.36		0		1		0.40	3.11	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	-	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	2.100)	0		1		2.352	18.144	
4:0	g									
6:0	-									
8:0	-			_		_		_	_	
10:0	_	0.000		0		4		0.000	0.000	
12:0		0.010	J	0		1		0.011	0.086	
13:0	-	0 05		^		4		0.050	0 400	
14:0	_	0.050	,	0		1		0.056	0.432	
15:0 16:0	-	1.280	n	0		1		1.434	11 050	
17:0	_	1.28	,	U		1		1.434	11.059	
18:0	_	0.500	n	0		1		0.560	4.320	
20:0	-	0.300	•	U		_		3.500	4.320	
22:0	_									
24:0	_									
47.V										

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion of	f common
			N	Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	2.450		0		1		2.744	21.168	
14:1										
15:1		0.400		^		1		0.440	2 456	
16:1 undifferentiated		0.400		0		1		0.448	3.456	
17:1	_	1 000		0		1		0.010	17 107	
18:1 undifferentiated		1.980		0		1		2.218	17.107	
20:1	-	0.010						0.011	0.086	
22:1 undifferentiated	•	0.010		0		1		0.011	0.086	
24:1 c	_	1 000		•				0.015	15 550	
Fatty acids, total polyunsaturated		1.800		0		1		2.016	15.552	
18:2 undifferentiated	_	1.450		0		1		1.624	12.528	
18:3 undifferentiated	_	0.080		0		1		0.090	0.691	
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated		0.160		•				0 170	1 200	
20:4 undifferentiated	_	0.160		0		1 4		0.179	1.382	
20:5 n-3	-	0.000		-		_		0.000	0.000	
22:5 n-3		0.030		0		1		0.034	0.259	
22:6 n-3		0.030		0		1		0.034	0.259	
Fatty acids, total trans	_			•						
Cholesterol	-	74		0		1		83	639	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	а	0.318		0		1		0.356	2.748	
Threonine		1.257		0		1		1.408	10.860	
Isoleucine		1.447		0		1		1.621	12.502	
Leucine	-	2.240		0		1		2.509	19.354	
Lysine	-	2.626		0		1		2.941	22.689	
Methionine	_	0.811		0		1		0.908	7.007	
Cystine		0.313		0		1		0.351	2.704	
Phenylalanine	-	1.126		0		1		1.261	9.729	
Tyrosine	_	1.096		0		1		1.228	9.469	
Valine		1.500		0		1		1.680	12.960	
Arginine	-	2.020		0		1		2.262	17.453	
Histidine		0.868		0		1		0.972	7.500	
Alanine		1.822		0		1		2.041	15.742	
Aspartic acid		2.771		0		1		3.104	23.941	
Glutamic acid		4.597		0		1		5.149	39.718	
Glycine		1.677		0		1		1.878	14.489	
Proline		1.313		0		1		1.471	11.344	
Serine		1.268		0		1		1.420	10.956	
Hydroxyproline		1.200		U		1		1.420	10.930	
11yuloxypioiiiie	9									

Common Measures:

Measure 1 = 112g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 864g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 10% Bone

		<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>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	70.05	C		1		102.27	792.97		
Energy	kcal	157	C	NC	4		229	1777		
Energy		657			4		959	7436		
Protein (N x 6.25)	g	21.89	C		1		31.96	247.79		
Total lipid (fat)	g	7.02	C		1		10.25	79.47		
Ash	g	0.91	C		1		1.33	10.30		
Carbohydrate, by difference	g	0.00	C	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	C	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	13	0		1		19	147		
Iron, Fe	-	1.20	0		1		1.75	13.58		
Magnesium, Mg	-	24	0		1		35	272		
Phosphorus, P		186	0		1		272	2106		
Potassium, K	_	275	0		1		402	3113		
Sodium, Na	_	59	0		1		86	668		
Zinc, Zn	<u>mg</u>	1.57	0		1		2.29	17.77		
Copper, Cu	mg	0.074	1 0		1		0.108	0.838		
Manganese, Mn	mg	0.018	3 0		1		0.026	0.204		
Selenium, Se	mcg	22.4	0	PAK	1		32.7	253.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0		
Thiamin		0.058			1		0.085	0.657		
Riboflavin		0.115			1		0.168	1.302		
Niacin		5.200			1		7.592	58.864		
Pantothenic acid	-	0.621			1		0.907	7.030		
Vitamin B-6		0.480			1		0.701	5.434		
Folate, total	_	7	0		1		10	79		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	7	0		1		10	79		
Folate, DFE	mcg_DFE	7	0	NC	4		10	79		
Vitamin B-12		0.42	0		1		0.61	4.75		
Vitamin A, IU		6	0		1		9	68		
Vitamin A, RAE	mcg_RAE	2	0		1		3	20		
Retinol	mcg	2	0		1		3	20		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	ncg									
Lipids:										
Fatty acids, total saturated	g	1.910	0		1		2.789	21.621		
4:0										
6:0										
8:0										
10:0		0.000			4		0.000	0.000		
12:0	_	0.010	0		1		0.015	0.113		
13:0	_				_					
14:0	_	0.050	0		1		0.073	0.566		
15:0	_	1 000			1		1 054	14 275		
16:0	_	1.270	0		1		1.854	14.376		
17:0	-	0.410) 0		1		0.599	4.641		
18:0 20:0		0.410	, 0		1		0.599	4.641		
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10			ole portio	o <u>n</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and a total management of	a	2.660		0		1		2 004	20 111	
Fatty acids, total monounsaturated 14:1		2.660		U		_		3.884	30.111	
15:1										
16:1 undifferentiated		0.450		0		1		0.657	5.094	
17:1	_	0.430		Ü		-		0.057	3.034	
18:1 undifferentiated		2.150		0		1		3.139	24.338	
20:1		0.010		0		1		0.015	0.113	
22:1 undifferentiated	-	0.010		0		1		0.015	0.113	
24:1 c		0.010		U		1		0.013	0.113	
Fatty acids, total polyunsaturated		1.660		0		1		2.424	18.791	
18:2 undifferentiated		1.410		0		1		2.424	15.961	
18:3 undifferentiated	-	0.090		0		1		0.131	1.019	
18:4		0.030		•		-		0.131	1.015	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.090		0		1		0.131	1.019	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3	-	0.010		0		1		0.015	0.113	
22:6 n-3		0.010		0		1		0.015	0.113	
Fatty acids, total trans		0.010		•		-		0.013	0.113	
Cholesterol	_	65		0		1		95	736	
Phytosterols	_							30	, 55	
-										
Amino Acids:										
Tryptophan	g	0.242		0		1		0.353	2.739	
Threonine	g	0.957		0		1		1.397	10.833	
Isoleucine	g	1.099		0		1		1.605	12.441	
Leucine	g	1.704		0		1		2.488	19.289	
Lysine	g	1.996		0		1		2.914	22.595	
Methionine	g	0.616		0		1		0.899	6.973	
Cystine	g	0.240		0		1		0.350	2.717	
Phenylalanine	g	0.857		0		1		1.251	9.701	
Tyrosine	g	0.832		0		1		1.215	9.418	
Valine	g	1.141		0		1		1.666	12.916	
Arginine	-	1.541		0		1		2.250	17.444	
Histidine	-	0.660		0		1		0.964	7.471	
Alanine	g	1.392		0		1		2.032	15.757	
Aspartic acid	-	2.111		0		1		3.082	23.897	
Glutamic acid		3.497		0		1		5.106	39.586	
Glycine	g	1.299		0		1		1.897	14.705	
Proline	g	1.011		0		1		1.476	11.445	
Serine	g	0.966		0		1		1.410	10.935	
Hydroxyproline	g									

Common Measures:

Measure 1 = 146g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1132g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 37% 27% bone, 10% skin

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Un	ite	Mean			Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3	
Nutrients and On	ils	Weari	Stu. Ellor	Omto		Oodo	Joue	Weasure i	Weasure 2	weasure 3	
Proximates:											
Water	g	63.09		0		1		88.33	57.41		
Energy	kcal	187		0	NC	4		262	170		
Energy	kj	782				4		1095	712		
Protein (N x 6.25)	g	28.57		0		1		40.00	26.00		
Total lipid (fat)	g	7.22		0		1		10.11	6.57		
Ash	g	1.02		0		1		1.43	0.93		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	mg	32		0		1		45	29		
Iron, Fe	mg	2.33		0		1		3.26	2.12		
Magnesium, Mg		24		0		1		34	22		
Phosphorus, P	-	204		0		1		286	186		
Potassium, K		290		0		1		406	264		
Sodium, Na		79		0		1		111	72		
Zinc, Zn		4.46		0		1		6.24	4.06		
Copper, Cu		0.160		0		1		0.224	0.146		
Manganese, Mn		0.023		0	_	1		0.032	0.021		
Selenium, Se	Tricg	40.9	4.175	16	A	1		57.3	37.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.063		0		1		0.088	0.057		
Riboflavin	-	0.248		0		1		0.347	0.226		
Niacin		3.649		0		1 1		5.109	3.321		
Pantothenic acid		1.286 0.360		0		1		1.800 0.504	1.170 0.328		
Vitamin B-6	-	9	,	0		1		13	0.328 8		
Folate, totalFolic acid		0		0	z	7		0	0		
Folate, food		9		0	_	1		13	8		
Folate, DFE		9		0	NC	4		13	8		
Vitamin B-12		0.37		0	-1.0	1		0.52	0.34		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE	mcg RAE	0		0	AS	1		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.64		0	NR	4		0.90	0.58		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		5.5	3.6		
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.420)	0		1		3.388	2.202		
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		0.020)	0		1		0.028	0.018		
13:0											
14:0	-	0.050)	0		1		0.070	0.046		
15:0		<u> </u>		_		_			_		
16:0		1.280)	0		1		1.792	1.165		
17:0	_			_		_		1 000	2 25-		
18:0	_	0.720)	0		1		1.008	0.655		
20:0	_										
22:0	y										

		<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	itedg	1.640		0		1		2.296	1.492	
14:1	_									
15:1 16:1 undifferentiated	_	0.240		0		1		0.336	0.218	
17:1	_	0.240		·		-		0.550	0.210	
18:1 undifferentiated	_	1.350		0		1		1.890	1.229	
20:1	g	0.030		0		1		0.042	0.027	
22:1 undifferentiated	g	0.020		0		1		0.028	0.018	
24:1 c	g									
Fatty acids, total polyunsaturate	edg	2.160		0		1		3.024	1.966	
18:2 undifferentiated		1.750		0		1		2.450	1.593	
18:3 undifferentiated		0.070		0		1		0.098	0.064	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.260		0		1		0.264	0.007	
20:4 undifferentiated 20:5 n-3	_	0.260		0		1		0.364 0.000	0.237 0.000	
20:5 n-3	_	0.040		0		1		0.000	0.000	
22:6 n-3		0.040		0		1		0.034	0.055	
Fatty acids, total trans	_	0.000		•		_		0.004	0.055	
Cholesterol		85		0		1		119	77	
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
,										
Amino Acids:	_					_		0 455		
Tryptophan		0.325		0		1 1		0.455	0.296	
Threonine	_	1.271		0		1		1.779	1.157	
Isoleucine	_	1.485 2.276		0		1		2.079 3.186	1.351 2.071	
Leucine	_	2.693		0		1		3.770	2.451	
Methionine		0.828		0		1		1.159	0.753	
Cystine		0.297		0		1		0.416	0.270	
Phenylalanine		1.134		0		1		1.588	1.032	
Tyrosine		1.129		0		1		1.581	1.027	
Valine	_	1.518		0		1		2.125	1.381	
Arginine	-	1.993		0		1		2.790	1.814	
Histidine	g	0.892		0		1		1.249	0.812	
Alanine	g	1.769		0		1		2.477	1.610	
Aspartic acid	g	2.775		0		1		3.885	2.525	
Glutamic acid	g	4.663		0		1		6.528	4.243	
Glycine	g	1.417		0		1		1.984	1.289	
Proline	_	1.188		0		1		1.663	1.081	
Serine		1.271		0		1		1.779	1.157	
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	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 = 140g: 1 cup, chopped or diced

Measure 2 = 91g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05188

Turkey, all classes, dark meat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05184 Turkey, all classes, dark meat, meat and skin, cooked, roasted

Refuse: 27% Bone

		<u>A</u>	mount in 10			ole portio	<u>n</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	Measure 3	
Proximates:											
Water	_	60.23		0		1		84.32	62.64	486.66	
Energy		221		0	NC	4		309	230	1786	
Energy		925				4		1295	962	7471	
Protein (N x 6.25)		27.49		0		1		38.49	28.59	222.12	
Total lipid (fat)		11.54		0		1		16.16	12.00	93.24	
Ash		0.97		0	_	1		1.36	1.01	7.84	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00	
Starch	9										
Minerals:											
Calcium, Ca	-	33		0		1		46	34	267	
Iron, Fe		2.27		0		1		3.18	2.36	18.34	
Magnesium, Mg		23		0		1		32	24	186	
Phosphorus, P		196		0		1 1		274	204	1584	
Potassium, K		274 76		0 0		1		384 106	285 79	2214 614	
Sodium, NaZinc, Zn		4.16		0		1		5.82	4.33	33.61	
Copper, Cu		0.150	1	0		1		0.210	0.156	1.212	
Manganese, Mn	-	0.023		0		1		0.032	0.024	0.18	
Selenium, Se		37.8		0	BFYN	4		52.9	39.3	305.4	
Vitamins											
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0	
Thiamin		0.058	1	0	2	1		0.081	0.060	0.46	
Riboflavin	-	0.235		0		1		0.329	0.244	1.89	
Niacin		3.530		0		1		4.942	3.671	28.522	
Pantothenic acid		1.160		0		1		1.624	1.206	9.37	
Vitamin B-6		0.320)	0		1		0.448	0.333	2.58	
Folate, total	mcg	9		0		1		13	9	73	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		9		0		1		13	9	73	
Folate, DFE		9		0	NC	4		13	9	73	
Vitamin B-12		0.36		0		1		0.50	0.37	2.91	
Vitamin A, IU		0		0		1		0	0	0	
Vitamin A, RAE		0		0	AS	1		0	0	0	
Retinol		0		0 0	NR	4		0	0	0	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.61		U	NR	4		0.85	0.63	4.92	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		4.2		0	BFSN	4		5.9	4.4	34.0	
I inide:											
Lipids: Fatty acids, total saturated	a	3.490)	0		1		4.886	3.630	28.19	
4:0		0.000		0		1		0.000	0.000	0.000	
6:0		0.000		0		1		0.000	0.000	0.000	
8:0		0.000		0		1		0.000	0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	0.000	
12:0	-	0.010)	0		1		0.014	0.010	0.083	
13:0	_										
14:0		0.080)	0		1		0.112	0.083	0.64	
15:0											
16:0		2.100)	0		1		2.940	2.184	16.96	
17:0	_			_		_					
18:0	-	0.900)	0		1		1.260	0.936	7.272	
20:0	_										
22:0 24:0	_										

		<u>A</u>	mount in 10			ole portio	<u>on</u>	_	edible portion	of common
		<u> </u>	Std. Error	Number of Data	Deriv	Source Code	Confidence Code		easures of food	
Nutrients and	Units	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated Q	3.650	ı	0		1		5.110	3.796	29.492
14:1	g									
15:1 16:1 undifferentiated	-	0.590	ı	0		1		0.826	0.614	4.767
17:1	-									
18:1 undifferentiated	g	2.970		0		1		4.158	3.089	23.998
20:1	g	0.020	1	0		1		0.028	0.021	0.162
22:1 undifferentiated	•	0.020		0		1		0.028	0.021	0.162
24:1 c										
Fatty acids, total polyunsatura		3.090		0		1		4.326	3.214	24.967
18:2 undifferentiated		2.610		0		1		3.654	2.714	21.089
18:3 undifferentiated		0.140		0		1		0.196	0.146	1.131
18:4	=	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated		0.040		•		1		0.226	0.050	1 000
20:4 undifferentiated	=	0.240		0		1		0.336	0.250	1.939
20:5 n-3	=	0.000		0 0		1		0.000	0.000	0.000
22:5 n-3 22:6 n-3	-	0.030		0		1		0.042	0.031	0.242 0.404
	=	0.050		U		1		0.070	0.052	0.404
Fatty acids, total trans		89		0		1		125	93	719
CholesterolPhytosterols	-	69		U		1		125	93	719
Phytosterois										
Amino Acids:										
Tryptophan	g	0.304		0		1		0.426	0.316	2.456
Threonine	g	1.200	1	0		1		1.680	1.248	9.696
Isoleucine	g	1.379	ı	0		1		1.931	1.434	11.142
Leucine	g	2.138		0		1		2.993	2.224	17.275
Lysine	g	2.503	i	0		1		3.504	2.603	20.224
Methionine	g	0.774		0		1		1.084	0.805	6.254
Cystine	g	0.302		0		1		0.423	0.314	2.440
Phenylalanine	g	1.076	i	0		1		1.506	1.119	8.694
Tyrosine	g	1.044		0		1		1.462	1.086	8.436
Valine	-	1.432		0		1		2.005	1.489	11.571
Arginine	g	1.936		0		1		2.710	2.013	15.643
Histidine	g	0.828		0		1		1.159	0.861	6.690
Alanine	g	1.750		0		1		2.450	1.820	14.140
Aspartic acid	g	2.650		0		1		3.710	2.756	21.412
Glutamic acid	g	4.388		0		1		6.143	4.564	35.455
Glycine	g	1.641		0		1		2.297	1.707	13.259
Proline	g	1.274		0		1		1.784	1.325	10.294
Serine	g	1.213	1	0		1		1.698	1.262	9.801
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine	-	0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	J	-		-				-	*	-
		_		_		_				
Carotene, beta		0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 808g: .5 turkey, bone removed

NDB No. 05184

Turkey, all classes, dark meat, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 26% Bone

Proximates:	6.49 2 3 2.50 3.49 0.11 0.00 0.0
Nutrients and Units Mean	6.49 2 3 2.50 3.49 0.11 0.00 0.00
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Mean	6.49 2 3 2.50 3.49 0.11 0.00 0.00
Water.	2 3 2.50 3.49 0.11 0.00 0.0 0.0
Water.	2 3 2.50 3.49 0.11 0.00 0.0 0.0
Energy	2 3 2.50 3.49 0.11 0.00 0.0 0.0
Energy	3 2.50 3.49 0.11 0.00 0.0
Protein (N x 6.25)	2.50 3.49 0.11 0.00 0.0 0.0 9.87 9.87 9.87 9.87
Total lipid (fat)	3.49 0.11 0.00 0.0 0.0 9.87 9.87 9.89
Ash. 9 0.86 0 1 1.31 1.31 1 Carbohydrate, by difference 9 0.00 0 z 7 0.00 Fiber, total dietary. 9 0.0 0 z 7 0.0 Sugars, total 9 Starch 9 ### Carbohydrate, by difference 9 0.00 0 z 7 0.00 ### Carbohydrate, by difference 9 0.00 0 z 7 0.00 ### Carbohydrate, by difference 9 0.00 0 z 7 0.00 ### Carbohydrate, by difference 9 0.00 0 z 1 2.57 0.00 ### Carbohydrate, by difference 9 0.00 1 2.57 0.00 ### Carbohydrate, by difference 9 0.00 1 2.57 0.00 ### Carbohydrate, by difference 9 0.00 1 2.57 0.00 ### Carbohydrate, by difference 9 0.00 1 2.58 199 ### Possphorus, P mg 170 0 1 1 258 199 ### Possphorus, P mg 20 0 1 2.58 199 ### Possphorus, R mg 261 0 0 1 397 300 ### Sodium, Na mg 71 0 1 108 83 ### Zinc, Zn mg 2.95 0 1 1 4.48 30 ### Copper, Cu mg 0.137 0 1 0.208 ### Manganese, Mn mg 0.021 0 PAK 1 0.032 ### Scleinun, Se mcg 26.4 0 PAK 1 0.032 ### Scleinun, Se mcg 26.4 0 PAK 1 0.032 ### Witamin C, total ascorbic acid mg 0.00 0 Z 7 0.00 ### Thiamin. mg 0.000 0 Z 7 0.00 ### Thiamin. mg 0.000 0 I 0.000 ### Thiamin. mg 0.000 ### Thiamin. mg 0.000 0 I 0.000 ### Thiamin. mg 0.00	0.11 0.00 0.0 0.0 9.87 9.87 9.9
Carbohydrate, by difference 9 0.00 0 z 7 0.00 Fiber, total dietary 9 0.0 0 z 7 0.0 Sugars, total 9 8 0 0 z 7 0.0 Starch 9 8 0 1 26 20 20 20 1 2.57 3 2 20 1 2.57 3 2 2 2 1 30 2 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 30 2 2 1 4 4 8	0.00 0.0 0.0 9.87 85 99
Fiber, total dietary 9 0.0 0 z 7 0.0 Sugars, total 9 9 0 0 z 7 0.0 Wineraks: Calcium, Ca mg 17 0 1 26 20 Iron, Fe. mg 1.69 0 1 2.57 1 Magnesium, Mg. mg 20 0 1 30 22 Phosphorus, P. mg 170 0 1 397 306 Sodium, Na. mg 261 0 1 397 306 Sodium, Na. mg 71 0 1 4.48 3 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.032 Selenium, Se. mcg 26.4 0 pAk 1 40.1 33 Vitaminis. W Vitaminin C, total ascorbic acid. mg<	0.0 00 9.87 35 99
Sugars, total 9 9 9 9 9 9 9 9 9	00 .9.87 55 59 35
Starch	.9.87 85 99 59
Minerals: Calcium, Ca mg 17 0 1 26 20 Iron, Fe mg 1.69 0 1 2.57 1 Magnesium, Mg mg 20 0 1 30 23 Phosphorus, P mg 170 0 1 397 306 Potassium, K mg 261 0 1 397 306 Sodium, Na mg 71 0 1 108 85 Zinc, Zn mg 2.95 0 1 0.208 85 Manganese, Mn mg 0.137 0 1 0.208 0.208 Manganese, Mn mg 0.021 0 1 0.032 0.032 Selenium, Se mcg 26.4 0 PAK 1 0.032 Yitamin C, total ascorbic acid mg 0.0 2 7 0.0 0 Thiamin mg 0.073 0 1 0	.9.87 85 99 59
Calcium, Ca. mg 17 0 1 26 20 Iron, Fe. mg 1.69 0 1 2.57 1 Magnesium, Mg. mg 20 0 1 30 23 Phosphorus, P. mg 170 0 1 258 199 Phosphorus, P. mg 170 0 1 397 306 Sodium, Na. mg 261 0 1 108 83 Zinc, Zh. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 Manganese, Mn mg 0.021 0 1 40.1 31 Vitamins: mcg 26.4 0 PAK 1 40.1 31 Vitamins: mcg 26.4 0 PAK 1 40.1 31 Vitamins: mcg 26.4 0 PAK 1 0.0 <td>.9.87 85 99 59</td>	.9.87 85 99 59
Calcium, Ca. mg 17 0 1 26 20 Iron, Fe. mg 1.69 0 1 2.57 1 Magnesium, Mg. mg 20 0 1 30 23 Magnesium, Ng. mg 170 0 1 258 199 Phosphorus, P. mg 170 0 1 397 306 Sodium, K. mg 261 0 1 108 83 Sodium, Na. mg 71 0 1 108 83 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 1 Manganese, Mn mg 0.021 0 1 40.1 31 Vitaminse. Vitaminse. mcg 26.4 0 PAK 1 0.0 Vitaminse. mg 0.073 0 1	.9.87 85 99 59
Magnesium, Mg. mg 20 0 1 30 23 Phosphorus, P. mg 170 0 1 258 199 Potassium, K. mg 261 0 1 397 306 Sodium, Na. mg 71 0 1 108 83 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 Manganese, Mn. mg 0.021 0 1 0.208 Manganese, Mn. mg 0.021 0 1 0.032 Selenium, Se. mcg 26.4 0 PAK 1 40.1 31 Vitamins: Vitaminse. Vitamin C, total ascorbic acid. mg 0.0 2 7 0.0 0 Thiamin. mg 0.073 0 1 0.111 0.111 Riboflavin. mg 0.202 0 <td>85 99 69 85</td>	85 99 69 85
Magnesium, Mg. mg 20 0 1 30 23 Phosphorus, P. mg 170 0 1 258 195 Potassium, K. mg 261 0 1 397 306 Sodium, Na. mg 71 0 1 108 83 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 Manganese, Mn. mg 0.021 0 1 0.032 Selenium, Se. mcg 26.4 0 PAK 1 40.1 31 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.0 2 7 0.0 Thiamin. mg 0.073 0 1 0.111 Riboflavin. mg 0.202 0 1 0.307 Niacin. mg 2.855 <td< td=""><td>99 59 35</td></td<>	99 59 35
Phosphorus, P. mg 170 0 1 258 199 Potassium, K. mg 261 0 1 397 306 Sodium, Na. mg 71 0 1 108 83 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 0.208 Manganese, Mn. mg 0.021 0 1 0.032 0.0032 0.	59 85
Potassium, K. mg 261 0 1 397 306 Sodium, Na. mg 71 0 1 108 83 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 0 Manganese, Mn. mg 0.021 0 1 0.032 0 Selenium, Se. mcg 26.4 0 PAK 1 40.1 33 Vitamins: Vitamins of total ascorbic acid mg 0.0 2 7 0.0 0 1 0.111 1	59 85
Sodium, Na. mg 71 0 1 108 83 Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 Manganese, Mn. mg 0.021 0 1 0.032 Selenium, Se. mcg 26.4 0 PAK 1 40.1 31 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 2 7 0.0 0 1 0.111 1	35
Zinc, Zn. mg 2.95 0 1 4.48 3 Copper, Cu. mg 0.137 0 1 0.208 Manganese, Mn. mg 0.021 0 1 0.032 Selenium, Se. mcg 26.4 0 PAK 1 40.1 31 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.0 2 7 0.0 Thiamin. mg 0.073 0 1 0.111 1 Riboflavin. mg 0.202 0 1 0.307 1 Niacin. mg 0.202 0 1 0.307 1 Pantothenic acid. mg 1.033 0 1 1.570 1 Vitamin B-6. mg 0.320 0 1 0.486 Folica cid. mcg 0 0 1 15 1 Folate, food mcg 10	
Copper, Cu. mg 0.137 0 1 0.208 Manganese, Mn. mg 0.021 0 1 0.032 Selenium, Se. mcg 26.4 0 PAK 1 40.1 31 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 z 7 0.0 Thiamin. mg 0.073 0 1 0.111 Riboflavin. mg 0.202 0 1 0.307 Niacin. mg 0.202 0 1 4.340 5 Pantothenic acid. mg 1.033 0 1 1.570 5 Vitamin B-6. mg 0.320 0 1 0.486 Folate, total. mcg 10 0 1 15 1 Folic acid. mcg 0 0 2 7 0 0 Folate, DFE. mcg 0 0 NC 4	34.69
Manganese, Mn mg 0.021 0 1 0.032 Selenium, Se mcg 26.4 0 PAK 1 40.1 31 Vitamins: Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 Z 7 0.0 Thiamin mg 0.073 0 1 0.111 Riboflavin mg 0.202 0 1 0.307 Niacin mg 0.202 0 1 4.340 3 Pantothenic acid mg 1.033 0 1 1.570 3 Vitamin B-6 mg 0.320 0 1 0.486 3 Folate, total mcg 10 0 1 15 1 Folic acid mcg 0 0 2 7 0 Folate, food mcg 10 0 1 15 1 Vitamin B-12 mcg 0.38 0 1 </td <td>1.611</td>	1.611
Selenium, Se. mcg 26.4 0 PAK 1 40.1 31 /İtamins: Vitamin C, total ascorbic acid. mg 0.0 0 Z 7 0.0 0 1 0.111 0.111 0.111 0.307 0 1 0.307 0.307 0 1 0.307	0.247
Vitamins: Vitamin C, total ascorbic acid	10.5
Vitamin C, total ascorbic acid. mg 0.0 z 7 0.0 Thiamin	
Thiamin mg 0.073 0 1 0.111 Riboflavin mg 0.202 0 1 0.307 Niacin mg 2.855 0 1 4.340 1 Pantothenic acid mg 1.033 0 1 1.570 1 Vitamin B-6 mg 0.320 0 1 0.486 Folate, total mcg 10 0 1 15 1 Folic acid mcg 0 0 2 7 0 0 Folate, food mcg 10 0 1 15 1 Folate, DFE mcg_DFE 10 0 NC 4 15 1 Vitamin B-12 mcg 0.38 0 1 0.58 0 1	0.0
Riboflavin. mg 0.202 0 1 0.307 Niacin. mg 2.855 0 1 4.340 3 Pantothenic acid. mg 1.033 0 1 1.570 3 Vitamin B-6. mg 0.320 0 1 0.486 Folate, total. mcg 10 0 1 15 13 Folic acid. mcg 0 0 2 7 0 7 Folate, food. mcg 10 0 1 15 13 Folate, DFE. mcg_DFE 10 NC 4 15 13 Vitamin B-12. mcg 0.38 0 1 0.58	0.858
Niacin. mg 2.855 0 1 4.340 2 Pantothenic acid. mg 1.033 0 1 1.570 2 Vitamin B-6. mg 0.320 0 1 0.486 Folate, total. mcg 10 0 1 15 1 Folic acid. mcg 0 0 2 7 0 0 1 15 1 Folate, food. mcg 10 0 1 15 1 Folate, DFE. mcg_DFE 10 0 NC 4 15 1 Vitamin B-12. mcg 0.38 0 1 0.58 0	2.376
Pantothenic acid. mg 1.033 0 1 1.570 1 Vitamin B-6. mg 0.320 0 1 0.486 Folate, total. mcg 10 0 1 15 1 Folic acid. mcg 0 0 z 7 0 Folate, food. mcg 10 0 1 15 1 Folate, DFE. mcg_DFE 10 0 NC 4 15 1 Vitamin B-12. mcg 0.38 0 1 0.58	33.575
Vitamin B-6. mg 0.320 0 1 0.486 Folate, total. mcg 10 0 1 15 1: Folic acid. mcg 0 0 z 7 0 Folate, food. mcg 10 0 1 15 1: Folate, DFE. mcg_DFE 10 0 NC 4 15 1: Vitamin B-12. mcg 0.38 0 1 0.58	12.148
Folate, total mcg 10 0 1 15 11 Folic acid. mcg 0 0 z 7 0 Folate, food. mcg 10 0 1 15 11 Folate, DFE. mcg_DFE 10 0 NC 4 15 11 Vitamin B-12. mcg 0.38 0 1 0.58	
Folic acid. mcg 0 z 7 0 Folate, food. mcg 10 0 1 15 1: Folate, DFE. mcg_DFE 10 0 NC 4 15 1: Vitamin B-12. mcg 0.38 0 1 0.58	3.763
Folate, food mcg 10 0 1 15 1: Folate, DFE mcg_DFE 10 0 NC 4 15 1: Vitamin B-12 mcg 0.38 0 1 0.58	
Folate, DFE mcg_DFE 10 0 NC 4 15 1: Vitamin B-12 mcg 0.38 0 1 0.58	0
Vitamin B-12mcg 0.38 0 1 0.58	
71	
	4.47
7. Marini 1. 1, 10	59
· · · · · · · · · · · · · · · · · · ·	L8
	18
Vitamin E (alpha-tocopherol)mg	
Tocopherol, betamg	
Tocopherol, gammamg	
Tocopherol, deltamg	
Vitamin DIU	
Vitamin K (phylloquinone)mcg	
<u>lipids:</u>	
,,	30.341
4:0g	
6:0g	
8:0g	
10:0g 0.000 0 4 0.000	0.000
12:0g 0.010 0 1 0.015	0.118
13:0g	
14:0g 0.060 0 1 0.091	0.706
15:0g	
16:0g 1.610 0 1 2.447	18.934
17:0g	
18:0g 0.630 0 1 0.958	7.409
20:0g	
22:0g	
24:0g	

		<u>A</u> 1	mount in 100		of edib	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	3.000	1	0		1		4.560	35.280	
14:1										
15:1	-	0.500		•				0.760	F 000	
16:1 undifferentiated	-	0.500	1	0		1		0.760	5.880	
17:1		0.420		•						
18:1 undifferentiated		2.430		0		1		3.694	28.577	
20:1	_	0.010		0		1		0.015	0.118	
22:1 undifferentiated		0.010	1	0		1		0.015	0.118	
24:1 c		0.000		•				0.465	0.6.04.5	
Fatty acids, total polyunsaturated		2.280		0		1		3.466	26.813	
18:2 undifferentiated	_	1.950		0		1		2.964	22.932	
18:3 undifferentiated		0.110	1	0		1		0.167	1.294	
18:4	-									
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.150		0		1		0.228	1.764	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3		0.020		0		1		0.030	0.235	
22:6 n-3		0.030	1	0		1		0.046	0.353	
Fatty acids, total trans	-									
Cholesterol	-	72		0		1		109	847	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.209	1	0		1		0.318	2.458	
Threonine		0.826		0		1		1.256	9.714	
Isoleucine	-	0.950		0		1		1.444	11.172	
Leucine	-	1.472		0		1		2.237	17.311	
Lysine	-	1.724		0		1		2.620	20.274	
Methionine	-	0.533		0		1		0.810	6.268	
Cystine	-	0.208		0		1		0.316	2.446	
Phenylalanine		0.741		0		1		1.126	8.714	
Tyrosine	-	0.719		0		1		1.093	8.455	
Valine		0.986		0		1		1.499	11.595	
Arginine	-	1.332		0		1		2.025	15.664	
Histidine	_	0.570		0		1		0.866	6.703	
Alanine		1.204		0		1		1.830	14.159	
Aspartic acid	-	1.824		0		1		2.772	21.450	
Glutamic acid	-	3.021		0		1		4.592	35.527	
Glycine		1.125		0		1		1.710	13.230	
Proline		0.875		0		1		1.330	10.290	
Serine		0.835		0		1		1.330	9.820	
	-	0.833	•	U		1		1.209	9.020	
Hydroxyproline	9									

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1176g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% 26% bone, 10% skin

		<u>A</u>	mount in 100			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Un	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	74.48		0		1		98.31	757.46	
Energy.		125		0	NC	4		165	1271	
Energy		523		-		4		690	5319	
Protein (N x 6.25)		20.07		0		1		26.49	204.11	
Total lipid (fat)		4.38		0		1		5.78	44.54	
Ash	-	0.93		0		1		1.23	9.46	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_		_				
Calcium, Ca	_	17		0		1		22	173	
Iron, Fe	-	1.75		0		1		2.31	17.80	
Magnesium, Mg	_	22 184		0		1 1		29 243	224 1871	
Phosphorus, P Potassium, K		184 286		0		1		243 378	2909	
Sodium, Na		77		0		1		102	783	
Zinc, Zn		3.22		0		1		4.25	32.75	
Copper, Cu	_	0.147	,	0		1		0.194	1.495	
Manganese, Mn		0.022		0		1		0.029	0.224	
Selenium, Se		28.6	-	0	BFZN	4		37.8	290.9	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.081		0		1		0.107	0.824	
Riboflavin	-	0.221		0		1		0.292	2.248	
Niacin		3.075		0		1		4.059	31.273	
Pantothenic acid		1.155		0		1		1.525	11.746	
Vitamin B-6		0.360)	0		1		0.475	3.661	
Folate, total		11		0	_	1		15	112	
Folic acid		0		0	Z	7		0	0	
Folate, food		11 11		0 0	NC	1 4		15 15	112	
Folate, DFE		0.40		0	NC	1		0.53	112 4.07	
Vitamin B-12 Vitamin A, IU		0.40		0		1		0.53	4.07	
Vitamin A, IUVitamin A, RAE	med DAE	0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)		Ü		Ū		-		Ü	O	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	0	1.470	,	0		1		1.940	14.950	
Fatty acids, total saturated		1.4/0	,	U		_		1.940	14.950	
4:0 6:0										
8:0										
10:0	_	0.000)	0		4		0.000	0.000	
12:0	-	0.010		0		1		0.013	0.102	
13:0	-			-						
14:0	-	0.030)	0		1		0.040	0.305	
15:0										
16:0		0.770)	0		1		1.016	7.831	
17:0										
18:0	g	0.440)	0		1		0.581	4.475	
20:0	g									
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 100 gran		<u>on</u>	Amount in edible portion of common measures of food			
			Numb		0	Confidence	<u></u>	<u>easures or 1000</u>	
Nutrients and Uni	ts	Mean	Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	0.990	0		1		1.307	10.068	
14:1									
15:1	g								
16:1 undifferentiated	-	0.150	0		1		0.198	1.526	
17:1	_								
18:1 undifferentiated		0.820			1		1.082	8.339	
20:1	-	0.020			1		0.026	0.203	
22:1 undifferentiated	_	0.010	0		1		0.013	0.102	
24:1 c									
Fatty acids, total polyunsaturated		1.310			1		1.729	13.323	
18:2 undifferentiated		1.060			1		1.399	10.780	
18:3 undifferentiated	-	0.040	0		1		0.053	0.407	
18:4	_								
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated	_	0.160			1		0.211	1.627	
20:5 n-3		0.000			4		0.000	0.000	
22:5 n-3		0.020			1		0.026	0.203	
22:6 n-3	_	0.030	0		1		0.040	0.305	
Fatty acids, total trans	_								
Cholesterol		69	0		1		91	702	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.228	0		1		0.301	2.319	
Threonine		0.893	0		1		1.179	9.082	
Isoleucine		1.044	0		1		1.378	10.617	
Leucine		1.600	0		1		2.112	16.272	
Lysine		1.892	0		1		2.497	19.242	
Methionine		0.581	0		1		0.767	5.909	
Cystine		0.209	0		1		0.276	2.126	
Phenylalanine		0.796	0		1		1.051	8.095	
Tyrosine		0.793	0		1		1.047	8.065	
Valine	_	1.067	0		1		1.408	10.851	
Arginine		1.400	0		1		1.848	14.238	
Histidine		0.626			1		0.826	6.366	
Alanine	-	1.243	0		1		1.641	12.641	
Aspartic acid		1.950			1		2.574	19.832	
Glutamic acid		3.276			1		4.324	33.317	
Glycine	-	0.996			1		1.315	10.129	
Proline		0.835			1		1.102	8.492	
Serine		0.893	0		1		1.179	9.082	
Hydroxyproline	-								
Others:	•								
Alcohol, ethyl	a	0.0	0	z	7		0.0	0.0	
Caffeine	_	0.0	v		•		•.•	0.0	
Theobromine	-								

Common Measures:

Measure 1 = 132g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1017g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> :	mount in 100 grams	s of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Numbe	r			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Duranian									
Proximates: Water	а	65.26	0	PAK	1		94.63	6.53	
Energy	=	199	0	PAK			289	20	
Energy		834	0	PAK			1209	83	
Protein (N x 6.25)		20.89	0	PAK			30.29	2.09	
Total lipid (fat)		11.86	0	PAK			17.20	1.19	
Ash		1.18	0	PAK			1.72	0.12	
Carbohydrate, by difference		0.80	0	PIK			1.17	0.08	
Fiber, total dietary		0.0	0	PIK			0.0	0.0	
Sugars, total		0.00	0	PIK			0.00	0.00	
Starch		0.00	· ·		•		0.00	0.00	
Starcii	9								
Minerals:									
Calcium, Ca	-	6	0	PAK	1		9	1	
Iron, Fe	-	7.71	0	PAK	1		11.17	0.77	
Magnesium, Mg	mg	18	0	PAK	1		26	2	
Phosphorus, P	-	231	0	PAK	1		335	23	
Potassium, K	mg	270	0	PAK	1		392	27	
Sodium, Na		64	0	PAK	1		93	6	
Zinc, Zn		3.12	0	PAK	1		4.53	0.31	
Copper, Cu		0.269		PAK	1		0.389	0.027	
Manganese, Mn		0.159		PAK	1		0.231	0.016	
Selenium, Se	mcg	57.9	0	PAK	1		84.0	5.8	
Vitamins:									
Vitamin C, total ascorbic acid	ma	13.7	0	PAK	1		19.9	1.4	
Thiamin		0.027		PAK	1		0.039	0.003	
Riboflavin		1.503		PAK	1		2.179	0.150	
Niacin		6.998		PAK	1		10.147	0.700	
Pantothenic acid	-	2.447		PAK	1		3.549	0.245	
Vitamin B-6		0.581		PAK	1		0.843	0.058	
Folate, total	-	335	. 0	PAK	1		485	33	
Folic acid		0	0	PIK	4		0	0	
Folate, food		335	0	PAK	1		485	33	
Folate, DFE	mca DFF	335	0	NC	4		485	33	
Vitamin B-12		33.25	0	PAK	1		48.21	3.32	
Vitamin A, IU		35790	0	PAK	1		51895	3579	
Vitamin A, RAE		10737	0	AS	1		15569	1074	
Retinol		10737	0	PAK	1		15569	1074	
Vitamin E (alpha-tocopherol)		0.08	0	PAK	1		0.11	0.01	
Tocopherol, beta		0.00	0	PAK	1		0.00	0.00	
Tocopherol, gamma		0.12	0	PAK	1		0.18	0.01	
Tocopherol, delta		0.00	0	PAK	1		0.00	0.00	
Vitamin D		0.00	v		-		0.00	0.00	
Vitamin K (phylloquinone)		0.6	0	PAK	1		0.8	0.1	
viamini it (phyrioquinone)								V	
<u>Lipids:</u>									
Fatty acids, total saturated		3.923		PAK	1		5.688	0.392	
4:0	_	0.000		PIK	4		0.000	0.000	
6:0	-	0.000		PIK	4		0.000	0.000	
8:0	_	0.000		PAK	1		0.000	0.000	
10:0	-	0.000		PAK	1		0.000	0.000	
12:0		0.000	0	PAK	1		0.000	0.000	
13:0	-								
14:0		0.067		PAK	1		0.098	0.007	
15:0	_	0.000		PAK	1		0.000	0.000	
16:0	-	2.731		PAK	1		3.959	0.273	
17:0		0.004		PAK	1		0.005	0.000	
18:0		1.117		PAK	1		1.620	0.112	
20:0	g	0.001	. 0	PAK	1		0.001	0.000	
22:0	g	0.003	0	PAK	1		0.005	0.000	
24:0	g								

						Amount in edible portion of common				
				Number				<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	4.954		0	PAK	1		7.184	0.495	
14:1		0.022		0	PAK	1		0.032	0.002	
15:1	g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated	g	0.618		0	PAK	1		0.896	0.062	
17:1	g									
18:1 undifferentiated	g	4.289		0	PAK	1		6.220	0.429	
20:1	g	0.025		0	PAK	1		0.036	0.002	
22:1 undifferentiated	g	0.000		0	PIK	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated.		1.260		0	PAK	1		1.826	0.126	
18:2 undifferentiated	g	0.996		0	PAK	1		1.445	0.100	
18:3 undifferentiated	g	0.010		0	PAK	1		0.015	0.001	
18:3 n-6 c,c,c	g	0.010		0	PAK	1		0.015	0.001	
18:3i	g									
18:4	g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c	g	0.006		0	PAK	1		0.008	0.001	
20:3 undifferentiated	g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated		0.247		0	PAK	1		0.358	0.025	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3	g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3	g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans	g	0.000		0	PAK	1		0.000	0.000	
Cholesterol	mg	289		0	PAK	1		419	29	
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	PIK	4		0.0	0.0	
Caffeine	-	0.0		0	PIK	4		0.0	0.0	
Theobromine	-	0		0	PIK	4		0	0	
Carotenoids:		v		Ū	EIK	-		Ü	U	
Carotene, beta	mca	0		0	PAK	1		0.000	0.000	
Carotene, alpha		0		0	PAK	1		0.000	0.000	
Cryptoxanthin, beta		0		0	PAK	1		0.000	0.000	
Lycopene		3		0	PAK	1		4.640	0.320	
Lutein + zeaxanthin		0		0	PIK	4		0.000	0.000	

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	73.18		0		1		11.71	178.56		
Energy		129		0	NC	4		21	315		
Energy		540				4		86	1317		
Protein (N x 6.25)		19.36		0		1		3.10	47.24		
Total lipid (fat)		4.20		0		1		0.67	10.25		
Ash		1.16		0		1		0.19	2.83		
Carbohydrate, by difference		2.09		0	NC	4		0.33	5.10		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Ainerals:											
Calcium, Ca	mg	8		0		1		1	20		
Iron, Fe	_	6.84		0		1		1.09	16.69		
Magnesium, Mg	_	19		0		1		3	46		
Phosphorus, P		220		0		1		35	537		
Potassium, K	mg	316		0		1		51	771		
Sodium, Na	mg	87		0		1		14	212		
Zinc, Zn	mg	2.39		0		1		0.38	5.83		
Copper, Cu	mg	0.313	3	0		1		0.050	0.764		
Manganese, Mn	mg	0.157	7	0		1		0.025	0.383		
Selenium, Se	mcg	142.0		0	PIE	4		22.7	346.5		
itamins:											
Vitamin C, total ascorbic acid	ma	3.8		0		1		0.6	9.3		
Thiamin	_	0.076	5	0		1		0.012	0.185		
Riboflavin		1.145		0		1		0.183	2.794		
Niacin		6.327	,	0		1		1.012	15.438		
Pantothenic acid		3.952	2	0		1		0.632	9.643		
Vitamin B-6	-	0.430)	0		1		0.069	1.049		
Folate, total	mcg	342		0		1		55	834		
Folic acid		0		0	z	7		0	0		
Folate, food	mcg	342		0		1		55	834		
Folate, DFE		342		0	NC	4		55	834		
Vitamin B-12		28.39		0		1		4.54	69.27		
Vitamin A, IU		7665		0		1		1226	18703		
Vitamin A, RAE		2302		0		1		368	5616		
Retinol		2302		0		1		368	5616		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Incg										
<u> ipids:</u>											
Fatty acids, total saturated	g	1.260)	0		1		0.202	3.074		
4:0											
6:0	g										
8:0	g										
10:0	g	0.000		0		4		0.000	0.000		
12:0		0.000)	0		1		0.000	0.000		
13:0	g										
14:0	-	0.050)	0		1		0.008	0.122		
15:0	-										
16:0	-	0.690)	0		1		0.110	1.684		
17:0	-							_			
18:0	-	0.390)	0		1		0.062	0.952		
20:0	-										
22:0	g										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty gaids, total management wated	a	0.910		0		1		0.146	2.220		
Fatty acids, total monounsaturated.		0.910		U		1		0.146	2.220		
15:1											
16:1 undifferentiated		0.160		0		1		0.026	0.390		
17:1	-										
18:1 undifferentiated		0.730		0		1		0.117	1.781		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	-	0.000		0		1		0.000	0.000		
24:1 c		2.000		-		-					
Fatty acids, total polyunsaturated		1.030		0		1		0.165	2.513		
18:2 undifferentiated		0.710		0		1		0.114	1.732		
18:3 undifferentiated	-	0.010		0		1		0.002	0.024		
18:4											
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.270		0		1		0.043	0.659		
20:5 n-3	-	0.000		0		4		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	-	282		0		1		45	688		
Phytosterols	_										
-											
Amino Acids:				_		_					
Tryptophan	_	0.225		0		1		0.036	0.549		
Threonine	-	0.877		0		1		0.140	2.140		
Isoleucine	-	0.977		0		1		0.156	2.384		
Leucine	_	1.564		0		1		0.250	3.816		
Lysine	-	1.425		0		1		0.228	3.477		
Methionine	-	0.482		0		1		0.077	1.176		
Cystine		0.258		0		1		0.041	0.630		
Phenylalanine	-	0.881		0		1		0.141	2.150		
Tyrosine	-	0.640		0		1		0.102	1.562		
Valine		1.046		0		1		0.167	2.552		
Arginine	-	1.286		0		1		0.206	3.138		
Histidine		0.457		0		1		0.073	1.115		
Alanine	-	0.970		0		1		0.155	2.367		
Aspartic acid	_	1.818		0		1		0.291	4.436		
Glutamic acid		2.913		0		1		0.466	7.108		
Glycine	-	1.070		0		1		0.171	2.611		
Proline		0.984		0		1		0.157	2.401		
Serine	-	0.843		0		1		0.135	2.057		
Hydroxyproline	g										

Common Measures:

Measure 1 = 16g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 244g: 1 giblets

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		<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	_
			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	61.19	0		1		43.44	334.10	
Energy	kcal	208	0	NC	4		148	1136	
Energy		870			4		618	4752	
Protein (N x 6.25)	g	27.87	0		1		19.79	152.17	
Total lipid (fat)		9.82	0		1		6.97	53.62	
Ash		0.99	0		1		0.70	5.41	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:					_				
Calcium, Ca	-	32	0		1		23	175	
Iron, Fe.		2.30	0		1		1.63	12.56	
Magnesium, Mg		23 199	0		1 1		16	126	
Phosphorus, P	•	199 280	0		1		141 199	1087	
Potassium, K		280 77	0		1		199 55	1529 420	
Sodium, NaZinc, Zn		4.27	0		1		3.03	23.31	
Copper, Cu		0.154			1		0.109	0.841	
Manganese, Mn		0.13			1		0.016	0.126	
Selenium, Se		37.8	0	BFYN			26.8	206.4	
Vitamins:									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1		0.043	0.328	
Riboflavin		0.241			1		0.171	1.316	
Niacin	_	3.561			1		2.528	19.443	
Pantothenic acid		1.205			1		0.856	6.579	
Vitamin B-6	-	0.330			1		0.234	1.802	
Folate, total		9 0	0	z	1 7		6 0	49	
Folic acid		9		z	1		6	0 49	
Folate, food	IIICG	9	0	NC	4		6	49 49	
Folate, DFE		0.36	0	NC	1		0.26	1.97	
Vitamin B-12 Vitamin A, IU		0.36	0		1		0.26	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.62	0	NR	4		0.44	3.38	
Tocopherol, beta		0.02	· ·	2424	•		0.44	3.30	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		4.1	0	BFSN	4		2.9	22.5	
<u>Lipids:</u>	~	2 066					0.172	16 700	
Fatty acids, total saturated		3.060			1 1		2.173	16.708	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0 10:0		0.000			1		0.000 0.000	0.000 0.000	
12:0	-	0.000			1		0.000	0.000	
13:0	-	0.010	. 0		_		0.007	0.055	
14:0	-	0.070	0		1		0.050	0.382	
15:0	-	0.070	. 0		-		0.050	0.362	
16:0	-	1.770	0		1		1.257	9.664	
17:0			•		-		1.257	3.004	
18:0	-	0.820	0		1		0.582	4.477	
20:0	-	0.020	•		-		3.302	*.*/	
22:0	-								
24:0	-								

		<u>A</u>	mount in 100			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	atedg	2.870	ı	0		1		2.038	15.670	
14:1	_									
15:1 16:1 undifferentiated	g	0.460	1	0		1		0.327	2.512	
17:1 18:1 undifferentiated	_	2.340	1	0		1		1.661	12.776	
20:1	g	0.030)	0		1		0.021	0.164	
22:1 undifferentiated	g	0.020)	0		1		0.014	0.109	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	2.720)	0		1		1.931	14.851	
18:2 undifferentiated		2.270		0		1		1.612	12.394	
18:3 undifferentiated	-	0.110		0		1		0.078	0.601	
18:4	_	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.240		0		1		0.170	1.310	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3		0.030		0		1		0.021	0.164	
22:6 n-3	_	0.050)	0		1		0.036	0.273	
Fatty acids, total trans	g									
Cholesterol	_	85		0		1		60	464	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.311		0		1		0.221	1.698	
Threonine		1.225		0		1		0.870	6.689	
Isoleucine	_	1.417		0		1		1.006	7.737	
Leucine	_	2.187		0		1		1.553	11.941	
Lysine	_	2.571		0		1		1.825	14.038	
Methionine		0.793	1	0		1		0.563	4.330	
Cystine		0.300)	0		1		0.213	1.638	
Phenylalanine		1.096	ì	0		1		0.778	5.984	
Tyrosine		1.074		0		1		0.763	5.864	
Valine	_	1.463	1	0		1		1.039	7.988	
Arginine	_	1.956		0		1		1.389	10.680	
Histidine		0.850		0		1		0.604	4.641	
Alanine	_	1.756		0		1		1.247	9.588	
Aspartic acid		2.695		0		1		1.913	14.715	
Glutamic acid		4.486		0		1		3.185	24.494	
Glycine		1.559		0		1		1.107	8.512	
Proline		1.242		0		1		0.882	6.781	
Serine	_	1.233		0		1		0.875	6.732	
Hydroxyproline				-		_				
Others:	······································									
	n	0.0		0		7		0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
Caffeine	-	0		0	z Z	7		0	0	
Theobromine	9	U		U	4	,		U	U	
Carotenoids:		_		_		_				
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 546g: 1 leg, bone removed

NDB No. 05194

Turkey, all classes, leg, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 17% Bone

		<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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	72.69		0		1		76.32	593.15	
Energy	_	144		0	NC	4		151	1175	
Energy		602		ŭ	110	4		633	4916	
Protein (N x 6.25)	=	19.54		0		1		20.52	159.45	
Total lipid (fat)		6.72		0		1		7.06	54.84	
Ash		0.89		0		1		0.93	7.26	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total				·	_	•		0.0	0.0	
Starch	_									
Starch	9									
Minerals:										
Calcium, Ca	-	17		0		1		18	139	
Iron, Fe	-	1.72		0		1		1.81	14.04	
Magnesium, Mg		21		0		1		22	171	
Phosphorus, P	-	177		0		1		186	1444	
Potassium, K	-	273		0		1		287	2228	
Sodium, Na	-	74		0		1		78	604	
Zinc, Zn		3.09	_	0		1		3.24	25.21	
Copper, Cu	-	0.142		0		1		0.149	1.159	
Manganese, Mn		0.022	2	0		1 1		0.023	0.180	
Selenium, Se	Tricg	26.4		U	PAK	1		27.7	215.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.077	7	0		1		0.081	0.628	
Riboflavin	mg	0.211	L	0		1		0.222	1.722	
Niacin	mg	2.947	7	0		1		3.094	24.048	
Pantothenic acid	mg	1.090)	0		1		1.145	8.894	
Vitamin B-6	mg	0.340)	0		1		0.357	2.774	
Folate, total	mcg	10		0		1		11	82	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		10		0		1		11	82	
Folate, DFE	mcg_DFE	10		0	NC	4		11	82	
Vitamin B-12		0.39		0		1		0.41	3.18	
Vitamin A, IU		3		0		1		3	24	
Vitamin A, RAE		1		0		1		1	7	
Retinol		1		0		1		1	7	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	2.060	า	0		1		2.163	16.810	
4:0				ŭ		_		2.200	20.020	
6:0	-									
8:0	-									
10:0	-	0.000)	0		4		0.000	0.000	
12:0		0.010		0		1		0.011	0.082	
13:0										
14:0	-	0.050)	0		1		0.053	0.408	
15:0	-			-						
16:0	-	1.220)	0		1		1.281	9.955	
17:0	-									
18:0	-	0.540)	0		1		0.567	4.406	
20:0	-									
22:0	-									
24:0	-									
	-									

Nutrients and Units M Fatty acids, total monounsaturated	lean 2.060	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
14:1g			0						
14:1g			0						
	0.330				1		2.163	16.810	
15:1g	0.330								
	0.330		_						
16:1 undifferentiatedg			0		1		0.347	2.693	
17:1g									
18:1 undifferentiated	1.680		0		1		1.764	13.709	
20:1g	0.020		0		1		0.021	0.163	
22:1 undifferentiatedg	0.010		0		1		0.011	0.082	
24:1 cg									
Fatty acids, total polyunsaturatedg	1.830		0		1		1.922	14.933	
18:2 undifferentiatedg	1.540		0		1		1.617	12.566	
18:3 undifferentiatedg	0.080		0		1		0.084	0.653	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.150		0		1		0.158	1.224	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.020		0		1		0.021	0.163	
22:6 n-3g	0.030		0		1		0.032	0.245	
Fatty acids, total transg									
Cholesterolmg	71		0		1		75	579	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.219		0		1		0.230	1.787	
Threonineg	0.861		0		1		0.904	7.026	
Isoleucineg	0.998		0		1		1.048	8.144	
Leucineg	1.537		0		1		1.614	12.542	
Lysineg	1.809		0		1		1.899	14.761	
Methionineg	0.557		0		1		0.585	4.545	
Cystineg	0.209		0		1		0.219	1.705	
Phenylalanineg	0.769		0		1		0.807	6.275	
Tyrosineg	0.757		0		1		0.795	6.177	
Valine 9	1.028		0		1		1.079	8.388	
Arginineg	1.370		0		1		1.439	11.179	
Histidine	0.598		0		1		0.628	4.880	
Alanineg	1.228		0		1		1.289	10.020	
Aspartic acidg	1.890		0		1		1.985	15.422	
Glutamic acid. 9	3.152		0		1		3.310	25.720	
Glycineg	1.070		0		1		1.124	8.731	
Proline	0.861		0		1		0.904	7.026	
Serineg	0.866		0		1		0.909	7.067	
Hydroxyproline			•		-			,,,,,,	

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 816g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 26% 14% bone, 12% skin

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>		edible portion of easures of food	of common
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		66.27		0		1		92.78	77.54	
Energy		157		0	NC	4		220	184	
Energy		657				4		920	769	
Protein (N x 6.25)	-	29.90		0		1		41.86	34.98	
Total lipid (fat)	-	3.22		0		1		4.51	3.77	
Ash		1.08		0	_	1		1.51	1.26	
Carbohydrate, by difference	-	0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	19		0		1		27	22	
Iron, Fe	-	1.35		0		1		1.89	1.58	
Magnesium, Mg		28		0		1		39	33	
Phosphorus, P	•	219		0		1		307	256	
Potassium, K	-	305		0		1		427	357	
Sodium, Na		64		0		1		90	75	
Zinc, Zn	-	2.04		0		1		2.86	2.39	
Copper, Cu		0.042		0		1		0.059	0.049	
Manganese, Mn Selenium, Se		0.020 32.1	2.047	0 4 5	A	1 1		0.028 44.9	0.023 37.6	
Seienium, Se	nicg	32.1	2.047	43	A	1		44.9	37.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061		0		1		0.085	0.071	
Riboflavin	-	0.129		0		1		0.181	0.151	
Niacin		6.838		0		1		9.573	8.000	
Pantothenic acid		0.677		0		1		0.948	0.792	
Vitamin B-6		0.540	1	0		1		0.756	0.632	
Folate, total		6		0	_	1		8	7	
Folic acid		0 6		0	Z	7		0 8	0 7	
Folate, foodFolate, DFE		6		0	NC	1 4		8	7	
Vitamin B-12		0.37		0	NC	1		0.52	0.43	
Vitamin A, IU		0.37		0		1		0.32	0.43	
Vitamin A, RAE	mca RAF	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.09		0	NR	4		0.13	0.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	1.030	1	0		1		1.442	1.205	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000)	0		1		0.000	0.000	
10:0	g	0.000	1	0		1		0.000	0.000	
12:0	g	0.010	1	0		1		0.014	0.012	
13:0	g									
14:0	g	0.020	1	0		1		0.028	0.023	
15:0										
16:0		0.470)	0		1		0.658	0.550	
17:0								_		
18:0	_	0.310	1	0		1		0.434	0.363	
20:0	_									
22:0	_									
24:0	g									

		<u>Ar</u>	nount in 10		o <u>n</u>	Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	:dg	0.560		0		1		0.784	0.655	
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.070		0		1		0.098	0.082	
17:1	_			•		_				
18:1 undifferentiated	_	0.460		0		1		0.644	0.538	
20:1	_	0.010		0		1		0.014	0.012	
22:1 undifferentiated	•	0.010		0		1		0.014	0.012	
24:1 c Fatty acids, total polyunsaturated		0.860		0		1		1.204	1.006	
		0.570		0		1		0.798	0.667	
18:2 undifferentiated 18:3 undifferentiated		0.570		0		1		0.798	0.012	
18:4	_	0.010		0		1		0.014	0.012	
	_	0.000		U		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	_									
20:4 undifferentiated	_	0.170		0		1		0.238	0.199	
20:5 n-3		0.000		0		1		0.238	0.000	
20.5 n-3	_	0.000		0		1		0.042	0.000	
		0.030		0		1		0.042	0.035	
22:6 n-3		0.030		U		1		0.042	0.035	
Fatty acids, total trans		69		0		1		97	81	
Phytosterols	-	69		U		1		91	91	
Phytosterois										
Amino Acids:										
Tryptophan	g	0.340		0		1		0.476	0.398	
Threonine	g	1.330		0		1		1.862	1.556	
Isoleucine	g	1.555		0		1		2.177	1.819	
Leucine	g	2.383		0		1		3.336	2.788	
Lysine	g	2.818		0		1		3.945	3.297	
Methionine	g	0.866		0		1		1.212	1.013	
Cystine	g	0.311		0		1		0.435	0.364	
Phenylalanine		1.187		0		1		1.662	1.389	
Tyrosine	g	1.182		0		1		1.655	1.383	
Valine	g	1.588		0		1		2.223	1.858	
Arginine	g	2.086		0		1		2.920	2.441	
Histidine	g	0.933		0		1		1.306	1.092	
Alanine		1.851		0		1		2.591	2.166	
Aspartic acid		2.904		0		1		4.066	3.398	
Glutamic acid		4.880		0		1		6.832	5.710	
Glycine	-	1.483		0		1		2.076	1.735	
Proline		1.244		0		1		1.742	1.455	
Serine	g	1.330		0		1		1.862	1.556	
Hydroxyproline										
	-									
Others:	9	0.0		0		7		0.0	0.0	
Alcohol, ethyl						7			0.0	
Caffeine		0		0 0	Z Z	7		0	0 0	
Theobromine	9	U		U	Z	,		U	U	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05186

Turkey, all classes, light meat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 14% Bone

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	62.83	0		1		87.96	85.45	659.72
Energy	kcal	197	0	NC	4		276	268	2069
Energy	kj	824			4		1154	1121	8655
Protein (N x 6.25)	g	28.57	0		1		40.00	38.86	299.99
Total lipid (fat)	g	8.33	0		1		11.66	11.33	87.47
Ash	g	1.02	0		1		1.43	1.39	10.71
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00	0	Z	7		0.00	0.00	0.00
Starch	g								
Minerals:	ma	01	^		4		20	20	201
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	21 1.41	0		1 1		29 1.97	29 1.92	221
Iron, Fe.	_	26	0		1		1.97 36	1.92 35	14.81 273
Magnesium, Mg Phosphorus, P		208	0		1		36 291	283	2184
Potassium, K	•	208	0		1		399	283 388	2184
,	_	63	0		1		88	86	662
Sodium, NaZinc, Zn		2.04	0		1		2.86	2.77	21.42
Copper, Cu		0.048			1		0.067	0.065	0.50
Manganese, Mn		0.020			1		0.028	0.003	0.30
Selenium, Se		29.1	, 0	BFYN	4		40.7	39.6	305.6
Scientini, Sc	9	23.1	v	2111	•		10.7	33.0	303.0
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.056	5 0		1		0.078	0.076	0.58
Riboflavin	mg	0.132	2 0		1		0.185	0.180	1.38
Niacin	<u>mg</u>	6.289	0		1		8.805	8.553	66.03
Pantothenic acid	mg	0.626	5 0		1		0.876	0.851	6.57
Vitamin B-6	mg	0.470	0		1		0.658	0.639	4.93
Folate, total	mcg	6	0		1		8	8	63
Folic acid	mcg	0	0	Z	7		0	0	0
Folate, food		6	0		1		8	8	63
Folate, DFE		6	0	NC	4		8	8	63
Vitamin B-12		0.35	0		1		0.49	0.48	3.68
Vitamin A, IU		0	0		1		0	0	0
Vitamin A, RAE		0	0	AS	1		0	0	0
Retinol		0	0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	0	NR	4		0.19	0.18	1.41
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			•		_				
Vitamin K (phylloquinone)	mcg	0.0	0	BFZN	4		0.0	0.0	0.1
Lipids:									
Fatty acids, total saturated	g	2.340	0		1		3.276	3.182	24.57
4:0		0.000			1		0.000	0.000	0.00
6:0		0.000	0		1		0.000	0.000	0.00
8:0	-	0.000			1		0.000	0.000	0.00
10:0		0.000			1		0.000	0.000	0.00
12:0	g	0.010	0		1		0.014	0.014	0.10
13:0	-								
14:0	-	0.060	0		1		0.084	0.082	0.63
15:0	-								
16:0	-	1.450	0		1		2.030	1.972	15.22
17:0									
18:0	-	0.550	0		1		0.770	0.748	5.77
20:0	-								
22:0	g								

		<u>A</u> 1	nount in 10		Amount in edible portion of common					
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	2.840		0		1		3.976	3.862	29.820
14:1	g									
15:1 16:1 undifferentiated	-	0.470		0		1		0.658	0.639	4.935
17:1	-	0.470		Ū		-		0.050	0.033	4.555
18:1 undifferentiated		2.290		0		1		3.206	3.114	24.045
20:1	g	0.010		0		1		0.014	0.014	0.105
22:1 undifferentiated	g	0.010		0		1		0.014	0.014	0.105
24:1 c	g									
Fatty acids, total polyunsaturat		2.010		0		1		2.814	2.734	21.105
18:2 undifferentiated		1.640		0		1		2.296	2.230	17.220
18:3 undifferentiated		0.100		0		1		0.140	0.136	1.050
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.160		0		1		0.224	0.218	1.680
20:5 n-3	-	0.000		0		1		0.224	0.218	0.000
20:5 n-3	-	0.030		0		1		0.042	0.041	0.315
22:6 n-3	-	0.030		0		1		0.042	0.041	0.315
Fatty acids, total trans		0.000		·		-		0.042	0.011	0.020
Cholesterol		76		0		1		106	103	798
Phytosterols	_									
Amino Acids:										
	a	0.315		0		1		0.441	0.428	3.308
Tryptophan Threonine		1.247		0		1		1.746	1.696	13.094
Isoleucine	-	1.432		0		1		2.005	1.948	15.034
Leucine	-	2.220		0		1		3.108	3.019	23.310
Lysine	-	2.599		0		1		3.639	3.535	27.290
Methionine		0.803		0		1		1.124	1.092	8.432
Cystine		0.314		0		1		0.440	0.427	3.297
Phenylalanine		1.117		0		1		1.564	1.519	11.729
Tyrosine		1.084		0		1		1.518	1.474	11.382
Valine	g	1.487		0		1		2.082	2.022	15.614
Arginine	g	2.013		0		1		2.818	2.738	21.137
Histidine	g	0.859		0		1		1.203	1.168	9.020
Alanine	g	1.821		0		1		2.549	2.477	19.121
Aspartic acid	g	2.754		0		1		3.856	3.745	28.917
Glutamic acid	g	4.558		0		1		6.381	6.199	47.859
Glycine	g	1.714		0		1		2.400	2.331	17.997
Proline	g	1.328		0		1		1.859	1.806	13.944
Serine	g	1.261		0		1		1.765	1.715	13.241
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	, 7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1050g: .5 turkey, bone removed

NDB No. 05182

Turkey, all classes, light meat, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 15% Bone

		<u>A</u> 1	mount in 100 grams	Amount in edible portion of common					
			Number				m	easures of food	
					Source	Confidence			
Nutrients and Units		Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	69.83	0		1		125.69	969.24	
Energy	kcal	159	0	NC	4		286	2207	
Energy		665			4		1197	9234	
Protein (N x 6.25)	g	21.64	0		1		38.95	300.36	
Total lipid (fat)	g	7.36	0		1		13.25	102.16	
Ash	g	0.90	0		1		1.62	12.49	
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	13	0		1		23	180	
Iron, Fe	_	1.21	0		1		2.18	16.79	
Magnesium, Mg		24	0		1		43	333	
Phosphorus, P		184	0		1		331	2554	
Potassium, K	•	271	0		1		488	3761	
Sodium, Na	mg	59	0		1		106	819	
Zinc, Zn	<u>mg</u>	1.57	0		1		2.83	21.79	
Copper, Cu	mg	0.075			1		0.135	1.041	
Manganese, Mn		0.018			1		0.032	0.250	
Selenium, Se	mcg	22.4	0	PAK	1		40.3	310.9	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	z	7		0.0	0.0	
Thiamin		0.056	5 0		1		0.101	0.777	
Riboflavin		0.115	5 0		1		0.207	1.596	
Niacin	mg	5.137	0		1		9.247	71.302	
Pantothenic acid	mg	0.615	5 0		1		1.107	8.536	
Vitamin B-6	mg	0.480	0		1		0.864	6.662	
Folate, total		7	0		1		13	97	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	7	0		1		13	97	
Folate, DFE		7	0	NC	4		13	97	
Vitamin B-12		0.42	0		1		0.76	5.83	
Vitamin A, IU		6	0		1		11	83	
Vitamin A, RAE		2 2	0		1 1		3 3	25 25	
Retinol Vitamin E (alpha-tocopherol)		2	U		1		3	25	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Linida									
Lipids:	a	2.000	0		1		3.600	27.760	
Fatty acids, total saturated		2.000	,		_		3.000	27.700	
6:0									
8:0									
10:0	-	0.000	0		4		0.000	0.000	
12:0		0.010	0		1		0.018	0.139	
13:0									
14:0	g	0.050	0		1		0.090	0.694	
15:0	g								
16:0	_	1.330	0		1		2.394	18.460	
17:0	_								
	~	0.430	0		1		0.774	5.968	
18:0	_	0.430	,		-				
18:0 20:0 22:0.	g	0.430	Ç		-				

		<u>An</u>	nount in 100 grams Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	s	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	0.010	•		-				
Fatty acids, total monounsaturated		2.810	0		1		5.058	39.003	
14:1 15:1									
16:1 undifferentiated		0.480	0		1		0.864	6.662	
17:1		0.400	· ·		-		0.001	0.002	
18:1 undifferentiated		2.270	0		1		4.086	31.508	
20:1		0.010	0		1		0.018	0.139	
22:1 undifferentiated	_	0.010	0		1		0.018	0.139	
24:1 c	•	0.010	· ·		-		0.010	0.133	
Fatty acids, total polyunsaturated		1.730	0		1		3.114	24.012	
18:2 undifferentiated		1.480	0		1		2.664	20.542	
18:3 undifferentiated		0.100	0		1		0.180	1.388	
18:4			•		_		0.200	2.555	
20:2 n-6 c.c									
20:3 undifferentiated									
20:4 undifferentiated		0.090	0		1		0.162	1.249	
20:5 n-3		0.000	0		4		0.000	0.000	
22:5 n-3		0.010	0		1		0.018	0.139	
22:6 n-3		0.010	0		1		0.018	0.139	
Fatty acids, total trans									
Cholesterol		65	0		1		117	902	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.239	0		1		0.430	3.317	
Threonine		0.944	0		1		1.699	13.103	
Isoleucine	-	1.083	0		1		1.949	15.032	
Leucine		1.680	0		1		3.024	23.318	
Lysine	-	1.966	0		1		3.539	27.288	
Methionine	_	0.608	0		1		1.094	8.439	
Cystine		0.238	0		1		0.428	3.303	
Phenylalanine		0.846	0		1		1.523	11.742	
Tyrosine		0.820	0		1		1.476	11.382	
Valine		1.126	0		1		2.027	15.629	
Arginine		1.525	0		1		2.745	21.167	
Histidine		0.650	0		1		1.170	9.022	
Alanine	-	1.380	0		1		2.484	19.154	
Aspartic acid		2.085	0		1		3.753	28.940	
Glutamic acid		3.449	0		1		6.208	47.872	
Glycine		1.306	0		1		2.351	18.127	
Proline		1.009	0		1		1.816	14.005	
Serine		0.954	0		1		1.717	13.242	
Hydroxyproline	-								
Others:									
Alcohol, ethyl	a	0.0	0	z	7		0.0	0.0	
Caffeine		0.0	· ·		,		0.0	3.0	
Carrelle	t!!'8								

Common Measures:

Measure 1 = 180g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1388g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% 15% bone, 14% skin

		<u>A</u> 1	mount in 10	Amount in edible portion of common measures of food						
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u> </u> Measure
Proximates:										
Water	g	73.82		0		1		110.73	853.36	
Energy	kcal	115		0	NC	4		173	1329	
Energy	kj	481				4		722	5562	
Protein (N x 6.25)	g	23.56		0		1		35.34	272.35	
Total lipid (fat)	g	1.56		0		1		2.34	18.03	
Ash	g	1.00		0		1		1.50	11.56	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	12		0		1		18	139	
Iron, Fe		1.19		0		1		1.79	13.76	
Magnesium, Mg		27		0		1		41	312	
Phosphorus, P		204		0		1		306	2358	
Potassium, K		305		0		1		458	3526	
Sodium, Na		63		0		1		95	728	
Zinc, Zn		1.62		0		1		2.43	18.73	
Copper, Cu	-	0.075		0		1		0.113	0.867	
Manganese, Mn		0.019)	0		1		0.029	0.220	
Selenium, Se	mcg	24.4		0	BFYN	4		36.6	282.1	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.064	ļ	0		1		0.096	0.740	
Riboflavin	mg	0.122	2	0		1		0.183	1.410	
Niacin	mg	5.844	ļ	0		1		8.766	67.557	
Pantothenic acid	mg	0.688	3	0		1		1.032	7.953	
Vitamin B-6	mg	0.560)	0		1		0.840	6.474	
Folate, total	mcg	8		0		1		12	92	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		12	92	
Folate, DFE	mcg_DFE	8		0	NC	4		12	92	
Vitamin B-12		0.45		0		1		0.68	5.20	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	q	0.500)	0		1		0.750	5.780	
4:0				-		_				
6:0										
8:0										
10:0		0.000)	0		4		0.000	0.000	
12:0		0.010		0		1		0.015	0.116	
13:0										
14:0	-	0.010)	0		1		0.015	0.116	
15:0	-			-		_				
16:0	-	0.230)	0		1		0.345	2.659	
17:0	-			-						
18:0	-	0.150)	0		1		0.225	1.734	
20:0	-	3.230		•		-		2		
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100 gram	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Number of Data Std. Error Points	a Deriv Source	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0	1		0.405	3.121	
14:1	-						
15:1	=						
16:1 undifferentiated	-	0	1		0.060	0.462	
17:1							
18:1 undifferentiated	-	0	1		0.345	2.659	
20:1	=	0	1		0.015	0.116	
22:1 undifferentiated	•	0	1		0.015	0.116	
24:1 c							
Fatty acids, total polyunsaturated		0	1		0.630	4.855	
18:2 undifferentiated	g 0.270	0	1		0.405	3.121	
18:3 undifferentiated	g 0.010	0	1		0.015	0.116	
18:4	g						
20:2 n-6 c,c	g						
20:3 undifferentiated	g						
20:4 undifferentiated	g 0.080	0	1		0.120	0.925	
20:5 n-3	g 0.000	0	4		0.000	0.000	
22:5 n-3	g 0.010	0	1		0.015	0.116	
22:6 n-3	g 0.020	0	1		0.030	0.231	
Fatty acids, total trans	g						
Cholesterol	mg 60	0	1		90	694	
Phytosterols	mg						
Amino Acids:							
Tryptophan		0	1		0.402	3.098	
Threonine	-	0	1		1.572	12.115	
Isoleucine	g 1.225	0	1		1.838	14.161	
Leucine	g 1.877	0	1		2.816	21.698	
Lysine	g 2.220	0	1		3.330	25.663	
Methionine	g 0.682	0	1		1.023	7.884	
Cystine	g 0.245	0	1		0.368	2.832	
Phenylalanine	g 0.935	0	1		1.403	10.809	
Tyrosine	g 0.931	0	1		1.397	10.762	
Valine	g 1.251	0	1		1.877	14.462	
Arginine	g 1.643	0	1		2.465	18.993	
Histidine		0	1		1.103	8.497	
Alanine	g 1.458	0	1		2.187	16.854	
Aspartic acid	g 2.288	0	1		3.432	26.449	
Glutamic acid	•	0	1		5.766	44.437	
Glycine	=	0	1		1.754	13.514	
Proline		0	1		1.470	11.329	
Serine	.0	0	1		1.572	12.115	
Hydroxyproline		-	_		· - · -		

Common Measures:

Measure 1 = 150g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1156g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05164 Turkey, all classes, meat and skin and giblets and neck, cooked, roasted

Refuse: 21% Bone

		<u>A</u> 1	mount in 10			Amount in edible portion of common measures of food				
				Number of Data		Source	Confidence	<u>'''</u>	easures or roou	•
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.00		0		1		161.20	2494.26	
Energy		205		0	NC	4		533	8247	
Energy		858		•		4		2230	34506	
Protein (N x 6.25)		27.98		0		1 1		72.75	1125.64	
Total lipid (fat)		9.45 0.98		0		1		24.57 2.55	380.17 39.43	
		0.98		0	NC	4		0.18	2.82	
Carbohydrate, by difference Fiber, total dietary		0.07		0	Z	7		0.18	0.0	
Sugars, total		0.0		U	4	,		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	26		0		1		68	1046	
Iron, Fe	-	2.01		0		1		5.23	80.86	
Magnesium, Mg		24		0		1		62	966	
Phosphorus, P		200		0 0		1 1		520 707	8046	
Potassium, K Sodium. Na		272 67		0		1		174	109 4 3 2695	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.15		0		1		8.19	126.72	
Copper, Cu	-	0.107	,	0		1		0.278	4.305	
Manganese, Mn		0.027		0		1		0.070	1.086	
Selenium, Se		31.9		0	BFYN	4		82.9	1283.3	
<u>Vitamins:</u>	ma #4	0.1		•				0.0		
Vitamin C, total ascorbic acid	-	0.1	_	0 0		1 1		0.3	4.0	
Thiamin	-	0.056		0		1		0.146 0.536	2.253 8.287	
Riboflavin Niacin	-	4.939		0		1		12.841	198.696	
Pantothenic acid		0.955		0		1		2.483	38.420	
Vitamin B-6		0.400		0		1		1.040	16.092	
Folate, total		20	•	0		1		52	805	
Folic acid	-	0		0	z	7		0	0	
Folate, food		20		0		1		52	805	
Folate, DFE		20		0	NC	4		52	805	
Vitamin B-12		1.28		0		1		3.33	51.49	
Vitamin A, IU		230		0		1		598	9253	
Vitamin A, RAE	mcg_RAE	69		0		1		180	2779	
Retinol	mcg	69		0		1		180	2779	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		2.770)	0		1		7.202	111.437	
4:0										
6:0 8:0	• • • • • • • • • • • • • • • • • • • •									
10:0		0.000)	0		4		0.000	0.000	
12:0	-	0.010		0		1		0.026	0.402	
13:0	-	0.010		•		-		3.023	0.402	
14:0		0.070)	0		1		0.182	2.816	
15:0										
16:0		1.680)	0		1		4.368	67.586	
17:0	g									
18:0	g	0.690)	0		1		1.794	27.759	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10		<u>n</u>	Amount in edible portion of common measures of food			
				Number			<u> </u>	easures or roou	
Nutrients and Uni	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		3.050		0	1		7.930	122.702	
14:1	-								
15:1	-	0.500		•	1		1 200	00 115	
16:1 undifferentiated	_	0.500		0	1		1.300	20.115	
17:1	-	2.470		0	1		6 400	00 260	
20:1		0.020		0	1		6.422 0.052	99.368	
20:1 undifferentiated		0.020		0	1		0.052	0.805 0.402	
24:1 c	•	0.010		U	_		0.026	0.402	
Fatty acids, total polyunsaturated		2.420		0	1		6.292	97.357	
18:2 undifferentiated		2.000		0	1		5.200	80.460	
18:3 undifferentiated	_	0.110		0	1		0.286	4.425	
18:4	_	0.110		v	-		0.200	4.425	
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated	_	0.200		0	1		0.520	8.046	
20:5 n-3		0.000		0	4		0.000	0.000	
22:5 n-3	_	0.030		0	1		0.078	1.207	
22:6 n-3		0.040		0	1		0.104	1.609	
Fatty acids, total trans	_								
Cholesterol	-	95		0	1		247	3822	
Phytosterols									
Amino Acids:									
Tryptophan	g	0.310		0	1		0.806	12.471	
Threonine	g	1.225		0	1		3.185	49.282	
Isoleucine	g	1.406		0	1		3.656	56.563	
Leucine	g	2.180		0	1		5.668	87.701	
Lysine	g	2.532		0	1		6.583	101.862	
Methionine	g	0.784		0	1		2.038	31.540	
Cystine	g	0.309		0	1		0.803	12.431	
Phenylalanine	g	1.102		0	1		2.865	44.333	
Tyrosine	-	1.058		0	1		2.751	42.563	
Valine		1.461		0	1		3.799	58.776	
Arginine	-	1.967		0	1		5.114	79.132	
Histidine	-	0.836		0	1		2.174	33.632	
Alanine		1.767		0	1		4.594	71.086	
Aspartic acid	-	2.696		0	1		7.010	108.460	
Glutamic acid		4.460		0	1		11.596	179.426	
Glycine		1.660		0	1		4.316	66.782	
Proline	-	1.299		0	1		3.377	52.259	
Serine		1.235		0	1		3.211	49.684	
Hydroxyproline	g								

Common Measures:

Measure 1 = 260g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 4023g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05163 Turkey, all classes, meat and skin and giblets and neck, raw Meleagris gallopavo

Refuse: 21% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	_	edible portion of	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Proximates:	n	70.61		0		1		3921.68		
Energy		157		0	NC	4		8720		
Energy		657		Ů	110	4		36484		
Protein (N x 6.25)		20.37		0		1		1131.35		
Total lipid (fat)		7.77		0		1		431.55		
Ash		0.90		0		1		49.99		
Carbohydrate, by difference		0.08		0	NC	4		4.44		
Fiber, total dietary	=	0.0		0	Z	7		0.0		
Sugars, total										
Starch										
S										
Minerals:		. -		_		_				
Calcium, Ca	-	15		0		1		833		
Iron, Fe		1.69		0		1		93.86		
Magnesium, Mg		22 180		0		1 1		1222 9997		
Phosphorus, P Potassium. K.		269		0		1		14940		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	67		0		1		3721		
Zinc, Zn	_	2.31		0		1		128.30		
Copper, Cu	_	0.114	ı	0		1		6.332		
Manganese, Mn	_	0.026		0		1		1.444		
Selenium, Se		23.3		0	PIE	4		1294.1		
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.2		0		1		11.1		
Thiamin	_	0.065		0		1		3.610		
Riboflavin	_	0.203		0		1		11.275		
Niacin		4.148		0		1		230.380		
Pantothenic acid		0.953		0		1		52.930		
Vitamin B-6		0.410	1	0		1		22.771		
Folate, total		23 0		0	z	1 7		1277 0		
Folic acid		23		0	Z	1		1277		
Folate, foodFolate, DFE		23		0	NC	4		1277		
Vitamin B-12		1.62		0	NC	1		89.97		
Vitamin B-12 Vitamin A, IU		341		0		1		18939		
Vitamin A, RAE	mca RAF	102		0		1		5687		
Retinol		102		0		1		5687		
Vitamin E (alpha-tocopherol)				•		_		3337		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	a	2.200		0		1		122.188		
Fatty acids, total saturated4:0		0.000		0	Z	7		0.000		
6:0		0.000		0	z	7		0.000		
8:0	-	0.000		0	z	7		0.000		
10:0		0.000		0		4		0.000		
12:0		0.010		0		1		0.555		
13:0	-			-		_		2.222		
14:0	-	0.060)	0		1		3.332		
15:0										
16:0	-	1.410)	0		1		78.311		
17:0	-									
18:0		0.510)	0		1		28.325		
20:0										
22:0	g									
24:0	g									

		Amount in 1	00 grams		ole portio	<u>on</u>		edible portion of easures of food	common
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a 3 1	760	0		1		153.290		
14:1	0		U		-		155.290		
15:1									
16:1 undifferentiated		160	0		1		25.548		
17:1									
18:1 undifferentiated		230	0		1		123.854		
20:1		10	0		1		0.555		
22:1 undifferentiated		10	0		1		0.555		
24:1 c	•								
Fatty acids, total polyunsaturated		30	0		1		107.192		
18:2 undifferentiated			0		1		91.086		
18:3 undifferentiated		.00	0		1		5.554		
18:4		000	0	z	7		0.000		
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated	-	.20	0		1		6.665		
20:5 n-3		000	0		4		0.000		
22:5 n-3	q 0.	20	0		1		1.111		
22:6 n-3	-		0		1		1.111		
Fatty acids, total trans									
Cholesterol			0		1		4332		
Phytosterols									
Amino Acids:									
Tryptophan	n 0 :	226	0		1		12.552		
Threonine	0	391	0		1		49.486		
Isoleucine			0		1		56.762		
Leucine	0		0		1		88.086		
Lysine			0		1		102.194		
Methionine			0		1		31.658		
Cystine		25	0		1		12.497		
Phenylalanine	0	303	0		1		44.599		
Tyrosine	0	770	0		1		42.766		
Valine	0		0		1		59.039		
Arginine	0		0		1		79.478		
Histidine	0	508	0		1		33.768		
Alanine	-		0		1		71.369		
Aspartic acid			0		1		108.914		
Glutamic acid		243	0		1		180.116		
Glycine			0		1		67.314		
Proline	0	948	0		1		52.652		
Serine	-	198	0		1		49.875		
Hydroxyproline			·		-		-3.0.3		
Others:					_				
Alcohol, ethyl)	0	Z	7		0.0		
Caffeine									
Theobromine	mg								

Common Measures:

Measure 1 = 5554g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 21% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	•
			of Data	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	61.70	0		1		86.38	148.08	1145.77
Energy	_	208	0	NC	4		291	499	3863
Energy		870			4		1218	2089	16161
Protein (N x 6.25)	g	28.10	0		1		39.34	67.44	521.82
Total lipid (fat)		9.73	0		1		13.62	23.35	180.69
Ash		1.00	0		1		1.40	2.40	18.57
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0	0	z	7		0.0	0.0	0.0
Sugars, total		0.00	0	Z	7		0.00	0.00	0.00
Starch	g								
Minerals:	m~	0.0	_				26	60	400
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	26	0		1 1		36	62	483
Iron, Fe.	_	1.79 25	0		1		2.51 35	4.30 60	33.24 464
Magnesium, Mg Phosphorus, P		203	0		1		35 284	487	464 3770
1 ,	•	280	0		1		284 392	487 672	5200
Potassium, K Sodium, Na		68	0		1		95	163	1263
Zinc, Zn		2.96	0		1		4.14	7.10	54.97
Copper, Cu		0.093			1		0.130	0.223	1.72
Manganese, Mn		0.021			1		0.029	0.050	0.39
Selenium, Se		32.9	0	BFYN	4		46.1	79.0	611.0
	-								
<u>Vitamins:</u>					_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	0.0
Thiamin	_	0.057			1		0.080	0.137	1.05
Riboflavin		0.177			1		0.248	0.425	3.28
Niacin	_	5.086 0.858			1 1		7.120	12.206	94.44
Pantothenic acid Vitamin B-6		0.836			1		1.201 0.574	2.059 0.984	15.93 7.61
	-	7	0		1		10	17	130
Foliate, total		0	0	z	7		0	0	0
Folate, food		7	0	4	1		10	17	130
Folate, DFE		7	0	NC	4		10	17	130
Vitamin B-12		0.35	0	110	1		0.49	0.84	6.50
Vitamin A, IU		0	0		1		0	0	0.30
Vitamin A, RAE		0	0	AS	1		0	0	0
Retinol		0	0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)		0.34	0	NR	4		0.47	0.81	6.30
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.9	0	BFSN	4		1.2	2.1	16.3
Linide:									
Lipids: Fatty acids, total saturated	a	2.840	0		1		3.976	6.816	52.73
4:0		0.000			1		0.000	0.000	0.00
6:0		0.000			1		0.000	0.000	0.00
8:0	-	0.000			1		0.000	0.000	0.00
10:0		0.000			1		0.000	0.000	0.00
12:0		0.010			1		0.014	0.024	0.18
13:0		0.010	v		_		2.02.	0.021	0.10
14:0	-	0.070	0		1		0.098	0.168	1.30
15:0	-		·		-				2.50
16:0	-	1.730	0		1		2.422	4.152	32.12
17:0			·		-		- · 		
18:0	-	0.700	0		1		0.980	1.680	12.99
20:0	-		-						
22:0	-								

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
No della coda a con d	11-26-		Std. Error	Number of Data	Deriv	Source Code	Confidence Code		easures of food	
Nutrients and	Units	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	3.190		0		1		4.466	7.656	59.238
14:1	g									
15:1	_	0.520		0		1		0.728	1.248	9.656
16:1 undifferentiated	_	0.520		U		1		0.728	1.240	9.656
18:1 undifferentiated	_	2.590		0		1		3.626	6.216	48.096
20:1	_	0.020		0		1		0.028	0.048	0.371
22:1 undifferentiated		0.010		0		1		0.014	0.024	0.186
24:1 c	_									
Fatty acids, total polyunsaturat	edg	2.480		0		1		3.472	5.952	46.054
18:2 undifferentiated	g	2.060		0		1		2.884	4.944	38.254
18:3 undifferentiated	g	0.110		0		1		0.154	0.264	2.043
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.200		0		1		0.280	0.480	3.714
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000
22:5 n-3	-	0.030		0		1		0.042	0.072	0.557
22:6 n-3		0.040		0		1		0.056	0.096	0.743
Fatty acids, total trans										
Cholesterol	_	82		0		1		115	197	1523
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.311		0		1		0.435	0.746	5.775
Threonine	g	1.227		0		1		1.718	2.945	22.785
Isoleucine	g	1.409		0		1		1.973	3.382	26.165
Leucine	g	2.184		0		1		3.058	5.242	40.557
Lysine	g	2.557		0		1		3.580	6.137	47.483
Methionine	g	0.790		0		1		1.106	1.896	14.670
Cystine	g	0.308		0		1		0.431	0.739	5.720
Phenylalanine	g	1.100		0		1		1.540	2.640	20.427
Tyrosine	g	1.066		0		1		1.492	2.558	19.796
Valine	g	1.464		0		1		2.050	3.514	27.186
Arginine	g	1.979		0		1		2.771	4.750	36.750
Histidine	g	0.845		0		1		1.183	2.028	15.692
Alanine	g	1.790		0		1		2.506	4.296	33.240
Aspartic acid	g	2.709		0		1		3.793	6.502	50.306
Glutamic acid	g	4.484		0		1		6.278	10.762	83.268
Glycine	g	1.682		0		1		2.355	4.037	31.235
Proline	g	1.304		0		1		1.826	3.130	24.215
Serine		1.240		0		1		1.736	2.976	23.027
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	-									
Carotene, beta	mea	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 240g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1857g: .5 turkey, bone removed

NDB No. 05166

Turkey, all classes, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 21% Bone

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Un	nite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and On	iits	Wican	Sta. Error					Weasure 1	Weasure 2	Weasure
Proximates:										
Water	g	70.40		0		1		233.73	1805.76	
Energy	kcal	160		0	NC	4		531	4104	
Energy	kj	669				4		2223	17171	
Protein (N x 6.25)	g	20.42		0		1		67.79	523.77	
Total lipid (fat)	g	8.02		0		1		26.63	205.71	
Ash	g	0.88		0		1		2.92	22.57	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		50	385	
Iron, Fe	mg	1.43		0		1		4.75	36.68	
Magnesium, Mg	mg	22		0		1		73	564	
Phosphorus, P	mg	178		0		1		591	4566	
Potassium, K		266		0		1		883	6823	
Sodium, Na		65		0		1		216	1667	
Zinc, Zn		2.20		0		1		7.30	56.43	
Copper, Cu		0.103		0		1		0.342	2.642	
Manganese, Mn		0.020)	0		1		0.066	0.513	
Selenium, Se	mcg	24.4		0	PAK	1		81.0	625.9	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin		0.064		0		1		0.212	1.642	
Riboflavin	_	0.155		0		1		0.515	3.976	
Niacin		4.085		0		1		13.562	104.780	
Pantothenic acid		0.807		0		1		2.679	20.700	
Vitamin B-6	-	0.410)	0		1		1.361	10.517	
Folate, total		8 0		0	_	1 7		27 0	205	
Folic acid		8		0	Z	1		27	0 205	
Folate, food		8		0	NC	4		27		
Folate, DFE		0.40		0	NC	1		1.33	205 10.26	
Vitamin B-12 Vitamin A, IU		7		0	NC	4		22	171	
Vitamin A, RAE		2		0	NC	4		7	51	
Retinol		2		0	NR	4		7	51	
Vitamin E (alpha-tocopherol)		0.35		0	NR	4		1.17	9.05	
Tocopherol, beta		0.55		v	2121	•		2.27	3.03	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.1		0	BFSN	4		10.4	80.4	
Lipids:										
Fatty acids, total saturated	g	2.260)	0		1		7.503	57.969	
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	g	0.000)	0		1		0.000	0.000	
12:0	g	0.010)	0		1		0.033	0.257	
13:0										
14:0	g	0.060)	0		1		0.199	1.539	
15:0	g									
16:0	g	1.460)	0		1		4.847	37.449	
17:0	_									
18:0	_	0.520)	0		1		1.726	13.338	
20:0	_									
22:0	-									
24:0	a									

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ted Q	2.900)	0		1		9.628	74.385		
14:1								3.020	711000		
15:1	g										
16:1 undifferentiated	g	0.490)	0		1		1.627	12.569		
17:1	-										
18:1 undifferentiated	-	2.340		0		1		7.769	60.021		
20:1	-	0.010		0		1		0.033	0.257		
22:1 undifferentiated	•	0.010)	0		1		0.033	0.257		
24:1 c		1 000		•					50 B0B		
Fatty acids, total polyunsaturate		1.980		0 0		1 1		6.574	50.787		
18:2 undifferentiated		1.700		0		1		5.644	43.605		
18:3 undifferentiated	-	0.110		0		1		0.365	2.822		
18:4		0.000	,	U		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated		0.110	,	0		1		0.365	2.822		
20:5 n-3	-	0.000		0		1		0.000	0.000		
20.5 n-3	-	0.020		0		1		0.066	0.513		
22:6 n-3		0.020		0		1		0.066	0.513		
Fatty acids, total trans		0.020	•	U		_		0.066	0.513		
Cholesterol		68		0		1		226	1744		
Phytosterols		00		Ū		-		220	1/44		
1 Hytosterois											
Amino Acids:											
Tryptophan	g	0.226	5	0		1		0.750	5.797		
Threonine	g	0.891		0		1		2.958	22.854		
Isoleucine	g	1.024		0		1		3.400	26.266		
Leucine	-	1.587	1	0		1		5.269	40.707		
Lysine		1.857		0		1		6.165	47.632		
Methionine	=	0.574		0		1		1.906	14.723		
Cystine	g	0.224		0		1		0.744	5.746		
Phenylalanine		0.799		0		1		2.653	20.494		
Tyrosine	-	0.775		0		1		2.573	19.879		
Valine	-	1.063		0		1		3.529	27.266		
Arginine		1.439		0		1		4.777	36.910		
Histidine		0.614		0		1		2.038	15.749		
Alanine		1.302		0		1		4.323	33.396		
Aspartic acid		1.969		0		1		6.537	50.505		
Glutamic acid	-	3.258		0		1		10.817	83.568		
Glycine		1.227		0		1		4.074	31.473		
Proline		0.950		0		1		3.154	24.368		
Serine		0.901	=	0		1		2.991	23.111		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:		-		-	_	•		-	•		
		_		_		_					
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	riicg	0		0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 332g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2565g: .5 turkey, bone removed

NDB No. 05165

Turkey, all classes, meat and skin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% 21% bone, 10% skin

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure 3
Proximates:										
Water	-	64.88		0		1		90.83	134.95	
Energy		170		0	NC	4		238	354	
Energy		711				4		996	1479	
Protein (N x 6.25)		29.32		0		1		41.05	60.99	
Total lipid (fat)		4.97		0		1		6.96	10.34	
Ash		1.05		0	_	1		1.47	2.18	
Carbohydrate, by difference		0.00		0 0	z z	7 7		0.00	0.00	
Fiber, total dietary		0.0		0		7		0.0	0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca		25		0		1		35	52	
Iron, Fe		1.78		0		1		2.49	3.70	
Magnesium, Mg		26		0		1		36	54	
Phosphorus, P		213		0		1		298	443	
Potassium, K	_	298		0		1		417	620	
Sodium, Na		70 3.10		0 0		1 1		98 4.34	146 6.45	
Zinc, Zn Copper, Cu		0.094	i	0		1		4.34 0.132	0.196	
Manganese, Mn		0.034		0		1		0.132	0.044	
Selenium, Se		36.8	-	0	BFYN	4		51.5	76.5	
· ·										
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.062		0		1 1		0.087	0.129	
Riboflavin	-	0.182		0		1		0.255	0.379	
Niacin Pantothenic acid		5.443 0.943		0		1		7.620 1.320	11.321 1.961	
Vitamin B-6		0.460		0		1		0.644	0.957	
Folate, total	_	7	•	0		1		10	15	
Folic acid		, O		0	z	7		0	0	
Folate, food		7		0	_	1		10	15	
Folate, DFE		7		0	NC	4		10	15	
Vitamin B-12		0.37		0		1		0.52	0.77	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.33		0	NR	4		0.46	0.68	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	3.7		0	BFSN	4		5.2	7.7	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.640)	0		1		2.296	3.411	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.020)	0		1		0.028	0.042	
13:0				_		_		_		
14:0	-	0.030)	0		1		0.042	0.062	
15:0				_		_				
16:0		0.820)	0		1		1.148	1.706	
17:0	-			_		_		0		
18:0	-	0.490	,	0		1		0.686	1.019	
20:0	-									
22:0	g g									

		<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 monounsature	atedg	1.030	ı	0		1		1.442	2.142	
14:1	_									
15:1 16:1 undifferentiated	_	0.150	ı	0		1		0.210	0.312	
17:1	_	0.130		·		-		0.210	0.512	
18:1 undifferentiated	_	0.850		0		1		1.190	1.768	
20:1	_	0.020	ı	0		1		0.028	0.042	
22:1 undifferentiated		0.020	ı	0		1		0.028	0.042	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	1.430	1	0		1		2.002	2.974	
18:2 undifferentiated		1.080		0		1		1.512	2.246	
18:3 undifferentiated		0.040		0		1		0.056	0.083	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	-			_		_		_		
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.210		0		1		0.294	0.437	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.030		0		1		0.042	0.062	
22:6 n-3	_	0.040		0		1		0.056	0.083	
Fatty acids, total trans		7.0		•				100	150	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	76		0		1		106	158	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.333		0		1		0.466	0.693	
Threonine	g	1.304		0		1		1.826	2.712	
Isoleucine	g	1.525	i	0		1		2.135	3.172	
Leucine	g	2.336	i	0		1		3.270	4.859	
Lysine		2.763		0		1		3.868	5.747	
Methionine		0.849		0		1		1.189	1.766	
Cystine		0.305		0		1		0.427	0.634	
Phenylalanine		1.164		0		1		1.630	2.421	
Tyrosine	-	1.159		0		1		1.623	2.411	
Valine	-	1.557		0		1		2.180	3.239	
Arginine		2.045		0		1		2.863	4.254	
Histidine	-	0.915		0		1		1.281	1.903	
Alanine		1.815		0		1		2.541	3.775	
Aspartic acid		2.847		0 0		1 1		3.986	5.922	
Glutamic acid	=	4.785 1.454		0		1		6.699	9.953	
Glycine				-		1		2.036 1.708	3.024	
Proline	-	1.220		0 0		1		1.708	2.538 2.712	
Serine Hydroxyproline		1.304		U		1		1.826	2.712	
nydroxypronne	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 208g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05168

Turkey, all classes, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% 21% bone, 12% skin

		<u>A</u>	mount in 10			ole portio	<u> </u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.16		0		1		208.39	1612.24	
Energy		119		0	NC	4		334	2587	
Energy		498		_		4		1399	10824	
Protein (N x 6.25)		21.77		0		1		61.17	473.28	
Total lipid (fat)		2.86 0.97		0		1 1		8.04 2.73	62.18	
Ash		0.97		0	z	7		0.00	21.09 0.00	
Carbohydrate, by difference	-	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch		0.00		U	4	,		0.00	0.00	
Staten	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	14		0		1		39	304	
Iron, Fe		1.45		0		1		4.07	31.52	
Magnesium, Mg	-	25		0		1		70 540	544	
Phosphorus, P.	•	195 296		0 0		1 1		548	4239	
Potassium, K Sodium, Na	-	296 70		0		1		832 197	6435 1522	
Zinc, Zn		2.37		0		1		6.66	51.52	
Copper, Cu		0.109)	0		1		0.306	2.370	
Manganese, Mn		0.021		0		1		0.059	0.457	
Selenium, Se	-	26.5		0	PIE	4		74.5	576.1	
·										
Vitamins:	ma	0.0		0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	-	0.0 0.072	•	0	Z	1		0.202	0.0 1.565	
Riboflavin	-	0.072		0		1		0.202	3.652	
Niacin	-	4.544		0		1		12.769	98.787	
Pantothenic acid		0.907		0		1		2.549	19.718	
Vitamin B-6		0.470		0		1		1.321	10.218	
Folate, total		9		0		1		25	196	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		1		25	196	
Folate, DFE	mcg_DFE	9		0	NC	4		25	196	
Vitamin B-12		0.43		0		1		1.21	9.35	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.35		0	NR	4		0.97	7.50	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.7		0	BFSN	4		7.7	59.5	
Lipids:	a	0.050		0		1		2 670	20.653	
Fatty acids, total saturated		0.950		0		1		2.670 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	-	0.010		0		1		0.028	0.217	
13:0										
14:0	g	0.020)	0		1		0.056	0.435	
15:0	g									
16:0	g	0.480)	0		1		1.349	10.435	
17:0										
18:0	_	0.280)	0		1		0.787	6.087	
20:0	_									
22:0	_									
24:0	g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				of Data	Deriv		Confidence			•	
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	d9	0.610		0		1		1.714	13.261		
14:1	g										
16:1 undifferentiated	g	0.090		0		1		0.253	1.957		
17:1 18:1 undifferentiated	_	0.500		0		1		1.405	10.870		
20:1	_	0.010		0		1		0.028	0.217		
22:1 undifferentiated	•	0.010		0		1		0.028	0.217		
24:1 c Fatty acids, total polyunsaturated		0.830		0		1		2.332	18.044		
18:2 undifferentiated		0.640		0		1		1.798	13.914		
18:3 undifferentiated		0.020		0		1		0.056	0.435		
18:4	_	0.000		0		1		0.000	0.000		
20:2 n-6 c.c											
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.120		0		1		0.337	2.609		
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.020		0		1		0.056	0.435		
22:6 n-3		0.020		0		1		0.056	0.435		
Fatty acids, total trans											
Cholesterol		65		0		1		183	1413		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.247		0		1		0.694	5.370		
Threonine		0.968		0		1		2.720	21.044		
Isoleucine	g	1.132		0		1		3.181	24.610		
Leucine	g	1.735		0		1		4.875	37.719		
Lysine	g	2.051		0		1		5.763	44.589		
Methionine	g	0.630		0		1		1.770	13.696		
Cystine	g	0.226		0		1		0.635	4.913		
Phenylalanine	g	0.864		0		1		2.428	18.783		
Tyrosine	g	0.860		0		1		2.417	18.696		
Valine	g	1.156		0		1		3.248	25.131		
Arginine	g	1.518		0		1		4.266	33.001		
Histidine	g	0.679		0		1		1.908	14.761		
Alanine		1.348		0		1		3.788	29.306		
Aspartic acid		2.114		0		1		5.940	45.958		
Glutamic acid	-	3.552		0		1		9.981	77.220		
Glycine		1.079		0		1		3.032	23.457		
Proline		0.905		0		1		2.543	19.675		
Serine		0.968		0		1		2.720	21.044		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine	mg	0		0	z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	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 = 281g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2174g: .5 turkey, bone and skin removed

NDB No. 05167

Turkey, all classes, meat only, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 41% Bone

		<u>Ai</u>	mount in 100 gr	ams	of edit	ole portio	<u>n</u>		edible portion of	f common
			Nur	nber				<u>m</u>	easures of food	
			of I	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	65.19	0.354	9		1		6.52	99.09	
Energy	_	180		0	NC	4		18	274	
Energy		753				4		75	1145	
Protein (N x 6.25)		26.84	0.392	9		1		2.68	40.80	
Total lipid (fat)	-	7.26	0.373	9		1		0.73	11.04	
Ash		0.61	0.018	9		1		0.06	0.93	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	37	4.621	9		1		4	56	
Iron, Fe	-	2.30	0.166	9		1		0.23	3.50	
Magnesium, Mg	-	15	0.481	9		1		2	23	
Phosphorus, P	mg	122	4.614	9		1		12	185	
Potassium, K	mg	149	10.860	9		1		15	226	
Sodium, Na	mg	56	3.525	9		1		6	85	
Zinc, Zn	mg	7.12	0.419	9		1		0.71	10.82	
Copper, Cu		0.154		9		1		0.015	0.234	
Manganese, Mn		0.022	0.001	9		1		0.002	0.033	
Selenium, Se	mcg	36.2		0	BFYN	4		3.6	55.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.036		9		1		0.004	0.055	
Riboflavin	-	0.192		9		1		0.019	0.292	
Niacin		1.704		9		1		0.170	2.590	
Pantothenic acid		0.701		0		1		0.070	1.066	
Vitamin B-6		0.210)	0		1		0.021	0.319	
Folate, total		8		0	_	1		1	12	
Folic acid		0		0	Z	7		0	0	
Folate, food		8 8		0	NC	1 4		1 1	12 12	
Folate, DFE		0.23		0	NC	1		0.02	0.35	
Vitamin B-12		0.23		0		1		0.02	0.35	
Vitamin A, IU Vitamin A, RAE	mca BAE	0		0	NC	4		0	0	
Retinol		0		0	NR NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.64		0	NR	4		0.06	0.97	
Tocopherol, beta		0.01		·		•		0.00	0.57	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.7		0	BFSN	4		0.4	5.6	
Lipids:										
Fatty acids, total saturated	g	2.440)	0		1		0.244	3.709	
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		0.020)	0		1		0.002	0.030	
13:0										
14:0		0.050)	0		1		0.005	0.076	
15:0										
16:0		1.280)	0		1		0.128	1.946	
17:0	-									
18:0	-	0.730)	0		1		0.073	1.110	
20:0	g									
22:0										

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion e	
Nutrients and U	Inita	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and O	niis	wean	Siu. Error	Tomics	Jour	Oode	Oode	weasure 1	Measure 2	weasure 3
Fatty acids, total monounsaturate	d D	1.650		0		1		0.165	2.508	
14:1	g									
15:1 16:1 undifferentiated	g	0.240		0		1		0.024	0.365	
17:1 18:1 undifferentiated	_	1.360		0		1		0.136	2.067	
20:1	g	0.030		0		1		0.003	0.046	
22:1 undifferentiated	_	0.020		0		1		0.002	0.030	
24:1 c										
Fatty acids, total polyunsaturated	g	2.180		0		1		0.218	3.314	
18:2 undifferentiated		1.760		0		1		0.176	2.675	
18:3 undifferentiated	_	0.070		0		1		0.007	0.106	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	_	0.260		0		1		0.026	0.395	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.040		0		1		0.004	0.061	
22:6 n-3		0.060		0		1		0.006	0.091	
Fatty acids, total trans										
Cholesterol	-	122	6.6	52 9		1		12	185	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.305		0		1		0.031	0.464	
Threonine		1.194		0		1		0.119	1.815	
Isoleucine	_	1.396		0		1		0.140	2.122	
Leucine		2.138		0		1		0.214	3.250	
Lysine	-	2.529		0		1		0.253	3.844	
Methionine		0.777		0		1		0.078	1.181	
Cystine		0.279		0		1		0.028	0.424	
Phenylalanine		1.065		0		1		0.107	1.619	
Tyrosine		1.061		0		1		0.106	1.613	
Valine	_	1.426		0		1		0.143	2.168	
Arginine	_	1.872		0		1		0.143	2.845	
Histidine		0.837		0		1		0.084	1.272	
Alanine	-	1.662		0		1		0.166	2.526	
Aspartic acid		2.606		0		1		0.261	3.961	
Glutamic acid	_	4.379		0		1		0.438	6.656	
Glycine	-	1.331		0		1		0.133	2.023	
Proline		1.117		0		1		0.112	1.698	
		1.194		0		1		0.112	1.815	
Serine Hydroxyproline		1.194		U		_		0.119	1.013	
	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 152g: 1 neck, bone and skin removed

NDB No. 05180

Turkey, all classes, neck, meat only, cooked, simmered

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 42% Bone

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	72.88	0.202	9		1		8.75	131.18	
Energy	_	135		0	NC	4		16	243	
Energy		565		•	-1.0	4		68	1017	
Protein (N x 6.25)		20.14	0.209	10		1		2.42	36.25	
Total lipid (fat)		5.42	0.398	9		1		0.65	9.76	
Ash	-	1.05	0.011	9		1		0.13	1.89	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
Startin										
<u>Minerals:</u>										
Calcium, Ca	-	34	2.352	9		1		4	61	
Iron, Fe	-	2.00	0.122	9		1		0.24	3.60	
Magnesium, Mg		19	0.550	9		1		2	34	
Phosphorus, P	•	186	3.243	9		1		22	335	
Potassium, K		302	10.835	9		1		36	544	
Sodium, Na	-	93	1.059	9		1		11	167	
Zinc, Zn		5.08	0.051	9		1		0.61	9.14	
Copper, Cu		0.143		9 9		1 1		0.017	0.257	
Manganese, Mn Selenium, Se		0.026 28.6	0.002	0	BFNN	4		0.003 3.4	0.047 51.5	
Selenium, Se	nog	28.0		U	DENN	-		3.4	31.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.089	0.005	9		1		0.011	0.160	
Riboflavin	mg	0.234	0.009	9		1		0.028	0.421	
Niacin		3.169	0.181	9		1		0.380	5.704	
Pantothenic acid	mg	1.055		1		1		0.127	1.899	
Vitamin B-6	-	0.370		0		1		0.044	0.666	
Folate, total		11		0		1		1	20	
Folic acid		0		0	Z	7		0	0	
Folate, food		11		0		1		1	20	
Folate, DFE		11		0	NC	4		1	20	
Vitamin B-12		0.41		0		1		0.05	0.74	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	1.820		0		1		0.218	3.276	
4:0										
6:0	-									
8:0	-									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.004	6		1		0.001	0.018	
13:0	g									
14:0	g	0.030	0.007	8		1		0.004	0.054	
15:0	g									
16:0	g	0.960	0.098	8		1		0.115	1.728	
17:0	g									
18:0	g	0.540	0.053	8		1		0.065	0.972	
20:0	g									
22:0	g									
24:0	g									

Nutrients and Units Nutrients			<u>An</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3				N	umber				<u>m</u>	easures of food		
Faty acids, total monoussaturated. 9 1.230 0 1 0.148 2.214 141. 9 151 9 161 undifferentiated. 9 0.180 0.042 8 1 0.022 0.324 171. 9 181 undifferentiated. 9 1.020 0.106 8 1 0.022 0.035 201 undifferentiated. 9 0.000 0.003 7 1 0.002 0.035 221 undifferentiated. 9 0.010 0.003 7 1 0.002 0.035 221 undifferentiated. 9 1.630 0 1 0.091 0.018 Patry acids, total polymosaturated. 9 1.630 0 1 0.158 2.376 182 undifferentiated. 9 1.320 0.133 8 1 0.158 2.376 183 undifferentiated. 9 0.050 0.035 8 1 0.006 0.090 184. 9 202 n 6 c 0 9 203 undifferentiated. 9 0.050 0.033 8 1 0.006 0.090 184. 9 205 n 6 c 0 9 205 undifferentiated. 9 0.000 0 0 4 0.000 0.000 225 n 3 9 0.000 0.007 7 1 0.004 0.054 226 n 3 9 0.000 0.007 7 1 0.004 0.054 226 n 3 9 0.000 0.007 7 1 0.004 0.054 226 n 3 9 0.000 0.007 7 1 0.004 0.054 226 n 3 9 0.000 0.007 7 1 0.004 0.054 227 n 3 9 0.000 0.007 7 1 0.004 0.054 228 n 3 9 0.000 0.007 7 1 0.004 0.054 226 n 3 9 0.000 0.007 7 1 0.004 0.054 227 n 3 9 0.000 0.007 7 1 0.004 0.054 228 n 3 9 0.000 0.007 7 1 0.004 0.054 229 n 3 9 0.000 0.007 7 1 0.004 0.054 220 n 3 9 0.000 0.007 7 1 0.004 0.054 220 n 3 9 0.000 0.007 7 1 0.004 0.054 225 n 3 9 0.000 0.007 7 1 0.004 0.054 226 n 3 9 0.000 0.007 7 1 0.004 0.054 227 n 3 0.000 0.000 0.000 0.000 0.000 228 n 3 9 0.000 0.000 0.000 0.000 229 n 1 0.005 0.002 200 n 3 0 0.000 0.000 0.000 0.000 220 n 3 0 0.000 0.000 0.000 0.000 221 n 0.005 0.005 0.005 222 n 0 0 1 0.005 0.005 222 n 0 0 1 0.005 0.005 223 n 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0				o	f Data	Deriv	Source	Confidence				
141	Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
141												
15-1	2 ,	-	1.230		0		1		0.148	2.214		
16 undifferentiated												
17-1					_							
18.1 undifferentiated			0.180	0.042	8		1		0.022	0.324		
20-1		-			_		_					
22:1 undifferentiated		-			-		_					
24-1 c 9 1.630 0 1 0.196 2.934 18-2 undifferentiated. 9 1.320 0.133 8 1 0.158 2.376 18-3 undifferentiated. 9 0.050 0.015 8 1 0.006 0.090 18-4 9 0.022 8 2 9 0.006 0.090 0.000 0.006 0.090 0.002 0.002 0.042 0.002 0.042 0.002 0.042 0.002 0.042 0.002 0.042 0.002 0.000<		-										
Fatty acids, total polyunsaturated		•	0.010	0.003	7		1		0.001	0.018		
18.2 undifferentiated. g		-			_		_		_			
183 undifferentiated 9 0.050 0.015 8 1 0.006 0.090 184. 9 20-2 n-6 c,c 9 203 undifferentiated 9 0.190 0.033 8 1 0.023 0.342 20.5 n-3 9 0.000 0 4 0.000 0.000 22.5 n-3 9 0.030 0.007 7 1 0.004 0.054 22.6 n-3 9 0.040 0.023 7 1 0.005 0.072 Faty acids, total trans 9 0 0.403 9 1 9 142 Phytosterols mg 7 4.063 9 1 9 142 Phytosterols mg 7 4.063 9 1 9 142 Phytosterols mg 7 4.063 9 1 0 0.072 0.412 Thytosterols mg 7 4.063 9 1 0.027 0.412 Thytosterols mg 0												
18:4		-					_					
202 n-6 c,c. 9 203 undifferentiated. 9 204 undifferentiated. 9 0.190 0.033 8 1 0.023 0.342 205 n-3. 9 0.000 0 0 4 0.000 0.000 22.5 n-3. 9 0.030 0.000 7 1 0.044 0.054 22.6 n-3. 9 0.040 0.023 7 1 0.005 0.072 27.5 n-3. 9 0.040 0.023 7 1 0.005 0.072 27.5 n-3. 9 0.040 0.023 7 1 0.005 0.072 27.5 n-3. 9 0.040 0.023 7 1 0.005 0.072 27.5 n-3. 9 0.020 0.005 0.072 0.005 0.072 0.005		-	0.050	0.015	8		1		0.006	0.090		
20.3 undifferentiated												
20.4 undifferentiated. 9												
20.5 n-3.												
22:5 n-3 9 0.030 0.007 7 1 0.004 0.054 22:6 n-3 9 0.040 0.023 7 1 0.005 0.072 Fatty acids, total trans 9 1 0.005 0.072 Cholesterol mg 79 4.063 9 1 9 142 Amino Acids: Trypophan 9 0.229 0 1 0.027 0.412 Threonine 9 0.896 0 1 0.108 1.613 Isoleucine 9 1.047 0 1 0.126 1.885 Leucine 9 1.605 0 1 0.193 2.889 Lysine 9 1.898 0 1 0.228 3.416 Methionine 9 0.583 0 1 0.025 0.378 Phenylalanie 9 0.799 0 1 0.025 0.378 Phenylalanie 9 0.796 0 </td <td></td> <td>-</td> <td></td> <td>0.033</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-		0.033								
22:6 n-3 g 0.040 0.023 7 1 0.005 0.072 Fatty acids, total trans. g 79 4.063 9 1 9 142 Cholesterols. mg 79 4.063 9 1 9 142 Phytosterols. Amino Acids: Tryptophan g 0.229 0 1 0.027 0.412 Tryptophan g 0.296 0 1 0.027 0.412 Threenine g 0.896 0 1 0.108 1.613 Isolation in the property of the pr		-			-		_		0.000	0.000		
Fatty acids, total trans												
Cholesterol. mg 79 4.063 9 1 9 142 Phytosterols. mg 79 4.063 9 1 9 142 Amino Acids: Trypophan 9 0.229 0 1 0.027 0.412 Threonine 9 0.896 0 1 0.108 1.613 Isoleucine 9 1.047 0 1 0.126 1.885 Leucine 9 1.605 0 1 0.193 2.889 Lysine 9 1.898 0 1 0.193 2.889 Lysine 9 0.583 0 1 0.228 3.416 Methionine 9 0.583 0 1 0.025 0.378 Phenylalanine 9 0.796 0 1 0.096 1.438 Tyrosine 9 0.796 0 1 0.096 1.433 Valine			0.040	0.023	7		1		0.005	0.072		
Phytosterols	2 ,	-										
Amino Acids: Tryptophan g 0.229 0 1 0.027 0.412 Threonine g 0.896 0 1 0.108 1.613 Isoleucine g 1.047 0 1 0.126 1.885 Leucine g 1.605 0 1 0.193 2.889 Lysine g 1.898 0 1 0.228 3.416 Methionine g 0.583 0 1 0.070 1.049 Cystine g 0.210 0 1 0.025 0.378 Phenylalanine g 0.799 0 1 0.096 1.438 Tyrosine g 0.796 0 1 0.096 1.438 Valine g 1.070 0 1 0.096 1.433 Valine g 0.796 0 1 0.169 2.529 Histidine g 0.629 0 1 0			79	4.063	9		1		9	142		
Tryptophan g 0.229 0 1 0.027 0.412 Threonine g 0.896 0 1 0.108 1.613 Isoleucine g 1.047 0 1 0.126 1.885 Leucine g 1.605 0 1 0.193 2.889 Lysine g 1.898 0 1 0.228 3.416 Methionine g 0.583 0 1 0.070 1.049 Cystine g 0.210 0 1 0.025 0.378 Phenylalanine g 0.799 0 1 0.096 1.438 Tyrosine g 0.796 0 1 0.096 1.433 Valine g 1.070 0 1 0.128 1.926 Arginine g 1.405 0 1 0.169 2.529 Histidine g 0.629 0 1 0.150 2.245<	Phytosterols	mg										
Threonine 9 0.896 0 1 0.108 1.613 Isoleucine 9 1.047 0 1 0.126 1.885 Leucine 9 1.605 0 1 0.193 2.889 Lysine 9 1.898 0 1 0.228 3.416 Methionine 9 0.583 0 1 0.070 1.049 Cystine 9 0.583 0 1 0.070 1.049 Cystine 9 0.210 0 1 0.070 1.049 Cystine 9 0.210 0 1 0.025 0.378 Phenylalanine 9 0.799 0 1 0.096 1.438 Tyrosine 9 0.796 0 1 0.096 1.438 Tyrosine 9 1.070 0 1 0.128 1.926 Arginine 9 1.405 0 1 0.169 2.529 <td>Amino Acids:</td> <td></td>	Amino Acids:											
Soleucine	Tryptophan	g	0.229		0		1		0.027	0.412		
Leucine 9 1.605 0 1 0.193 2.889 Lysine 9 1.898 0 1 0.228 3.416 Methionine 9 0.583 0 1 0.070 1.049 Cystine 9 0.210 0 1 0.025 0.378 Phenylalanine 9 0.799 0 1 0.096 1.438 Tyrosine 9 0.796 0 1 0.096 1.433 Valine 9 1.070 0 1 0.128 1.926 Arginine 9 1.405 0 1 0.169 2.529 Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 3.286 0 1 0.394 5.915 Glycine 9 0.838 0 1 0.101 1.508 Serine 9 0.896 0 1 0.108 1.613	Threonine	g	0.896		0		1		0.108	1.613		
Lysine 9 1.898 0 1 0.228 3.416 Methionine 9 0.583 0 1 0.070 1.049 Cystine 9 0.210 0 1 0.025 0.378 Phenylalanine 9 0.799 0 1 0.096 1.438 Tyrosine 9 0.796 0 1 0.096 1.433 Valine 9 1.070 0 1 0.128 1.926 Arginine 9 1.405 0 1 0.128 1.926 Histidine 9 0.629 0 1 0.169 2.529 Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 3.286 0 1 0.235 3.521 Glycine 9 0.999 0 1 0.120 1.798 Proline 9 0.838 0 1 0.101 1.508 <td>Isoleucine</td> <td>g</td> <td>1.047</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.126</td> <td>1.885</td> <td></td>	Isoleucine	g	1.047		0		1		0.126	1.885		
Methionine g 0.583 0 1 0.070 1.049 Cystine g 0.210 0 1 0.025 0.378 Phenylalanine g 0.799 0 1 0.096 1.438 Tyrosine g 0.796 0 1 0.096 1.433 Valine g 1.070 0 1 0.128 1.926 Arginine g 1.405 0 1 0.169 2.529 Histidine g 0.629 0 1 0.075 1.132 Alanine g 1.247 0 1 0.150 2.245 Aspartic acid g 1.956 0 1 0.235 3.521 Glycine g 3.286 0 1 0.394 5.915 Glycine g 0.999 0 1 0.120 1.798 Proline g 0.838 0 1 0.101 1.508 Serine g 0.896 0 1 0.108 1.613	Leucine	g	1.605		0		1		0.193	2.889		
Cystine 9 0.210 0 1 0.025 0.378 Phenylalanine 9 0.799 0 1 0.096 1.438 Tyrosine 9 0.796 0 1 0.096 1.433 Valine 9 1.070 0 1 0.128 1.926 Arginine 9 1.405 0 1 0.169 2.529 Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 1.956 0 1 0.235 3.521 Glutamic acid 9 3.286 0 1 0.394 5.915 Glycine 9 0.999 0 1 0.120 1.798 Proline 9 0.838 0 1 0.101 1.508 Serine 9 0.896 0 1 0.108 1.613	Lysine	g	1.898		0		1		0.228	3.416		
Phenylalanine g 0.799 0 1 0.096 1.438 Tyrosine g 0.796 0 1 0.096 1.433 Valine g 1.070 0 1 0.128 1.926 Arginine g 1.405 0 1 0.169 2.529 Histidine g 0.629 0 1 0.075 1.132 Alanine g 1.247 0 1 0.150 2.245 Aspartic acid g 1.956 0 1 0.235 3.521 Glutamic acid g 3.286 0 1 0.394 5.915 Glycine g 0.999 0 1 0.120 1.798 Proline g 0.838 0 1 0.101 1.508 Serine g 0.896 0 1 0.108 1.613	Methionine	g	0.583		0		1		0.070	1.049		
Phenylalanine g 0.799 0 1 0.096 1.438 Tyrosine g 0.796 0 1 0.096 1.433 Valine g 1.070 0 1 0.128 1.926 Arginine g 1.405 0 1 0.169 2.529 Histidine g 0.629 0 1 0.075 1.132 Alanine g 1.247 0 1 0.150 2.245 Aspartic acid g 1.956 0 1 0.235 3.521 Glutamic acid g 3.286 0 1 0.394 5.915 Glycine g 0.999 0 1 0.120 1.798 Proline g 0.838 0 1 0.101 1.508 Serine g 0.896 0 1 0.108 1.613	Cystine	g	0.210		0		1		0.025	0.378		
Valine 9 1.070 0 1 0.128 1.926 Arginine 9 1.405 0 1 0.169 2.529 Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 1.956 0 1 0.235 3.521 Glutamic acid 9 3.286 0 1 0.394 5.915 Glycine 9 0.999 0 1 0.120 1.798 Proline 9 0.838 0 1 0.101 1.508 Serine 9 0.896 0 1 0.108 1.613	Phenylalanine	g	0.799		0		1		0.096	1.438		
Valine 9 1.070 0 1 0.128 1.926 Arginine 9 1.405 0 1 0.169 2.529 Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 1.956 0 1 0.235 3.521 Glutamic acid 9 3.286 0 1 0.394 5.915 Glycine 9 0.999 0 1 0.120 1.798 Proline 9 0.838 0 1 0.101 1.508 Serine 9 0.896 0 1 0.108 1.613	*	_	0.796		0		1		0.096	1.433		
Arginine 9 1.405 0 1 0.169 2.529 Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 1.956 0 1 0.235 3.521 Glutamic acid 9 3.286 0 1 0.394 5.915 Glycine 9 0.999 0 1 0.120 1.798 Proline 9 0.838 0 1 0.101 1.508 Serine 9 0.896 0 1 0.108 1.613			1.070		0		1		0.128	1.926		
Histidine 9 0.629 0 1 0.075 1.132 Alanine 9 1.247 0 1 0.150 2.245 Aspartic acid 9 1.956 0 1 0.235 3.521 Glutamic acid 9 3.286 0 1 0.394 5.915 Glycine 9 0.999 0 1 0.120 1.798 Proline 9 0.838 0 1 0.101 1.508 Serine 9 0.896 0 1 0.108 1.613			1.405		0		1		0.169	2.529		
Alanine. 9 1.247 0 1 0.150 2.245 Aspartic acid. 9 1.956 0 1 0.235 3.521 Glutamic acid. 9 3.286 0 1 0.394 5.915 Glycine. 9 0.999 0 1 0.120 1.798 Proline. 9 0.838 0 1 0.101 1.508 Serine. 9 0.896 0 1 0.108 1.613	=		0.629		0		1		0.075	1.132		
Aspartic acid. 9 1.956 0 1 0.235 3.521 Glutamic acid. 9 3.286 0 1 0.394 5.915 Glycine. 9 0.999 0 1 0.120 1.798 Proline. 9 0.838 0 1 0.101 1.508 Serine. 9 0.896 0 1 0.108 1.613			1.247		0		1		0.150	2.245		
Glutamic acid g 3.286 0 1 0.394 5.915 Glycine g 0.999 0 1 0.120 1.798 Proline g 0.838 0 1 0.101 1.508 Serine g 0.896 0 1 0.108 1.613		_	1.956		0		1		0.235	3.521		
Glycine. g 0.999 0 1 0.120 1.798 Proline. g 0.838 0 1 0.101 1.508 Serine. g 0.896 0 1 0.108 1.613			3.286		0		1		0.394	5.915		
Proline g 0.838 0 1 0.101 1.508 Serine g 0.896 0 1 0.108 1.613		-			0		1					
Serine	2	-	0.838		0		1		0.101	1.508		
					0		1					
TIVILIA VIDIDINE U	Hydroxyproline				-							

Common Measures:

Measure 1 = 12.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 180g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>on</u>		edible portion	
			N	Number				<u>m</u>	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		39.65		0		1		12.69	98.33	
Energy		442		0	NC	4		141	1096	
Energy	kj	1849				4		592	4586	
Protein (N x 6.25)		19.70		0		1		6.30	48.86	
Total lipid (fat)	g	39.66		0		1		12.69	98.36	
Ash		0.66		0		1		0.21	1.64	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	35		0		1		11	87	
Iron, Fe	-	1.79		0		1		0.57	4.44	
Magnesium, Mg	-	16		0		1		5	40	
Phosphorus, P		137		0		1		44	340	
Potassium, K	-	160		0		1		51	397	
Sodium, Na		53		0		1		17	131	
Zinc, Zn	-	2.07		0		1		0.66	5.13	
Copper, Cu		0.086	5	0		1		0.028	0.213	
Manganese, Mn		0.021	L	0		1		0.007	0.052	
Selenium, Se		124.3		0	BFYN	4		39.8	308.3	
Vitamins:					_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.022		0		1		0.007	0.055	
Riboflavin	=	0.146		0		1		0.047	0.362	
Niacin	-	2.656		0		1		0.850	6.587	
Pantothenic acid	_	0.306		0		1		0.098	0.759	
Vitamin B-6	_	0.080)	0		1		0.026	0.198	
Folate, total		4		0	_	1		1	10	
Folic acid		0 4		0	Z	7 1		0 1	0 10	
Folate, food		4		0 0	NC	4		1	10	
Folate, DFE		0.24		0	NC	1		0.08	0.60	
Vitamin B-12 Vitamin A, IU		0.24		0		1		0.08	0.60	
Vitamin A, IU Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)		U		U		_		· ·	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		10.340)	0		1		3.309	25.643	
4:0	-									
6:0	-									
8:0		0.000	,	•				0.000	0.000	
10:0	-	0.000		0		4 1		0.000	0.000	
12:0		0.000	,	U		_		0.000	0.000	
13:0	_	0.310	1	0		1		0.099	0.769	
14:0 15:0	_	0.310	,	U		_		0.099	0.769	
16:0	_	7.460)	0		1		2.387	18.501	
17:0	_	,	-	·		-		2.507	10.501	
18:0	-	1.970)	0		1		0.630	4.886	
20:0	-	1.570	•	v		-		0.050	4.000	
22:0	-									
24:0	_									

		<u>Ar</u>	nount in 100 grar Numb		ble portion	<u>n</u>		edible portion of easures of food	
Nutrients and Units	5	Mean	of Da Std. Error Point			Confidence Code	Measure 1	Measure 2	Measure 3
		16.000	•		4		- 400		
Fatty acids, total monounsaturated		16.900	0		1		5.408	41.912	
14:1 15:1									
16:1 undifferentiated		2.930	0		1		0.938	7.266	
17:1		2.330	·		-		0.550	7.200	
18:1 undifferentiated		13.610	0		1		4.355	33.753	
20:1		0.000	0		1		0.000	0.000	
22:1 undifferentiated		0.000	0		1		0.000	0.000	
24:1 c	•	0.000	·		-		0.000	0.000	
Fatty acids, total polyunsaturated		9.080	0		1		2.906	22.518	
18:2 undifferentiated		8.210	0		1		2.627	20.361	
18:3 undifferentiated		0.610	0		1		0.195	1.513	
18:4		****	•		_		0.255		
20:2 n-6 c.c.									
20:3 undifferentiated									
20:4 undifferentiated	-	0.110	0		1		0.035	0.273	
20:5 n-3		0.000	0		4		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		113	0		1		36	280	
Phytosterols	mg								
Amino Asido									
Amino Acids:	a	0.157	0		1		0.050	0.389	
Tryptophan Threonine		0.137	0		1		0.225	1.743	
Isoleucine	-	0.703	0		1		0.203	1.572	
		1.156	0		1		0.203	2.867	
Leucine	_	1.176	-		1		0.376	2.916	
Methionine	-	0.394	0		1		0.126	0.977	
Cystine		0.328	0		1		0.125	0.813	
Phenylalanine		0.520	0		1		0.213	1.649	
Tyrosine		0.448	0		1		0.143	1.111	
Valine		0.448	0		1		0.265	2.056	
Arginine		1.519	0		1		0.486	3.767	
Histidine		0.378	0		1		0.121	0.937	
Alanine	-	1.598	0		1		0.511	3.963	
Aspartic acid		1.761	0		1		0.564	4.367	
Glutamic acid	-	2.448	0		1		0.783	6.071	
Glycine		3.142	0		1		1.005	7.792	
Proline		1.837			1		0.588	4.556	
Serine		0.800			1		0.256	1.984	
Hydroxyproline	_	2.300	· ·		-		3.203	1.504	
	5								
Others:									
Alcohol, ethyl		0.0	0	Z	7		0.0	0.0	
Caffeine	_								
Theobromine	mg								

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 248g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	49.55		0		1		25.27	194.24	
Energy		387		0	NC	4		197	1517	
Energy		1619				4		826	6347	
Protein (N x 6.25)	-	12.71		0		1		6.48	49.82	
Total lipid (fat)		36.91		0		1		18.82	144.69	
Ash		0.40		0		1		0.20	1.57	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		9	71	
Iron, Fe	_	1.35		0		1		0.69	5.29	
Magnesium, Mg	_	8		0		1		4	31	
Phosphorus, P		82		0		1		42	321	
Potassium, K	mg	102		0		1		52	400	
Sodium, Na	mg	36		0		1		18	141	
Zinc, Zn	mg	1.27		0		1		0.65	4.98	
Copper, Cu	mg	0.076	5	0		1		0.039	0.298	
Manganese, Mn		0.012	2	0		1		0.006	0.047	
Selenium, Se	mcg	12.4		0	BFNN	4		6.3	48.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.019	•	0		1		0.010	0.074	
Riboflavin	-	0.081		0		1		0.041	0.318	
Niacin	=	1.484	1	0		1		0.757	5.817	
Pantothenic acid	_	0.253	3	0		1		0.129	0.992	
Vitamin B-6	mg	0.070)	0		1		0.036	0.274	
Folate, total	mcg	4		0		1		2	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		4		0		1		2	16	
Folate, DFE	mcg_DFE	4		0	NC	4		2	16	
Vitamin B-12		0.24		0		1		0.12	0.94	
Vitamin A, IU		38		0		1		19	149	
Vitamin A, RAE		11		0		1		6	45	
Retinol		11		0		1		6	45	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	niog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.630)	0		1		4.911	37.750	
4:0										
6:0	-									
8:0	-									
10:0		0.000		0		4		0.000	0.000	
12:0		0.000	,	0		1		0.000	0.000	
13:0	-	0.000	,	^		4		0 143	1 000	
14:0	-	0.280	,	0		1		0.143	1.098	
15:0	-	6.950	1	0		1		2 F4F	27 244	
16:0	-	0.950	,	U		1		3.545	27.244	
17:0 18:0	-	1.840	1	0		1		0.938	7.213	
20:0	-	1.640	,	U		_		0.936	7.213	
22:0	-									
44.U	9									

	<u>A</u> 1	mount in 100 grams		ion	Amount in edible portion of common measures of food			
		Number	r Deriv Sourc	a Canfidanaa	<u></u>	<u> </u>	•	
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	15.730	0	1		8.022	61.662		
14:1g	13.730	· ·	-		0.022	01.002		
15:1g		_						
16:1 undifferentiatedg	2.720	0	1		1.387	10.662		
17:19	12.660	0	1			40.60		
18:1 undifferentiated			_		6.457	49.627		
20:1g	0.000		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0	1		0.000	0.000		
24:1 cg	8.450	0	1			20.124		
Fatty acids, total polyunsaturated9			1		4.310	33.124		
18:2 undifferentiated	7.640		1		3.896	29.949		
18:3 undifferentiated	0.570	U	1		0.291	2.234		
18:4g								
20:2 n-6 c,cg								
	0.100	0	1		0.051	0.392		
20:4 undifferentiated	0.000		4		0.001	0.392		
_	0.000		1		0.000	0.000		
22:5 n-3g	0.000		1		0.000	0.000		
22:6 n-3	0.000	U	1		0.000	0.000		
Fatty acids, total trans	91	0	1		46	357		
Phytosterolsmg	91	U	_		40	357		
Filytosterois								
Amino Acids:								
Tryptophang	0.102	0	1		0.052	0.400		
Threonineg	0.453		1		0.231	1.776		
Isoleucineg	0.409	0	1		0.209	1.603		
Leucineg	0.746	0	1		0.380	2.924		
Lysineg	0.758		1		0.387	2.971		
Methionineg	0.254		1		0.130	0.996		
Cystineg	0.211	0	1		0.108	0.827		
Phenylalanineg	0.429	0	1		0.219	1.682		
Tyrosineg	0.289		1		0.147	1.133		
Valineg	0.534	0	1		0.272	2.093		
Arginineg	0.980	0	1		0.500	3.842		
Histidineg	0.244		1		0.124	0.956		
Alanineg	1.031		1		0.526	4.042		
Aspartic acidg	1.136	0	1		0.579	4.453		
Glutamic acidg	1.580		1		0.806	6.194		
Glycineg	2.027		1		1.034	7.946		
Proline	1.185		1		0.604	4.645		
Serineg	0.516	0	1		0.263	2.023		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	z 7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 392g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
p : /									
Proximates: Water	a	59.49	0		1		14.28	110.65	
Energy		229	0	NC	4		55	426	
Energy		958			4		230	1782	
Protein (N x 6.25)	=	27.38	0		1		6.57	50.93	
Total lipid (fat)		12.43	0		1		2.98	23.12	
Ash		0.97	0		1		0.23	1.80	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch		0.00	·	_	•		0.00	0.00	
Starch	9								
Minerals:									
Calcium, Ca	-	24	0		1		6	45	
Iron, Fe		1.46	0		1		0.35	2.72	
Magnesium, Mg		25	0		1		6	47	
Phosphorus, P	•	197	0		1		47	366	
Potassium, K		266	0		1		64	495	
Sodium, Na		61	0		1		15	113	
Zinc, Zn		2.10	0		1		0.50	3.91	
Copper, Cu		0.056			1		0.013	0.104	
Manganese, Mn		0.020			1		0.005	0.037	
Selenium, Se	mcg	29.9	0	BFYN	4		7.2	55.6	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin		0.050	0		1		0.012	0.093	
Riboflavin		0.134	. 0		1		0.032	0.249	
Niacin		5.732	2 0		1		1.376	10.662	
Pantothenic acid	_	0.584	. 0		1		0.140	1.086	
Vitamin B-6		0.420	0		1		0.101	0.781	
Folate, total	-	6	0		1		1	11	
Folic acid		0	0	Z	7		0	0	
Folate, food		6	0		1		1	11	
Folate, DFE	mcg_DFE	6	0	NC	4		1	11	
Vitamin B-12		0.34	0		1		0.08	0.63	
Vitamin A, IU		0	0		1		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.17	0	NR	4		0.04	0.31	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	a	3.390	0		1		0.814	6.305	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0	-	0.010			1		0.002	0.019	
13:0	-	0.010	. •		-		0.002	0.019	
14:0	-	0.090	0		1		0.022	0.167	
15:0	-	0.030	•		-		J. 022	0.107	
16:0	-	2.230	0		1		0.535	4.148	
17:0			Ü		-		3.555	4.140	
18:0	-	0.740	0		1		0.178	1.376	
20:0	-	0.740	•		-		3.1,3	1.5.0	
22:0	-								
24:0	-								

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>		edible portion	
				Number of Data		Source	Confidence	<u>m</u> :	easures of food	
Nutrients and l	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	4.660		0		1		1.118	8.668	
14:1	-									
15:1	-					_				
16:1 undifferentiated	-	0.790		0		1		0.190	1.469	
18:1 undifferentiated		3.760		0		1		0.902	6.994	
20:1	-	0.010		0		1		0.002	0.019	
22:1 undifferentiated		0.010		0		1		0.002	0.019	
24:1 c	•									
Fatty acids, total polyunsaturate		2.940		0		1		0.706	5.468	
18:2 undifferentiated	g	2.490		0		1		0.598	4.631	
18:3 undifferentiated	g	0.160		0		1		0.038	0.298	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.160		0		1		0.038	0.298	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.020		0		1		0.005	0.037	
22:6 n-3	g	0.030		0		1		0.007	0.056	
Fatty acids, total trans	g									
Cholesterol	_	81		0		1		19	151	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.295		0		1		0.071	0.549	
Threonine		1.175		0		1		0.282	2.186	
Isoleucine	g	1.327		0		1		0.318	2.468	
Leucine	g	2.080		0		1		0.499	3.869	
Lysine	g	2.412		0		1		0.579	4.486	
Methionine	g	0.749		0		1		0.180	1.393	
Cystine	g	0.315		0		1		0.076	0.586	
Phenylalanine	g	1.058		0		1		0.254	1.968	
Tyrosine	g	1.000		0		1		0.240	1.860	
Valine	g	1.401		0		1		0.336	2.606	
Arginine	g	1.946		0		1		0.467	3.620	
Histidine	g	0.796		0		1		0.191	1.481	
Alanine		1.789		0		1		0.429	3.328	
Aspartic acid		2.622		0		1		0.629	4.877	
Glutamic acid	g	4.279		0		1		1.027	7.959	
Glycine		1.894		0		1		0.455	3.523	
Proline	-	1.391		0		1		0.334	2.587	
Serine		1.199		0		1		0.288	2.230	
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	0		0	z	7		0.000	0.000	
Carotene, alpha	_	0		n	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	
j op-ii		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 24g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 186g: 1 wing, bone removed

NDB No. 05196

Turkey, all classes, wing, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 33% Bone

		<u>A</u>	mount in 100) grams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	of common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.49		0		1		21.94	170.21	
Energy	kcal	197		0	NC	4		65	504	
Energy	kj	824				4		272	2110	
Protein (N x 6.25)	g	20.22		0		1		6.67	51.76	
Total lipid (fat)	g	12.32		0		1		4.07	31.54	
Ash	g	0.81		0		1		0.27	2.07	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals:	ma	14		0		1		5	36	
Calcium, CaIron, Fe	-	1.26		0		1		5 0.42	36	
Magnesium, Mg	-	21		0		1		0.42 7	3.23 54	
Phosphorus, P		165		0		1		, 54	422	
Potassium. K	-	240		0		1		79	614	
Sodium, Na		55		0		1		18	141	
Zine, Zn		1.54		0		1		0.51	3.94	
Copper, Cu		0.077	7	0		1		0.025	0.197	
Manganese, Mn		0.017		0		1		0.006	0.044	
Selenium, Se		22.4		0	PAK	1		7.4	57.3	
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid		0.0	•	0	Z	7		0.0	0.0	
Thiamin		0.050		0		1		0.017	0.128	
Riboflavin	-	0.110		0		1		0.036	0.282	
Niacin		4.425 0.554		0		1 1		1.460	11.328	
Pantothenic acid		0.334		0		1		0.183 0.135	1.418 1.050	
Vitamin B-6		7	J	0		1		2	1.050	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0	2	1		2	18	
Folate, DFE		7		0	NC	4		2	18	
Vitamin B-12		0.39		0	NC	1		0.13	1.00	
Vitamin A, IU		11		0		1		4	28	
Vitamin A, RAE	mca RAF	3		0		1		1	8	
Retinol		3		0		1		1	8	
Vitamin E (alpha-tocopherol)	-					_		_	· ·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	3.280	n	0		1		1.082	8.397	
4:0		3.200	•	·		-		1.002	0.557	
6:0										
8:0										
10:0	-	0.000	0	0		4		0.000	0.000	
12:0		0.010		0		1		0.003	0.026	
13:0										
14:0		0.090	0	0		1		0.030	0.230	
15:0	_			-						
16:0	_	2.270	0	0		1		0.749	5.811	
17:0	_									
18:0	_	0.670	0	0		1		0.221	1.715	
20:0	-									
22:0										
24:0	_									
	-									

		<u>Aı</u>	mount in 10		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number			<u> </u>	easures or roou	•	
Nutrients and Uni	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
P		4 070		•	1			40 500		
Fatty acids, total monounsaturated		4.970		0	1		1.640	12.723		
14:1	-									
15:1 16:1 undifferentiated	-	0.850		0	1		0.281	2.176		
17:1	-	0.850		U	1		0.261	2.176		
18:1 undifferentiated	-	4.010		0	1		1.323	10.266		
20:1		0.010		0	1		0.003	0.026		
22:1 undifferentiated		0.010		0	1		0.003	0.026		
24:1 c	•	0.010		·	-		3.005	0.020		
Fatty acids, total polyunsaturated		2.860		0	1		0.944	7.322		
18:2 undifferentiated		2.520		0	1		0.832	6.451		
18:3 undifferentiated	-	0.180		0	1		0.059	0.461		
18:4	-									
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.090		0	1		0.030	0.230		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	g	0.010		0	1		0.003	0.026		
22:6 n-3		0.010		0	1		0.003	0.026		
Fatty acids, total trans	g									
Cholesterol	mg	70		0	1		23	179		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.217		0	1		0.072	0.556		
Threonine		0.866		0	1		0.286	2.217		
Isoleucine	g	0.975		0	1		0.322	2.496		
Leucine	g	1.531		0	1		0.505	3.919		
Lysine		1.773		0	1		0.585	4.539		
Methionine	g	0.551		0	1		0.182	1.411		
Cystine	g	0.234		0	1		0.077	0.599		
Phenylalanine	g	0.780		0	1		0.257	1.997		
Tyrosine	g	0.734		0	1		0.242	1.879		
Valine	g	1.031		0	1		0.340	2.639		
Arginine	g	1.438		0	1		0.475	3.681		
Histidine	g	0.585		0	1		0.193	1.498		
Alanine	g	1.325		0	1		0.437	3.392		
Aspartic acid	g	1.934		0	1		0.638	4.951		
Glutamic acid		3.150		0	1		1.040	8.064		
Glycine		1.425		0	1		0.470	3.648		
Proline	g	1.039		0	1		0.343	2.660		
Serine		0.885		0	1		0.292	2.266		
Hydroxyproline	g									

Common Measures:

Measure 1 = 33g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 256g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u> e	easures of food	_	
			•		Deriv		Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	66.07	0.912	9		1		89.19	93.82	82.59	
Energy	kcal	163		0	NC	4		220	231	204	
Energy	kj	682				4		921	968	852	
Protein (N x 6.25)		23.68	0.570	9		1		31.97	33.63	29.60	
Total lipid (fat)	g	6.86	0.242	9		1		9.26	9.74	8.58	
Ash		1.92	0.032	9		1		2.59	2.73	2.40	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	mq	12	0.572	9		1		16	17	15	
Iron, Fe		1.86	0.247	9		1		2.51	2.64	2.3	
Magnesium, Mg		20		0		4		27	28	25	
Phosphorus, P		162		0		4		219	230	203	
Potassium, K		224		0		4		302	318	280	
Sodium, Na		467	45.619	5		1		630	663	584	
Zinc, Zn	mg	2.37		0		4		3.20	3.37	2.9	
Copper, Cu	mg	0.074		0		4		0.100	0.105	0.0	
Manganese, Mn	<u>mg</u>	0.017		0		4		0.023	0.024	0.0	
Selenium, Se	mcg	25.9		0	BFNN	4		35.0	36.8	32.4	
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.0	0.000	6		1		2.7	2.8	2.5	
Thiamin	-	0.014		9		1		0.019	0.020	0.0	
Riboflavin		0.171		9		1		0.231	0.243	0.2	
Niacin		6.622		9		1		8.940	9.403	8.2	
Pantothenic acid	_	0.686		0		4		0.926	0.974	0.8	
Vitamin B-6	-	0.330		0		4		0.446	0.469	0.4	
Folate, total		6		0		4		8	9	8	
Folic acid		0		0	z	7		0	0	0	
Folate, food		6		0		4		8	9	8	
Folate, DFE		6		0	NC	4		8	9	8	
Vitamin B-12		0.28		0		4		0.38	0.40	0.3	
Vitamin A, IU	IU	0		0		4		0	0	0	
Vitamin A, RAE		0		0	AS	1		0	0	0	
Retinol		0		0	NR	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.27		0	PIK	4		0.37	0.39	0.3	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.7		0	PIK	4		0.9	1.0	0.9	
ipids:											
Fatty acids, total saturated	a	2.000	1	0		1		2.700	2.840	2.5	
4:0		0.000		0		1		0.000	0.000	0.0	
6:0	-	0.000		0		1		0.000	0.000	0.0	
8:0	-	0.000		0		1		0.000	0.000	0.0	
10:0	-	0.000		0		1		0.000	0.000	0.0	
12:0		0.010		0		1		0.014	0.014	0.0	
13:0	-	0.010		•		-		0.011	0.014	0.0	
14:0	-	0.050	1	0		1		0.068	0.071	0.0	
15:0	_			-		_		2.300	3.0,1	0.0	
16:0		1.220	1	0		1		1.647	1.732	1.5	
17:0				•		-		,	1.,52		
18:0	-	0.490	1	0		1		0.662	0.696	0.6	
20:0	-	5.450		•		-		J. 302	2.050	0.0	
22:0	-										
24:0	-										

	Amount in 100 grams of edible portion								Amount in edible portion of common measures of food			
Nutrients and	Unite	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Nutrients and v	Jilli 3	Mean	Ota: Elloi					Wedsure 1	Measure 2	Medadire o		
Fatty acids, total monounsaturat	edg	2.260)	0		1		3.051	3.209	2.825		
14:1	g											
15:1	g											
16:1 undifferentiated	_	0.370)	0		1		0.500	0.525	0.463		
17:1												
18:1 undifferentiated	=	1.830		0		1		2.471	2.599	2.288		
20:1	-	0.010		0		1		0.014	0.014	0.013		
22:1 undifferentiated	•	0.010)	0		1		0.014	0.014	0.013		
24:1 c												
Fatty acids, total polyunsaturate		1.750		0		1		2.363	2.485	2.188		
18:2 undifferentiated		1.460		0		1		1.971	2.073	1.825		
18:3 undifferentiated	=	0.080		0		1		0.108	0.114	0.100		
18:4		0.000)	0		1		0.000	0.000	0.000		
20:2 n-6 c,c	=											
20:3 undifferentiated												
20:4 undifferentiated	=	0.140		0		1		0.189	0.199	0.175		
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000		
22:5 n-3		0.020		0		1		0.027	0.028	0.025		
22:6 n-3		0.030)	0		1		0.041	0.043	0.038		
Fatty acids, total trans												
Cholesterol		66		0		4		89	94	83		
Phytosterols	mg											
Amino Acids:												
Tryptophan	α	0.261		0		1		0.352	0.371	0.326		
Threonine		1.029		0		1		1.389	1.461	1.286		
Isoleucine	_	1.183		0		1		1.597	1.680	1.479		
Leucine		1.833		0		1		2.475	2.603	2.291		
Lysine	_	2.143		0		1		2.893	3.043	2.679		
Methionine		0.661		0		1		0.892	0.939	0.826		
Cystine		0.266		0		1		0.359	0.378	0.333		
Phenylalanine		0.922		0		1		1.245	1.309	1.153		
Tyrosine		0.895		0		1		1.208	1.271	1.119		
Valine	_	1.228		0		1		1.658	1.744	1.535		
Arginine		1.663		0		1		2.245	2.361	2.079		
Histidine		0.708		0		1		0.956	1.005	0.885		
Alanine		1.503		0		1		2.029	2.134	1.879		
Aspartic acid	_	2.270		0		1		3.065	3.223	2.838		
Glutamic acid		3.765		0		1		5.083	5.346	4.706		
	_	1.422		0		1		1.920	2.019	1.778		
Glycine Proline		1.096		0		1		1.480	1.556	1.370		
Serine	• • • • • • • • • • • • • • • • • • • •	1.040		0		1		1.404	1.477	1.300		
Hydroxyproline		1.040	•	U		_		1.404	1.4//	1.300		
riydroxypronne	9											
Others:												
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0		
Caffeine		0		0	z	7		0	0	0		
Theobromine		0		0	Z	7		0	0	0		
Carotenoids:	-											
·	mca	0		^		7		0.000	0 000	0.000		
Carotene, beta		0		0	Z Z	7 7		0.000	0.000	0.000		
Carotene, alpha	_	0		0	z Z	7			0.000			
Cryptoxanthin, beta				-				0.000	0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000	0.000		
Lutein + zeaxanthin	iicā	0		0	Z	7		0.000	0.000	0.000		

Common Measures:

Measure 1 = 135g: 1 cup, drained Measure 2 = 142g: 1 can (5 oz) Measure 3 = 125g: 1 can (5 oz) yields NDB No. 05284

Turkey, canned, meat only, with broth

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
			Nun	nber				<u>m</u>	easures of food	<u>.</u>
			of [Data [Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.70	0.080	6		1		20.33	162.76	
Energy	kcal	138		0	NC	4		39	313	
Energy	kj	577				4		164	1311	
Protein (N x 6.25)		18.70	0.209	6		1		5.30	42.45	
Total lipid (fat)	g	6.00	0.193	6		1		1.70	13.62	
Ash	g	2.60	0.209	6		1		0.74	5.90	
Carbohydrate, by difference	g	1.00		0	NC	4		0.28	2.27	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	1	0.000	6		1		0	2	
Iron, Fe	_	1.80	0.177	6		1		0.51	4.09	
Magnesium, Mg	_	17	0.17	0		4		5	39	
Phosphorus, P		240	16.109	6		1		68	545	
Potassium, K	_	310	9.665	6		1		88	704	
Sodium, Na		850	61.237	6		1		241	1930	
Zinc, Zn	_	2.02	021207	0		4		0.57	4.59	
Copper, Cu		0.063		0		4		0.018	0.143	
Manganese, Mn		0.013		0		4		0.004	0.030	
Selenium, Se		26.1		0	PIE	4		7.4	59.2	
	•									
Vitamins:				_		_				
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.040		6		1		0.011	0.091	
Riboflavin	-	0.110		6		1		0.031	0.250	
Niacin	_	4.800		6		1		1.361	10.896	
Pantothenic acid	-	0.589		0		4		0.167	1.337	
Vitamin B-6	-	0.280		0		4		0.079	0.636	
Folate, total		5		0	_	4		1	11	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		4		1	11	
Folate, DFE		5		0	NC	4		1	11	
Vitamin B-12		0.24		0		4		0.07	0.54	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.750		0		1		0.496	3.973	
4:0										
6:0	-									
8:0										
10:0		0.000		0		4		0.000	0.000	
12:0		0.010		0		1		0.003	0.023	
13:0	-	0.00		•				0.011	2 222	
14:0	-	0.040		0		1		0.011	0.091	
15:0	-	1 070		0		1		0 202	0 400	
16:0	-	1.070		0		1		0.303	2.429	
17:0	-	0 400		0		4		0 100	0.076	
18:0	-	0.430		0		1		0.122	0.976	
20:0	-									
22:0	y									

	<u>Aı</u>	mount in 10	<u>0 grams</u> Number	Amount in edible portion of common measures of food						
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father a side total management of	9	1.980		0		1		0 561	4 405	
Fatty acids, total monounsaturated		1.980		U		1		0.561	4.495	
15:1										
16:1 undifferentiated		0.320		0		1		0.091	0.726	
17:1	-	0.520		Ū		-		0.031	0.720	
18:1 undifferentiated		1.600		0		1		0.454	3.632	
20:1		0.010		0		1		0.003	0.023	
22:1 undifferentiated	-	0.010		0		1		0.003	0.023	
24:1 c		0.010		U		1		0.003	0.023	
Fatty acids, total polyunsaturated		1.530		0		1		0.434	3.473	
18:2 undifferentiated		1.270		0		1		0.360	2.883	
18:3 undifferentiated	-	0.070		0		1		0.020	0.159	
18:4		0.070		·		-		0.020	0.133	
20:2 n-6 c.c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.120		0		1		0.034	0.272	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3	-	0.020		0		1		0.006	0.045	
22:6 n-3		0.020		0		1		0.006	0.045	
Fatty acids, total trans		0.020		·		-		0.000	0.015	
Cholesterol	-	55		0		4		16	125	
Phytosterols	-									
1 113 103101013										
Amino Acids:										
Tryptophan	-	0.206		0		1		0.058	0.468	
Threonine	g	0.813		0		1		0.230	1.846	
Isoleucine	g	0.934		0		1		0.265	2.120	
Leucine	g	1.447		0		1		0.410	3.285	
Lysine	g	1.693		0		1		0.480	3.843	
Methionine	g	0.522		0		1		0.148	1.185	
Cystine	g	0.210		0		1		0.060	0.477	
Phenylalanine	g	0.729		0		1		0.207	1.655	
Tyrosine	g	0.707		0		1		0.200	1.605	
Valine	g	0.970		0		1		0.275	2.202	
Arginine	-	1.313		0		1		0.372	2.981	
Histidine		0.559		0		1		0.158	1.269	
Alanine	g	1.187		0		1		0.337	2.694	
Aspartic acid	-	1.793		0		1		0.508	4.070	
Glutamic acid	g	2.974		0		1		0.843	6.751	
Glycine	g	1.123		0		1		0.318	2.549	
Proline	g	0.866		0		1		0.246	1.966	
Serine	g	0.821		0		1		0.233	1.864	
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 43367 Turkey, drumstick, smoked, cooked, with skin, bone removed

Refuse: 0%

		<u>Aı</u>	mount in 100	Amount in edible portion of common						
		Number						<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	61.20				4			12.85	10.40
Energy	-	208				4			44	35
Energy		870				4			183	148
Protein		27.90				4			5.86	4.74
Total lipid (fat)	-	9.80				4			2.06	1.67
Ash	_	1.10		0	NC	4			0.23	0.19
Carbohydrate, by difference		0.00			Z	7			0.00	0.00
Fiber, total dietary		0.0				7			0.0	0.0
Sugars, total		0.00		0	Z	7			0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	32				4			7	5
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.30				4			0.48	0.39
Magnesium, Mg		23				4			5	4
Phosphorus, P		199				4			42	34
Potassium, K		280 996				4			59 209	48 169
Sodium, NaZinc, Zn		4.27				4			0.90	0.73
Copper, Cu		0.154	i			4			0.90	0.73
Manganese, Mn		0.134	-			-			0.032	0.02
Selenium, Se		38.3		0	BFNN	4			8.0	6.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7			0.0	0.0
Thiamin	<u>.</u> mg	0.060)			4			0.013	0.01
Riboflavin	mg	0.240)			4			0.050	0.04
Niacin	<u>mg</u>	3.560)			4			0.748	0.60
Pantothenic acid	-									
Vitamin B-6	=	0.330)			4			0.069	0.05
Folate, total		9		_	_	4			2	2
Folic acid		0		0	Z	7			0	0
Folate, food		9 9		0	NC	4 4			2 2	2 2
Folate, DFEVitamin B-12		0.36		U	NC	4			0.08	0.06
Vitamin A, IU		0.36				4			0.08	0.06
Vitamin A, RAE	mca RAF	0		0	NC	4			0	0
Retinol		0		0	NR	4			0	0
Vitamin E (alpha-tocopherol)		0.62		0	NR	4			0.13	0.11
Tocopherol, beta						-			0.25	0.11
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.1		0	BFSN	4			0.9	0.7
<u>Lipids:</u>										
Fatty acids, total saturated		3.054				4			0.641	0.51
4:0	_	0.000				4			0.000	0.00
6:0	_	0.000				4			0.000	0.00
8:0	_	0.000				4			0.000	0.00
10:0		0.000				4			0.000	0.00
12:0	_	0.010	,			4			0.002	0.00
13:0		0.070	,			4			0.015	0 01
14:0		0.070	,			4			0.015	0.01
15:0		1.767	,			4			0 271	0.30
16:0		1.767	•			4			0.371	0.30
17:0		0.818	1			4			0.172	0.13
18:0 20:0		0.018	•			4			0.1/2	0.1.
22:0	_									
24:0	_									

	<u>Aı</u>	mount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.864				4			0.601	0.487
14:1g								0.002	
15:1									
16:1 undifferentiatedg	0.459				4			0.096	0.078
17:1g									
18:1 undifferentiatedg	2.335				4			0.490	0.397
20:1g	0.030				4			0.006	0.005
22:1 undifferentiatedg	0.020				4			0.004	0.003
24:1 cg									
Fatty acids, total polyunsaturatedg	2.715				4			0.570	0.462
18:2 undifferentiatedg	2.266				4			0.476	0.385
18:3 undifferentiatedg	0.110				4			0.023	0.019
18:4g	0.000				4			0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.240				4			0.050	0.041
20:5 n-3g	0.000				4			0.000	0.000
22:5 n-3g	0.030				4			0.006	0.005
22:6 n-3g	0.050				4			0.011	0.009
Fatty acids, total transg									
Cholesterolmg	85				4			18	14
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7			0.0	0.0
Caffeine mg	0		0	z	7			0	0
Theobromine mg	0		0	Z	7			0	0
Carotenoids:									
Carotene beta mcg	0		0	z	7			0.000	0.000
Carotene, alphamcg	0		0	z	7			0.000	0.000
Cryptoxanthin, beta mcg	0		0	z	7			0.000	0.000
Lycopenemcg	0		0	z	7			0.000	0.000
Lutein + zeaxanthin mcg	0		0	z	7			0.000	0.000

Common Measures:

Measure 2 = 21g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

Refuse: 41% Bone

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber				easures of food		
					Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	63.27	0.396	6	1		82.25	23.41		
Energy	_	204		0 NC			265	75		
Energy		854			4		1110	316		
Protein (N x 6.25)		26.15	0.514	6	1		34.00	9.68		
Total lipid (fat)		10.24	0.726	6	1		13.31	3.79		
Ash	-	0.85	0.017	6	1		1.11	0.31		
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00		
Fiber, total dietary		0.0		0 Z	7		0.0	0.0		
Sugars, total								• • •		
Starch	_									
Starch	9									
Minerals:										
Calcium, Ca	-	36		6	1		47	13		
Iron, Fe	-	1.85		6	1		2.41	0.68		
Magnesium, Mg		20		6	1		26	7		
Phosphorus, P		170		6	1		221	63		
Potassium, K		208		6	1		270	77		
Sodium, Na	-	70		6	1		91	26		
Zinc, Zn		3.34		2	1		4.34	1.24		
Copper, Cu		0.166		2 2	1 1		0.216	0.061 0.009		
Manganese, Mn Selenium, Se		0.023 37.7		2 0 BFYN			0.030 4 9.0	13.9		
Selenium, Se	nog	37.7		O BEIL			49.0	13.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0		
Thiamin	mg	0.040	0.003	6	1		0.052	0.015		
Riboflavin	mg	0.193	0.012	6	1		0.251	0.071		
Niacin	mg	3.517	0.100	6	1		4.572	1.301		
Pantothenic acid	mg	1.127	1	0	1		1.465	0.417		
Vitamin B-6	mg	0.310)	0	1		0.403	0.115		
Folate, total	mcg	9		0	1		12	3		
Folic acid	mcg	0		0 z	7		0	0		
Folate, food		9		0	1		12	3		
Folate, DFE		9		0 NC	4		12	3		
Vitamin B-12		0.36		0	1		0.47	0.13		
Vitamin A, IU		0		2	1		0	0		
Vitamin A, RAE		0		2	1		0	0		
Retinol		0		2	1		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	J									
Fatty acids, total saturated	а	2.990)	0	1		3.887	1.106		
4:0		,		-	-		2.007	2.100		
6:0	-									
8:0	-									
10:0	-	0.000)	0	4		0.000	0.000		
12:0		0.010		0	1		0.013	0.004		
13:0										
14:0	-	0.070)	0	1		0.091	0.026		
15:0	-									
16:0	-	1.880)	0	1		2.444	0.696		
17:0	-									
18:0	-	0.720)	0	1		0.936	0.266		
20:0	-	•			=			=		
22:0	-									
24:0	-									

		An	nount in 100 grar Numb		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F		3.530	0		1		4 500	1 206		
Fatty acids, total monounsaturated.		3.530	U		1		4.589	1.306		
15:1										
16:1 undifferentiated		0.590	0		1		0.767	0.218		
17:1	_	0.550	· ·		-		0.707	0.210		
18:1 undifferentiated		2.860	0		1		3.718	1.058		
20:1		0.020	0		1		0.026	0.007		
22:1 undifferentiated	-	0.010	0		1		0.013	0.004		
24:1 c		0.010	v		-		0.013	0.004		
Fatty acids, total polyunsaturated		2.640	0		1		3.432	0.977		
18:2 undifferentiated		2.270	0		1		2.951	0.840		
18:3 undifferentiated	-	0.130	0		1		0.169	0.048		
18:4		0.250	ŭ		_		0.103	0.040		
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.170	0		1		0.221	0.063		
20:5 n-3	_	0.000	0		4		0.000	0.000		
22:5 n-3	-	0.020	0		1		0.026	0.007		
22:6 n-3		0.030	0		1		0.039	0.011		
Fatty acids, total trans										
Cholesterol	_	108	4.974 6		1		140	40		
Phytosterols	_									
-										
Amino Acids:										
Tryptophan	-	0.279	0		1		0.363	0.103		
Threonine	-	1.116	0		1		1.451	0.413		
Isoleucine	-	1.253	0		1		1.629	0.464		
Leucine	-	1.971	0		1		2.562	0.729		
Lysine	-	2.278	0		1		2.961	0.843		
Methionine	-	0.709	0		1		0.922	0.262		
Cystine		0.306	0		1		0.398	0.113		
Phenylalanine	g	1.006	0		1		1.308	0.372		
Tyrosine	g	0.943	0		1		1.226	0.349		
Valine		1.330	0		1		1.729	0.492		
Arginine	-	1.864	0		1		2.423	0.690		
Histidine		0.751	0		1		0.976	0.278		
Alanine	-	1.723	0		1		2.240	0.638		
Aspartic acid	-	2.498	0		1		3.247	0.924		
Glutamic acid		4.058	0		1		5.275	1.501		
Glycine	-	1.890	0		1		2.457	0.699		
Proline		1.367	0		1		1.777	0.506		
Serine	-	1.142	0		1		1.485	0.423		
Hydroxyproline	g									

Common Measures:

Measure 1 = 130g: .5 back, bone removed

Measure 2 = 37g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 41% Bone

		<u>Aı</u>	mount in 100 gr	rams of	f edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food	_	
				Data D	eriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Duranian											
Proximates: Water	q	72.47	0.606	6		1		132.62	37.68		
Energy	=	151		0	NC	4		276	79		
Energy		632				4		1156	329		
Protein (N x 6.25)	<u>-</u>	19.89	0.162	6		1		36.40	10.34		
Total lipid (fat)		7.27	0.771	6		1		13.30	3.78		
Ash		0.76	0.006	6		1		1.39	0.40		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	19	0.613	6		1		35	10		
Iron, Fe	_	1.40	0.097	6		1		2.56	0.73		
Magnesium, Mg		19	0.231	6		1		35	10		
Phosphorus, P	_	155	1.456	6		1		284	81		
Potassium, K		204	2.318	6		1 1		373 110	106		
Sodium, Na		60 1.92	1.354	6 2		1		110 3.51	31 1.00		
Zinc, Zn Copper, Cu		0.137	,	2		1		0.251	0.071		
Manganese, Mn		0.137		2		1		0.033	0.009		
Selenium, Se		26.4	•		PAK	1		48.3	13.7		
Scientini, Sc	9	20.4		Ü		-		40.5	13.7		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.042		6		1		0.077	0.022		
Riboflavin	mg	0.161	0.009	6		1		0.295	0.084		
Niacin	-	3.257		6		1		5.960	1.694		
Pantothenic acid		1.032		0		1		1.889	0.537		
Vitamin B-6	-	0.320)	0		1		0.586	0.166		
Folate, total		10		0		1		18	5		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	10		0		1		18	5		
Folate, DFE		10		0	NC	4		18	5		
Vitamin B-12		0.39		0		1		0.71	0.20		
Vitamin A, IU		6		2		1		11	3		
Vitamin A, RAE		2 2		2 2		1 1		3	1		
Retinol		2		2		1		3	1		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>				_				_			
Fatty acids, total saturated		2.120)	0		1		3.880	1.102		
4:0											
6:0											
8:0		0.000		0		4		0.000	0 000		
10:0		0.000		0		4 1		0.000	0.000		
12:0		0.010	,	U		1		0.018	0.005		
13:0	-	0.050	•	0		1		0 000	0.026		
14:0	-	0.050	,	U		T		0.092	0.026		
15:0	-	1.330	1	0		1		2.434	0.692		
16:0 17:0	-	1.330	•	U		1		∠.434	0.692		
18:0	-	0.510	1	0		1		0.933	0.265		
20:0		0.510	•	J		_		0.933	0.263		
22:0	-										
44.U	9										

		<u>An</u>	nount in 100 gr		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	a	2.500		0	1		4.575	1.300		
Fatty acids, total monounsaturated.		2.500		U			4.575	1.300		
15:1										
16:1 undifferentiated		0.420		0	1		0.769	0.218		
17:1	-	0.420		Ü	-		0.703	0.210		
18:1 undifferentiated		2.030		0	1		3.715	1.056		
20:1		0.010		0	1		0.018	0.005		
22:1 undifferentiated	_	0.010		0	1		0.018	0.005		
24:1 c		0.010		•	-		0.010	0.005		
Fatty acids, total polyunsaturated		1.880		0	1		3.440	0.978		
18:2 undifferentiated		1.610		0	1		2.946	0.837		
18:3 undifferentiated	_	0.090		0	1		0.165	0.047		
18:4		0.000		•	_		0.103	0.047		
20:2 n-6 c.c										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.120		0	1		0.220	0.062		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	_	0.020		0	1		0.037	0.010		
22:6 n-3		0.020		0	1		0.037	0.010		
Fatty acids, total trans										
Cholesterol	-	86	2.938	6	1		157	45		
Phytosterols	-									
-										
Amino Acids:										
Tryptophan	-	0.216		0	1		0.395	0.112		
Threonine	-	0.859		0	1		1.572	0.447		
Isoleucine	-	0.977		0	1		1.788	0.508		
Leucine	-	1.524		0	1		2.789	0.792		
Lysine	-	1.774		0	1		3.246	0.922		
Methionine	-	0.550		0	1		1.007	0.286		
Cystine		0.225		0	1		0.412	0.117		
Phenylalanine	-	0.772		0	1		1.413	0.401		
Tyrosine	-	0.737		0	1		1.349	0.383		
Valine		1.025		0	1		1.876	0.533		
Arginine	-	1.409		0	1		2.578	0.733		
Histidine		0.586		0	1		1.072	0.305		
Alanine	-	1.288		0	1		2.357	0.670		
Aspartic acid	-	1.910		0	1		3.495	0.993		
Glutamic acid		3.134		0	1		5.735	1.630		
Glycine	-	1.306		0	1		2.390	0.679		
Proline	-	0.978		0	1		1.790	0.509		
Serine	-	0.874		0	1		1.599	0.454		
Hydroxyproline	g									

Common Measures:

Measure 1 = 183g: .5 back, bone removed

Measure 2 = 52g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 56% 41% bone, 15% skin

		<u>Aı</u>	mount in 100 gra		ible porti	<u>on</u>	Amount in edible portion of common		
			Num				<u>m</u>	easures of food	<u>l</u>
						Confidence			
Nutrients and Uni	ITS	Mean	Std. Error Poir	is CODE	e Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	66.01	0.462	6	1		17.82	65.35	
Energy	kcal	170		0 N C	4		46	168	
Energy	kj	711			4		192	704	
Protein (N x 6.25)		28.02		6	1		7.57	27.74	
Total lipid (fat)		5.64	0.513	6	1		1.52	5.58	
Ash		0.90		6	1		0.24	0.89	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total									
Starch	9								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	36		6	1		10	36	
Iron, Fe		1.85		6	1		0.50	1.83	
Magnesium, Mg		22 177		6 £	1 1		6	22 175	
Phosphorus, P		217		6 6	1		48 59	175 215	
Potassium, KSodium, Na		73		6	1		20	72	
Zinc, Zn		3.80		2	1		1.03	3.76	
Copper, Cu		0.179		2	1		0.048	0.177	
Manganese, Mn	_	0.025	i	2	1		0.007	0.025	
Selenium, Se		40.9	4.175	6 A	1		11.0	40.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0) z	7		0.0	0.0	
Thiamin		0.045	0.004	6	1		0.012	0.045	
Riboflavin	mg	0.205	0.013	6	1		0.055	0.203	
Niacin	mg	3.829	0.113	6	1		1.034	3.791	
Pantothenic acid		1.422		ס	1		0.384	1.408	
Vitamin B-6	-	0.400		0	1		0.108	0.396	
Folate, total		10			1		3	10	
Folic acid		0		o z	7 1		0 3	0	
Folate, foodFolate, DFE		10 10		O NC			3	10 10	
Vitamin B-12		0.41) NC	1		0.11	0.41	
Vitamin A, IU		0.41)	1		0.11	0	
Vitamin A, RAE	mcg RAE	0)	1		0	0	
Retinol		0)	1		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
	Illog								
<u>Lipids:</u>				_	_				
Fatty acids, total saturated		1.890)	ס	1		0.510	1.871	
4:0 6:0									
8:0	-								
10:0		0.000))	4		0.000	0.000	
12:0		0.010)	1		0.003	0.010	
13:0									
14:0	-	0.040)	0	1		0.011	0.040	
15:0	g								
16:0	_	1.000)	ס	1		0.270	0.990	
17:0	-			_			_		
18:0	-	0.570)	0	1		0.154	0.564	
20:0	-								
22:0	y								

		<u>Ar</u>	mount in 100 g		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean				Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	-	1.280		0	1		0.346	1.267		
14:1										
15:1	-			_						
16:1 undifferentiated	-	0.190		0	1		0.051	0.188		
17:1				_						
18:1 undifferentiated		1.060		0	1		0.286	1.049		
20:1	-	0.020		0	1		0.005	0.020		
22:1 undifferentiated		0.010		0	1		0.003	0.010		
24:1 c										
Fatty acids, total polyunsaturated		1.690		0	1		0.456	1.673		
18:2 undifferentiated	-	1.370		0	1		0.370	1.356		
18:3 undifferentiated	g	0.050		0	1		0.014	0.050		
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.200		0	1		0.054	0.198		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	g	0.030		0	1		0.008	0.030		
22:6 n-3	g	0.040		0	1		0.011	0.040		
Fatty acids, total trans	g									
Cholesterol	mg	95	4.152	6	1		26	94		
Phytosterols	mg									
Amino Acids:										
	~	0.318		0	1		0.086	0.315		
Tryptophan		1.246		0	1		0.336	1.234		
Threonine	-	1.246		0	1		0.393			
Isoleucine	-							1.442		
Leucine	_	2.232		0	1 1		0.603 0.713	2.210		
Lysine	-	2.640		-	_			2.614		
Methionine	-	0.811		0	1		0.219	0.803		
Cystine		0.291		0	1		0.079	0.288		
Phenylalanine	-	1.112		0	1		0.300	1.101		
Tyrosine	-	1.107		0	1		0.299	1.096		
Valine		1.488		0	1		0.402	1.473		
Arginine	_	1.954		0	1		0.528	1.934		
Histidine	-	0.874		0	1		0.236	0.865		
Alanine	-	1.735		0	1		0.468	1.718		
Aspartic acid	_	2.721		0	1		0.735	2.694		
Glutamic acid	g	4.572		0	1		1.234	4.526		
Glycine		1.389		0	1		0.375	1.375		
Proline		1.165		0	1		0.315	1.153		
Serine	g	1.246		0	1		0.336	1.234		
Hydroxyproline	g									

Common Measures:

Measure 1 = 27g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 99g: .5 back, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 51% 41% bone, 10% skin

		<u>Aı</u>	mount in 100 g	rams (of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food	<u> </u>	
				Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	75.37	0.309	6		1		32.41	113.06		
Energy.	-	120	0.005	0	NC	4		52	180		
Energy		502		•	-1.0	4		216	753		
Protein (N x 6.25)		20.66	0.108	6		1		8.88	30.99		
Total lipid (fat)		3.51	0.292	6		1		1.51	5.27		
Ash		0.83	0.004	6		1		0.36	1.25		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total									0.0		
Starch	-										
Surviv											
Minerals:											
Calcium, Ca	_	19	0.768	6		1		8	29		
Iron, Fe	_	1.44	0.128	6		1		0.62	2.16		
Magnesium, Mg		21	0.124	6		1		9	32		
Phosphorus, P	_	168	2.786	6		1		72	252		
Potassium, K		222	3.485	6		1		95	333		
Sodium, Na	-	65	1.230	6		1		28	98		
Zinc, Zn		2.02	•	2		1 1		0.87	3.03		
Copper, Cu		0.134 0.019		2 2		1		0.058 0.008	0.201 0.029		
Manganese, Mn Selenium, Se		28.6	•	0	BFZN	4		12.3	42.9		
Selemum, Se	1110g	20.0		Ū	DI ZIN	-		12.5	42.3		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin		0.047	0.005	6		1		0.020	0.071		
Riboflavin	mg	0.176	0.009	6		1		0.076	0.264		
Niacin	_	3.594		6		1		1.545	5.391		
Pantothenic acid		1.182		0		1		0.508	1.773		
Vitamin B-6	-	0.370)	0		1		0.159	0.555		
Folate, total		11		0		1		5	17		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	11		0		1		5	17		
Folate, DFE		11		0	NC	4		5	17		
Vitamin B-12		0.41		0		1		0.18	0.62		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE		0 0		0 0		1 1		0 0	0		
Retinol		U		U		1		U	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		1.180)	0		1		0.507	1.770		
4:0											
6:0											
8:0		0.000		•							
10:0		0.000		0		4 1		0.000	0.000		
12:0	-	0.010	, 0.002	6		1		0.004	0.015		
13:0	-	0.020	0.005	8		1		0.009	0.030		
14:0	-	0.020	0.005	0		1		0.009	0.030		
15:0 16:0	-	0.620	0.063	8		1		0.267	0.930		
17:0	-	0.020	0.003	Ü		1		0.207	0.930		
18:0	-	0.350	0.034	8		1		0.151	0.525		
20:0		0.330	0.034	3		-		0.131	0.525		
22:0	-										
44.0	g										

Nutrients and Units Nutrients Nutr			<u>An</u>	nount in 100 g		edible portio	<u>on</u>	Amount in edible portion of common measures of food			
141	Nutrients and Uni	ts	Mean	of	Data De			_			
141					_						
15-1	2		0.800		0	1		0.344	1.200		
16.1 undifferentiated. 9											
17-1			0 120	0 020	0	1		0.052	0 100		
181 undifferentiated. g 0.660 0.069 8 1 0.284 0.990		_	0.120	0.028	0	1		0.052	0.180		
201			0 660	0 069	0	1		0 204	0 000		
22:1 undifferentiated						_					
24.1 c. 9 1.050 0 1 0.452 1.575 18.2 audifferentiated. 9 0.850 0.086 8 1 0.366 1.275 18.3 audifferentiated. 9 0.030 0.010 8 1 0.013 0.045 18.4. 9 20.2 audifferentiated. 9 0.20 0.021 8 1 0.013 0.045 20.2 audifferentiated. 9 0.120 0.021 8 1 0.052 0.180 20.5 n-3. 9 0.020 0.004 7 1 0.009 0.030 22.5 n-3. 9 0.020 0.004 7 1 0.013 0.045 Fatty acids, total rans. 9 0.020 0.004 7 1 0.013 0.045 Fatty acids, total rans. 9 1.042 1 32 111 11 0.013 0.045 1 0.013 0.045 1 11 0.013 0.045 1 0		-									
Fatty acids, total polyunsaturated. 9 1.050 0 1 0.452 1.575			0.010	0.002	,	1		0.004	0.015		
18.2 mdifferentiated. 9			1 050		0	1		0.450	1 575		
18:3 undifferentiated. 9 0.030 0.010 8 1 0.013 0.045 18:4				0.006		-					
18:4. 9 20:2 n-6 c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3. 10 20:5 n		-				_					
20.2 n 6 c c			0.030	0.010	8	1		0.013	0.045		
20.3 undifferentiated											
20.4 undifferentiated	,	-									
20.5 n-3 g 0.000 0 4 0.000 0.000 22.5 n-3 g 0.020 0.045 7 1 0.009 0.030 22.6 n-3 g 0.030 0.015 7 1 0.013 0.045 Fatty acids, total trans g 0 3.423 6 1 32 111 Phytosterolos mg 7 3 3.423 6 1 32 111 Phytosterolos mg 7 3 3.423 6 1 32 111 Phytosterolos mg 7 3 3.423 6 1 32 111 11 11 11 0.353 1.379 11 0.353 1.379		-	0 120	0 021	0	1		0.052	0 100		
22:5 n-3 9 0.020 0.004 7 1 0.009 0.030 22:6 n-3 9 0.030 0.015 7 1 0.013 0.045 Fatty acids, total trans 9 Cholesterol		_		0.021							
22:6 n-3. g 0.030 0.015 7 1 0.013 0.045 Faty acids, total trans. g Cholesterol. mg 74 3.423 6 1 32 111 Phytosterols. mg 74 3.423 6 1 0.101 0.353 1.379 Typophan. g 0.235 0 1 0.395 1.379 1.01 0.395 1.379 Lysine. g 1.646 0 1 0.837 2.921 0.897 Cystine. g 0.598 0 1 0.353 1.230 <		-		0.004		=					
Fatty acids, total trans 9 Cholesterol mg 74 3.423 6 1 32 111 Phytosterols Amino Acids: Tryptophan 9 0.235 0 1 0.101 0.353 Threonine .9 0.919 0 1 0.395 1.379 Isoleucine .9 1.646 0 1 0.462 1.611 Leucine .9 1.646 0 1 0.708 2.469 Lysine .9 1.646 0 1 0.837 2.921 Methionine .9 0.598 0 1 0.837 2.921 Methionine .9 0.598 0 1 0.0257 0.897 Cystine .9 0.820 0 1 0.092 0.323 Phenylalanine .9 0.816 0 1 0.353 1.230 Tyosine .9 0.816											
Cholesterol mg 74 3.423 6 1 32 111 Phytosterols mg 74 3.423 6 1 3.22 Phytosterols mg 74 3.423 6 1 3.22 Threonine g 0.915 0 1 0.462 1.611 Leucine g 0.598 0 1 0.257 0.897 Cystine g 0.598 0 1 0.257 0.897 Cystine g 0.598 0 1 0.922 0.323 Phenylalanine g 0.820 0 1 0.353 1.230 Tyrosine g 0.816 0 1 0.353 1.224 Valine g 0.816 0 1 0.351 1.224 Valine g 0.816 0 1 0.472 1.646 Arginine g 1.097 0 1 0.620 2.162 Histidne g 0.644 0 1 0.277 0.966 Histidne g 0.644 0 1 0.550 1.919 Alanine g 1.279 0 1 0.863 3.009 Glutamic acid g 3.371 0 1 0.863 3.009 Glutamic acid g 0.859 0 1 0.441 1.538 Proline g 0.859 0 1 0.369 1.289 Serine g 0.919 0.919 0 1 0.395 1.379			0.030	0.015	,	1		0.013	0.045		
Phytosterols. mg	2	_	7.4	2 422	6	1		20	111		
Amino Acids: Tryptophan g 0.235 0 1 0.101 0.353 Threonine g 0.919 0 1 0.395 1.379 Isolecine g 1.074 0 1 0.462 1.611 Leucine g 1.646 0 1 0.708 2.469 Lysine g 1.947 0 1 0.837 2.921 Methionine g 0.598 0 1 0.837 2.921 Methionine g 0.598 0 1 0.257 0.897 Cystine g 0.598 0 1 0.257 0.897 Cystine g 0.598 0 1 0.092 0.323 Phenylalanine g 0.820 0 1 0.351 1.224 Valine g 0.816 0 1 0.351 1.224 Valine g 1.041 0 0 0<		_	/4	3.423	•	1		32	111		
Tryptophan. g 0.235 0 1 0.101 0.353 Threonine. g 0.919 0 1 0.395 1.379 Isoleucine. g 1.074 0 1 0.462 1.611 Leucine. g 1.646 0 1 0.708 2.469 Lysine. g 1.947 0 1 0.837 2.921 Methionine. g 0.598 0 1 0.257 0.897 Cystine. g 0.598 0 1 0.9257 0.897 Cystine. g 0.598 0 1 0.927 0.897 Cystine. g 0.215 0 1 0.9257 0.897 Cystine. g 0.820 0 1 0.353 1.230 Provine. g 0.820 0 1 0.351 1.224 Valine. g 1.041 0 1 0.472 1.	Phytosterois	IIIG									
Threonine g 0.919 0 1 0.395 1.379 Isoleucine .g 1.074 0 1 0.462 1.611 Leucine .g 1.646 0 1 0.708 2.469 Lysine .g 1.947 0 1 0.837 2.921 Methionine .g 0.598 0 1 0.257 0.897 Cystine .g 0.215 0 1 0.922 0.323 Phenylalanine .g 0.820 0 1 0.353 1.230 Tyrosine .g 0.816 0 1 0.351 1.224 Valine .g 1.097 0 1 0.472 1.646 Arginine .g 1.441 0 1 0.472 1.646 Histidine .g 0.644 0 1 0.277 0.966 Alanine .g 1.279 0 1 0.863 <t< td=""><td>Amino Acids:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Amino Acids:										
Threonine 9 0.919 0 1 0.395 1.379 Isoleucine 9 1.074 0 1 0.462 1.611 Leucine 9 1.646 0 1 0.708 2.469 Lysine 9 1.947 0 1 0.837 2.921 Methionine 9 0.598 0 1 0.257 0.897 Cystine 9 0.598 0 1 0.257 0.897 Cystine 9 0.215 0 1 0.092 0.323 Phenylalanine 9 0.820 0 1 0.353 1.230 Tyrosine 9 0.816 0 1 0.351 1.224 Valine 9 1.097 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.550 1.919 <td>Tryptophan</td> <td>g</td> <td>0.235</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>0.101</td> <td>0.353</td> <td></td>	Tryptophan	g	0.235		0	1		0.101	0.353		
Leucine 9 1.646 0 1 0.708 2.469 Lysine 9 1.947 0 1 0.837 2.921 Methionine 9 0.598 0 1 0.257 0.897 Cystine 9 0.215 0 1 0.092 0.323 Phenylalanine 9 0.820 0 1 0.353 1.230 Tyrosine 9 0.816 0 1 0.351 1.224 Valine 9 1.097 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 3.371 0 1 0.863 3.009 Glycine 9 1.025 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289	51 I	-	0.919		0	1		0.395	1.379		
Leucine 9 1.646 0 1 0.708 2.469 Lysine 9 1.947 0 1 0.837 2.921 Methionine 9 0.598 0 1 0.257 0.897 Cystine 9 0.215 0 1 0.092 0.323 Phenylalanine 9 0.820 0 1 0.353 1.230 Tyrosine 9 0.816 0 1 0.351 1.224 Valine 9 1.097 0 1 0.351 1.224 Valine 9 1.441 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 3.371 0 1 0.863 3.009 Glycine 9 1.025 0 1 0.441 1.538	Isoleucine	g	1.074		0	1		0.462	1.611		
Lysine 9 1.947 0 1 0.837 2.921 Methionine 9 0.598 0 1 0.257 0.897 Cystine 9 0.215 0 1 0.092 0.323 Phenylalanine 9 0.820 0 1 0.353 1.230 Tyrosine 9 0.816 0 1 0.351 1.224 Valine 9 1.097 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.379		-	1.646		0	1		0.708	2.469		
Methionine 9 0.598 0 1 0.257 0.897 Cystine 9 0.215 0 1 0.092 0.323 Phenylalanine 9 0.820 0 1 0.353 1.230 Tyrosine 9 0.816 0 1 0.351 1.224 Valine 9 1.097 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 0.461 1.538 Proline 9 0.859 0 1 0.441 1.538 Proline 9 0.919 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.37		-	1.947		0	1		0.837	2.921		
Cystine 9 0.215 0 1 0.092 0.323 Phenylalanine 9 0.820 0 1 0.353 1.230 Tyrosine 9 0.816 0 1 0.351 1.224 Valine 9 1.097 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 0.863 3.009 Glycine 9 1.025 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.379	,	-	0.598		0	1		0.257	0.897		
Phenylalanine g 0.820 0 1 0.353 1.230 Tyrosine g 0.816 0 1 0.351 1.224 Valine g 1.097 0 1 0.472 1.646 Arginine g 1.441 0 1 0.620 2.162 Histidine g 0.644 0 1 0.277 0.966 Alanine g 1.279 0 1 0.550 1.919 Aspartic acid g 2.006 0 1 0.863 3.009 Glutamic acid g 3.371 0 1 1.450 5.057 Glycine g 1.025 0 1 0.441 1.538 Proline g 0.859 0 1 0.369 1.289 Serine g 0.919 0 1 0.395 1.379		-	0.215		0	1		0.092	0.323		
Tyrosine g 0.816 0 1 0.351 1.224 Valine g 1.097 0 1 0.472 1.646 Arginine g 1.441 0 1 0.620 2.162 Histidine g 0.644 0 1 0.277 0.966 Alanine g 1.279 0 1 0.550 1.919 Aspartic acid g 2.006 0 1 0.863 3.009 Glutamic acid g 3.371 0 1 1.450 5.057 Glycine g 1.025 0 1 0.441 1.538 Proline g 0.859 0 1 0.369 1.289 Serine g 0.919 0 1 0.395 1.379	=		0.820		0	1		0.353	1.230		
Valine 9 1.097 0 1 0.472 1.646 Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 1.450 5.057 Glycine 9 1.025 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.379	2	-	0.816		0	1		0.351	1.224		
Arginine 9 1.441 0 1 0.620 2.162 Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 1.450 5.057 Glycine 9 1.025 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.379	3	-			0	1			1.646		
Histidine 9 0.644 0 1 0.277 0.966 Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 1.450 5.057 Glycine 9 1.025 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.379			1.441		0	1		0.620			
Alanine 9 1.279 0 1 0.550 1.919 Aspartic acid 9 2.006 0 1 0.863 3.009 Glutamic acid 9 3.371 0 1 1.450 5.057 Glycine 9 1.025 0 1 0.441 1.538 Proline 9 0.859 0 1 0.369 1.289 Serine 9 0.919 0 1 0.395 1.379	S	-	0.644		0	1		0.277	0.966		
Aspartic acid. 9 2.006 0 1 0.863 3.009 Glutamic acid. 9 3.371 0 1 1.450 5.057 Glycine. 9 1.025 0 1 0.441 1.538 Proline. 9 0.859 0 1 0.369 1.289 Serine. 9 0.919 0 1 0.395 1.379					0	1					
Glutamic acid g 3.371 0 1 1.450 5.057 Glycine g 1.025 0 1 0.441 1.538 Proline g 0.859 0 1 0.369 1.289 Serine g 0.919 0 1 0.395 1.379		-			0	1					
Glycine g 1.025 0 1 0.441 1.538 Proline g 0.859 0 1 0.369 1.289 Serine g 0.919 0 1 0.395 1.379		-			0	1					
Proline g 0.859 0 1 0.369 1.289 Serine g 0.919 0 1 0.395 1.379											
Serine	•	-				1					
		-			-	_			2.5.5		

Common Measures:

Measure 1 = 43g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 150g: .5 back, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 11% Bone

		<u>Aı</u>	mount in 100 gr	ams of	f edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nun	nber				m	easures of food	<u> </u>	
					eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3	
Duarimatas											
Proximates: Water	q	67.63	0.272	6		1		66.28	232.65		
Energy		153		0	NC	4		150	526		
Energy		640				4		627	2202		
Protein (N x 6.25)		29.07	0.287	6		1		28.49	100.00		
Total lipid (fat)		3.20	0.191	6		1		3.14	11.01		
Ash		1.10	0.014	6		1		1.08	3.78		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch											
Minerals:				_					_		
Calcium, Ca	-	15	0.965	6		1		15	52		
Iron, Fe		1.57	0.228	6		1		1.54	5.40		
Magnesium, Mg		28	0.259	6		1		27	96		
Phosphorus, P	•	216	3.665	6		1		212	743		
Potassium, K		279	2.831	6		1 1		273 52	960		
Sodium, Na		53 1.77	1.956	6 2		1			182		
Zinc, Zn				2		1		1.73 0.074	6.09		
Copper, Cu		0.076		2		1			0.261 0.083		
Manganese, Mn		0.024 30.5	i e		BFYN	4		0.024 29.9	104.9		
Selenium, Se	Ilicy	30.5		0 .	Brin	4		29.9	104.9		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.041	0.002	6		1		0.040	0.141		
Riboflavin	mg	0.135	0.006	6		1		0.132	0.464		
Niacin	mg	6.962	0.170	6		1		6.823	23.949		
Pantothenic acid	mg	0.661	•	0		1		0.648	2.274		
Vitamin B-6	mg	0.510)	0		1		0.500	1.754		
Folate, total	mcg	6		0		1		6	21		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		6	21		
Folate, DFE	mcg_DFE	6		0	NC	4		6	21		
Vitamin B-12		0.37		0		1		0.36	1.27		
Vitamin A, IU	IU	0		2		1		0	0		
Vitamin A, RAE	mcg_RAE	0		2		1		0	0		
Retinol		0		2		1		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	α	0.870	1	0		1		0.853	2.993		
4:0		0.070		Ū		_		0.000	2.555		
6:0	-										
8:0											
10:0	-	0.000	1	0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0											
14:0	-	0.020	1	0		1		0.020	0.069		
15:0	-										
16:0	-	0.580	1	0		1		0.568	1.995		
17:0	-										
18:0	-	0.190	1	0		1		0.186	0.654		
20:0	-										
22:0	-										
24:0	-										

		An	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Num of D Std. Error Poir	ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Father and the total management of	9	1.200		0	1		1 176	4 100		
Fatty acids, total monounsaturated		1.200		U	_		1.176	4.128		
15:1										
16:1 undifferentiated		0.200		0	1		0.196	0.688		
17:1	-	0.200		•	-		0.130	0.000		
18:1 undifferentiated		0.970		0	1		0.951	3.337		
20:1		0.000		0	1		0.000	0.000		
22:1 undifferentiated	_	0.000		0	1		0.000	0.000		
24:1 c		0.000		•	1		3.000	0.000		
Fatty acids, total polyunsaturated		0.760		0	1		0.745	2.614		
18:2 undifferentiated		0.640		0	1		0.627	2.202		
18:3 undifferentiated	_	0.040		0	1		0.039	0.138		
18:4		0.010		•	_		0.033	0.150		
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.040		0	1		0.039	0.138		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.010		0	1		0.010	0.034		
22:6 n-3		0.010		0	1		0.010	0.034		
Fatty acids, total trans										
Cholesterol	-	90	6.407	6	1		88	310		
Phytosterols	-									
-										
Amino Acids:										
Tryptophan	-	0.322		0	1		0.316	1.108		
Threonine	-	1.273		0	1		1.248	4.379		
Isoleucine	-	1.466		0	1		1.437	5.043		
Leucine	-	2.268		0	1		2.223	7.802		
Lysine	-	2.660		0	1		2.607	9.150		
Methionine	-	0.821		0	1		0.805	2.824		
Cystine		0.317		0	1		0.311	1.090		
Phenylalanine	_	1.140		0	1		1.117	3.922		
Tyrosine	-	1.110		0	1		1.088	3.818		
Valine		1.519		0	1		1.489	5.225		
Arginine	-	2.044		0	1		2.003	7.031		
Histidine		0.879		0	1		0.861	3.024		
Alanine	-	1.844		0	1		1.807	6.343		
Aspartic acid	-	2.805		0	1		2.749	9.649		
Glutamic acid		4.654		0	1		4.561	16.010		
Glycine	-	1.693		0	1		1.659	5.824		
Proline		1.327		0	1		1.300	4.565		
Serine	-	1.284		0	1		1.258	4.417		
Hydroxyproline	g									

Common Measures:

Measure 1 = 98g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 344g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 12% Bone

		<u>Aı</u>	mount in 100 gr	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u>	easures of food		
			of I	Data D	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.88	0.199	6		1		89.64	315.57		
Energy	kcal	125		0	NC	4		154	541		
Energy		523				4		643	2265		
Protein (N x 6.25)	g	23.76	0.070	6		1		29.22	102.88		
Total lipid (fat)	g	2.65	0.201	6		1		3.26	11.47		
Ash	g	0.97	0.007	6		1		1.19	4.20		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minarals											
Minerals: Calcium, Ca	ma	11	0.292	6		1		14	48		
Iron, Fe	_	1.19	0.118	6		1		1.46	5.15		
Magnesium, Mg		26	0.276	6		1		32	113		
Phosphorus, P		195	5.771	6		1		240	844		
Potassium, K	•	276	2.204	6		1		339	1195		
Sodium, Na		48	0.757	6		1		59	208		
Zinc, Zn		1.28		2		1		1.57	5.54		
Copper, Cu		0.117	,	2		1		0.144	0.507		
Manganese, Mn	<u>mg</u>	0.020)	2		1		0.025	0.087		
Selenium, Se	mcg	23.5		0	PAK	1		28.9	101.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.039	0.004	6	_	1		0.048	0.169		
Riboflavin		0.116		6		1		0.143	0.502		
Niacin		5.809		6		1		7.145	25.153		
Pantothenic acid	-	0.679		0		1		0.835	2.940		
Vitamin B-6		0.530		0		1		0.652	2.295		
Folate, total	_	8		0		1		10	35		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0		1		10	35		
Folate, DFE	mcg_DFE	8		0	NC	4		10	35		
Vitamin B-12		0.46		0		1		0.57	1.99		
Vitamin A, IU	IU	3		2		1		4	13		
Vitamin A, RAE	mcg_RAE	1		2		1		1	4		
Retinol		1		2		1		1	4		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.720)	0		1		0.886	3.118		
4:0											
6:0	g										
8:0	g										
10:0		0.000		0		4		0.000	0.000		
12:0		0.000)	0		1		0.000	0.000		
13:0	_										
14:0	_	0.020)	0		1		0.025	0.087		
15:0	_										
16:0	_	0.480)	0		1		0.590	2.078		
17:0	_			•		_		•			
18:0	_	0.160)	0		1		0.197	0.693		
20:0	_										
22:0	-										
24:0	9										

		<u>An</u>	nount in 100 gra	ıms of edi	Amount in edible portion of common				
			Num	ber			<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	of D Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
	_								
Fatty acids, total monounsaturated	-	1.000		0	1		1.230	4.330	
14:1									
15:1		0.170		0	1		0.209	0.736	
16:1 undifferentiated		0.170		U	1		0.209	0.736	
18:1 undifferentiated	-	0.800		0	1		0.984	3.464	
20:1	-	0.000		0	1		0.984	0.000	
	_			0	1				
22:1 undifferentiated	•	0.000		U	1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated	-	0.630		0	1		0.775	2.728	
		0.630		0	1		0.775	2.728	
18:2 undifferentiated 18:3 undifferentiated	-	0.040		0	1		0.049	0.173	
18:4	-	0.040		U	1		0.049	0.173	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		0.030		0	1		0.037	0.130	
20:5 n-3	-	0.030		0	4		0.007	0.130	
20:5 n-3	-	0.010		0	1		0.000	0.000	
		0.010		0	1		0.012	0.043	
22:6 n-3Fatty acids, total trans		0.010		U	1		0.012	0.043	
Cholesterol	-	70	1.473	6	1		86	303	
Phytosterols		70	1.475	· ·	-		80	303	
Phytosterois									
Amino Acids:									
Tryptophan	g	0.264		0	1		0.325	1.143	
Threonine	g	1.042		0	1		1.282	4.512	
Isoleucine	g	1.203		0	1		1.480	5.209	
Leucine	g	1.859		0	1		2.287	8.049	
Lysine	g	2.182		0	1		2.684	9.448	
Methionine	g	0.673		0	1		0.828	2.914	
Cystine	g	0.257		0	1		0.316	1.113	
Phenylalanine	g	0.933		0	1		1.148	4.040	
Tyrosine	g	0.911		0	1		1.121	3.945	
Valine	g	1.244		0	1		1.530	5.387	
Arginine		1.669		0	1		2.053	7.227	
Histidine		0.722		0	1		0.888	3.126	
Alanine	g	1.502		0	1		1.847	6.504	
Aspartic acid	g	2.295		0	1		2.823	9.937	
Glutamic acid		3.813		0	1		4.690	16.510	
Glycine	g	1.359		0	1		1.672	5.884	
Proline	g	1.073		0	1		1.320	4.646	
Serine		1.050		0	1		1.292	4.547	
Hydroxyproline									

Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 21% 11% bone, 10% skin

		<u>Aı</u>	mount in 100 gra	ams of	f edib	le portio	<u>n</u>	Amount in edible portion of common			
			Num	nber					easures of food		
)eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	68.40	0.419	6		1		59.51	209.30		
Energy	-	135		0	NC	4		117	413		
Energy		565				4		491	1728		
Protein (N x 6.25)		30.06	0.263	6		1		26.15	91.98		
Total lipid (fat)	_	0.74	0.069	6		1		0.64	2.26		
Ash		1.14	0.015	6		1		0.99	3.49		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	-										
Minerals:			_			_					
Calcium, Ca	_	12	0.751	6		1		10	37		
Iron, Fe.		1.53	0.238	6		1		1.33	4.68		
Magnesium, Mg		29	0.259	6		1		25	89		
Phosphorus, P	_	224	3.651	6		1		195	685		
Potassium, K	_	292 52	3.085 1.902	6 6		1 1		254 45	894 159		
Sodium, Na	-		1.902	2		1			5.32		
Zinc, Zn		1.74 0.070		2		1		1.51 0.061	0.214		
Copper, Cu		0.070		2		1		0.061	0.214		
Manganese, Mn		32.1		∠ 45	A	1		27.9	98.2		
Selenium, Se	Ilicg	32.1	2.047	45	А	_		27.9	98.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.043	0.002	6		1		0.037	0.132		
Riboflavin		0.131	0.005	6		1		0.114	0.401		
Niacin	mg	7.493	0.168	6		1		6.519	22.929		
Pantothenic acid	mg	0.708	1	0		1		0.616	2.166		
Vitamin B-6	mg	0.560)	0		1		0.487	1.714		
Folate, total	mcg	6		0		1		5	18		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		5	18		
Folate, DFE		6		0	NC	4		5	18		
Vitamin B-12		0.39		0		1		0.34	1.19		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.09		0	NR	4		0.08	0.28		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0 :	BFZN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	а	0.240	1	0		1		0.209	0.734		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0	_	0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0		2.000		-		-		0.000	3.000		
14:0		0.000	1	0		1		0.000	0.000		
15:0		2.200		-		-		3.000	0.000		
16:0		0.110	1	0		1		0.096	0.337		
17:0		3.220		-		-		3.030	0.557		
18:0	_	0.070	1	0		1		0.061	0.214		
20:0	_	2.070		-		-		0.001	V.223		
22:0	_										
24:0	_										
۵۶.∪	⊎										

			mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u> e	easures of food		
Nutrients and l	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat		0.130	1	0		1		0.113	0.398		
14:1	_										
15:1		0.000		•		1		0.017	0.061		
16:1 undifferentiated	_	0.020	•	0		1		0.017	0.061		
17:1 18:1 undifferentiated	_	0.110		0		1		0.096	0.337		
20:1	_	0.000		0		1					
				0		1		0.000	0.000		
22:1 undifferentiated	•	0.000	•	U		1		0.000	0.000		
24:1 c		0.200		0		1		0 174	0 610		
Fatty acids, total polyunsaturate		0.200		0		1		0.174 0.113	0.612 0.398		
18:2 undifferentiated		0.130		0		1					
18:3 undifferentiated	_	0.000		0		4		0.000 0.000	0.000 0.000		
		0.000	•	U		4		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated	_	0 040		0		1		0.035	0 100		
20:4 undifferentiated 20:5 n-3	_	0.040		0		4		0.035 0.000	0.122 0.000		
	_	0.000		0		1					
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.010		0		1		0.009	0.031		
22:6 n-3		0.010		U		1		0.009	0.031		
Fatty acids, total trans		83	6.55	52 6		1		72	254		
Cholesterol	-	63	6.55	02 6		1		12	254		
Phytosterols											
Amino Acids:											
Tryptophan	g	0.342		0		1		0.298	1.047		
Threonine	g	1.337		0		1		1.163	4.091		
Isoleucine	g	1.563	1	0		1		1.360	4.783		
Leucine	g	2.395	i	0		1		2.084	7.329		
Lysine	g	2.833	1	0		1		2.465	8.669		
Methionine	g	0.871		0		1		0.758	2.665		
Cystine	g	0.313	1	0		1		0.272	0.958		
Phenylalanine	g	1.193	1	0		1		1.038	3.651		
Tyrosine	g	1.188		0		1		1.034	3.635		
Valine	g	1.597		0		1		1.389	4.887		
Arginine	g	2.097		0		1		1.824	6.417		
Histidine	g	0.938		0		1		0.816	2.870		
Alanine	g	1.861		0		1		1.619	5.695		
Aspartic acid		2.920)	0		1		2.540	8.935		
Glutamic acid		4.906	i	0		1		4.268	15.012		
Glycine	_	1.491		0		1		1.297	4.562		
Proline		1.251		0		1		1.088	3.828		
Serine	g	1.337		0		1		1.163	4.091		
Hydroxyproline											
	-										
Others:				_		_			_		
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine	-	0		0	Z	7		0	0		
Theobromine	mg	0		0	z	7		0	0		
Carotenoids:											
Carotene, beta	mcq	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 = 87g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 306g: .5 breast, bone and skin removed

NDB No. 05220

Turkey, fryer-roasters, breast, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 21% 12% bone, 9% skin

		<u>Aı</u>	mount in 100 g	arams imbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	74.12	0.177	14		1		82.27	289.07	
Energy.		111	0.177	0	NC	4		123	433	
Energy		464				4		516	1811	
Protein (N x 6.25)		24.60	0.148	10		1		27.31	95.94	
Total lipid (fat)		0.65	0.101	12		1		0.72	2.54	
Ash		1.02	0.009	6		1		1.13	3.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	10	0.291	6		1		11	39	
Iron, Fe	-	1.17	0.127	6		1		1.30	4.56	
Magnesium, Mg	-	28	0.298	6		1		31	109	
Phosphorus, P	-	206	6.211	6		1		229	803	
Potassium, K		293	2.322	6		1		325	1143	
Sodium, Na		49	0.879	6		1		54	191	
Zinc, Zn	mg	1.24		2		1		1.38	4.84	
Copper, Cu	mg	0.116	5	2		1		0.129	0.452	
Manganese, Mn		0.021	-	2		1		0.023	0.082	
Selenium, Se	mcg	24.4		0	BFZN	4		27.1	95.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.041	0.004	6		1		0.046	0.160	
Riboflavin	mg	0.118	0.006	6		1		0.131	0.460	
Niacin	mg	6.255	0.140	6		1		6.943	24.395	
Pantothenic acid	mg	0.717	1	0		1		0.796	2.796	
Vitamin B-6		0.580)	0		1		0.644	2.262	
Folate, total		8		0		1		9	31	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		0		1		9	31	
Folate, DFE		8		0	NC	4		9	31	
Vitamin B-12		0. 4 7 0		0		1 1		0.52 0	1.83	
Vitamin A, IUVitamin A, RAE	mca PAF	0		0		1		0	0 0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)		ŭ		·		-		Ü	Ŭ	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.210)	0		1		0.233	0.819	
4:0										
6:0	g									
8:0										
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.000	0.001	10		1		0.000	0.000	
13:0						_				
14:0		0.000	0.000	12		1		0.000	0.000	
15:0		0.00		1.0						
16:0		0.090	0.016	12		1		0.100	0.351	
17:0	-	0.060	0.010	12		1		0.067	0.234	
18:0 20:0	-	0.000	, 0.010	12		1		0.067	0.234	
22:0	-									
24:0	-									

		<u>Amo</u>	ount in 100 g Nu	<u>rams</u> mber		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean S	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		0.110		•				0.400		
Fatty acids, total monounsaturated	g	0.110		0		1		0.122	0.429	
16:1 undifferentiated	g	0.010	0.003	12		1		0.011	0.039	
18:1 undifferentiated	-	0.090	0.016	12		1		0.100	0.351	
20:1	_	0.000	0.000	10		1		0.000	0.000	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000	0.000	10		1		0.000	0.000	
24:1 c	_	0.000	0.000	10		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.170		0		1		0.189	0.663	
18:2 undifferentiated	-	0.170	0.019	12		1		0.189	0.429	
18:3 undifferentiated	_	0.000	0.019	12		1		0.122	0.429	
	_	0.000	0.001	12		1		0.000	0.000	
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated		0.000	0 007					0.000	0 117	
20:4 undifferentiated	_	0.030	0.007	11		1		0.033	0.117	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3	_	0.010	0.001	10		1		0.011	0.039	
22:6 n-3		0.010	0.003	10		1		0.011	0.039	
Fatty acids, total trans		0.013		0	BFFN	4		0.014	0.050	
Cholesterol		62	1.904	6		1		69	242	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.279		0		1		0.310	1.088	
Threonine	-	1.094		0		1		1.214	4.267	
Isoleucine	g	1.279		0		1		1.420	4.988	
Leucine	g	1.960		0		1		2.176	7.644	
Lysine	g	2.318		0		1		2.573	9.040	
Methionine	g	0.712		0		1		0.790	2.777	
Cystine	g	0.256		0		1		0.284	0.998	
Phenylalanine	g	0.976		0		1		1.083	3.806	
Tyrosine	g	0.972		0		1		1.079	3.791	
Valine	g	1.307		0		1		1.451	5.097	
Arginine	g	1.716		0		1		1.905	6.692	
Histidine		0.768		0		1		0.852	2.995	
Alanine		1.523		0		1		1.691	5.940	
Aspartic acid	g	2.389		0		1		2.652	9.317	
Glutamic acid		4.015		0		1		4.457	15.659	
Glycine	-	1.220		0		1		1.354	4.758	
Proline		1.023		0		1		1.136	3.990	
Serine		1.094		0		1		1.214	4.267	
Hydroxyproline		-								
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	
Caffeine	_	•••		•	_	•		•	3.0	
Carrellic	mg									

Common Measures:

Measure 1 = 111g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 390g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% Bone

		Aı	mount in 100 g	rams mber		ole portic	on .	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.82	0.287	6		1		68.71	242.43	
Energy		182		0	NC	4		193	681	
Energy		761		_		4		807	2848	
Protein (N x 6.25)		27.69	0.367	6		1		29.35	103.56	
Total lipid (fat)	-	7.06	0.385	6 6		1 1		7.48	26.40	
Ash		0.94	0.018	0		7		1.00	3.52	
Carbohydrate, by difference		0.00		0	z z	7		0.00 0.0	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	27	1.390	6		1		29	101	
Iron, Fe	mg	2.33	0.175	6		1		2.47	8.71	
Magnesium, Mg		23	0.131	6		1		24	86	
Phosphorus, P	•	190	3.600	6		1		201	711	
Potassium, K	-	237	1.653	6		1		251	886	
Sodium, Na		76	2.999	6		1		81	284	
Zinc, Zn		3.83		2		1		4.06	14.32	
Copper, Cu		0.209		2		1		0.222	0.782	
Manganese, Mn		0.024		2		1		0.025	0.090	
Selenium, Se	fileg	39.0		U	BFYN	4		41.3	145.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.048	0.004	6		1		0.051	0.180	
Riboflavin	mg	0.235	0.015	6		1		0.249	0.879	
Niacin		3.350	0.083	6		1		3.551	12.529	
Pantothenic acid		1.199		0		1		1.271	4.484	
Vitamin B-6		0.330		0		1		0.350	1.234	
Folate, total		9		0		1		10	34	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		1		10	34	
Folate, DFE		9		0	NC	4		10	34	
Vitamin B-12		0.37		0		1		0.39	1.38	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE		0 0		2		1 1		0	0 0	
Retinol		U		2		1		U	U	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_					_				
Fatty acids, total saturated		2.120		0		1		2.247	7.929	
4:0 6:0										
8:0										
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.010		0		1		0.000	0.037	
13:0		010		-		-		0.011	3.03,	
14:0	-	0.050		0		1		0.053	0.187	
15:0				-		=				
16:0		1.290		0		1		1.367	4.825	
17:0										
18:0	-	0.540		0		1		0.572	2.020	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 100 gr		ble portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean				Confidence Code	Measure 1	Measure 2	Measure 3	
				•						
Fatty acids, total monounsaturated	-	2.270		0	1		2.406	8.490		
14:1										
15:1 16:1 undifferentiated	-	0.370		0	1		0.392	1.384		
	-	0.370		U	1		0.392	1.384		
17:1 18:1 undifferentiated		1.850		0	1		1.961	6.919		
		0.010		0	1					
20:1	-			0	1		0.011 0.011	0.037		
22:1 undifferentiated 24:1 c		0.010		U	1		0.011	0.037		
		1.880		0	1		1 002	7 021		
Fatty acids, total polyunsaturated		1.590		0	1		1.993 1.685	7.031 5.947		
18:2 undifferentiated	-	0.090		0	1		0.095			
18:3 undifferentiated		0.090		U	_		0.095	0.337		
18:4 20:2 n-6 c.c	-									
20:2 n-6 c,c	-									
20:4 undifferentiated	-	0.140		0	1		0.148	0.524		
20:5 n-3	-	0.000		0	4		0.000	0.000		
20.5 n-3		0.000		0	1		0.000	0.000		
22:6 n-3		0.020		0	1		0.021	0.073		
Fatty acids, total trans		0.030		U	_		0.032	0.112		
Cholesterol	-	117	6.123	6	1		124	438		
Phytosterols	_	117	0.123	Ü	-		124	430		
Filytosterois										
Amino Acids:										
Tryptophan	g	0.304		0	1		0.322	1.137		
Threonine	g	1.205		0	1		1.277	4.507		
Isoleucine	g	1.380		0	1		1.463	5.161		
Leucine	g	2.143		0	1		2.272	8.015		
Lysine	g	2.505		0	1		2.655	9.369		
Methionine	g	0.775		0	1		0.822	2.899		
Cystine	g	0.307		0	1		0.325	1.148		
Phenylalanine	g	1.081		0	1		1.146	4.043		
Tyrosine	g	1.043		0	1		1.106	3.901		
Valine	g	1.437		0	1		1.523	5.374		
Arginine	g	1.954		0	1		2.071	7.308		
Histidine	g	0.828		0	1		0.878	3.097		
Alanine	g	1.772		0	1		1.878	6.627		
Aspartic acid	g	2.666		0	1		2.826	9.971		
Glutamic acid	g	4.401		0	1		4.665	16.460		
Glycine	g	1.705		0	1		1.807	6.377		
Proline	g	1.308		0	1		1.386	4.892		
Serine	g	1.220		0	1		1.293	4.563		
Hydroxyproline	g									

Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% Bone

		<u>A</u> 1	mount in 100 gr	ams o	of edib	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	nits	Mean		Data I		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.56	0.273	6		1		112.59	396.66	
Energy	kcal	129		0	NC	4		195	686	
Energy	kj	540				4		815	2871	
Protein (N x 6.25)	g	20.06	0.045	6		1		30.29	106.72	
Total lipid (fat)	g	4.79	0.320	6		1		7.23	25.48	
Ash	g	0.84	0.002	6		1		1.27	4.47	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	14	0.407	6		1		21	74	
Iron, Fe.	-	1.62	0.044	6		1		2.45	8.62	
Magnesium, Mg	-	20	0.047	6		1		30	106	
Phosphorus, P	-	163	1.349	6		1		246	867	
Potassium, K		232	4.009	6		1		350	1234	
Sodium, Na	mg	66	1.096	6		1		100	351	
Zinc, Zn	mg	2.55		2		1		3.85	13.57	
Copper, Cu	mg	0.160		2		1		0.242	0.851	
Manganese, Mn		0.023	1	2		1		0.035	0.122	
Selenium, Se	mcg	27.3		0	PAK	1		41.2	145.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.046	0.004	6		1		0.069	0.245	
Riboflavin	mg	0.189	0.006	6		1		0.285	1.005	
Niacin		2.838	0.122	6		1		4.285	15.098	
Pantothenic acid	mg	1.090	1	0		1		1.646	5.799	
Vitamin B-6	mg	0.340	1	0		1		0.513	1.809	
Folate, total		10		0		1		15	53	
Folic acid		0		0	z	7		0	0	
Folate, food		10		0		1		15	53	
Folate, DFE		10		0	NC	4		15	53	
Vitamin B-12		0.40		0		1		0.60	2.13	
Vitamin A, IU	IU	3		2		1		5	16	
Vitamin A, RAE		1 1		2		1		1 1	5	
Retinol		1		2		1		1	5	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Tinia										
Lipids:	a	1.430		0		1		2.159	7.608	
Fatty acids, total saturated		1.430		U		1		2.159	7.608	
4:0 6:0										
8:0										
10:0	-	0.000	1	0		4		0.000	0.000	
12:0	_	0.010		0		1		0.015	0.053	
13:0	_									
14:0	_	0.030	1	0		1		0.045	0.160	
15:0										
16:0	g	0.870)	0		1		1.314	4.628	
17:0	g									
18:0	_	0.360	1	0		1		0.544	1.915	
20:0	_									
22:0	_									
24:0	g									

		<u>Ar</u>	nount in 100 gr	ams of edi nber	ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	9	1.550		0	1		2 241	0.246		
Fatty acids, total monounsaturated		1.550		U	_		2.341	8.246		
15:1										
16:1 undifferentiated		0.250		0	1		0.378	1.330		
17:1	-	0.230		Ü	-		0.570	1.550		
18:1 undifferentiated		1.260		0	1		1.903	6.703		
20:1		0.010		0	1		0.015	0.053		
22:1 undifferentiated	_	0.010		0	1		0.015	0.053		
24:1 c		0.010		•	1		0.013	0.055		
Fatty acids, total polyunsaturated		1.270		0	1		1.918	6.756		
18:2 undifferentiated		1.080		0	1		1.631	5.746		
18:3 undifferentiated	_	0.060		0	1		0.091	0.319		
18:4		0.000		•	-		0.031	0.515		
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.090		0	1		0.136	0.479		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	_	0.010		0	1		0.015	0.053		
22:6 n-3		0.020		0	1		0.030	0.106		
Fatty acids, total trans		0.020			_		0.000	0.200		
Cholesterol	-	87	2.221	6	1		131	463		
Phytosterols	-						-0-	100		
-										
Amino Acids:										
Tryptophan	-	0.222		0	1		0.335	1.181		
Threonine	g	0.878		0	1		1.326	4.671		
Isoleucine	g	1.011		0	1		1.527	5.379		
Leucine	g	1.564		0	1		2.362	8.320		
Lysine	g	1.834		0	1		2.769	9.757		
Methionine	g	0.566		0	1		0.855	3.011		
Cystine	g	0.219		0	1		0.331	1.165		
Phenylalanine	g	0.786		0	1		1.187	4.182		
Tyrosine	g	0.765		0	1		1.155	4.070		
Valine		1.048		0	1		1.582	5.575		
Arginine	-	1.412		0	1		2.132	7.512		
Histidine		0.606		0	1		0.915	3.224		
Alanine	_	1.274		0	1		1.924	6.778		
Aspartic acid	-	1.936		0	1		2.923	10.300		
Glutamic acid		3.211		0	1		4.849	17.083		
Glycine	g	1.175		0	1		1.774	6.251		
Proline		0.919		0	1		1.388	4.889		
Serine	_	0.886		0	1		1.338	4.714		
Hydroxyproline	g									

Common Measures:

Measure 1 = 151g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 532g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 41% 31% bone, 10% skin

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
					Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	66.39	0.256	6	1		92.95	60.41		
Energy	_	162		0 NC			227	147		
Energy		678			4		949	617		
Protein (N x 6.25)		28.84	0.304	6	1		40.38	26.24		
Total lipid (fat)		4.31	0.263	6	1		6.03	3.92		
Ash	-	0.98	0.020	6	1		1.37	0.89		
Carbohydrate, by difference		0.00	****	0 z	7		0.00	0.00		
Fiber, total dietary		0.0		0 Z	7		0.0	0.0		
Sugars, total		0.0		-	•		0.0	0.0		
Starch	_									
Starcii	9									
Minerals:										
Calcium, Ca	-	26		6	1		36	24		
Iron, Fe	-	2.41		6	1		3.37	2.19		
Magnesium, Mg	mg	24		6	1		34	22		
Phosphorus, P		196		6	1		274	178		
Potassium, K	mg	246		6	1		344	224		
Sodium, Na	mg	79	2.835	6	1		111	72		
Zinc, Zn	mg	4.13		2	1		5.78	3.76		
Copper, Cu	mg	0.223		2	1		0.312	0.203		
Manganese, Mn		0.025		2	1		0.035	0.023		
Selenium, Se	mcg	40.9	4.175	.6 A	1		57.3	37.2		
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0 z	7		0.0	0.0		
Thiamin		0.051		6	1		0.071	0.046		
Riboflavin	mg	0.248	0.016	6	1		0.347	0.226		
Niacin		3.471		6	1		4.859	3.159		
Pantothenic acid		1.353		0	1		1.894	1.231		
Vitamin B-6	-	0.380)	0	1		0.532	0.346		
Folate, total		10		0	1		14	9		
Folic acid	mcg	0		0 z	7		0	0		
Folate, food		10		0	1		14	9		
Folate, DFE	mcg_DFE	10		0 NC	4		14	9		
Vitamin B-12		0.39		0	1		0.55	0.35		
Vitamin A, IU		0		0	1		0	0		
Vitamin A, RAE		0		0	1		0	0		
Retinol		0		0	1		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:	9	4		•	_		0.000	1 000		
Fatty acids, total saturated		1.450	,	0	1		2.030	1.320		
4:0	-									
6:0 8:0	-									
	-	0.000	1	0	4		0.000	0.000		
10:0		0.000		0	1					
12:0		0.010	,	U	1		0.014	0.009		
13:0	-	0.000		0	-		0.040	0.007		
14:0	-	0.030	,	0	1		0.042	0.027		
15:0	-	0 700		0	-			0 000		
16:0	-	0.760	1	0	1		1.064	0.692		
17:0	-			•	_					
18:0	-	0.430)	0	1		0.602	0.391		
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Num of D Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
F	a	0.000		٥	1		1 270	0.000		
Fatty acids, total monounsaturated	_	0.980		0	1		1.372	0.892		
15:1										
16:1 undifferentiated	_	0.140		0	1		0.196	0.127		
17:1	_	0.140		U	_		0.196	0.127		
18:1 undifferentiated		0.810		0	1		1.134	0.737		
20:1		0.020		0	1		0.028	0.737		
22:1 undifferentiated	-	0.020		0	1		0.028	0.018		
24:1 c		0.010		v	_		0.014	0.009		
Fatty acids, total polyunsaturated		1.290		0	1		1.806	1.174		
18:2 undifferentiated		1.050		0	1		1.470	0.956		
18:3 undifferentiated	-	0.040		0	1		0.056	0.036		
18:4		0.040		Ü	-		0.030	0.030		
20:2 n-6 c.c.	_									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.150		0	1		0.210	0.137		
20:5 n-3	_	0.000		0	4		0.000	0.000		
22:5 n-3		0.020		0	1		0.028	0.018		
22:6 n-3		0.030		0	1		0.042	0.027		
Fatty acids, total trans					_		****	****		
Cholesterol	_	112	6.024	6	1		157	102		
Phytosterols	_									
-										
Amino Acids:										
Tryptophan		0.328		0	1		0.459	0.298		
Threonine	_	1.283		0	1		1.796	1.168		
Isoleucine	_	1.500		0	1		2.100	1.365		
Leucine	-	2.298		0	1		3.217	2.091		
Lysine	_	2.718		0	1		3.805	2.473		
Methionine	_	0.835		0	1		1.169	0.760		
Cystine		0.300		0	1		0.420	0.273		
Phenylalanine	_	1.145		0	1		1.603	1.042		
Tyrosine	_	1.140		0	1		1.596	1.037		
Valine		1.532		0	1		2.145	1.394		
Arginine	-	2.012		0	1		2.817	1.831		
Histidine	_	0.900		0	1		1.260	0.819		
Alanine	_	1.786		0	1		2.500	1.625		
Aspartic acid	-	2.801		0	1		3.921	2.549		
Glutamic acid		4.707		0	1		6.590	4.283		
Glycine		1.431		0	1		2.003	1.302		
Proline		1.200		0	1		1.680	1.092		
Serine	_	1.283		0	1		1.796	1.168		
Hydroxyproline	g									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 91g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 37% 30% bone, 7% skin

		A	mount in 100 g	rams mbe		ole portic	on	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		76.00		_				100.66		
Water		76.22	0.118	6		1		103.66	365.09	
Energy		111 464		0	NC	4 4		151 632	532 2225	
Energy Protein (N x 6.25)		20.46	0.064	6		1		27.83	98.00	
Total lipid (fat)	-	20.46	0.100	6		1		3.63	12.79	
Ash		0.88	0.002	6		1		1.20	4.22	
Carbohydrate, by difference		0.00	0.002	0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	7		0.0	0.00	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch										
Staten	9									
Minerals:										
Calcium, Ca	-	13	0.444	6		1		18	62	
Iron, Fe		1.66	0.049	6		1		2.26	7.95	
Magnesium, Mg		22	0.053	6		1		30	105	
Phosphorus, P	•	171	1.657	6		1		233	819	
Potassium, K	-	244	4.597	6		1 1		332	1169	
Sodium, Na		69 2.66	1.144	6 2		1		94 3.62	331 12.74	
Zinc, Zn Copper, Cu		0.162		2		1		0.220	0.776	
Manganese, Mn		0.102		2		1		0.033	0.115	
Selenium, Se		28.6		0	BFZN	4		38.9	137.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.049		6		1		0.067	0.235	
Riboflavin	-	0.200		6		1		0.272	0.958	
Niacin		2.957 1.173		6 0		1 1		4.022	14.164	
Pantothenic acid Vitamin B-6		0.370		0		1		1.595 0.503	5.619 1.772	
Folate, total		11		0		1		15	53	
Folic acid		0		0	z	7		0	0	
Folate, food		11		0	-	1		15	53	
Folate, DFE		11		0	NC	4		15	53	
Vitamin B-12		0.41		0		1		0.56	1.96	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol		0		0		1		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	0.900	ı	0		1		1.224	4.311	
4:0	g									
6:0	g									
8:0	-									
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.010	0.001	6		1		0.014	0.048	
13:0	-					_				
14:0		0.020	0.003	8		1		0.027	0.096	
15:0			2 22-	_		_				
16:0		0.470	0.037	8		1		0.639	2.251	
17:0	-	0.050	0.010	0		4		0.267	1 000	
18:0	-	0.270	0.019	8		1		0.367	1.293	
20:0	-									
22:0	-									
24:0	9									

	<u>Ar</u>	nount in 100			<u>on</u>	Amount in edible portion of common measures of food			
			umber		Source	Confidence	<u></u>		•
Nutrients and Units	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.610		0		1		0.830	2.922	
14:1g									
15:1g									
16:1 undifferentiatedg	0.090	0.020	8		1		0.122	0.431	
17:1g									
18:1 undifferentiatedg	0.500	0.041	8		1		0.680	2.395	
20:1g	0.010	0.001	7		1		0.014	0.048	
22:1 undifferentiatedg	0.010	0.001	7		1		0.014	0.048	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.800		0		1		1.088	3.832	
18:2 undifferentiatedg	0.650	0.050	8		1		0.884	3.114	
18:3 undifferentiatedg	0.020	0.007	8		1		0.027	0.096	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.090	0.015	8		1		0.122	0.431	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.010	0.003	7		1		0.014	0.048	
22:6 n-3g	0.020	0.011	7		1		0.027	0.096	
Fatty acids, total trans									
Cholesterolmg	81	2.500	6		1		110	388	
Phytosterolsmg	J								
Amino Acids:									
Tryptophang	0.232		0		1		0.316	1.111	
Threonineg	0.910		0		1		1.238	4.359	
Isoleucineg	1.064		0		1		1.447	5.097	
Leucineg	1.630		0		1		2.217	7.808	
Lysineg	1.928		0		1		2.622	9.235	
Methionineg	0.592		0		1		0.805	2.836	
Cystineg	0.213		0		1		0.290	1.020	
Phenylalanineg	0.812		0		1		1.104	3.889	
Tyrosineg	0.808		0		1		1.099	3.870	
Valineg	1.087		0		1		1.478	5.207	
Arginine	1.427		0		1		1.941	6.835	
Histidineg	0.638		0		1		0.868	3.056	
Alanineg	1.267		0		1		1.723	6.069	
Aspartic acid	1.987		0		1		2.702	9.518	
Glutamic acid	3.338		0		1		4.540	15.989	
Glycineg	1.015		0		1		1.380	4.862	
Proline	0.851		0		1		1.157	4.076	
Serine	0.910		0		1		1.238	4.359	
Hydroxyproline									

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 479g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% Bone

		<u>Aı</u>	mount in 100 gra		f edib	le portio	<u>on</u>	Amount in edible portion of common		
				ata D		Source	Confidence	<u>m</u> .	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	Std. Error Poi	nts C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.62	0.329	6		1		45.93	160.77	
Energy	kcal	170		0	NC	4		119	417	
Energy		711				4		498	1743	
Protein (N x 6.25)		28.49	0.410	6		1		19.94	69.80	
Total lipid (fat)		5.41	0.274	6		1		3.79	13.25	
Ash		0.99	0.026	6		1		0.69	2.43	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.885	6		1		16	56	
Iron, Fe	mg	2.59	0.191	6		1		1.81	6.35	
Magnesium, Mg	mg	24	0.165	6		1		17	59	
Phosphorus, P		200	4.114	6		1		140	490	
Potassium, K		252	1.749	6		1		176	617	
Sodium, Na		80	3.261	6		1		56	196	
Zinc, Zn		4.09		2		1		2.86	10.02	
Copper, Cu	-	0.233 0.025		2		1 1		0.163 0.018	0.571 0.061	
Manganese, Mn		39.7	1		BFYN	4		27.8	97.3	
Selenium, Se	1110g	39.7			DEIN	7		27.0	97.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.052	0.004	6		1		0.036	0.127	
Riboflavin	-	0.257		6		1		0.180	0.630	
Niacin		3.262		6		1		2.283	7.992	
Pantothenic acid		1.237		0		1		0.866	3.031	
Vitamin B-6	-	0.340	1	0		1		0.238	0.833	
Folate, total		9 0		0	z	1 7		6 0	22	
Folic acid		9		0	Z	1		6	0 22	
Folate, foodFolate, DFE		9		0	NC	4		6	22	
Vitamin B-12		0.37		0	NC	1		0.26	0.91	
Vitamin A, IU		0.37		2		1		0	0	
Vitamin A, RAE	mca RAE	0		2		1		0	0	
Retinol		0		2		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.670	1	0		1		1.169	4.092	
4:0										
6:0	g									
8:0										
10:0		0.000		0		4		0.000	0.000	
12:0		0.010	1	0		1		0.007	0.025	
13:0	-			•		_		0 000	2 22-	
14:0		0.040	1	0		1		0.028	0.098	
15:0	_	0.980		0		1		0.606	0.401	
16:0 17:0	_	0.980	•	J		1		0.686	2.401	
18:0	-	0.440	1	0		1		0.308	1.078	
20:0	-	0.440		•		_		0.300	1.078	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100 g		Amount in edible portion of common					
			Nu	mber			<u>m</u>	measures of food		
Nutrients and Uni	ts	Mean	of Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	-	1.610		0	1		1.127	3.945		
14:1										
15:1										
16:1 undifferentiated		0.260		0	1		0.182	0.637		
17:1	-									
18:1 undifferentiated		1.320		0	1		0.924	3.234		
20:1	-	0.010		0	1		0.007	0.025		
22:1 undifferentiated	•	0.010		0	1		0.007	0.025		
24:1 c	-									
Fatty acids, total polyunsaturated		1.480		0	1		1.036	3.626		
18:2 undifferentiated	-	1.240		0	1		0.868	3.038		
18:3 undifferentiated	-	0.060		0	1		0.042	0.147		
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.130		0	1		0.091	0.319		
20:5 n-3		0.000		0	4		0.000	0.000		
22:5 n-3		0.020		0	1		0.014	0.049		
22:6 n-3	g	0.030		0	1		0.021	0.074		
Fatty acids, total trans	g									
Cholesterol.	mg	70	1.473	6	1		49	172		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.318		0	1		0.223	0.779		
Threonine	g	1.252		0	1		0.876	3.067		
Isoleucine	g	1.447		0	1		1.013	3.545		
Leucine	g	2.234		0	1		1.564	5.473		
Lysine	g	2.625		0	1		1.838	6.431		
Methionine	g	0.809		0	1		0.566	1.982		
Cystine	g	0.307		0	1		0.215	0.752		
Phenylalanine	g	1.120		0	1		0.784	2.744		
Tyrosine	g	1.097		0	1		0.768	2.688		
Valine	g	1.494		0	1		1.046	3.660		
Arginine	g	2.001		0	1		1.401	4.902		
Histidine		0.868		0	1		0.608	2.127		
Alanine	g	1.798		0	1		1.259	4.405		
Aspartic acid		2.754		0	1		1.928	6.747		
Glutamic acid		4.582		0	1		3.207	11.226		
Glycine		1.606		0	1		1.124	3.935		
Proline		1.276		0	1		0.893	3.126		
Serine		1.261		0	1		0.883	3.089		
Hydroxyproline										

Common Measures:

Measure 1 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 245g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 23% Bone

		<u>Aı</u>	mount in 100 gra	Amount in edible portion of common					
			Numb	er			measures of food		
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	75.61	0.187	;	1		74.85	263.88	
Energy		118	(4		117	412	
Energy		494			4		489	1723	
Protein (N x 6.25)		20.13	0.089	;	1		19.93	70.25	
Total lipid (fat)		3.57	0.165		1		3.53	12.46	
Ash	-	0.88	0.001		1		0.87	3.07	
Carbohydrate, by difference		0.00	(Z	7		0.00	0.00	
Fiber, total dietary		0.0	(7		0.0	0.0	
Sugars, total								• • •	
Starch									
Starch	9								
Minerals:									
Calcium, Ca	_	11	0.596		1		11	38	
Iron, Fe	-	1.74	0.076		1		1.72	6.07	
Magnesium, Mg		21	0.059		1		21	73	
Phosphorus, P	•	168	1.367		1		166	586	
Potassium, K		246	4.363		1		244	859	
Sodium, Na	_	69	1.232		1		68	241	
Zinc, Zn		2.90			1		2.87	10.12	
Copper, Cu		0.167			1 1		0.165	0.583 0.091	
Manganese, Mn Selenium, Se		0.026 27.8) _				0.026 27.5	97.0	
Selenium, Se	nicg	27.0	•	PAR	1		27.5	97.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	C	Z	7		0.0	0.0	
Thiamin	mg	0.048	0.004		1		0.048	0.168	
Riboflavin	mg	0.203	0.006		1		0.201	0.708	
Niacin		2.621	0.113		1		2.595	9.147	
Pantothenic acid	mg	1.120			1		1.109	3.909	
Vitamin B-6	-	0.350) (1		0.347	1.222	
Folate, total		10	C		1		10	35	
Folic acid		0	C		7		0	0	
Folate, food		10	C		1		10	35	
Folate, DFE		10	C		4		10	35	
Vitamin B-12		0.40	C		1		0.40	1.40	
Vitamin A, IU		2	2		1		2	7	
Vitamin A, RAE		1	2		1		1	2	
Retinol		1	2		1		1	2	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin D Vitamin K (phylloquinone)									
Lipids:	-								
Fatty acids, total saturated	a	1.100) (1		1.089	3.839	
4:0		00	`		-		2.000	2.223	
6:0	-								
8:0	-								
10:0	-	0.000) (4		0.000	0.000	
12:0		0.010) (1		0.010	0.035	
13:0									
14:0	-	0.020) (1		0.020	0.070	
15:0	-								
16:0	-	0.650) (1		0.644	2.269	
17:0	-								
18:0	-	0.290) (1		0.287	1.012	
20:0	-								
22:0	-								
24:0	-								
	-								

		<u>Am</u>	nount in 100 gram	Amount in edible portion of common					
			Numb	er			<u>m</u>	easures of food	•
Nutrients and Uni	ts	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		1 000	•		1			0.760	
Fatty acids, total monounsaturated	-	1.080	0		1		1.069	3.769	
14:1 15:1									
16:1 undifferentiated		0.170	0		1		0.168	0.593	
17:1		0.170	U		_		0.166	0.595	
18:1 undifferentiated	-	0.880	0		1		0.871	3.071	
20:1		0.010	0		1		0.010	0.035	
22:1 undifferentiated	-	0.010	0		1		0.010	0.035	
	•	0.010	U		1		0.010	0.035	
24:1 cFatty acids, total polyunsaturated	-	0.970	0		1		0.960	3.385	
		0.820	0		1		0.960	2.862	
18:2 undifferentiated	-	0.040	0		1		0.040	0.140	
18:4	-	0.040	U		_		0.040	0.140	
20:2 n-6 c.c									
20:3 undifferentiated									
20:4 undifferentiated		0.080	0		1		0.079	0.279	
20:5 n-3	-	0.000	0		4		0.079	0.279	
20:5 n-3	-	0.010	0		1		0.000	0.005	
		0.020	0		1		0.010	0.035	
22:6 n-3Fatty acids, total trans		0.020	U				0.020	0.070	
Cholesterol	-	87	2.286 6		1		86	304	
Phytosterols		07	2.200 0		-		80	304	
Phytosterois									
Amino Acids:									
Tryptophan	g	0.225	0		1		0.223	0.785	
Threonine	g	0.887	0		1		0.878	3.096	
Isoleucine	g	1.027	0		1		1.017	3.584	
Leucine	g	1.584	0		1		1.568	5.528	
Lysine	g	1.864	0		1		1.845	6.505	
Methionine	g	0.574	0		1		0.568	2.003	
Cystine	g	0.215	0		1		0.213	0.750	
Phenylalanine	g	0.793	0		1		0.785	2.768	
Tyrosine	g	0.779	0		1		0.771	2.719	
Valine	g	1.059	0		1		1.048	3.696	
Arginine		1.412	0		1		1.398	4.928	
Histidine		0.616	0		1		0.610	2.150	
Alanine	g	1.265	0		1		1.252	4.415	
Aspartic acid	g	1.948	0		1		1.929	6.799	
Glutamic acid		3.248	0		1		3.216	11.336	
Glycine	g	1.106	0		1		1.095	3.860	
Proline	g	0.888	0		1		0.879	3.099	
Serine		0.892	0		1		0.883	3.113	
Hydroxyproline									

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 349g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% 25% bone, 6% skin

Nutrients and Units			A	mount in 100 g			ole portic	on	Amount in edible portion of common measures of food		
Name	Nutrients and Uni	its	Mean	of	Data	Deriv					•
Energy											
Finestorn St. St.				0.337							
Protein IN N o 25.	23				U	NC					
Trotal prod (fin) 9 3.77 0.199 6 1 0.65 2.28 Ash. 9 1.02 0.028 6 1 0.65 2.28 Carbohydrute, by difference 9 0.00 0 0 0 0 7 7 0.00 0.00 Negers, total 1 9 Negers, total 1 9 Negers, total 1 9 Negers, total 1 9 Negers, total 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				0.360	6						
Ash.	,	-					_				
Carbohydrate, by difference 9											
Fiber total dictary 9				0.020		7.					
Sugars, total 0											
Nincrals:			0.0		·	_	•		0.0	0.0	
Mincrahs Calcium, Ca.	9 ,										
Taleum, Ca. mg	Staten	9									
Tron. Fe.	Minerals:										
Magnesium, Mg	· · · · · · · · · · · · · · · · · · ·	-									
Phosphorus P.	, ,	• • • • • • • • • • • • • • • • • • • •					_				
Potassum K.											
Sodium Na.	. ,	•									
Ainc		-									
Copper Cu.	*			3.205							
Manganese, Mn.	-										
Scienium, Sc. mog 40.9 4.175 16 A 1 26.2 91.6	• •										
Vitamins: Vitamins C, total ascorbic acid. mg 0.0 0.0 0.0 Thiamin. mg 0.054 0.004 6 1 0.035 0.121 Riboflavin. mg 0.266 0.018 6 1 0.170 0.596 Niacin. mg 3.319 0.079 6 1 0.170 0.596 Pantotheric acid. mg 1.324 0 1 0.847 2.966 Vitamin B-6 mg 0.370 0 1 0.237 0.829 Folate, total mcg 10 0 1 6 22 Folate, codd mcg 10 0 1 6 22 Folate, codd mcg 0 0 1 6 22 Folate, codd mcg 0 0 1 0 0 22 Folate, DFE mcg 0 0 NC 4 6 22 Vitamin A, ER <td< td=""><td>9</td><td></td><td></td><td></td><td></td><td>A</td><td></td><td></td><td></td><td></td><td></td></td<>	9					A					
Vitamin C, Iotal ascorbic acid. mg											
Thiannin											
Ribofavin	*	-				Z					
Niacin.		-									
Pantothenic acid. mg		-									
Vitamin B-6 mg 0.370 0 1 0.237 0.829 Folate, total mcg 10 0 1 6 22 Folate, food mcg 10 0 1 6 22 Folate, DFE mcg_DFE 10 0 NC 4 6 22 Vitamin B-12 mcg 0.38 0 1 0.24 0.85 Vitamin A, IU IU 0 0 1 0 0 Retinol mcg RAE 0 0 1 0 0 Retinol mcg RAE 0 0 1 0 0 Vitamin E, dalpha-tocopherol) mg 1 0 0 0 Tocopherol, delta mg 0 1 0 813 2.845 Vitamin K (phylloquinore) mcg 1 0 813 2.845 Faty acids, total saturated 9 1.270 0 1											
Folate, total											
Folia acid											
Folate, food mcg 10 0 1 6 22 Folate, DFE mcg_DFE 10 0 NC 4 6 22 Vitamin B-12 mcg 0.38 0 1 0.24 0.85 Vitamin A, IU. IU 0 0 0 1 0 0 0 Vitamin A, RAE mcg_RAE 0 0 1 0 0 0 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin E (hybloquinone) mcg U						7.					
Folate, DFE						-			-		
Vitamin B-12.						NC					
Vitamin A, IU IU 0 1 0 0 Vitamin A, RAE mcg_RAE 0 0 1 0 0 Retinol. mcg 0 0 1 0 0 Vitamin E (alpha-tocopherol) mg 7 0 1 0 0 Tocopherol, beta mg 7 0 1 0 0 1 0 0 1 0 0 1 0 0 0 0 0 0 0 1 0 8 0 0 1 0 8 1 0											
Vitamin A, RAE mog_RAE 0 0 1 0 0 Retinol. mog 0 0 1 0 0 Vitamin E (alpha-tocopherol). mg 1 0 0 1 Tocopherol, beta. mg 7 0 1 0 0 1 Tocopherol, gamma. mg 1U Vitamin D. IU Vitamin K (phylloquinone). IU Vitamin K (phylloquinone). mcg 1 0 813 2 845 4:0. g 9 1 2 0 1 0 813 2 845 45 46 9 2 845 46 9 2 845 46 9 2 845 46 9 2 845 46 9 2 845 46 3 3 3 3 3 3 3 3 4 3 3 0 3 4 3 3 0			0		0		1		0	0	
Retinol. mcg 0 0 0 1 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0	Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg Fatty acids, total saturated g 1.270 0 1 0.813 2.845			0		0		1		0	0	
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg									
Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 1.270 0 1 0.813 2.845 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.010 0 1 0.006 0.022 13:0 g 14:0 g 0.006 0.022 13:0 g 14:0 g 0.001 0 1 0.013 0.045 15:0 g 16:0 g 0.000 0 1 0.013 0.045 15:0 g 16:0 g 0.000 0 1 0.023 1.501 17:0 g 18:0 g 0.380 0 1 0.243 0.851 20:0 g	Tocopherol, beta	mg									
Vitamin D											
Vitamin K (phylloquinone) mcg Lipids: Tatty acids, total saturated. 9 1.270 0 1 0.813 2.845 4:0. 9 9 6:0. 9 8.0. 8:0. 9 0.000	• .										
Lipids: Fatty acids, total saturated g 1.270 0 1 0.813 2.845 4:0.											
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg									
4:0 9 6:0 9 8:0 9 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.010 0 1 0.006 0.022 13:0 9 0.020 0 1 0.013 0.045 15:0 9 0.670 0 1 0.429 1.501 17:0 9 18:0 9 0.380 0 1 0.243 0.851 20:0 9 22:0 9	Lipids:										
6:0 9 8:0 9 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.010 0 1 0.006 0.022 13:0 9 0.020 0 1 0.013 0.045 15:0 9 0.670 0 1 0.429 1.501 17:0 9 0.380 0 1 0.243 0.851 20:0 9 22:0 9	Fatty acids, total saturated	g	1.270	ı	0		1		0.813	2.845	
8:0 9 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.010 0 1 0.006 0.022 13:0 9 0.020 0 1 0.013 0.045 15:0 9 0.670 0 1 0.429 1.501 17:0 9 18:0 9 0.380 0 1 0.243 0.851 20:0 9 22:0 9	4:0	g									
10:0	6:0	g									
12:0. g 0.010 0 1 0.006 0.022 13:0. g 14:0. g 0.020 0 1 0.013 0.045 15:0. g 16:0. g 0.670 0 1 0.429 1.501 17:0. g 18:0. g 0.380 0 1 0.243 0.851 20:0. g 22:0. g											
13:0		-					4				
14:0. g 0.020 0 1 0.013 0.045 15:0. g 16:0. g 0.670 0 1 0.429 1.501 17:0. g 18:0. g 0.380 0 1 0.243 0.851 20:0. g 22:0. g		-	0.010		0		1		0.006	0.022	
15:0		-			_		_				
16:0			0.020		0		1		0.013	0.045	
17:0			0 670		•		4		0.400	1 505	
18:0			0.670		U		1		0.429	1.501	
20:0g 22:0g		-	0 200		0		1		0 243	0.051	
22:0g		-	0.380		J		1		0.243	0.651	
		-									
/4'II U	24:0	-									

		<u>An</u>	nount in 100 gra		ble portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Num of D Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Patter and total management of	a	0.860		0	1		0.550	1.926	
Fatty acids, total monounsaturated 14:1		0.860		U	1		0.550	1.926	
15:1									
16:1 undifferentiated		0.130		0	1		0.083	0.291	
17:1	-	0.130			-		0.005	0.231	
18:1 undifferentiated		0.710		0	1		0.454	1.590	
20:1		0.010		0	1		0.006	0.022	
22:1 undifferentiated	-	0.010		0	1		0.006	0.022	
24:1 c		0.010		•	-		0.000	0.022	
Fatty acids, total polyunsaturated		1.130		0	1		0.723	2.531	
18:2 undifferentiated		0.920		0	1		0.589	2.061	
18:3 undifferentiated	-	0.030		0	1		0.019	0.067	
18:4		0.000		•	_		0.015	0.007	
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.130		0	1		0.083	0.291	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3	-	0.020		0	1		0.013	0.045	
22:6 n-3		0.030		0	1		0.019	0.067	
Fatty acids, total trans									
Cholesterol	-	119	7.529	6	1		76	267	
Phytosterols	_								
-									
Amino Acids:									
Tryptophan	_	0.332		0	1		0.212	0.744	
Threonine	-	1.298		0	1		0.831	2.908	
Isoleucine	-	1.518		0	1		0.972	3.400	
Leucine	_	2.326		0	1		1.489	5.210	
Lysine	-	2.751		0	1		1.761	6.162	
Methionine	-	0.845		0	1		0.541	1.893	
Cystine		0.304		0	1		0.195	0.681	
Phenylalanine	g	1.158		0	1		0.741	2.594	
Tyrosine	-	1.153		0	1		0.738	2.583	
Valine		1.550		0	1		0.992	3.472	
Arginine	-	2.036		0	1		1.303	4.561	
Histidine		0.911		0	1		0.583	2.041	
Alanine	-	1.807		0	1		1.156	4.048	
Aspartic acid	_	2.835		0	1		1.814	6.350	
Glutamic acid		4.763		0	1		3.048	10.669	
Glycine	-	1.448		0	1		0.927	3.244	
Proline		1.214		0	1		0.777	2.719	
Serine	-	1.298		0	1		0.831	2.908	
Hydroxyproline	g								

Common Measures:

Measure 1 = 64g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 224g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 28% 23% bone, 5% skin

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common		
				mber				measures of food		
Nutrients and Uni	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:				_						
Water	-	76.62	0.112	7		1		71.26	252.08	
Energy		108 452		0	NC	4 4		100 420	355	
Energy		20.35	0 100	_		1			1487	
Protein (N x 6.25) Total lipid (fat)		20.35	0.108 0.191	6 8		1		18.93 2.20	66.95 7.80	
Ash		0.90	0.191	6		1		0.84	2.96	
Carbohydrate, by difference		0.90	0.001	0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		Ū		,		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10	0.629	6		1		9	33	
Iron, Fe		1.77	0.078	6		1		1.65	5.82	
Magnesium, Mg		22	0.072	6		1		20	72	
Phosphorus, P		172 254	1.406 4.553	6 6		1 1		160 236	566 836	
Potassium, K		254 71	1.339	6		1		236 66	234	
Sodium, NaZinc, Zn		2.98	1.339	2		1		2.77	9.80	
Copper, Cu		0.143	0.012	75		1		0.133	0.470	
Manganese, Mn		0.027		2		1		0.025	0.089	
Selenium, Se		28.6		0	BFZN	4		26.6	94.1	
·	-									
Vitamins:		0.0		^	_	7		0.0		
Vitamin C, total ascorbic acid		0.0 0.050	0.004	0	Z	1		0.0 0.0 4 7	0.0 0.165	
ThiaminRiboflavin	-	0.030		6 6		1		0.047	0.165	
Niacin		2.675		6		1		2.488	8.801	
Pantothenic acid		1.169		0		1		1.087	3.846	
Vitamin B-6		0.370		0		1		0.344	1.217	
Folate, total	-	11		0		1		10	36	
Folic acid		0		0	z	7		0	0	
Folate, food	-	11		0		1		10	36	
Folate, DFE		11		0	NC	4		10	36	
Vitamin B-12		0.41		0		1		0.38	1.35	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ramin is (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.800)	0		1		0.744	2.632	
4:0										
6:0										
8:0 10:0		0.000	1	0		4		0.000	0.000	
12:0	_	0.000		6		1		0.000	0.000	
13:0		0.010	0.001	5		-		0.009	0.033	
14:0	-	0.020	0.003	8		1		0.019	0.066	
15:0	-	0.020		-		-		3.023	0.000	
16:0	-	0.420	0.046	8		1		0.391	1.382	
17:0	-									
18:0	-	0.240	0.025	8		1		0.223	0.790	
20:0	g									
22:0	g									
24:0	g									

		<u>An</u>	nount in 100 g		edible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean				Confidence Code	Measure 1	Measure 2	Measure 3
Two illustrations and the	a	0.540			1		0.500	1 777	
Fatty acids, total monounsaturated		0.540		0	1		0.502	1.777	
15:1									
16:1 undifferentiated		0.080	0.019	8	1		0.074	0.263	
17:1	-	0.080	0.019	0	_		0.074	0.203	
18:1 undifferentiated		0.440	0.049	8	1		0.409	1.448	
20:1	-	0.010	0.001	7	1		0.409	0.033	
22:1 undifferentiated	_	0.010	0.001	7	1		0.009	0.033	
24:1 c		0.010	0.001	,	1		0.009	0.033	
Fatty acids, total polyunsaturated		0.710		0	1		0.660	2.336	
18:2 undifferentiated		0.710	0.062	8	1		0.530	1.875	
18:3 undifferentiated	_	0.020	0.002	8	1		0.019	0.066	
18:4		0.020	0.007	Ü	-		0.019	0.000	
20:2 n-6 c.c									
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.080	0.015	8	1		0.074	0.263	
20:5 n-3	-	0.000	0.015	0	4		0.000	0.000	
20:5 n-3	-	0.010	0.003	7	1		0.009	0.033	
22:6 n-3		0.010	0.010	, 7	1		0.019	0.066	
Fatty acids, total trans		0.020	0.010	,	_		0.019	0.000	
Cholesterol	-	84	2.454	6	1		78	276	
Phytosterols	-	0.2		•	_		, 0	270	
1 Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.231		0	1		0.215	0.760	
Threonine	g	0.905		0	1		0.842	2.977	
Isoleucine	g	1.058		0	1		0.984	3.481	
Leucine	g	1.621		0	1		1.508	5.333	
Lysine	g	1.918		0	1		1.784	6.310	
Methionine	g	0.589		0	1		0.548	1.938	
Cystine	g	0.212		0	1		0.197	0.697	
Phenylalanine	g	0.807		0	1		0.751	2.655	
Tyrosine	g	0.804		0	1		0.748	2.645	
Valine	g	1.081		0	1		1.005	3.556	
Arginine	g	1.420		0	1		1.321	4.672	
Histidine	g	0.635		0	1		0.591	2.089	
Alanine	g	1.260		0	1		1.172	4.145	
Aspartic acid	g	1.976		0	1		1.838	6.501	
Glutamic acid	g	3.321		0	1		3.089	10.926	
Glycine	g	1.009		0	1		0.938	3.320	
Proline	g	0.847		0	1		0.788	2.787	
Serine	g	0.905		0	1		0.842	2.977	
Hydroxyproline	g								

Common Measures:

Measure 1 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 329g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		<u>Aı</u>	mount in 100 gra	Amount in edible portion of common					
			Numb	er			measures of food		
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	66.54	0.303	5	1		81.84	288.12	
Energy		164	(4		202	710	
Energy		686			4		844	2971	
Protein (N x 6.25)		28.77	0.330	5	1		35.39	124.57	
Total lipid (fat)		4.58	0.251		1		5.63	19.83	
Ash		1.04	0.013		1		1.28	4.50	
Carbohydrate, by difference		0.00	() Z	7		0.00	0.00	
Fiber, total dietary		0.0	(7		0.0	0.0	
Sugars, total								0.0	
Starch									
Staren	9								
Minerals:									
Calcium, Ca		18	0.946		1		22	78	
Iron, Fe	-	1.61	0.217		1		1.98	6.97	
Magnesium, Mg		26	0.243		1		32	113	
Phosphorus, P	•	205	3.184		1		252	888	
Potassium, K		262	2.282		1		322	1134	
Sodium, Na	_	57	2.269		1		70	247	
Zinc, Zn		2.08			1		2.56	9.01	
Copper, Cu	-	0.092			1 1		0.113	0.398 0.104	
Manganese, Mn Selenium, Se		0.024 29.9					0.030 36.8	129.5	
Selenium, Se	niog	29.9	•	DEIN	-		30.8	129.5	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	C	Z	7		0.0	0.0	
Thiamin	mg	0.038	0.002	i	1		0.047	0.165	
Riboflavin	mg	0.139	0.006	i	1		0.171	0.602	
Niacin		6.275			1		7.718	27.171	
Pantothenic acid	mg	0.648)	1		0.797	2.806	
Vitamin B-6	-	0.490	()	1		0.603	2.122	
Folate, total		6	C		1		7	26	
Folic acid		0	C		7		0	0	
Folate, food		6	C		1		7	26	
Folate, DFE		6	C		4		7	26	
Vitamin B-12		0.36	C		1		0.44	1.56	
Vitamin A, IU		0	2		1		0	0	
Vitamin A, RAE		0	2		1		0	0	
Retinol		0	2	!	1		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin D Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	g	1.250	C)	1		1.538	5.413	
4:0									
6:0	-								
8:0	g								
10:0	g	0.000	C)	4		0.000	0.000	
12:0	g	0.000	C)	1		0.000	0.000	
13:0	g								
14:0	g	0.030	C)	1		0.037	0.130	
15:0	g								
16:0	g	0.820	C)	1		1.009	3.551	
17:0	g								
18:0	g	0.280	C)	1		0.344	1.212	
20:0	g								
22:0	g								
24:0	g								

	Ar	nount in 100 gram		Amount in edible portion of common measures of food			
		Number of Dat	er a Deriv Source	Confidence	<u></u>		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.700	0	1		2.091	7.361	
14:1g							
15:1g							
16:1 undifferentiatedg	0.290	0	1		0.357	1.256	
17:1g							
18:1 undifferentiatedg	1.370	0	1		1.685	5.932	
20:1g	0.010	0	1		0.012	0.043	
22:1 undifferentiatedg 24:1 cg	0.000	0	1		0.000	0.000	
Fatty acids, total polyunsaturated9	1.090	0	1		1.341	4.720	
18:2 undifferentiatedg	0.920	0	1		1.132	3.984	
18:3 undifferentiatedg	0.060	0	1		0.074	0.260	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.060	0	1		0.074	0.260	
20:5 n-3g	0.000	0	4		0.000	0.000	
22:5 n-3g	0.010	0	1		0.012	0.043	
22:6 n-3g	0.010	0	1		0.012	0.043	
Fatty acids, total trans9							
Cholesterolmg	95	5.564 6	1		117	411	
Phytosterolsmg							
Amino Acids:							
Tryptophan9	0.316	0	1		0.389	1.368	
Threonineg	1.251	0	1		1.539	5.417	
Isoleucineg	1.432	0	1		1.761	6.201	
Leucine9	2.224	0	1		2.736	9.630	
Lysineg	2.599	0	1		3.197	11.254	
Methionineg	0.804	0	1		0.989	3.481	
Cystineg	0.319	0	1		0.392	1.381	
Phenylalanineg	1.122	0	1		1.380	4.858	
Tyrosineg	1.083	0	1		1.332	4.689	
Valineg	1.492	0	1		1.835	6.460	
Arginine	2.030	0	1		2.497	8.790	
Histidine	0.859	0	1		1.057	3.719	
Alanineg	1.843	0	1		2.267	7.980	
Aspartic acid	2.769	0	1		3.406	11.990	
Glutamic acid	4.569	0	1		5.620	19.784	
Glycineg	1.781	0	1 1		2.191	7.712	
Proline	1.363	0			1.676	5.902	
Serine	1.267	0	1		1.558	5.486	
Hydroxyprolineg							

Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		<u>Aı</u>	mount in 100 gi	rams c	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				measures of food			
			of l	Data I	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.49	0.250	6		1		115.26	406.67		
Energy	kcal	133		0	NC	4		211	746		
Energy	kj	556				4		885	3122		
Protein (N x 6.25)	g	23.09	0.077	6		1		36.71	129.53		
Total lipid (fat)	g	3.81	0.294	6		1		6.06	21.37		
Ash	g	0.90	0.006	6		1		1.43	5.05		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	12	0.274	6		1		19	67		
Iron, Fe	mg	1.23	0.107	6		1		1.96	6.90		
Magnesium, Mg		24	0.222	6		1		38	135		
Phosphorus, P	•	182	4.881	6		1		289	1021		
Potassium, K		253	1.967	6		1		402	1419		
Sodium, Na		50	0.754	6		1		80	281		
Zinc, Zn		1.42		2		1		2.26	7.97		
Copper, Cu		0.120 0.019		2		1 1		0.191 0.030	0.673 0.107		
Manganese, Mn Selenium, Se		23.0	•	0	PAK	1		36.6	129.0		
Selenium, Se		23.0		U	FAIX	-		30.0	129.0		
Vitamins:											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.036		6		1		0.057	0.202		
Riboflavin		0.115		6		1		0.183	0.645		
Niacin	-	5.178		6		1		8.233	29.049		
Pantothenic acid		0.651 0.500		0		1 1		1.035 0.795	3.652		
Vitamin B-6	_	8	,	0		1		13	2.805 4 5		
Folate, totalFolic acid		0		0	z	7		0	0		
Folate, food		8		0	-	1		13	45		
Folate, DFE	mca DFE	8		0	NC	4		13	45		
Vitamin B-12		0.44		0		1		0.70	2.47		
Vitamin A, IU		5		2		1		8	28		
Vitamin A, RAE		2		2		1		2	8		
Retinol		2		2		1		2	8		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitamin K (pnylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.020)	0		1		1.622	5.722		
4:0	-										
6:0											
8:0	-	0.000		•				0.000	0.000		
10:0		0.000		0		4 1		0.000 0.000	0.000 0.000		
12:0 13:0		0.000	•	J		-		0.000	0.000		
14:0	_	0.030)	0		1		0.048	0.168		
15:0	_	0.050		٠		-		3.040	0.100		
16:0	_	0.700)	0		1		1.113	3.927		
17:0	_										
18:0	_	0.210)	0		1		0.334	1.178		
20:0	g										
22:0	-										
24:0	g										

		<u>Ar</u>	nount in 100 gr	ams of edi nber	ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	a	1.520		0	1		2.417	8.527		
Fatty acids, total monounsaturated	-	1.520		U	1		2.417	8.527		
15:1										
16:1 undifferentiated	-	0.260		0	1		0.413	1.459		
17:1		0.200			-		0.125	2.100		
18:1 undifferentiated		1.220		0	1		1.940	6.844		
20:1	-	0.000		0	1		0.000	0.000		
22:1 undifferentiated	-	0.000		0	1		0.000	0.000		
24:1 c	•									
Fatty acids, total polyunsaturated		0.890		0	1		1.415	4.993		
18:2 undifferentiated	g	0.780		0	1		1.240	4.376		
18:3 undifferentiated	g	0.050		0	1		0.080	0.281		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.030		0	1		0.048	0.168		
20:5 n-3	g	0.000		0	4		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	76	0.827	6	1		121	426		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.254		0	1		0.404	1.425		
Threonine	g	1.006		0	1		1.600	5.644		
Isoleucine	g	1.153		0	1		1.833	6.468		
Leucine	g	1.790		0	1		2.846	10.042		
Lysine	g	2.094		0	1		3.329	11.747		
Methionine	g	0.647		0	1		1.029	3.630		
Cystine	g	0.255		0	1		0.405	1.431		
Phenylalanine	g	0.902		0	1		1.434	5.060		
Tyrosine	g	0.872		0	1		1.386	4.892		
Valine	g	1.200		0	1		1.908	6.732		
Arginine	g	1.628		0	1		2.589	9.133		
Histidine	g	0.692		0	1		1.100	3.882		
Alanine	g	1.475		0	1		2.345	8.275		
Aspartic acid	g	2.224		0	1		3.536	12.477		
Glutamic acid	g	3.675		0	1		5.843	20.617		
Glycine	g	1.407		0	1		2.237	7.893		
Proline	g	1.083		0	1		1.722	6.076		
Serine	g	1.018		0	1		1.619	5.711		
Hydroxyproline	g									

Common Measures:

Measure 1 = 159g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 561g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% 19% bone, 12% skin

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber				easures of food	
					Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:		60.56		_			05.00		
Water	-	68.56	0.288	6	1		95.98	71.30	
Energy		140		0 NC	4		196	146	
Energy		586			4		820	609	
Protein (N x 6.25)	-	30.19	0.290	6	1		42.27	31.40	
Total lipid (fat)	-	1.18	0.109	6	1		1.65	1.23	
Ash	g	1.09	0.015	6	1		1.53	1.13	
Carbohydrate, by difference	g	0.00		0 z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
N#: 1									
Minerals:	ma	1 5	0.005	6	1		21	16	
Calcium, Ca	_	15 1.57		6 6	1		21 2.20	16 1.63	
Iron, Fe	_	28		6 6	1		2.20 39	1.63 29	
Magnesium, Mg									
Phosphorus, P		216		6	1 1		302	225	
Potassium, K		277 56		6 6	1		388 78	288 58	
Sodium, Na	_				1				
Zinc, Zn		2.08		2			2.91	2.16	
Copper, Cu		0.086		2	1		0.120	0.089	
Manganese, Mn		0.025		2	1		0.035	0.026	
Selenium, Se	mcg	32.1	2.047	15 A	1		44.9	33.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0	
Thiamin		0.041	0.002	6	1		0.057	0.043	
Riboflavin		0.136	0.006	6	1		0.190	0.141	
Niacin		6.936	0.155	6	1		9.710	7.213	
Pantothenic acid		0.715		0	1		1.001	0.744	
Vitamin B-6		0.570		0	1		0.798	0.593	
Folate, total	-	6		0	1		8	6	
Folic acid		0		0 z	7		0	0	
Folate, food		6		0	1		8	6	
Folate, DFE		6		0 NC	4		8	6	
Vitamin B-12		0.39		0	1		0.55	0.41	
Vitamin A, IU		0		0	1		0	0	
Vitamin A, RAE		0		0	1		0	0	
Retinol		0		0	1		0	0	
Vitamin E (alpha-tocopherol)								· ·	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	q	0.380		0	1		0.532	0.395	
4:0		3.500		-	_		3.002	0.000	
6:0									
8:0									
10:0	-	0.000		0	4		0.000	0.000	
12:0		0.010		0	1		0.014	0.010	
13:0					-		3.02.	0.020	
14:0	-	0.010		0	1		0.014	0.010	
15:0	-	0.010		-	-		3.014	0.010	
16:0	-	0.170		0	1		0.238	0.177	
	-	0.170		-	-		3.230	0.177	
	a								
17:0	-	0 120		0	1		0 168	0 125	
17:0 18:0	g	0.120		0	1		0.168	0.125	
17:0	g g	0.120		0	1		0.168	0.125	

		<u>An</u>	nount in 100		of edib	le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Father and a total management of	a	0.210		0		1		0.294	0.218		
Fatty acids, total monounsaturated		0.210		U		1		0.294	0.218		
15:1											
16:1 undifferentiated		0.030		0		1		0.042	0.031		
17:1	_	0.000		·		-		0.012	0.002		
18:1 undifferentiated		0.170		0		1		0.238	0.177		
20:1		0.010		0		1		0.014	0.010		
22:1 undifferentiated	-	0.010		0		1		0.014	0.010		
24:1 c		3.010		•		-		0.014	0.010		
Fatty acids, total polyunsaturated		0.310		0		1		0.434	0.322		
18:2 undifferentiated		0.210		0		1		0.294	0.218		
18:3 undifferentiated	-	0.010		0		1		0.014	0.010		
18:4		0.020		·		-		0.014	0.010		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.060		0		1		0.084	0.062		
20:5 n-3	_	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.010		0		1		0.014	0.010		
22:6 n-3		0.010		0		1		0.014	0.010		
Fatty acids, total trans		0.020		·		_		0.021	0.020		
Cholesterol	_	86	5.56	0 6		1		120	89		
Phytosterols	_										
-											
Amino Acids:											
Tryptophan	g	0.343		0		1		0.480	0.357		
Threonine	g	1.343		0		1		1.880	1.397		
Isoleucine	g	1.570		0		1		2.198	1.633		
Leucine	g	2.405		0		1		3.367	2.501		
Lysine	g	2.845		0		1		3.983	2.959		
Methionine	g	0.874		0		1		1.224	0.909		
Cystine	g	0.314		0		1		0.440	0.327		
Phenylalanine	g	1.198		0		1		1.677	1.246		
Tyrosine	g	1.193		0		1		1.670	1.241		
Valine	g	1.604		0		1		2.246	1.668		
Arginine	g	2.106		0		1		2.948	2.190		
Histidine	g	0.942		0		1		1.319	0.980		
Alanine	g	1.869		0		1		2.617	1.944		
Aspartic acid	g	2.932		0		1		4.105	3.049		
Glutamic acid	g	4.927		0		1		6.898	5.124		
Glycine	g	1.497		0		1		2.096	1.557		
Proline	g	1.256		0		1		1.758	1.306		
Serine	g	1.343		0		1		1.880	1.397		
Hydroxyproline	g										

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% 19% bone, 12% skin

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	74.61	0.095	6		1		101.47	358.87		
Energy	-	108	0.050	0	NC	4		147	519		
Energy		452		Ū	МС	4		615	2174		
67	-	24.18	0.054	6		1		32.88			
Protein (N x 6.25)		0.49	0.034	6		1		0.67	116.31 2.36		
Total lipid (fat)		0.49	0.008	6		1		1.33			
Ash			0.008	0	_	7			4.71		
Carbohydrate, by difference		0.00		0	z			0.00	0.00		
Fiber, total dietary		0.0		U	Z	7		0.0	0.0		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg	10	0.280	6		1		14	48		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.22	0.120	6		1		1.66	5.87		
Magnesium, Mg	-	26	0.259	6		1		35	125		
Phosphorus, P		196	5.530	6		1		267	943		
Potassium, K	-	276	2.199	6		1		375	1328		
Sodium, Na		52	0.960	6		1		71	250		
Zinc, Zn	mg	1.39		2		1		1.89	6.69		
Copper, Cu		0.118		2		1		0.160	0.568		
Manganese, Mn	mg	0.020)	2		1		0.027	0.096		
Selenium, Se	mcg	24.4		0	BFZN	4		33.2	117.4		
Vitamins:											
	ma	0.0		0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin		0.039	0.004	6	4	1		0.053	0.0		
Riboflavin		0.039		6		1		0.162	0.572		
Niacin		5.751		6		1		7.821	27.662		
Pantothenic acid	-	0.705		0		1		0.959	3.391		
Vitamin B-6		0.703		0		1		0.775	2.742		
	_	8		0		1		11	38		
Folate, total		0		0	z	7		0	0		
Folic acidFolate, food		8		0	4	1		11	38		
Folate, DFE	med DEE	8		0	NC	4		11	38		
		0.46		0	NC	1		0.63	2.21		
Vitamin B-12		0.46		0		1		0.63	0		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE		0		0		1		0	0		
Retinol		U		U		_		U	U		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitamin K (phynodumone)	9										
Lipids:											
Fatty acids, total saturated		0.160)	0		1		0.218	0.770		
4:0											
6:0											
8:0											
10:0		0.000		0		4		0.000	0.000		
12:0		0.000	0.000	10		1		0.000	0.000		
13:0	-	_	_			_		_	_		
14:0	-	0.000	0.000	12		1		0.000	0.000		
15:0	-					_		_			
16:0	-	0.070	0.009	12		1		0.095	0.337		
17:0	-										
18:0	-	0.050	0.005	12		1		0.068	0.241		
20:0	g										
22:0	-										

	<u>Ar</u>	nount in 100 g	arams of e	edible portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data Der		Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and onits	Mean	Ota. Error				Wedsure 1	Micasare 2	Wedsure 0	
Fatty acids, total monounsaturated	.g 0.090		0	1		0.122	0.433		
14:1	.g								
15:1	. •								
16:1 undifferentiated	=	0.002	12	1		0.014	0.048		
17:1	. •								
18:1 undifferentiated	-	0.009	12	1		0.095	0.337		
20:1		0.000	10	1		0.000	0.000		
22:1 undifferentiated	•	0.000	10	1		0.000	0.000		
24:1 c	•								
Fatty acids, total polyunsaturated			0	1		0.177	0.625		
18:2 undifferentiated		0.011	12	1		0.122	0.433		
18:3 undifferentiated	•	0.000	12	1		0.000	0.000		
18:4	.g								
20:2 n-6 c,c	=								
20:3 undifferentiated									
20:4 undifferentiated	=	0.004	11	1		0.041	0.144		
20:5 n-3	.g 0.000		0	4		0.000	0.000		
22:5 n-3	.g 0.000	0.000	10	1		0.000	0.000		
22:6 n-3	.g 0.010	0.002	10	1		0.014	0.048		
Fatty acids, total trans	.g								
Cholesterol	.mg 66	1.375	6	1		90	317		
Phytosterols	mg								
Amino Acids:									
Tryptophan			0	1		0.374	1.323		
Threonine	-		0	1		1.463	5.176		
Isoleucine			0	1		1.710	6.046		
Leucine			0	1		2.621	9.269		
Lysine			0	1		3.099	10.962		
Methionine	-		0	1		0.952	3.367		
Cystine	-		0	1		0.341	1.207		
Phenylalanine	g 0.960		0	1		1.306	4.618		
Tyrosine	-		0	1		1.300	4.598		
Valine	•		0	1		1.748	6.181		
Arginine	.g 1.687		0	1		2.294	8.114		
Histidine	-		0	1		1.025	3.627		
Alanine			0	1		2.036	7.201		
Aspartic acid			0	1		3.193	11.294		
Glutamic acid	<u>.g</u> 3.946		0	1		5.367	18.980		
Glycine	g 1.199		0	1		1.631	5.767		
Proline	g 1.006		0	1		1.368	4.839		
Serine	.g 1.076		0	1		1.463	5.176		
Hydroxyproline	.g								

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 481g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% Bone

		<u>A</u>	mount in 100 gı	rams o	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nur	mber				<u>m</u>	easures of food	
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.95		0		1		165.53	1168.63	
Energy	_	171		0	NC	4		429	3030	
Energy		715				4		1796	12678	
Protein (N x 6.25)		28.08		0		1		70.48	497.58	
Total lipid (fat)	_	5.64		0		1		14.16	99.94	
Ash		0.97		0		1		2.43	17.19	
Carbohydrate, by difference		0.04		0	NC	4		0.10	0.71	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:				_		_				
Calcium, Ca	-	23		0		1		58	408	
Iron, Fe.	_	2.22		0		1		5.57	39.34	
Magnesium, Mg		24		0		1		60	425	
Phosphorus, P	_	196		0		1		492	3473	
Potassium, K	_	242		0		1 1		607 163	4288	
Sodium, Na	-	65		0		1		7.76	1152 54.75	
Zinc, Zn		3.09 0.161	1	0		1		0.404	2.853	
Copper, Cu		0.16		0		1		0.404	0.549	
Manganese, Mn Selenium, Se		34.2	<u>.</u>		BFYN	4		85.8	606.0	
Seienium, Se	Illog	34.2		U	Drin	4		65.6	606.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	1.8	
Thiamin	mg	0.042	2	0		1		0.105	0.744	
Riboflavin		0.216	5	0		1		0.542	3.828	
Niacin	mg	4.780)	0		1		11.998	84.702	
Pantothenic acid	mg	0.999	•	0		1		2.507	17.702	
Vitamin B-6	mg	0.400)	0		1		1.004	7.088	
Folate, total	mcg	21		0		1		53	372	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		1		53	372	
Folate, DFE		21		0	NC	4		53	372	
Vitamin B-12		1.32		0		1		3.31	23.39	
Vitamin A, IU	IU	224		0		1		562	3969	
Vitamin A, RAE	mcg_RAE	67		0		1		169	1192	
Retinol		67		0		1		169	1192	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	1.640)	0		1		4.116	29.061	
4:0										
6:0	_									
8:0	-									
10:0	-	0.000)	0		4		0.000	0.000	
12:0	_	0.010)	0		1		0.025	0.177	
13:0										
14:0	_	0.040)	0		1		0.100	0.709	
15:0	_									
16:0	_	1.020)	0		1		2.560	18.074	
17:0	_									
18:0	_	0.400)	0		1		1.004	7.088	
20:0	g									
22:0	_									
24:0	_									
	-									

Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>		edible portion o	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	1.890		0		1		4.744	33.491	
14:1										
15:1	-	0.210		•		1		0.770	E 402	
16:1 undifferentiated	-	0.310		0		1		0.778	5.493	
17:1		1.530		0		1		2 040	07.110	
18:1 undifferentiated				0		1		3.840	27.112	
20:1	-	0.010		0		1		0.025	0.177	
22:1 undifferentiated		0.010		U		1		0.025	0.177	
24:1 c		1.440		0		1		2 614	05 517	
Fatty acids, total polyunsaturated		1.440		0		1		3.614 3.037	25.517 21.441	
18:2 undifferentiated	-	0.070		0		1			1.240	
18:3 undifferentiated		0.070		U		_		0.176	1.240	
18:4	-									
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.110		0		1		0.276	1.949	
	-	0.000		0		4		0.276	0.000	
20:5 n-3		0.010		0		1		0.000		
22:5 n-3		0.010		0		1		0.025	0.177 0.354	
22:6 n-3		0.020		U		1		0.050	0.354	
Fatty acids, total trans	-	118		0		1		296	2091	
Phytosterols	-	110		U		_		290	2091	
Phytosterois										
Amino Acids:										
Tryptophan	g	0.309		0		1		0.776	5.475	
Threonine	g	1.225		0		1		3.075	21.707	
Isoleucine	g	1.401		0		1		3.517	24.826	
Leucine	g	2.176		0		1		5.462	38.559	
Lysine	g	2.520		0		1		6.325	44.654	
Methionine	g	0.782		0		1		1.963	13.857	
Cystine	g	0.313		0		1		0.786	5.546	
Phenylalanine	g	1.104		0		1		2.771	19.563	
Tyrosine	g	1.053		0		1		2.643	18.659	
Valine	g	1.459		0		1		3.662	25.853	
Arginine	g	1.977		0		1		4.962	35.032	
Histidine	g	0.831		0		1		2.086	14.725	
Alanine	g	1.776		0		1		4.458	31.471	
Aspartic acid	g	2.701		0		1		6.780	47.862	
Glutamic acid	g	4.460		0		1		11.195	79.031	
Glycine		1.713		0		1		4.300	30.354	
Proline		1.327		0		1		3.331	23.514	
Serine	g	1.237		0		1		3.105	21.920	
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 251g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1772g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion o	f common
				Number		Sauras	Confidence	<u>m</u>	<u> </u>	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		72.90		0		1		1756.89		
Energy		133		0	NC	4		3205		
Energy		556		•		4		13411		
Protein (N x 6.25)		22.15		0 0		1 1		533.82		
Total lipid (fat)		4.25 0.92		0		1		102.43 22.17		
AshCarbohydrate, by difference		0.92		0	NC	4		1.21		
Fiber, total dietary		0.03		0	Z	7		0.0		
Sugars, total		0.0		·	_	•		0.0		
Starch										
Minerals:				_		_				
Calcium, Ca	-	13		0		1		313		
Iron, Fe Magnesium, Mg	-	1.75 22		0		1 1		42.18 530		
Phosphorus, P	-	175		0		1		4218		
Potassium, K		246		0		1		5929		
Sodium, Na		61		0		1		1470		
Zine, Zn		2.09		0		1		50.37		
Copper, Cu	mg	0.152	2	0		1		3.663		
Manganese, Mn	mg	0.030)	0		1		0.723		
Selenium, Se	mcg	24.6		0	BFNN	4		592.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		4.8		
Thiamin	-	0.043	3	0		1		1.036		
Riboflavin	mg	0.215	5	0		1		5.182		
Niacin	mg	4.085	i	0		1		98.449		
Pantothenic acid		1.030)	0		1		24.823		
Vitamin B-6		0.420)	0		1		10.122		
Folate, total		26		0	_	1		627		
Folic acid		0		0	Z	7		0		
Folate, food		26 26		0 0	NC	1 4		627 627		
Folate, DFEVitamin B-12		1.85		0	NC	1		44.59		
Vitamin A, IU		395		0		1		9520		
Vitamin A, RAE	mca RAE	119		0		1		2859		
Retinol		119		0		1		2859		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	1.220)	0		1		29.402		
4:0										
6:0										
8:0	-	0.000		^		4		0.000		
10:0	-	0.000		0		4 1		0.000		
12:0 13:0	-	0.000	•	U		_		0.000		
14:0		0.030)	0		1		0.723		
15:0		3.030		Ū		-		3.723		
16:0		0.770)	0		1		18.557		
17:0										
18:0	-	0.290)	0		1		6.989		
20:0	g									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.470		0		1		35.427		
14:1										
15:1										
16:1 undifferentiated	-	0.250		0		1		6.025		
17:1										
18:1 undifferentiated	_	1.190		0		1		28.679		
20:1	_	0.010		0		1		0.241		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		1.070		0		1		25.787		
18:2 undifferentiated	_	0.910		0		1		21.931		
18:3 undifferentiated	g	0.050		0		1		1.205		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0		1		1.928		
20:5 n-3	g	0.000		0		4		0.000		
22:5 n-3	g	0.010		0		1		0.241		
22:6 n-3	g	0.010		0		1		0.241		
Fatty acids, total trans	g									
Cholesterol	mg	92		0		1		2217		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	а	0.245		0		1		5.905		
Threonine	-	0.970		0		1		23.377		
Isoleucine	-	1.112		0		1		26.799		
Leucine	-	1.726		0		1		41.597		
Lysine	-	1.999		0		1		48.176		
Methionine	-	0.620		0		1		14.942		
Cystine	-	0.246		0		1		5.929		
Phenylalanine		0.873		0		1		21.039		
Tyrosine	-	0.836		0		1		20.148		
Valine	-	1.156		0		1		27.860		
Arginine		1.556		0		1		37.500		
Histidine	-	0.660		0		1		15.906		
Alanine	-	1.394		0		1		33.595		
	-	2.132		0		1		51.381		
Aspartic acid	-	3.528		0		1		85.025		
Glutamic acid				0		1		85.025 31.643		
Glycine	-	1.313 1.030		0		1		24.823		
Proline	-					1				
Serine	-	0.977		0		1		23.546		
Hydroxyproline	g									

Common Measures:

Measure 1 = 2410g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% Bone

		<u>Aı</u>	mount in 100 gr	rams c	ot edik	ie portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u> </u>
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.76	0.262	6		1		150.59	531.34	
Energy	_	172		0	NC	4		394	1390	
Energy		720				4		1648	5815	
Protein (N x 6.25)		28.26	0.329	6		1		64.72	228.34	
Total lipid (fat)	_	5.72	0.302	6		1		13.10	46.22	
Ash		0.99	0.013	6		1		2.27	8.00	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	g									
Minerals:				_		_			170	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	22	1.163	6		1		50	178	
Iron, Fe	-	1.95 25	0.175 0.1 4 7	6 6		1 1		4.47 57	15.76 202	
Magnesium, Mg		25 198		6		1				
Phosphorus, P Potassium, K	•	198 250	3.208 1.760	6		1		453 573	1600 2020	
Sodium, Na		66	2.561	6		1		151	533	
Zinc, Zn		2.89	2.501	2		1		6.62	23.35	
Copper, Cu		0.146	i	2		1		0.334	1.180	
Manganese, Mn		0.024		2		1		0.055	0.194	
Selenium, Se		33.8		0	BFYN	4		77.4	273.1	
/itamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.043		6		1		0.098	0.347	
Riboflavin		0.183		6		1		0.419	1.479	
Niacin		4.922		6 0		1 1		11.271	39.770	
Pantothenic acid		0.903 0.420		0		1		2.068 0.962	7.296 3.394	
Vitamin B-6Folate, total	-	7		0		1		16	5.394 57	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0		1		16	57	
Folate, DFE		7		0	NC	4		16	5 <i>7</i>	
Vitamin B-12		0.37		0	110	1		0.85	2.99	
Vitamin A, IU		0		2		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.35		0	NR	4		0.81	2.86	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4		1.8	6.3	
Lipids:	a	1.650	1	0		1		3.779	13.332	
Fatty acids, total saturated		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	-	0.010		0		1		0.023	0.081	
13:0										
14:0		0.040	1	0		1		0.092	0.323	
15:0	-									
16:0		1.040	1	0		1		2.382	8.403	
17:0										
18:0	g	0.400)	0		1		0.916	3.232	
20:0	g									
22:0	g									
24:0	g									

	<u>Aı</u>	mount in 100 grams	of edible	<u>portio</u>	<u>n</u>	Amount in edible portion of common		
		Number	•			<u>m</u> e	easures of food	
		of Data		ource	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code C	ode	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.960	0		1		4.488	15.837	
14:1g								
15:1g		•		_				
16:1 undifferentiated	0.330	0		1		0.756	2.666	
17:1	1.590	0		1		3.641	12.847	
20:1	0.010			1		0.023	0.081	
22:1 undifferentiatedg	0.010	0		1		0.023	0.081	
24:1 cg	0.010	· ·		-		0.023	0.001	
Fatty acids, total polyunsaturated9	1.450	0		1		3.321	11.716	
18:2 undifferentiatedg	1.230			1		2.817	9.938	
18:3 undifferentiated	0.070			1		0.160	0.566	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.100	0		1		0.229	0.808	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.010			1		0.023	0.081	
22:6 n-3g	0.020	0		1		0.046	0.162	
Fatty acids, total transg								
Cholesterolmg	105	5.847 6		1		240	848	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.311	0		1		0.712	2.513	
Threonine	1.230	0		1		2.817	9.938	
Isoleucineg	1.408	0		1		3.224	11.377	
Leucineg	2.186	0		1		5.006	17.663	
Lysineg	2.555	0		1		5.851	20.644	
Methionineg	0.790	0		1		1.809	6.383	
Cystineg	0.313	0		1		0.717	2.529	
Phenylalanineg	1.103	0		1		2.526	8.912	
Tyrosineg	1.064	0		1		2.437	8.597	
Valineg	1.467	0		1		3.359	11.853	
Arginineg	1.995			1		4.569	16.120	
Histidineg	0.844	0		1		1.933	6.820	
Alanineg	1.810			1		4.145	14.625	
Aspartic acidg	2.721	0		1		6.231	21.986	
Glutamic acidg	4.491	0		1		10.284	36.287	
Glycine9	1.746			1		3.998	14.108	
Proline	1.337			1		3.062	10.803	
Serine	1.245	0		1		2.851	10.060	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 229g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 808g: .5 turkey, bone removed

NDB No. 05200

Turkey, fryer-roasters, meat and skin, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% Bone

		<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	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
_											
Proximates: Water	a	72.74	0.279	28		1		225.49	795.05		
Energy	_	134	0.273	0	NC	4		415	1465		
Energy		561		Ū	NO	4		1738	6128		
		22.37	0.166	28		1		69.35	244.50		
Protein (N x 6.25)		4.25	0.100	28		1		13.18	46.45		
Total lipid (fat)		0.90	0.219	8		1		2.79	9.84		
Ash			0.021	0		7					
Carbohydrate, by difference		0.00		0	z			0.00	0.00		
Fiber, total dietary		0.0		U	Z	7		0.0	0.0		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg	13	0.279	6		1		40	142		
Iron, Fe		1.42	0.065	6		1		4.40	15.52		
Magnesium, Mg	-	22	0.126	6		1		68	240		
Phosphorus, P		173	2.951	6		1		536	1891		
Potassium, K	-	243	2.837	6		1		753	2656		
Sodium, Na	-	58	0.821	6		1		180	634		
Zinc, Zn		1.97		2		1		6.11	21.53		
Copper, Cu		0.139)	2		1		0.431	1.519		
Manganese, Mn	mg	0.021	L	2		1		0.065	0.230		
Selenium, Se	mcg	24.8		0	PAK	1		76.9	271.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.041	0.003	6	4	1		0.127	0.0		
Riboflavin		0.041		6		1		0.127	1.650		
		4.039		6		1		12.521	44.146		
Niacin Pantothenic acid		0.865		0		1		2.682	9.454		
Vitamin B-6		0.430		0		1		1.333	4.700		
	-	9	,	0		1		28	98		
Folate, total		0		0	z	7		0	0		
Folate, food		9		0	4	1		28	98		
Folate, DFE	mca DEE	9		0	NC	4		28	98		
Vitamin B-12		0.42		0	NC	1		1.30	4.59		
Vitamin A, IU		4		2		1		12	44		
Vitamin A, RAE		1		2		1		4	13		
Retinol		1		2		1		4	13		
Vitamin E (alpha-tocopherol)		-				_		*	13		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	>3										
<u>Lipids:</u>											
Fatty acids, total saturated		1.210)	0		1		3.751	13.225		
4:0											
6:0											
8:0				•							
10:0		0.000		0		4		0.000	0.000		
12:0		0.000)	0		1		0.000	0.000		
13:0	-			•		_					
14:0	-	0.030)	0		1		0.093	0.328		
15:0	-	0 700		•							
16:0	-	0.780)	0		1		2.418	8.525		
17:0	-	2 222		^				0.000	2 200		
18:0		0.280	J	0		1		0.868	3.060		
20.0											
20:0 22:0	-										

		<u>Ar</u>	nount in 100 g	grams of ed	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fotty saids total management wated	a	1.520		0	1		4.712	16.614	
Fatty acids, total monounsaturated		1.520		U	1		4.712	16.614	
15:1	-								
16:1 undifferentiated		0.260		0	1		0.806	2.842	
17:1	-	0.200		U	1		0.800	2.042	
18:1 undifferentiated		1.230		0	1		3.813	13.444	
20:1	-	0.010		0	1		0.031	0.109	
				0	1				
22:1 undifferentiated 24:1 c	0	0.000		J	1		0.000	0.000	
		1 060		0	1		2 200	11 506	
Fatty acids, total polyunsaturated		1.060			1		3.286	11.586	
18:2 undifferentiated		0.920		0			2.852	10.056	
18:3 undifferentiated		0.060		0	1		0.186	0.656	
18:4	-								
20:2 n-6 c,c	-								
20:3 undifferentiated				_	_				
20:4 undifferentiated	-	0.060		0	1		0.186	0.656	
20:5 n-3		0.000		0	4		0.000	0.000	
22:5 n-3	-	0.010		0	1		0.031	0.109	
22:6 n-3	-	0.010		0	1		0.031	0.109	
Fatty acids, total trans	-								
Cholesterol		81	1.446	6	1		251	885	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.247		0	1		0.766	2.700	
Threonine		0.977		0	1		3.029	10.679	
Isoleucine	-	1.122		0	1		3.478	12.263	
Leucine		1.739		0	1		5.391	19.007	
Lysine		2.036		0	1		6.312	22.253	
Methionine		0.629		0	1		1.950	6.875	
Cystine	-	0.029		0	1		0.763	2.689	
3	-	0.240		0	1		2.713	9.564	
Phenylalanine Tyrosine		0.849		0	1		2.632	9.364	
2	-	1.165		0	1		3.612		
Valine		1.165		0	1		4.886	12.733 17.226	
Arginine	-	0.673		0	1				
Histidine	-	1.425		0	1		2.086 4.418	7.356 15.575	
Alanine				0	1				
Aspartic acid		2.156		0	1		6.684 11.064	23.565	
Glutamic acid		3.569		•	_			39.009	
Glycine	-	1.339		0	1		4.151	14.635	
Proline		1.039		0	1		3.221	11.356	
Serine		0.987		0	1		3.060	10.788	
Hydroxyproline	g								

Common Measures:

Measure 1 = 310g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1093g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% 25% bone, 11% skin

Proximates: Water. 9 67.57 0 Energy. kcal 150 Energy. kj 628 Protein (N x 6.25) 9 29.56 0 Total lipid (fat). 9 2.63 0 Ash. 9 1.04 0 Carbohydrate, by difference. 9 0.00 Fiber, total dietary. 9 0.0 Sugars, total. 9 3 Starch. 9 0.0 Minerals: Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na mg 67 2 Zinc, Zn. mg 3.04 0 Copper, Cu. mg 0.150 0 Manganese, Mn mg	Number of Data or Points	Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	•
Proximates: Water. 9 67.57 0 Energy. kcal 150 Energy. kj 628 Protein (N x 6.25). 9 29.56 0 Total lipid (fat). 9 2.63 0 Ash. 9 1.04 0 Carbohydrate, by difference. 9 0.00 Fiber, total dietary. 9 0.0 Sugars, total. 9 3 Starch. 9 0.0 Starch. 9 0.0 Minerals: Calcium, Ca. mg Calcium, Ca. mg 1.96 Magnesium, Mg. mg 26 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 3.04 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 Vitamins: <td< th=""><th>of Data or Points</th><th>Deriv</th><th></th><th></th><th>Measure 1</th><th>Measure 2</th><th></th></td<>	of Data or Points	Deriv			Measure 1	Measure 2	
Proximates: Water g 67.57 0 Energy kcal 150 Energy kj 628 Protein (N x 6.25) g 29.56 0 Total lipid (fat) g 2.63 0 Ash g 1.04 0 Carbohydrate, by difference g 0.00 Fiber, total dietary g 0.0 Sugars, total g 3 Starch g 0 Minerals: Calcium, Ca mg 20 1 Iron, Fe mg 1.96 0 Magnesium, Mg mg 26 0 Phosphorus, P mg 207 3 Potassium, K mg 263 2 Sodium, Na mg 3.04 Copper, Cu mg 0.150 Manganese, Mn mg 0.025 Selenium, Se mcg 36.5 Vitamins: T Vitamins <th>or Points</th> <th></th> <th></th> <th></th> <th>Measure 1</th> <th>Measure 2</th> <th></th>	or Points				Measure 1	Measure 2	
Water. g 67.57 0 Energy. kcal 150 Energy. kj 628 Protein (N x 6.25) g 29.56 0 Total lipid (fat) g 2.63 0 Ash. g 1.04 0 Carbohydrate, by difference g 0.00 Fiber, total dietary. g 0.0 Sugars, total. g 3 Starch. g 3 Minerals: Calcium, Ca. mg 20 1 Calcium, Ca. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 0 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 <							Measure 3
Water g 67.57 0 Energy kcal 150 Energy kj 628 Protein (N x 6.25) g 29.56 0 Total lipid (fat) g 2.63 0 Ash g 1.04 0 Carbohydrate, by difference g 0.00 Fiber, total dietary g 0.0 Sugars, total g 3 Starch g 0.0 Minerals: g 20 1 Calcium, Ca mg 20 1 Iron, Fe mg 1.96 0 Magnesium, Mg mg 263 2 Potassium, K mg 263 2 Sodium, Na mg 3.04 2 Zinc, Zn mg 3.04 2 Copper, Cu mg 0.150 3 Manganese, Mn mg 0.025 3 Selenium, Se mcg 36.5 3 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>							
Energy. kcal 150 Energy. kj 628 Protein (N x 6.25). g 29.56 0 Total lipid (fat). g 2.63 0 Ash. g 1.04 0 Carbohydrate, by difference. g 0.00 Fiber, total dietary. g 0.0 Sugars, total. g g starch. g Minerals: Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 Vitamins: Vitamins. 0 Vitamins. mg 0.04	0		1		94.60	131.76	
Energy		NC	4		210	293	
Protein (N x 6.25). g 29.56 0 Total lipid (fat). g 2.63 0 Ash. g 1.04 0 Carbohydrate, by difference. g 0.00 Fiber, total dietary. g 0.0 Sugars, total. g s Starch. g s Minerals: Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 0 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.188 0 <td></td> <td></td> <td>4</td> <td></td> <td>879</td> <td>1224</td> <td></td>			4		879	1224	
Total lipid (fat) g 2.63 0 Ash g 1.04 0 Carbohydrate, by difference g 0.00 Fiber, total dietary g 0.0 Sugars, total g g Starch g g Minerals: Calcium, Ca mg 20 1 Iron, Fe mg 1.96 0 Magnesium, Mg mg 26 0 Phosphorus, P mg 207 3 Potassium, K mg 263 2 Sodium, Na mg 67 2 Zinc, Zn mg 3.04 Copper, Cu mg 0.150 Manganese, Mn mg 0.025 Selenium, Se mcg 36.5 Vitamins: Vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0	.265 6		1		41.38	57.64	
Ash 9 1.04 0 Carbohydrate, by difference 9 0.00 Fiber, total dietary 9 0.0 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg 20 1 Iron, Fe mg 1.96 0 Magnesium, Mg mg 26 0 Phosphorus, P mg 207 3 Potassium, K mg 263 2 Sodium, Na mg 67 2 Zinc, Zn mg 3.04 Copper, Cu mg 0.150 Manganese, Mn mg 0.025 Selenium, Se mcg 36.5 Vitamins: Vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0	.174 6		1		3.68	5.13	
Carbohydrate, by difference g 0.00 Fiber, total dietary g 0.0 Sugars, total g Starch g Minerals: Calcium, Ca mg 20 1 Iron, Fe mg 1.96 0 Magnesium, Mg mg 26 0 Phosphorus, P mg 207 3 Potassium, K mg 263 2 Sodium, Na mg 67 2 Zinc, Zn mg 3.04 Copper, Cu mg 0.150 Manganese, Mn mg 0.025 Selenium, Se mcg 36.5 Vitamins: Vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0	.015 6		1		1.46	2.03	
Fiber, total dietary. g 0.0 Sugars, total. g Starch. g Minerals: Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 selenium, Se. mcg 36.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	0	z	7		0.00	0.00	
Sugars, total. g Starch. g Minerals: Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 selenium, Se. mcg 36.5 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	0	z	7		0.0	0.0	
Starch g Minerals: Calcium, Ca							
Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 0 Copper, Cu. mg 0.150 0 Manganese, Mn. mg 0.025 0 Selenium, Se. mcg 36.5 0 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 Thiamin. mg 0.046 0 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0							
Calcium, Ca. mg 20 1 Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 0 Copper, Cu. mg 0.150 0 Manganese, Mn. mg 0.025 0 Selenium, Se. mcg 36.5 0 Vitamins: Vitamins: 0.0 0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0							
Iron, Fe. mg 1.96 0 Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 0 Copper, Cu. mg 0.150 0 Manganese, Mn. mg 0.025 0 Selenium, Se. mcg 36.5 0 Vitamins: Vitamins: 0.0 0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	264 5				00	20	
Magnesium, Mg. mg 26 0 Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na. mg 67 2 Zinc, Zn. mg 3.04 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 Vitamins: Vitamin C, total ascorbic acid mg 0.0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	.264 6		1		28	39	
Phosphorus, P. mg 207 3 Potassium, K. mg 263 2 Sodium, Na mg 67 2 Zinc, Zn mg 3.04 Copper, Cu mg 0.150 Manganese, Mn mg 0.025 Selenium, Se mcg 36.5 Vitamins: Vitamins: 0.0 Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0	.176 6 .165 6		1 1		2.74 36	3.82	
Potassium, K mg 263 2 Sodium, Na	.165 6		1		36 290	51 404	
Sodium, Na	.129 6		1		290 368	404 513	
Zinc, Zn. mg 3.04 Copper, Cu. mg 0.150 Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	.362 6		1		94	131	
Copper, Cu	.302 0		1		4.26	5.93	
Manganese, Mn. mg 0.025 Selenium, Se. mcg 36.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	2		1		0.210	0.293	
Selenium, Se mcg 36.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.046 0 Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	2		1		0.035	0.049	
Vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0	0	PIE	4		51.1	71.2	
Vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0							
Thiamin mg 0.046 0 Riboflavin mg 0.188 0 Niacin mg 5.326 0	0	z	7		0.0	0.0	
Riboflavin. mg 0.188 0 Niacin. mg 5.326 0	.003 6	4	1		0.064	0.090	
Niacinmg 5.326 0	.010 6		1		0.263	0.367	
3	.096 6		1		7.456	10.386	
Pantothenic acidmg 1.012	0		1		1.417	1.973	
Vitamin B-6mg 0.480	0		1		0.672	0.936	
Folate, total mcg 8	0		1		11	16	
Folic acidmcg 0	0	Z	7		0	0	
Folate, foodmcg 8	0		1		11	16	
Folate, DFEmcg_DFE 8	0	NC	4		11	16	
Vitamin B-12	0		1		0.55	0.76	
Vitamin A, IUIU 0	0		1		0	0	
Vitamin A, RAEmcg_RAE 0	0		1		0	0	
Retinolmcg 0	0		1		0	0	
Vitamin E (alpha-tocopherol)mg							
Tocopherol, betamg							
Tocopherol, gammamg							
Tocopherol, deltamg							
Vitamin DIU Vitamin K (phylloquinone)mcg							
vitannii K (phynoquinone)							
<u>Lipids:</u>							
Fatty acids, total saturatedg 0.870	0		1		1.218	1.697	
4:0g							
6:0g							
8:0g	•						
10:0g 0.000 12:0g 0.010	0		4 1		0.000	0.000	
•	U		1		0.014	0.020	
13:0g 14:0g 0.020	0		1		0.028	0.039	
14:0g 0.020 15:0g	U		1		0.020	0.039	
15:0	0		1		0.630	0.878	
17:0g	•		-		0.030	0.073	
18:0g 0.260							
20:0g	0		1		0.364	0.507	
22:0g	0		1		0.364	0.507	
24:0g	0		1		0.364	0.507	

		<u>Ar</u>	nount in 100	grams of ed umber	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean		f Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
		0.560		0	1				
Fatty acids, total monounsaturated		0.560		U	1		0.784	1.092	
14:1	_								
15:1 16:1 undifferentiated		0.080		0	1		0.112	0.156	
16:1 undifferentiated	_	0.080		U	1		0.112	0.156	
		0.470		0	1		0.658	0.017	
18:1 undifferentiated	-	0.470		0	1			0.917	
20:1					_		0.014	0.020	
22:1 undifferentiated		0.010		0	1		0.014	0.020	
24:1 c				•	_				
Fatty acids, total polyunsaturated		0.770		0	1		1.078	1.502	
18:2 undifferentiated		0.600		0	1		0.840	1.170	
18:3 undifferentiated		0.020		0	1		0.028	0.039	
18:4	-								
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	_	0.100		0	1		0.140	0.195	
20:5 n-3		0.000		0	4		0.000	0.000	
22:5 n-3	g	0.020		0	1		0.028	0.039	
22:6 n-3	g	0.020		0	1		0.028	0.039	
Fatty acids, total trans	-								
Cholesterol	mg	98	5.793	6	1		137	191	
Phytosterols	<u>mg</u>								
Amino Acids:									
Tryptophan	g	0.336		0	1		0.470	0.655	
Threonine	g	1.315		0	1		1.841	2.564	
Isoleucine	g	1.537		0	1		2.152	2.997	
Leucine	g	2.355		0	1		3.297	4.592	
Lysine		2.785		0	1		3.899	5.431	
Methionine		0.856		0	1		1.198	1.669	
Cystine	g	0.307		0	1		0.430	0.599	
Phenylalanine	g	1.173		0	1		1.642	2.287	
Tyrosine		1.168		0	1		1.635	2.278	
Valine	-	1.570		0	1		2.198	3.062	
Arginine		2.062		0	1		2.887	4.021	
Histidine	_	0.922		0	1		1.291	1.798	
Alanine	_	1.830		0	1		2.562	3.569	
Aspartic acid	_	2.871		0	1		4.019	5.598	
Glutamic acid		4.824		0	1		6.754	9.407	
Glycine		1.466		0	1		2.052	2.859	
Proline	-	1.230		0	1		1.722	2.399	
Serine		1.315		0	1		1.841	2.564	
Hydroxyproline		1.313		· ·	_		1.041	2.304	
rryuroxypromie	9								

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 195g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% 25% bone, 9% skin

		<u>Aı</u>	mount in 100 gra		f edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				ata D			Confidence	<u>m</u> .	easures of food	_
Nutrients and Uni	its	Mean	Std. Error Poi	nts C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.42	0.105	6		1		205.14	746.66	
Energy	kcal	110		0	NC	4		299	1089	
Energy		460				4		1252	4556	
Protein (N x 6.25)		22.32	0.031	6		1		60.71	220.97	
Total lipid (fat)		1.58	0.073	6		1		4.30	15.64	
Ash		0.93	0.004	6	_	1		2.53	9.21	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	_	12	0.300	6		1		33	119	
Iron, Fe		1.44	0.071	6		1		3.92	14.26	
Magnesium, Mg		24	0.132	6		1		65	238	
Phosphorus, P		184	3.276	6		1		500	1822	
Potassium, K	-	260	3.180	6		1 1		707	2574	
Sodium, Na		61 2.03	0.968	6 2		1		166 5.52	604 20.10	
Zinc, Zn Copper, Cu		0.140		2		1		0.381	1.386	
Manganese, Mn	_	0.140		2		1		0.060	0.218	
Selenium, Se		26.5	•		PIE	4		72.1	262.4	
· ·										
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.0	0.004	0	Z	7		0.0	0.0	
ThiaminRiboflavin	-	0.044 0.159		6 6		1 1		0.120 0.432	0.436 1.574	
Niacin	_	4.357		6		1		11.851	43.134	
Pantothenic acid		0.939		0		1		2.554	9.296	
Vitamin B-6		0.470		0		1		1.278	4.653	
Folate, total	-	9		0		1		24	89	
Folic acid		0		0	z	7		0	0	
Folate, food	-	9		0		1		24	89	
Folate, DFE		9		0	NC	4		24	89	
Vitamin B-12		0.44		0		1		1.20	4.36	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_					_			- 045	
Fatty acids, total saturated		0.530	1	0		1		1.442	5.247	
4:0 6:0	-									
8:0	-									
10:0		0.000)	0		4		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0										
14:0	g	0.010)	0		1		0.027	0.099	
15:0	g									
16:0	_	0.270)	0		1		0.734	2.673	
17:0	-							_		
18:0	-	0.160	1	0		1		0.435	1.584	
20:0	-									
22:0	y									

		An	nount in 10		Amount in edible portion of common measures of food				
				Numbe			<u></u>	easures or roou	
Nutrients and Uni	its	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.350		0	1		0.952	3.465	
14:1	_								
15:1	_	0.050		0	1		0.136	0.405	
16:1 undifferentiated	-	0.050		U	1		0.136	0.495	
17:1 18:1 undifferentiated	_	0.290		0	1		0.789	2.871	
20:1		0.290		0	1		0.789	0.099	
22:1 undifferentiated		0.010		0	1		0.027	0.099	
24:1 c	•	0.000		U	1		3.000	0.000	
Fatty acids, total polyunsaturated		0.470		0	1		1.278	4.653	
18:2 undifferentiated		0.370		0	1		1.006	3.663	
18:3 undifferentiated	-	0.010		0	1		0.027	0.099	
18:4	-								
20:2 n-6 c.c.									
20:3 undifferentiated	_								
20:4 undifferentiated	-	0.060		0	1		0.163	0.594	
20:5 n-3	g	0.000		0	4		0.000	0.000	
22:5 n-3	g	0.010		0	1		0.027	0.099	
22:6 n-3	g	0.010		0	1		0.027	0.099	
Fatty acids, total trans	g								
Cholesterol	mg	73	1.82	26 6	1		199	723	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.254		0	1		0.691	2.515	
Threonine	g	0.993		0	1		2.701	9.831	
Isoleucine	g	1.161		0	1		3.158	11.494	
Leucine	g	1.778		0	1		4.836	17.602	
Lysine	g	2.103		0	1		5.720	20.820	
Methionine	g	0.646		0	1		1.757	6.395	
Cystine	g	0.232		0	1		0.631	2.297	
Phenylalanine	g	0.886		0	1		2.410	8.771	
Tyrosine	-	0.882		0	1		2.399	8.732	
Valine		1.186		0	1		3.226	11.741	
Arginine	_	1.557		0	1		4.235	15.414	
Histidine	_	0.696		0	1		1.893	6.890	
Alanine		1.382		0	1		3.759	13.682	
Aspartic acid	_	2.168		0	1		5.897	21.463	
Glutamic acid		3.642		0	1		9.906	36.056	
Glycine		1.107		0	1		3.011	10.959	
Proline		0.928		0	1		2.524	9.187	
Serine		0.993		0	1		2.701	9.831	
Hydroxyproline	g								

Common Measures:

Measure 1 = 272g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 990g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			m	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	55.46	0.808	6		1		18.86	67.11		
Energy		299		0	NC	4		102	362		
Energy		1251				4		425	1514		
Protein (N x 6.25)		20.94	0.634	6		1		7.12	25.34		
Total lipid (fat)		23.28	1.095	6		1		7.92	28.17		
Ash		0.73	0.022	6		1		0.25	0.88		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	35	5.152	6		1		12	42		
Iron, Fe	-	1.86	0.182	6		1		0.63	2.25		
Magnesium, Mg		17	0.292	6		1		6	21		
Phosphorus, P		150	3.621	6		1		51	182		
Potassium, K	-	181	2.454	6		1		62	219		
Sodium, Na		61	3.776	6		1		21	74		
Zinc, Zn	mg	2.05		2		1		0.70	2.48		
Copper, Cu	mg	0.129)	2		1		0.044	0.156		
Manganese, Mn		0.020)	2		1		0.007	0.024		
Selenium, Se	mcg	153.1		0	BFNN	4		52.1	185.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.025	0.001	6		1		0.009	0.030		
Riboflavin		0.159	0.010	6		1		0.054	0.192		
Niacin		2.634	0.145	6		1		0.896	3.187		
Pantothenic acid	mg	0.278	3	0		1		0.095	0.336		
Vitamin B-6	mg	0.070)	0		1		0.024	0.085		
Folate, total	mcg	4		0		1		1	5		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	4		0		1		1	5		
Folate, DFE		4		0	NC	4		1	5		
Vitamin B-12		0.22		0		1		0.07	0.27		
Vitamin A, IU		0		2		1		0	0		
Vitamin A, RAE		0		2		1		0	0		
Retinol		0		2		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	_					_					
Fatty acids, total saturated		6.070)	0		1		2.064	7.345		
4:0 6:0	-										
8:0											
10:0		0.000)	0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0								2			
14:0	-	0.180)	0		1		0.061	0.218		
15:0	-										
16:0	-	4.380)	0		1		1.489	5.300		
17:0	g										
18:0	g	1.160)	0		1		0.394	1.404		
20:0	g										
22:0	g										
24:0	a										

		<u>Ar</u>	nount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Мє	an	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	9.920		0		1		3.373	12.003	
14:1										
15:1	-									
16:1 undifferentiated		1.720		0		1		0.585	2.081	
17:1	-									
18:1 undifferentiated		7.990		0		1		2.717	9.668	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	0			-		-				
Fatty acids, total polyunsaturated		5.330		0		1		1.812	6.449	
18:2 undifferentiated		4.820		0		1		1.639	5.832	
18:3 undifferentiated		0.360		0		1		0.122	0.436	
18:4								***		
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.060		0		1		0.020	0.073	
20:5 n-3	0	0.000		0		4		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	-	4	9.4	59 6		1		49	174	
Phytosterols	3									
-	5									
Amino Acids:										
Tryptophan	. g	0.167		0		1		0.057	0.202	
Threonine	0	0.747		0		1		0.254	0.904	
Isoleucine	g	0.673		0		1		0.229	0.814	
Leucine	g	1.229		0		1		0.418	1.487	
Lysine	g	1.250		0		1		0.425	1.513	
Methionine	g	0.419		0		1		0.142	0.507	
Cystine	g	0.348		0		1		0.118	0.421	
Phenylalanine	g	0.707		0		1		0.240	0.855	
Tyrosine	9	0.476		0		1		0.162	0.576	
Valine	g	0.881		0		1		0.300	1.066	
Arginine	g	1.615		0		1		0.549	1.954	
Histidine	g	0.402		0		1		0.137	0.486	
Alanine	g	1.698		0		1		0.577	2.055	
Aspartic acid		1.873		0		1		0.637	2.266	
Glutamic acid	g	2.603		0		1		0.885	3.150	
Glycine	g	3.340		0		1		1.136	4.041	
Proline	9	1.953		0		1		0.664	2.363	
Serine	9	0.851		0		1		0.289	1.030	
Hydroxyproline	g									

Common Measures:

Measure 1 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 121g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	ırams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	59.86	1.160	6		1		22.75	79.61		
Energy	kcal	283		0	NC	4		108	376		
Energy	kj	1184				4		450	1575		
Protein (N x 6.25)	g	16.60	0.347	6		1		6.31	22.08		
Total lipid (fat)	g	23.54	1.654	6		1		8.95	31.31		
Ash	g	0.48	0.011	6		1		0.18	0.64		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	19	0.347	6		1		7	25		
Iron, Fe	-	1.29	0.087	6		1		0.49	1.72		
Magnesium, Mg	_	10	0.206	6		1		4	13		
Phosphorus, P		97	1.978	6		1		37	129		
Potassium, K	-	121	4.966	6		1		46	161		
Sodium, Na	-	35	1.811	6		1		13	47		
Zinc, Zn	mg	1.60		2		1		0.61	2.13		
Copper, Cu	mg	0.134		2		1		0.051	0.178		
Manganese, Mn	<u>mg</u>	0.015	i	2		1		0.006	0.020		
Selenium, Se	mcg	15.2		0	BFNN	4		5.8	20.2		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.021	0.001	6		1		0.008	0.028		
Riboflavin		0.021		6		1		0.035	0.124		
Niacin		1.765		6		1		0.671	2.347		
Pantothenic acid		0.329		0		1		0.125	0.438		
Vitamin B-6		0.090		0		1		0.034	0.120		
Folate, total	-	5		0		1		2	7		
Folic acid		0		0	z	7		0	0		
Folate, food		5		0		1		2	7		
Folate, DFE		5		0	NC	4		2	7		
Vitamin B-12		0.31		0		1		0.12	0.41		
Vitamin A, IU		33		2		1		13	44		
Vitamin A, RAE		10		2		1		4	13		
Retinol	mcg	10		2		1		4	13		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>lipids:</u>											
Fatty acids, total saturated	g	6.140	1	0		1		2.333	8.166		
4:0											
6:0	g										
8:0	g										
10:0	g	0.000		0		4		0.000	0.000		
12:0		0.000)	0		1		0.000	0.000		
13:0	g										
14:0	g	0.180	0.011	14		1		0.068	0.239		
15:0	_										
16:0	_	4.430	0.229	14		1		1.683	5.892		
17:0	_										
18:0	_	1.170	0.067	14		1		0.445	1.556		
20:0	_										
22:0	a										

		<u>Ar</u>	nount in 100 g	grams of e	dible portior	1		edible portion of easures of food	
Nutrients and Units	\$	Mean		Data Der		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	10.030		0	1		3.811	13.340	
14:1				•	_		3.322	20.010	
15:1									
16:1 undifferentiated	-	1.740	0.108	14	1		0.661	2.314	
17:1	-								
18:1 undifferentiated		8.080	0.402	14	1		3.070	10.746	
20:1		0.000		0	1		0.000	0.000	
22:1 undifferentiated	-	0.000		0	1		0.000	0.000	
24:1 c	-	2.000		•	-			0.000	
Fatty acids, total polyunsaturated		5.390		0	1		2.048	7.169	
18:2 undifferentiated		4.870	0.255	14	1		1.851	6.477	
18:3 undifferentiated		0.360	0.028	11	1		0.137	0.479	
18:4		0.500	0.020		-		0.157	0.475	
20:2 n-6 c.c.	-								
20:3 undifferentiated	-								
20:4 undifferentiated		0.060	0.007	10	1		0.023	0.080	
20:5 n-3	-	0.000	0.007	0	4		0.000	0.000	
22:5 n-3	-	0.000		0	1		0.000	0.000	
22:6 n-3		0.000		0	1		0.000	0.000	
Fatty acids, total trans	-	0.000		U	-		0.000	0.000	
Cholesterol	-	139	6.763	6	1		53	185	
Phytosterols	-	133	0.703	Ü	-		33	103	
Filytosterois									
Amino Acids:									
Tryptophan	g	0.133		0	1		0.051	0.177	
Threonine	g	0.592		0	1		0.225	0.787	
Isoleucine	g	0.534		0	1		0.203	0.710	
Leucine	g	0.974		0	1		0.370	1.295	
Lysine		0.990		0	1		0.376	1.317	
Methionine	-	0.332		0	1		0.126	0.442	
Cystine	-	0.276		0	1		0.105	0.367	
Phenylalanine		0.560		0	1		0.213	0.745	
Tyrosine		0.377		0	1		0.143	0.501	
Valine	-	0.698		0	1		0.265	0.928	
Arginine	-	1.280		0	1		0.486	1.702	
Histidine		0.319		0	1		0.121	0.424	
Alanine		1.346		0	1		0.511	1.790	
Aspartic acid	-	1.484		0	1		0.564	1.974	
Glutamic acid		2.063		0	1		0.784	2.744	
Glycine	-	2.647		0	1		1.006	3.521	
Proline	-	1.548		0	1		0.588	2.059	
Serine		0.674		0	1		0.256	0.896	
UVI 1110	ອ	0.074		-	-		3.233	0.050	

Common Measures:

Measure 1 = 38g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 133g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 39% Bone

		<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	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	62.30	0.789	6		1		15.58	56.07		
	_	207	0.703	0	NC	4		52	186		
Energy		866		U	NC	4		217	186 779		
Energy			0.566	_		=					
Protein (N x 6.25)		27.65	0.566	6		1 1		6.91	24.89		
Total lipid (fat)		9.87	0.594	6		_		2.47	8.88		
Ash		0.81	0.015	6	_	1		0.20	0.73		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg	29	2.008	6		1		7	26		
Iron, Fe	-	1.81	0.194	6		1		0.45	1.63		
Magnesium, Mg	-	20	0.286	6		1		5	18		
Phosphorus, P		166	3.016	6		1		42	149		
Potassium, K	-	196	2.982	6		1		49	176		
Sodium, Na		73	3.862	6		1		18	66		
Zinc, Zn		3.25	3.002	2		1		0.81	2.93		
Copper, Cu		0.154		2		1		0.039	0.139		
Manganese, Mn		0.134		2		1		0.006	0.022		
Selenium, Se		28.1	•	0	BFYN	4		7.0	25.3		
Scienium, Sc		20.1		Ū	DEIN	-		7.0	25.5		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.028		6		1		0.007	0.025		
Riboflavin	mg	0.159	0.012	6		1		0.040	0.143		
Niacin	-	3.640	0.110	6		1		0.910	3.276		
Pantothenic acid	mg	0.596	i	0		1		0.149	0.536		
Vitamin B-6	mg	0.420)	0		1		0.105	0.378		
Folate, total	mcg	6		0		1		2	5		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		2	5		
Folate, DFE	mcg_DFE	6		0	NC	4		2	5		
Vitamin B-12		0.35		0		1		0.09	0.32		
Vitamin A, IU	IU	0		2		1		0	0		
Vitamin A, RAE	mcg_RAE	0		2		1		0	0		
Retinol		0		2		1		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
inide											
Lipids:	a	2.710		0		1		0.678	2.439		
Fatty acids, total saturated		2.710		U		_		0.676	2.439		
4:0 6:0											
8:0 10:0	-	0.000	1	0		4		0.000	0.000		
12:0		0.000		0		1					
	-	0.010	•	J		_		0.003	0.009		
13:0		0 070		0		4		0.010	0.063		
14:0	-	0.070	•	0		1		0.018	0.063		
15:0	-	1 700		^		4		0	4		
16:0	-	1.760	•	0		1		0.440	1.584		
17:0	-			_		_					
40.0				ri		1		0.150	0.540		
18:0		0.600	1	0		_		0.200	0.540		
18:0	g	0.600		U		-		0.200	0.510		

Fatty acids, total monounsaturated			<u>Am</u>	nount in 100 gram	Amount in edible portion of common					
Nutrients and Units				Numb	er			<u>m</u>	easures of food	
14-1	Nutrients and Uni	its	Mean					Measure 1	Measure 2	Measure 3
14:1	F	a	2 620	•				0.005	2 050	
15-1	3 ,	-	3.620	U		1		0.905	3.258	
16 undifferentiated										
17-1			0 610	0		1		0 153	0.549	
18.1 undifferentiated. 9 2, 2,920 0 1 1 0,730 2,628 20:1			0.010	v		-		0.155	0.343	
20-1		-	2 920	0		1		0.730	2 629	
22:1 undifferentiated. 9 0.010 0 1 0.003 0.009				-		_				
24:1 c 9 Fatty acids, total polyunsaturated. 9 2.350 0 1 0.588 2.115 18:2 undifferentiated. 9 1.970 0 1 0.493 1.773 18:3 undifferentiated. 9 0.130 0 1 0.033 0.117 18:4. 9 20:2 n-6 c. 9 20:3 undifferentiated. 9 0.20 0 1 0.035 0.126 20:5 n-3. 9 0.000 0 4 0.000 0.000 0 20:5 n-3 9 0.020 0 1 0.005 0.018 2:5 n-3 9		_								
Fatty acids, total polyunsaturated		•	0.010	U		_		0.003	0.009	
18.2 undifferentiated		-	2 350	0		1		0 500	2 115	
183 undifferentiated. 9 0.130 0 1 0.033 0.117 18.4 9 20/2 n-6 c,c 9 203 undifferentiated. 9 0.140 0 1 0.035 0.126 20.5 n-3. 9 0.000 0 4 0.000 0.000 22.5 n-3. 9 0.020 0 1 0.005 0.018 22.6 n-3. 9 0.020 0 1 0.005 0.018										
18.4.		-								
202 n-6 c,c		-	0.130	U		_		0.033	0.117	
20.3 undifferentiated 9 20.4 undifferentiated 9 0.140 0 1 0.035 0.126 20.5 n - 3 9 0.000 0 4 0.000 0.000 22.5 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 9 0.020 0 1 0.005 0.018 22.6 n - 3 0.005 0.005 0.018 22.6 n - 3 0.005 0.005 0.005 0.018 22.6 n - 3 0.005 0.										
20:4 undifferentiated										
20:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.020 0 1 0.005 0.018 22:6 n-3 9 0.020 0 1 0.005 0.018 Fatty acids, total trans 9 Cholesterol mg 115 2.832 6 1 29 104 Phytosterols mg ***********************************			0 140	0		1		0.035	0 126	
22:5 n-3 g 0.020 0 1 0.005 0.018 22:6 n-3 g 0.020 0 1 0.005 0.018 Fatty acids, total trans. g 115 2.832 6 1 29 104 Phytosterols. mg 115 2.832 6 1 29 104 Phytosterols. mg 115 2.832 6 1 29 104 Phytosterols. mg Phytosterols. mg Phytosterols. mg Trytosterols. mg Trytosine. 9 0.291 0 1 0.293 1.053 Leucine. 9 1.303 0 1 0.185 0.666 Leucine. 9 2.061 0 1 0.185 0.666		-								
22:6 n-3 .9 0.020 0 1 0.005 0.018 Fatty acids, total trans 9 Cholesterol. mg 115 2.832 6 1 29 104 Phytosterols. Amino Acids: Tryptophan. 9 0.291 0 1 0.073 0.262 Thronine. 9 1.170 0 1 0.293 1.053 Isoleucine. 9 1.303 0 1 0.326 1.173 Leucine. 9 1.303 0 1 0.515 1.855 Lysine. 9 2.061 0 1 0.515 1.855 Lysine. 9 2.371 0 1 0.593 2.134 Methionine. 9 0.740 0 1 0.185 0.666 Cystine. 9 0.330 0 1 0.264 0.951 Tyrosine. 9 0.979 <th< td=""><td></td><td>-</td><td></td><td>-</td><td></td><td>_</td><td></td><td></td><td></td><td></td></th<>		-		-		_				
Fatty acids, total trans 9 Cholesterol mg 115 2.832 6 1 29 104 Phytosterols Amino Acids: Tryptophan g 0.291 0 1 0.073 0.262 Threonine g 1.170 0 1 0.293 1.053 Isoleucine g 1.303 0 1 0.326 1.173 Leucine g 2.061 0 1 0.515 1.855 Lysine g 2.371 0 1 0.515 1.855 Lysine g 0.740 0 1 0.185 0.666 Cystine g 0.330 0 1 0.083 0.297 Phenylalanine g 1.057 0 1 0.264 0.951 Tyrosine g 0.979 0 1 0.245 0.881 Valine g 1.394 0										
Cholesterol. mg 115 2.832 6 1 29 104 Phytosterols. Amino Acids: Tryptophan. 9 0.291 0 1 0.073 0.262 Thronine. 9 1.170 0 1 0.293 1.053 Isoleucine. 9 1.303 0 1 0.326 1.173 Leucine. 9 2.061 0 1 0.515 1.855 Lysine. 9 2.371 0 1 0.593 2.134 Methionine. 9 0.740 0 1 0.185 0.666 Cystine. 9 0.330 0 1 0.185 0.666 Cystine. 9 1.057 0 1 0.264 0.951 Tyrosine. 9 1.057 0 1 0.245 0.881 Valine. 9 1.394 0 1 0.495 1.781 <td></td> <td></td> <td>0.020</td> <td>U</td> <td></td> <td>1</td> <td></td> <td>0.005</td> <td>0.018</td> <td></td>			0.020	U		1		0.005	0.018	
Phytosterols mg	3 7	-	115	2 932 6		1		20	104	
Amino Acids: Tryptophan g 0.291 0 1 0.073 0.262 Threonine g 1.170 0 1 0.293 1.053 Isoleucine g 1.303 0 1 0.326 1.173 Leucine g 2.061 0 1 0.515 1.855 Lysine g 2.371 0 1 0.593 2.134 Methionine g 0.740 0 1 0.185 0.666 Cystine g 0.330 0 1 0.083 0.297 Phenylalanine g 1.057 0 1 0.264 0.951 Tyrosine g 0.979 0 1 0.245 0.881 Valine g 1.394 0 1 0.349 1.255 Arginine g 1.979 0 1 0.495 1.781 Histidine g 0.781 0 1 0.195 0.703 Alanine g 1.842 0 1 0.658 2.370 Glutamic acid g 2.633 0 1 0.658 2.370 Glutamic acid			113	2.032 0		-		23	104	
Tryptophan 9 0.291 0 1 0.073 0.262 Threonine 9 1.170 0 1 0.293 1.053 Isoleucine 9 1.303 0 1 0.326 1.173 Leucine 9 2.061 0 1 0.515 1.855 Lysine 9 2.371 0 1 0.593 2.134 Methionine 9 0.740 0 1 0.185 0.666 Cystine 9 0.330 0 1 0.083 0.297 Phenylalanine 9 1.057 0 1 0.264 0.951 Tyrosine 9 0.979 0 1 0.245 0.881 Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.461 1.658<	riiytosterois									
Threonine 9 1.170 0 1 0.293 1.053 Isoleucine 9 1.303 0 1 0.326 1.173 Leucine 9 2.061 0 1 0.515 1.855 Lysine 9 2.371 0 1 0.593 2.134 Methionine 9 0.740 0 1 0.593 2.134 Methionine 9 0.740 0 1 0.185 0.666 Cystine 9 0.330 0 1 0.185 0.666 Cystine 9 0.330 0 1 0.083 0.297 Phenylalanine 9 1.057 0 1 0.264 0.951 Tyrosine 9 0.979 0 1 0.245 0.881 Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 <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 1.303 0 1 0.326 1.173 Leucine 9 2.061 0 1 0.515 1.855 Lysine 9 2.371 0 1 0.593 2.134 Methionine 9 0.740 0 1 0.185 0.666 Cystine 9 0.330 0 1 0.083 0.297 Phenylalanine 9 1.057 0 1 0.264 0.951 Tyrosine 9 0.979 0 1 0.245 0.881 Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.195 0.703 Alanine 9 1.842 0 1 0.461 1.658 Aspartic acid 9 2.633 0 1 0.658 2.370 Glutamic acid 9 4.249 0 1 0.530 1	Tryptophan	g	0.291	0		1		0.073	0.262	
Leucine 9 2.061 0 1 0.515 1.855 Lysine 9 2.371 0 1 0.593 2.134 Methionine 9 0.740 0 1 0.185 0.666 Cystine 9 0.330 0 1 0.083 0.297 Phenylalanine 9 1.057 0 1 0.264 0.951 Tyrosine 9 0.979 0 1 0.245 0.881 Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.195 0.703 Alanine 9 1.842 0 1 0.461 1.658 Aspartic acid 9 2.633 0 1 0.658 2.370 Glutamic acid 9 4.249 0 1 1.062 3.824 Glycine 9 2.118 0 1 0.530 1.90	Threonine	g	1.170	0		1		0.293	1.053	
Lysine 9 2.371 0 1 0.593 2.134 Methionine 9 0.740 0 1 0.185 0.666 Cystine 9 0.330 0 1 0.083 0.297 Phenylalanine 9 1.057 0 1 0.264 0.951 Tyrosine 9 0.979 0 1 0.245 0.881 Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.195 0.703 Alanine 9 1.842 0 1 0.461 1.658 Aspartic acid 9 2.633 0 1 0.658 2.370 Glutamic acid 9 4.249 0 1 1.062 3.824 Glycine 9 2.118 0 1 0.530 1.906	Isoleucine	g	1.303	0		1		0.326	1.173	
Methionine g 0.740 0 1 0.185 0.666 Cystine g 0.330 0 1 0.083 0.297 Phenylalanine g 1.057 0 1 0.264 0.951 Tyrosine g 0.979 0 1 0.245 0.881 Valine g 1.394 0 1 0.349 1.255 Arginine g 1.979 0 1 0.495 1.781 Histidine g 0.781 0 1 0.195 0.703 Alanine g 1.842 0 1 0.461 1.658 Aspartic acid g 2.633 0 1 0.658 2.370 Glutamic acid g 4.249 0 1 1.062 3.824 Glycine g 2.118 0 1 0.530 1.906	Leucine	g	2.061	0		1		0.515	1.855	
Cystine 9 0.330 0 1 0.083 0.297 Phenylalanine 9 1.057 0 1 0.264 0.951 Tyrosine 9 0.979 0 1 0.245 0.881 Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.195 0.703 Alanine 9 1.842 0 1 0.461 1.658 Aspartic acid 9 2.633 0 1 0.658 2.370 Glutamic acid 9 4.249 0 1 1.062 3.824 Glycine 9 2.118 0 1 0.530 1.906	Lysine	g	2.371	0		1		0.593	2.134	
Phenylalanine g 1.057 0 1 0.264 0.951 Tyrosine g 0.979 0 1 0.245 0.881 Valine g 1.394 0 1 0.349 1.255 Arginine g 1.979 0 1 0.495 1.781 Histidine g 0.781 0 1 0.195 0.703 Alanine g 1.842 0 1 0.461 1.658 Aspartic acid g 2.633 0 1 0.658 2.370 Glutamic acid g 4.249 0 1 1.062 3.824 Glycine g 2.118 0 1 0.530 1.906	Methionine	g	0.740	0		1		0.185	0.666	
Tyrosine g 0.979 0 1 0.245 0.881 Valine g 1.394 0 1 0.349 1.255 Arginine g 1.979 0 1 0.495 1.781 Histidine g 0.781 0 1 0.195 0.703 Alanine g 1.842 0 1 0.461 1.658 Aspartic acid g 2.633 0 1 0.658 2.370 Glutamic acid g 4.249 0 1 1.062 3.824 Glycine g 2.118 0 1 0.530 1.906	Cystine	g	0.330	0		1		0.083	0.297	
Valine g 1.394 0 1 0.349 1.255 Arginine g 1.979 0 1 0.495 1.781 Histidine g 0.781 0 1 0.195 0.703 Alanine g 1.842 0 1 0.461 1.658 Aspartic acid g 2.633 0 1 0.658 2.370 Glutamic acid g 4.249 0 1 1.062 3.824 Glycine g 2.118 0 1 0.530 1.906	Phenylalanine	g	1.057	0		1		0.264	0.951	
Valine 9 1.394 0 1 0.349 1.255 Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.195 0.703 Alanine 9 1.842 0 1 0.461 1.658 Aspartic acid 9 2.633 0 1 0.658 2.370 Glutamic acid 9 4.249 0 1 1.062 3.824 Glycine 9 2.118 0 1 0.530 1.906	Tyrosine	g	0.979	0		1		0.245	0.881	
Arginine 9 1.979 0 1 0.495 1.781 Histidine 9 0.781 0 1 0.195 0.703 Alanine 9 1.842 0 1 0.461 1.658 Aspartic acid 9 2.633 0 1 0.658 2.370 Glutamic acid 9 4.249 0 1 1.062 3.824 Glycine 9 2.118 0 1 0.530 1.906			1.394	0		1		0.349	1.255	
Histidine g 0.781 0 1 0.195 0.703 Alanine g 1.842 0 1 0.461 1.658 Aspartic acid g 2.633 0 1 0.658 2.370 Glutamic acid g 4.249 0 1 1.062 3.824 Glycine g 2.118 0 1 0.530 1.906			1.979	0		1		0.495	1.781	
Alanine	=		0.781	0		1		0.195	0.703	
Aspartic acid			1.842	0		1		0.461	1.658	
Glutamic acid g 4.249 0 1 1.062 3.824 Glycine g 2.118 0 1 0.530 1.906		_	2.633	0		1		0.658	2.370	
Glycineg 2.118 0 1 0.530 1.906			4.249	0		1		1.062	3.824	
		_		0		1				
Proline 9 1.501 0 1 0.375 1.351	Proline	-	1.501	0		1		0.375	1.351	
Serine				0		1				
Hydroxyproline			. = •	•						

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 90g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 37% Bone

		<u>Aı</u>	mount in 100 gi	rams o	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food	_	
			of l	Data D	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	a	71.19	0.440	6		1		25.63	91.12		
Energy	_	159		0	NC	4		57	204		
Energy		665				4		239	852		
Protein (N x 6.25)		20.85	0.140	6		1		7.51	26.69		
Total lipid (fat)		7.72	0.626	6		1		2.78	9.88		
Ash		0.68	0.005	6		1		0.24	0.87		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch	-										
<u>Minerals:</u>				_		_		_	4.5		
Calcium, Ca	-	14	0.272	6		1		5	18		
Iron, Fe.	-	1.39	0.092	6		1		0.50	1.78		
Magnesium, Mg		17 120	0.133	6		1 1		6	22		
Phosphorus, P	-	138 178	2.365 2.721	6		1		50 64	177 228		
Potassium, K	-	178 56	1.148	6 6		1		64 20	228 72		
Sodium, NaZinc, Zn		1.91	1.140	2		1		0.69	2.44		
Copper, Cu		0.129	1	2		1		0.046	0.165		
Manganese, Mn		0.016		2		1		0.006	0.020		
Selenium, Se		21.6	•	0	PAK	1		7.8	27.6		
· ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.025		6		1		0.009	0.032		
Riboflavin		0.112		6		1		0.040	0.143		
Niacin	-	3.044		6		1		1.096	3.896		
Pantothenic acid		0.557		0		1		0.201	0.713		
Vitamin B-6	-	0.400)	0		1		0.144	0.512		
Folate, total		7 0		0	_	1 7		3 0	9		
Folic acid		7			Z			3	0 9		
Folate, food	IIICY	7		0	NC	1 4		3	9		
Folate, DFE		0.40		0	NC	1		0.14	9 0.51		
Vitamin B-12 Vitamin A, IU		10		2		1		4	13		
Vitamin A, RAE		3		2		1		1	4		
Retinol		3		2		1		1	4		
Vitamin E (alpha-tocopherol)		3		_		-		-	-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
Lipids:	~	0.000		•				0.740	0 607		
Fatty acids, total saturated		2.060	,	0		1		0.742	2.637		
4:0	-										
6:0 8:0											
10:0		0.000)	0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0		0.000	•	J		-		0.000	0.000		
14:0		0.060)	0		1		0.022	0.077		
15:0	-	0.000		-		-		0.022	0.077		
16:0	-	1.420)	0		1		0.511	1.818		
17:0	-			-		-		3.311	1.010		
18:0	-	0.420)	0		1		0.151	0.538		
20:0		020		-		-		3.101	0.000		
22:0	-										
24:0	-										

		<u>An</u>	nount in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	2	3.090		0	1		1 110	2 055	
Fatty acids, total monounsaturated		3.090		U	1		1.112	3.955	
15:1									
16:1 undifferentiated		0.530		0	1		0.191	0.678	
17:1	-	0.550		· ·	-		0.131	0.070	
18:1 undifferentiated		2.490		0	1		0.896	3.187	
20:1		0.000		0	1		0.000	0.000	
22:1 undifferentiated	-	0.000		0	1		0.000	0.000	
24:1 c		0.000		•	1		3.000	0.000	
Fatty acids, total polyunsaturated		1.800		0	1		0.648	2.304	
18:2 undifferentiated		1.570		0	1		0.565	2.010	
18:3 undifferentiated	-	0.110		0	1		0.040	0.141	
18:4		0.110		•	-		0.040	0.141	
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.060		0	1		0.022	0.077	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3	-	0.010		0	1		0.004	0.013	
22:6 n-3		0.010		0	1		0.004	0.013	
Fatty acids, total trans		0.020		•	_		0.001	0.020	
Cholesterol	-	98	1.823	6	1		35	125	
Phytosterols	_								
-	······								
Amino Acids:									
Tryptophan	-	0.220		0	1		0.079	0.282	
Threonine	_	0.884		0	1		0.318	1.132	
Isoleucine	_	0.987		0	1		0.355	1.263	
Leucine	-	1.559		0	1		0.561	1.996	
Lysine	_	1.796		0	1		0.647	2.299	
Methionine	_	0.560		0	1		0.202	0.717	
Cystine		0.247		0	1		0.089	0.316	
Phenylalanine	_	0.798		0	1		0.287	1.021	
Tyrosine	_	0.742		0	1		0.267	0.950	
Valine		1.053		0	1		0.379	1.348	
Arginine	_	1.490		0	1		0.536	1.907	
Histidine		0.592		0	1		0.213	0.758	
Alanine	_	1.384		0	1		0.498	1.772	
Aspartic acid	-	1.987		0	1		0.715	2.543	
Glutamic acid		3.212		0	1		1.156	4.111	
Glycine	_	1.570		0	1		0.565	2.010	
Proline		1.119		0	1		0.403	1.432	
Serine	_	0.908		0	1		0.327	1.162	
Hydroxyproline	g								

Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 128g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 59% 39% bone, 20% skin

		<u>A</u> 1	mount in 100 gr			ole portio	<u>n</u>		edible portion	
				nber				<u>m</u>	easures of food	<u>l</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatos										
Proximates: Water	q	65.60	0.868	6		1		11.15	39.36	
Energy	-	163		0	NC	4		28	98	
Energy		682				4		116	409	
Protein (N x 6.25)	g	30.85	0.544	6		1		5.24	18.51	
Total lipid (fat)	g	3.44	0.377	6		1		0.58	2.06	
Ash	g	0.85	0.015	6		1		0.14	0.51	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	26	3.921	6		1		4	16	
Iron, Fe		1.78	0.207	6		1		0.30	1.07	
Magnesium, Mg		22	0.391	6		1		4	13	
Phosphorus, P		174	4.752	6		1		30	104	
Potassium, K		204	3.748	6		1		35 13	122 47	
Sodium, NaZinc, Zn		78 3.83	3.974	6 2		1 1		0.65	2.30	
Copper, Cu		0.166	;	2		1		0.028	0.100	
Manganese, Mn		0.027		2		1		0.005	0.016	
Selenium, Se		32.1	2.047	45	A	1		5.5	19.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.030	0.002	6	_	1		0.005	0.018	
Riboflavin		0.159	0.013	6		1		0.027	0.095	
Niacin	mg	4.122	0.130	6		1		0.701	2.473	
Pantothenic acid	mg	0.748	3	0		1		0.127	0.449	
Vitamin B-6	-	0.590)	0		1		0.100	0.354	
Folate, total		7		0	_	1		1	4	
Folic acid		0 7		0	Z	7		0	0	
Folate, foodFolate, DFE		7		0	NC	1 4		1 1	4 4	
Vitamin B-12		0.41		0	NC	1		0.07	0.25	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	NR	4		0.01	0.05	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.0	0.2	
Vitamin K (phynoquinone)	Illog	0.5		U	DE ZIN	-		0.0	0.2	
<u>Lipids:</u>										
Fatty acids, total saturated		1.100		0		1		0.187	0.660	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1 1		0.000	0.000	
8:0 10:0.	-	0.000		0		4		0.000 0.000	0.000 0.000	
12:0		0.020		0		1		0.003	0.000	
13:0		3.020		-		-		2.005	3.012	
14:0		0.020)	0		1		0.003	0.012	
15:0	-									
16:0		0.500)	0		1		0.085	0.300	
17:0	g									
18:0	-	0.340)	0		1		0.058	0.204	
20:0 22:0	-									

		<u>A</u> 1	mount in 10	0 grams	of edil	ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.600		0		1		0.102	0.360	
14:1	_									
15:1	• • • • • • • • • • • • • • • • • • • •			•		_				
16:1 undifferentiated	_	0.080		0		1		0.014	0.048	
17:1	_	0 500		0		1		0 005	0 200	
18:1 undifferentiated	_	0.500						0.085	0.300	
20:1	• • • • • • • • • • • • • • • • • • • •	0.020		0		1		0.003	0.012	
22:1 undifferentiated	•	0.020		0		1		0.003	0.012	
24:1 c		0.000		0						
Fatty acids, total polyunsaturat		0.920				1		0.156	0.552	
18:2 undifferentiated		0.610		0		1		0.104	0.366	
18:3 undifferentiated	_	0.020		0		1		0.003	0.012	
18:4	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.180		0		1		0.031	0.108	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.030		0		1		0.005	0.018	
22:6 n-3	g	0.040		0		1		0.007	0.024	
Fatty acids, total trans	g									
Cholesterol	mg	102	3.12	24 6		1		17	61	
Phytosterols	mg									
Amino Acids:										
		0.350		0		1		0.060	0.010	
Tryptophan		1.372		0		1		0.233	0.210	
Threonine	=					_			0.823	
Isoleucine	-	1.604		0 0		1		0.273	0.962	
Leucine	-	2.458		-		1		0.418	1.475	
Lysine		2.907		0		1		0.494	1.744	
Methionine		0.893		0		1		0.152	0.536	
Cystine		0.321		0		1		0.055	0.193	
Phenylalanine		1.224		0		1		0.208	0.734	
Tyrosine	=	1.219		0		1		0.207	0.731	
Valine	-	1.639		0		1		0.279	0.983	
Arginine		2.152		0		1		0.366	1.291	
Histidine		0.963		0		1		0.164	0.578	
Alanine	g	1.910		0		1		0.325	1.146	
Aspartic acid	g	2.996		0		1		0.509	1.798	
Glutamic acid	g	5.035		0		1		0.856	3.021	
Glycine	g	1.530		0		1		0.260	0.918	
Proline	g	1.283		0		1		0.218	0.770	
Serine	g	1.372		0		1		0.233	0.823	
Hydroxyproline										
	-									
Others:								_		
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	_	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	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	
		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iiicā	U		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 17g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 60g: 1 wing, bone and skin removed

NDB No. 05228

Turkey, fryer-roasters, wing, meat only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 56% 37% bone, 19% skin

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
				mber		_		<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:				_						
Water	=	75.82	0.144	8		1		19.71	68.24	
Energy		106		0	NC	4 4		28 115	95	
Energy		444	0.106	•		-			399	
Protein (N x 6.25)		22.49 1.12	0.106 0.147	8 8		1 1		5.85 0.29	20.24 1.01	
Total lipid (fat)		0.77	0.147	6		1		0.29	0.69	
AshCarbohydrate, by difference		0.77	0.009	0	z	7		0.20	0.00	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		Ū		,		0.0	0.0	
Starch										
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	_	12	0.369	6		1		3	11	
Iron, Fe		1.43	0.128	6		1		0.37	1.29	
Magnesium, Mg		21	0.165	6		1 1		5	19	
Phosphorus, P		156 201	3.442 2.567	6 6		1		41 52	140 181	
Potassium, K		65	1.812	6		1		52 17	59	
Zinc, Zn		2.04	1.612	2		1		0.53	1.84	
Copper, Cu		0.126	3	2		1		0.033	0.113	
Manganese, Mn		0.017		2		1		0.004	0.015	
Selenium, Se		24.4		0	BFZN	4		6.3	22.0	
•	-									
Vitamins:	ma	0.0		•		7		0.0	0.0	
Vitamin C, total ascorbic acid		0.0 0.027	0.002	0	Z	1		0.0 0.007	0.0 0.024	
ThiaminRiboflavin	-	0.027		6 6		1		0.007	0.024	
Niacin		3.574		6		1		0.929	3.217	
Pantothenic acid		0.651		0		1		0.169	0.586	
Vitamin B-6		0.530		0		1		0.138	0.477	
Folate, total	_	7		0		1		2	6	
Folic acid		0		0	z	7		0	0	
Folate, food	-	7		0		1		2	6	
Folate, DFE		7		0	NC	4		2	6	
Vitamin B-12		0.43		0		1		0.11	0.39	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vianim k (phynoquiione)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.360)	0		1		0.094	0.324	
4:0										
6:0										
8:0 10:0		0.000	1	0		4		0.000	0.000	
12:0	-	0.000		10		1		0.000	0.000	
13:0		0.010	0.001	-0		-		0.003	0.009	
14:0	_	0.010	0.001	12		1		0.003	0.009	
15:0	_	0.010	3.331			-		3.000		
16:0	_	0.160	0.020	12		1		0.042	0.144	
17:0	_									
18:0	-	0.110	0.012	12		1		0.029	0.099	
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	mount in 100 g	grams of ed	lible portion		Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Data Deri		ence	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.200		0	1	0.052	0.180		
14:1g								
15:1g								
16:1 undifferentiatedg	0.030	0.005	12	1	0.008	0.027		
17:1g								
18:1 undifferentiatedg	0.160	0.019	12	1	0.042	0.144		
20:1g	0.010	0.001	10	1	0.003	0.009		
22:1 undifferentiatedg	0.010	0.001	10	1	0.003	0.009		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.300		0	1	0.078	0.270		
18:2 undifferentiatedg	0.200	0.024	12	1	0.052	0.180		
18:3 undifferentiatedg	0.010	0.002	12	1	0.003	0.009		
18:4g								
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.060	0.009	11	1	0.016	0.054		
20:5 n-3g	0.000		0	4	0.000	0.000		
22:5 n-3g	0.010	0.002	10	1	0.003	0.009		
22:6 n-3g	0.010	0.004	10	1	0.003	0.009		
Fatty acids, total trans								
Cholesterolmg	81	3.060	6	1	21	73		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.255		0	1	0.066	0.230		
Threonineg	1.000		0	1	0.260	0.900		
Isoleucine	1.169		0	1	0.304	1.052		
Leucineg	1.792		0	1	0.466	1.613		
Lysineg	2.119		0	1	0.551	1.907		
Methionineg	0.651		0	1	0.169	0.586		
Cystineg	0.234		0	1	0.061	0.211		
Phenylalanineg	0.892		0	1	0.232	0.803		
Tyrosine	0.889		0	1	0.231	0.800		
Valine	1.195		0	1	0.311	1.076		
Arginineg	1.569		0	1	0.408	1.412		
Histidine 9	0.702		0	1	0.183	0.632		
Alanine	1.392		0	1	0.362	1.253		
Aspartic acidg	2.184		0	1	0.568	1.966		
Glutamic acid	3.670		0	1	0.954	3.303		
Glycine	1.115		0	1	0.290	1.004		
Proline	0.935		0	1	0.243	0.842		
Serine	1.000		0	1	0.260	0.900		

Common Measures:

Measure 1 = 26g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 90g: 1 wing, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	72.97	1	A	1		61.30	105.81	
Energy		129	0	NC	4		108	187	
Energy		540	0	NC	4		454	783	
Protein (N x 6.25)	-	21.72	1	A	1		18.24	31.49	
Total lipid (fat)	-	3.87	1	A	1		3.25	5.62	
Ash		1.06	1	A	1		0.89	1.53	
Carbohydrate, by difference		0.38	0	NC	4		0.32	0.55	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch									
	5								
Minerals:									
Calcium, Ca	-	7	1	A	1		6	11	
Iron, Fe.		4.95	1	A	1		4.16	7.18	
Magnesium, Mg		17	1	A	1		14	25	
Phosphorus, P	-	154	1	A	1		129	223	
Potassium, K		332	1	A	1		279	481	
Sodium, Na		67 3.37	1 1	A	1 1		56 2.83	97	
Zinc, Zn				A	1			4.89	
Copper, Cu		0.126		A A	1		0.106	0.183 0.078	
Manganese, Mn		0.054 33.4	1	A	1		0.045 28.1	48.4	
Selenium, Se	Ilicy	33.4	1	A	1		28.1	48.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	6.3	1	A	1		5.3	9.1	
Thiamin	mg	0.013	3 1	A	1		0.011	0.019	
Riboflavin		0.207	1	A	1		0.174	0.300	
Niacin		4.270	1	A	1		3.587	6.192	
Pantothenic acid	mg	0.525	5 1	A	1		0.441	0.761	
Vitamin B-6	mg	0.106	5 1	A	1		0.089	0.154	
Folate, total	mcg	13	1	A	1		11	19	
Folic acid		0	0	Z	7		0	0	
Folate, food		13	1	A	1		11	19	
Folate, DFE	mcg_DFE	13	0	NC	4		11	19	
Vitamin B-12		8.08	1	A	1		6.79	11.72	
Vitamin A, IU		0	0	AS	1		0	0	
Vitamin A, RAE	mcg_RAE	0	0	AS	1		0	0	
Retinol		0	1	A	1		0	0	
Vitamin E (alpha-tocopherol)		0.05	2	A	1		0.04	0.07	
Tocopherol, beta	mg	0.00	2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.07	2	A	1		0.06	0.10	
Tocopherol, delta	mg	0.00	2	A	1		0.00	0.00	
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.0	2	A	1		0.0	0.0	
I inide:									
Lipids:	σ.	1 163	. 1		1		0 077	1 606	
Fatty acids, total saturated4:0		1.163 0.000		A Z	1 7		0.977 0.000	1.686 0.000	
6:0		0.000		Z	7		0.000	0.000	
8:0		0.000		Z A	1		0.000	0.000	
10:0	-	0.000		A	1		0.000	0.000	
12:0		0.000		A	1		0.000	0.000	
13:0		0.000	. 1	•	-		0.000	0.000	
14:0	-	0.028	3 1	A	1		0 024	0 041	
		0.028		A	1		0.024 0.000	0.041 0.000	
15:0 16:0	-	0.848		A	1		0.712	1.230	
17:0	-	0.007		A	1		0.712	0.010	
18:0		0.007		A	1		0.229	0.010	
20:0		0.273		A	1		0.229	0.396	
				A A	1		0.000		
22:0	-	0.007	. 1	A	1		0.006	0.010	
24:0	y								

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	1.210)	1	A	1		1.016	1.755	
14:1		0.007	,	1	A	1		0.006	0.010	
15:1	g	0.000)	1	A	1		0.000	0.000	
16:1 undifferentiated		0.224	Į	1	A	1		0.188	0.325	
17:1	_									
18:1 undifferentiated	-	0.969)	1	A	1		0.814	1.405	
20:1	g	0.010)	1	A	1		0.008	0.015	
22:1 undifferentiated	-	0.000)	0	z	7		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat		0.503	3	1	A	1		0.423	0.729	
18:2 undifferentiated		0.410)	1	A	1		0.344	0.595	
18:3 undifferentiated	-	0.000)	0	A	1		0.000	0.000	
18:3 n-6 c,c,c		0.000)	1	A	1		0.000	0.000	
18:3i	_									
18:4	_	0.000)	0	Z	7		0.000	0.000	
20:2 n-6 c,c	g	0.010)	1	A	1		0.008	0.015	
20:3 undifferentiated		0.000)	1	A	1		0.000	0.000	
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.065	5	1	A	1		0.055	0.094	
20:4 n-3										
20:4 n-6										
20:5 n-3	g	0.000)	0	Z	7		0.000	0.000	
22:5 n-3	g	0.000)	0	z	7		0.000	0.000	
22:6 n-3	g	0.000)	0	Z	7		0.000	0.000	
Fatty acids, total trans	g	0.000)	1	A	1		0.000	0.000	
Cholesterol	mg	203		1	A	1		171	294	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 84g: 1 gizzard

Measure 2 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.18		1	A	1		75.41		
Energy	kcal	123		0	NC	4		122		
Energy	kj	515		0	NC	4		510		
Protein (N x 6.25)	g	19.14		1	A	1		18.95		
Total lipid (fat)	g	4.58		1	A	1		4.53		
Ash	g	1.00		1	A	1		0.99		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Min anala.										
Minerals:	ma	,		4		4		6		
Calcium, Ca	-	6 4.31		1 1	A A	1 1		6 4.27		
, , , , , , , , , , , , , , , , , , , ,	• • • • • • • • • • • • • • • • • • • •	16		1	A A	1		4.27 15		
Magnesium, Mg Phosphorus, P		140		1	A	1		15 139		
Potassium, K	-	322		1	A	1		319		
Sodium. Na	-	72		1	A	1		72		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.86		1	A	1		2.83		
Copper, Cu		0.114	L	1	A	1		0.113		
Manganese, Mn.		0.048		1	A	1		0.048		
Selenium, Se		29.2	•	1	A	1		28.9		
Scientini, Sc.				_		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	6.2		1	A	1		6.1		
Thiamin	-	0.040		1	A	1		0.040		
Riboflavin	mg	0.179		1	A	1		0.177		
Niacin	mg	4.780		1	A	1		4.732		
Pantothenic acid	-	0.914		1	A	1		0.905		
Vitamin B-6	-	0.120)	1	A	1		0.119		
Folate, total		6		1	A	1		6		
Folic acid		0		0	Z	7		0		
Folate, food		6		1	A	1		6		
Folate, DFE		6		0	NC	4		6		
Vitamin B-12		6.86		1	A	1		6.79		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		1	A	1		0		
Vitamin E (alpha-tocopherol)		0.05		2	A	1		0.05		
Tocopherol, beta		0.00		2	A	1		0.00		
Tocopherol, gamma		0.06		2	A	1		0.06		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		2	A	1		0.0		
v namin K (phynoquinone)	1110g	0.0		2	A	1		0.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	1.312	?	1	A	1		1.299		
4:0		0.000)	0	Z	7		0.000		
6:0		0.000)	0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0		0.000)	1	A	1		0.000		
13:0	-									
14:0	-	0.029		1	A	1		0.029		
15:0	g	0.005	5	1	A	1		0.005		
16:0	g	0.961	=	1	A	1		0.951		
17:0		0.006	5	1	A	1		0.006		
18:0	g	0.311	-	1	A	1		0.308		
20:0	g	0.000)	1	A	1		0.000		
22:0	g	0.005	5	1	A	1		0.005		
24:0	q									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		Amount in edible portion of common		
				Number		_		<u>m</u>	easures of food		
Nutrients and U	Jnits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	ed	1.588		1	A	1		1.572			
14:1		0.007		1	A	1		0.007			
15:1	g	0.005	i	1	A	1		0.005			
16:1 undifferentiated	g	0.240)	1	A	1		0.238			
17:1	g										
18:1 undifferentiated	g	1.328		1	A	1		1.315			
20:1	g	0.013	1	1	A	1		0.013			
22:1 undifferentiated	g	0.000)	0	Z	7		0.000			
24:1 c	g										
Fatty acids, total polyunsaturated	dg	0.777		1	A	1		0.769			
18:2 undifferentiated		0.638		1	A	1		0.632			
18:3 undifferentiated	g	0.000)	0	A	1		0.000			
18:3 n-6 c,c,c	g	0.000)	1	A	1		0.000			
18:3i	g										
18:4	g	0.000)	0	Z	7		0.000			
20:2 n-6 c,c	g	0.011		1	A	1		0.011			
20:3 undifferentiated	g	0.000)	1	A	1		0.000			
20:3 n-3	g										
20:3 n-6	g										
20:4 undifferentiated	g	0.100)	1	A	1		0.099			
20:4 n-3	g										
20:4 n-6	g										
20:5 n-3	g	0.000)	0	Z	7		0.000			
22:5 n-3	g	0.000	1	0	Z	7		0.000			
22:6 n-3	g	0.000)	0	Z	7		0.000			
Fatty acids, total trans	g	0.000)	1	A	1		0.000			
Cholesterol	mg	197		1	A	1		195			
Phytosterols	mg										
Others:											
Alcohol, ethyl	a	0.0		0	z	7		0.0			
Caffeine	-	0		0	z	7		0			
Theobromine	-	0		0	z	7		0			
Carotenoids:	5	-		-				-			
Carotene, beta	mca	0		1	A	1		0.000			
Carotene, alpha		0		1	A	1		0.000			
Cryptoxanthin, beta		0		1	A	1		0.000			
Lycopene		0		1	A	1		0.000			
Lutein + zeaxanthin		0		0	Z	7		0.000			

Common Measures:

Measure 1 = 99g: 1 gizzard

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	71.98	1	A	1		15.12	104.37	
Energy		136	0	NC	4		29	197	
Energy		570	0	NC	4		120	826	
Protein (N x 6.25)		21.47	1	A	1		4.51	31.14	
Total lipid (fat)		4.64	1	A	1		0.97	6.73	
Ash		1.23	1	A	1		0.26	1.78	
Carbohydrate, by difference	g	0.68	0	NC	4		0.14	0.99	
Fiber, total dietary	g	0.0	0	z	7		0.0	0.0	
Sugars, total	g	0.00	0	Z	7		0.00	0.00	
Starch	g								
Minanda									
Minerals:	ma	7	1	A	1		2	11	
Calcium, CaIron, Fe	-	, 5.20	1	A A	1		1.09	7.54	
Magnesium, Mg		26	1	A	1		5	37	
Phosphorus, P		259	1	A	1		54	376	
Potassium, K	-	291	1	A	1		61	422	
Sodium, Na		90	1	A	1		19	131	
Zinc, Zn		4.45	1	A	1		0.93	6.45	
Copper, Cu		0.492	2 1	A	1		0.103	0.713	
Manganese, Mn		0.065	5 1	A	1		0.014	0.094	
Selenium, Se	mcg	45.5	1	A	1		9.6	66.0	
Vitamins:									
	ma	2.8	1	A	1		0.6	4.1	
Vitamin C, total ascorbic acid Thiamin		0.034		A	1		0.007	0.050	
Riboflavin		1.040		A	1		0.007	1.508	
Niacin		3.380		A	1		0.710	4.901	
Pantothenic acid	-	1.580		A	1		0.332	2.291	
Vitamin B-6		0.423		A	1		0.089	0.613	
Folate, total	-	8	1	A	1		2	12	
Folic acid		0	0	z	7		0	0	
Folate, food		8	1	A	1		2	12	
Folate, DFE	mcg_DFE	8	0	NC	4		2	12	
Vitamin B-12		21.70	1	A	1		4.56	31.47	
Vitamin A, IU	IU	64	0	AS	1		13	92	
Vitamin A, RAE	mcg_RAE	19	0	AS	1		4	28	
Retinol	mcg	19	1	A	1		4	28	
Vitamin E (alpha-tocopherol)	mg	0.05	2	A	1		0.01	0.07	
Tocopherol, beta		0.00	2	A	1		0.00	0.00	
Tocopherol, gamma		0.13	2	A	1		0.03	0.19	
Tocopherol, delta		0.00	2	A	1		0.00	0.00	
Vitamin D				_			0.0		
Vitamin K (phylloquinone)	mcg	0.0	2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated	g	1.289	1	A	1		0.271	1.869	
4:0	g	0.000	0	Z	7		0.000	0.000	
6:0	g	0.000	0	Z	7		0.000	0.000	
8:0	g	0.000	1	A	1		0.000	0.000	
10:0		0.000		A	1		0.000	0.000	
12:0		0.000	1	A	1		0.000	0.000	
13:0	-								
14:0		0.019		A	1		0.004	0.028	
15:0	_	0.000		A	1		0.000	0.000	
16:0	-	0.825		A	1		0.173	1.196	
17:0		0.006		A	1		0.001	0.009	
18:0		0.429		A	1		0.090	0.622	
20:0		0.005		A	1		0.001	0.007	
22:0	_	0.005	5 1	A	1		0.001	0.007	
24:0	g								

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Un	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.138		1	A	1		0.239	1.650	
14:1	g	0.000		1	A	1		0.000	0.000	
15:1	g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated	g	0.153		1	A	1		0.032	0.222	
17:1	g									
18:1 undifferentiated	g	0.975		1	A	1		0.205	1.414	
20:1	g	0.010		1	A	1		0.002	0.015	
22:1 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.191		1	A	1		0.250	1.727	
18:2 undifferentiated	g	0.835		1	A	1		0.175	1.211	
18:3 undifferentiated	g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c	g	0.000		1	A	1		0.000	0.000	
18:3i	g									
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	g	0.014		1	A	1		0.003	0.020	
20:3 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.318		1	A	1		0.067	0.461	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:6 n-3	g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans		0.000		1	A	1		0.000	0.000	
Cholesterol	_	184		1	A	1		39	267	
Phytosterols	_									
Others:	_									
	α.	0.0		0	z	7		0.0	0.0	
Alcohol, ethyl	-	0.0		0	Z	7		0.0	0.0	
Theobromine	-	0		0	Z	7		0	0	
	IIII	U		U	4	,		U	U	
Carotenoids:								_		
Carotene, beta		0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		32		1	A	1		6.720	46.400	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 21g: 1 heart

Measure 2 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.62		1	A	1		20.69		
Energy	kcal	118		0	NC	4		32		
Energy	kj	493		0	NC	4		133		
Protein (N x 6.25)	g	17.13		1	A	1		4.63		
Total lipid (fat)	g	4.79		1	A	1		1.29		
Ash	g	1.05		1	A	1		0.28		
Carbohydrate, by difference	g	0.41		0	NC	4		0.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Min and a										
Minerals:	ma	,		-1		4		2		
Calcium, Ca	_	6 4.18		1 1	A A	1 1		2 1.13		
Iron, Fe	_	4.18 22		1	A A	1		6		
Magnesium, Mg Phosphorus, P		222		1	A	1		60		
Potassium, K	_	295		1	A	1		80		
Sodium, Na		295 94		1	A	1		25		
Zinc, Zn	_	3.37		1	A	1		0.91		
Copper, Cu		0.394		1	A	1		0.106		
Manganese, Mn		0.058		1	A	1		0.016		
Selenium, Se		35.9		1	A	1		9.7		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	3.0		1	A	1		0.8		
Thiamin	_	0.212		1	A	1		0.057		
Riboflavin		0.970		1	A	1		0.262		
Niacin	_	4.750		1	A	1		1.283		
Pantothenic acid		3.120		1	A	1		0.842		
Vitamin B-6	-	0.441		1	A	1		0.119		
Folate, total		6		1	A	1		2		
Folic acid		0 6		0	Z	7 1		0 2		
Folate, food		6		1 0	A NC	4		2		
Folate, DFE		15.40		1	A	1		4.16		
Vitamin B-12 Vitamin A, IU		107		0	AS	1		4.16 29		
Vitamin A, RAE		23		0	AS	1		6		
Retinol		23		1	AS	1		6		
		0.04		2	A	1		0.01		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.04		2	A	1		0.00		
Tocopherol, gamma		0.00		2	A	1		0.00		
Tocopherol, delta		0.00		2	A	1		0.02		
Vitamin D		3.00		-		-		0.00		
Vitamin K (phylloquinone)		0.0		2	A	1		0.0		
	···· •									
Lipids:				_		_				
Fatty acids, total saturated	-	1.316		1	A	1		0.355		
4:0		0.000		0	Z	7		0.000		
6:0		0.000		0	Z	7		0.000		
8:0		0.000		1	A	1		0.000		
10:0		0.000		1 1	A A	1 1		0.000		
12:0		0.000	'	1	A	1		0.000		
13:0 14:0	-	0.024		1	A	1		0.006		
				1	A A	1		0.006		
15:0	-	0.000 0.905		1	A A	1		0.000		
16:0	-			1	A A	1		0.244		
17:0	-	0.006		1	A A	1		0.002		
18:0		0.381		1	A A	1		0.103		
20:0		0.000						0.000		
22:0	g	0.000	1	1	A	1		0.000		

		<u>A</u> 1	mount in 10	0 grams	<u>on</u>		edible portion o			
				Number				<u>m</u>	easures of food	
Nutrients and l	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tedg	1.391		1	A	1		0.376		
14:1		0.006	i	1	A	1		0.002		
15:1	g	0.000)	1	A	1		0.000		
16:1 undifferentiated	g	0.206	5	1	A	1		0.056		
17:1	g									
18:1 undifferentiated	g	1.168	3	1	A	1		0.315		
20:1	g	0.011	=	1	A	1		0.003		
22:1 undifferentiated	_	0.000)	0	Z	7		0.000		
24:1 c	_									
Fatty acids, total polyunsaturate		1.272		1	A	1		0.343		
18:2 undifferentiated		0.934		1	A	1		0.252		
18:3 undifferentiated		0.005		0	A	1		0.001		
18:3 n-6 c,c,c	_	0.005	•	1	A	1		0.001		
18:3i	_			•	_	_				
18:4	_	0.000		0	z	7		0.000		
20:2 n-6 c,c		0.007		1 1	A	1		0.002		
20:3 undifferentiated	_	0.000	,	1	A	1		0.000		
20:3 n-3 20:3 n-6										
20:4 undifferentiated		0.296	:	1	A	1		0.080		
20:4 n-3	_	0.230	,	-		-		0.080		
20:4 n-6	_									
20:5 n-3		0.000)	0	z	7		0.000		
22:5 n-3		0.000		0	z	7		0.000		
22:6 n-3		0.000		0	z	7		0.000		
Fatty acids, total trans		0.000		1	A	1		0.000		
Cholesterol		147		1	A	1		40		
Phytosterols	-									
Others:	-									
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine	_	0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	-									
Carotene, beta	mcg	23		1	A	1		6.102		
Carotene, alpha		0		1	A	1		0.000		
Cryptoxanthin, beta		0		1	A	1		0.000		
Lycopene		21		1	A	1		5.535		
Lutein + zeaxanthin	mcg	30		1	A	1		8.181		

Common Measures:

Measure 1 = 27g: 1 heart

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.90		0		4				
Energy	kcal	170		0		4				
Energy	kj	711		0		4				
Protein	g	29.30		0		4				
Total lipid (fat)	g	5.00		0		4				
Ash	g	0.80		0	NC	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0		7				
Sugars, total		0.00		0	Z	7				
Starch										
<u>Minerals:</u>										
Calcium, Ca		25		0		4				
Iron, Fe	_	1.78		0		4				
Magnesium, Mg		26		0		4				
Phosphorus, P	_	213		0		4				
Potassium, K	_	298		0		4				
Sodium, Na	_	996		0		4				
Zinc, Zn		3.10		0		4				
Copper, Cu		0.094	Į.	0		4				
Manganese, Mn										
Selenium, Se	mcg	43.0		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7				
Thiamin	_	0.060	1	0	_	4				
Riboflavin	_	0.180		0		4				
Niacin.		5.440		0		4				
Pantothenic acid		3.440	•	U		-				
Vitamin B-6	_	0.460	1	0		4				
Folate, total		7	•	0		4				
Folic acid		Ó		0	z	7				
Folate, food		7		0		4				
Folate, DFE		7		0	NC	4				
Vitamin B-12		0.37		0	МС	4				
Vitamin A, IU		0.57		0		4				
Vitamin A, RAE		0		0	NC	4				
		0		0	NR NR	4				
Retinol Vitamin E (alpha-tocopherol)		0.33		0	NR NR	4				
		0.33		U	NK	-				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		2.4		0	BFZN	4				
vitanini K (phynoquinone)	niog	2.4		· ·	DI ZIN	-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.650)	0		4				
4:0	g	0.000)	0		4				
6:0	g	0.000)	0		4				
8:0	g	0.000)	0		4				
10:0	g	0.000)	0		4				
12:0	-	0.020)	0		4				
13:0	-									
14:0		0.030)	0		4				
15:0										
16:0		0.825	5	0		4				
17:0										
18:0		0.493	3	0		4				
20:0										
22:0	-									
24:0	-									

	Ar	mount in 10	00 grams	of edil	ole portio	<u>n</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	1.036		0		4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.151		0		4					
17:1g										
18:1 undifferentiatedg	0.855		0		4					
20:1g	0.020		0		4					
22:1 undifferentiatedg	0.020		0		4					
24:1 cg										
Fatty acids, total polyunsaturatedg	1.439		0		4					
18:2 undifferentiatedg	1.087		0		4					
18:3 undifferentiatedg	0.040		0		4					
18:4g	0.000		0		4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.211		0		4					
20:5 n-3g	0.000		0		4					
22:5 n-3g	0.030		0		4					
22:6 n-3g	0.040		0		4					
Fatty acids, total transg										
Cholesterolmg	76		0		4					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7					
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: 05 Poultry Products

Refuse: 0%

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number	,			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.70				4			17.49	10.49
Energy	kcal	208				4			59	35
Energy	kj	870				4			247	148
Protein	g	28.10				4			7.97	4.78
Total lipid (fat)	g	9.70				4			2.75	1.65
Ash	g	0.50		0	NC	4			0.14	0.08
Carbohydrate, by difference	g	0.00			Z	7			0.00	0.00
Fiber, total dietary	g	0.0				7			0.0	0.0
Sugars, total	g	0.00		0	Z	7			0.00	0.00
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	26				4			7	4
Iron, Fe	-	1.79				4			0.51	0.30
Magnesium, Mg	-	25				4			7	4
Phosphorus, P		203				4			58	35
Potassium, K	•	280				4			79	48
Sodium. Na.		996				4			282	169
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.96				4			0.84	0.50
Copper, Cu		0.093	3			4			0.026	0.01
Manganese, Mn						_				
Selenium, Se		30.3		0	BFNN	4			8.6	5.2
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0			Z	7			0.0	0.0
Thiamin	-	0.060				4			0.017	0.01
Riboflavin	-	0.180				4			0.051	0.03
Niacin	-	5.090)			4			1.443	0.86
Pantothenic acid	_									
Vitamin B-6		0.410 7	,			4			0.116	0.07
Folate, total		0		0	Z	4 7			2	1 0
Folic acid		7		U	Z	4			0 2	1
Folate, foodFolate, DFE		7		0	NC	4			2	1
		0.35		U	NC	4			0.10	0.06
Vitamin B-12 Vitamin A, IU		0.33				4			0.10	0.06
Vitamin A, RAE		0		0	NC	4			0	0
Retinol		0		0	NR NR	4			0	0
Vitamin E (alpha-tocopherol)	-	0.34		0	NR NR	4			0.10	0.06
		0.34		U	NK	7			0.10	0.08
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	BFZN	4			0.7	0.4
<u>Lipids:</u>										
Fatty acids, total saturated		2.831				4			0.803	0.48
4:0	-	0.000				4			0.000	0.00
6:0	-	0.000				4			0.000	0.00
8:0	-	0.000				4			0.000	0.00
10:0	-	0.000				4			0.000	0.00
12:0	_	0.010)			4			0.003	0.00
13:0		a =:				_				
14:0		0.070)			4			0.020	0.01
15:0		a ====								
16:0		1.725	•			4			0.489	0.29
17:0										
18:0	_	0.698	5			4			0.198	0.11
20:0	-									
22:0	a									

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
P		2 100								0.541	
Fatty acids, total monounsatura		3.180				4			0.902	0.541	
14:1											
15:1 16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.518				4			0.147	0.088	
17:1	-	0.516				*			0.147	0.066	
18:1 undifferentiated	-	2.582				4			0.732	0.439	
20:1		0.020				4			0.732	0.439	
22:1 undifferentiated		0.020				4			0.008	0.003	
24:1 c		0.010				-			0.003	0.002	
Fatty acids, total polyunsaturat	-	2.473				4			0.701	0.420	
18:2 undifferentiated		2.054				4			0.582	0.349	
18:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.110				4			0.031	0.019	
18:4	_	0.000				4			0.000	0.000	
20:2 n-6 c.c.						=					
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.199				4			0.056	0.034	
20:5 n-3	_	0.000				4			0.000	0.000	
22:5 n-3	-	0.030				4			0.009	0.005	
22:6 n-3	-	0.040				4			0.011	0.007	
Fatty acids, total trans	g										
Cholesterol		82				4			23	14	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0				7			0.0	0.0	
Caffeine	<u>mg</u>	0		0	Z	7			0	0	
Theobromine	mg	0		0	Z	7			0	0	
Carotenoids:											
Carotene, beta	mcg	0		0	z	7			0.000	0.000	
Carotene, alpha		0		0	z	7			0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7			0.000	0.000	
Lycopene		0		0	z	7			0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7			0.000	0.000	

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<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
Proximates:									
Water	g	56.95	1	A	1		47.27	79.73	
Energy	kcal	275	0	NC	4		229	386	
Energy		1152	0	NC	4		956	1613	
Protein (N x 6.25)	g	20.02	1	A	1		16.62	28.03	
Total lipid (fat)	g	20.54	1	A	1		17.04	28.75	
Ash		1.29	1	A	1		1.07	1.80	
Carbohydrate, by difference		1.21	0	NC	4		1.00	1.69	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
Minerals:		_					_	_	
Calcium, Ca	-	5	1	A	1		4	7	
Iron, Fe.	-	10.70	1	A	1		8.88	14.98	
Magnesium, Mg		17	1	A	1		14	24	
Phosphorus, P	-	294	1 1	A	1 1		244	412 295	
Potassium, K		211 56	1	A A	1		175 46	295 78	
Sodium, Na		2.62	1	A	1		2.17	3.67	
Zinc, Zn Copper, Cu		0.349		A	1		0.290	0.489	
Manganese, Mn		0.343		A	1		0.227	0.382	
Selenium, Se		82.5	, 1	A	1		68.5	115.5	
Scientini, Sc	9	02.5	=		-		00.5	113.3	
Vitamins:									
Vitamin C, total ascorbic acid	mg	22.6	1	A	1		18.8	31.6	
Thiamin	mg	0.038	1	A	1		0.031	0.053	
Riboflavin	mg	2.760) 1	A	1		2.291	3.864	
Niacin	mg	10.200) 1	A	1		8.466	14.280	
Pantothenic acid	mg	4.350		A	1		3.611	6.090	
Vitamin B-6	mg	1.040) 1	A	1		0.863	1.456	
Folate, total	mcg	691	1	A	1		574	967	
Folic acid		0	0	Z	7		0	0	
Folate, food		691	1	A	1		574	967	
Folate, DFE		691	0	NC	4		574	967	
Vitamin B-12		58.20	1	A	1		48.31	81.48	
Vitamin A, IU		75333	0	AS	1		62527	105467	
Vitamin A, RAE		22600	0	AS	1		18758	31640	
Retinol		22600	1	A	1		18758	31640	
Vitamin E (alpha-tocopherol)	mg	0.11	2	A	1		0.09	0.15	
Tocopherol, beta	mg	0.00	2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.17	2	A	1		0.14	0.24	
Tocopherol, delta		0.00	2	A	1		0.00	0.00	
Vitamin D									
Vitamin K (phylloquinone)	mcg	1.2	2	A	1		1.0	1.7	
Lipids:									
Fatty acids, total saturated	а	6.947	1	A	1		5.766	9.726	
4:0		0.000		Z	7		0.000	0.000	
6:0		0.000		z	7		0.000	0.000	
8:0	-	0.000		A	1		0.000	0.000	
10:0	-	0.000		A	1		0.000	0.000	
12:0	-	0.000		A	1		0.000	0.000	
13:0								-	
14:0	-	0.113	3 1	A	1		0.094	0.158	
15:0		0.000		A	1		0.000	0.000	
16:0	-	4.816		A	1		3.997	6.742	
17:0	-	0.000		A	1		0.000	0.000	
18:0		2.018		A	1		1.675	2.825	
20:0		0.000		A	1		0.000	0.000	
22:0		0.000		A	1		0.000	0.000	
24:0	-		-		=				

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	9.108	3	1	A	1		7.560	12.751	
14:1		0.040)	1	A	1		0.033	0.056	
15:1	g	0.000)	1	A	1		0.000	0.000	
16:1 undifferentiated	g	1.069)	1	A	1		0.887	1.497	
17:1	g									
18:1 undifferentiated	g	7.958	3	1	A	1		6.605	11.141	
20:1	g	0.041		1	A	1		0.034	0.057	
22:1 undifferentiated	g	0.000)	0	z	7		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	2.022	?	1	A	1		1.678	2.831	
18:2 undifferentiated		1.555	i	1	A	1		1.291	2.177	
18:3 undifferentiated	g	0.022	?	0	A	1		0.018	0.031	
18:3 n-6 c,c,c	g	0.022	2	1	A	1		0.018	0.031	
18:3i	g									
18:4	g	0.000)	0	Z	7		0.000	0.000	
20:2 n-6 c,c	g	0.000)	1	A	1		0.000	0.000	
20:3 undifferentiated	g	0.000)	1	A	1		0.000	0.000	
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.395	i	1	A	1		0.328	0.553	
20:4 n-3										
20:4 n-6										
20:5 n-3	g	0.000)	0	Z	7		0.000	0.000	
22:5 n-3	g	0.000)	0	Z	7		0.000	0.000	
22:6 n-3	g	0.000)	0	Z	7		0.000	0.000	
Fatty acids, total trans	g	0.000)	1	A	1		0.000	0.000	
Cholesterol	-	388		1	A	1		322	543	
Phytosterols	mg									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	
Caffeine	-	0		0	z	7		0	0	
Theobromine	_	0		0	z	7		0	0	
Carotenoids:									-	
Carotene, beta	mcg	0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 83g: 1 liver

Measure 2 = 140g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>!</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	62.29		1	A	1		62.29		
Energy	kcal	232		0	NC	4		232		
Energy	kj	973		0	NC	4		973		
Protein (N x 6.25)	g	17.84		1	A	1		17.84		
Total lipid (fat)	g	16.36		1	A	1		16.36		
Ash	g	1.25		1	A	1		1.25		
Carbohydrate, by difference	g	2.26		0	NC	4		2.26		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium. Ca	ma	5		1	A	1		5		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	12.00		1	A	1		12.00		
Magnesium, Mg	-	15		1	A	1		15		
Phosphorus, P		279		1	A	1		279		
Potassium, K	-	255		1	A	1		255		
Sodium, Na	-	71		1	A	1		71		
Zinc, Zn	<u>mg</u>	2.26		1	A	1		2.26		
Copper, Cu	mg	0.407	,	1	A	1		0.407		
Manganese, Mn	mg	0.195	5	1	A	1		0.195		
Selenium, Se	mcg	70.8		1	A	1		70.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	24.5		1	A	1		24.5		
Thiamin	-	0.153	1	1	A	1		0.153		
Riboflavin	_	2.590		1	A	1		2.590		
Niacin		13.500		1	A	1		13.500		
Pantothenic acid	-	6.280		1	A	1		6.280		
Vitamin B-6	-	1.470		1	A	1		1.470		
Folate, total	-	677		1	A	1		677		
Folic acid		0		0	z	7		0		
Folate, food		677		1	A	1		677		
Folate, DFE		677		0	NC	4		677		
Vitamin B-12		49.40		1	A	1		49.40		
Vitamin A, IU		72382		0	AS	1		72382		
Vitamin A, RAE		21702		0	AS	1		21702		
Retinol	mcg	21700		1	A	1		21700		
Vitamin E (alpha-tocopherol)	mg	0.12		2	A	1		0.12		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.17		2	A	1		0.17		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.8		2	A	1		0.8		
Lipids:										
Fatty acids, total saturated	а	5.507	,	1	A	1		5.507		
4:0		0.000		0	Z	7		0.000		
6:0	-	0.000		0	z	7		0.000		
8:0		0.000		1	A	1		0.000		
10:0		0.000)	1	A	1		0.000		
12:0		0.000		1	A	1		0.000		
13:0										
14:0	_	0.088	3	1	A	1		0.088		
15:0	_	0.000		1	A	1		0.000		
16:0	-	3.947		1	A	1		3.947		
17:0	-	0.000		1	A	1		0.000		
18:0		1.472		1	A	1		1.472		
20:0		0.000		1	A	1		0.000		
22:0		0.000		1	A	1		0.000		
24:0	_									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	_	7 207				-					
Fatty acids, total monounsaturated.		7.397		1 1	A A	1 1		7.397			
14:1		0.036 0.000		1	A A	1		0.036 0.000			
15:1	-			1	A	1					
16:1 undifferentiated	-	1.024		1	A	1		1.024			
17:1 18:1 undifferentiated	•	6.300		1	A	1		6.300			
20:1	•	0.037		1	A	1		0.037			
	-			0	Z	7		0.000			
22:1 undifferentiated	-	0.000		U	Z	,		0.000			
24:1 cFatty acids, total polyunsaturated		1.650		1	A	1		1.650			
18:2 undifferentiated		1.280		1	A	1		1.280			
18:3 undifferentiated	-	0.000		0	A	1		0.000			
18:3 n-6 c.c.c		0.000		1	A	1		0.000			
18:3i	-	0.000		1	A	1		0.000			
18:4		0.000		0	z	7		0.000			
20:2 n-6 c.c		0.000		1	A	1		0.000			
20:3 undifferentiated	-	0.000		1	A	1		0.000			
20:3 n-3	-	0.000		1	A	1		0.000			
20:3 n-6											
20:4 undifferentiated	-	0.326		1	A	1		0.326			
20:4 thdifferentiated	-	0.320		-	A	-		0.320			
20:4 n-6	• • • • • • • • • • • • • • • • • • • •										
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	z	7		0.000			
22:5 n-3	-	0.000		0	z	7		0.000			
22:6 n-3		0.000		0	z	7		0.000			
Fatty acids, total trans	-	0.000		1	A	1		0.000			
Cholesterol		331		1	A	1		331			
Phytosterols	_	331		-	A	-		331			
Filytosterois											
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0			
Caffeine	mg	0		0	Z	7		0			
Theobromine	mg	0		0	Z	7		0			
Carotenoids:											
Carotene, beta	mca	29		1	A	1		29.000			
Carotene, alpha		0		1	A	1		0.000			
Cryptoxanthin, beta		0		1	A	1		0.000			
Lycopene		0		1	A	1		0.000			
Lutein + zeaxanthin		76		1	A	1		75.600			
Lutem - Zeaxantinii								,5.000			

Common Measures:

Measure 1 = 100g: 1 liver

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
			!	Number				<u>m</u>	easures of food	<u>L</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	69.09		21		1		156.83		
Energy	kcal	201		0	NC	4		456		
Energy	kj	841				4		1909		
Protein (N x 6.25)	g	13.29		21		1		30.17		
Total lipid (fat)	g	15.96		21		1		36.23		
Ash	g	1.10		10		1		2.50		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch										
	_									
<u>Minerals:</u>				_		_				
Calcium, Ca	-	145		6		1		329		
Iron, Fe	-	1.61		6		1		3.65		
Magnesium, Mg		13		0		4		30		
Phosphorus, P	_	115		0		4		261		
Potassium, K	_	173		0		4		393		
Sodium, Na	-	48		0		4		109		
Zinc, Zn		2.90		6		1		6.58		
Copper, Cu		0.093		0		4		0.211		
Manganese, Mn		0.015	•	0		4		0.034		
Selenium, Se	mcg	26.5		0	BFZN	4		60.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0		
Thiamin	-	0.048	1	0		4		0.109		
Riboflavin		0.134		0		4		0.304		
Niacin		1.969		0		4		4.470		
Pantothenic acid		0.673		0		4		1.528		
Vitamin B-6		0.210		0		4		0.477		
Folate, total	_	7		0		4		16		
Folic acid		0		0	z	7		0		
Folate, food		7		0		4		16		
Folate, DFE		7		0	NC	4		16		
Vitamin B-12		0.26		0		4		0.59		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0		4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	•••••									
<u> Lipids:</u>										
Fatty acids, total saturated		5.310)	0		1		12.054		
4:0										
6:0	_									
8:0				•						
10:0		0.000		0		4		0.000		
12:0	_	0.130	•	4		1		0.295		
13:0	_			_		_				
14:0	_	0.270	1	4		1		0.613		
15:0	_			_		_				
16:0	-	3.260	1	4		1		7.400		
17:0				_		_				
18:0		1.650	1	4		1		3.746		
20:0	_									
22:0	σ.									

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u> e	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	5.020		0		1		11.395		
14:1										
15:1				_						
16:1 undifferentiated		0.250		4		1		0.568		
17:1	_			_						
18:1 undifferentiated		4.770		4		1		10.828		
20:1	-	0.000		0		4		0.000		
22:1 undifferentiated	•	0.000		0		4		0.000		
24:1 c	_									
Fatty acids, total polyunsaturated		4.510		0		1		10.238		
18:2 undifferentiated	_	4.180		4		1		9.489		
18:3 undifferentiated	_	0.330		4		1		0.749		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0		4		0.000		
20:5 n-3	_	0.000		0		4		0.000		
22:5 n-3		0.000		0		4		0.000		
22:6 n-3		0.000		0		4		0.000		
Fatty acids, total trans	_									
Cholesterol	-	95		0		4		216		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.106		0		4		0.241		
Threonine	g	0.636		0		1		1.444		
Isoleucine	g	0.502		0		1		1.140		
Leucine	g	1.082		0		1		2.456		
Lysine	g	1.152		0		1		2.615		
Methionine	g	0.374		0		1		0.849		
Cystine	g	0.098		0		1		0.222		
Phenylalanine	g	0.551		0		1		1.251		
Tyrosine	g	0.472		0		1		1.071		
Valine		0.544		0		1		1.235		
Arginine		0.867		0		1		1.968		
Histidine		0.504		0		1		1.144		
Alanine	g	0.870		0		1		1.975		
Aspartic acid	g	1.352		0		1		3.069		
Glutamic acid		2.230		0		1		5.062		
Glycine	g	0.778		0		1		1.766		
Proline	-	0.648		0		1		1.471		
Serine	g	0.621		0		1		1.410		

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in	edible portion of	of common
			,	Number				<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	140	Maan	Std. Error			Code	Code	Magazira 1	Magazira 2	Magazze
Nutrients and Oni	its	Mean	Sta. Error	1 Onnto	Ooue	Oode	Oode	Measure 1	Measure 2	Measure
roximates:										
Water	g	59.50				4			11.31	10.1
Energy	kcal	229				4			44	39
Energy	kj	958				4			182	163
Protein		27.40				4			5.21	4.6
Total lipid (fat)	-	12.41				4			2.36	2.1
Ash		0.70		0	NC	4			0.13	0.1
Carbohydrate, by difference		0.00			Z	7			0.00	0.0
Fiber, total dietary		0.0			_	7			0.0	0.0
Sugars, total		0.00		0	z	, 7			0.00	0.0
<u> </u>		0.00		U	4	,			0.00	0.0
Starch	g									
linerals:										
Calcium. Ca	mg	24				4			5	4
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.46				4			0.28	0.
Magnesium, Mg	-	25				4			5	4
Phosphorus, P		197				4			37	33
Potassium, K	•	266				4			51	45
Sodium, Na		996				4			189	169
Zinc, Zn		2.10				4			0.40	0.
Copper, Cu		0.056	5			4			0.011	0.
Manganese, Mn		0.050	•			-			0.011	٠.
Selenium, Se		26.0		0	BFNN	4			4.9	4.
•	9	20.0		·	DIM	-			1.5	
<u>itamins:</u>										
Vitamin C, total ascorbic acid		0.0			Z	7			0.0	0.
Thiamin		0.050				4			0.010	0.
Riboflavin	mg	0.130)			4			0.025	0.
Niacin		5.730)			4			1.089	0.
Pantothenic acid										
Vitamin B-6	mg	0.420)			4			0.080	0.
Folate, total	mcg	6				4			1	1
Folic acid	mcg	0		0	Z	7			0	0
Folate, food	mcg	6				4			1	1
Folate, DFE	mcg_DFE	6		0	NC	4			1	1
Vitamin B-12	mcg	0.34				4			0.06	0.
Vitamin A, IU		0				4			0	0
Vitamin A, RAE		0		0	NC	4			0	0
Retinol		0		0	NR	4			0	0
Vitamin E (alpha-tocopherol)		0.17		0	NR	4			0.03	0.
Tocopherol, beta		· · · · ·		·		-			0.03	٠.
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	BFZN	4			0.5	0.4
i <u>pids:</u>	~	2 202							0.640	•
Fatty acids, total saturated		3.383				4			0.643	0.
4:0		0.000				4			0.000	0.
6:0		0.000				4			0.000	0.
8:0	-	0.000				4			0.000	0.
10:0		0.000				4			0.000	0.
12:0		0.010)			4			0.002	0.
13:0										
14:0	g	0.090)			4			0.017	0.
15:0	g									
16:0		2.226	5			4			0.423	0.
17:0										
18:0		0.738	3			4			0.140	0.
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 100	grams o	f edib	<u>n</u>	Amount in edible portion of common			
			lumber		_		<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error F			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	4.651				4			0.884	0.791
14:1g 15:1g									
16:1 undifferentiated	0.788				4			0.150	0.134
17:1g	0.700				•			0.150	0.151
18:1 undifferentiated 9	3.753				4			0.713	0.638
20:1g	0.010				4			0.002	0.002
22:1 undifferentiatedg	0.010				4			0.002	0.002
24:1 cg									
Fatty acids, total polyunsaturated9	2.934				4			0.557	0.499
18:2 undifferentiatedg	2.485				4			0.472	0.422
18:3 undifferentiatedg	0.160				4			0.030	0.027
18:4g	0.000				4			0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.160				4			0.030	0.027
20:5 n-3g	0.000				4			0.000	0.000
22:5 n-3g	0.020				4			0.004	0.003
22:6 n-3g	0.030				4			0.006	0.005
Fatty acids, total trans									
Cholesterolmg	81				4			15	14
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7			0.0	0.0
Caffeine mg	0		0	Z	7			0	0
Theobromine mg	0		0	Z	7			0	0
Carotenoids:									
Carotene, betamcg	0		0	Z	7			0.000	0.000
Carotene, alpha mcg	0		0	Z	7			0.000	0.000
Cryptoxanthin, beta mcg	0		0	Z	7			0.000	0.000
Lycopene. mcg	0		0	Z	7			0.000	0.000
Lutein + zeaxanthin mcg	0		0	Z	7			0.000	0.000

Common Measures:

Measure 2 = 19g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein Fat Carbohydrate

Food Group: 05 Poultry Products

Refuse: 41% Bone

		<u>A</u>	mount in 100 gr	ams of ed	lible porti	<u>on</u>	Amount in	edible portion	of common
			Nun	ber			<u>m</u>	easures of food	<u> </u>
					y Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	56.91		0	1		123.49	19.92	
Energy	kcal	254		0 N	2 4		551	89	
Energy	kj	1063			4		2306	372	
Protein (N x 6.25)	g	26.41		0	1		57.31	9.24	
Total lipid (fat)		15.64		0	1		33.94	5.47	
Ash		0.94		0	1		2.04	0.33	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 Z			0.0	0.0	
Sugars, total				_	•		0.0	0.0	
Starch	_								
Starcii	9								
Minerals:									
Calcium, Ca	mg	31		0	1		67	11	
Iron, Fe.	-	2.22		0	1		4.82	0.78	
Magnesium, Mg	-	23		0	1		50	8	
Phosphorus, P		189		0	1		410	66	
Potassium, K	-	263		0	1		571	92	
Sodium, Na	-	69		0	1		150	24	
Zinc, Zn	-	3.89		0	1		8.44	1.36	
Copper, Cu		0.133	2	0	1		0.289	0.047	
Manganese, Mn		0.023		0	1		0.050	0.008	
Selenium, Se		34.3	,	0 BFY			74.4	12.0	
Selemum, Se	nog	34.3		O DEI	. 4		74.4	12.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0	
Thiamin	mg	0.051	L	0	1		0.111	0.018	
Riboflavin	mg	0.213	3	0	1		0.462	0.075	
Niacin	mg	3.554	1	0	1		7.712	1.244	
Pantothenic acid		1.035	5	0	1		2.246	0.362	
Vitamin B-6		0.290)	0	1		0.629	0.102	
Folate, total	-	8		0	1		17	3	
Folic acid		0		0 z	7		0	0	
Folate, food		8		0	1		17	3	
Folate, DFE		8		0 NC			17	3	
		0.33		0	1		0.72	0.12	
Vitamin B-12		0.33		0	1		0.72		
Vitamin A, IU								0	
Vitamin A, RAE		0		0	1		0	0	
Retinol		0		0	1		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	4.540)	0	1		9.852	1.589	
4:0		1.540		-	_		J		
6:0									
8:0	-								
10:0	_	0.000)	0	4		0.000	0.000	
12:0		0.010		0	1		0.022	0.004	
		0.010	•	•	_		0.022	0.004	
13:0	-	0 111	`	0	4		0 000	0 000	
14:0	-	0.110	,	0	1		0.239	0.039	
15:0	-			•	_				
16:0	-	2.880)	0	1		6.250	1.008	
17:0	-								
18:0	-	1.090)	0	1		2.365	0.382	
20:0	-								
22:0	g								
24:0	g								

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	~	5.450		0		1		11 007	1 000		
Fatty acids, total monounsaturated		5.450		U		1		11.827	1.908		
15:1											
16:1 undifferentiated		0.910		0		1		1.975	0.319		
17:1	-	0.510		Ū		-		1.575	0.515		
18:1 undifferentiated		4.420		0		1		9.591	1.547		
20:1		0.020		0		1		0.043	0.007		
22:1 undifferentiated	_	0.010		0		1		0.022	0.004		
24:1 c		0.010		J		1		0.022	0.004		
Fatty acids, total polyunsaturated		4.010		0		1		8.702	1.404		
18:2 undifferentiated		3.460		0		1		7.508	1.211		
18:3 undifferentiated	_	0.200		0		1		0.434	0.070		
18:4		0.200		·		-		0.454	0.070		
20:2 n-6 c.c.											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.240		0		1		0.521	0.084		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.030		0		1		0.065	0.011		
22:6 n-3		0.050		0		1		0.109	0.018		
Fatty acids, total trans		0.000		·		_		0.200	0.020		
Cholesterol	-	85		0		1		184	30		
Phytosterols	-										
-											
Amino Acids:											
Tryptophan	-	0.286		0		1		0.621	0.100		
Threonine	-	1.139		0		1		2.472	0.399		
Isoleucine	-	1.292		0		1		2.804	0.452		
Leucine	-	2.019		0		1		4.381	0.707		
Lysine	-	2.348		0		1		5.095	0.822		
Methionine	g	0.728		0		1		1.580	0.255		
Cystine		0.301		0		1		0.653	0.105		
Phenylalanine	g	1.024		0		1		2.222	0.358		
Tyrosine	g	0.975		0		1		2.116	0.341		
Valine	g	1.358		0		1		2.947	0.475		
Arginine	-	1.873		0		1		4.064	0.656		
Histidine		0.775		0		1		1.682	0.271		
Alanine	-	1.714		0		1		3.719	0.600		
Aspartic acid	-	2.534		0		1		5.499	0.887		
Glutamic acid		4.152		0		1		9.010	1.453		
Glycine	g	1.758		0		1		3.815	0.615		
Proline	g	1.309		0		1		2.841	0.458		
Serine	g	1.159		0		1		2.515	0.406		
Hydroxyproline	g										

Common Measures:

Measure 1 = 217g: .5 back, bone removed

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 43% Bone

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
				ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	65.61	()	1		195.52	30.84		
Energy	kcal	218	(NC NC	4		650	102		
Energy	kj	912			4		2718	429		
Protein (N x 6.25)	g	17.51	()	1		52.18	8.23		
Total lipid (fat)		15.93	()	1		47.47	7.49		
Ash		0.78	()	1		2.32	0.37		
Carbohydrate, by difference		0.00	(Z	7		0.00	0.00		
Fiber, total dietary		0.0	(Z	7		0.0	0.0		
Sugars, total										
Starch	_									
Minerals:		4 -			_			_		
Calcium, Ca	-	18	(1		54	8		
Iron, Fe	-	1.78	(1		5.30	0.84		
Magnesium, Mg		18	0		1		54	8		
Phosphorus, P	•	153 231	0		1 1		456	72 100		
Potassium, K Sodium, Na		231 61	(1		688 182	109 29		
Zinc, Zn	_	2.53	(1		7.54	1.19		
Copper, Cu		0.130			1		0.387	0.061		
Manganese, Mn		0.130			1		0.063	0.010		
Selenium, Se		24.0	- (71.5	11.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	C		7		0.0	0.0		
Thiamin		0.058			1		0.173	0.027		
Riboflavin		0.177			1		0.527	0.083		
Niacin	-	2.369			1		7.060	1.113		
Pantothenic acid		0.871			1		2.596	0.409		
Vitamin B-6	_	0.270			1		0.805	0.127		
Folate, total		9 0	(1 7		27 0	4		
Folic acid		9	(0 27	0 4		
Folate, food	IIICG	9	(1 4		27 27	4		
Folate, DFE		0.35	(1		1.04	0.16		
Vitamin B-12 Vitamin A, IU		8	(1		24	4		
Vitamin A, RAE		2	(1		7	1		
Retinol		2	(1		7	1		
Vitamin E (alpha-tocopherol)		-	`		-		•	-		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
. ,	•									
Lipids:	0	4.410) (1		13.142	2.073		
Fatty acids, total saturated		4.410	, ,		1		13.142	2.073		
4:0 6:0										
8:0										
10:0		0.000) (4		0.000	0.000		
12:0		0.010			1		0.030	0.005		
13:0		0.010			-		0.050	0.005		
14:0	_	0.120) (1		0.358	0.056		
15:0	_	V.120			-		3.555	0.050		
16:0	_	2.960) (1		8.821	1.391		
17:0	_							-		
18:0	_	0.960) (1		2.861	0.451		
20:0			·		=					
22:0	_									
24:0	_									

		<u>Ar</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Father and the total management of	α.	6.120		0		1		10 020	2 076		
Fatty acids, total monounsaturated		6.120		U		_		18.238	2.876		
15:1											
16:1 undifferentiated		1.040		0		1		3.099	0.489		
17:1	-	1.040		Ū		-		3.033	0.405		
18:1 undifferentiated		4.940		0		1		14.721	2.322		
20:1		0.010		0		1		0.030	0.005		
22:1 undifferentiated	-	0.010		0		1		0.030	0.005		
24:1 c		0.010		U		1		0.030	0.003		
Fatty acids, total polyunsaturated		3.890		0		1		11.592	1.828		
18:2 undifferentiated		3.420		0		1		10.192	1.607		
18:3 undifferentiated	-	0.220		0		1		0.656	0.103		
18:4		0.220		·		-		0.050	0.103		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.150		0		1		0.447	0.071		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.020		0		1		0.060	0.009		
22:6 n-3		0.030		0		1		0.089	0.014		
Fatty acids, total trans		0.030		·		-		0.003	0.014		
Cholesterol	-	68		0		1		203	32		
Phytosterols	_					_		200			
1 ily tosterois											
Amino Acids:											
Tryptophan	-	0.187		0		1		0.557	0.088		
Threonine	g	0.747		0		1		2.226	0.351		
Isoleucine	g	0.838		0		1		2.497	0.394		
Leucine	g	1.319		0		1		3.931	0.620		
Lysine	g	1.524		0		1		4.542	0.716		
Methionine	g	0.474		0		1		1.413	0.223		
Cystine	g	0.205		0		1		0.611	0.096		
Phenylalanine	g	0.673		0		1		2.006	0.316		
Tyrosine	g	0.631		0		1		1.880	0.297		
Valine	g	0.890		0		1		2.652	0.418		
Arginine	_	1.249		0		1		3.722	0.587		
Histidine	g	0.502		0		1		1.496	0.236		
Alanine	g	1.155		0		1		3.442	0.543		
Aspartic acid	g	1.673		0		1		4.986	0.786		
Glutamic acid	g	2.716		0		1		8.094	1.277		
Glycine	g	1.269		0		1		3.782	0.596		
Proline	g	0.917		0		1		2.733	0.431		
Serine	g	0.765		0		1		2.280	0.360		
Hydroxyproline	g										

Common Measures:

Measure 1 = 298g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 8% Bone

		<u>A</u>	mount in 100	grams	of edik	ole portic	<u>on</u>	Amount in	edible portion o	f common
			N	lumber	,			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Duavimatas										
Proximates: Water	g	62.69		0		1		68.33	430.05	
Energy	-	194		0	NC	4		211	1331	
Energy		812				4		885	5568	
Protein (N x 6.25)		28.80		0		1		31.39	197.57	
Total lipid (fat)	-	7.86		0		1		8.57	53.92	
Ash	_	1.06		0		1		1.16	7.27	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:				_		_			·	
Calcium, Ca	-	22		0		1		24	151	
Iron, Fe.	_	1.36		0		1		1.48	9.33	
Magnesium, Mg		26		0		1		28	178	
Phosphorus, P	_	210 289		0		1 1		229	1441	
Potassium, KSodium, Na	_	289 58		0		1		315 63	1983 398	
Zinc, Zn	-	1.97		0		1		2.15	13.51	
Copper, Cu		0.043	2	0		1		0.047	0.295	
Manganese, Mn		0.04		0		1		0.023	0.293	
Selenium, Se		27.9	-	0	BFYN	4		30.4	191.4	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.053		0		1		0.058	0.364	
Riboflavin	_	0.128		0		1		0.140	0.878	
Niacin		6.678		0		1		7.279	45.811	
Pantothenic acid		0.620		0		1		0.676	4.253	
Vitamin B-6		0.470)	0		1		0.512	3.224	
Folate, total		6 0		0	_	1 7		7 0	41	
Folic acid		6		0	Z	1		7	0 41	
Folate, food		6		0	NC	4		7	41 41	
Folate, DFE		0.35		0	NC	1		0.38	2.40	
Vitamin B-12 Vitamin A, IU		0.33		0		1		0.38	0	
Vitamin A, RAE	mca RAF	0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)	_	ŭ		·		-		Ü	v	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	2.250	1	0		1		2.453	15.435	
4:0		2.25	•	·		-		2.433	13.433	
6:0	_									
8:0	-									
10:0		0.000)	0		4		0.000	0.000	
12:0		0.020		0		1		0.022	0.137	
13:0										
14:0	-	0.050)	0		1		0.055	0.343	
15:0	_									
16:0	g	1.340)	0		1		1.461	9.192	
17:0	g									
18:0	g	0.550)	0		1		0.600	3.773	
20:0	g									
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 Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
P		2.500		0		1		0.705	17 150		
Fatty acids, total monounsaturated.		2.500		U		1		2.725	17.150		
15:1											
16:1 undifferentiated		0.410		0		1		0.447	2.813		
17:1	-	0.410		v		-		0.447	2.015		
18:1 undifferentiated		2.030		0		1		2.213	13.926		
20:1		0.020		0		1		0.022	0.137		
22:1 undifferentiated	_	0.010		0		1		0.011	0.069		
24:1 c		0.010		Ū		-		0.011	0.003		
Fatty acids, total polyunsaturated		1.930		0		1		2.104	13.240		
18:2 undifferentiated		1.520		0		1		1.657	10.427		
18:3 undifferentiated	_	0.080		0		1		0.087	0.549		
18:4		0.000		·		_		0.007	0.545		
20:2 n-6 c.c											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.190		0		1		0.207	1.303		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	_	0.030		0		1		0.033	0.206		
22:6 n-3		0.040		0		1		0.044	0.274		
Fatty acids, total trans		0.010		•		_		0.011	0.2.1		
Cholesterol	-	72		0		1		78	494		
Phytosterols	-										
-											
Amino Acids:											
Tryptophan	-	0.321		0		1		0.350	2.202		
Threonine	-	1.264		0		1		1.378	8.671		
Isoleucine	-	1.459		0		1		1.590	10.009		
Leucine	-	2.254		0		1		2.457	15.462		
Lysine		2.647		0		1		2.885	18.158		
Methionine	-	0.817		0		1		0.891	5.605		
Cystine		0.312		0		1		0.340	2.140		
Phenylalanine	-	1.131		0		1		1.233	7.759		
Tyrosine	-	1.105		0		1		1.204	7.580		
Valine		1.508		0		1		1.644	10.345		
Arginine	_	2.023		0		1		2.205	13.878		
Histidine		0.876		0		1		0.955	6.009		
Alanine	-	1.820		0		1		1.984	12.485		
Aspartic acid	-	2.782		0		1		3.032	19.085		
Glutamic acid		4.625		0		1		5.041	31.728		
Glycine	-	1.640		0		1		1.788	11.250		
Proline	-	1.298		0		1		1.415	8.904		
Serine	-	1.274		0		1		1.389	8.740		
Hydroxyproline	g										

Common Measures:

Measure 1 = 109g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 686g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 11% Bone

		<u>A</u>	mount in 100	grams	of edit	ole portic	<u>on</u>	Amount in	edible portion o	f common
			N	lumber	,			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	69.00		0		1		95.91	603.06	
Energy	_	167		0	NC	4		232	1460	
Energy		699				4		971	6107	
Protein (N x 6.25)		21.62		0		1		30.05	188.96	
Total lipid (fat)	_	8.30		0		1		11.54	72.54	
Ash		0.89		0		1		1.24	7.78	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	-	13		0		1		18	114	
Iron, Fe	-	1.41		0		1		1.96	12.32	
Magnesium, Mg		24		0		1		33	210	
Phosphorus, P	-	179		0		1 1		249 370	1564 2325	
Potassium, K	-	266 55		0		1		370 76	2325 481	
Sodium, NaZinc, Zn	-	1.54		0		1		2.14	13.46	
Copper, Cu		0.082	,	0		1		0.114	0.717	
Manganese, Mn		0.002		0		1		0.029	0.717	
Selenium, Se		21.8	-	0	BFNN	4		30.3	190.5	
·				-		_				
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.053		0		1		0.074	0.463	
Riboflavin	-	0.123		0		1		0.171	1.075	
Niacin		4.904		0		1		6.817	42.861	
Pantothenic acid		0.612		0		1		0.851	5.349	
Vitamin B-6		0.480)	0		1		0.667	4.195	
Folate, total		7 0		0	_	1 7		10 0	61	
Folic acid		7		0	Z	1		10	0 61	
Folate, food		7		0	NC	4		10	61 61	
Folate, DFEVitamin B-12		0.41		0	NC	1		0.57	3.58	
Vitamin A, IU		5		0		1		7	44	
Vitamin A, RAE	mca RAF	2		0		1		2	13	
Retinol		2		0		1		2	13	
Vitamin E (alpha-tocopherol)	-	-		·		-		-	13	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	2.250	n	0		1		3.128	19.665	
4:0		2.23	•	·		-		3.120	15.005	
6:0										
8:0										
10:0	_	0.000)	0		4		0.000	0.000	
12:0	-	0.010		0		1		0.014	0.087	
13:0										
14:0	_	0.060)	0		1		0.083	0.524	
15:0	-									
16:0	-	1.500)	0		1		2.085	13.110	
17:0	g									
18:0	g	0.480)	0		1		0.667	4.195	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.190		0		1		4.434	27.881	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.540		0		1		0.751	4.720	
17:1	g									
18:1 undifferentiated	g	2.580		0		1		3.586	22.549	
20:1	g	0.010		0		1		0.014	0.087	
22:1 undifferentiated	-	0.010		0		1		0.014	0.087	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.950		0		1		2.711	17.043	
18:2 undifferentiated	g	1.680		0		1		2.335	14.683	
18:3 undifferentiated	g	0.110		0		1		0.153	0.961	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.090		0		1		0.125	0.787	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.010		0		1		0.014	0.087	
22:6 n-3	g	0.010		0		1		0.014	0.087	
Fatty acids, total trans	g									
Cholesterol	mg	62		0		1		86	542	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	g	0.239		0		1		0.332	2.089	
Threonine	g	0.944		0		1		1.312	8.251	
Isoleucine	g	1.084		0		1		1.507	9.474	
Leucine	g	1.681		0		1		2.337	14.692	
Lysine	g	1.968		0		1		2.736	17.200	
Methionine	g	0.608		0		1		0.845	5.314	
Cystine	g	0.237		0		1		0.329	2.071	
Phenylalanine	g	0.846		0		1		1.176	7.394	
Tyrosine	g	0.820		0		1		1.140	7.167	
Valine	g	1.126		0		1		1.565	9.841	
Arginine	g	1.523		0		1		2.117	13.311	
Histidine		0.651		0		1		0.905	5.690	
Alanine	g	1.378		0		1		1.915	12.044	
Aspartic acid	g	2.084		0		1		2.897	18.214	
Glutamic acid		3.451		0		1		4.797	30.162	
Glycine	g	1.294		0		1		1.799	11.310	
Proline		1.004		0		1		1.396	8.775	
Serine		0.954		0		1		1.326	8.338	
Hydroxyproline	-									

Common Measures:

Measure 1 = 139g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 874g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% Bone

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	ı
			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	59.61	0.448	15		1		63.19	396.41	
Energy	kcal	232		0	NC	4		246	1543	
Energy	kj	971				4		1029	6455	
Protein (N x 6.25)		27.37	0.399	15		1		29.01	182.01	
Total lipid (fat)		12.78	0.645	15		1		13.55	84.99	
Ash		0.98	0.009	15		1		1.04	6.52	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	_									
Starch	g									
Minerals:										
Calcium, Ca	mg	31	1.352	15		1		33	206	
Iron, Fe	-	2.28	0.085	15		1		2.42	15.16	
Magnesium, Mg	mg	23	0.210	15		1		24	153	
Phosphorus, P	-	196	2.995	15		1		208	1303	
Potassium, K	-	276	3.241	15		1		293	1835	
Sodium, Na	-	72	1.032	15		1		76	479	
Zinc, Zn		4.10	0.118	3		1		4.35	27.27	
Copper, Cu		0.139		3		1		0.147	0.924	
Manganese, Mn		0.023	0.002	3 0		1 4		0.024	0.153 247.4	
Selenium, Se	Ilicy	37.2		U	BFYN	4		39.4	247.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.055	0.002	15		1		0.058	0.366	
Riboflavin	-	0.223	0.007	15		1		0.236	1.483	
Niacin		3.659		15		1		3.879	24.332	
Pantothenic acid		1.117		0		1		1.184	7.428	
Vitamin B-6		0.310	1	0		1		0.329	2.062	
Folate, total		8		0	_	1		8	53	
Folic acid		0 8		0	Z	7 1		0 8	0 53	
Folate, foodFolate, DFE		8		0	NC	4		8	53 53	
Vitamin B-12		0.34		0	NC	1		0.36	2.26	
Vitamin A, IU		0.34	0.000	3		1		0.30	0	
Vitamin A, RAE	mca RAF	0	0.000	3		1		0	Ö	
Retinol		Ö	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.860	1	0		1		4.092	25.669	
4:0										
6:0	g									
8:0	_									
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.020	1	0		1		0.021	0.133	
13:0	-			•		_				
14:0	-	0.090	1	0		1		0.095	0.599	
15:0	-	2.330		0		1		0.470	15 405	
16:0 17:0	-	2.330	•	U		_		2.470	15.495	
18:0	-	0.990	1	0		1		1.049	6.584	
20:0	_	0.990		Ü		-		1.043	0.564	
22:0	-									
24:0	-									
₽ 7.0										

		<u>Aı</u>	mount in 100 gr		Amount in edible portion of common measures of food				
			Nun	nber			<u>m</u>	easures of 1000	
Nutrients and Uni	ts	Mean	of E Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	4.060	1	0	1		4.304	26.999	
14:1									
15:1		0.660		0	1		0.700	4.389	
16:1 undifferentiated		0.660		U	1		0.700	4.389	
17:1 18:1 undifferentiated	-	3.300		0	1		3.498	21.945	
20:1		0.030		0	1		0.032	0.200	
22:1 undifferentiated	-	0.020		0	1		0.032	0.200	
24:1 c	•	0.020	•	U	1		0.021	0.133	
Fatty acids, total polyunsaturated	-	3.420	1	0	1		3.625	22.743	
18:2 undifferentiated		2.890		0	1		3.023	19.219	
18:3 undifferentiated	-	0.150		0	1		0.159	0.998	
18:4	-	0.150		Ü	-		0.139	0.998	
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated		0.260)	0	1		0.276	1.729	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3	_	0.040		0	1		0.042	0.266	
22:6 n-3		0.050		0	1		0.053	0.333	
Fatty acids, total trans				-	=				
Cholesterol	-	84	3.021	15	1		89	559	
Phytosterols	_								
Amino Acids:									
Tryptophan	g	0.303	1	0	1		0.321	2.015	
Threonine	g	1.196	i	0	1		1.268	7.953	
Isoleucine	g	1.375	i	0	1		1.458	9.144	
Leucine	g	2.130	1	0	1		2.258	14.165	
Lysine	g	2.495	i	0	1		2.645	16.592	
Methionine	g	0.771		0	1		0.817	5.127	
Cystine	g	0.300)	0	1		0.318	1.995	
Phenylalanine	g	1.072		0	1		1.136	7.129	
Tyrosine	g	1.041		0	1		1.103	6.923	
Valine	g	1.427		0	1		1.513	9.490	
Arginine	g	1.927		0	1		2.043	12.815	
Histidine	g	0.825	i	0	1		0.875	5.486	
Alanine	g	1.741		0	1		1.845	11.578	
Aspartic acid		2.639		0	1		2.797	17.549	
Glutamic acid		4.372		0	1		4.634	29.074	
Glycine		1.624		0	1		1.721	10.800	
Proline		1.264		0	1		1.340	8.406	
Serine		1.208		0	1		1.280	8.033	
Hydroxyproline	g								

Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 665g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% Bone

Nutrients and Units	Amount	nou	ount in 100	grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units			Nu	umbe	r			m	easures of food	<u> </u>	
Nutrients and Units						Source	Confidence				
Water	an Std.	Sto	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Water											
Facegy	92		0.580	15		1		106 28	666.34		
Exergy			0.500		NC						
Protein (N \(6.25 \)				U	NC						
Total Iprid (fan			0.004	1.5		-					
Ash.									177.73		
Carbolydrate, by difference									97.68		
Fiber, total dietary. Sugars, total. Sugars, total.			0.005		_				8.29		
Sugars, total 9 9 9 9 9 9 9 9 9									0.00		
	0.0			0	Z	7		0.0	0.0		
Calcium, Ca											
Calcium, Ca.											
Inn. Fc.	3		0.964	15		1		27	172		
Magnesium Mg. mg 20 0.105 15 1 30 191 Phosphorus P. mg 170 1.866 15 1 258 1620 Polassium K. mg 259 3.707 15 1 394 2468 Sodium, Na. mg 67 1.075 15 1 102 63 Zine, Zin. mg 2.83 0.038 3 1 0.214 1 0.244 1 0.214 1 0.214 1 0.214 1 0.214 1 0.214 1 0.214 1 0.035 1 0 0.214 1 0.035 1 0 0.214 1 0.214 1 0.224 1 0.035 1 0 0 2 7 0 0 0 0 1 1 0.03 0 1 1 1.03 0 1 1 1.03 0 1 1 1.04									17.44		
Prosphorus, P											
Potassium, K.						_					
Sodium, Na.						_					
Zine, Zn.						_					
Copper, Cu mg 0.141 0.014 3 1 0.214 1 Manganese, Mn mg 0.023 0.001 3 1 0.035 0 Vitamins. Vitamin C, total ascorbic acid mg 0.0 0 2 7 0.0 0 Thismin mg 0.068 0.001 15 1 0.103 0 Riboflavin mg 0.058 0.001 15 1 0.302 1 Niacin mg 0.199 0.007 15 1 0.302 1 Niacin mg 1.020 0.055 15 1 0.302 1 Patrotheric acid mg 1.020 0.055 15 1 0.302 1 Patrotheric acid mg 1.020 0 1 0.486 3 Folate, Def mg 1.020 0 2 7 0 0 Folate, Joad mcg									26.97		
Manganese, Mn. mg 0.023 0.001 3 1 0.035 0 Sclenium, Sc. mcg 26.1 0 PAK 1 39.7 248 Zitamins. "*** Vitamin C, total ascorbic acid mg 0.068 0.001 15 1 0.103 0 Riboflavin mg 0.199 0.007 15 1 0.302 1 Niacin mg 0.199 0.055 15 1 0.302 1 Niacin mg 0.259 0.055 15 1 3.950 24 Pantotheric acid mg 0.320 0 1 1.550 99 Vitamin B-6 mg 0.320 0 1 1.550 99 Folic acid mcg 0 0 1 15 95 Folic acid mcg 0 0 0 1 15 95 Folate, food mcg 1									1.344		
Selenium, Se.									0.219		
Vitamin S: Vitamin C, total ascorbic acid			0.001		PAK				248.7		
Vitamin C, total ascorbic acid.	,			Ū	Im	-		33.7	240.7		
Thiamin											
Riboflavin. mg 0.199 0.007 15 1 0.302 1 Niacin. mg 2.599 0.055 15 1 3.950 24 Pantohenic acid. mg 1.020 0 1 1.550 99 Vitamin B-6. mg 0.320 0 1 0.486 3 Folic acid. mcg 10 0 1 15 95 Folic acid. mcg 0 0 2 7 0 0 0 Folate, food. mcg 10 0 Nc 4 15 95 Folate, DFE. mcg DFE 10 0 Nc 4 15 95 Vitamin B-12. mcg 0 38 0 1 15 95 Vitamin A, RAE mcg PAE 1 0.483 3 1 2 11 Vitamin B-1 mcg 1 0.480 3 1 2 1 <td>0.0</td> <td></td> <td></td> <td>0</td> <td>Z</td> <td>7</td> <td></td> <td>0.0</td> <td>0.0</td> <td></td>	0.0			0	Z	7		0.0	0.0		
Niacin mg 2.599 0.055 15 1 3.950 24 Pantothenic acid mg 1.020 0 1 1.550 9 Vitamin B-6. mg 0.320 0 1 0.486 3 Folate, total mcg 10 0 2 7 0 0 Folate, total mcg 10 0 2 7 0 0 Folate, Cod mcg 10 0 NC 4 15 95 Folate, DFE mcg_OFE 10 NC 4 15 95 Vitamin B-12 mcg 0.38 1 0 1 15 95 Vitamin B-12 mcg 0.38 1 0 1 15 95 Vitamin B-12 mcg 0.38 1 0 1 2 11 Retinol mcg_CAE 1 0.483 3 1 2 1 1	.068	į.	0.001	15		1		0.103	0.648		
Pantothenic acid mg 1.020 0 1 1.550 9 Vitamin B-6 mg 0.320 0 1 0.486 3 Folate, total mcg 10 0 1 15 95 Folica cid mcg 0 0 2 7 0 0 0 Folate, DFE mcg 10 0 NC 4 15 95 Folate, DFE mcg 0.38 0 NC 4 15 95 Folate, DFE mcg 0.38 0 NC 4 15 95 Vitamin B-12 mcg 0.38 0 1 0.58 3 Vitamin A, RU IU 4 1.607 3 1 2 11 4 3 1 2 11 4 3 1 2 11 1 4 1 2 1 1 4 1 2 1 1 <th< td=""><td>.199</td><td>,</td><td>0.007</td><td>15</td><td></td><td>1</td><td></td><td>0.302</td><td>1.896</td><td></td></th<>	.199	,	0.007	15		1		0.302	1.896		
Vitamin B-6. mg 0.320 0 1 0.486 3 Folate, total. mcg 10 0 1 15 95 Folica cid. mcg 0 0 2 7 0 0 Folate, food. mcg 10 0 1 15 95 Folate, food. mcg 10 0 NC 4 15 95 Folate, food. mcg 10 0 NC 4 15 95 Vitamin B-12. mcg 0.038 0 1 0.58 3 Vitamin A, IU. U 4 1.607 3 1 2 11 Retinol. mcg 1 0.483 3 1 2 11 Vitamin Calpha-tocopherol). mg mg	2.599	,	0.055	15		1		3.950	24.768		
Folate, total	020	,		0		1		1.550	9.721		
Folic acid	.320	,		0		1		0.486	3.050		
Folate, food)			0		1		15	95		
Folate, DFE)			0	Z	7		0	0		
Folate, DFE)			0		1		15	95		
Vitamin B-12 mcg 0.38 0 1 0.58 3 Vitamin A, IU IU 4 1.607 3 1 6 38 Vitamin A, RAE mcg_RAE 1 0.483 3 1 2 11 Retinol mcg 1 0.483 3 1 2 11 Vitamin E (alpha-tocopherol) mg 7 4 3 1 2 11 Vitamin E (alpha-tocopherol) mg 7 4 4 2 11 Tocopherol, detta mg 7 4 4 2 4 2 4 2 4 2 4 2 4 2 4 2 4 2 2 9 2 9 2 9 3 4 5 4 5 2 8 2 8 2 8 2 8 2 8 9 8 0 1 0 0)			0	NC	4		15	95		
Vitamin A, IU IU 4 1.607 3 1 6 38 Vitamin A, RAE mcg 1 0.483 3 1 2 11 Retinol mcg 1 0.483 3 1 2 11 Vitamin E (alpha-tocopherol) mg 7 1 2 11 2 11 Tocopherol, beta mg 7 3 1 2 11 2 11 Tocopherol, gamma mg 7 4 2 2 11 2 2 11 2 2 11 2 2 11 2 2 11 2 2 11 2 2 11 2 2 11 2 2 12 12 2	.38			0		1		0.58	3.62		
Vitamin A, RAE mcg_RAE 1 0.483 3 1 2 11 Retinol mcg 1 0.483 3 1 2 11 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 2.990 0 1 4.545 28 4:0 g 9 0.000 0 1 4.545 28 4:0 g 0 0 1 4.545 28 8:0 g 0 0 4 0.000 0 12:0 g 0.010 0 1 0.015 0 13:0 g 0.070 0 1 0.106 0 15:0 g 1.880 0 1 2.858	Į		1.607	3		1		6	38		
Retinol mcg 1 0.483 3 1 2 11 Vitamin E (alpha-tocopherol) mg			0.483	3		1		2	11		
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 2.990 0 1 4.545 28 4:0. g 6:0. g 8.60. 9 8.60. 9 8.60. 9 10:0. 9 0.010 0 4 0.000 0 0 12:0. 9 0.015 0 0 1 0.015 0 0 1 0.015 0 0 0 1 0.016 0 0 0 1 0.015 0			0.483	3		1		2	11		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 2.990 0 1 4.545 28 4:0 g 6:0 g 8:0 g 10:0 g 0.000 0 4 0.000 0 12:0 g 0.010 0 1 0.015 0 13:0 g 0.070 0 1 0.106 0 15:0 g 1.880 0 1 2.858 17 17:0 g 0.720 0 1 1.094 6											
Lipids: Fatty acids, total saturated 9 2.990 0 1 4.545 28 4:0 9 6:0 9 8:0 9 10:0 9 0.000 0 4 0.000 0 12:0 9 0.010 0 1 0.015 0 13:0 9 0.070 0 1 0.106 0 15:0 9 1.880 0 1 2.858 17 17:0 9 18:0 9 0.720 0 1 1.094 6											
Fatty acids, total saturated. g 2.990 0 1 4.545 28 4:0											
4:0 9 6:0 9 8:0 9 10:0 9 0.000 0 4 0.000 0 12:0 9 0.010 0 1 0.015 0 13:0 9 0.070 0 1 0.106 0 15:0 9 0.070 0 1 2.858 17 17:0 9 1.880 0 1 2.858 17 18:0 9 0.720 0 1 1.094 6				_		_			65 15=		
6:0	2.990	1		0		1		4.545	28.495		
8:0											
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$											
12:0				^							
13:0. g 14:0. g 0.070 0 1 0.106 0 15:0. g 16:0. g 1.880 0 1 2.858 17 17:0. g 18:0. g 0.720 0 1 1.094 6									0.000		
14:0. g 0.070 0 1 0.106 0 15:0. g 16:0. g 1.880 0 1 2.858 17 17:0. g 18:0. g 0.720 0 1 1.094 6	0.010	1		U		1		0.015	0.095		
15:0.				_		_					
16:0	0.070	1		0		1		0.106	0.667		
17:0g 18:0g 0.720 0 1 1.094 6				_							
18:0g 0.720 0 1 1.094 6	880	i		0		1		2.858	17.916		
20.0	.720	1		0		1		1.094	6.862		
20:0g											
22:0g 24:0g											

	<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			a Deriv Source					
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	3.530	0	1		5.366	33.641		
14:1g								
15:1g								
16:1 undifferentiated	0.590	0	1		0.897	5.623		
17:1g								
18:1 undifferentiated	2.870	0	1		4.362	27.351		
20:1g	0.020	0	1		0.030	0.191		
22:1 undifferentiatedg	0.010	0	1		0.015	0.095		
24:1 cg								
Fatty acids, total polyunsaturatedg	2.640	0	1		4.013	25.159		
18:2 undifferentiatedg	2.270	0	1		3.450	21.633		
18:3 undifferentiatedg	0.130	0	1		0.198	1.239		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.170	0	1		0.258	1.620		
20:5 n-3g								
22:5 n-3g	0.020	0	1		0.030	0.191		
22:6 n-3g	0.030	0	1		0.046	0.286		
Fatty acids, total transg								
Cholesterolmg	65	2.028 15	1		99	619		
Phytosterolsmg								
Amino Acids:								
Tryptophan9	0.206	0	1		0.313	1.963		
Threonineg	0.814	0	1		1.237	7.757		
Isoleucineg	0.936	0	1		1.423	8.920		
Leucineg	1.450	0	1		2.204	13.819		
Lysineg	1.698	0	1		2.581	16.182		
Methionineg	0.525	0	1		0.798	5.003		
Cystineg	0.205	0	1		0.312	1.954		
Phenylalanineg	0.730	0	1		1.110	6.957		
Tyrosineg	0.708	0	1		1.076	6.747		
Valineg	0.972	0	1		1.477	9.263		
Arginineg	1.314	0	1		1.997	12.522		
Histidineg	0.561	0	1		0.853	5.346		
Alanineg	1.188	0	1		1.806	11.322		
Aspartic acidg	1.798	0	1		2.733	17.135		
Glutamic acidg	2.976	0	1		4.524	28.361		
Glycineg	1.115	0	1		1.695	10.626		
Prolineg	0.865	0	1		1.315	8.243		
Serineg	0.823	0	1		1.251	7.843		
Hydroxyprolineg								

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 953g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% 27% bone, 9% skin

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Nui	mber				m	easures of food	_	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	62.74	0.213	15		1		87.84	58.35		
Energy	kcal	192		0	NC	4		269	179		
Energy	kj	803				4		1125	747		
Protein (N x 6.25)	g	28.42	0.314	15		1		39.79	26.43		
Total lipid (fat)	g	7.79	0.336	15		1		10.91	7.24		
Ash	g	1.02	0.007	15		1		1.43	0.95		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	30	1.435	15		1		42	28		
Iron. Fe.	-	2.33	0.089	15		1		3.26	2.17		
Magnesium, Mg		25	0.217	15		1		35	23		
Phosphorus, P		204	2.663	15		1		286	190		
Potassium, K	-	292	3.851	15		1		409	272		
Sodium, Na	mg	75	1.035	15		1		105	70		
Zinc, Zn		4.39	0.060	3		1		6.15	4.08		
Copper, Cu	mg	0.148	0.005	3		1		0.207	0.138		
Manganese, Mn	mg	0.024	0.002	3		1		0.034	0.022		
Selenium, Se	mcg	40.9	4.175	16	A	1		57.3	38.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.059	0.003	15	-	1		0.083	0.055		
Riboflavin		0.235		15		1		0.329	0.219		
Niacin	-	3.760		15		1		5.264	3.497		
Pantothenic acid		1.236		0		1		1.730	1.149		
Vitamin B-6		0.340)	0		1		0.476	0.316		
Folate, total		9		0		1		13	8		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	9		0		1		13	8		
Folate, DFE	mcg_DFE	9		0	NC	4		13	8		
Vitamin B-12		0.36		0		1		0.50	0.33		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0		1		0	0		
Retinol	-	0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Vitamin K (pnylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	g	2.610)	0		1		3.654	2.427		
4:0											
6:0	_										
8:0	_			•							
10:0	_	0.000		0		4 1		0.000	0.000		
12:0	-	0.020	,	U		1		0.028	0.019		
13:0		0.050		0		1		0.070	0.047		
14:0 15:0	-	0.050	,	U		1		0.070	0.04/		
16:0	-	1.380)	0		1		1.932	1.283		
17:0	-	1.300	•	•		-		1.932	1.203		
18:0	-	0.780)	0		1		1.092	0.725		
20:0	_	5.750		•		-		1.032	0.723		
22:0	-										
24:0	-										
∠ ¬.∪											

		<u>Aı</u>	mount in 100 grar	Amount in edible portion of common					
			Numb	er			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	of Da Std. Error Point			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	1.770	0		1		2.478	1.646	
14:1									
15:1		0.060			1		0.364	0.040	
16:1 undifferentiated		0.260	0		1		0.364	0.242	
17:1	-	1.460	0		1		0.044	1 250	
18:1 undifferentiated		0.030			1		2.044 0.042	1.358 0.028	
20:1	-								
22:1 undifferentiated	•	0.020			1		0.028	0.019	
24:1 c Fatty acids, total polyunsaturated	-	2.330	0		1		3.262	2.167	
		1.890			1		2.646	1.758	
18:2 undifferentiated 18:3 undifferentiated	-	0.070			1		0.098	0.065	
18:4	-	0.070			_		0.098	0.065	
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated		0.280	0		1		0.392	0.260	
20:5 n-3	-	0.200			4		0.000	0.000	
20:5 n-3	_	0.040			1		0.056	0.000	
22:6 n-3		0.040			1		0.084	0.056	
Fatty acids, total trans		0.000			_		0.004	0.036	
Cholesterol	-	80	3.061 1	5	1		112	74	
Phytosterols	_	00	3.001	•	•		112	7 4	
1 llytosterois	9								
Amino Acids:									
Tryptophan	g	0.323	0		1		0.452	0.300	
Threonine	g	1.264	0		1		1.770	1.176	
Isoleucine	g	1.478	0		1		2.069	1.375	
Leucine	g	2.265	0		1		3.171	2.106	
Lysine	g	2.679	0		1		3.751	2.491	
Methionine	g	0.823	0		1		1.152	0.765	
Cystine	g	0.296	0		1		0.414	0.275	
Phenylalanine	g	1.128	0		1		1.579	1.049	
Tyrosine		1.123			1		1.572	1.044	
Valine	g	1.510	0		1		2.114	1.404	
Arginine	g	1.983			1		2.776	1.844	
Histidine		0.887			1		1.242	0.825	
Alanine	g	1.760			1		2.464	1.637	
Aspartic acid		2.761			1		3.865	2.568	
Glutamic acid		4.639			1		6.495	4.314	
Glycine		1.410			1		1.974	1.311	
Proline		1.182			1		1.655	1.099	
Serine		1.264	0		1		1.770	1.176	
Hydroxyproline	g								

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 38% 27% bone, 11% skin

		<u>Aı</u>	mount in 100 g	<u>rams</u> ımbe		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_					_		26.24		
Water		74.03	0.229	16		1		96.24	601.12	
Energy		130		0	NC	4 4		169 707	1056	
Energy		544	0.015	1.0		1			4417	
Protein (N x 6.25)		20.07	0.215	16		_		26.09	162.97	
Total lipid (fat)		4.88	0.220	16 15		1 1		6.34	39.63	
Ash		0.95	0.007	0	_	7		1.24	7.71	
Carbohydrate, by difference		0.00		0	Z Z	7		0.00 0.0	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.105	15		1		23	146	
Iron, Fe	<u>mg</u>	1.90	0.103	15		1		2.47	15.43	
Magnesium, Mg	-	23	0.211	15		1		30	187	
Phosphorus, P		185	1.896	15		1		241	1502	
Potassium, K		287	5.982	15		1		373	2330	
Sodium, Na	mg	74	1.231	15		1		96	601	
Zinc, Zn		3.10	0.018	3		1		4.03	25.17	
Copper, Cu		0.152		3		1		0.198	1.234	
Manganese, Mn		0.024	0.001	3		1		0.031	0.195	
Selenium, Se	mcg	28.6		0	BFZN	4		37.2	232.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	mg	0.076	0.001	15		1		0.099	0.617	
Riboflavin	mg	0.219	0.007	15		1		0.285	1.778	
Niacin	mg	2.817	0.072	15		1		3.662	22.874	
Pantothenic acid	mg	1.156	i	0		1		1.503	9.387	
Vitamin B-6	mg	0.360	1	0		1		0.468	2.923	
Folate, total	mcg	11		0		1		14	89	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		11		0		1		14	89	
Folate, DFE	mcg_DFE	11		0	NC	4		14	89	
Vitamin B-12		0.40		0		1		0.52	3.25	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (pilyhoquinone)	9									
Lipids:										
Fatty acids, total saturated	g	1.640	1	0		1		2.132	13.317	
4:0										
6:0										
8:0				_						
10:0	_	0.000		0		4		0.000	0.000	
12:0	_	0.010	0.003	6		1		0.013	0.081	
13:0	_			_		_				
14:0		0.030	0.006	8		1		0.039	0.244	
15:0		0.000	0.000							
16:0		0.860	0.083	8		1		1.118	6.983	
17:0	_	0 400	0.045	0		4		0 637	3 070	
18:0	_	0.490	0.045	8		1		0.637	3.979	
20:0	_									
22:0	_									
24:0	g									

				Amount in edible portion of common				
		Nu	umber			<u>m</u>	easures of food	
		of	f Data De	eriv Source	Confidence			
Nutrients and Units	Mean	Std. Error P	oints Co	ode Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.110		0	1		1.443	9.013	
14:1g								
15:1g			_					
16:1 undifferentiatedg	0.160	0.038	8	1		0.208	1.299	
17:1g			_	_				
18:1 undifferentiatedg	0.920	0.091	8	1		1.196	7.470	
20:1g	0.020	0.003	7	1		0.026	0.162	
22:1 undifferentiatedg	0.010	0.003	7	1		0.013	0.081	
24:1 cg			_					
Fatty acids, total polyunsaturated	1.460		0	1		1.898	11.855	
18:2 undifferentiatedg	1.180	0.113	8	1		1.534	9.582	
18:3 undifferentiatedg	0.040	0.014	8	1		0.052	0.325	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg			_					
20:4 undifferentiatedg	0.170	0.029	8	1		0.221	1.380	
20:5 n-3g	0.000		0	4		0.000	0.000	
22:5 n-3g	0.030	0.006	7	1		0.039	0.244	
22:6 n-3g	0.040	0.021	7	1		0.052	0.325	
Fatty acids, total trans				_				
Cholesterolmg	62	2.089	15	1		81	503	
Phytosterols mg								
Amino Acids:								
Tryptophang	0.228		0	1		0.296	1.851	
Threonineg	0.893		0	1		1.161	7.251	
Isoleucineg	1.044		0	1		1.357	8.477	
Leucineg	1.599		0	1		2.079	12.984	
Lysineg	1.891		0	1		2.458	15.355	
Methionineg	0.581		0	1		0.755	4.718	
Cystineg	0.209		0	1		0.272	1.697	
Phenylalanineg	0.796		0	1		1.035	6.464	
Tyrosineg	0.793		0	1		1.031	6.439	
Valineg	1.066		0	1		1.386	8.656	
Arginine	1.400		0	1		1.820	11.368	
Histidineg	0.626		0	1		0.814	5.083	
Alanineg	1.243		0	1		1.616	10.093	
Aspartic acid	1.949		0	1		2.534	15.826	
Glutamic acid	3.275		0	1		4.258	26.593	
Glycine	0.995		0	1		1.294	8.079	
Proline	0.835		0	1		1.086	6.780	
Serineg	0.893		0	1		1.161	7.251	
Hydroxyproline								

Common Measures:

Measure 1 = 130g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 812g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 17% Bone

		<u>A</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u> </u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin			Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	60.73		0	1		43.12	272.07		
Energy	-	213		0 NC	4		151	954		
Energy		891			4		633	3993		
		27.73		0	1		19.69	124.23		
Protein (N x 6.25)		10.50		0	1		7.46	124.23 47.04		
Total lipid (fat)		0.99		0	1		0.70			
Ash								4.44		
Carbohydrate, by difference		0.00		-	7		0.00	0.00		
Fiber, total dietary		0.0		0 z	7		0.0	0.0		
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	1		21	134		
Iron, Fe.	-	2.29		0	1		1.63	10.26		
Magnesium, Mg.	-	24)	1		17	108		
Phosphorus, P	-	198)	1		141	887		
Potassium, K	-	282)	1		200	1263		
Sodium, Na	-	73)	1		52	327		
Zinc, Zn	-	4.22)	1		3.00	18.91		
Copper, Cu		0.143)	1		0.102	0.641		
Manganese, Mn	-	0.024)	1		0.017	0.108		
Selenium, Se		38.6		O BFYN			27.4	172.9		
· ·										
Vitamins:					-		0.0			
Vitamin C, total ascorbic acid		0.0) z	7		0.0	0.0		
Thiamin	-	0.056		0	1		0.040	0.251		
Riboflavin	-	0.227		0	1		0.161	1.017		
Niacin		3.689		0	1		2.619	16.527		
Pantothenic acid		1.166		0	1		0.828	5.224		
Vitamin B-6	-	0.320)	1		0.227	1.434		
Folate, total		9)	1		6	40		
Folic acid		0) z	7		0	0		
Folate, food		9		ס	1		6	40		
Folate, DFE	mcg_DFE	9) NC	4		6	40		
Vitamin B-12	mcg	0.35)	1		0.25	1.57		
Vitamin A, IU		0)	1		0	0		
Vitamin A, RAE	mcg_RAE	0		כ	1		0	0		
Retinol		0)	1		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	3.280)	0	1		2.329	14.694		
4:0		3.200	•	-	-			11.001		
6:0										
8:0	-									
10:0	-	0.000))	4		0.000	0.000		
12:0		0.020)	1		0.014	0.090		
13:0		5.020		-	-		0.014	0.050		
14:0	-	0.070)	0	1		0.050	0.314		
15:0	-	0.070	•	-	1		0.030	0.514		
16:0	-	1.900)	0	1		1.349	8.512		
	-	1.900	•	•	1		1.349	0.512		
17:0	-	0.000	,	n	4		0 630	2 007		
18:0	-	0.890	,	0	1		0.632	3.987		
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Bu disal	_	2 040		•				0.450	40.640		
Fatty acids, total monounsaturated		3.040		0		1		2.158	13.619		
15:1											
16:1 undifferentiated		0.480		0		1		0.341	2.150		
17:1	-	0.480		U		_		0.541	2.130		
18:1 undifferentiated		2.480		0		1		1.761	11.110		
20:1		0.030		0		1		0.021	0.134		
22:1 undifferentiated	_	0.030		0		1		0.021	0.134		
24:1 c		0.020		U		_		0.014	0.090		
Fatty acids, total polyunsaturated		2.910		0		1		2.066	13.037		
18:2 undifferentiated		2.430		0		1		1.725	10.886		
18:3 undifferentiated	_	0.120		0		1		0.085	0.538		
18:4		0.120		Ū		-		0.005	0.556		
20:2 n-6 c.c											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.260		0		1		0.185	1.165		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	_	0.040		0		1		0.028	0.179		
22:6 n-3		0.040		0		1		0.043	0.269		
Fatty acids, total trans		0.000		·		-		0.043	0.203		
Cholesterol	-	82		0		1		58	367		
Phytosterols	-								55.		
-											
Amino Acids:											
Tryptophan	-	0.310		0		1		0.220	1.389		
Threonine	_	1.221		0		1		0.867	5.470		
Isoleucine	_	1.414		0		1		1.004	6.335		
Leucine	-	2.180		0		1		1.548	9.766		
Lysine		2.565		0		1		1.821	11.491		
Methionine	g	0.790		0		1		0.561	3.539		
Cystine		0.298		0		1		0.212	1.335		
Phenylalanine	g	1.092		0		1		0.775	4.892		
Tyrosine	g	1.072		0		1		0.761	4.803		
Valine		1.457		0		1		1.034	6.527		
Arginine	-	1.945		0		1		1.381	8.714		
Histidine		0.848		0		1		0.602	3.799		
Alanine	_	1.744		0		1		1.238	7.813		
Aspartic acid	-	2.683		0		1		1.905	12.020		
Glutamic acid		4.471		0		1		3.174	20.030		
Glycine	_	1.530		0		1		1.086	6.854		
Proline		1.226		0		1		0.870	5.492		
Serine	_	1.228		0		1		0.872	5.501		
Hydroxyproline	g										

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 448g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 17% Bone

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			measures of food			
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	72.04	0		1		75.64	472.58		
Energy	-	151	0		4		159	991		
Energy		632			4		663	4145		
Protein (N x 6.25)		19.46	0		1		20.43	127.66		
Total lipid (fat)		7.50	0		1		7.88	49.20		
Ash		0.91	0		1		0.96	5.97		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0		7		0.0	0.0		
Sugars, total										
Starch	-									
	5									
<u>Minerals:</u>										
Calcium, Ca	-	18	0		1		19	118		
Iron, Fe.	-	1.87	0		1		1.96	12.27		
Magnesium, Mg		22	0		1		23	144		
Phosphorus, P	•	178	0		1		187	1168		
Potassium, K		273	0		1 1		287	1791		
Sodium, Na	-	70	0		1		74 3.11	459		
Zinc, Zn		2.96	0		1			19.42		
Copper, Cu		0.147			1		0.154 0.024	0.964		
Manganese, Mn		0.023 27.3	0	BFNN			28.7	0.151 179.1		
Selenium, Se	Tricg	27.3	U	Brnn	4		28.7	179.1		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0		
Thiamin	mg	0.072	2 0		1		0.076	0.472		
Riboflavin	mg	0.209	0		1		0.219	1.371		
Niacin	mg	2.711	. 0		1		2.847	17.784		
Pantothenic acid	mg	1.089	0		1		1.143	7.144		
Vitamin B-6	mg	0.340	0		1		0.357	2.230		
Folate, total	mcg	10	0		1		11	66		
Folic acid	mcg	0	0	Z	7		0	0		
Folate, food	mcg	10	0		1		11	66		
Folate, DFE	mcg_DFE	10	0	NC	4		11	66		
Vitamin B-12		0.39	0		1		0.41	2.56		
Vitamin A, IU	IU	2	0		1		2	13		
Vitamin A, RAE	mcg_RAE	1	0		1		1	4		
Retinol		1	0		1		1	4		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	2.290	0		1		2.405	15.022		
4:0					-		20			
6:0	-									
8:0										
10:0	-	0.000	0		4		0.000	0.000		
12:0		0.010	0		1		0.011	0.066		
13:0										
14:0		0.050	0		1		0.053	0.328		
15:0	-									
16:0	-	1.360	0		1		1.428	8.922		
17:0	-									
18:0	-	0.600	0		1		0.630	3.936		
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.290		0		1		2.405	15.022	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.370		0		1		0.389	2.427	
17:1	g									
18:1 undifferentiated	g	1.870		0		1		1.964	12.267	
20:1	g	0.020		0		1		0.021	0.131	
22:1 undifferentiated	g	0.010		0		1		0.011	0.066	
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.040		0		1		2.142	13.382	
18:2 undifferentiated	g	1.710		0		1		1.796	11.218	
18:3 undifferentiated	g	0.090		0		1		0.095	0.590	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.170		0		1		0.179	1.115	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.020		0		1		0.021	0.131	
22:6 n-3	g	0.040		0		1		0.042	0.262	
Fatty acids, total trans	g									
Cholesterol	mg	63		0		1		66	413	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.218		0		1		0.229	1.430	
Threonine	g	0.858		0		1		0.901	5.628	
Isoleucine	g	0.995		0		1		1.045	6.527	
Leucine	g	1.533		0		1		1.610	10.056	
Lysine	g	1.804		0		1		1.894	11.834	
Methionine	g	0.556		0		1		0.584	3.647	
Cystine	g	0.208		0		1		0.218	1.364	
Phenylalanine	g	0.767		0		1		0.805	5.032	
Tyrosine	g	0.755		0		1		0.793	4.953	
Valine	g	1.024		0		1		1.075	6.717	
Arginine	g	1.364		0		1		1.432	8.948	
Histidine		0.597		0		1		0.627	3.916	
Alanine	g	1.222		0		1		1.283	8.016	
Aspartic acid	g	1.884		0		1		1.978	12.359	
Glutamic acid		3.143		0		1		3.300	20.618	
Glycine	g	1.060		0		1		1.113	6.954	
Proline		0.854		0		1		0.897	5.602	
Serine		0.863		0		1		0.906	5.661	
Hydroxyproline	-									

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 656g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 14% Bone

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	62.14	0.391	15		1		85.13	533.78		
Energy	kcal	207		0	NC	4		284	1778		
Energy	kj	866				4		1187	7440		
Protein (N x 6.25)	g	28.64	0.351	15		1		39.24	246.02		
Total lipid (fat)	g	9.40	0.519	15		1		12.88	80.75		
Ash	g	1.05	0.013	15		1		1.44	9.02		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	23	1.315	15		1		32	198		
Iron, Fe	-	1.39	0.051	15		1		1.90	11.94		
Magnesium, Mg		26	0.243	15		1		36	223		
Phosphorus, P		208	2.703	15		1		285	1787		
Potassium, K	mg	286	4.754	15		1		392	2457		
Sodium, Na		58	1.290	15		1		79	498		
Zinc, Zn		1.98	0.136	3		1		2.71	17.01		
Copper, Cu		0.044		3		1		0.060	0.378		
Manganese, Mn		0.021	0.002	3		1		0.029	0.180		
Selenium, Se	mcg	28.5		0	BFYN	4		39.0	244.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin		0.052	0.002	15		1		0.071	0.447		
Riboflavin		0.129	0.005	15		1		0.177	1.108		
Niacin	mg	6.583	0.164	15		1		9.019	56.548		
Pantothenic acid	mg	0.610)	0		1		0.836	5.240		
Vitamin B-6	mg	0.460	1	0		1		0.630	3.951		
Folate, total	mcg	6		0		1		8	52		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	6		0		1		8	52		
Folate, DFE		6		0	NC	4		8	52		
Vitamin B-12		0.34		0		1		0.47	2.92		
Vitamin A, IU		0	0.000	3		1		0	0		
Vitamin A, RAE		0	0.000	3		1		0	0		
Retinol		0	0.000	3		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		2.650	1	0		1		3.631	22.764		
4:0											
6:0 8:0											
10:0		0.000	1	0		4		0.000	0.000		
12:0		0.020		0		1		0.000	0.172		
13:0		0.020		•		-		3.02,	0.1,2		
14:0	-	0.070	1	0		1		0.096	0.601		
15:0	-			-		•					
16:0	-	1.620	1	0		1		2.219	13.916		
17:0	-										
18:0	-	0.630	1	0		1		0.863	5.412		
20:0	-										
22:0	g										
24:0	~										

		<u>Aı</u>	mount in 100 gran	Amount in edible portion of common measures of food					
			Numb	er			<u>m</u>	easures of 1000	
Nutrients and Uni	ts	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	3.150	0		1		4.316	27.059	
14:1									
15:1		0.520	0		1		0.712	4.467	
16:1 undifferentiated		0.520	U		1		0.712	4.467	
18:1 undifferentiated	-	2.550	0		1		3.494	21.905	
20:1		0.020			1		0.027	0.172	
22:1 undifferentiated	-	0.020			1		0.027	0.172	
24:1 c	•	0.020	U		1		0.027	0.172	
Fatty acids, total polyunsaturated	-	2.280	0		1		3.124	19.585	
18:2 undifferentiated		1.840			1		2.521	15.806	
18:3 undifferentiated	-	0.110			1		0.151	0.945	
18:4	-	0.110	v		-		0.131	0.943	
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated		0.200	0		1		0.274	1.718	
20:5 n-3	-	0.000			4		0.000	0.000	
22:5 n-3	_	0.030			1		0.041	0.258	
22:6 n-3		0.040			1		0.055	0.344	
Fatty acids, total trans		0.010	v		-		0.033	0.544	
Cholesterol	-	74	2.097 15		1		101	636	
Phytosterols	_				_				
,									
Amino Acids:									
Tryptophan		0.317			1		0.434	2.723	
Threonine		1.252			1		1.715	10.755	
Isoleucine	_	1.441			1		1.974	12.378	
Leucine	_	2.231			1		3.056	19.164	
Lysine	-	2.614			1		3.581	22.454	
Methionine		0.807			1		1.106	6.932	
Cystine	_	0.313			1		0.429	2.689	
Phenylalanine	_	1.122			1		1.537	9.638	
Tyrosine		1.091			1		1.495	9.372	
Valine		1.494			1		2.047	12.833	
Arginine		2.016			1		2.762	17.317	
Histidine		0.864			1		1.184	7.422	
Alanine		1.821			1		2.495	15.642	
Aspartic acid		2.763			1		3.785	23.734	
Glutamic acid		4.579			1		6.273	39.334	
Glycine		1.692			1		2.318	14.534	
Proline		1.319			1		1.807	11.330	
Serine		1.265	0		1		1.733	10.866	
Hydroxyproline	g								

Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 859g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 16% Bone

		<u>A</u> :	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			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	69.13	0.418	15		1		120.98	759.74		
Energy	kcal	165		0	NC	4		289	1813		
Energy	kj	690				4		1208	7587		
Protein (N x 6.25)	g	21.51	0.169	15		1		37.64	236.39		
Total lipid (fat)	g	8.10	0.477	15		1		14.18	89.02		
Ash	g	0.90	0.003	15		1		1.58	9.89		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Min and a											
Minerals:	ma	13	0.599	1 5		1		23	143		
Calcium, CaIron. Fe.	-	13	0.599	15 15		1		23 2.47	143 15.50		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.105	15		1		42	264		
Phosphorus, P		180	2.973	15		1		42 315	264 1978		
Potassium, K	-	267	5.493	15		1		467	2934		
Sodium, Na	-	55	1.374	15		1		96	604		
Zinc, Zn	-	1.54	0.044	3		1		2.70	16.92		
Copper, Cu		0.081		3		1		0.142	0.890		
Manganese, Mn		0.021		3		1		0.037	0.231		
Selenium, Se		22.3		0	PAK	1		39.0	245.1		
	-										
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.053		15		1		0.093	0.582		
Riboflavin	-	0.123		15		1		0.215	1.352		
Niacin		4.938		15		1		8.642	54.269		
Pantothenic acid		0.616		0		1		1.078	6.770		
Vitamin B-6		0.480)	0		1		0.840	5.275		
Folate, total		7 0		0	_	1 7		12 0	77		
Folic acid		7			Z	1		12	0 77		
Folate, food		7		0	NC	4		12	77		
Folate, DFE		0.42		0	NC	1		0.74	4.62		
Vitamin B-12		5	1.307	3		1		9			
Vitamin A, IU Vitamin A, RAE	IU	2	0.393	3		1		3	55 17		
Retinol		2	0.393	3		1		3	17		
Vitamin E (alpha-tocopherol)	-	2	0.393	3		-		3	17		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
<u>Lipids:</u>											
Fatty acids, total saturated		2.190)	0		1		3.833	24.068		
4:0	-										
6:0	-										
8:0	-	0.000	•	0		4		0 000	0 000		
10:0 12:0	-	0.000		0		1		0.000 0.018	0.000 0.110		
13:0		0.010	•	U		_		0.018	0.110		
14:0		0.060)	0		1		0.105	0.659		
15:0	-	0.000	•	J		1		0.103	0.039		
16:0	-	1.460)	0		1		2.555	16.045		
17:0	-	1.400		٠		-		2.333	10.045		
18:0	-	0.470)	0		1		0.823	5.165		
20:0	-	0.470		-		-		3.023	3.103		
22:0	-										
24:0	-										
=											

	<u>Ar</u>	mount in 100 g		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean				Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	3.100		0	1		F 40F	24.060	
Fatty acids, total monounsaturated.		3.100		U	_		5.425	34.069	
15:1									
16:1 undifferentiated		0.530		0	1		0.928	5.825	
17:1	-	0.550		· ·	-		0.520	3.023	
18:1 undifferentiated		2.500		0	1		4.375	27.475	
20:1		0.010		0	1		0.018	0.110	
22:1 undifferentiated	-	0.010		0	1		0.018	0.110	
24:1 c		0.010		Ĭ	-		0.010	0.110	
Fatty acids, total polyunsaturated		1.910		0	1		3.343	20.991	
18:2 undifferentiated		1.630		0	1		2.853	17.914	
18:3 undifferentiated	-	0.110		0	1		0.193	1.209	
18:4		0.120		· ·	_		0.133	1.203	
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.090		0	1		0.158	0.989	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3	-	0.010		0	1		0.018	0.110	
22:6 n-3		0.020		0	1		0.035	0.220	
Fatty acids, total trans		0.020		·	_		0.000	0.220	
Cholesterol	-	62	2.115	15	1		109	681	
Phytosterols	_								
-									
Amino Acids:									
Tryptophan	_	0.238		0	1		0.417	2.616	
Threonine	-	0.940		0	1		1.645	10.331	
Isoleucine	-	1.080		0	1		1.890	11.869	
Leucine	_	1.674		0	1		2.930	18.397	
Lysine		1.961		0	1		3.432	21.551	
Methionine	-	0.606		0	1		1.061	6.660	
Cystine		0.236		0	1		0.413	2.594	
Phenylalanine	-	0.842		0	1		1.474	9.254	
Tyrosine	g	0.818		0	1		1.432	8.990	
Valine		1.121		0	1		1.962	12.320	
Arginine	-	1.514		0	1		2.650	16.639	
Histidine		0.648		0	1		1.134	7.122	
Alanine	-	1.368		0	1		2.394	15.034	
Aspartic acid	_	2.074		0	1		3.630	22.793	
Glutamic acid		3.435		0	1		6.011	37.751	
Glycine	-	1.277		0	1		2.235	14.034	
Proline		0.993		0	1		1.738	10.913	
Serine	-	0.949		0	1		1.661	10.430	
Hydroxyproline	g								

Common Measures:

Measure 1 = 175g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1099g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 25% 14% bone, 11% skin

		<u>Aı</u>	mount in 100 gr	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nur	nber				m	easures of food	_	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	65.74	0.173	15		1		92.04	78.23		
Energy	kcal	161		0	NC	4		225	192		
Energy	kj	674				4		943	802		
Protein (N x 6.25)	g	29.89	0.287	15		1		41.85	35.57		
Total lipid (fat)	g	3.74	0.270	15		1		5.24	4.45		
Ash	g	1.10	0.013	15		1		1.54	1.31		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	21	1.344	15		1		29	25		
Iron. Fe.	-	1.31	0.044	15		1		1.83	1.56		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	28		15		1		39	33		
Phosphorus, P		218		15		1		305	259		
Potassium, K		304		15		1		426	362		
Sodium, Na		60	1.267	15		1		84	71		
Zinc, Zn	mg	1.96	0.107	3		1		2.74	2.33		
Copper, Cu	mg	0.039	0.002	3		1		0.055	0.046		
Manganese, Mn		0.020	0.002	3		1		0.028	0.024		
Selenium, Se	mcg	32.1	2.047	45	A	1		44.9	38.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.057	0.002	15	_	1		0.080	0.068		
Riboflavin		0.127		15		1		0.178	0.151		
Niacin	-	7.114	0.174	15		1		9.960	8.466		
Pantothenic acid		0.656	5	0		1		0.918	0.781		
Vitamin B-6		0.520)	0		1		0.728	0.619		
Folate, total	mcg	6		0		1		8	7		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		6		0		1		8	7		
Folate, DFE	mcg_DFE	6		0	NC	4		8	7		
Vitamin B-12		0.36		0		1		0.50	0.43		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE		0		0		1		0	0		
Retinol	-	0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
	9										
<u>Lipids:</u>											
Fatty acids, total saturated		1.190)	0		1		1.666	1.416		
4:0	-										
6:0 8:0.	-										
10:0		0.000	•	0		4		0 000	0.000		
12:0	-	0.000		0		1		0.000 0.028	0.024		
13:0		0.020	•	v		1		0.028	0.024		
14:0		0.020)	0		1		0.028	0.024		
15:0	-	0.020		•		-		0.020	0.024		
16:0	-	0.540)	0		1		0.756	0.643		
17:0	-			-		=		355	0.013		
18:0	-	0.360)	0		1		0.504	0.428		
20:0	-										
22:0	-										
24:0	-										
	=										

	<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.660	0	1		0.924	0.785		
14:1g								
15:1g								
16:1 undifferentiatedg	0.080	0	1		0.112	0.095		
17:1g								
18:1 undifferentiatedg	0.540	0	1		0.756	0.643		
20:1g	0.020	0	1		0.028	0.024		
22:1 undifferentiatedg	0.020	0	1		0.028	0.024		
24:1 c		·	-					
Fatty acids, total polyunsaturatedg	1.000	0	1		1.400	1.190		
18:2 undifferentiatedg	0.660	0	1		0.924	0.785		
18:3 undifferentiated	0.020	0	1		0.028	0.024		
18:4g	******	-	_		0.020	0.021		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.200	0	1		0.280	0.238		
20:5 n-3g	0.000	0	4		0.000	0.000		
22:5 n-3	0.030	0	1		0.042	0.036		
22:6 n-3g	0.040	0	1		0.056	0.038		
Fatty acids, total trans	0.040	· ·	-		0.050	0.040		
Cholesterol mg	68	1.999 15	1		95	81		
Phytosterolsmg	00	1.333 13	-		73	01		
•								
Amino Acids:		_						
Tryptophang	0.340	0	1		0.476	0.405		
Threonineg	1.330	0	1		1.862	1.583		
Isoleucineg	1.554	0	1		2.176	1.849		
Leucineg	2.382	0	1		3.335	2.835		
Lysineg	2.817	0	1		3.944	3.352		
Methionineg	0.866	0	1		1.212	1.031		
Cystineg	0.311	0	1		0.435	0.370		
Phenylalanineg	1.186	0	1		1.660	1.411		
Tyrosineg	1.181	0	1		1.653	1.405		
Valineg	1.588	0	1		2.223	1.890		
Arginineg	2.085	0	1		2.919	2.481		
Histidineg	0.933	0	1		1.306	1.110		
Alanineg	1.851	0	1		2.591	2.203		
Aspartic acidg	2.903	0	1		4.064	3.455		
Glutamic acidg	4.879	0	1		6.831	5.806		
Glycineg	1.483	0	1		2.076	1.765		
Prolineg	1.244	0	1		1.742	1.480		
Serineg	1.330	0	1		1.862	1.583		
Hydroxyprolineg								

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 119g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% 16% bone, 14% skin

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common		
			Nι	ımber				m	easures of food	<u></u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	73.57	0.190	16		1		108.15	676.11	
Water	-		0.190							
Energy		116		0	NC	4		171	1066	
Energy		485				4		713	4460	
Protein (N x 6.25)		23.64	0.247	16		1		34.75	217.25	
Total lipid (fat)		1.66	0.140	16		1		2.44	15.26	
Ash	g	1.00	0.006	16		1		1.47	9.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
M. 1										
Minerals:	ma	10	0 705	1 =		4		10	110	
Calcium, Ca	-	12	0.735	15		1 1		18	110	
Iron, Fe.	-	1.38	0.115	15				2.03	12.68	
Magnesium, Mg		27	0.332	15		1		40	248	
Phosphorus, P		199	3.398	15		1 1		293	1829	
Potassium, K		299	7.740	15				440	2748	
Sodium, Na	-	60	1.519	15		1		88	551	
Zinc, Zn		1.59	0.044	3		1		2.34	14.61	
Copper, Cu		0.082		3		1		0.121	0.754	
Manganese, Mn		0.022	0.002	3		1		0.032	0.202	
Selenium, Se	mcg	24.4		0	BFZN	4		35.9	224.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.060	0.002	15		1		0.088	0.551	
Riboflavin		0.131	0.010	15		1		0.193	1.204	
Niacin	-	5.631	0.148	15		1		8.278	51.749	
Pantothenic acid		0.690		0		1		1.014	6.341	
Vitamin B-6		0.560		0		1		0.823	5.146	
Folate, total	-	8		0		1		12	74	
Folic acid		0		0	z	7		0	0	
Folate, food		8		0	_	1		12	74	
Folate, DFE		8		0	NC	4		12	74	
Vitamin B-12		0.45		0	110	1		0.66	4.14	
Vitamin A, IU		0.43		0		1		0.00	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)		Ü		Ü		_		U	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
	9									
Lipids:	a	0.530		0		1		0.779	4.871	
Fatty acids, total saturated		0.550		U		1		0.779	4.0/1	
4:0 6:0	-									
8:0										
	_	0.000		0		4		0.000	0 000	
10:0						1		0.000	0.000	
12:0	_	0.010	0.002	10		1		0.015	0.092	
13:0	-	2 22 2	0.003	10				0.015	0.000	
14:0	_	0.010	0.001	12		1		0.015	0.092	
15:0	_					_				
16:0	_	0.240	0.028	12		1		0.353	2.206	
17:0	_					_				
18:0	_	0.160	0.016	12		1		0.235	1.470	
20:0	_									
22:0	_									
24:0	g									

	<u>Ar</u>	nount in 100 g	rams of e	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data Der		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.290		0	1		0.426	2.665	
14:1g	0.230		·	-		0.420	2.003	
15:1 9								
16:1 undifferentiated	0.040	0.007	12	1		0.059	0.368	
17:1 g	0.010	0.007		_		0.005	0.500	
18:1 undifferentiated	0.240	0.027	12	1		0.353	2.206	
20:1g	0.010	0.001	10	1		0.015	0.092	
22:1 undifferentiated	0.010	0.002	10	1		0.015	0.092	
24:1 c		0.002	-0	-		0.013	0.032	
Fatty acids, total polyunsaturatedg	0.440		0	1		0.647	4.044	
18:2 undifferentiated	0.290	0.033	12	1		0.426	2.665	
18:3 undifferentiated	0.010	0.003	12	1		0.015	0.092	
18:4	0.010	0.005	12	-		0.013	0.092	
20:2 n-6 c.c								
20:3 undifferentiated								
20:3 undifferentiated	0.090	0.012	11	1		0.132	0.827	
20:5 n-3	0.000	0.012	0	4		0.000	0.000	
20.5 n-3	0.020	0.002	10	1		0.000	0.184	
22:6 n-3		0.002	10	1		0.029	0.184	
Fatty acids, total trans		0.000	10	-		0.029	0.104	
Cholesterol		2.203	15	1		85	533	
Phytosterols m		2.203	13	-		85	333	
rilytosteroisii	19							
Amino Acids:								
Tryptophan	0.269		0	1		0.395	2.472	
Threonine	1.052		0	1		1.546	9.668	
Isoleucineg	1.229		0	1		1.807	11.295	
Leucineg	1.884		0	1		2.769	17.314	
Lysineg	2.228		0	1		3.275	20.475	
Methionineg	0.685		0	1		1.007	6.295	
Cystineg	0.246		0	1		0.362	2.261	
Phenylalanine	0.938		0	1		1.379	8.620	
Tyrosine	0.934		0	1		1.373	8.583	
Valine 9	1.256		0	1		1.846	11.543	
Arginine	1.649		0	1		2.424	15.154	
Histidine	0.738		0	1		1.085	6.782	
Alanine	1.464		0	1		2.152	13.454	
Aspartic acid	2.296		0	1		3.375	21.100	
Glutamic acid	3.859		0	1		5.673	35.464	
Glycine	1.173		0	1		1.724	10.780	
Proline			0	1		1.446	9.043	
Serine	1.052		0	1		1.546	9.668	
Hydroxyproline								

Common Measures:

Measure 1 = 147g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 919g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 20% Bone

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			N	umber				<u>m</u>	easures of food	•	
			o	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	61.34		0		1		161.32	2024.22		
Energy	kcal	215		0	NC	4		565	7095		
Energy	kj	900				4		2366	29685		
Protein (N x 6.25)	g	28.00		0		1		73.64	924.00		
Total lipid (fat)	g	10.55		0		1		27.75	348.15		
Ash	g	0.99		0		1		2.60	32.67		
Carbohydrate, by difference	g	0.07		0	NC	4		0.18	2.31		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minanala											
Minerals: Calcium. Ca	ma	26		0		1		68	858		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	26 1.97		0		1		5.18	858 65.01		
Magnesium, Mg		24		0		1		63	792		
Phosphorus, P		199		0		1		523	6567		
Potassium, K	_	272		0		1		715	8976		
Sodium, Na	_	63		0		1		166	2079		
Zinc, Zn	-	3.05		0		1		8.02	100.65		
Copper, Cu		0.101	L	0		1		0.266	3.333		
Manganese, Mn		0.028		0		1		0.074	0.924		
Selenium, Se		29.0		0	BFYN	4		76.3	957.0		
¥7*.											
Vitamins:						_					
Vitamin C, total ascorbic acid		0.1	_	0		1		0.3	3.3		
Thiamin		0.052		0		1 1		0.137	1.716		
Riboflavin	_	0.197		0		1		0.518	6.501		
Niacin		5.147 0.931		0		1		13.537	169.851		
Pantothenic acid		0.390		0		1		2.449 1.026	30.723 12.870		
Vitamin B-6	_	20	,	0		1		53	660		
Folate, totalFolic acid		0		0	z	7		0	0		
Folate, food		20		0	2	1		53	660		
Folate, DFE		20		0	NC	4		53	660		
Vitamin B-12		1.28		0	NC	1		3.37	42.24		
Vitamin A, IU		185		0		1		487	6105		
Vitamin A, RAE	mca RAF	56		0		1		146	1833		
Retinol		56		0		1		146	1833		
Vitamin E (alpha-tocopherol)	_			-		_			2000		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	3.100	n	0		1		8.153	102.300		
4:0				-		_					
6:0	_										
8:0	-										
10:0		0.000)	0		4		0.000	0.000		
12:0	g	0.010)	0		1		0.026	0.330		
13:0											
14:0	g	0.070)	0		1		0.184	2.310		
15:0	g										
16:0	_	1.870)	0		1		4.918	61.710		
17:0	g										
18:0	g	0.780)	0		1		2.051	25.740		
20:0	g										
22:0	g										
24:0	g										

		<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
D		2 200		•					444 000		
Fatty acids, total monounsaturated	-	3.390		0		1		8.916	111.870		
14:1											
15:1 16:1 undifferentiated		0.550		0		1		1.447	18.150		
17:1		0.550		U		1		1.44/	16.150		
18:1 undifferentiated		2.750		0		1		7.233	90.750		
20:1	-	0.020		0		1		0.053	0.660		
22:1 undifferentiated	-	0.010		0		1		0.026	0.330		
24:1 c	•	0.010		·		-		0.020	0.550		
Fatty acids, total polyunsaturated		2.700		0		1		7.101	89.100		
18:2 undifferentiated		2.230		0		1		5.865	73.590		
18:3 undifferentiated		0.120		0		1		0.316	3.960		
18:4	-										
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.230		0		1		0.605	7.590		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.030		0		1		0.079	0.990		
22:6 n-3		0.040		0		1		0.105	1.320		
Fatty acids, total trans	g										
Cholesterol	mg	94		0		1		247	3102		
Phytosterols	mg										
mino Acids:											
Tryptophan	g	0.311		0		1		0.818	10.263		
Threonine	g	1.227		0		1		3.227	40.491		
Isoleucine	g	1.409		0		1		3.706	46.497		
Leucine	g	2.184		0		1		5.744	72.072		
Lysine	g	2.537		0		1		6.672	83.721		
Methionine	g	0.786		0		1		2.067	25.938		
Cystine	g	0.308		0		1		0.810	10.164		
Phenylalanine	g	1.104		0		1		2.904	36.432		
Tyrosine	g	1.061		0		1		2.790	35.013		
Valine	g	1.463		0		1		3.848	48.279		
Arginine	g	1.966		0		1		5.171	64.878		
Histidine	_	0.838		0		1		2.204	27.654		
Alanine		1.763		0		1		4.637	58.179		
Aspartic acid	_	2.698		0		1		7.096	89.034		
Glutamic acid		4.469		0		1		11.753	147.477		
Glycine		1.643		0		1		4.321	54.219		
Proline		1.292		0		1		3.398	42.636		
Serine	_	1.236		0		1		3.251	40.788		
Hydroxyproline	g										

Common Measures:

Measure 1 = 263g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3300g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 22% Bone

			-	s of edil	_	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	a	69.74	0		1		3108.31		
Energy	_	166	0	NC	4		7399		
Energy		695	· ·	110	4		30956		
Protein (N x 6.25)		20.15	0		1		898.09		
Total lipid (fat)		8.78	0		1		391.32		
Ash		0.90	0		1		40.11		
Carbohydrate, by difference		0.11	0	NC	4		4.90		
Fiber, total dietary		0.0	0	Z	7		0.0		
Sugars, total		0.0	U	4	,		0.0		
9									
Starch	9								
Minerals:									
Calcium, Ca	mg	16	0		1		713		
Iron, Fe	mg	1.89	0		1		84.24		
Magnesium, Mg	mg	22	0		1		981		
Phosphorus, P	mg	178	0		1		7933		
Potassium, K	mg	267	0		1		11900		
Sodium, Na	mg	63	0		1		2808		
Zinc, Zn	mg	2.23	0		1		99.39		
Copper, Cu	mg	0.119	0		1		5.304		
Manganese, Mn	<u>mg</u>	0.029	0		1		1.293		
Selenium, Se	mcg	23.2	0	BFNN	4		1034.0		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.2	0		1		8.9		
Thiamin		0.061			1		2.719		
Riboflavin		0.208			1		9.271		
Niacin		3.956			1		176.319		
Pantothenic acid		0.958			1		42.698		
Vitamin B-6		0.400			1		17.828		
	-	24	0		1		1070		
Foliate, total		0	0	z	7		0		
Folic acidFolate, food		24	0	4	1		1070		
Folate, DFE	Incy	24	0	NC	4		1070		
		1.70	0	NC	1		75.77		
Vitamin B-12		400	0		1		17828		
Vitamin A, IU		120			1				
Vitamin A, RAE			0		1		5354		
Retinol		120	U		1		5354		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin D Vitamin K (phylloquinone)									
ramini K (phynoquinone)	g								
Lipids:									
Fatty acids, total saturated	g	2.490	0		1		110.979		
4:0									
6:0	-								
8:0		_			_				
10:0		0.000			4		0.000		
12:0		0.010	0		1		0.446		
13:0	-								
14:0	-	0.060	0		1		2.674		
15:0	-								
16.0	-	1.600	0		1		71.312		
16:0									
17:0	-								
17:0 18:0	g	0.580	0		1		25.851		
17:0	g g	0.580	0		1		25.851		

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in		
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated		3.130		0		1		139.504		
14:1										
15:1 16:1 undifferentiated		0.520		0		1		23.176		
	-	0.520		U		1		23.176		
17:1		2.530		0		1		112.762		
				0		1				
20:1	-	0.010 0.010		0		1		0.446 0.446		
22:1 undifferentiated		0.010		U		1		0.446		
24:1 c		2.180		0		1		97.163		
Fatty acids, total polyunsaturated		1.860		0		1		97.163 82.900		
18:2 undifferentiated	-	0.110		0		1		4.903		
18:3 undifferentiated		0.110		U		1		4.903		
18:4										
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.140		0		1		6.240		
20:5 n-3	-	0.140		0		4		0.000		
20.5 n-3	-	0.020		0		1		0.891		
		0.020		0		1		0.891		
22:6 n-3 Fatty acids, total trans		0.020		U		1		0.691		
Cholesterol	-	73		0		1		3254		
Phytosterols		73		Ū		-		3234		
Filytosterois	9									
Amino Acids:										
Tryptophan	g	0.223		0		1		9.939		
Threonine	g	0.882		0		1		39.311		
Isoleucine	g	1.013		0		1		45.149		
Leucine	g	1.570		0		1		69.975		
Lysine	g	1.820		0		1		81.117		
Methionine	g	0.565		0		1		25.182		
Cystine	g	0.223		0		1		9.939		
Phenylalanine	g	0.795		0		1		35.433		
Tyrosine	g	0.762		0		1		33.962		
Valine	g	1.052		0		1		46.888		
Arginine	g	1.415		0		1		63.067		
Histidine	g	0.601		0		1		26.787		
Alanine	g	1.268		0		1		56.515		
Aspartic acid	g	1.941		0		1		86.510		
Glutamic acid	g	3.212		0		1		143.159		
Glycine	g	1.192		0		1		53.127		
Proline	g	0.935		0		1		41.673		
Serine	g	0.889		0		1		39.623		
Hydroxyproline	g									

Common Measures:

Measure 1 = 4457g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 20% Bone

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>on</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 3
Ducyimatas										
Proximates: Water	g	61.04	0.412	15		1		148.33	930.25	
Energy	kcal	218		0	NC	4		530	3322	
Energy	kj	912				4		2216	13901	
Protein (N x 6.25)	g	28.09	0.363	15		1		68.26	428.09	
Total lipid (fat)	g	10.88	0.565	15		1		26.44	165.81	
Ash	g	1.02	0.010	15		1		2.48	15.54	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	1.241	15		1		63	396	
Iron. Fe.	_	1.78	0.050	15		1		4.33	27.13	
Magnesium, Mg		25	0.209	15		1		61	381	
Phosphorus, P		203	2.576	15		1		493	3094	
Potassium, K	_	282	4.012	15		1		685	4298	
Sodium, Na	_	64	1.112	15		1		156	975	
Zinc, Zn	<u>mg</u>	2.90	0.134	3		1		7.05	44.20	
Copper, Cu	mg	0.086	0.004	3		1		0.209	1.311	
Manganese, Mn		0.022	0.002	3		1		0.053	0.335	
Selenium, Se	mcg	31.4		0	BFYN	4		76.3	478.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.053	0.002	15		1		0.129	0.808	
Riboflavin		0.170	0.006	15		1		0.413	2.591	
Niacin	mg	5.307	0.133	15		1		12.896	80.879	
Pantothenic acid	mg	0.831	=	0		1		2.019	12.664	
Vitamin B-6	mg	0.400)	0		1		0.972	6.096	
Folate, total	mcg	7		0		1		17	107	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		7		0		1		17	107	
Folate, DFE		7		0	NC	4		17	107	
Vitamin B-12		0.34		0		1		0.83	5.18	
Vitamin A, IU	IU	0	0.000	3		1		0	0	
Vitamin A, RAE		0	0.000	3		1		0	0	
Retinol	_	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		3.180)	0		1		7.727	48.463	
4:0										
6:0 8:0	-									
10:0	-	0.000	1	0		4		0.000	0.000	
12:0	-	0.020		0		1		0.049	0.305	
13:0	_	0.020		٠		-		3.043	0.505	
14:0		0.080)	0		1		0.194	1.219	
15:0	_	3.500		•		_		32.		
16:0	_	1.930)	0		1		4.690	29.413	
17:0	_									
18:0	_	0.790)	0		1		1.920	12.040	
20:0	-									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 100 g		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	9	3.540		0	1		0.600	F2 0F0		
Fatty acids, total monounsaturated.		3.540		U	1		8.602	53.950		
15:1										
16:1 undifferentiated		0.580		0	1		1.409	8.839		
17:1	_	0.500		Ü	-		1.405	0.033		
18:1 undifferentiated		2.870		0	1		6.974	43.739		
20:1		0.020		0	1		0.049	0.305		
22:1 undifferentiated	-	0.020		0	1		0.049	0.305		
24:1 c		0.020		3	1		0.049	0.303		
Fatty acids, total polyunsaturated		2.780		0	1		6.755	42.367		
18:2 undifferentiated		2.300		0	1		5.589	35.052		
18:3 undifferentiated	-	0.130		0	1		0.316	1.981		
18:4		0.150		· ·	-		0.510	1.501		
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.230		0	1		0.559	3.505		
20:5 n-3	_	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.030		0	1		0.073	0.457		
22:6 n-3		0.040		0	1		0.097	0.610		
Fatty acids, total trans		0.010		· ·	-		0.05.	0.020		
Cholesterol	_	78	2.374	15	1		190	1189		
Phytosterols	_						-50			
1 113 tosterois										
Amino Acids:										
Tryptophan	_	0.311		0	1		0.756	4.740		
Threonine	g	1.228		0	1		2.984	18.715		
Isoleucine	g	1.412		0	1		3.431	21.519		
Leucine	g	2.187		0	1		5.314	33.330		
Lysine	g	2.562		0	1		6.226	39.045		
Methionine	g	0.791		0	1		1.922	12.055		
Cystine	g	0.307		0	1		0.746	4.679		
Phenylalanine	g	1.100		0	1		2.673	16.764		
Tyrosine	g	1.069		0	1		2.598	16.292		
Valine	g	1.465		0	1		3.560	22.327		
Arginine	-	1.977		0	1		4.804	30.129		
Histidine		0.847		0	1		2.058	12.908		
Alanine	g	1.786		0	1		4.340	27.219		
Aspartic acid	_	2.709		0	1		6.583	41.285		
Glutamic acid		4.489		0	1		10.908	68.412		
Glycine	g	1.662		0	1		4.039	25.329		
Proline		1.295		0	1		3.147	19.736		
Serine	-	1.240		0	1		3.013	18.898		
Hydroxyproline	g									

Common Measures:

Measure 1 = 243g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1524g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 22% Bone

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				mber			_	<u>m</u>	easures of 1000	L	
Nutrients and Un	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		69.50	0.490	15		1		227.27	1426.14		
Energy		168		0	NC	4		549	3447		
Energy		703				4		2299	14424		
Protein (N x 6.25)		20.18	0.164	15		1		65.99	414.09		
Total lipid (fat)		9.09	0.574	15		1		29.72	186.53		
Ash		0.88	0.003	15	_	1		2.88	18.06		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	15	0.590	15		1		49	308		
Iron, Fe	mg	1.60	0.073	15		1		5.23	32.83		
Magnesium, Mg		22	0.141	15		1		72	451		
Phosphorus, P		175	2.127	15		1		572	3591		
Potassium, K		263	4.477	15		1		860	5397		
Sodium, Na		61	1.363	15		1		199	1252		
Zinc, Zn		2.14	0.046	3		1		7.00	43.91		
Copper, Cu		0.109		3		1		0.356	2.237		
Manganese, Mn		0.022	0.001	3 0	D3.W	1 1		0.072	0.451 496.6		
Selenium, Se	riicg	24.2		U	PAK	1		79.1	496.6		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.060	0.001	15		1		0.196	1.231		
Riboflavin		0.158	0.007	15		1		0.517	3.242		
Niacin		3.849		15		1		12.586	78.981		
Pantothenic acid		0.804		0		1		2.629	16.498		
Vitamin B-6	-	0.410)	0		1		1.341	8.413		
Folate, total		8		0		1		26	164		
Folic acid	_	0		0	Z	7		0	0		
Folate, food		8		0		1		26	164		
Folate, DFE		8		0	NC	4		26	164		
Vitamin B-12		0.40 4	1.446	0 3		1 1		1.31	8.21		
Vitamin A, IU Vitamin A, RAE		1	0.434	3		1		13 4	82 25		
Retinol		1	0.434	3		1		4	25		
Vitamin E (alpha-tocopherol)		-	0.454	,		-		•	25		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	a	2.560	1	0		1		8.371	52.531		
Fatty acids, total saturated		2.360	•	J		1		0.3/1	32.331		
6:0	-										
8:0											
10:0		0.000)	0		4		0.000	0.000		
12:0		0.010		0		1		0.033	0.205		
13:0											
14:0	-	0.070)	0		1		0.229	1.436		
15:0	-										
16:0	g	1.660)	0		1		5.428	34.063		
17:0	g										
18:0	g	0.590)	0		1		1.929	12.107		
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 10		of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		_		<u> </u>	easures or roou		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	3.300		0		1		10.791	67.716		
14:1											
15:1	-			_		_					
16:1 undifferentiated	-	0.550		0		1		1.799	11.286		
17:1				•		_					
18:1 undifferentiated		2.670		0		1		8.731	54.788		
20:1	-	0.010		0		1		0.033	0.205		
22:1 undifferentiated24:1 c	g	0.010		0		1		0.033	0.205		
Fatty acids, total polyunsaturated	g	2.250		0		1		7.358	46.170		
18:2 undifferentiated		1.930		0		1		6.311	39.604		
18:3 undifferentiated		0.120		0		1		0.392	2.462		
18:4	-										
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.130		0		1		0.425	2.668		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3		0.020		0		1		0.065	0.410		
22:6 n-3	-	0.020		0		1		0.065	0.410		
Fatty acids, total trans	-										
Cholesterol	_	63	1.9	54 15		1		206	1293		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.223		0		1		0.729	4.576		
Threonine	g	0.881		0		1		2.881	18.078		
Isoleucine	g	1.013		0		1		3.313	20.787		
Leucine	g	1.569		0		1		5.131	32.196		
Lysine	g	1.838		0		1		6.010	37.716		
Methionine	-	0.568		0		1		1.857	11.655		
Cystine		0.221		0		1		0.723	4.535		
Phenylalanine		0.790		0		1		2.583	16.211		
Tyrosine	_	0.767		0		1		2.508	15.739		
Valine	g	1.052		0		1		3.440	21.587		
Arginine		1.421		0		1		4.647	29.159		
Histidine		0.608		0		1		1.988	12.476		
Alanine	-	1.285		0		1		4.202	26.368		
Aspartic acid		1.946		0		1		6.363	39.932		
Glutamic acid	_	3.222		0		1		10.536	66.115		
Glycine	_	1.204		0		1		3.937	24.706		
Proline		0.935		0		1		3.057	19.186		
Serine	_	0.891		0		1		2.914	18.283		
Hydroxyproline	g										

Common Measures:

Measure 1 = 327g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2052g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 30% 20% bone, 10% skin

		<u>Aı</u>	mount in 100 gı	rams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	64.43	0.181	15		1		90.20	136.59		
Energy	kcal	175		0	NC	4		245	371		
Energy	kj	732				4		1025	1552		
Protein (N x 6.25)	g	29.25	0.285	15		1		40.95	62.01		
Total lipid (fat)	g	5.51	0.277	15		1		7.71	11.68		
Ash	g	1.07	0.008	15		1		1.50	2.27		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mq	25	1.261	15		1		35	53		
Iron, Fe	-	1.76	0.045	15		1		2.46	3.73		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	26	0.215	15		1		36	55		
Phosphorus, P		212	2.128	15		1		297	449		
Potassium, K	-	299	4.778	15		1		419	634		
Sodium, Na	mg	67	1.066	15		1		94	142		
Zinc, Zn	mg	3.03	0.099	3		1		4.24	6.42		
Copper, Cu		0.087	0.003	3		1		0.122	0.184		
Manganese, Mn		0.022	0.002	3		1		0.031	0.047		
Selenium, Se	mcg	34.4		0	BFYN	4		48.2	72.9		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin		0.058	0.002	15		1		0.081	0.123		
Riboflavin		0.175	0.006	15		1		0.245	0.371		
Niacin	mg	5.647	0.139	15		1		7.906	11.972		
Pantothenic acid	mg	0.909)	0		1		1.273	1.927		
Vitamin B-6	mg	0.440)	0		1		0.616	0.933		
Folate, total	mcg	7		0		1		10	15		
Folic acid		0		0	Z	7		0	0		
Folate, food		7		0		1		10	15		
Folate, DFE		7		0	NC	4		10	15		
Vitamin B-12		0.36		0		1		0.50	0.76		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE		0		0		1		0	0		
Retinol	-	0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	_	1 000		•		_		0.540	0.050		
Fatty acids, total saturated		1.820)	0		1		2.548	3.858		
4:0 6:0											
8:0											
10:0	-	0.000)	0		4		0.000	0.000		
12:0	_	0.020		0		1		0.028	0.042		
13:0				-		-		0.020	0.042		
14:0	-	0.030)	0		1		0.042	0.064		
15:0	_								-		
16:0	_	0.910)	0		1		1.274	1.929		
17:0	_										
18:0	g	0.550)	0		1		0.770	1.166		
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	mount in 100		edible portio	<u>on</u>	Amount in edible portion of common measures of food			
			N	umber			<u>m</u>	easures of food	•	
Nutrients and Uni	ts	Mean	Std. Error P			Confidence Code	Measure 1	Measure 2	Measure 3	
F # 11 4 4 1		1 140		0	1		1 506	0.417		
Fatty acids, total monounsaturated	-	1.140		U	1		1.596	2.417		
15:1										
16:1 undifferentiated		0.160		0	1		0.224	0.339		
17:1		0.100		Ū	-		0.224	0.555		
18:1 undifferentiated	-	0.940		0	1		1.316	1.993		
20:1		0.020		0	1		0.028	0.042		
22:1 undifferentiated	-	0.020		0	1		0.028	0.042		
24:1 c	•	0.020		U	_		0.028	0.042		
Fatty acids, total polyunsaturated	-	1.580		0	1		2.212	3.350		
18:2 undifferentiated		1.200		0	1		1.680	2.544		
18:3 undifferentiated	-	0.040		0	1		0.056	0.085		
18:4	-	0.040		Ü	-		0.030	0.065		
20:2 n-6 c.c.										
20:3 undifferentiated										
20:4 undifferentiated		0.230		0	1		0.322	0.488		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.040		0	1		0.056	0.085		
22:6 n-3		0.050		0	1		0.030	0.106		
Fatty acids, total trans		0.050		ŭ	-		0.070	0.100		
Cholesterol	-	73	2.302	15	1		102	155		
Phytosterols					_		102	100		
1 Hytosterois	9									
Amino Acids:										
Tryptophan	g	0.332		0	1		0.465	0.704		
Threonine	g	1.301		0	1		1.821	2.758		
Isoleucine	g	1.521		0	1		2.129	3.225		
Leucine	g	2.331		0	1		3.263	4.942		
Lysine	g	2.757		0	1		3.860	5.845		
Methionine	g	0.847		0	1		1.186	1.796		
Cystine	g	0.304		0	1		0.426	0.644		
Phenylalanine	g	1.161		0	1		1.625	2.461		
Tyrosine	g	1.156		0	1		1.618	2.451		
Valine	g	1.554		0	1		2.176	3.294		
Arginine	g	2.040		0	1		2.856	4.325		
Histidine	g	0.913		0	1		1.278	1.936		
Alanine	g	1.811		0	1		2.535	3.839		
Aspartic acid	g	2.841		0	1		3.977	6.023		
Glutamic acid	g	4.774		0	1		6.684	10.121		
Glycine	g	1.451		0	1		2.031	3.076		
Proline	g	1.217		0	1		1.704	2.580		
Serine	g	1.301		0	1		1.821	2.758		
Hydroxyproline	g									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 212g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% 22% bone, 12% skin

		<u>Aı</u>	mount in 100 gr		of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				nber	_		_	<u>m</u> :	easures of 1000	<u> </u>	
Nutrients and Uni	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:	~	70 77	0.010	1.5				000 61	1076.06		
Water	_	73.77	0.212	15		1		203.61	1276.96		
Energy		122 510		0	NC	4 4		337 1409	2112		
Energy		21.76	0.085	15		1		60.06	8836		
Protein (N x 6.25) Total lipid (fat)		3.18	0.085	15		1		8.78	376.67		
,		0.97	0.136	15		1		2.68	55.05 16.79		
AshCarbohydrate, by difference		0.00	0.000	0	z	7		0.00	0.00		
Fiber, total dietary		0.00		0	Z	7		0.00	0.00		
Sugars, total		0.0		Ü	_	,		0.0	0.0		
Starch											
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	-	15	0.688	15		1		41	260		
Iron, Fe		1.62	0.079	15		1		4.47	28.04		
Magnesium, Mg		25	0.271	15		1		69 533	433		
Phosphorus, P		193 293	2.392 6.813	15 15		1 1		533 809	3341 5072		
Potassium, K		293 66	1.278	15		1		182	5072 1142		
Sodium, NaZinc, Zn		2.30	0.035	3		1		6.35	39.81		
Copper, Cu		0.115		3		1		0.33	1.991		
Manganese, Mn		0.023		3		1		0.063	0.398		
Selenium, Se		26.5	0.002	0	PIE	4		73.1	458.7		
ŕ											
<u>Vitamins:</u>					_	_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.068		15		1 1		0.188	1.177		
Riboflavin		0.172 4.307		15 15		1		0.475 11.887	2.977 74.554		
Niacin Pantothenic acid		0.909		0		1		2.509	15.735		
Vitamin B-6		0.470		0		1		1.297	8.136		
Folate, total	-	9		0		1		25	156		
Folic acid		ō		0	z	7		0	0		
Folate, food	_	9		0	_	1		25	156		
Folate, DFE		9		0	NC	4		25	156		
Vitamin B-12		0.43		0		1		1.19	7.44		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0		1		0	0		
Retinol		0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	1.050)	0		1		2.898	18.176		
4:0	g										
6:0											
8:0											
10:0		0.000		0		4		0.000	0.000		
12:0		0.010	1	0		1		0.028	0.173		
13:0	-			•		_					
14:0	-	0.020	1	0		1		0.055	0.346		
15:0	-	0 540		0		1		1 400	0.245		
16:0	-	0.540	•	U		1		1.490	9.347		
17:0 18:0	-	0.320	1	0		1		0.883	5.539		
20:0	-	0.320	•	U		1		0.003	5.539		
22:0											
24:0	-										

		<u>An</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.680		0	1		1.877	11.771		
14:1		0.000			_		1.077	11.,,1		
15:1	-									
16:1 undifferentiated		0.100		0	1		0.276	1.731		
17:1	-	0.200			_		0.2.0	21.02		
18:1 undifferentiated		0.560		0	1		1.546	9.694		
20:1	-	0.010		0	1		0.028	0.173		
22:1 undifferentiated.		0.010		0	1		0.028	0.173		
24:1 c		0.010		•	1		0.028	0.173		
Fatty acids, total polyunsaturated		0.920		0	1		2.539	15.925		
18:2 undifferentiated		0.710		0	1		1.960	12.290		
18:3 undifferentiated		0.710		0	1		0.055	0.346		
18:4		0.020		U			0.055	0.346		
	-									
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated		0.130		0	1		0.359	2.250		
	-	0.130		0	4		0.339	0.000		
20:5 n-3		0.000		0	1		0.000	0.000		
	-	0.020		0	1		0.055			
22:6 n-3	-	0.030		U	1		0.083	0.519		
Fatty acids, total trans	-	60	1.978	15	1		166	1000		
Cholesterol		60	1.978	15	1		166	1039		
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.247		0	1		0.682	4.276		
Threonine		0.968		0	1		2.672	16.756		
Isoleucine	-	1.132		0	1		3.124	19.595		
Leucine		1.734		0	1		4.786	30.016		
Lysine		2.051		0	1		5.661	35.503		
Methionine		0.630		0	1		1.739	10.905		
Cystine	_	0.226		0	1		0.624	3.912		
Phenylalanine	-	0.864		0	1		2.385	14.956		
Tyrosine		0.860		0	1		2.374	14.887		
Valine	_	1.156		0	1		3.191	20.010		
Arginine		1.518		0	1		4.190	26.277		
Histidine	-	0.679		0	1		1.874	11.753		
Alanine	-	1.348		0	1		3.720	23.334		
Aspartic acid		2.114		0	1		5.835	36.593		
Glutamic acid		3.552		0	1		9.804	61.485		
Glycine		1.079		0	1		2.978	18.677		
Proline	_	0.905		0	1		2.498	15.666		
Serine		0.968		0	1		2.672	16.756		
Hydroxyproline		0.500		•	-		2.072	10.756		
11yaroxypromic	9									

Common Measures:

Measure 1 = 276g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1731g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Ar</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	35.53	0.696	15		1		11.01	69.64		
Energy	kcal	482		0	NC	4		149	945		
Energy	kj	2017				4		625	3953		
Protein (N x 6.25)	g	19.03	0.687	15		1		5.90	37.30		
Total lipid (fat)	g	44.45	1.083	15		1		13.78	87.12		
Ash	g	0.63	0.016	15		1		0.20	1.23		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	32	1.505	15		1		10	63		
Iron. Fe.	_	1.82	0.074	15		1		0.56	3.57		
Magnesium, Mg		15	0.340	15		1		5	29		
Phosphorus, P		133	4.293	15		1		41	261		
Potassium, K	•	155	3.528	15		1		48	304		
Sodium, Na	_	44	1.207	15		1		14	86		
Zinc, Zn	<u>mg</u>	2.06	0.336	3		1		0.64	4.04		
Copper, Cu	mg	0.078	0.012	3		1		0.024	0.153		
Manganese, Mn	mg	0.022	0.003	3		1		0.007	0.043		
Selenium, Se	mcg	144.1		0	BFNN	4		44.7	282.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.021	0.002	15	_	1		0.007	0.041		
Riboflavin		0.133		15		1		0.041	0.261		
Niacin		2.801	0.115	15		1		0.868	5.490		
Pantothenic acid		0.297		0		1		0.092	0.582		
Vitamin B-6	_	0.070		0		1		0.022	0.137		
Folate, total	mcg	4		0		1		1	8		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	4		0		1		1	8		
Folate, DFE	mcg_DFE	4		0	NC	4		1	8		
Vitamin B-12		0.24		0		1		0.07	0.47		
Vitamin A, IU		0	0.000	3		1		0	0		
Vitamin A, RAE		0	0.000	3		1		0	0		
Retinol		0	0.000	3		1		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Incg										
<u> ipids:</u>											
Fatty acids, total saturated	g	11.590		0		1		3.593	22.716		
4:0	g										
6:0	g										
8:0	-										
10:0		0.000		0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0	_			_		_					
14:0	_	0.340		0		1		0.105	0.666		
15:0	_			_		_					
16:0	_	8.370		0		1		2.595	16.405		
17:0	_	0.011		^				0 50-	4 000		
18:0	_	2.210		0		1		0.685	4.332		
20:0	_										
22:0	g										

		<u>Ar</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	a	10.040		0	1		5 071	27 100		
Fatty acids, total monounsaturated		18.940		U	_		5.871	37.122		
15:1										
16:1 undifferentiated		3.280		0	1		1.017	6.429		
17:1	-	3.200		•	-		1.017	0.423		
18:1 undifferentiated		15.250		0	1		4.728	29.890		
20:1		0.000		0	1		0.000	0.000		
22:1 undifferentiated	_	0.000		0	1		0.000	0.000		
24:1 c		0.000		•	1		3.000	0.000		
Fatty acids, total polyunsaturated		10.180		0	1		3.156	19.953		
18:2 undifferentiated		9.200		0	1		2.852	18.032		
18:3 undifferentiated	_	0.690		0	1		0.214	1.352		
18:4		0.050		•	-		0.214	1.552		
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.120		0	1		0.037	0.235		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	_	0.000		0	1		0.000	0.000		
22:6 n-3		0.000		0	1		0.000	0.000		
Fatty acids, total trans		0.000		•	-		0.000	0.000		
Cholesterol	-	106	2.712	.5	1		33	208		
Phytosterols		200			_		33	200		
T fly tosterois	9									
Amino Acids:										
Tryptophan	g	0.152		0	1		0.047	0.298		
Threonine	g	0.679		0	1		0.210	1.331		
Isoleucine	g	0.612		0	1		0.190	1.200		
Leucine	g	1.118		0	1		0.347	2.191		
Lysine	g	1.136		0	1		0.352	2.227		
Methionine	g	0.381		0	1		0.118	0.747		
Cystine	g	0.317		0	1		0.098	0.621		
Phenylalanine	g	0.642		0	1		0.199	1.258		
Tyrosine	g	0.432		0	1		0.134	0.847		
Valine	g	0.801		0	1		0.248	1.570		
Arginine	g	1.468		0	1		0.455	2.877		
Histidine	g	0.365		0	1		0.113	0.715		
Alanine	g	1.544		0	1		0.479	3.026		
Aspartic acid	g	1.702		0	1		0.528	3.336		
Glutamic acid	g	2.366		0	1		0.733	4.637		
Glycine	g	3.036		0	1		0.941	5.951		
Proline	g	1.775		0	1		0.550	3.479		
Serine	g	0.773		0	1		0.240	1.515		
Hydroxyproline	g									

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 196g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Ar</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	46.80	1.079	16		1		23.87	150.23		
Energy	kcal	417		0	NC	4		213	1339		
Energy	kj	1745				4		890	5601		
Protein (N x 6.25)	g	11.79	0.472	16		1		6.01	37.85		
Total lipid (fat)	g	40.62	1.420	16		1		20.72	130.39		
Ash	g	0.40	0.014	15		1		0.20	1.28		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	19	1.245	15		1		10	61		
Iron. Fe.	-	1.52	0.084	15		1		0.78	4.88		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8	0.219	15		1		4	26		
Phosphorus, P		81	3.334	15		1		41	260		
Potassium, K	•	107	4.495	15		1		55	343		
Sodium. Na		32	1.085	15		1		16	103		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.26	0.059	3		1		0.64	4.04		
Copper, Cu		0.080	0.026	3		1		0.041	0.257		
Manganese, Mn		0.015	0.002	3		1		0.008	0.048		
Selenium, Se	mcg	11.6		0	BFNN	4		5.9	37.2		
Vitamins:											
	ma	0.0		0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.019	0.001	15	4	1		0.010	0.061		
Riboflavin	-	0.019		15		1		0.010	0.266		
Niacin	=	1.368		15		1		0.698	4.391		
Pantothenic acid	_	0.235		0		1		0.120	0.754		
Vitamin B-6	=	0.060		0		1		0.031	0.193		
Folate, total	-	4		0		1		2	13		
Folic acid		0		0	z	7		0	0		
Folate, food		4		0		1		2	13		
Folate, DFE		4		0	NC	4		2	13		
Vitamin B-12		0.22		0		1		0.11	0.71		
Vitamin A, IU	IU -	27	6.110	3		1		14	87		
Vitamin A, RAE		8	1.835	3		1		4	26		
Retinol	mcg	8	1.835	3		1		4	26		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	10.600		0		1		5.406	34.026		
4:0	g										
6:0	g										
8:0	g										
10:0	-	0.000		0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0	-										
14:0	-	0.310	0.017	14		1		0.158	0.995		
15:0	-										
16:0	-	7.650	0.338	14		1		3.902	24.557		
17:0	-					_					
18:0	-	2.020	0.102	14		1		1.030	6.484		
20:0	-										
22:0	a										

		<u>Ar</u>	nount in 100 g	grams of umber	edible portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		Data De		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	17.310		0	1		8.828	55.565		
14:1		17.310		Ü	-		0.020	33.303		
15:1										
16:1 undifferentiated		3.000	0.168	14	1		1.530	9.630		
17:1	-									
18:1 undifferentiated		13.940	0.583	14	1		7.109	44.747		
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 polyunsaturated		9.300		0	1		4.743	29.853		
18:2 undifferentiated		8.410	0.378	14	1		4.289	26.996		
18:3 undifferentiated	g	0.620	0.044	11	1		0.316	1.990		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.110	0.012	10	1		0.056	0.353		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	g	0.000		0	1		0.000	0.000		
22:6 n-3	g	0.000		0	1		0.000	0.000		
Fatty acids, total trans	-									
Cholesterol		81	2.656	15	1		41	260		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.094		0	1		0.048	0.302		
Threonine	-	0.421		0	1		0.215	1.351		
Isoleucine	_	0.379		0	1		0.193	1.217		
Leucine	_	0.693		0	1		0.353	2.225		
Lysine	-	0.704		0	1		0.359	2.260		
Methionine	_	0.236		0	1		0.120	0.758		
Cystine	_	0.196		0	1		0.100	0.629		
Phenylalanine		0.398		0	1		0.203	1.278		
Tyrosine	-	0.268		0	1		0.137	0.860		
Valine	_	0.496		0	1		0.253	1.592		
Arginine		0.910		0	1		0.464	2.921		
Histidine	-	0.226		0	1		0.115	0.725		
Alanine		0.957		0	1		0.488	3.072		
Aspartic acid	g	1.055		0	1		0.538	3.387		
Glutamic acid	g	1.466		0	1		0.748	4.706		
Glycine	g	1.881		0	1		0.959	6.038		
Proline	g	1.100		0	1		0.561	3.531		
Serine	g	0.479		0	1		0.244	1.538		
Hydroxyproline	g									

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 321g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% Bone

		<u>A</u>	mount in 100	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	58.53		0		1		16.39	101.84		
Energy	kcal	238		0	NC	4		67	414		
Energy		996				4		279	1733		
Protein (N x 6.25)	g	27.30		0		1		7.64	47.50		
Total lipid (fat)	g	13.46		0		1		3.77	23.42		
Ash	g	0.99		0		1		0.28	1.72		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:		٠.		_		_		_	40		
Calcium, Ca	-	24		0		1		7	42		
Iron, Fe	-	1.43 25		0		1 1		0.40 7	2.49 44		
Magnesium, Mg				-							
Phosphorus, P Potassium, K	-	198 268		0		1 1		55 75	345 466		
Sodium, Na	-	56		0		1		16	97		
Zinc, Zn		1.99		0		1		0.56	3.46		
Copper, Cu		0.049	a	0		1		0.014	0.085		
Manganese, Mn		0.021		0		1		0.006	0.037		
Selenium, Se		27.6	_	0	BFYN	4		7.7	48.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.048		0		1		0.013	0.084		
Riboflavin	-	0.128		0		1		0.036	0.223		
Niacin		6.084		0		1		1.704	10.586		
Pantothenic acid		0.570		0		1		0.160	0.992		
Vitamin B-6		0.410)	0		1		0.115	0.713		
Folate, total		5		0	_	1		1	9		
Folic acid		0		0	Z	7		0	0		
Folate, food		5 5		0	NC	1 4		1 1	9		
Folate, DFE		0.33		0	NC	1		0.09	9 0.57		
Vitamin B-12		0.33		0		1		0.09	0.57		
Vitamin A, IU Vitamin A, RAE	mca DAE	0		0		1		0	0		
Retinol		0		0		1		0	0		
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	· ·		U		-		U	U		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	~	3.680	,	0		1		1 020	6 403		
Fatty acids, total saturated		3.680	,	U		1		1.030	6.403		
4:0 6:0											
8:0	-										
10:0	_	0.000)	0		4		0.000	0.000		
12:0		0.010		0		1		0.003	0.017		
13:0		0.01	-	•		_		3.003	0.017		
14:0	-	0.100)	0		1		0.028	0.174		
15:0	-			-		_		***=3	·-		
16:0	-	2.410)	0		1		0.675	4.193		
17:0	-										
18:0	-	0.810)	0		1		0.227	1.409		
20:0	-										
22:0											
24:0	g										

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	9	5.020		0		1		1 406	0.725		
Fatty acids, total monounsaturated.		5.020		U		1		1.406	8.735		
15:1											
16:1 undifferentiated		0.850		0		1		0.238	1.479		
17:1	_	0.030		·		-		0.230	2.475		
18:1 undifferentiated		4.050		0		1		1.134	7.047		
20:1		0.010		0		1		0.003	0.017		
22:1 undifferentiated	-	0.010		0		1		0.003	0.017		
24:1 c		0.010		·		-		0.005	0.017		
Fatty acids, total polyunsaturated		3.190		0		1		0.893	5.551		
18:2 undifferentiated		2.700		0		1		0.756	4.698		
18:3 undifferentiated	-	0.180		0		1		0.050	0.313		
18:4		0.200		·		_		0.050	0.313		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.180		0		1		0.050	0.313		
20:5 n-3	_	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.030		0		1		0.008	0.052		
22:6 n-3		0.030		0		1		0.008	0.052		
Fatty acids, total trans											
Cholesterol	_	77		0		1		22	134		
Phytosterols	_										
-											
Amino Acids:											
Tryptophan	_	0.295		0		1		0.083	0.513		
Threonine	-	1.175		0		1		0.329	2.045		
Isoleucine	-	1.329		0		1		0.372	2.312		
Leucine	_	2.080		0		1		0.582	3.619		
Lysine	-	2.416		0		1		0.676	4.204		
Methionine	-	0.750		0		1		0.210	1.305		
Cystine		0.312		0		1		0.087	0.543		
Phenylalanine	-	1.056		0		1		0.296	1.837		
Tyrosine	-	1.002		0		1		0.281	1.743		
Valine		1.400		0		1		0.392	2.436		
Arginine	-	1.938		0		1		0.543	3.372		
Histidine		0.797		0		1		0.223	1.387		
Alanine	-	1.778		0		1		0.498	3.094		
Aspartic acid	_	2.616		0		1		0.732	4.552		
Glutamic acid		4.279		0		1		1.198	7.445		
Glycine	-	1.854		0		1		0.519	3.226		
Proline		1.371		0		1		0.384	2.386		
Serine	-	1.197		0		1		0.335	2.083		
Hydroxyproline	g										

Common Measures:

Measure 1 = 28g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 174g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% Bone

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numl	er			<u>m</u>	easures of food	<u> </u>
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	65.18	()	1		23.46	146.00	
Energy	kcal	210	() NC	4		76	470	
Energy	kj	879			4		316	1968	
Protein (N x 6.25)		19.93	()	1		7.17	44.64	
Total lipid (fat)		13.87	()	1		4.99	31.07	
Ash		0.81)	1		0.29	1.81	
Carbohydrate, by difference		0.00	() z	7		0.00	0.00	
Fiber, total dietary	g	0.0) z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
M. 1									
Minerals:	ma	1.4	,		4		F	21	
Calcium, Ca	-	14 1.43	(1 1		5 0.51	31 3.20	
Iron, Fe	-	21	(1		0.51 8	3.20 47	
Magnesium, Mg Phosphorus, P		162		,)	1		8 58	4 / 363	
Prospriorus, P	-	238)	1		58 86	533	
Sodium, Na	-	51	,		1		18	114	
Zine, Zn	-	1.49)	1		0.54	3.34	
Copper, Cu		0.081			1		0.029	0.181	
Manganese, Mn		0.020)	1		0.007	0.045	
Selenium, Se		21.5	() BFNN	1 4		7.7	48.2	
•	-								
Vitamins:				_	_				
Vitamin C, total ascorbic acid		0.0			7		0.0	0.0	
Thiamin		0.047			1 1		0.017	0.105	
Riboflavin		0.116			1		0.042	0.260	
Niacin		4.295 0.547			1		1.546	9.621 1.225	
Pantothenic acid Vitamin B-6		0.400		,)	1		0.197 0.144	0.896	
	-	7		,)	1		3	16	
Folic acid		0		,) Z	7		0	0	
Folate, food		7	(1		3	16	
Folate, DFE	mca DFF	7	,		4		3	16	
Vitamin B-12		0.38)	1		0.14	0.85	
Vitamin A, IU		8	Č		1		3	18	
Vitamin A, RAE		2			1		1	5	
Retinol		2			1		1	5	
Vitamin E (alpha-tocopherol)								_	
Tocopherol, beta	-								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	3.680) ()	1		1.325	8.243	
4:0		3.000	·		-		1.323	0.243	
6:0	-								
8:0									
10:0		0.000) ()	4		0.000	0.000	
12:0		0.010			1		0.004	0.022	
13:0									
14:0	-	0.100) ()	1		0.036	0.224	
15:0	-								
16:0	-	2.560) ()	1		0.922	5.734	
17:0	-								
18:0	-	0.740) ()	1		0.266	1.658	
20:0									
22:0	-								
24:0	a								

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Father and total mean and total	9	5.620		0		1		2 022	10 500		
Fatty acids, total monounsaturated		5.620		U		_		2.023	12.589		
15:1											
16:1 undifferentiated		0.970		0		1		0.349	2.173		
17:1	-	0.570		·		-		0.545	2.175		
18:1 undifferentiated		4.530		0		1		1.631	10.147		
20:1		0.010		0		1		0.004	0.022		
22:1 undifferentiated	_	0.010		0		1		0.004	0.022		
24:1 c		0.010		Ü		-		5.004	0.022		
Fatty acids, total polyunsaturated		3.220		0		1		1.159	7.213		
18:2 undifferentiated		2.840		0		1		1.022	6.362		
18:3 undifferentiated	_	0.200		0		1		0.072	0.448		
18:4		0.200		·		-		0.072	0.440		
20:2 n-6 c.c.											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.100		0		1		0.036	0.224		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.010		0		1		0.004	0.022		
22:6 n-3		0.010		0		1		0.004	0.022		
Fatty acids, total trans		0.010				-		0.004	0.022		
Cholesterol	-	65		0		1		23	146		
Phytosterols	-										
-											
Amino Acids:											
Tryptophan	g	0.214		0		1		0.077	0.479		
Threonine	g	0.854		0		1		0.307	1.913		
Isoleucine	g	0.963		0		1		0.347	2.157		
Leucine	g	1.511		0		1		0.544	3.385		
Lysine	g	1.750		0		1		0.630	3.920		
Methionine	g	0.544		0		1		0.196	1.219		
Cystine	g	0.230		0		1		0.083	0.515		
Phenylalanine	g	0.769		0		1		0.277	1.723		
Tyrosine	g	0.725		0		1		0.261	1.624		
Valine	g	1.018		0		1		0.366	2.280		
Arginine	-	1.417		0		1		0.510	3.174		
Histidine	g	0.578		0		1		0.208	1.295		
Alanine	g	1.305		0		1		0.470	2.923		
Aspartic acid	g	1.907		0		1		0.687	4.272		
Glutamic acid	g	3.109		0		1		1.119	6.964		
Glycine	g	1.395		0		1		0.502	3.125		
Proline	g	1.020		0		1		0.367	2.285		
Serine	g	0.872		0		1		0.314	1.953		
Hydroxyproline	g										

Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 224g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 40% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food		
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	58.33	0		1		221.65	19.25		
Energy	kcal	238	0	NC	4		904	79		
Energy		996			4		3784	329		
Protein (N x 6.25)	g	26.80	0		1		101.84	8.84		
Total lipid (fat)	g	13.65	0		1		51.87	4.50		
Ash	g	0.94	0		1		3.57	0.31		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	35	0		1		133	12		
Iron, Fe	-	2.21	0		1		8.40	0.73		
Magnesium, Mg		22	0		1		84	7		
Phosphorus, P		191	0		1		726	63		
Potassium, K	•	264	0		1		1003	87		
Sodium, Na		77	0		1		293	25		
Zinc, Zn	mg	4.01	0		1		15.24	1.32		
Copper, Cu	mg	0.147	0		1		0.559	0.049		
Manganese, Mn		0.022			1		0.084	0.007		
Selenium, Se	mcg	38.0	0	BFYN	4		144.4	12.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0		
Thiamin		0.058		_	1		0.220	0.019		
Riboflavin		0.238			1		0.904	0.079		
Niacin		3.336			1		12.677	1.101		
Pantothenic acid	-	1.103			1		4.191	0.364		
Vitamin B-6		0.310	0		1		1.178	0.102		
Folate, total	mcg	8	0		1		30	3		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	8	0		1		30	3		
Folate, DFE	mcg_DFE	8	0	NC	4		30	3		
Vitamin B-12	mcg	0.35	0		1		1.33	0.12		
Vitamin A, IU		0	0		1		0	0		
Vitamin A, RAE		0	0		1		0	0		
Retinol		0	0		1		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	Inog									
<u>Lipids:</u>										
Fatty acids, total saturated		3.970	0		1		15.086	1.310		
4:0										
6:0										
8:0	-	0.000			4		0.000	0.000		
10:0 12:0		0.000			4 1		0.000	0.000		
13:0	-	0.010	, 0		1		0.038	0.003		
14:0	-	0.100	0		1		0.380	0.033		
15:0	-	0.100	. 0		-		0.300	0.055		
16:0	-	2.510	0		1		9.538	0.828		
17:0	-		·		=		3.000	0.020		
18:0	-	0.950	0		1		3.610	0.314		
20:0	-									
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Father a side total management and	9	4.730		0		1		17 074	1 561		
Fatty acids, total monounsaturated		4.730		U		1		17.974	1.561		
15:1											
16:1 undifferentiated		0.790		0		1		3.002	0.261		
17:1	-	0.750		·		-		3.002	0.201		
18:1 undifferentiated		3.840		0		1		14.592	1.267		
20:1		0.020		0		1		0.076	0.007		
22:1 undifferentiated	_	0.010		0		1		0.038	0.003		
24:1 c		0.010		Ū		-		0.050	0.005		
Fatty acids, total polyunsaturated		3.510		0		1		13.338	1.158		
18:2 undifferentiated		3.020		0		1		11.476	0.997		
18:3 undifferentiated	_	0.180		0		1		0.684	0.059		
18:4		0.200		·		_		0.004	0.033		
20:2 n-6 c.c.											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.220		0		1		0.836	0.073		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	_	0.030		0		1		0.114	0.010		
22:6 n-3		0.040		0		1		0.152	0.013		
Fatty acids, total trans		0.010		·		_		0.101	0.025		
Cholesterol	-	94		0		1		357	31		
Phytosterols	-										
-											
Amino Acids:											
Tryptophan	-	0.290		0		1		1.102	0.096		
Threonine	_	1.153		0		1		4.381	0.380		
Isoleucine	_	1.305		0		1		4.959	0.431		
Leucine	-	2.042		0		1		7.760	0.674		
Lysine	_	2.372		0		1		9.014	0.783		
Methionine	_	0.737		0		1		2.801	0.243		
Cystine		0.306		0		1		1.163	0.101		
Phenylalanine	g	1.037		0		1		3.941	0.342		
Tyrosine	g	0.984		0		1		3.739	0.325		
Valine		1.375		0		1		5.225	0.454		
Arginine	-	1.902		0		1		7.228	0.628		
Histidine		0.783		0		1		2.975	0.258		
Alanine	_	1.745		0		1		6.631	0.576		
Aspartic acid	-	2.569		0		1		9.762	0.848		
Glutamic acid		4.201		0		1		15.964	1.386		
Glycine	g	1.817		0		1		6.905	0.600		
Proline		1.344		0		1		5.107	0.444		
Serine	_	1.175		0		1		4.465	0.388		
Hydroxyproline	g										

Common Measures:

Measure 1 = 380g: .5 back, bone removed

Measure 2 = 33g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 38% Bone

		<u>A</u>	mount in 100 gran	ns of edil	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Da	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	69.29	0		1		363.08	31.18	
Energy	-	179	0	NC	4		938	81	
Energy		749			4		3924	337	
Protein (N x 6.25)	=	18.47	0		1		96.78	8.31	
Total lipid (fat)		11.14	0		1		58.37	5.01	
Ash		0.80	0		1		4.19	0.36	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total			_	_	•			0.0	
Starch	-								
Starch	9								
<u> Minerals:</u>									
Calcium, Ca	-	17	0		1		89	8	
Iron, Fe	-	1.53	0		1		8.02	0.69	
Magnesium, Mg		18	0		1		94	8	
Phosphorus, P	•	161	0		1		844	72	
Potassium, K	-	245	0		1		1284	110	
Sodium, Na		71	0		1		372	32	
Zinc, Zn		2.89	0		1		15.14	1.30	
Copper, Cu		0.124			1		0.650	0.056	
Manganese, Mn		0.018			1		0.094	0.008	
Selenium, Se	mcg	25.5	0	BFNN	4		133.6	11.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin		0.073	3 0		1		0.383	0.033	
Riboflavin		0.191			1		1.001	0.086	
Niacin		2.910) 0		1		15.248	1.310	
Pantothenic acid		0.948	3 0		1		4.968	0.427	
Vitamin B-6		0.300) 0		1		1.572	0.135	
Folate, total	-	9	0		1		47	4	
Folic acid		0	0	Z	7		0	0	
Folate, food		9	0		1		47	4	
Folate, DFE	mcg DFE	9	0	NC	4		47	4	
Vitamin B-12		0.37	0		1		1.94	0.17	
Vitamin A, IU		11	0		1		58	5	
Vitamin A, RAE		3	0		1		17	1	
Retinol		3	0		1		17	1	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	3.140	0		1		16.454	1.413	
4:0		3.140	,		-		10.434	1.413	
6:0									
8:0									
10:0	-	0.000	0		4		0.000	0.000	
12:0		0.010			1		0.052	0.005	
13:0			ŭ		-		3.002	2.003	
14:0	-	0.080	0		1		0.419	0.036	
15:0	-		ŭ		-				
16:0	-	2.060	0		1		10.794	0.927	
17:0	-		,		=				
18:0	-	0.710	0		1		3.720	0.320	
20:0		520			-		3	0.020	
22:0	-								
24:0	-								

	<u> </u>	Amount in 100	0 grams o Number	of edible port	ion	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		of Data		e Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g 4.12	0	0	1		21.589	1.854		
14:1	g								
15:1	g								
16:1 undifferentiated	g 0.69	0	0	1		3.616	0.311		
17:1	g								
18:1 undifferentiated	g 3.33	0	0	1		17.449	1.499		
20:1	g 0.01	0	0	1		0.052	0.005		
22:1 undifferentiated	g 0.01	0	0	1		0.052	0.005		
24:1 c	g								
Fatty acids, total polyunsaturated	g 2.78	0	0	1		14.567	1.251		
18:2 undifferentiated		0	0	1		12.681	1.089		
18:3 undifferentiated		0	0	1		0.786	0.068		
18:4	q								
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0	0	1		0.681	0.059		
20:5 n-3	-	0	0	4		0.000	0.000		
22:5 n-3		0	0	1		0.105	0.009		
22:6 n-3	-	0	0	1		0.157	0.014		
Fatty acids, total trans	-								
Cholesterol	-		0	1		414	36		
Phytosterols									
Amino Acids:									
Tryptophan	g 0.20	0	0	1		1.048	0.090		
Threonine		5	0	1		4.166	0.358		
Isoleucine	-	0	0	1		4.716	0.405		
Leucine		8	0	1		7.378	0.634		
Lysine		5	0	1		8.567	0.736		
Methionine		7	0	1		2.657	0.228		
Cystine			0	1		1.106	0.095		
Phenylalanine	-	5	0	1		3.747	0.322		
Tyrosine			0	1		3.558	0.306		
Valine	-		0	1		4.968	0.427		
Arginine			0	1		6.870	0.590		
Histidine	-		0	1		2.824	0.243		
Alanine	0		0	1		6.298	0.541		
Aspartic acid			0	1		9.280	0.797		
Glutamic acid.			0	1		15.175	1.303		
Glycine	0		0	1		6.560	0.563		
Proline	-		0	1		4.857	0.417		
Serine	0		0	1		4.244	0.365		
Hydroxyproline		-	-	-			0.505		
ттушолургонне	. .								

Common Measures:

Measure 1 = 524g: .5 back, bone removed

Measure 2 = 45g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 8% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	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	63.30	0		1		72.80	841.26		
Energy	kcal	189	0	NC	4		217	2512		
Energy		791			4		909	10509		
Protein (N x 6.25)	g	28.61	0		1		32.90	380.23		
Total lipid (fat)	g	7.39	0		1		8.50	98.21		
Ash	g	1.00	0		1		1.15	13.29		
Carbohydrate, by difference	g	0.00	0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	21	0		1		24	279		
Iron, Fe	_	1.41	0		1		1.62	18.74		
Magnesium, Mg		27	0		1		31	359		
Phosphorus, P		210	0		1		242	2791		
Potassium, K	•	289	0		1		332	3841		
Sodium, Na		67	0		1		77	890		
Zinc, Zn	mg	2.10	0		1		2.42	27.91		
Copper, Cu		0.048			1		0.055	0.638		
Manganese, Mn		0.019			1		0.022	0.253		
Selenium, Se	mcg	30.2	0	BFYN	4		34.7	401.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0		
Thiamin		0.061	. 0		1		0.070	0.811		
Riboflavin		0.134	0		1		0.154	1.781		
Niacin	mg	6.048	0		1		6.955	80.378		
Pantothenic acid	mg	0.644	0		1		0.741	8.559		
Vitamin B-6	mg	0.490	0		1		0.564	6.512		
Folate, total		6	0		1		7	80		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	6	0		1		7	80		
Folate, DFE		6	0	NC	4		7	80		
Vitamin B-12		0.36	0		1		0.41	4.78		
Vitamin A, IU		0	0		1		0	0		
Vitamin A, RAE		0	0		1		0	0		
Retinol		U	U		1		U	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>		2 000			1		2 202	27 642		
Fatty acids, total saturated		2.080	0		1		2.392	27.643		
6:0	-									
8:0										
10:0		0.000	0		4		0.000	0.000		
12:0		0.010			1		0.012	0.133		
13:0										
14:0	_	0.050	0		1		0.058	0.665		
15:0	_									
16:0	g	1.280	0		1		1.472	17.011		
17:0	g									
18:0	g	0.490	0		1		0.564	6.512		
20:0	-									
22:0	-									
24:0	a									

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>		edible portion o	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	2.510		0		1		2.887	33.358	
14:1										
15:1 16:1 undifferentiated	-	0.420		0		1		0.483	5.582	
	-	0.420		U		_		0.463	5.562	
17:1		2.030		0		1		2.335	26.979	
		0.010		0		1		0.012		
20:1 22:1 undifferentiated	-	0.010		0		1		0.012	0.133 0.133	
24:1 c		0.010		U		1		0.012	0.133	
Fatty acids, total polyunsaturated		1.790		0		1		2.059	23.789	
18:2 undifferentiated		1.450		0		1		1.668	19.271	
18:3 undifferentiated	-	0.090		0		1		0.104	1.196	
18:4		0.090		U		_		0.104	1.196	
20:2 n-6 c.c	-									
20:2 n-6 c,c	-									
20:4 undifferentiated	-	0.150		0		1		0.173	1.994	
20:5 n-3	-	0.130		0		4		0.173	0.000	
20.5 n-3	_	0.020		0		1		0.000	0.266	
22:6 n-3		0.020		0		1		0.023	0.200	
Fatty acids, total trans		0.030		U		_		0.035	0.399	
Cholesterol	-	75		0		1		86	997	
Phytosterols	-	73		v		-		80	991	
Filytosterois										
Amino Acids:										
Tryptophan	g	0.316		0		1		0.363	4.200	
Threonine	g	1.249		0		1		1.436	16.599	
Isoleucine	g	1.436		0		1		1.651	19.084	
Leucine	g	2.225		0		1		2.559	29.570	
Lysine	g	2.606		0		1		2.997	34.634	
Methionine	g	0.805		0		1		0.926	10.698	
Cystine	g	0.314		0		1		0.361	4.173	
Phenylalanine	g	1.120		0		1		1.288	14.885	
Tyrosine	g	1.087		0		1		1.250	14.446	
Valine		1.491		0		1		1.715	19.815	
Arginine	g	2.016		0		1		2.318	26.793	
Histidine	g	0.861		0		1		0.990	11.443	
Alanine	g	1.822		0		1		2.095	24.214	
Aspartic acid	g	2.758		0		1		3.172	36.654	
Glutamic acid	g	4.567		0		1		5.252	60.695	
Glycine	g	1.708		0		1		1.964	22.699	
Proline	g	1.326		0		1		1.525	17.623	
Serine	g	1.262		0		1		1.451	16.772	
Hydroxyproline	g									

Common Measures:

Measure 1 = 115g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1329g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 9% Bone

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	70.68		0		1		109.55	1264.47		
Energy		151		0	NC	4		234	2701		
Energy		632				4		979	11303		
Protein (N x 6.25)	-	21.96		0		1		34.04	392.86		
Total lipid (fat)	_	6.34		0		1		9.83	113.42		
Ash		0.91		0		1		1.41	16.28		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	-										
Starch	9										
Ainerals:											
Calcium, Ca	mg	13		0		1		20	233		
Iron, Fe	_	1.04		0		1		1.61	18.61		
Magnesium, Mg	_	24		0		1		37	429		
Phosphorus, P		191		0		1		296	3417		
Potassium, K	-	282		0		1		437	5045		
Sodium, Na	mg	63		0		1		98	1127		
Zinc, Zn	mg	1.61		0		1		2.50	28.80		
Copper, Cu	mg	0.065	5	0		1		0.101	1.163		
Manganese, Mn		0.016	5	0		1		0.025	0.286		
Selenium, Se	mcg	22.0		0	BFNN	4		34.1	393.6		
itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.063	3	0	_	1		0.098	1.127		
Riboflavin		0.109		0		1		0.169	1.950		
Niacin		5.391	L	0		1		8.356	96.445		
Pantothenic acid		0.623	3	0		1		0.966	11.145		
Vitamin B-6		0.480)	0		1		0.744	8.587		
Folate, total	-	7		0		1		11	125		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	7		0		1		11	125		
Folate, DFE		7		0	NC	4		11	125		
Vitamin B-12		0.42		0		1		0.65	7.51		
Vitamin A, IU		7		0		1		11	125		
Vitamin A, RAE		2		0		1		3	38		
Retinol	mcg	2		0		1		3	38		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)	nicg										
<u> ipids:</u>											
Fatty acids, total saturated	g	1.730)	0		1		2.682	30.950		
4:0											
6:0	-										
8:0											
10:0		0.000		0		4		0.000	0.000		
12:0		0.010)	0		1		0.016	0.179		
13:0	-			_		_					
14:0	-	0.050)	0		1		0.078	0.895		
15:0	-			_		_					
16:0	-	1.130)	0		1		1.752	20.216		
17:0	-			_		_			4		
18:0	-	0.380)	0		1		0.589	6.798		
20:0	-										
22:0	g										

		<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.360		0		1		3.658	42.220		
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.400		0		1		0.620	7.156		
17:1	g										
18:1 undifferentiated	g	1.910		0		1		2.961	34.170		
20:1	g	0.010		0		1		0.016	0.179		
22:1 undifferentiated	g	0.010		0		1		0.016	0.179		
24:1 c	g										
Fatty acids, total polyunsaturated		1.500		0		1		2.325	26.835		
18:2 undifferentiated	g	1.270		0		1		1.969	22.720		
18:3 undifferentiated	g	0.080		0		1		0.124	1.431		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.090		0		1		0.140	1.610		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.010		0		1		0.016	0.179		
22:6 n-3	g	0.010		0		1		0.016	0.179		
Fatty acids, total trans	g										
Cholesterol	mg	67		0		1		104	1199		
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	g	0.243		0		1		0.377	4.347		
Threonine	g	0.960		0		1		1.488	17.174		
Isoleucine	g	1.104		0		1		1.711	19.751		
Leucine	g	1.710		0		1		2.651	30.592		
Lysine	g	2.003		0		1		3.105	35.834		
Methionine	g	0.618		0		1		0.958	11.056		
Cystine	g	0.241		0		1		0.374	4.311		
Phenylalanine	g	0.860		0		1		1.333	15.385		
Tyrosine	g	0.836		0		1		1.296	14.956		
Valine	g	1.145		0		1		1.775	20.484		
Arginine	g	1.545		0		1		2.395	27.640		
Histidine	g	0.662		0		1		1.026	11.843		
Alanine	g	1.396		0		1		2.164	24.974		
Aspartic acid	g	2.117		0		1		3.281	37.873		
Glutamic acid	-	3.509		0		1		5.439	62.776		
Glycine	g	1.299		0		1		2.013	23.239		
Proline	g	1.012		0		1		1.569	18.105		
Serine	g	0.969		0		1		1.502	17.335		
Hydroxyproline	g										

Common Measures:

Measure 1 = 155g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1789g: .5 breast, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 27% Bone

		<u>Aı</u>	mount in 100 g	<u>rams</u> mber		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.33	0.453	20		1		62.14	714.31	
Energy	kcal	216		0	NC	4		222	2557	
Energy	kj	904				4		931	10700	
Protein (N x 6.25)		27.58	0.187	20		1		28.41	326.55	
Total lipid (fat)		10.85	0.455	20		1		11.18	128.46	
Ash	g	0.97	0.012	20		1		1.00	11.48	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	35	2.302	20		1		36	414	
Iron, Fe		2.26	0.082	20		1		2.33	26.76	
Magnesium, Mg	-	23	0.372	20		1		24	272	
Phosphorus, P	-	197	2.174	20		1		203	2332	
Potassium, K		276	5.006	20		1		284	3268	
Sodium, Na		80	1.200	20		1		82	947	
Zinc, Zn		4.25	0.234	4		1		4.38	50.32	
Copper, Cu	mg	0.154	0.019	4		1		0.159	1.823	
Manganese, Mn	mg	0.022	0.001	4		1		0.023	0.260	
Selenium, Se	mcg	39.7		0	BFYN	4		40.9	470.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.062	0.001	20	-	1		0.064	0.734	
Riboflavin	-	0.247		20		1		0.254	2.924	
Niacin		3.429		20		1		3.532	40.599	
Pantothenic acid		1.196		0		1		1.232	14.161	
Vitamin B-6		0.330		0		1		0.340	3.907	
Folate, total		9		0		1		9	107	
Folic acid		0		0	z	7		0	0	
Folate, food		9		0		1		9	107	
Folate, DFE		9		0	NC	4		9	107	
Vitamin B-12		0.37		0		1		0.38	4.38	
Vitamin A, IU		0	0.000	4		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	4		1		0	0	
Retinol		0	0.000	4		1		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	3.280		0		1		3.378	38.835	
4:0										
6:0										
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.010	0.118	
13:0	g									
14:0	g	0.080		0		1		0.082	0.947	
15:0	g									
16:0		1.970		0		1		2.029	23.325	
17:0	_									
18:0	_	0.850		0		1		0.876	10.064	
20:0	_									
22:0	_									
24:0	g									

		<u>Ar</u>	nount in 100 g		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	3.410		0	1		3.512	40.374	
14:1									
15:1	_	0.550		0	1		0.567	6.512	
16:1 undifferentiated	_	0.550		U	1		0.567	6.512	
17:1		2.770		0	1		2.853	32.797	
		0.020		0	1		0.021	0.237	
20:1 22:1 undifferentiated	-	0.020		0	1		0.021	0.237	
24:1 c		0.010		U	1		0.010	0.118	
		2.910		0	1		2.997	34.454	
Fatty acids, total polyunsaturated 18:2 undifferentiated		2.910		0	1		2.534	34.454 29.126	
18:3 undifferentiated	-	0.130		0	1		0.134	1.539	
18:4		0.130		O	_		0.134	1.559	
20:2 n-6 c.c	_								
20:2 n-6 c,c	-								
20:4 undifferentiated	-	0.230		0	1		0.237	2.723	
20:5 n-3	_	0.230		0	4		0.237	0.000	
20.5 n-3	-	0.030		0	1		0.000	0.355	
22:6 n-3		0.050		0	1		0.051	0.592	
Fatty acids, total trans		0.050		O	1		0.052	0.592	
Cholesterol	_	91	2.905	20	1		94	1077	
Phytosterols	_	71	2.303	20	-		34	1077	
Filytosterois									
Amino Acids:									
Tryptophan	g	0.305		0	1		0.314	3.611	
Threonine	g	1.204		0	1		1.240	14.255	
Isoleucine	g	1.383		0	1		1.424	16.375	
Leucine	g	2.144		0	1		2.208	25.385	
Lysine	g	2.510		0	1		2.585	29.718	
Methionine	g	0.776		0	1		0.799	9.188	
Cystine	g	0.303		0	1		0.312	3.588	
Phenylalanine	g	1.079		0	1		1.111	12.775	
Tyrosine	g	1.047		0	1		1.078	12.396	
Valine	g	1.437		0	1		1.480	17.014	
Arginine	g	1.943		0	1		2.001	23.005	
Histidine	g	0.830		0	1		0.855	9.827	
Alanine	g	1.757		0	1		1.810	20.803	
Aspartic acid	g	2.659		0	1		2.739	31.483	
Glutamic acid	g	4.401		0	1		4.533	52.108	
Glycine	g	1.651		0	1		1.701	19.548	
Proline	g	1.280		0	1		1.318	15.155	
Serine	g	1.217		0	1		1.254	14.409	
Hydroxyproline	g								

Common Measures:

Measure 1 = 103g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1184g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 24% Bone

Proximates: Water	rccal ccal cci cci cci cci cci cci cci cci cci cc	71.88 152 636 19.05 7.89 0.86 0.00 0.0			Deriv	Source Code 1 4 4 1 1 7 7	Confidence Code	109.26 231 967 28.96 11.99 1.31 0.00	1263.65 2672 11180 334.90 138.71 15.12	Measure 3
Proximates: Senergy k Energy k Energy k Protein (N x 6.25) Senergy Total lipid (fat) Senergy Ash Senergy Ash Senergy Carbohydrate, by difference Senergy Sugars, total dietary Senergy Sugars, total Senergy Calcium, Ca Furon, Fe Mangesium, Ca Furon, Fe Magnesium, Mg Furon, Fe Potassium, K Furon, Fe Potassium, K Furon, Fe Sodium, Na Furon, Fe Vinney Furon, Fe Manganese, Mn Furon, Fe Vitamins: Furon, Fe Vitamins: Furon, Fe Vitamin C, total ascorbic acid Furon, Fe Vitamin C, total ascorbic acid Furon, Fe Pantothenic aci	rccal ccal cci cci cci cci cci cci cci cci cci cc	71.88 152 636 19.05 7.89 0.86 0.00 0.0	0.306 0.105 0.373 0.003	20 0 20 20 20 20	NC	1 4 4 1 1 1 7		109.26 231 967 28.96 11.99 1.31 0.00	1263.65 2672 11180 334.90 138.71	Measure :
Proximates: Senergy k Energy k Energy k Protein (N x 6.25) Senergy Total lipid (fat) Senergy Ash Senergy Ash Senergy Carbohydrate, by difference Senergy Sugars, total dietary Senergy Sugars, total Senergy Calcium, Ca Furon, Fe Mangesium, Ca Furon, Fe Magnesium, Mg Furon, Fe Potassium, K Furon, Fe Potassium, K Furon, Fe Sodium, Na Furon, Fe Vinney Furon, Fe Manganese, Mn Furon, Fe Vitamins: Furon, Fe Vitamins: Furon, Fe Vitamin C, total ascorbic acid Furon, Fe Vitamin C, total ascorbic acid Furon, Fe Pantothenic aci	rccal ccal cci cci cci cci cci cci cci cci cci cc	71.88 152 636 19.05 7.89 0.86 0.00 0.0	0.306 0.105 0.373 0.003	20 0 20 20 20 0	NC Z	1 4 4 1 1 1	Code	109.26 231 967 28.96 11.99 1.31 0.00	1263.65 2672 11180 334.90 138.71	Measure :
Water C Energy k Energy k Protein (N x 6.25) C Total lipid (fat) C Ash C Carbohydrate, by difference C Fiber, total dietary C Sugars, total C Starch C Minerals: Calcium, Ca r Calcium, Ca r r Iron, Fe r r Magnesium, Mg r r Phosphorus, P r r Potassium, K r r Sodium, Na r r Zinc, Zn r r Copper, Cu r r Manganese, Mn r r Vitamins: r r Vitamin C, total ascorbic acid r Thiamin r r Pantothenic acid r Pantothenic acid r Polic acid r	rccal cg g g g g g g g g g g g g g g g g g g	152 636 19.05 7.89 0.86 0.00 0.0	0.105 0.373 0.003	0 20 20 20 0	z	4 4 1 1 7		231 967 28.96 11.99 1.31 0.00	2672 11180 334.90 138.71	
Water	rccal cg g g g g g g g g g g g g g g g g g g	152 636 19.05 7.89 0.86 0.00 0.0	0.105 0.373 0.003	0 20 20 20 0	z	4 4 1 1 7		231 967 28.96 11.99 1.31 0.00	2672 11180 334.90 138.71	
Energy	rccal cg g g g g g g g g g g g g g g g g g g	152 636 19.05 7.89 0.86 0.00 0.0	0.105 0.373 0.003	0 20 20 20 0	z	4 4 1 1 7		231 967 28.96 11.99 1.31 0.00	2672 11180 334.90 138.71	
Energy	gi gi gi gi gi gi mg mg mg	636 19.05 7.89 0.86 0.00 0.0	0.373 0.003	20 20 20 0	z	4 1 1 7		967 28.96 11.99 1.31 0.00	11180 334.90 138.71	
Protein (N x 6.25)	g g g g g g mg mg mg mg	19.05 7.89 0.86 0.00 0.0	0.373 0.003	20 20 0		1 1 1 7		28.96 11.99 1.31 0.00	334.90 138.71	
Total lipid (fat)	a a a a a a a a a a a a a a a a a a a	7.89 0.86 0.00 0.0	0.373 0.003	20 20 0		1 1 7		11.99 1.31 0.00	138.71	
Ash	eg eg eg eg eg eg eg eg eg eg	0.86 0.00 0.0	0.003	20 0		1 7		1.31 0.00		
Carbohydrate, by difference	ang mg mg mg mg mg mg	0.00 0.0 17 1.57		0		7		0.00	15.12	
Fiber, total dietary	eg eg eg eng eng eng eng	0.0 17 1.57	0.726							
Sugars, total	g g ng ng ng ng ng	17 1.57	0.726	0	Z	7			0.00	
Starch C Ainerals: Calcium, Ca	ng ng ng ng ng ng	1.57	0.726					0.0	0.0	
Minerals: Calcium, Ca	ng ng ng ng ng	1.57	0.726							
Calcium, Ca	ng ng ng ng ng	1.57	0.726							
Calcium, Ca	ng ng ng ng ng	1.57	0.726							
Iron, Fe	ng ng ng ng ng	1.57	· · · = ·	20		1		26	299	
Magnesium, Mg	ng ng ng ng		0.060	20		1		2.39	27.60	
Phosphorus, P	ng ng ng		0.356	20		1		30	352	
Potassium, K	ng ng	172	1.903	20		1		261	3024	
Sodium, Na	mg	265	6.549	20		1		403	4659	
Zinc, Zn		75	1.728	20		1		114	1319	
Copper, Cu	''9	3.11	0.035	4		1		4.73	54.67	
Manganese, Mn	ma	0.131		4		1		0.199	2.303	
Selenium, Se		0.019		4		1		0.029	0.334	
Vitamins: Vitamin C, total ascorbic acid		26.6	0.000	0	PAK	1		40.4	467.6	
Vitamin C, total ascorbic acid n Thiamin n Riboflavin n Niacin n Pantothenic acid n Vitamin B-6 n Folate, total n Folic acid n	neg	20.0		Ü	IM	-		40.4	407.0	
Thiamin										
Riboflavin	ng	0.0		0	Z	7		0.0	0.0	
Niacin Pantothenic acid Putamin B-6 Polate, total Folic acid Polate, acid Polate Polat	mg	0.080	0.003	20		1		0.122	1.406	
Pantothenic acid	ng	0.205	0.005	20		1		0.312	3.604	
Vitamin B-6	ng	3.087	0.127	20		1		4.692	54.269	
Folate, total	ng	1.039		0		1		1.579	18.266	
Folic acid	ng	0.330		0		1		0.502	5.801	
	ncg	10		0		1		15	176	
Folate, food	ncg	0		0	Z	7		0	0	
	mcg	10		0		1		15	176	
Folate, DFEn	mcg_DFE	10		0	NC	4		15	176	
Vitamin B-12n		0.38		0		1		0.58	6.68	
Vitamin A, IU		6	1.389	4		1		9	105	
Vitamin A, RAEn		2	0.417	4		1		3	32	
Retinol n		2	0.417	4		1		3	32	
Vitamin E (alpha-tocopherol)n										
Tocopherol, betan										
Tocopherol, gamman										
Tocopherol, deltan										
Vitamin D										
Vitamin K (phylloquinone)n										
	· ·									
<u> Lipids:</u>										
Fatty acids, total saturated		2.320		0		1		3.526	40.786	
4:0										
6:0	-									
8:0										
10:09		0.000		0		4		0.000	0.000	
12:09		0.010		0		1		0.015	0.176	
13:0	-									
14:0	-	0.060		0		1		0.091	1.055	
15:0	-									
16:0	-	1.450		0		1		2.204	25.491	
17:0	-									
18:0	9	0.570		0		1		0.866	10.021	
20:0	-									
22:09	3									

		<u>Ar</u>	nount in 10		of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number		_		<u> </u>	easures or roou	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.660		0		1		4.043	46.763	
14:1										
15:1	_			_		_				
16:1 undifferentiated	_	0.440		0		1		0.669	7.735	
17:1				_		_				
18:1 undifferentiated		2.160		0		1		3.283	37.973	
20:1	_	0.010		0		1		0.015	0.176	
22:1 undifferentiated 24:1 c	-	0.010		0		1		0.015	0.176	
Fatty acids, total polyunsaturated	g	2.060		0		1		3.131	36.215	
18:2 undifferentiated	g	1.760		0		1		2.675	30.941	
18:3 undifferentiated	g	0.100		0		1		0.152	1.758	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.140		0		1		0.213	2.461	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.020		0		1		0.030	0.352	
22:6 n-3	_	0.030		0		1		0.046	0.527	
Fatty acids, total trans	-									
Cholesterol	_	77	1.6	04 20		1		117	1354	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.211		0		1		0.321	3.709	
Threonine	g	0.832		0		1		1.265	14.627	
Isoleucine	g	0.957		0		1		1.455	16.824	
Leucine	g	1.482		0		1		2.253	26.054	
Lysine	g	1.736		0		1		2.639	30.519	
Methionine	g	0.536		0		1		0.815	9.423	
Cystine	g	0.209		0		1		0.318	3.674	
Phenylalanine	g	0.746		0		1		1.134	13.115	
Tyrosine	g	0.724		0		1		1.100	12.728	
Valine	g	0.993		0		1		1.509	17.457	
Arginine		1.341		0		1		2.038	23.575	
Histidine		0.574		0		1		0.872	10.091	
Alanine	g	1.212		0		1		1.842	21.307	
Aspartic acid		1.837		0		1		2.792	32.294	
Glutamic acid	-	3.042		0		1		4.624	53.478	
Glycine	g	1.130		0		1		1.718	19.865	
Proline	g	0.880		0		1		1.338	15.470	
Serine	-	0.841		0		1		1.278	14.785	
Hydroxyproline	g									

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1758g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 36% 27% bone, 9% skin

		<u>Aı</u>	mount in 100 gi	rams	of edib	ole portio	<u>on</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			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.07	0.428	20		1		88.30	56.76	
Energy	kcal	185		0	NC	4		259	167	
Energy	kj	774				4		1084	697	
Protein (N x 6.25)	g	28.68	0.188	20		1		40.15	25.81	
Total lipid (fat)	g	6.98	0.330	20		1		9.77	6.28	
Ash	g	1.01	0.012	20		1		1.41	0.91	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	35	2.526	20		1		49	32	
Iron. Fe.	-	2.33	0.088	20		1		3.26	2.10	
Magnesium, Mg		23	0.391	20		1		32	21	
Phosphorus, P		205	1.921	20		1		287	185	
Potassium, K	-	293	4.959	20		1		410	264	
Sodium, Na	mg	82	1.056	20		1		115	74	
Zinc, Zn	mg	4.56	0.271	4		1		6.38	4.10	
Copper, Cu	mg	0.164	0.021	4		1		0.230	0.148	
Manganese, Mn		0.022	0.001	4		1		0.031	0.020	
Selenium, Se	mcg	40.9	4.175	16	A	1		57.3	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.068	0.001	20	_	1		0.095	0.061	
Riboflavin		0.261		20		1		0.365	0.235	
Niacin	-	3.563		20		1		4.988	3.207	
Pantothenic acid		1.325	i	0		1		1.855	1.193	
Vitamin B-6		0.370	ı	0		1		0.518	0.333	
Folate, total		10		0		1		14	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		1		14	9	
Folate, DFE	mcg_DFE	10		0	NC	4		14	9	
Vitamin B-12		0.38		0		1		0.53	0.34	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol	-	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
	9									
Lipids:										
Fatty acids, total saturated		2.340		0		1		3.276	2.106	
4:0	-									
6:0	_									
8:0		0.000		•				0.000	0.000	
10:0 12:0	_	0.000		0		4 1		0.000 0.028	0.000 0.018	
13:0	_	0.020		U		1		0.028	0.018	
14:0	_	0.040		0		1		0.056	0.036	
15:0	-	0.040		•		-		0.050	0.050	
16:0	-	1.240	ı	0		1		1.736	1.116	
17:0	-			-		=		255		
18:0	-	0.700	1	0		1		0.980	0.630	
20:0	_									
22:0	-									
24:0	-									
	-									

		<u>Ar</u>	nount in 100 gr	ams of edi	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		Data Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fotty golds total management wated	a	1.580		0	1		2.212	1.422	
Fatty acids, total monounsaturated		1.560		U	1		2.212	1.422	
15:1									
16:1 undifferentiated		0.230		0	1		0.322	0.207	
17:1	-	0.230		Ü	-		0.522	0.207	
18:1 undifferentiated		1.310		0	1		1.834	1.179	
20:1		0.030		0	1		0.042	0.027	
22:1 undifferentiated	_	0.020		0	1		0.028	0.018	
24:1 c		0.020		•	-		0.020	0.010	
Fatty acids, total polyunsaturated		2.090		0	1		2.926	1.881	
18:2 undifferentiated		1.690		0	1		2.366	1.521	
18:3 undifferentiated	_	0.060		0	1		0.084	0.054	
18:4		0.000			-		0.004	0.054	
20:2 n-6 c.c.									
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.250		0	1		0.350	0.225	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3	_	0.040		0	1		0.056	0.036	
22:6 n-3		0.050		0	1		0.070	0.045	
Fatty acids, total trans		0.000			-		0.070	0.010	
Cholesterol	-	88	2.824	20	1		123	79	
Phytosterols	-								
-									
Amino Acids:									
Tryptophan	-	0.326		0	1		0.456	0.293	
Threonine	_	1.276		0	1		1.786	1.148	
Isoleucine	_	1.491		0	1		2.087	1.342	
Leucine	-	2.285		0	1		3.199	2.057	
Lysine	_	2.703		0	1		3.784	2.433	
Methionine	_	0.831		0	1		1.163	0.748	
Cystine		0.298		0	1		0.417	0.268	
Phenylalanine	g	1.138		0	1		1.593	1.024	
Tyrosine	g	1.133		0	1		1.586	1.020	
Valine		1.524		0	1		2.134	1.372	
Arginine	-	2.001		0	1		2.801	1.801	
Histidine		0.895		0	1		1.253	0.806	
Alanine	_	1.776		0	1		2.486	1.598	
Aspartic acid	-	2.786		0	1		3.900	2.507	
Glutamic acid		4.681		0	1		6.553	4.213	
Glycine	g	1.423		0	1		1.992	1.281	
Proline	g	1.193		0	1		1.670	1.074	
Serine	g	1.276		0	1		1.786	1.148	
Hydroxyproline	g								

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 90g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% 24% bone, 10% skin

		<u>Aı</u>	mount in 100 g	<u>ırams</u> ımbeı		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.70	0.193	22		1		99.35	1144.40	
Energy	kcal	123		0	NC	4		164	1884	
Energy	kj	515				4		684	7884	
Protein (N x 6.25)	g	20.04	0.140	22		1		26.65	307.01	
Total lipid (fat)	-	4.11	0.151	22		1		5.47	62.97	
Ash	g	0.93	0.005	20		1		1.24	14.25	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	mq	17	0.824	20		1		23	260	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.62	0.063	20		1		2.15	24.82	
Magnesium, Mg	_	21	0.374	20		1		28	322	
Phosphorus, P		185	2.243	20		1		246	2834	
Potassium, K		290	8.127	20		1		386	4443	
Sodium, Na	mg	80	1.904	20		1		106	1226	
Zinc, Zn	mg	3.38	0.027	4		1		4.50	51.78	
Copper, Cu	mg	0.141		4		1		0.188	2.160	
Manganese, Mn		0.021	0.001	4		1		0.028	0.322	
Selenium, Se	mcg	28.6		0	BFZN	4		38.0	438.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.089	0.003	20		1		0.118	1.363	
Riboflavin	mg	0.224	0.006	20		1		0.298	3.432	
Niacin	mg	3.313	0.144	20		1		4.406	50.755	
Pantothenic acid	mg	1.153	3	0		1		1.533	17.664	
Vitamin B-6	mg	0.360)	0		1		0.479	5.515	
Folate, total		11		0		1		15	169	
Folic acid		0		0	Z	7		0	0	
Folate, food		11		0		1		15	169	
Folate, DFE		11		0	NC	4		15	169	
Vitamin B-12		0.40		0		1		0.53	6.13	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		U		0		1		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	**									
Lipids:	a	1 200		^		-		1 025	01 140	
Fatty acids, total saturated		1.380	,	0		1		1.835	21.142	
4:0 6:0										
8:0										
10:0		0.000)	0		4		0.000	0.000	
12:0	_	0.010		6		1		0.013	0.153	
13:0	-									
14:0		0.030	0.005	8		1		0.040	0.460	
15:0										
16:0	g	0.730	0.069	8		1		0.971	11.184	
17:0	g									
18:0	_	0.410	0.036	8		1		0.545	6.281	
20:0	_									
22:0	_									
24:0	g									

		<u>An</u>	nount in 100 g	arams of	edible portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	nits	Mean		Data De		Confidence Code	Measure 1	Measure 2	Measure 3
B	_	0.000		•			4 005		
Fatty acids, total monounsaturated.		0.930		0	1		1.237	14.248	
15:1									
16:1 undifferentiated		0.140	0.032	8	1		0.186	2.145	
17:1	-	0.140	0.032	0	_		0.180	2.145	
18:1 undifferentiated		0.770	0.075	8	1		1.024	11.796	
20:1		0.770	0.002	7	1		0.027	0.306	
22:1 undifferentiated	_	0.020	0.002	7	1		0.027	0.306	
		0.010	0.003	,	1		0.013	0.153	
24:1 c		1.230		0	1		1.636	18.844	
Fatty acids, total polyunsaturated		1.230	0.093	8	1		1.636	15.320	
18:2 undifferentiated	_	0.040	0.093	8	1		0.053	0.613	
18:3 undifferentiated		0.040	0.012	8	1		0.053	0.613	
18:4									
20:2 n-6 c,c	_								
20:3 undifferentiated	_	0.150	0.024	8	1		0.200	2.298	
20:4 undifferentiated	-	0.150	0.024	0	4				
20:5 n-3	-		0.005		=		0.000	0.000	
22:5 n-3		0.020	0.005	7	1		0.027	0.306	
22:6 n-3		0.030	0.017	7	1		0.040	0.460	
Fatty acids, total trans	-	25	1 606	00	1		100		
Cholesterol	-	75	1.626	20	1		100	1149	
Phytosterols	riig								
Amino Acids:									
Tryptophan	а	0.228		0	1		0.303	3.493	
Threonine	-	0.892		0	1		1.186	13.665	
Isoleucine	-	1.042		0	1		1.386	15.963	
Leucine	-	1.597		0	1		2.124	24.466	
Lysine	-	1.889		0	1		2.512	28.939	
Methionine		0.580		0	1		0.771	8.886	
Cystine	-	0.208		0	1		0.277	3.187	
Phenylalanine		0.795		0	1		1.057	12.179	
Tyrosine	-	0.792		0	1		1.053	12.173	
Valine	-	1.065		0	1		1.416	16.316	
Arginine		1.398		0	1		1.859	21.417	
Histidine	-	0.625		0	1		0.831	9.575	
Alanine		1.241		0	1		1.651	19.012	
Aspartic acid	-	1.947		0	1		2.590	29.828	
Glutamic acid	-	3.271		0	1		4.350	50.112	
Glycine		0.994		0	1		1.322	15.228	
Proline	-	0.834		0	1		1.109	12.777	
Serine		0.892		0	1		1.186	13.665	
Hydroxyproline	-	0.032		J	-		1.130	13.003	
11yu10xyp10iiiic	9								

Common Measures:

Measure 1 = 133g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1532g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		<u>A</u>	mount in 100 gr	ams o	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			Nur	nber				<u>m</u>	easures of food	
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts C	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.18		0		1		492.50	42.83	
Energy	_	206		0	NC	4		1658	144	
Energy		862				4		6938	603	
Protein (N x 6.25)		27.93		0		1		224.84	19.55	
Total lipid (fat)	_	9.63		0		1		77.52	6.74	
Ash	_	0.98		0		1		7.89	0.69	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	-	35		0		1		282	25	
Iron, Fe	-	2.28		0		1		18.35	1.60	
Magnesium, Mg		23		0		1		185	16	
Phosphorus, P	-	200		0		1		1610	140	
Potassium, K	-	281		0		1		2262	197	
Sodium, Na	-	80		0		1 1		644	56	
Zinc, Zn		4.34 0.157	,	0		1		34.94 1.264	3.04 0.110	
Copper, Cu		0.15		0		1		0.177	0.110	
Selenium, Se		41.1	-		BFYN	4		330.9	28.8	
Selemuni, Se	11109	41.1		Ü	DEIM	-		330.3	20.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.064	Į.	0		1		0.515	0.045	
Riboflavin	mg	0.252	2	0		1		2.029	0.176	
Niacin	mg	3.473	3	0		1		27.958	2.431	
Pantothenic acid	mg	1.237	1	0		1		9.958	0.866	
Vitamin B-6		0.340)	0		1		2.737	0.238	
Folate, total		9		0		1		72	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		1		72	6	
Folate, DFE		9		0	NC	4		72	6	
Vitamin B-12		0.37		0		1		2.98	0.26	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol	-	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		2.990)	0		1		24.070	2.093	
4:0	-									
6:0	_									
8:0	_	0.000	1	0		4		0 000	0 000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.010	,	U		1		0.081	0.007	
13:0		0.070	1	0		1		0.564	0.049	
15:0		0.070	,	U		1		0.364	0.049	
16:0	-	1.740)	0		1		14.007	1.218	
17:0	-	1.74	•	J		1		14.00/	1.210	
18:0	-	0.800	1	0		1		6.440	0.560	
20:0	_	0.800	•	J		-		0.440	0.560	
22:0	-									
24:0	-									
∠ ⊤.∪										

		<u>Aı</u>	mount in 10	0 grams		edible portion o	f common		
			I	Number			<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				•	_				
Fatty acids, total monounsaturated	-	2.830		0	1		22.782	1.981	
14:1									
15:1		0.450		0	1		3.623	0.315	
16:1 undifferentiated		0.450		U	_		3.023	0.313	
18:1 undifferentiated	-	2.310		0	1		18.596	1.617	
20:1	-	0.030		0	1		0.242	0.021	
20:1 undifferentiated	-			0	1		0.242	0.021	
	•	0.020		U	1		0.161	0.014	
24:1 cFatty acids, total polyunsaturated	-	2.660		0	1		21.413	1.862	
		2.220		0	1		21.413 17.871	1.554	
18:2 undifferentiated 18:3 undifferentiated	-	0.110		0	1		0.886	0.077	
18:4	-	0.110		U	_		0.886	0.077	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		0.230		0	1		1.852	0.161	
20:4 undifferentiated	-	0.230		0	4		0.000	0.161	
20.5 n-3	-	0.030		0	1		0.000	0.000	
		0.050		0	1		0.242	0.021	
22:6 n-3		0.050		U	1		0.403	0.035	
Fatty acids, total trans	-	90		0	1		725	63	
		90		U	-		725	63	
Phytosterols	IIIg								
Amino Acids:									
Tryptophan	g	0.312		0	1		2.512	0.218	
Threonine		1.227		0	1		9.877	0.859	
Isoleucine	g	1.417		0	1		11.407	0.992	
Leucine	g	2.188		0	1		17.613	1.532	
Lysine	-	2.572		0	1		20.705	1.800	
Methionine		0.794		0	1		6.392	0.556	
Cystine	g	0.301		0	1		2.423	0.211	
Phenylalanine	-	1.098		0	1		8.839	0.769	
Tyrosine	-	1.074		0	1		8.646	0.752	
Valine		1.465		0	1		11.793	1.026	
Arginine		1.962		0	1		15.794	1.373	
Histidine		0.851		0	1		6.851	0.596	
Alanine		1.764		0	1		14.200	1.235	
Aspartic acid	-	2.700		0	1		21.735	1.890	
Glutamic acid		4.490		0	1		36.145	3.143	
Glycine	-	1.580		0	1		12.719	1.106	
Proline	-	1.253		0	1		10.087	0.877	
Serine	q	1.236		0	1		9.950	0.865	

Common Measures:

Measure 1 = 805g: 1 leg, bone removed (yield after cooking)
Measure 2 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 17% Bone

		<u>A</u> :	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	72.98	0		1		78.09	900.57	
Energy	_	141	0	NC	4		151	1740	
Energy		590			4		631	7280	
Protein (N x 6.25)	-	19.54	0		1		20.91	241.12	
Total lipid (fat)		6.34	0		1		6.78	78.24	
Ash		0.89	0		1		0.95	10.98	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total			_	_	•			0.0	
Starch	_								
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17	0		1		18	210	
Iron, Fe	-	1.59	0		1		1.70	19.62	
Magnesium, Mg		20	0		1		21	247	
Phosphorus, P	•	177	0		1		189	2184	
Potassium, K	-	275	0		1		294	3394	
Sodium, Na		77	0		1		82	950	
Zinc, Zn		3.22	0		1		3.45	39.73	
Copper, Cu		0.136			1		0.146	1.678	
Manganese, Mn		0.020			1		0.021	0.247	
Selenium, Se	mcg	27.6	0	BFNN	4		29.5	340.6	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.084			1		0.090	1.037	
Riboflavin		0.213			1		0.228	2.628	
Niacin		3.185			1		3.408	39.303	
Pantothenic acid		1.088			1		1.164	13.426	
Vitamin B-6		0.340			1		0.364	4.196	
Folate, total	_	10	0		1		11	123	
Folic acid		0	0	Z	7		0	0	
Folate, food		10	0		1		11	123	
Folate, DFE	mca DFE	10	0	NC	4		11	123	
Vitamin B-12		0.39	0		1		0.42	4.81	
Vitamin A, IU		4	0		1		4	49	
Vitamin A, RAE		1	0		1		1	15	
Retinol		1	0		1		1	15	
Vitamin E (alpha-tocopherol)		_	·		_		-	10	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	-								
Lipids:	_	<u>.</u> .			_				
Fatty acids, total saturated		1.940	0		1		2.076	23.940	
4:0									
6:0									
8:0	-	0.000	•		,		0.000	0 000	
10:0		0.000			4		0.000	0.000	
12:0		0.010	0		1		0.011	0.123	
13:0	-	0.000	•		4		0.040	0 404	
14:0	-	0.040	0		1		0.043	0.494	
15:0	-	1 1 - 2	•		4		1 001	14 101	
16:0	-	1.150	0		1		1.231	14.191	
17:0	-				_				
18:0		0.510	0		1		0.546	6.293	
	a								
20:0 22:0	-								

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3			<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
141	Nutrients and Uni	ts	Mean	Std. Error		Deriv					
141											
14-1	Fatty acids, total monounsaturated	q	1.940		0		1		2.076	23.940	
15-1	• .										
17-1											
18.1 undifferentiated. 9 1.580 0 1 1.691 19.497 20.1 9 0.020 0 1 0.021 0.247 22.1 undifferentiated. 9 0.010 0 1 0.011 0.123 24.1 c. 9 1.720 0 1 1.840 21.225 18.2 undifferentiated. 9 1.450 0 1 1.552 17.893 18.3 undifferentiated. 9 0.070 0 1 0.075 0.864 18.4 9 20.2 n.5 0 1 0.075 0.864 18.4 9 20.2 n.5 9 0.000 0 1 0.150 1.728 20.3 undifferentiated. 9 0.000 0 4 0.00 1.728 20.3 undifferentiated. 9 0.020 0 1 0.021 0.247 22.5 n.3 9 0.020 0 1 0.021 0.247 1.6 c. <		-	0.310		0		1		0.332	3.825	
18.1 undifferentiated. 9 1.580 0 1 1.691 19.497 20.1 9 0.020 0 1 0.021 0.247 22.1 undifferentiated. 9 0.010 0 1 0.011 0.123 24.1 c. 9 1.720 0 1 1.840 21.225 18.2 undifferentiated. 9 1.450 0 1 1.552 17.893 18.3 undifferentiated. 9 0.070 0 1 0.075 0.864 18.4 9 20.2 n.5 0 1 0.075 0.864 18.4 9 20.2 n.5 9 0.000 0 1 0.150 1.728 20.3 undifferentiated. 9 0.000 0 4 0.00 1.728 20.3 undifferentiated. 9 0.020 0 1 0.021 0.247 22.5 n.3 9 0.020 0 1 0.021 0.247 1.6 c. <		-									
22:1 undifferentiated			1.580		0		1		1.691	19.497	
22:1 undifferentiated g 0 1 0.011 0.123 24:1 c. g 1 1.840 21.225 182 undifferentiated g 1.450 0 1 1.852 17.893 18.3 undifferentiated g 0.070 0 1 0.075 0.864 18.4 g 20.2 n - 6 c. g 20.2 n - 6 c. g 20.2 undifferentiated g 0 1 0.150 1.728 20.5 n - 3 g 0.000 0 4 0.000 0.000 22.5 n - 3 g 0.020 0 1 0.021 0.247 22.6 n - 3 g 0.020 0 1 0.021 0.247 22.5 n - 3 g 0.020 0 1 0.032 0.370 Fatty acids, total trans g 6 0 1 81 938 Phytosterols mg 76 0 1 0.234 2.702	20:1	g	0.020		0		1		0.021	0.247	
241 c. 9 Fatty acids, total polyunsaturated. 9 1.450 0 1 1.552 17, 893 182 undifferentiated. 9 0.070 0 1 0.075 0.864 184. 9 0.070 0 1 0.075 0.864 184. 9 0.020 0 1 0.075 0.864 184. 9 0.03 0 1 0.0150 1.728 20-20 andifferentiated. 9 0.000 0 1 0.000 0.000 205 n-3. 9 0.020 0 1 0.021 0.247 22-6 n-3. 9 0.030 0 1 0.032 0.370 Fatty acids, total trans. 9 0.030 0 1 81 938 Cholesterol. mg 76 0 1 81 938 Phytosterols. mg 1 0.234 2.702 1 1 0.234 2.702		-	0.010		0		1				
Fatty acids, total polymosaturated. 9 1.720 0 1 1.840 21,225 I82 undifferentiated. 9 0.070 0 1 0.075 0.864 I84. 9 20.2 n.6 c. 9 20.2 n.6 c. 9 20.3 undifferentiated. 9 0.000 0 1 0.150 1.728 1.728 20.5 n.5. 9 0.000 0 4 0.000 0.000 22.5 n.3. 9 0.020 0 1 0.032 0.370 0 2.726 n.3. 9 0.030 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.032 0.370 0 1 0.024 0.244		-			-						
18.2 undifferentiated g 1.450 0 1 1.552 17.893 18.3 undifferentiated g 0.070 0 1 0.075 0.864 18.4 g 0 0 1 0.075 0.864 18.4 g 0 0 0 1 0.05 0.864 20.2 no.2 no.2 no.3 no.3 no.0 no.0 no.0 no.0 no.0 no.0 no.0 no.0			1.720		0		1		1.840	21.225	
18:3 undifferentiated. 9 0.070 0 1 0.075 0.864 18:4					0		1				
18:4											
20.2 n.6 c.c. g 20.3 undifferentiated. 9 20.4 undifferentiated. 9 0.140 0 1 0.150 1.728 20.5 n.3 9 0.000 0 4 0.000 0.000 22.5 n.3 9 0.020 0 1 0.021 0.247 22.6 n.3 9 0.030 0 1 0.032 0.370 22.5 n.3 9 0.000 0 0 0 0 0 0 0 0									0.0.0	0.001	
20.3 undifferentiated		-									
20.4 undifferentiated	*	-									
20.5 n-3 9 0.000 0 4 0.000 0.000 22.5 n-3 9 0.030 0 1 0.032 0.370 Faty acids, total trans 9 Cholesterol mg 76 0 1 81 938 Phytosterols mg **Typtophan 9 0.219 0 1 0.234 2.702 Threonine 9 0.861 0 1 0.921 10.625 Isoleucine 9 0.997 0 1 0.921 10.625 Isoleucine 9 0.997 0 1 1.067 12.303 Leucine 9 1.537 0 1 1.067 12.303 Leucine 9 1.809 0 1 1.936 22.323 Methionine 9 0.557 0 1 0.596 6.873 Cystine 9 0.770 0 <		-	0.140		0		1		0.150	1.728	
22:5 n-3 9 0.020 0 1 0.021 0.247 22:6 n-3 9 0.030 0 1 0.032 0.370 Fatty acids, total trans. 9 Cholesterol mg 76 0 1 81 938 Phytosterols Tryptoplam 9 76 0 1 81 938 Amino Acids: Tryptoplam 9 0.219 0 1 0.234 2.702 Threonine 9 0.861 0 1 0.921 10.625 Isoleucine 9 0.861 0 1 0.921 10.625 Isoleucine 9 0.997 0 1 1.067 12.303 Leucine 9 1.537 0 1 1.067 12.303 Leucine 9 1.809 0 1 1.936 22.323 Methionine 9		-									
22.6 n-3 g 0.030 0 1 0.032 0.370 Faty acids, total trans g 81 938 Cholesterol. mg 76 0 1 81 938 Amino Acids: Tryptophan. g 0.219 0 1 0.234 2.702 Threonine g 0.861 0 1 0.921 10.625 Isoleucine g 0.997 0 1 1.067 12.303 Leucine g 0.997 0 1 1.645 18.967 Lysine g 1.809 0 1 1.936 22.323 Methionine g 0.557 0 1 0.596 6.873 Cystine g 0.209 0 1 0.224 2.579 Phenylalanine g 0.776 0 1 0.809 9.329 Valine g 0.756 0 1 0.809		-			-		_				
Fatty acids, total trans 9 Cholesterol mg 76 0 1 81 938 Phytosterols Amino Acids: Tryptophan 9 0.219 0 1 0.234 2.702 Threonine 9 0.861 0 1 0.921 10.625 Isolewine 9 0.997 0 1 0.921 10.625 Isolewine 9 0.997 0 1 1.067 12.303 Leucine 9 1.537 0 1 1.645 18.967 Lysine 9 1.809 0 1 1.936 22.323 Methionine 9 0.557 0 1 0.596 6.873 Cystine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.370 0 1											
Cholesterol. mg 76 0 1 81 938 Phytosterols. mg 76 0 1 81 938 Amino Acids: Tryptophan. 9 0.219 0 1 0.234 2.702 Threonine. 9 0.861 0 1 0.921 10.625 Isoleucine. 9 0.997 0 1 1.067 12.303 Leucine. 9 1.537 0 1 1.645 18.967 Lysine. 9 1.8809 0 1 1.936 22.323 Methionine. 9 0.557 0 1 0.596 6.873 Cystine. 9 0.209 0 1 0.824 9.502 Tyrosine. 9 0.756 0 1 0.824 9.502 Tyrosine. 9 1.028 0 1 1.100 12.686 Arginine. 9 1.028		-	0.030		U		_		0.032	0.370	
Phytosterols Mg Phytosterols Mg Phytosterols Phytoster	2 /	-	76		0		1		01	020	
Amino Acids: Tryptophan g 0.219 0 1 0.234 2.702 Threonine g 0.861 0 1 0.921 10.625 Isoleucine g 0.997 0 1 1.067 12.303 Leucine g 1.537 0 1 1.645 18.967 Lysine g 1.809 0 1 1.936 22.323 Methionine g 0.557 0 1 0.596 6.873 Cystine g 0.209 0 1 0.596 6.873 Cystine g 0.770 0 1 0.824 9.502 Tyrosine g 0.756 0 1 0.809 9.329 Valine g 1.028 0 1 1.00 12.686 Arginine g 1.370 0 1 1.466 16.906 Histidine g 0.598 0 1		_	76		U		1		91	938	
Tryptophan g 0.219 0 1 0.234 2.702 Threonine .g 0.861 0 1 0.921 10.625 Isoleucine .g 0.997 0 1 1.067 12.303 Leucine .g 1.537 0 1 1.645 18.967 Lysine .g 1.809 0 1 1.936 22.323 Methionine .g 0.557 0 1 0.596 6.873 Cystine .g 0.209 0 1 0.596 6.873 Cystine .g 0.770 0 1 0.824 9.502 Tyrosine .g 0.756 0 1 0.809 9.329 Valine .g 1.028 0 1 1.0646 16.906 Histidine .g 0.598 0 1 1.466 16.906 Histidine .g 0.598 0 1 1.315	Phytosterois	nig									
Threonine 9 0 0.861 0 1 0.921 10.625 Isoleucine 9 0.997 0 1 1.067 12.303 Leucine 9 1.537 0 1 1.645 18.967 Lysine 9 1.809 0 1 1.936 22.323 Methionine 9 0.5557 0 1 0.596 6.873 Cystine 9 0.209 0 1 0.224 2.579 Phenylalanine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.558 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 0.863 0 1 0.923 10.649 Proline 9 0.866 0 1 0.927 10.686	Amino Acids:										
Soleucine	Tryptophan	g	0.219		0		1		0.234	2.702	
Leucine 9 1.537 0 1 1.645 18.967 Lysine 9 1.809 0 1 1.936 22.323 Methionine 9 0.557 0 1 0.596 6.873 Cystine 9 0.209 0 1 0.224 2.579 Phenylalanine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 1.466 16.906 Histidine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.51 13.278 Proline 9 0.863 0 1 0.927 1	Threonine	g	0.861		0		1		0.921	10.625	
Lysine 9 1.809 0 1 1.936 22,323 Methionine 9 0.557 0 1 0.596 6.873 Cystine 9 0.209 0 1 0.224 2.579 Phenylalanine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.927 <	Isoleucine	g	0.997		0		1		1.067	12.303	
Lysine 9 1.809 0 1 1.936 22.323 Methionine 9 0.557 0 1 0.596 6.873 Cystine 9 0.209 0 1 0.224 2.579 Phenylalanine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 0.863 0 1 1.151 13.278 Proline 9 0.866 0 1 0.927 <	Leucine	g	1.537		0		1		1.645	18.967	
Cystine 9 0.209 0 1 0.224 2.579 Phenylalanine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686	Lysine	g	1.809		0		1		1.936	22.323	
Phenylalanine 9 0.770 0 1 0.824 9.502 Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686	Methionine	g	0.557		0		1		0.596	6.873	
Phenylalanine g 0.770 0 1 0.824 9.502 Tyrosine g 0.756 0 1 0.809 9.329 Valine g 1.028 0 1 1.100 12.686 Arginine g 1.370 0 1 1.466 16.906 Histidine g 0.598 0 1 0.640 7.379 Alanine g 1.229 0 1 1.315 15.166 Aspartic acid g 1.891 0 1 2.023 23.335 Glutamic acid g 3.152 0 1 3.373 38.896 Glycine g 1.076 0 1 1.151 13.278 Proline g 0.863 0 1 0.923 10.649 Serine g 0.866 0 1 0.927 10.686	Cystine	g	0.209		0		1		0.224	2.579	
Tyrosine 9 0.756 0 1 0.809 9.329 Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686	=		0.770		0		1		0.824	9.502	
Valine 9 1.028 0 1 1.100 12.686 Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686	-		0.756		0		1		0.809		
Arginine 9 1.370 0 1 1.466 16.906 Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686	2	_	1.028		0		1		1.100		
Histidine 9 0.598 0 1 0.640 7.379 Alanine 9 1.229 0 1 1.315 15.166 Aspartic acid 9 1.891 0 1 2.023 23.335 Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686		-	1.370		0		1		1.466		
Alanine. 9 1.229 0 1 1.315 15.166 Aspartic acid. 9 1.891 0 1 2.023 23.335 Glutamic acid. 9 3.152 0 1 3.373 38.896 Glycine. 9 1.076 0 1 1.151 13.278 Proline. 9 0.863 0 1 0.923 10.649 Serine. 9 0.866 0 1 0.927 10.686	2				0		1				
Aspartic acid. 9 1.891 0 1 2.023 23,335 Glutamic acid. 9 3.152 0 1 3.373 38.896 Glycine. 9 1.076 0 1 1.151 13.278 Proline. 9 0.863 0 1 0.923 10.649 Serine. 9 0.866 0 1 0.927 10.686					0		1				
Glutamic acid 9 3.152 0 1 3.373 38.896 Glycine 9 1.076 0 1 1.151 13.278 Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686		-			0		1				
Glycine g 1.076 0 1 1.151 13.278 Proline g 0.863 0 1 0.923 10.649 Serine g 0.866 0 1 0.927 10.686	•				-		_				
Proline 9 0.863 0 1 0.923 10.649 Serine 9 0.866 0 1 0.927 10.686		_					_				
Serine	ş										
							_				
	Hydroxyproline	_	0.000		Ū		-		0.321	10.000	

Common Measures:

Measure 1 = 107g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1234g: 1 leg, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 14% Bone

		<u>Aı</u>	mount in 100 g	<u>rams</u> mbei		ole portic	<u>on</u>		edible portion easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.13	0.396	20		1		85.86	988.62	
Energy	kcal	191		0	NC	4		260	2991	
Energy	kj	799				4		1087	12515	
Protein (N x 6.25)	g	28.48	0.198	20		1		38.73	446.00	
Total lipid (fat)	-	7.70	0.393	20		1		10.47	120.58	
Ash	g	1.00	0.010	20		1		1.36	15.66	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	21	0.888	20		1		29	329	
Iron, Fe	-	1.41	0.102	20		1		1.92	22.08	
Magnesium, Mg	-	27	0.371	20		1		37	423	
Phosphorus, P		209	2.365	20		1		284	3273	
Potassium, K		287	7.903	20		1		390	4494	
Sodium, Na		67	2.209	20		1		91	1049	
Zinc, Zn	mg	2.10	0.085	4		1		2.86	32.89	
Copper, Cu		0.048		4		1		0.065	0.752	
Manganese, Mn	-	0.019	0.001	4		1		0.026	0.298	
Selenium, Se	mcg	30.7		0	BFYN	4		41.8	480.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.061	0.002	20		1		0.083	0.955	
Riboflavin	mg	0.134	0.002	20		1		0.182	2.098	
Niacin	mg	6.024	0.177	20		1		8.193	94.336	
Pantothenic acid	mg	0.639	1	0		1		0.869	10.007	
Vitamin B-6	mg	0.480	1	0		1		0.653	7.517	
Folate, total		6		0		1		8	94	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		8	94	
Folate, DFE		6		0	NC	4		8	94	
Vitamin B-12		0.36		0		1		0.49	5.64	
Vitamin A, IU	IU	0	0.000	4		1		0	0	
Vitamin A, RAE		0	0.000	4		1		0	0	
Retinol		0	0.000	4		1		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	~	0 150		•				0.004	22 660	
Fatty acids, total saturated		2.150	•	0		1		2.924	33.669	
4:0 6:0										
8:0										
10:0	-	0.000	1	0		4		0.000	0.000	
12:0	_	0.010		0		1		0.014	0.157	
13:0	_									
14:0	_	0.050	1	0		1		0.068	0.783	
15:0										
16:0		1.340	1	0		1		1.822	20.984	
17:0										
18:0	g	0.500)	0		1		0.680	7.830	
20:0	g									
22:0	_									
24:0	g									

		<u>Ar</u>	mount in 100	0 grams	Amount in edible portion of common				
			ı	Number			<u>m</u>	easures of food	•
Nutrients and Units	S	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	2.660		0	1		3.618	41.656	
14:1									
15:1		0.440		•	1		0 500	6 000	
16:1 undifferentiated		0.440		0	1		0.598	6.890	
17:1	_	2.150		0	1		0.004	22.660	
18:1 undifferentiated	_	0.010		0	1		2.924	33.669	
20:1	-						0.014	0.157	
22:1 undifferentiated	•	0.010		0	1		0.014	0.157	
24:1 c	_	1.860		0	1		2.530	29.128	
Fatty acids, total polyunsaturated		1.520		0	1		2.530	29.128	
18:2 undifferentiated	_	0.090		0	1				
18:3 undifferentiated	_	0.090		U	_		0.122	1.409	
18:4									
20:2 n-6 c,c 20:3 undifferentiated									
		0.140		0	1		0.190	2.192	
20:4 undifferentiated 20:5 n-3	_	0.140		0	4		0.190	0.000	
	_	0.020		0	1		0.000		
22:5 n-3		0.020		0	1		0.027	0.313 0.470	
22:6 n-3		0.030		U	1		0.041	0.470	
Fatty acids, total trans	_	75	2.28	7 20	1		102	1175	
		75	2.20	17 20	1		102	1175	
Phytosterols	Ing								
Amino Acids:									
Tryptophan	g	0.314		0	1		0.427	4.917	
Threonine	g	1.242		0	1		1.689	19.450	
Isoleucine	g	1.424		0	1		1.937	22.300	
Leucine	g	2.209		0	1		3.004	34.593	
Lysine	g	2.585		0	1		3.516	40.481	
Methionine	g	0.799		0	1		1.087	12.512	
Cystine	g	0.314		0	1		0.427	4.917	
Phenylalanine		1.113		0	1		1.514	17.430	
Tyrosine	g	1.077		0	1		1.465	16.866	
Valine		1.481		0	1		2.014	23.192	
Arginine		2.008		0	1		2.731	31.445	
Histidine		0.854		0	1		1.161	13.374	
Alanine		1.819		0	1		2.474	28.486	
Aspartic acid	_	2.744		0	1		3.732	42.971	
Glutamic acid		4.537		0	1		6.170	71.049	
Glycine	-	1.727		0	1		2.349	27.045	
Proline	-	1.333		0	1		1.813	20.875	
Serine		1.256		0	1		1.708	19.669	
				U			1.700	19.009	

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1566g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 14% Bone

Nutrients and Units		
Proximates:	es of food	
Proximates: 9		
Water	asure 2 Me	Measur
Water.		
Energy	500.17	
Energy	334	
Protein (N x 6.25)		
Total lipid (fat)	462.23	
Ash.	150.44	
Carbohydrate, by difference 9 0.00 0 2 7 7 0.00 Fiber, total dietarry 9 0.0 0 2 7 7 0.0 Fiber, total dietarry 9 0.0 0 2 7 7 0.0 Fiber, total dietarry 9 0.0 0 2 7 7 0.0 Fiber, total dietarry 9 0.0 0 2 7 7 0.0 Fiber, total dietarry 9 0 0.0 Fiber, total dietarry 9 0 0.0 0 2 7 7 0.0 Fiber, total dietarry 9 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	19.23	
Fiber, total dietary	0.00	
Sugars, total	0.0	
Starch 9 Sta	0.0	
Vitamin C, total ascorbic acid. mg		
Calcium, Ca.		
Fron, Fe.		
Magnesium, Mg. mg 24 0.266 20 1 44 Phosphorus, P. mg 188 1.833 20 1 348 4 Potassium, K. mg 277 7.263 20 1 512 5 Sodium, Na. mg 63 2.276 20 1 117 1 Zinc, Zn. mg 1.60 0.067 4 1 2.96 Copper, Cu. mg 0.065 0.004 4 1 0.120 Manganese, Mn. mg 0.016 0.001 4 1 0.120 Manganese, Mn. mg 0.016 0.001 4 1 0.030 Selenium, Se. mcg 22.4 0 PARK 1 0.120 Manganese, Mn. mg 0.016 0.001 2 7 0.0 Trainin, Se. mg 0.061 0.003 20 1 0.1 Ribdanin, Se. mg	278	
Phosphorus P	22.22	
Potassium, K.	513	
Sodium, Na	018	
Zinc, Zn.	919	
Copper, Cu	346	
Manganese, Mn mg 0.016 0.001 4 1 0.030 Selenium, Se mcg 22.4 0 PAK 1 41.4 Vitamins: Vitamin C, total ascorbic acid mg 0.061 0.003 20 1 0.113 Riboflavin mg 0.061 0.003 20 1 0.113 Riboflavin mg 0.108 0.003 20 1 0.200 Niacin mg 0.108 0.003 20 1 0.200 Niacin mg 0.108 0.003 20 1 0.200 Niacin mg 0.612 0 1 0.200 1 Pantothenic acid mg 0.470 0 1 1.32 Vitamin B-6 mg 0.470 0 1 13 Folate, total mcg 7 0 NC 4 13 Vitamin B-12 mcg	34.19	
Selenium, Se. meg 22.4 0 PAK 1 41.4	1.389	
Vitamins: Vitamin C, total ascorbic acid. .mg 0.0 0 z 7 0.0 Thiamin	0.342 478.7	
Vitamin C, total ascorbic acid mg 0.0 0 z 7 0.0 Thiamin. mg 0.061 0.003 20 1 0.113 Riboflavin. mg 0.108 0.003 20 1 0.200 Niacin. mg 0.108 0.003 20 1 0.200 Niacin. mg 0.612 0.165 20 1 9.809 Pantothenic acid. mg 0.612 0 1 1.32 Vitamin B-6. mg 0.470 0 1 0.870 Folate, total. mcg 7 0 1 13 Folate, food. mcg 7 0 1 13 Folate, food. mcg 7 0 NC 4 13 Vitamin B-12. mcg 0.42 0 1 0.78 Vitamin A, RAE. mcg_RAE 2 0.432 4 1 4 Vitamin E (alpha-tocopherol), egamma. <td>4/8./</td> <td></td>	4/8./	
Thiamin		
Riboflavin. mg 0.108 0.003 20 1 0.200 Niacin. mg 5.302 0.165 20 1 9.809 Pantothenic acid. mg 0.612 0 1 1.132 Vitamin B-6. mg 0.470 0 1 0.870 Folate, foal. mcg 7 0 1 13 Folic acid. mcg 7 0 1 13 Folate, food mcg 7 0 1 13 Folate, food mcg 7 0 NC 4 13 Vitamin B-12. mcg_DFE 7 0 NC 4 13 Vitamin B-12. mcg 0.42 0 NC 4 1 15 Vitamin A, RAE. mcg_RAE 2 0.432 4 1 4 Retinol. mcg 2 0.432 4 1 4 Vitamin E, (phylocolopherol, beta. m	0.0	
Niacin mg 5.302 0.165 20 1 9.809 Pantothenic acid	1.304	
Pantothenic acid	2.308	
Vitamin B-6. mg 0.470 0 1 0.870 Folate, total. mcg 7 0 1 13 Folate, total. mcg 0 0 2 7 0 Folate, food. mcg 7 0 1 13 Folate, food. mcg 7 0 NC 4 13 Folate, food. mcg 7 0 NC 4 13 Folate, food. mcg 0.42 0 1 13 Folate, food. mcg 0.42 0 1 0.78 Vitamin B-12. mcg 0.42 0 1 0.78 Vitamin A, IU. IU 8 1.438 4 1 1 4 Retinol. mcg 2 0.432 4 1 4 1 4 1 4 1 1 4 1 1 1 1 1 1 1 1	113.304	
Folate, total mcg 7 0 1 1 13 Folic acid mcg 0 0 2 7 0 1 1 13 Folate, food mcg 7 0 1 1 13 Folate, food mcg 7 0 1 1 13 Folate, DFE mcg_DFE 7 0 NC 4 13 Vitamin B-12 mcg 0.42 0 1 0.78 Vitamin A, IU IU 8 1.438 4 1 1 15 Vitamin A, RAE mcg_RAE 2 0.432 4 1 1 4 Retinol mcg 2 0.432 4 1 1 4 Retinol mcg 2 0.432 4 1 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.910 0 1 3.534 4:0 9 6:0 9	13.078	
Folic acid mcg 0 0 2 7 0 1 13 Folate, food mcg 7 0 NC 4 13 Folate, DFE mcg_DFE 7 0 NC 4 13 Vitamin B-12 mcg 0.42 0 1 0.78 Vitamin A, IU IU 8 1.438 4 1 1 15 Vitamin A, RAE mcg_RAE 2 0.432 4 1 4 Retinol mcg 2 0.432 4 1 4 1 4 Retinol mcg 2 0.432 4 1 1 44 Retinol mcg 2 0.432 4 1 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.910 0 1 3.534 4.0 9 6:0 9	10.044	
Folate, food. mcg 7 0 1 13 Folate, DFE. mcg_DFE 7 0 NC 4 13 Vitamin B-12 mcg 0.42 0 1 0 1 0.78 Vitamin A, IU. IU 8 1.438 4 1 1 15 Vitamin A, RAE mcg_RAE 2 0.432 4 1 1 4 Retinol. mcg 2 0.432 4 1 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.910 0 1 3.534 4:0. 9 6:0. 9	150	
Folate, DFE. mcg DFE 7 0 NC 4 13 Vitamin B-12. mcg 0.42 0 1 0.78 Vitamin A, IU. IU 8 1.438 4 1 1 15 Vitamin A, RAE. mcg_RAE 2 0.432 4 1 1 44 Retinol. mcg 2 0.432 4 1 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.910 0 1 3.534 4:0. 9 6:0. 9	0	
Vitamin B-12 mcg 0.42 0 1 0.78 Vitamin A, IU IU 8 1.438 4 1 15 Vitamin A, RAE mcg_RAE 2 0.432 4 1 4 Retinol mcg 2 0.432 4 1 4 Vitamin E (alpha-tocopherol) mg 7 <td>150</td> <td></td>	150	
Vitamin A, IU. IU 8 1.438 4 1 15 Vitamin A, RAE mcg_RAE 2 0.432 4 1 4 Retinol. mcg 2 0.432 4 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated g 1.910 0 1 3.534 4:0. g 6:0. g 1 3.534	150	
Vitamin A, RAE mcg_RAE 2 0.432 4 1 4 Retinol. mcg 2 0.432 4 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg 1 4 Tocopherol, gamma mg 1 4 Tocopherol, delta mg 1 4 Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.910 0 1 3.534 4:0 9 6:0 9 1 9 1 3.534	8.98	
Retinol	171	
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 1.910 0 1 3.534 4:0 g 6:0 g	51	
Tocopherol, beta	51	
Tocopherol, gamma		
Tocopherol, delta		
Vitamin D		
Vitamin K (phylloquinone)mcg Lipids: Statty acids, total saturated		
Lipids: Fatty acids, total saturated		
Fatty acids, total saturated		
4:0	40.817	
6:0g		
o.u		
10:0g 0.000 0 4 0.000	0.000	
12:0	0.214	
13:0.		
14:0g 0.050 0 1 0.093	1.069	
15:0. 9		
16:0.	27.140	
17:0g		
18:0.	8.762	
20:0		
22:0		
24:0		

		<u>An</u>	nount in 100 gran Numb		ion	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		a Deriv Sourc		Measure 1	Measure 2	Measure 3	
Fatty acids total managements	a	2.680	0	1		4.958	57.272		
Fatty acids, total monounsaturated		2.000	U	1		4.958	51.212		
15:1	_								
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.450	0	1		0.833	9.617		
17:1	-	0.430	v	-		0.055	5.017		
18:1 undifferentiated		2.160	0	1		3.996	46.159		
20:1	-	0.010	0	1		0.019	0.214		
22:1 undifferentiated		0.010	0	1		0.019	0.214		
24:1 c		0.010	U	1		0.019	0.214		
Fatty acids, total polyunsaturated	• • • • • • • • • • • • • • • • • • • •	1.660	0	1		3.071	35.474		
18:2 undifferentiated		1.420	0	1		2.627	30.345		
18:3 undifferentiated		0.090	0	1		0.167	1.923		
		0.030	U	_		0.167	1.923		
18:4	-								
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		0.080	0	1		0.148	1.710		
	_	0.000	0	4		0.148	0.000		
20:5 n-3			0	1					
22:5 n-3	_	0.010	0	1		0.019	0.214 0.214		
22:6 n-3	-	0.010	U	1		0.019	0.214		
Fatty acids, total trans	-	67	1.256 20	1		104	1.400		
Cholesterol		67	1.256 20	1		124	1432		
Phytosterols	nig								
Amino Acids:									
Tryptophan	g	0.238	0	1		0.440	5.086		
Threonine		0.942	0	1		1.743	20.131		
Isoleucine	g	1.080	0	1		1.998	23.080		
Leucine	q	1.676	0	1		3.101	35.816		
Lysine		1.960	0	1		3.626	41.885		
Methionine		0.606	0	1		1.121	12.950		
Cystine	-	0.239	0	1		0.442	5.107		
Phenylalanine	-	0.845	0	1		1.563	18.058		
Tyrosine		0.817	0	1		1.511	17.459		
Valine	-	1.124	0	1		2.079	24.020		
Arginine		1.526	0	1		2.823	32.611		
Histidine	-	0.648	0	1		1.199	13.848		
Alanine	-	1.383	0	1		2.559	29.555		
Aspartic acid		2.083	0	1		3.854	44.514		
Glutamic acid.		3.442	0	1		6.368	73.556		
Glycine		1.322	0	1		2.446	28.251		
Proline	-	1.017	0	1		1.881	21.733		
Serine		0.953	0	1		1.763	20.366		
Hydroxyproline		0.255	v	-		255	_0.500		
11yaroxypromic									

Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2137g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 26% 14% bone, 12% skin

		<u>Aı</u>	mount in 100 gı	rams	<u>n</u>	Amount in edible portion of common				
			Nur	mber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	66.56	0.299	20		1		93.18	77.88	
Energy	kcal	154		0	NC	4		216	180	
Energy	kj	644				4		902	754	
Protein (N x 6.25)		29.88	0.243	20		1		41.83	34.96	
Total lipid (fat)	-	2.92	0.161	20		1		4.09	3.42	
Ash		1.05	0.007	20		1		1.47	1.23	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	=									
Minerals:		4 -				_				
Calcium, Ca	-	18	0.915	20		1		25	21	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	1.36	0.115	20		1		1.90	1.59	
Magnesium, Mg		28	0.426	20		1		39	33	
Phosphorus, P		220	2.393	20		1		308	257	
Potassium, K		308 68	8.238 2.268	20 20		1 1		431 95	360 80	
Sodium, NaZinc, Zn		2.10	0.082	4		1		2.94	2.46	
Copper, Cu		0.042		4		1		0.059	0.049	
Manganese, Mn		0.042		4		1		0.033	0.022	
Selenium, Se		32.1	2.047	45	A	1		44.9	37.6	
Scientin, Sc	g	02.12				_			57.10	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.067	0.002	20		1		0.094	0.078	
Riboflavin	-	0.131	0.003	20		1		0.183	0.153	
Niacin		6.575		20		1		9.205	7.693	
Pantothenic acid		0.693		0		1		0.970	0.811	
Vitamin B-6		0.550)	0		1		0.770	0.644	
Folate, total		6		0		1		8	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		8	7	
Folate, DFE		6		0	NC	4		8	7	
Vitamin B-12		0.38		0		1		0.53	0.44	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol	-	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.930)	0		1		1.302	1.088	
4:0	_									
6:0	-									
8:0	-	0 000		^		4		0.000	0.000	
10:0	_	0.000		0		4 1		0.000	0.000	
12:0		0.010	,	U		1		0.014	0.012	
13:0 14:0		0.020	1	0		1		0.028	0.023	
15:0	_	0.020	,	J		1		0.028	0.023	
16:0	_	0.420)	0		1		0.588	0.491	
17:0	_	0.420	•	J		1		0.566	0.491	
18:0	_	0.280	1	0		1		0.392	0.328	
20:0	-	0.280	•	J		_		0.392	0.320	
22:0	_									
24:0	_									
∠ ¬.∨										

Nutrients and Units Nutrients Nutrients			<u>Ar</u>	nount in 100 gr		ble portio	<u>n</u>	Amount in edible portion of measures of food			
141	Nutrients and Uni	its	Mean	of I	Data Deriv						
141		_	0.540								
15-1	2	-	0.510		U	1		0.714	0.597		
1-11 1-12											
17-1		-	0.070		0	1		0 000	0.092		
18.1 undifferentiated. 9 0.420 0 1 0.588 0.491 20:1 9 0.010 0 1 0.014 0.012 22:1 undifferentiated. 9 0.010 0 1 0.014 0.012 24:1 c. 9 0.780 0 1 0.714 0.597 18.2 undifferentiated. 9 0.510 0 1 0.714 0.597 18.3 undifferentiated. 9 0.010 0 1 0.014 0.012 18.4 9 0.010 0 1 0.014 0.012 18.4 9 0.0150 0 1 0.210 0.176 20.3 undifferentiated. 9 0.030 0 1 0.021 0.176 20.3 undifferentiated. 9 0.030 0 1 0.042 0.035 25.8 n.3 9 0.030 0 1 0.042 0.035 Fatty acids, total trans 9 1.032 <td></td> <td>-</td> <td>0.070</td> <td></td> <td>U</td> <td>1</td> <td></td> <td>0.096</td> <td>0.062</td> <td></td>		-	0.070		U	1		0.096	0.062		
201			0.420		0	1		0 500	0.401		
22-1 undifferentiated											
24 C. 9 0.780 0 1 1.092 0.913 18.2 undifferentiated. 9 0.510 0 1 0.714 0.597 18.3 undifferentiated. 9 0.010 0 1 0.014 0.012 18.4 9 0.010 0 1 0.014 0.012 18.4 9 20.2 undifferentiated. 9 0.150 0 1 0.210 0.176 20.3 undifferentiated. 9 0.000 0 4 0.000 0.000 20.5 n-3 9 0.030 0 1 0.042 0.035 22.6 n-3 9 0.030 0 1 0.042 0.035 1 Stray acids, tolar ms. 9 0.030 0 1 97 81 Phytosterols. mg 69 2.169 20 1 97 81 Typtoplona. 9 0.339 0 1 0.475 0.397 Threonine.		-									
Fatty acids, total polyunsaturated. 9 0.780 0 1 1.092 0.913 182 undifferentiated. 9 0.510 0 1 0.714 0.597 183 undifferentiated. 9 0.010 0 1 0.014 0.012 184 9 0.02 - 6 - 6 - 9 9 0.02 - 6 - 6 - 9 9 0.016 0 1 0.210 0.176 0 1 0.210 0.176 0 0 1 0.0210 0.016 0			0.010		U	1		0.014	0.012		
18.2 undifferentiated g 0.510 0 1 0.714 0.597 18.3 undifferentiated g 0.010 0 1 0.014 0.012 18.4			0.700		0	1		1 000	0.010		
18.3 undifferentiated. g 0.010 0 1 0.014 0.012 18.4. g 20.2 n.6 c. g 20.3 undifferentiated. g 0 1 0.210 0.176 20.5 n.3 g 0.000 0 4 0.000 0.000 22.5 n.3 g 0.030 0 1 0.042 0.035 22.6 n.3 g 0.030 0 1 0.042 0.035 Fatty acids, total trans g 0.030 0 1 0.042 0.035 Fatty acids, total trans g 0.030 0 1 0.042 0.035 Fatty acids, total trans g 0 0.30 0 1 9.042 0.035 Fatty acids, total trans g 0 2.169 20 1 97 81 Phytosterols mg 8 2.169 20 1 9.7 81 Thytosterols g 1 3.2 1 1 1.861 1.555 1.581 1						_					
18.4. 9 20.2 n-6 c.c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 0.1550 0 1 0.210 0.176 20.5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.030 0 1 0.042 0.035 Fatty acids, total trans 9 8 0.030 0 1 0.042 0.035 Fatty acids, total trans 9 8 0.030 0 1 0.042 0.035 Fatty acids, total trans 9 8 0.030 0 1 0.042 0.035 Fatty acids, total trans 9 8 0.030 0 1 0.042 0.035 Phytosteris mg 8 2.169 20 1 97 81 Throtic medical from the following me		-									
20.2 n.6 c.c.			0.010		U	1		0.014	0.012		
20.3 undifferentiated		-									
20:4 undifferentiated	,	-									
20:5 n-3		-	0 150		0	1		0.210	0 176		
22:5 n-3 9 0.030 0 1 0.042 0.035 22:6 n-3 9 0.030 0 1 0.042 0.035 Fatty acids, total trans. 9 69 2.169 20 1 97 81 Phytosterols. mg 69 2.169 20 1 97 81 Amino Acids: Tryptopham. 9 0.339 0 1 0.475 0.397 Threonine. 9 1.329 0 1 1.861 1.555 Isoleucine. 9 1.554 0 1 2.176 1.818 Leucine. 9 2.381 0 1 3.333 2.786 Leysine. 9 2.816 0 1 3.942 3.295 Methionine. 9 0.865 0 1 1.211 1.012 Cystine. 9 0.311 0 1 </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 g 0.035 0 1 0.042 0.035 Faty acids, total trans g 1 97 81 Cholesterol. mg 69 2.169 20 1 97 81 Phytosterols. Amino Acids: Tryptophan. g 0.339 0 1 0.475 0.397 Threonine g 1.329 0 1 1.861 1.555 Isoleucine g 1.554 0 1 2.176 1.818 Leucine g 2.381 0 1 3.333 2.786 Lysine g 2.816 0 1 3.342 3.295 Methionine g 0.865 0 1 1.211 1.012 Cystine g 0.311 0 1 1.660 1.388 Phenylalanine g 1.186 0 1 1.653 1.382 </td <td></td> <td></td> <td></td> <td></td> <td>-</td> <td>_</td> <td></td> <td></td> <td></td> <td></td>					-	_					
Fatty acids, total trans 9 Cholesterol. mg 69 2.169 20 1 97 81 Phytosterols Amino Acids: Tryptophan. 9 0.339 0 1 0.475 0.397 Threonine. 9 1.329 0 1 1.861 1.555 Isoleucine. 9 1.329 0 1 2.176 1.818 Leucine. 9 1.554 0 1 2.176 1.818 Leucine. 9 2.381 0 1 3.333 2.786 Lysine. 9 2.816 0 1 3.942 3.295 Methionine. 9 0.865 0 1 1.211 1.012 Cystine. 9 0.311 0 1 0.435 0.364 Phenylalanine. 9 1.186 0 1 1.660 1.388 Tyrosine. 9 1.587 0 1											
Cholesterol. mg 69 2.169 20 1 97 81 Phytosterols. mg 2.169 20 1 97 81 Amino Acids: Tryptophan 9 0.339 0 1 0.475 0.397 Threonine. 9 1.329 0 1 1.861 1.555 Isoleucine. 9 1.554 0 1 2.176 1.818 Leucine. 9 2.381 0 1 3.333 2.786 Lysine. 9 2.816 0 1 3.333 2.796 Methionine. 9 0.865 0 1 1.211 1.012 Cystine. 9 0.311 0 1 1.660 1.388 Tyrosine. 9 1.181 0 1 1.660 1.382 Yaline. 9 1.587 0 1 2.222 1.857 Arginine. 9			0.030		U	1		0.042	0.035		
Phytosterols mg Maino Acids:	2	-	60	2 160	20	1		07	01		
Amino Acids: Tryptophan 9 0.339 0 1 0.475 0.397 Threonine 9 1.329 0 1 1.861 1.555 Isoleucine 9 1.554 0 1 2.176 1.818 Leucine 9 2.381 0 1 3.333 2.786 Lysine 9 2.816 0 1 3.942 3.295 Methionine 9 0.865 0 1 1.211 1.012 Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 1.950 1 <td< td=""><td></td><td>-</td><td>69</td><td>2.169</td><td>20</td><td>1</td><td></td><td>97</td><td>91</td><td></td></td<>		-	69	2.169	20	1		97	91		
Tryptophan g 0.339 0 1 0.475 0.397 Threonine g 1.329 0 1 1.861 1.555 Isoleucine g 1.554 0 1 2.176 1.818 Leucine g 2.381 0 1 3.333 2.786 Lysine g 2.816 0 1 3.942 3.295 Methionine g 0.865 0 1 1.211 1.012 Cystine g 0.311 0 1 0.435 0.364 Phenylalanine g 1.186 0 1 1.660 1.388 Tyrosine g 1.181 0 1 1.653 1.382 Valine g 1.587 0 1 2.222 1.857 Arginine g 2.085 0 1 2.919 2.439 Histidine g 0.932 0 1 1.305 1.090<	Phytosterois	nig									
Tryptophan g 0.339 0 1 0.475 0.397 Threonine g 1.329 0 1 1.861 1.555 Isoleucine g 1.554 0 1 2.176 1.818 Leucine g 2.381 0 1 3.333 2.786 Lysine g 2.816 0 1 3.942 3.295 Methionine g 0.865 0 1 1.211 1.012 Cystine g 0.311 0 1 0.435 0.364 Phenylalanine g 1.186 0 1 1.660 1.388 Tyrosine g 1.181 0 1 1.653 1.382 Valine g 1.587 0 1 2.222 1.857 Arginine g 2.085 0 1 2.919 2.439 Histidine g 0.932 0 1 1.305 1.090<	Amino Acids:										
Threonine 9 1.329 0 1 1.861 1.555 Isoleucine 9 1.554 0 1 2.176 1.818 Leucine 9 2.381 0 1 3.333 2.786 Lysine 9 2.816 0 1 3.942 3.295 Methionine 9 0.865 0 1 1.211 1.012 Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 0.932 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.0	·	g	0.339		0	1		0.475	0.397		
Leucine 9 2.381 0 1 3.333 2.786 Lysine 9 2.816 0 1 3.942 3.295 Methionine 9 0.865 0 1 1.211 1.012 Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.243 0 1 1.740 1.45	7		1.329		0	1		1.861	1.555		
Leucine 9 2.381 0 1 3.333 2.786 Lysine 9 2.816 0 1 3.942 3.295 Methionine 9 0.865 0 1 1.211 1.012 Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 2.919 2.439 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 4.877 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.243 0 1 1.740 1.45	Isoleucine	g	1.554		0	1		2.176	1.818		
Lysine 9 2.816 0 1 3.942 3.295 Methionine 9 0.865 0 1 1.211 1.012 Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 </td <td></td> <td>-</td> <td>2.381</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>3.333</td> <td>2.786</td> <td></td>		-	2.381		0	1		3.333	2.786		
Methionine 9 0.865 0 1 1.211 1.012 Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.55		-	2.816		0	1		3.942	3.295		
Cystine 9 0.311 0 1 0.435 0.364 Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555	,	-	0.865		0	1		1.211	1.012		
Phenylalanine 9 1.186 0 1 1.660 1.388 Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555		-	0.311		0	1		0.435	0.364		
Tyrosine 9 1.181 0 1 1.653 1.382 Valine 9 1.587 0 1 2.222 1.857 Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555	=		1.186		0	1		1.660	1.388		
Valine. g 1.587 0 1 2.222 1.857 Arginine. g 2.085 0 1 2.919 2.439 Histidine. g 0.932 0 1 1.305 1.090 Alanine. g 1.850 0 1 2.590 2.165 Aspartic acid. g 2.902 0 1 4.063 3.395 Glutamic acid. g 4.877 0 1 6.828 5.706 Glycine. g 1.482 0 1 2.075 1.734 Proline. g 1.243 0 1 1.740 1.454 Serine. g 1.329 0 1 1.861 1.555	•	-	1.181		0	1		1.653	1.382		
Arginine 9 2.085 0 1 2.919 2.439 Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555	,	-	1.587		0	1		2.222	1.857		
Histidine 9 0.932 0 1 1.305 1.090 Alanine 9 1.850 0 1 2.590 2.165 Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555					0	1					
Alanine g 1.850 0 1 2.590 2.165 Aspartic acid g 2.902 0 1 4.063 3.395 Glutamic acid g 4.877 0 1 6.828 5.706 Glycine g 1.482 0 1 2.075 1.734 Proline g 1.243 0 1 1.740 1.454 Serine g 1.329 0 1 1.861 1.555	2	-	0.932		0	1		1.305	1.090		
Aspartic acid 9 2.902 0 1 4.063 3.395 Glutamic acid 9 4.877 0 1 6.828 5.706 Glycine 9 1.482 0 1 2.075 1.734 Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555		-	1.850		0	1					
Glutamic acid. g 4.877 0 1 6.828 5.706 Glycine. g 1.482 0 1 2.075 1.734 Proline. g 1.243 0 1 1.740 1.454 Serine. g 1.329 0 1 1.861 1.555		-			0	1					
Glycine g 1.482 0 1 2.075 1.734 Proline g 1.243 0 1 1.740 1.454 Serine g 1.329 0 1 1.861 1.555	*	-			0	1					
Proline 9 1.243 0 1 1.740 1.454 Serine 9 1.329 0 1 1.861 1.555					0	1					
Serine	2										
		-	= =.			_			2.000		

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 29% 14% bone, 15% skin

		<u>Aı</u>	mount in 100 g	<u>grams</u> imbei		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.96	0.110	21		1		113.90	1309.83	
Energy	kcal	114		0	NC	4		176	2019	
Energy	kj	477				4		735	8447	
Protein (N x 6.25)	g	23.43	0.165	21		1		36.08	414.95	
Total lipid (fat)	g	1.57	0.093	21		1		2.42	27.80	
Ash	g	1.00	0.005	20		1		1.54	17.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	12	0.321	20		1		18	213	
Iron, Fe	-	1.01	0.085	20		1		1.56	17.89	
Magnesium, Mg	_	27	0.290	20		1		42	478	
Phosphorus, P	-	209	2.339	20		1		322	3701	
Potassium, K		314	8.364	20		1		484	5561	
Sodium, Na		67	2.541	20		1		103	1187	
Zinc, Zn		1.67	0.060	4		1		2.57	29.58	
Copper, Cu	mg	0.064	0.004	4		1		0.099	1.133	
Manganese, Mn	mg	0.017	0.001	4		1		0.026	0.301	
Selenium, Se	mcg	24.4		0	BFZN	4		37.6	432.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.070	0.004	20	4	1		0.108	1.240	
Riboflavin	-	0.070		20		1		0.176	2.019	
Niacin		6.036		20		1		9.295	106.898	
Pantothenic acid		0.684		0		1		1.053	12.114	
Vitamin B-6		0.550		0		1		0.847	9.741	
Folate, total		8		0		1		12	142	
Folic acid		0		0	z	7		0	0	
Folate, food		8		0		1		12	142	
Folate, DFE		8		0	NC	4		12	142	
Vitamin B-12		0.45		0		1		0.69	7.97	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol		0		0		1		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	0.500	1	0		1		0.770	8.855	
4:0										
6:0										
8:0	g									
10:0	_	0.000		0		4		0.000	0.000	
12:0	_	0.010	0.002	10		1		0.015	0.177	
13:0	_									
14:0		0.010	0.001	12		1		0.015	0.177	
15:0										
16:0		0.230	0.023	12		1		0.354	4.073	
17:0	_							_		
18:0	_	0.150	0.013	12		1		0.231	2.657	
20:0	_									
22:0	_									
24:0	g									

	<u>Ar</u>	nount in 100 g	grams o	of edible porti	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data D		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.280		0	1		0.431	4.959	
14:1		0.200		Ü	-		0.431	4.939	
15:1									
16:1 undifferentiated		0.040	0.006	12	1		0.062	0.708	
17:1	_	0.010	0.000		_		0.002	00	
18:1 undifferentiated.		0.230	0.021	12	1		0.354	4.073	
20:1		0.010	0.001	10	1		0.015	0.177	
22:1 undifferentiated	-	0.010	0.001	10	1		0.015	0.177	
24:1 c		3.010	3.301		-		0.020	J.=//	
Fatty acids, total polyunsaturated		0.420		0	1		0.647	7.438	
18:2 undifferentiated		0.280	0.027	12	1		0.431	4.959	
18:3 undifferentiated	-	0.010	0.002	12	1		0.015	0.177	
18:4							0.020	V	
20:2 n-6 c.c.									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.080	0.010	11	1		0.123	1.417	
20:5 n-3	_	0.000		0	4		0.000	0.000	
22:5 n-3	-	0.010	0.002	10	1		0.015	0.177	
22:6 n-3		0.020	0.006	10	1		0.031	0.354	
Fatty acids, total trans									
Cholesterol	_	62	1.363	20	1		95	1098	
Phytosterols	_								
-									
Amino Acids:									
Tryptophan	_	0.266		0	1		0.410	4.711	
Threonine	-	1.042		0	1		1.605	18.454	
Isoleucine	-	1.218		0	1		1.876	21.571	
Leucine	_	1.867		0	1		2.875	33.065	
Lysine		2.208		0	1		3.400	39.104	
Methionine	-	0.678		0	1		1.044	12.007	
Cystine		0.244		0	1		0.376	4.321	
Phenylalanine	-	0.930		0	1		1.432	16.470	
Tyrosine	-	0.926		0	1		1.426	16.399	
Valine		1.244		0	1		1.916	22.031	
Arginine	-	1.634		0	1		2.516	28.938	
Histidine		0.731		0	1		1.126	12.946	
Alanine	-	1.450		0	1		2.233	25.680	
Aspartic acid	_	2.275		0	1		3.504	40.290	
Glutamic acid		3.823		0	1		5.887	67.705	
Glycine	-	1.162		0	1		1.789	20.579	
Proline		0.974		0	1		1.500	17.250	
Serine	-	1.042		0	1		1.605	18.454	
Hydroxyproline	g								

Common Measures:

Measure 1 = 154g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1771g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 21% Bone

		<u>A</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	62.18		0	1		160.42	3704.06	
	-	199		0 0 NC			513		
Energy				U NC				11854	
Energy	=	833			4		2148	49599	
Protein (N x 6.25)	-	27.97		0	1		72.16	1666.17	
Total lipid (fat)		8.81		0	1		22.73	524.81	
Ash		0.97		0	1		2.50	57.78	
Carbohydrate, by difference	g	0.10		0 NC			0.26	5.96	
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:					_			4.5.4.5	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	26		0	1		67	1549	
Iron, Fe	-	2.00		0	1		5.16	119.14	
Magnesium, Mg		24)	1		62	1430	
Phosphorus, P	-	201		ס	1		519	11974	
Potassium, K	mg	276		ס	1		712	16441	
Sodium, Na	-	72)	1		186	4289	
Zinc, Zn	mg	3.24)	1		8.36	193.01	
Copper, Cu	mg	0.105	5)	1		0.271	6.255	
Manganese, Mn	mg	0.026	5)	1		0.067	1.549	
Selenium, Se	mcg	32.9) BFYN	1 4		84.9	1959.9	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1)	1		0.3	6.0	
Thiamin	mg	0.061	L	כ	1		0.157	3.634	
Riboflavin	mg	0.211	L	כ	1		0.544	12.569	
Niacin	mg	4.759))	1		12.278	283.494	
Pantothenic acid	mg	0.972	2)	1		2.508	57.902	
Vitamin B-6	mg	0.410))	1		1.058	24.424	
Folate, total	mcg	20)	1		52	1191	
Folic acid		0		0 z	7		0	0	
Folate, food		20)	1		52	1191	
Folate, DFE		20) NC	4		52	1191	
Vitamin B-12		1.27)	1		3.28	75.65	
Vitamin A, IU		285)	1		735	16977	
Vitamin A, RAE		86)	1		221	5098	
Retinol		86)	1		221	5098	
Vitamin E (alpha-tocopherol)				-	_			3030	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
<u>_ipids:</u> 	ď	2.580)	0	1		6.656	153.691	
Fatty acids, total saturated		2.300	•	•	_		3.030	133.031	
6:0	_								
	-								
8:0	-	0.000	1	0	4		0.000	0.000	
10:0)	1				
12:0		0.010	,	J	1		0.026	0.596	
13:0	_			•	_				
14:0	_	0.060)	0	1		0.155	3.574	
15:0	_			_					
16:0	_	1.570)	0	1		4.051	93.525	
17:0	_								
18:0	-	0.640))	1		1.651	38.125	
20:0	g								
22:0	g								
24:0	g								

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common				
				Number			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	2.860		0	1		7.379	170.370	
14:1									
15:1									
16:1 undifferentiated		0.470		0	1		1.213	27.998	
17:1	-				_				
18:1 undifferentiated	-	2.320		0	1		5.986	138.202	
20:1	-	0.020		0	1		0.052	1.191	
22:1 undifferentiated	•	0.010		0	1		0.026	0.596	
24:1 c	-			_	_		_		
Fatty acids, total polyunsaturated		2.260		0	1		5.831	134.628	
18:2 undifferentiated	-	1.870		0	1		4.825	111.396	
18:3 undifferentiated	-	0.100		0	1		0.258	5.957	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.190		0	1		0.490	11.318	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3		0.030		0	1		0.077	1.787	
22:6 n-3		0.030		0	1		0.077	1.787	
Fatty acids, total trans	-								
Cholesterol	_	96		0	1		248	5719	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.310		0	1		0.800	18.467	
Threonine		1.223		0	1		3.155	72.854	
Isoleucine		1.404		0	1		3.622	83.636	
Leucine	_	2.177		0	1		5.617	129.684	
Lysine	-	2.530		0	1		6.527	150.712	
Methionine		0.784		0	1		2.023	46.703	
Cystine		0.309		0	1		0.797	18.407	
Phenylalanine	_	1.101		0	1		2.841	65.587	
Tyrosine	_	1.057		0	1		2.727	62.965	
Valine		1.459		0	1		3.764	86.913	
Arginine		1.967		0	1		5.075	117.174	
Histidine		0.836		0	1		2.157	49.801	
Alanine		1.770		0	1		4.567	105.439	
Aspartic acid	_	2.694		0	1		6.951	160.482	
Glutamic acid		4.454		0	1		11.491	265.325	
Glycine	_	1.670		0	1		4.309	99.482	
Proline	-	1.303		0	1		3.362	77.620	
Serine		1.233		0	1		3.181	73.450	
Hydroxyproline		1.233		•	_		5.231	75.450	
11yuloxypioinic	9								

Common Measures:

Measure 1 = 258g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 5957g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 20% Bone

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:	~	71.14		0		1		5975.05			
Water		152		0	NC	1 4		12766			
Energy		636		U	NC	4		53415			
Protein (N x 6.25)		20.39		0		1		1712.56			
Total lipid (fat)		7.21		0		1		605.57			
Ash		0.89		0		1		74.75			
Carbohydrate, by difference		0.08		0	NC	4		6.72			
Fiber, total dietary		0.0		0	z	7		0.0			
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	15		0		1		1260			
Iron, Fe		1.50		0		1		125.99			
Magnesium, Mg		22		0		1 1		1848			
Phosphorus, P		182 274		0 0		1		15286 23013			
Potassium, K Sodium, Na		70		0		1		5879			
Zinc, Zn		2.39		0		1		200.74			
Copper, Cu		0.106	5	0		1		8.903			
Manganese, Mn		0.022		0		1		1.848			
Selenium, Se		23.3		0	BFNN	4		1957.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		0		1		16.8			
Thiamin	mg	0.071	-	0		1		5.963			
Riboflavin	-	0.193		0		1		16.210			
Niacin		4.334		0		1		364.013			
Pantothenic acid		0.943		0		1		79.203			
Vitamin B-6	_	0.410)	0		1		34.436			
Foliate, total		22 0		0 0	z	1 7		1848 0			
Folate, food	_	22		0	2	1		1848			
Folate, DFE		22		0	NC	4		1848			
Vitamin B-12		1.55		0	110	1		130.18			
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	289		0		1		24273			
Vitamin A, RAE	mcg RAE	87		0		1		7289			
Retinol		87		0		1		7289			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	2.050)	0		1		172.180			
4:0											
6:0	g										
8:0				_		_		_			
10:0	-	0.000		0		4		0.000			
12:0	_	0.010)	0		1		0.840			
13:0	-	0.050		^		4		4 200			
14:0	-	0.050	,	0		1		4.200			
15:0 16:0	-	1.310)	0		1		110.027			
17:0	-	1.310	•	U		-		110.027			
18:0	_	0.480)	0		1		40.315			
20:0	_			-		_		2.2=2			
22:0	_										
24:0	_										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in		
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
F-44	a	2.550		0		1		214.175		
Fatty acids, total monounsaturated		2.550		U		1		214.175		
15:1										
16:1 undifferentiated		0.430		0		1		36.116		
17:1	-	0.430		v		-		30.110		
18:1 undifferentiated		2.060		0		1		173.019		
20:1		0.010		0		1		0.840		
22:1 undifferentiated	-	0.010		0		1		0.840		
24:1 c		0.010		U		1		0.040		
Fatty acids, total polyunsaturated		1.790		0		1		150.342		
18:2 undifferentiated		1.520		0		1		127.665		
18:3 undifferentiated	-	0.090		0		1		7.559		
18:4		0.090		U		_		7.559		
20:2 n-6 c.c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.120		0		1		10.079		
20:5 n-3	-	0.120		0		4		0.000		
	_	0.010		0		1		0.840		
22:5 n-3		0.020		0		1		1.680		
22:6 n-3		0.020		U		1		1.680		
Fatty acids, total trans	-	81		0		1		6003		
Cholesterol		91		U		1		6803		
Phytosterols	III									
Amino Acids:										
Tryptophan	g	0.226		0		1		18.982		
Threonine		0.891		0		1		74.835		
Isoleucine	_	1.023		0		1		85.922		
Leucine	_	1.588		0		1		133.376		
Lysine	-	1.842		0		1		154.710		
Methionine	_	0.570		0		1		47.874		
Cystine	_	0.226		0		1		18.982		
Phenylalanine		0.803		0		1		67.444		
Tyrosine		0.770		0		1		64.672		
Valine	_	1.064		0		1		89.365		
Arginine		1.434		0		1		120.442		
Histidine	-	0.608		0		1		51.066		
Alanine		1.290		0		1		108.347		
Aspartic acid	_	1.964		0		1		164.956		
Glutamic acid	-	3.244		0		1		272.464		
Glycine		1.221		0		1		102.552		
Proline	_	0.952		0		1		79.958		
Serine		0.899		0		1		75.507		
Hydroxyproline	_	0.000		v		-		,3.337		
11ydroxypronne	9									

Common Measures:

Measure 1 = 8399g: 1 turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 20% Bone

		<u>Ar</u>	mount in 100 gr	rams o	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Nur	mber				m	easures of food	
			of	Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	61.92	0.398	20		1		147.99	1702.80	
Energy.	-	202	0.000	0	NC	4		483	5555	
Energy		845		Ü	МС	4		2020	23242	
		28.09	0 105	20		1		67.14		
Protein (N x 6.25)			0.185	20					772.48	
Total lipid (fat)		9.06	0.400	20		1		21.65	249.15	
Ash		0.99	0.010	20		1		2.37	27.23	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	27	1.056	20		1		65	743	
Iron, Fe	-	1.78	0.082	20		1		4.25	48.95	
Magnesium, Mg	-	25	0.082	20		1		60	688	
Phosphorus, P		203	1.877	20		1		485	5583	
1 ,	•	282	6.264	20		1		674	7755	
Potassium, K Sodium, Na		72	1.703	20		1		172	1980	
	-	3.02	0.108	4		1		7.22	83.05	
Zinc, Zn		0.094		4		1		0.225	2.585	
Copper, Cu						1			0.550	
Manganese, Mn		0.020	0.001	4 0	DEVA	4		0.048	948.8	
Selenium, Se	nicg	34.5		U	BFYN	4		82.5	948.8	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.062	0.001	20		1		0.148	1.705	
Riboflavin		0.183	0.003	20		1		0.437	5.033	
Niacin	mg	4.900	0.123	20		1		11.711	134.750	
Pantothenic acid		0.879		0		1		2.101	24.173	
Vitamin B-6		0.420		0		1		1.004	11.550	
Folate, total	-	7		0		1		17	193	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0		1		17	193	
Folate, DFE		7		0	NC	4		17	193	
Vitamin B-12		0.36		0	2.0	1		0.86	9.90	
Vitamin A, IU		0	0.000	4		1		0	0	
Vitamin A, RAE		0	0.000	4		1		0	0	
Retinol		0	0.000	4		1		Ö	0	
Vitamin E (alpha-tocopherol)		Ū	0.000	-		-		Ū	· ·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	a	2 640		0		1		6 310	72.600	
Fatty acids, total saturated		2.640		U		1		6.310	72.600	
4:0	-									
6:0	-									
8:0	-	0.000		0		4		0.000	0 000	
10:0		0.000		0		4 1		0.000	0.000	
12:0		0.010		U		1		0.024	0.275	
13:0	-			^		_				
14:0		0.060		0		1		0.143	1.650	
15:0	-			^		_				
16:0	-	1.610		0		1		3.848	44.275	
17:0	-					_		-		
18:0	-	0.650		0		1		1.554	17.875	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>			Amount in 100 grams of edible portion Number								
Nutrients and Uni	ts	Mean		ata Deriv		Confidence Code	Measure 1	easures of food Measure 2	Measure 3				
Par il col		0.000		•			T 100	04 050					
Fatty acids, total monounsaturated		2.980		0	1		7.122	81.950					
14:1 15:1													
16:1 undifferentiated		0.490		0	1		1.171	13.475					
	-	0.490		U	1		1.1/1	13.4/5					
17:1		2.420		0	1		5.784	66.550					
		0.020		0	1								
20:1	-			0	1		0.048	0.550					
22:1 undifferentiated		0.010		U	1		0.024	0.275					
24:1 c		2.310		0	1		5.521	63.525					
Fatty acids, total polyunsaturated		1.920		0	1		4.589	52.800					
18:2 undifferentiated	-	0.110		0	1		0.263	3.025					
18:3 undifferentiated		0.110		U	1		0.263	3.025					
18:4													
20:2 n-6 c,c 20:3 undifferentiated	-												
20:4 undifferentiated	-	0.180		0	1		0.430	4.950					
20:5 n-3	-	0.180		0	4		0.430	0.000					
20.5 n-3	-	0.030		0	1		0.000	0.825					
		0.030		0	1		0.072	1.100					
22:6 n-3 Fatty acids, total trans		0.040		U	1		0.096	1.100					
Cholesterol	-	82	2.336	20	1		196	2255					
Phytosterols		02	2.550	20	-		190	2233					
Filytosterois	9												
Amino Acids:													
Tryptophan	g	0.310		0	1		0.741	8.525					
Threonine	g	1.226		0	1		2.930	33.715					
Isoleucine	g	1.407		0	1		3.363	38.693					
Leucine	g	2.181		0	1		5.213	59.978					
Lysine	g	2.553		0	1		6.102	70.208					
Methionine	g	0.789		0	1		1.886	21.698					
Cystine	g	0.309		0	1		0.739	8.498					
Phenylalanine	g	1.099		0	1		2.627	30.223					
Tyrosine	g	1.064		0	1		2.543	29.260					
Valine	g	1.462		0	1		3.494	40.205					
Arginine	g	1.980		0	1		4.732	54.450					
Histidine	g	0.844		0	1		2.017	23.210					
Alanine	g	1.792		0	1		4.283	49.280					
Aspartic acid	g	2.707		0	1		6.470	74.443					
Glutamic acid	g	4.478		0	1		10.702	123.145					
Glycine	g	1.694		0	1		4.049	46.585					
Proline	g	1.310		0	1		3.131	36.025					
Serine	g	1.239		0	1		2.961	34.073					
Hydroxyproline	g												

Common Measures:

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2750g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 19% Bone

		Deriv	Code 1 4 4 1 1 7 7	Confidence Code	Measure 1 239.84 521 2178 69.12 25.11 2.97 0.00 0.0	2763.89 5998 25097 796.53 289.40 34.28 0.00 0.0	Measure
Nutrients and Units	20 0 20 20 20 20 0 0 0	Deriv Code NC	Code 1 4 4 1 1 7 7		239.84 521 2178 69.12 25.11 2.97 0.00 0.0	2763.89 5998 25097 796.53 289.40 34.28 0.00	Measure
Nutrients and Units	20 0 20 20 20 20 0 0	NC	Code 1 4 4 1 1 7 7		239.84 521 2178 69.12 25.11 2.97 0.00 0.0	2763.89 5998 25097 796.53 289.40 34.28 0.00	Measure
Water.	20 20 20 0 0 20 20 20 20 20 20 20 20 4	z	4 4 1 1 7 7 7		521 2178 69.12 25.11 2.97 0.00 0.0	5998 25097 796.53 289.40 34.28 0.00	
Water	20 20 20 0 0 20 20 20 20 20 20 20 20 4	z	4 4 1 1 7 7 7		521 2178 69.12 25.11 2.97 0.00 0.0	5998 25097 796.53 289.40 34.28 0.00	
Energy	20 20 20 0 0 20 20 20 20 20 20 20 20 4	z	4 4 1 1 7 7 7		521 2178 69.12 25.11 2.97 0.00 0.0	5998 25097 796.53 289.40 34.28 0.00	
Energy	20 20 0 0 0 20 20 20 20 20 4 4	z	4 1 1 7 7 7		2178 69.12 25.11 2.97 0.00 0.0	25097 796.53 289.40 34.28 0.00	
Protein (N x 6.25)	20 0 0 0 20 20 20 20 20 4 4		1 1 1 7 7		69.12 25.11 2.97 0.00 0.0	796.53 289.40 34.28 0.00	
Total lipid (fat)	20 0 0 0 20 20 20 20 20 4 4		1 1 7 7		25.11 2.97 0.00 0.0	289.40 34.28 0.00	
Ash	20 0 0 20 20 20 20 20 4 4		1 7 7		2.97 0.00 0.0	34.28 0.00	
Carbohydrate, by difference	20 20 20 20 20 20 4 4		7 7 1 1		0.00	0.00	
Fiber, total dietary	20 20 20 20 20 20 4 4		7 1 1		0.0		
Sugars, total	20 20 20 20 20 20 4	z	1 1 1			0.0	
Starch	20 20 20 20 20 20 4 4		1 1		51		
Minerals: Calcium, Ca. mg 1.5 0.349 Iron, Fe. mg 1.28 0.064 Magnesium, Mg. mg 22 0.232 Phosphorus, P. mg 180 1.539 Potassium, K. mg 271 6.797 Sodium, Na. mg 68 1.988 Zinc, Zn. mg 68 1.988 Zinc, Zn. mg 0.055 0.004 Manganese, Mn. mg 0.017 0.000 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamin Se. mcg 24.5 Vitamin Se. mcg 0.00 Vitamin C, total ascorbic acid. mg 0.070 0.003 Riboflavin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.252 0.140 Vitamin B-6. mg 0.805 Vitamin B-6.	20 20 20 20 20 20 4 4		1 1		51		
Calcium, Ca. mg 1.5 0.349 Iron, Fe. mg 1.28 0.064 Magnesium, Mg. mg 22 0.232 Phosphorus, P. mg 180 1.539 Potassium, K. mg 271 6.797 Sodium, Na. mg 68 1.988 Zinc, Zn. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 5 //Itamins: Vitamin C, total ascorbic acid. mg 0.0 0.003 Riboflavin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.152 0.004 Niacin. mg 0.410 0.410 Vitamin B-6. mg 0.410 0.410 Folate, food. mcg 8 Folate, food. mcg	20 20 20 20 20 20 4 4		1 1		51		
Calcium, Ca. mg 1.5 0.349 Iron, Fe. mg 1.28 0.064 Magnesium, Mg. mg 22 0.232 Phosphorus, P. mg 180 1.539 Potassium, K. mg 271 6.797 Sodium, Na. mg 68 1.988 Zinc, Zn. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamins: Vitamins. wg 0.07 0.000 Selenium, Se. mcg 20.0 0.000 0.000 Selenium, Se. mcg 24.5 0.004 0.000 <	20 20 20 20 20 20 4 4		1 1		51		
Iron, Fe. mg 1.28 0.064 Magnesium, Mg. mg 22 0.232 Phosphorus, P. mg 180 1.539 Potassium, K. mg 271 6.797 Sodium, Na mg 68 1.988 Zinc, Zn. mg 2.28 0.054 Copper, Cu. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.070 0.003 Riboflavin. mg 0.805 0.140 Pantothenic acid. mg 0.805 Vitamin B-6. mg 0.410 Folate, total. mcg 8 Folic acid. mcg 8 Folate, food. mcg 8	20 20 20 20 20 20 4 4		1 1		- •	584	
Magnesium, Mg. mg 22 0.232 Phosphorus, P. mg 180 1.539 Potassium, K. mg 271 6.797 Sodium, Na. mg 68 1.988 Zinc, Zn. mg 0.095 0.004 Copper, Cu. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamins: Vitamins: Vitamin C, total ascorbic acid mg 0.0 Witamin Se. mcg 24.5 Vitamin G, total ascorbic acid mg 0.0 Riboflavin mg 0.070 0.003 Riboflavin mg 0.152 0.004 Niacin mg 0.152 0.004 Niacin mg 0.805 Vitamin B-6 mg 0.410 Folate, total mcg 8 Foliate, total mcg 8 Folate, tota	20 20 20 20 4 4		1		4.33	49.86	
Phosphorus, P. mg 180 1.539 Potassium, K. mg 271 6.797 Sodium, Na. mg 68 1.988 Zinc, Zn. mg 0.054 0.054 Copper, Cu. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamin Se. mcg 24.5 Vitamin Se. mcg 24.5 Vitamin Se. mcg 0.00 Vitamin C, total ascorbic acid mg 0.00 Thiamin mg 0.070 0.003 Riboflavin mg 0.152 0.004 Niacin mg 0.152 0.004 Niacin mg 0.152 0.004 Niacin mg 0.140 0.140 Patrotheric acid mcg 8 8 Folate, total mcg 8 8 Folate, food mcg 8 8 <tr< td=""><td>20 20 20 4 4</td><td></td><td>_</td><td></td><td>74</td><td>857</td><td></td></tr<>	20 20 20 4 4		_		74	857	
Potassium, K. mg 271 6.797 Sodium, Na. mg 68 1.988 Zinc, Zn. mg 2.28 0.054 Copper, Cu. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamin Se Vitamin Se. wg 0.07 0.003 Riboflavin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.152 0.004 Niacin. mg 0.805 0.140 Vitamin Be. mg 0.410 0.805 Vitamin Be. mcg 8 8 8 8 1.401 <	20 20 4 4		1		608	7011	
Sodium, Na mg 68 1.988 Zinc, Zn	20 4 4		1		916	10555	
Zinc, Zn. mg 2.28 0.054 Copper, Cu. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.152 0.004 Niacin. mg 0.805 0.400 Vitamin B-6. mg 0.410 0.805 Vitamin B-6. mcg 0 0.805 Vitamin B-6. mcg 0 0.400 Foliae, total. mcg 8 8 Foliae, food. mcg 8 8 Folate, DFE. mcg 0.40 0.40 Vitamin B-12. mcg 0.40 Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mcg 2 0.421 Vitamin E (alpha-tocopherol). mg 0.000 0.000 </td <td>4</td> <td></td> <td>1</td> <td></td> <td>230</td> <td>2649</td> <td></td>	4		1		230	2649	
Copper, Cu. mg 0.095 0.004 Manganese, Mn. mg 0.017 0.000 Selenium, Se. mcg 24.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin mg 0.070 0.003 Riboflavin mg 0.152 0.004 Niacin mg 0.25 0.140 Pantothenic acid mg 0.805 0.140 Pantothenic acid mg 0.410 0.805 Vitamin B-6 mg 0.410 0.805 Folate, total mcg 8 8 Folate, total mcg 8 8 Vitamin B-12 mcg 8 8 Vitamin A, RU IU 7 1.401 Vitami	4		1		7.71	88.81	
Manganese, Mn mg 0.017 0.000 Selenium, Se mcg 24.5 Vitamins: vitamin C, total ascorbic acid mg 0.0 Thiamin mg 0.070 0.003 Riboflavin mg 0.152 0.004 Niacin mg 0.152 0.004 Niacin mg 0.805 0.140 Pantothenic acid mg 0.805 0.140 Vitamin B-6 mg 0.410 0.805 Vitamin B-6 mcg 8 8 Folic acid mcg 8 8 Folate, total mcg 8 8 Folate, food mcg 8 8 Folate, DFE mcg 0.40 0.40 Vitamin B-12 mcg 0.40 0.40 Vitamin A, IU IU 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol mg 0.421 Tocopherol, beta <t< td=""><td></td><td></td><td>1</td><td></td><td>0.321</td><td>3.700</td><td></td></t<>			1		0.321	3.700	
Selenium, Se. mcg 24.5 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.152 0.004 Niacin. mg 0.805 0.140 Pantothenic acid. mg 0.410 0.805 Vitamin B-6. mg 0.410 0.410 Folate, total. mcg 8 8 Folic acid. mcg 0 8 Folate, food. mcg 0 8 Folate, food. mcg 8 8 Folate, food. mcg 8 8 Folate, food. mcg 0 40 Vitamin B-12. mcg 0.40 0 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mg 0 4.21 Tocopherol			1		0.057	0.662	
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.152 0.004 Niacin. mg 0.152 0.004 Niacin. mg 0.295 0.140 Pantothenic acid. mg 0.410 Vitamin B-6. mg 0.410 Folate, total. mcg 8 Folic acid. mcg 0 Folate, food. mcg 8 Folate, food. mcg 8 Folate, OFE. mcg_DFE 8 Vitamin B-12. mcg 0.40 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mg 1 1.00 Tocopherol, beta. mg 1 1.00 Tocopherol, gamma. mg 1.00 1.00 Vitamin D. IU Vitamin K (phylloquinone) 1.00 Lipids: 1.00 <td>0</td> <td>PAK</td> <td>1</td> <td></td> <td>82.8</td> <td>954.3</td> <td></td>	0	PAK	1		82.8	954.3	
Vitamin C, total ascorbic acid. mg 0.0 Thiamin. mg 0.070 0.003 Riboflavin. mg 0.152 0.004 Niacin. mg 0.295 0.140 Pantothenic acid. mg 0.805 Vitamin B-6. mg 0.410 Folate, total. mcg 8 Folic acid. mcg 0 Folate, food. mcg 8 Folate, DFE mcg 8 Vitamin B-12. mcg 0.40 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mcg 2 0.421 Vitamin E (alpha-tocopherol). mg 10 10 Vitamin D. IU IU IU IU Vitamin D. IU IU IU IU Vitamin D. IU IU IU IU Vitamin K (phylloquinone). mcg IU IU	Ū	IM	-		02.0	224.3	
Thiamin mg 0.070 0.003 Riboflavin mg 0.152 0.004 Niacin mg 4.295 0.140 Pantothenic acid mg 0.805 Vitamin B-6 mg 0.410 Folate, total mcg 8 Folic acid mcg 0 Folate, food mcg 8 Folate, DFE mcg DFE 8 Vitamin B-12 mcg 0.40 Vitamin A, IU U 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol mcg 2 0 0.421 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D U Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 4.0 6:0 9 8:0							
Riboflavin mg 0.152 0.004 Niacin mg 4.295 0.140 Pantothenic acid mg 0.805 Vitamin B-6 mg 0.410 Folate, total mcg 8 Folic acid mcg 0 Folate, food mcg 8 Folate, DFE mcg 0.40 Vitamin B-12 mcg 0.40 Vitamin A, IU IU 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol mcg 2 0.421 Vitamin E (alpha-tocopherol) mg 0 0.421 Tocopherol, beta mg 0 0.421 Tocopherol, gamma mg 0 0.421 Vitamin D IU Vitamin K (phylloquinone) IU Vitamin K (phylloquinone) mcg 2 100 Lipids: Fatty acids, total saturated g 2.100 4:0 G 6:0 g	0	Z	7		0.0	0.0	
Niacin mg 4.295 0.140 Pantothenic acid mg 0.805 Vitamin B-6 mg 0.410 Folate, total mcg 8 Folic acid mcg 0 Folate, food mcg 8 Folate, DFE mcg 0.40 Vitamin B-12 mcg 0.40 Vitamin A, IU IU 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol mcg 2 0.421 Vitamin E (alpha-tocopherol) mg 0 421 Tocopherol, beta mg 0 1 Tocopherol, gamma mg 0 1 Tocopherol, delta mg 0 1 Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: E 2 100 4:0 9 6:0 9 8:0 9 1	20		1		0.237	2.727	
Pantothenic acid. mg 0.805 Vitamin B-6. mg 0.410 Folate, total. mcg 8 Folic acid. mcg 0 Folate, food. mcg 8 Folate, DFE. mcg_DFE 8 Vitamin B-12 mcg 0.40 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mcg 2 0.421 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) IU Vitamin K (phylloquinone) mcg 2.100 Lipids: Fatty acids, total saturated 9 2.100 4:0 9 6:0 9 8:0 9 9	20		1		0.514	5.920	
Vitamin B-6. mg 0.410 Folate, total. mcg 8 Folic acid. mcg 0 Folate, food. mcg 8 Folate, DFE. mcg_DFE 8 Vitamin B-12. mcg 0.40 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mg 2 0.421 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). IU Vitamin K (phylloquinone). mcg 2.100 Lipids: Fatty acids, total saturated. 9 2.100 4:0. 9 6:0. 9 8:0. 9 9	20		1		14.517	167.290	
Folate, total mcg 8 Folic acid	0		1		2.721	31.355	
Folic acid. mcg 0 Folate, food. mcg 8 Folate, DFE. mcg_DFE 8 Vitamin B-12. mcg 0.40 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol. mcg 2 0.421 Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 2.100 4:0 9 6:0 9 8:0 g	0		1		1.386	15.970	
Folate, food mcg 8 Folate, DFE mcg_DFE 8 Vitamin B-12 mcg 0.40 Vitamin A, IU. IU 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol mcg 2 0.421 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 2.100 4:0 9 6:0 9 8:0 g	0		1		27	312	
Folate, DFE	0	Z	7		0	0	
Folate, DFE	0		1		27	312	
Vitamin B-12 mcg 0.40 Vitamin A, IU IU 7 1.401 Vitamin A, RAE mcg_RAE 2 0.421 Retinol mcg 2 0.421 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 2.100 4·0 g 6:0 g 8:0 g 9	0	NC	4		27	312	
Vitamin A, IU	0		1		1.35	15.58	
Vitamin A, RAE. mcg_RAE 2 0.421 Retinol. mcg 2 0.421 Vitamin E (alpha-tocopherol). mg 70	4		1		24	273	
Retinol	4		1		7	82	
Vitamin E (alpha-tocopherol) .mg Tocopherol, beta .mg Tocopherol, gamma .mg Tocopherol, delta .mg Vitamin D .IU Vitamin K (phylloquinone) .mcg Lipids: .mcg Fatty acids, total saturated .g 2.100 4:0 .g 6:0 .g 8:0 .g	4		1		7	82	
Tocopherol, beta							
Tocopherol, gamma							
Tocopherol, delta							
Vitamin D							
Vitamin K (phylloquinone)							
Lipids: g 2.100 Fatty acids, total saturated							
Fatty acids, total saturated							
4·0.	•		_			01 505	
6:0g 8:0g	0		1		7.098	81.795	
8:0g							
10:0	^						
	0		4		0.000	0.000	
12:0g 0.010	0		1		0.034	0.390	
13:0g	-		_				
14:0g 0.050			1		0.169	1.948	
15:0g	0					_	
16:0g 1.350	0		1		4.563	52.583	
17:0g							
18:0g 0.480	0		1		1.622	18.696	
20:0g	0						
22:0g	0						

		<u>Ar</u>	nount in 10		of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Doriv	Source	Confidence	<u></u>	easures or roou		
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.680		0		1		9.058	104.386		
14:1											
15:1	-			_		_					
16:1 undifferentiated	-	0.450		0		1		1.521	17.528		
17:1		0.160		•		_					
18:1 undifferentiated		2.160		0		1		7.301	84.132		
20:1	-	0.010		0		1		0.034	0.390		
22:1 undifferentiated24:1 c	_	0.010		0		1		0.034	0.390		
Fatty acids, total polyunsaturated		1.840		0		1		6.219	71.668		
18:2 undifferentiated	g	1.570		0		1		5.307	61.152		
18:3 undifferentiated	g	0.100		0		1		0.338	3.895		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.110		0		1		0.372	4.285		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.010		0		1		0.034	0.390		
22:6 n-3	-	0.020		0		1		0.068	0.779		
Fatty acids, total trans	-										
Cholesterol	-	72	1.3	50 20		1		243	2804		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.226		0		1		0.764	8.803		
Threonine	g	0.892		0		1		3.015	34.743		
Isoleucine	g	1.024		0		1		3.461	39.885		
Leucine	g	1.588		0		1		5.367	61.853		
Lysine	g	1.858		0		1		6.280	72.369		
Methionine	g	0.574		0		1		1.940	22.357		
Cystine	g	0.225		0		1		0.761	8.764		
Phenylalanine	g	0.800		0		1		2.704	31.160		
Tyrosine	g	0.775		0		1		2.620	30.186		
Valine	g	1.064		0		1		3.596	41.443		
Arginine		1.442		0		1		4.874	56.166		
Histidine		0.614		0		1		2.075	23.915		
Alanine	g	1.305		0		1		4.411	50.830		
Aspartic acid		1.971		0		1		6.662	76.770		
Glutamic acid	_	3.260		0		1		11.019	126.977		
Glycine	_	1.236		0		1		4.178	48.142		
Proline		0.955		0		1		3.228	37.197		
Serine	_	0.902		0		1		3.049	35.133		
Hydroxyproline	g										

Common Measures:

Measure 1 = 338g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3895g: .5 turkey, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% 20% bone, 11% skin

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	65.05	0.339	20		1		91.07	134.00		
Energy	-	168		0	NC	4		235	346		
Energy		703				4		984	1448		
Protein (N x 6.25)		29.36	0.206	20		1		41.10	60.48		
Total lipid (fat)		4.68	0.215	20		1		6.55	9.64		
Ash		1.03	0.008	20		1		1.44	2.12		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch	-										
Minerals:									_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	25	1.057	20		1		35	52		
Iron, Fe	-	1.78	0.088	20		1		2.49	3.67		
Magnesium, Mg		26	0.290	20		1		36	54		
Phosphorus, P	-	214	1.611	20		1		300	441		
Potassium, K		301	6.395	20 20		1 1		421 104	620		
Sodium, Na	_	74 3.17	1.670 0.131	4		1		4.44	152 6.53		
Zinc, Zn		0.095		4		1		0.133	0.196		
Copper, Cu Manganese, Mn		0.093		4		1		0.133	0.196		
Selenium, Se		36.8	0.001	0	BFYN	4		51.5	75.8		
Scientum, Sc	9	30.0		·	22 214	•		31.3	75.0		
Vitamins:											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.068		20		1		0.095	0.140		
Riboflavin	mg	0.188	0.003	20		1		0.263	0.387		
Niacin	-	5.265		20		1		7.371	10.846		
Pantothenic acid		0.968		0		1		1.355	1.994		
Vitamin B-6	_	0.470		0		1		0.658	0.968		
Folate, total		8		0		1		11	16		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	8		0		1		11	16		
Folate, DFE		8		0	NC	4		11	16		
Vitamin B-12		0.38		0		1		0.53	0.78		
Vitamin A, IU		0 0		0		1		0	0		
Vitamin A, RAE		0		0		1 1		0 0	0		
Retinol		U		U		1		U	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>								_			
Fatty acids, total saturated		1.540		0		1		2.156	3.172		
4:0											
6:0											
8:0		0.000		0		4		0.000	0.000		
10:0		0.000		0		4 1		0.000	0.000		
12:0	_	0.010		U		1		0.014	0.021		
13:0	_	0.030	ı	0		1		0.042	0.062		
14:0	_	0.030		U		1		0.042	0.062		
15:0 16:0	_	0.780		0		1		1.092	1.607		
17:0	_	0.780		J		1		1.092	1.607		
17:0	-	0.460		0		1		0.644	0.948		
20:0		0.400		U		-		0.044	0.940		
22:0	-										
	g g										

		<u>Ar</u>	nount in 100 g	rams of edi mber	ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Data Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	2	0.980		0	1		1 272	2 010		
Fatty acids, total monounsaturated.		0.980		U	1		1.372	2.019		
15:1										
16:1 undifferentiated		0.140		0	1		0.196	0.288		
17:1	-	0.140		ŭ	-		0.130	0.200		
18:1 undifferentiated.		0.810		0	1		1.134	1.669		
20:1		0.020		0	1		0.028	0.041		
22:1 undifferentiated	-	0.010		0	1		0.014	0.021		
24:1 c		0.010		•	-		0.014	0.021		
Fatty acids, total polyunsaturated		1.350		0	1		1.890	2.781		
18:2 undifferentiated		1.030		0	1		1.442	2.122		
18:3 undifferentiated	-	0.030		0	1		0.042	0.062		
18:4		0.000		·	_		0.012	0.002		
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.190		0	1		0.266	0.391		
20:5 n-3	-	0.000		0	4		0.000	0.000		
22:5 n-3	-	0.030		0	1		0.042	0.062		
22:6 n-3		0.040		0	1		0.056	0.082		
Fatty acids, total trans										
Cholesterol	-	77	2.179	20	1		108	159		
Phytosterols	_									
-										
Amino Acids:										
Tryptophan	-	0.333		0	1		0.466	0.686		
Threonine	_	1.306		0	1		1.828	2.690		
Isoleucine	_	1.527		0	1		2.138	3.146		
Leucine	-	2.339		0	1		3.275	4.818		
Lysine	_	2.767		0	1		3.874	5.700		
Methionine	_	0.850		0	1		1.190	1.751		
Cystine		0.305		0	1		0.427	0.628		
Phenylalanine	g	1.165		0	1		1.631	2.400		
Tyrosine	_	1.160		0	1		1.624	2.390		
Valine		1.559		0	1		2.183	3.212		
Arginine	_	2.048		0	1		2.867	4.219		
Histidine		0.916		0	1		1.282	1.887		
Alanine	_	1.818		0	1		2.545	3.745		
Aspartic acid	-	2.851		0	1		3.991	5.873		
Glutamic acid		4.791		0	1		6.707	9.869		
Glycine	_	1.456		0	1		2.038	2.999		
Proline		1.221		0	1		1.709	2.515		
Serine	_	1.306		0	1		1.828	2.690		
Hydroxyproline	g									

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 206g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 31% 19% bone, 12% skin

		<u>Aı</u>	mount in 100 gra	ams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u></u>	
			of D	ata Deri	v Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	74.38	0.110	20	1		212.73	2456.03		
Energy.	_	117	0.220	0 N			335	3863		
Energy		490			4		1400	16164		
		21.72	0.086	20	1		62.12	717.19		
Protein (N x 6.25)		21.72		20 20	1		7.72	89.15		
Total lipid (fat)		0.97		20 20	1		2.77			
Ash			0.004					32.03		
Carbohydrate, by difference		0.00			7		0.00	0.00		
Fiber, total dietary		0.0		0	2 7		0.0	0.0		
Sugars, total	_									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.380	20	1		40	462		
Iron, Fe		1.30	0.070	20	1		3.72	42.93		
Magnesium, Mg	-	24		20	1		69	792		
Phosphorus, P		198		20	1		566	6538		
Potassium, K		302		20	1		864	9972		
Sodium, Na		73		20	1		209	2410		
Zinc, Zn	-	2.46	0.035	4	1		7.04	81.23		
Copper, Cu		0.100		4	1		0.286	3.302		
Manganese, Mn		0.019		4	1		0.054	0.627		
Selenium, Se		26.5		0 PI	E 4		75.8	875.0		
•										
Vitamins:	ma	0.0		0 z	7		0.0	0.0		
Vitamin C, total ascorbic acid		0.0	0 000				0.0 0.226	0.0 2.609		
Thiamin		0.079		20 20	1 1					
Riboflavin		0.165					0.472	5.448		
Niacin		4.768		20	1 1		13.636	157.439		
Pantothenic acid		0.902		0	_		2.580	29.784		
Vitamin B-6	-	0.470		0	1		1.344	15.519		
Folate, total		9		0	1		26	297		
Folic acid		0		0 z			0	0		
Folate, food		9		0	1		26	297		
Folate, DFE		9		0 No			26	297		
Vitamin B-12		0.43		0	1		1.23	14.20		
Vitamin A, IU		0		0	1		0	0		
Vitamin A, RAE		0		0	1		0	0		
Retinol		0		0	1		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.890		0	1		2.545	29.388		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0	4		0.000	0.000		
12:0	g	0.010		0	1		0.029	0.330		
13:0	g									
14:0	g	0.020		0	1		0.057	0.660		
15:0	g									
16:0	-	0.450		0	1		1.287	14.859		
17:0	-									
18:0	-	0.270		0	1		0.772	8.915		
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100		of edible	portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean			-	ource Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Two Classics and the	a	0 570		0		1		1 620	10.001		
Fatty acids, total monounsaturated		0.570		0		1		1.630	18.821		
15:1											
16:1 undifferentiated		0.080		0		1		0.229	2.642		
17:1	-	0.000		· ·		-		0.223	2.042		
18:1 undifferentiated		0.470		0		1		1.344	15.519		
20:1		0.010		0		1		0.029	0.330		
22:1 undifferentiated	_	0.010		0		1		0.029	0.330		
24:1 c		0.010		U		-		0.029	0.550		
Fatty acids, total polyunsaturated		0.780		0		1		2.231	25.756		
18:2 undifferentiated		0.700		0		1		1.716	19.812		
18:3 undifferentiated	_	0.020		0		1		0.057	0.660		
18:4		0.020		•		_		0.057	0.000		
20:2 n-6 c.c.											
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.110		0		1		0.315	3.632		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	_	0.020		0		1		0.057	0.660		
22:6 n-3		0.020		0		1		0.057	0.660		
Fatty acids, total trans		0.020		•		_		0.00.	0.000		
Cholesterol	-	68	1.38	7 20		1		194	2245		
Phytosterols											
Amino Acids:											
Tryptophan	-	0.247		0		1		0.706	8.156		
Threonine	_	0.966		0		1		2.763	31.897		
Isoleucine	_	1.129		0		1		3.229	37.280		
Leucine	-	1.731		0		1		4.951	57.158		
Lysine		2.047		0		1		5.854	67.592		
Methionine	_	0.629		0		1		1.799	20.770		
Cystine		0.226		0		1		0.646	7.463		
Phenylalanine	g	0.862		0		1		2.465	28.463		
Tyrosine	_	0.858		0		1		2.454	28.331		
Valine		1.154		0		1		3.300	38.105		
Arginine	-	1.515		0		1		4.333	50.025		
Histidine		0.678		0		1		1.939	22.388		
Alanine	_	1.345		0		1		3.847	44.412		
Aspartic acid	-	2.109		0		1		6.032	69.639		
Glutamic acid		3.544		0		1		10.136	117.023		
Glycine	_	1.077		0		1		3.080	35.563		
Proline		0.903		0		1		2.583	29.817		
Serine	_	0.966		0		1		2.763	31.897		
Hydroxyproline	g										

Common Measures:

Measure 1 = 286g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3302g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food	Ĺ	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	41.54	0.670	20		1		13.29	155.36		
Energy	kcal	422		0	NC	4		135	1578		
Energy	kj	1766				4		565	6604		
Protein (N x 6.25)	g	20.14	0.493	20		1		6.44	75.32		
Total lipid (fat)	g	37.25	1.038	20		1		11.92	139.32		
Ash	g	0.67	0.022	20		1		0.21	2.51		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	37	1.916	20		1		12	138		
Iron, Fe	-	1.76	0.093	20		1		0.56	6.58		
Magnesium, Mg		17	0.459	20		1		5	64		
Phosphorus, P		140	5.111	20		1		45	524		
Potassium, K		161	8.480	20		1		52	602		
Sodium, Na		60	2.685	20		1		19	224		
Zinc, Zn		2.08	0.161	4		1		0.67	7.78		
Copper, Cu		0.087		4		1		0.028	0.325		
Manganese, Mn		0.021	0.001	4		1		0.007	0.079		
Selenium, Se	mcg	152.9		0	BFNN	4		48.9	571.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.022	0.001	20		1		0.007	0.082		
Riboflavin	mg	0.155	0.005	20		1		0.050	0.580		
Niacin	_	2.534		20		1		0.811	9.477		
Pantothenic acid		0.316		0		1		0.101	1.182		
Vitamin B-6	-	0.080		0		1		0.026	0.299		
Folate, total		4		0	_	1		1	15		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	4 4		0		1 4		1 1	15		
Folate, DFE		0.25		0	NC	1		0.08	15 0.94		
Vitamin B-12 Vitamin A, IU		0.25	0.000	4		1		0.08	0.94		
Vitamin A, RAE		0	0.000	4		1		0	0		
Retinol		0	0.000	4		1		0	0		
Vitamin E (alpha-tocopherol)		· ·	0.000	-		_		·	v		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	9.720	ı	0		1		3.110	36.353		
4:0											
6:0	g										
8:0	g										
10:0	g	0.000		0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0	-										
14:0	-	0.290		0		1		0.093	1.085		
15:0	-			•		_					
16:0	-	7.010		0		1		2.243	26.217		
17:0	-	1 050		0		4		0 500	C 010		
18:0	-	1.850		0		1		0.592	6.919		
20:0 22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10		of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		_		<u> </u>	easures or roou		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	15.870		0		1		5.078	59.354		
14:1											
15:1	_										
16:1 undifferentiated	_	2.750		0		1		0.880	10.285		
17:1											
18:1 undifferentiated		12.780		0		1		4.090	47.797		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated 24:1 c	-	0.000		0		1		0.000	0.000		
Fatty acids, total polyunsaturated	g	8.530		0		1		2.730	31.902		
18:2 undifferentiated		7.710		0		1		2.467	28.835		
18:3 undifferentiated	g	0.570		0		1		0.182	2.132		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.100		0		1		0.032	0.374		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3	_	0.000		0		1		0.000	0.000		
Fatty acids, total trans	_										
Cholesterol	-	117	5.3	49 20		1		37	438		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.161		0		1		0.052	0.602		
Threonine	g	0.719		0		1		0.230	2.689		
Isoleucine	g	0.648		0		1		0.207	2.424		
Leucine	g	1.182		0		1		0.378	4.421		
Lysine	g	1.202		0		1		0.385	4.495		
Methionine	g	0.403		0		1		0.129	1.507		
Cystine	g	0.335		0		1		0.107	1.253		
Phenylalanine	g	0.680		0		1		0.218	2.543		
Tyrosine	-	0.458		0		1		0.147	1.713		
Valine	g	0.847		0		1		0.271	3.168		
Arginine		1.553		0		1		0.497	5.808		
Histidine		0.387		0		1		0.124	1.447		
Alanine	_	1.634		0		1		0.523	6.111		
Aspartic acid		1.801		0		1		0.576	6.736		
Glutamic acid	-	2.503		0		1		0.801	9.361		
Glycine	-	3.212		0		1		1.028	12.013		
Proline		1.878		0		1		0.601	7.024		
Serine	-	0.818		0		1		0.262	3.059		
Hydroxyproline	g										

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>Ar</u>	mount in 100 g			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 3	
Proximates:											
Water	g	51.25	1.069	21		1		26.14	303.40		
Energy	kcal	368		0	NC	4		188	2179		
Energy	kj	1540				4		785	9115		
Protein (N x 6.25)	g	13.24	0.363	22		1		6.75	78.38		
Total lipid (fat)	g	34.56	1.478	21		1		17.63	204.60		
Ash	g	0.39	0.008	20		1		0.20	2.31		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	18	0.569	20		1		9	107		
Iron, Fe	_	1.20	0.077	20		1		0.61	7.10		
Magnesium, Mg	_	8	0.170	20		1		4	47		
Phosphorus, P		82	2.239	20		1		42	485		
Potassium, K	•	96	4.949	20		1		49	568		
Sodium, Na		40	1.973	20		1		20	237		
Zinc, Zn	mg	1.26	0.087	4		1		0.64	7.46		
Copper, Cu	mg	0.068	0.007	4		1		0.035	0.403		
Manganese, Mn	mg	0.009	0.001	4		1		0.005	0.053		
Selenium, Se	mcg	13.0		0	BFNN	4		6.6	77.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.019	0.001	20	-	1		0.010	0.112		
Riboflavin	-	0.079		20		1		0.040	0.468		
Niacin	=	1.568		20		1		0.800	9.283		
Pantothenic acid	_	0.263		0		1		0.134	1.557		
Vitamin B-6	=	0.070		0		1		0.036	0.414		
Folate, total	-	4		0		1		2	24		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		1		2	24		
Folate, DFE		4		0	NC	4		2	24		
Vitamin B-12		0.25		0		1		0.13	1.48		
Vitamin A, IU	IU	49	6.976	4		1		25	290		
Vitamin A, RAE	mcg_RAE	15	2.095	4		1		8	87		
Retinol		15	2.095	4		1		8	87		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	9.020		0		1		4.600	53.398		
4:0	g										
6:0	g										
8:0	-										
10:0		0.000		0		4		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0	-	<u> </u>	<u>.</u>			_		<u>.</u>	<u></u>		
14:0	-	0.270	0.017	14		1		0.138	1.598		
15:0	-					_					
16:0	-	6.510	0.374	14		1		3.320	38.539		
17:0	-	1 ===	0 10-			-		0 0==	10 100		
18:0	-	1.720	0.107	14		1		0.877	10.182		
20:0	-										
22:0	9										

		Amount in		Amount in 100 grams of edible portion Number								
				Source	Confidence		easures of food	•				
Nutrients and Units	Mean	Std. Erro	or Points	 Code	Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturated	g 14.5	30	0	1		7.512	87.202					
14:1	9											
15:1												
16:1 undifferentiated	-	50 0	.171 14	1		1.301	15.096					
17:1	•											
18:1 undifferentiated	-		.660 14	1		6.049	70.211					
20:1			0	1		0.000	0.000					
22:1 undifferentiated	g 0.0	00	0	1		0.000	0.000					
24:1 c												
Fatty acids, total polyunsaturated	g 7.9	20	0	1		4.039	46.886					
18:2 undifferentiated	g 7.1	.60 0	.416 14	1		3.652	42.387					
18:3 undifferentiated	g 0.5	30 0	.044 11	1		0.270	3.138					
18:4	9											
20:2 n-6 c,c	g											
20:3 undifferentiated	g											
20:4 undifferentiated	g 0.0	90 0	.011 10	1		0.046	0.533					
20:5 n-3	g 0.0	00	0	4		0.000	0.000					
22:5 n-3	g 0.0	00	0	1		0.000	0.000					
22:6 n-3	g 0.0	00	0	1		0.000	0.000					
Fatty acids, total trans	g											
Cholesterol	mg 95	3	.414 20	1		48	562					
Phytosterols	mg											
Amino Acids:												
Tryptophan			0	1		0.054	0.628					
Threonine	-		0	1		0.241	2.794					
Isoleucine	g 0.4	26	0	1		0.217	2.522					
Leucine	g 0	77	0	1		0.396	4.600					
Lysine	g 0	90	0	1		0.403	4.677					
Methionine	g 0.2	65	0	1		0.135	1.569					
Cystine	g 0.2	20	0	1		0.112	1.302					
Phenylalanine	g 0.4	47	0	1		0.228	2.646					
Tyrosine	g 0.3	01	0	1		0.154	1.782					
Valine	g 0.5	57	0	1		0.284	3.297					
Arginine	g 1.0	21	0	1		0.521	6.044					
Histidine	g 0.2	54	0	1		0.130	1.504					
Alanine	g 1.0	74	0	1		0.548	6.358					
Aspartic acid	g 1.1	84	0	1		0.604	7.009					
Glutamic acid	g 1.6	46	0	1		0.839	9.744					
Glycine	g 2.1	12	0	1		1.077	12.503					
Proline	g 1.2	35	0	1		0.630	7.311					
Serine	g 05	38	0	1		0.274	3.185					
Hydroxyproline	g											

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 592g: .5 turkey, skin only

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 37% Bone

		<u>A</u>	mount in 100 gra	ams of ed	ble portion	<u>on</u>	Amount in	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>		
				ata Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	g	60.31		0	1		12.67	142.93			
Energy	-	221		0 NC	4		46	524			
Energy		925			4		194	2191			
Protein (N x 6.25)	=	27.45		0	1		5.76	65.06			
Total lipid (fat)		11.50		0	1		2.42	27.26			
Ash		0.96		0	1		0.20	2.28			
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00			
Fiber, total dietary		0.0		0 z	7		0.0	0.0			
Sugars, total											
Starch	-										
Minerals:				•			_				
Calcium, Ca	_	23		0	1		5	55			
Iron, Fe	_	1.46		0	1		0.31	3.46			
Magnesium, Mg		25 200		0	1 1		5 4 2	59 474			
Phosphorus, P	_	200 271		0	1		42 57	474 642			
Potassium, K		66		0	1		14	156			
Sodium, NaZinc, Zn	-	2.10		0	1		0.44	4.98			
Copper, Cu		0.053	2	0	1		0.44	0.126			
Manganese, Mn		0.020		0	1		0.004	0.047			
Selenium, Se		30.2		0 BFY			6.3	71.6			
•											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0 z	7		0.0	0.0			
Thiamin		0.056		0	1		0.012	0.133			
Riboflavin		0.137		0	1		0.029	0.325			
Niacin		5.565		0	1		1.169	13.189			
Pantothenic acid		0.599		0	1		0.126	1.420			
Vitamin B-6	-	0.430 6	J	0	1 1		0.090 1	1.019			
Foliate, total		0		0 z	7		0	14 0			
Folic acidFolate, food		6		0 2	1		1	14			
Folate, DFE	mca DEE	6		0 NC	4		1	14			
Vitamin B-12		0.35		0	1		0.07	0.83			
Vitamin A, IU		0.33		0	1		0.07	0.83			
Vitamin A, RAE		0		0	1		0	0			
Retinol		0		0	1		0	0			
Vitamin E (alpha-tocopherol)		•		•	_		·	ŭ			
Tocopherol, beta	=										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
T !! J											
Lipids:	~	2 120	•	^			0 657	7 410			
Fatty acids, total saturated		3.130	J	0	1		0.657	7.418			
4:0 6:0											
8:0											
10:0		0.000)	0	4		0.000	0.000			
12:0		0.010		0	1		0.002	0.024			
13:0		0.010	-	-	-		0.002	V.V24			
14:0	-	0.080)	0	1		0.017	0.190			
15:0	-	0.000	-	-	-		3.01,	0.150			
16:0	-	2.070)	0	1		0.435	4.906			
17:0	-						,				
18:0	-	0.680)	0	1		0.143	1.612			
20:0											
22:0	-										
24:0	-										

		<u>Aı</u>	nount in 10	Amount in edible portion of common measures of food					
				Number			<u> </u>	easures or roou	
Nutrients and Uni	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	4 050							
Fatty acids, total monounsaturated		4.350		0	1		0.914	10.310	
14:1	-								
15:1 16:1 undifferentiated	-	0.740		0	1		0.155	1.754	
17:1	_	0.740		U	1		0.155	1.754	
18:1 undifferentiated	-	3.510		0	1		0.737	8.319	
20:1		0.010		0	1		0.002	0.024	
22:1 undifferentiated		0.010		0	1		0.002	0.024	
24:1 c	•	0.010		•	-		3.002	0.024	
Fatty acids, total polyunsaturated		2.720		0	1		0.571	6.446	
18:2 undifferentiated		2.310		0	1		0.485	5.475	
18:3 undifferentiated	_	0.150		0	1		0.032	0.356	
18:4	_								
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated	g	0.140		0	1		0.029	0.332	
20:5 n-3	g	0.000		0	4		0.000	0.000	
22:5 n-3	g	0.020		0	1		0.004	0.047	
22:6 n-3	g	0.020		0	1		0.004	0.047	
Fatty acids, total trans	g								
Cholesterol	mg	81		0	1		17	192	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.295		0	1		0.062	0.699	
Threonine		1.177		0	1		0.247	2.789	
Isoleucine	g	1.328		0	1		0.279	3.147	
Leucine	g	2.081		0	1		0.437	4.932	
Lysine	g	2.413		0	1		0.507	5.719	
Methionine	g	0.750		0	1		0.158	1.778	
Cystine	g	0.317		0	1		0.067	0.751	
Phenylalanine	g	1.060		0	1		0.223	2.512	
Tyrosine	g	1.000		0	1		0.210	2.370	
Valine	g	1.402		0	1		0.294	3.323	
Arginine	g	1.952		0	1		0.410	4.626	
Histidine	-	0.796		0	1		0.167	1.887	
Alanine		1.796		0	1		0.377	4.257	
Aspartic acid	-	2.627		0	1		0.552	6.226	
Glutamic acid		4.284		0	1		0.900	10.153	
Glycine		1.915		0	1		0.402	4.539	
Proline	-	1.402		0	1		0.294	3.323	
Serine		1.201		0	1		0.252	2.846	
Hydroxyproline	g								

Common Measures:

Measure 1 = 21g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 237g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 34% Bone

		<u>A</u>	mount in 100 g	Amount in edible portion of common								
		Number							measures of food			
			of	Data	Deriv	Source	Confidence					
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates: Water	a	67.32		0		1		20.20	234.27			
Energy	=	188		0	NC	4		56	654			
		787		U	NC	4		236				
Energy				•					2737			
Protein (N x 6.25)		20.45		0		1		6.14	71.17			
Total lipid (fat)	-	11.22		0		1		3.37	39.05			
Ash		0.82		0		1		0.25	2.85			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0			
Sugars, total	g											
Starch	g											
Minerals:		10		•		_			4-			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13		0		1		4	45			
Iron, Fe	-	1.07		0		1		0.32	3.72			
Magnesium, Mg		21		0		1		6	73			
Phosphorus, P.		172		0		1		52	599			
Potassium, K		250		0		1		75	870			
Sodium, Na	-	60		0		1		18	209			
Zinc, Zn	mg	1.55		0		1		0.47	5.39			
Copper, Cu		0.065		0		1		0.020	0.226			
Manganese, Mn		0.015	5	0		1		0.005	0.052			
Selenium, Se	mcg	22.0		0	BFNN	4		6.6	76.6			
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0			
Thiamin		0.055	:	0	_	1		0.017	0.191			
Riboflavin	-	0.104		0		1		0.017	0.362			
		4.730		0		1		1.419	16.460			
Niacin				0		1						
Pantothenic acid		0.561				_		0.168	1.952			
Vitamin B-6	-	0.410)	0		1		0.123	1.427			
Folate, total		7		0	_	1		2	24			
Folic acid		0		0	Z	7		0	0			
Folate, food		7		0		1		2	24			
Folate, DFE		7		0	NC	4		2	24			
Vitamin B-12		0.39		0		1		0.12	1.36			
Vitamin A, IU		14		0		1		4	49			
Vitamin A, RAE		4		0		1		1	15			
Retinol		4		0		1		1	15			
Vitamin E (alpha-tocopherol)												
Tocopherol, beta	mg											
Tocopherol, gamma												
Tocopherol, delta	mg											
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	a	2.990	1	0		1		0.897	10.405			
4:0		2.550	•	·		-		0.037	10.405			
6:0												
8:0	-											
10:0	-	0.000	1	0		4		0.000	0.000			
		0.010		0		1		0.003	0.000			
12:0		0.010	,	J		1		0.003	0.035			
13:0	-	0.00		^				0.001	0.000			
14:0	_	0.080)	0		1		0.024	0.278			
15:0	-			•		_						
16:0	_	2.060)	0		1		0.618	7.169			
17:0	_											
18:0	_	0.610)	0		1		0.183	2.123			
20:0	g											
22:0	g											
24:0	g											

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number	Amount in edible portion of common measures of food					
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.500		0		1		1.350	15.660	
14:1		4.500		Ū		-		1.330	13.000	
15:1										
16:1 undifferentiated		0.770		0		1		0.231	2.680	
17:1	-									
18:1 undifferentiated		3.630		0		1		1.089	12.632	
20:1	g	0.010		0		1		0.003	0.035	
22:1 undifferentiated	g	0.010		0		1		0.003	0.035	
24:1 c	g									
Fatty acids, total polyunsaturated		2.610		0		1		0.783	9.083	
18:2 undifferentiated	g	2.290		0		1		0.687	7.969	
18:3 undifferentiated	g	0.160		0		1		0.048	0.557	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.090		0		1		0.027	0.313	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.010		0		1		0.003	0.035	
22:6 n-3		0.010		0		1		0.003	0.035	
Fatty acids, total trans	-									
Cholesterol	_	72		0		1		22	251	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.219		0		1		0.066	0.762	
Threonine	-	0.875		0		1		0.263	3.045	
Isoleucine	g	0.986		0		1		0.296	3.431	
Leucine	g	1.548		0		1		0.464	5.387	
Lysine	-	1.794		0		1		0.538	6.243	
Methionine	g	0.557		0		1		0.167	1.938	
Cystine	g	0.237		0		1		0.071	0.825	
Phenylalanine	g	0.789		0		1		0.237	2.746	
Tyrosine	g	0.743		0		1		0.223	2.586	
Valine	g	1.043		0		1		0.313	3.630	
Arginine	_	1.455		0		1		0.437	5.063	
Histidine	g	0.592		0		1		0.178	2.060	
Alanine	g	1.340		0		1		0.402	4.663	
Aspartic acid	g	1.956		0		1		0.587	6.807	
Glutamic acid		3.187		0		1		0.956	11.091	
Glycine	_	1.440		0		1		0.432	5.011	
Proline		1.050		0		1		0.315	3.654	
Serine	_	0.895		0		1		0.269	3.115	
Hydroxyproline	g									

Common Measures:

Measure 1 = 30g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 348g: 1 wing, bone removed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Refuse: 0%

		<u>A</u>	mount in 100	0 grams		edible portion				
			ı	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.50		1	A	1		20.84	20.58	
Energy	kcal	118		0	NC	4		33	33	
Energy	kj	494				4		140	138	
Protein (N x 6.25)	g	16.30		1	A	1		4.62	4.56	
Total lipid (fat)	g	4.00		1	A	1		1.13	1.12	
Ash	g	3.20		1	A	1		0.91	0.90	
Carbohydrate, by difference	g	3.10		0	NC	4		0.88	0.87	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	1.20		1	A	1		0.34	0.34	
Sucrose	g	0.50		1	A	1		0.14	0.14	
Glucose (dextrose)	g	0.70		1	A	1		0.20	0.20	
Fructose	g									
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
Calcium, Ca	-	7		1	A	1		2	2	
Iron, Fe		1.00		1	A	1		0.28	0.28	
Magnesium, Mg		16		1	A	1		5	4	
Phosphorus, P		289		1	A	1		82	81	
Potassium, K		253		1	A	1		72	71	
Sodium, Na		909		1	A	1		258	255	
Zinc, Zn		2.10		1	A	1		0.60	0.59	
Copper, Cu										
Manganese, Mn Selenium, Se		38.2		0	BFNN	4		10.8	10.7	
•		30.2		ŭ	221111	•		10.0	10.7	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin		0.230)	1	A	1		0.065	0.064	
Riboflavin		0.270		1	A	1		0.077	0.076	
Niacin	_	4.120		1	A	1		1.168	1.154	
Pantothenic acid	_	1.120	•	-		-		1.100	1.154	
Vitamin B-6	-	0.060)	1	A	1		0.017	0.017	
Folate, total	• • • • • • • • • • • • • • • • • • • •	0.000		_		_		0.02.	0.017	
Folate, DFE										
Vitamin B-12		0.80		1	A	1		0.23	0.22	
Vitamin A, IU		53		2	AS	1		15	15	
Vitamin A, RAE		16		2	AS	1		5	4	
Vitamin E (alpha-tocopherol)				_	110	-		J	•	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	1.200)	1	A	1		0.340	0.336	
4:0										
6:0										
8:0										
10:0	-									
12:0	-									
13:0	-									
14:0	g	0.047	7	1	A	1		0.013	0.013	
15:0	-									
16:0	-	0.802	2	1	A	1		0.227	0.225	
17:0	-									
18:0	-	0.351		1	A	1		0.100	0.098	

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0	q									
22:0										
24:0	-									
Fatty acids, total monounsaturated	g	1.337		1	A	1		0.379	0.374	
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	1.337		1	A	1		0.379	0.374	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.873		1	A	1		0.247	0.244	
18:2 undifferentiated	g	0.836		1	A	1		0.237	0.234	
18:3 undifferentiated	g	0.037		1	A	1		0.010	0.010	
18:4	g									
20:2 n-6 c,c										
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	mg	64		1	A	1		18	18	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 28g: 1 serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products