		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber	r			m	easures of food	<u>-</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatore											
Proximates: Water	q	77.55	0.606	4		1		103.92	65.92		
Energy		97		0	NC	4		130	82		
Energy		406				4		544	345		
Protein (N x 6.25)		19.35	0.779	4		1		25.93	16.45		
Total lipid (fat)		1.54	0.082	18		1		2.06	1.31		
Ash		1.85		2		1		2.48	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											
Minerals:									_		
Calcium, Ca	_	59		0		1		79	50		
Iron, Fe		0.76		0		1		1.02	0.65		
Magnesium, Mg		63		0		4		84	54		
Phosphorus, P	•	280		0		1		375	238		
Potassium, K		262		0		1		351	223		
Sodium, Na		1072		0		1		1436	911		
Zinc, Zn		7.62	,	0		1 1		10.21	6.48		
Copper, Cu		1.182		0				1.584	1.005		
Manganese, Mn		0.040 40.0	,	0	BFSN	4 4		0.054 53.6	0.034 34.0		
Selenium, Se	Tilog	40.0		U	DESN	4		55.6	34.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	7.6		0		4		10.2	6.5		
Thiamin	mg	0.053	3	0		1		0.071	0.045		
Riboflavin	mg	0.055	5	0		1		0.074	0.047		
Niacin	mg	1.340)	0		1		1.796	1.139		
Pantothenic acid	mg	0.400)	0		4		0.536	0.340		
Vitamin B-6	mg	0.180)	0		4		0.241	0.153		
Folate, total	mcg	51		0		4		68	43		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	51		0		4		68	43		
Folate, DFE	mcg_DFE	51		0	NC	4		68	43		
Vitamin B-12		11.50		0		4		15.41	9.78		
Vitamin A, IU	IU	29		0		1		39	25		
Vitamin A, RAE	mcg_RAE	9		0		1		12	7		
Retinol		9		0		1		12	7		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.133	3	0		1		0.178	0.113		
4:0				-		_		***			
6:0											
8:0											
10:0		0.003	3	2		1		0.004	0.003		
12:0		0.004		2		1		0.005	0.003		
13:0	_										
14:0		0.015	0.002	10		1		0.020	0.013		
15:0	_										
16:0	_	0.087	0.009	10		1		0.117	0.074		
17:0	_										
18:0	_	0.019	0.003	14		1		0.025	0.016		
20:0	_										
22:0	-										
	g										

Nutrients and Units Nutrients			<u>An</u>	nount in 100 g		dible portion	!	Amount in edible portion of common measures of food			
141	Nutrients and Uni	its	Mean	of	Data Deri			_		•	
141	Father a side total management of	a	0 105		0	1		0.240	0 157		
15.1	*		0.185		U	1		0.248	0.157		
1-11 undifferentiated. 9											
17-1			0.041	0.004	10	1		0.055	0.035		
181 undifferentiated g 0.014 0.04 12 1 0.119 0.076 201 1 g 0.038 0.001 4 1 0.051 0.032 241 1c 9 0.038 0.001 4 1 0.051 0.032 241 1c 9 0.536 0 1 0.718 0.456 182 undifferentiated g 0.020 0.002 12 1 0.027 0.017 183- undifferentiated g 0.015 0.002 14 1 0.020 0.013 184-4 g 0.015 0.002 14 1 0.020 0.013 184-4 g 0.015 0.002 14 1 0.020 0.013 18-4 g 0.015 0.002 1 1 0.020 0.013 20-3 undifferentiated g 0.043 0.007 10 1 0.058 0.037 20-5 undifferentiated g 0.029		_	0.012	0.001		_		0.000	0.000		
201			0.089	0.010	12	1		0.119	0.076		
22-1 undifferentiated			0.014	0.004	12	1		0.019			
24 C. 9 0.536 0 1 0.718 0.456 18.2 undifferentiated. 9 0.020 0.002 12 1 0.027 0.017 18.3 undifferentiated. 9 0.014 0.005 10 1 0.019 0.012 18.4 9 0.015 0.002 14 1 0.020 0.013 20.2 n.6 c. 9 9 0.015 0.002 1 0.020 0.013 20.2 n.6 c. 9 0.043 0.007 10 1 0.058 0.037 20.5 n.3 9 0.031 0.005 12 1 0.042 0.026 22.6 n.3 9 0.118 0.008 10 1 0.158 0.100 Fatty acids, total rans. 9 0.118 0.008 1 0.158 0.100 Fatty acids, total rans. 9 0.188 0 1 0.158 0.100 Patty pickerols. mg 5 0		-			4	1					
Fatty acids, total polyunsaturated. 9 0.536 0 1 0.718 0.456 182 undifferentiated. 9 0.020 0.002 12 1 0.027 0.017 183 undifferentiated. 9 0.015 0.002 14 1 0.020 0.013 20-2 n-6 cc. 9 20-2 modifferentiated. 9 0.043 0.007 10 1 0.058 0.037 20-5 n-3. 9 0.295 0.021 12 1 0.058 0.037 22-5 n-3. 9 0.031 0.005 12 1 0.042 0.026 22-5 n-3. 9 0.118 0.008 10 1 0.158 0.100 Fatty acids, total trans. 9 5 0.118 0.008 1 0.158 0.100 Fatty acids, total trans. 9 0.269 1 7 1 45 Phytosterols. mg 0 2.69 1 0 0.566											
18.2 undifferentiated g 0.020 0.022 1 0.027 0.017 18.3 undifferentiated g 0.014 0.005 10 1 0.019 0.012 18.4 g 0.015 0.002 14 1 0.020 0.013 20.2 neGe g 9 0.043 0.007 10 1 0.058 0.037 20.4 undifferentiated g 0.043 0.007 10 1 0.058 0.037 20.5 n-3 g 0.295 0.021 12 1 0.042 0.026 22.5 n-3 g 0.018 0.008 10 1 0.158 0.100 Fatty acids, total trans g 0 1 71 45 Phytosterols mg 53 0 1 71 45 Phytosterols mg 0 1 0.360 0.229 Tryptophan g 0.269 0 1			0.536		0	1		0.718	0.456		
18.3 undifferentiated. g 0.014 0.005 10 1 0.019 0.012 18.4. g 0.015 0.002 14 1 0.020 0.013 20.2 nefec. g 9 0.020 0.013 0.027 0.020 0.037 20.4 undifferentiated. g 0.043 0.007 10 1 0.058 0.037 20.5 n-3 g 0.031 0.005 12 1 0.042 0.026 22.6 n-3 g 0.011 0.008 1 1 0.158 0.100 Faty acids, total trans. g 0.118 0.008 1 71 45 Phytosterol. mg 53 0 1 71 45 Phytosterol. mg 53 0 1 0.360 0.29 Amino Acids. g 0.269 0 1 0.360 0.229 Thytophan. g 0.783			0.020	0.002	12	1		0.027	0.017		
18.4. g 0.015 0.002 14 1 0.020 0.013 20.2 n-6 c.c. g 20.3 undifferentiated. g 0.043 0.007 10 1 0.058 0.037 20.4 undifferentiated. g 0.021 12 1 0.395 0.251 22.5 n-3 g 0.031 0.005 12 1 0.042 0.026 22.6 n-3 g 0.118 0.008 10 1 0.158 0.100 Fatty acids toltarus g Fatty acids toltarus g 53 0 1 71 45 Phytosterols. mg 53 0 1 71 45 Phytosterols. mg 53 0 1 0.360 0.229 Cholesterol. mg 5 0 1 0.360 0.229 Cholesterol. mg 0 269 0 1 0.360 0.229 </td <td></td> <td>-</td> <td>0.014</td> <td>0.005</td> <td>10</td> <td>1</td> <td></td> <td>0.019</td> <td>0.012</td> <td></td>		-	0.014	0.005	10	1		0.019	0.012		
20.2 n 6 c c			0.015	0.002	14	1		0.020	0.013		
20.4 undifferentiated											
20:5 n-3	20:3 undifferentiated	g									
22:5 n-3 9 0.031 0.005 12 1 0.042 0.026 22:6 n-3 9 0.118 0.008 10 1 0.158 0.100 Fatty acids, total trans. 9	20:4 undifferentiated	g	0.043	0.007	10	1		0.058	0.037		
22.6 n-3. g 0.118 0.008 10 1 0.158 0.100 Fatty acids, total trans. g 53 0 1 71 45 Phytosterols. mg 53 0 1 71 45 Phytosterols. Amino Acids: Tryptophan. g 0.269 0 1 0.360 0.229 Threonine g 0.783 0 1 1.049 0.666 Isoleucine g 0.938 0 1 1.257 0.797 Leucine g 0.938 0 1 1.257 0.797 Leucine g 1.536 0 1 2.058 1.306 Lysine g 1.684 0 1 2.257 1.431 Methionine g 0.545 0 1 0.291 0.184 Phenylalanine g 0.817 0 1	20:5 n-3	g	0.295	0.021	12	1		0.395	0.251		
Fatty acids, total trans 9 Cholesterol mg 53 0 1 71 45 Phytosterols Amino Acids: Tryptophan 9 0.269 0 1 0.360 0.229 Threonine 9 0.783 0 1 1.049 0.666 Isoleucine 9 0.938 0 1 1.257 0.797 Leucine 9 1.536 0 1 2.058 1.306 Lysine 9 1.684 0 1 2.257 1.431 Methionine 9 0.545 0 1 0.730 0.463 Cystine 9 0.817 0 1 0.291 0.184 Phenylalamine 9 0.817 0 1 0.863 0.547 Valine 9 0.644 0 1 0.291 0.774 Argmine 9 1.690 0 1	22:5 n-3	g	0.031	0.005	12	1		0.042	0.026		
Cholesterol. mg 53 0 1 71 45 Phytosterols. mg Amino Acids: Tryptophan. 9 0.269 0 1 0.360 0.229 Threonine. 9 0.783 0 1 1.049 0.666 Isoleucine. 9 0.783 0 1 1.257 0.797 Leuine. 9 0.938 0 1 1.257 0.797 Leuine. 9 1.536 0 1 2.058 1.306 Lysine. 9 1.684 0 1 2.058 1.306 Lysine. 9 0.545 0 1 2.257 1.431 Methionine. 9 0.545 0 1 0.291 0.184 Phenylalanine. 9 0.817 0 1 1.095 0.694 Tyrosine. 9 0.910 0 1 1.219 0.774 </td <td>22:6 n-3</td> <td>g</td> <td>0.118</td> <td>0.008</td> <td>10</td> <td>1</td> <td></td> <td>0.158</td> <td>0.100</td> <td></td>	22:6 n-3	g	0.118	0.008	10	1		0.158	0.100		
Phytosterols. mg Phytosterols. mg Phytosterols. mg Phytosterols. Phytosterols.	Fatty acids, total trans	g									
Amino Acids: Tryptophan 9 0.269 0 1 0.360 0.229 Threonine 9 0.783 0 1 1.049 0.666 Isoleucine 9 0.938 0 1 1.257 0.797 Leucine 9 1.536 0 1 2.058 1.306 Lysine 9 1.684 0 1 2.257 1.431 Methionine 9 0.545 0 1 0.730 0.463 Cystine 9 0.217 0 1 0.291 0.184 Phenylalanine 9 0.644 0 1 0.955 0.694 Tyrosine 9 0.644 0 1 0.955 0.694 Valine 9 0.644 0 1 0.265 1.437 Valine 9 0.690 0 1 0.265 1.437 Histidine 9 0.393 0 1 0	Cholesterol	mg	53		0	1		71	45		
Tryptophan g 0.269 0 1 0.360 0.229 Threonine g 0.783 0 1 1.049 0.666 Isoleucine g 0.938 0 1 1.257 0.797 Leucine g 1.536 0 1 2.058 1.306 Lysine g 1.684 0 1 2.257 1.431 Methionine g 0.545 0 1 0.730 0.463 Cystine g 0.217 0 1 0.291 0.184 Phenylalanine g 0.817 0 1 0.955 0.694 Tyrosine g 0.644 0 1 0.863 0.547 Valine g 0.910 0 1 1.219 0.774 Arginine g 0.393 0 1 0.527 0.334 Histidine g 0.393 0 1 0.527 0.334<	Phytosterols	<u>mg</u>									
Tryptophan g 0.269 0 1 0.360 0.229 Threonine g 0.783 0 1 1.049 0.666 Isoleucine g 0.938 0 1 1.257 0.797 Leucine g 1.536 0 1 2.058 1.306 Lysine g 1.684 0 1 2.257 1.431 Methionine g 0.545 0 1 0.730 0.463 Cystine g 0.217 0 1 0.291 0.184 Phenylalanine g 0.817 0 1 0.955 0.694 Tyrosine g 0.644 0 1 0.863 0.547 Valine g 0.910 0 1 1.219 0.774 Arginine g 0.393 0 1 0.527 0.334 Histidine g 0.393 0 1 0.527 0.334<	Amino Acids:										
Threonine 9 0.783 0 1 1.049 0.666 Isoleucine 9 0.938 0 1 1.257 0.797 Leucine 9 1.536 0 1 2.058 1.306 Lysine 9 1.684 0 1 2.257 1.431 Methionine 9 0.545 0 1 0.730 0.463 Cystine 9 0.217 0 1 0.291 0.184 Phenylalanine 9 0.817 0 1 0.291 0.184 Phenylalanine 9 0.644 0 1 0.863 0.547 Valine 9 0.910 0 1 0.863 0.547 Valine 9 0.910 0 1 2.265 1.437 Histidine 9 0.991 0 0 1 2.265 1.437 Histidine 9 0.993 0 0 1 0.527 0.334 Alanine 9 0.993 0 1 0.966 0 1 0.527 0.334 Alanine 9 0.993 0 1.096 0 1 1.469 0.932 Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 4.422 2.805 Glycine 9 0.638 0 1 0.855 0.542 Serine 9 0.762 0 1 0.855 0.542		0	0.260		0	1		0.360	0 000		
Soleucine											
Leucine 9 1.536 0 1 2.058 1.306 Lysine 9 1.684 0 1 2.257 1.431 Methionine 9 0.545 0 1 0.730 0.463 Cystine 9 0.217 0 1 0.291 0.184 Phenylalanine 9 0.817 0 1 1.095 0.694 Tyrosine 9 0.644 0 1 0.863 0.547 Valine 9 0.910 0 1 0.863 0.547 Valine 9 0.910 0 1 1.219 0.774 Arginine 9 0.910 0 1 2.265 1.437 Histidine 9 0.393 0 1 0.527 0.334 Alanine 9 1.096 0 1 1.469 0.932 Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 1.564 0.992					•	_					
Lysine 9 1.684 0 1 2.257 1.431 Methionine 9 0.545 0 1 0.730 0.463 Cystine 9 0.217 0 1 0.291 0.184 Phenylalanine 9 0.817 0 1 1.095 0.694 Tyrosine 9 0.644 0 1 0.863 0.547 Valine 9 0.910 0 1 0.863 0.547 Valine 9 0.910 0 1 1.219 0.774 Arginine 9 1.690 0 1 2.265 1.437 Histidine 9 0.393 0 1 0.527 0.334 Alanine 9 1.096 0 1 1.469 0.932 Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 4.422 2.805 Glycine 9 1.638 0 1 1.564 0.992		_			-	-					
Methionine g 0.545 0 1 0.730 0.463 Cystine g 0.217 0 1 0.291 0.184 Phenylalanine g 0.817 0 1 1.095 0.694 Tyrosine g 0.644 0 1 0.863 0.547 Valine g 0.910 0 1 0.863 0.547 Valine g 0.910 0 1 1.219 0.774 Arginine g 1.690 0 1 2.265 1.437 Histidine g 0.393 0 1 0.527 0.334 Alanine g 1.096 0 1 1.469 0.932 Aspartic acid g 2.000 0 1 2.680 1.700 Glutamic acid g 3.300 0 1 4.422 2.805 Glycine g 0.638 0 1 1.564 0.992 Proline g 0.638 0 1 0.855 0.54											
Cystine 9 0.217 0 1 0.291 0.184 Phenylalanine 9 0.817 0 1 1.095 0.694 Tyrosine 9 0.644 0 1 0.863 0.547 Valine 9 0.910 0 1 1.219 0.774 Arginine 9 1.690 0 1 2.265 1.437 Histidine 9 0.393 0 1 0.527 0.334 Alanine 9 1.096 0 1 1.469 0.932 Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 4.422 2.805 Glycine 9 1.167 0 1 1.564 0.992 Proline 9 0.638 0 1 0.855 0.542 Serine 9 0.762 0 1 1.021 0.648	2					-					
Phenylalanine g 0.817 0 1 1.095 0.694 Tyrosine g 0.644 0 1 0.863 0.547 Valine g 0.910 0 1 1.219 0.774 Arginine g 1.690 0 1 2.265 1.437 Histidine g 0.393 0 1 0.527 0.334 Alanine g 1.096 0 1 1.469 0.932 Aspartic acid g 2.000 0 1 2.680 1.700 Glutamic acid g 3.300 0 1 4.422 2.805 Glycine g 1.167 0 1 1.564 0.992 Proline g 0.638 0 1 0.855 0.542 Serine g 0.762 0 1 1.021 0.648		-				_					
Tyrosine. 9 0.644 0 1 0.863 0.547 Valine. 9 0.910 0 1 1.219 0.774 Arginine. 9 1.690 0 1 2.265 1.437 Histidine. 9 0.393 0 1 0.527 0.334 Alanine. 9 1.096 0 1 1.469 0.932 Aspartic acid. 9 2.000 0 1 2.680 1.700 Glutamic acid. 9 3.300 0 1 4.422 2.805 Glycine. 9 1.167 0 1 1.564 0.992 Proline. 9 0.638 0 1 0.855 0.542 Serine. 9 0.762 0 1 1.021 0.648	-										
Valine g 0.910 0 1 1.219 0.774 Arginine g 1.690 0 1 2.265 1.437 Histidine g 0.393 0 1 0.527 0.334 Alanine g 1.096 0 1 1.469 0.932 Aspartic acid g 2.000 0 1 2.680 1.700 Glutamic acid g 3.300 0 1 4.422 2.805 Glycine g 1.167 0 1 1.564 0.992 Proline g 0.638 0 1 0.855 0.542 Serine g 0.762 0 1 1.021 0.648	-				-	-					
Arginine 9 1.690 0 1 2.265 1.437 Histidine 9 0.393 0 1 0.527 0.334 Alanine 9 1.096 0 1 1.469 0.932 Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 4.422 2.805 Glycine 9 1.167 0 1 1.564 0.992 Proline 9 0.638 0 1 0.855 0.542 Serine 9 0.762 0 1 1.021 0.648	2	_			-	_					
Histidine. 9 0.393 0 1 0.527 0.334 Alanine. 9 1.096 0 1 1.469 0.932 Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 4.422 2.805 Glycine. 9 1.167 0 1 1.564 0.992 Proline. 9 0.638 0 1 0.855 0.542 Serine. 9 0.762 0 1 1.021 0.648		_									
Alanine g 1.096 0 1 1.469 0.932 Aspartic acid g 2.000 0 1 2.680 1.700 Glutamic acid g 3.300 0 1 4.422 2.805 Glycine g 1.167 0 1 1.564 0.992 Proline g 0.638 0 1 0.855 0.542 Serine g 0.762 0 1 1.021 0.648	_				-	-					
Aspartic acid 9 2.000 0 1 2.680 1.700 Glutamic acid 9 3.300 0 1 4.422 2.805 Glycine 9 1.167 0 1 1.564 0.992 Proline 9 0.638 0 1 0.855 0.542 Serine 9 0.762 0 1 1.021 0.648											
Glutamic acid g 3.300 0 1 4.422 2.805 Glycine g 1.167 0 1 1.564 0.992 Proline g 0.638 0 1 0.855 0.542 Serine g 0.762 0 1 1.021 0.648		_									
Glycine g 1.167 0 1 1.564 0.992 Proline g 0.638 0 1 0.855 0.542 Serine g 0.762 0 1 1.021 0.648	*	_			•	-					
Proline g 0.638 0 1 0.855 0.542 Serine g 0.762 0 1 1.021 0.648		_				-					
Serine											
· · · · · · · · · · · · · · · · · · ·						_					
		_	3.702		-	-			0.040		

Common Measures:

Measure 1 = 134g: 1 leg Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15138 Crustaceans, crab, alaska king, imitation, made from surimi

		<u>A</u>	mount in 100 gi			ne portio	<u>n</u>	Amount in edible portion of common			
				mber				<u>m</u>	easures of food	<u> </u>	
Nutrients and Uni	ts	Mean	of I Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	9	73.70	0.606	3		1		62.65			
Water		102	0.606	0	NC	4		82.65 87			
Energy		427		U	NC	4		363			
Protein (N x 6.25)		12.02	0.092	3		1		10.22			
Total lipid (fat)		1.31	0.098	3		1		1.11			
Ash		2.75	0.329	3		1		2.34			
Carbohydrate, by difference		10.22	0.323	0	NC	4		8.69			
Fiber, total dietary		0.0		0	z	7		0.0			
Sugars, total		0.00		0	z	7		0.00			
Starch		0.00		·	_	•		0.00			
Staren	9										
Minerals:			_	-							
Calcium, Ca	-	13	4.734	3		1		11			
Iron, Fe		0.39	0.052	3		1		0.33			
Magnesium, Mg		43		0		4		37			
Phosphorus, P		282 90	2.309	0		4 1		240 77			
Potassium, K		90 841	2.309 158.776	3 3		1		77 715			
Sodium, NaZinc, Zn		0.33	156.776	0		4		0.28			
Copper, Cu		0.032	•	0		4		0.28			
Manganese, Mn		0.032		0		4		0.009			
Selenium, Se		22.3		0	BFPN	4		19.0			
Vitamins:				_	_	_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0			
Thiamin	-	0.032		3		1 1		0.027			
Riboflavin		0.027		3 3		1		0.023			
Niacin Pantothenic acid		0.180		0		4		0.153 0.060			
Vitamin B-6		0.070		0		4		0.026			
Folate, total	-	2	•	0		4		1			
Folic acid		0		0	z	7		0			
Folate, food	_	2		0	-	4		1			
Folate, DFE		2		0	NC	4		1			
Vitamin B-12		1.60		0		4		1.36			
Vitamin A, IU		67		0	NC	4		57			
Vitamin A, RAE		20		0	NC	4		17			
Retinol		20		0	NR	4		17			
Vitamin E (alpha-tocopherol)		0.10		0	NR	4		0.09			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1			
Lipids:											
Fatty acids, total saturated	g	0.260)	0		4		0.221			
4:0		0.000		0		7		0.000			
6:0		0.000		0		7		0.000			
8:0		0.000		0		7		0.000			
10:0	-	0.000)	0		7		0.000			
12:0	g	0.000)	0		7		0.000			
13:0											
14:0	g	0.008	3	0		4		0.007			
15:0	g										
16:0	g	0.123	3	0		4		0.105			
17:0	-										
18:0	-	0.028	3	0		4		0.024			
20:0	-										
22:0											

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u>	easures of food	
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.200		0		4		0.170		
14:1	_									
15:1	_									
16:1 undifferentiated	-	0.018		0		4		0.015		
17:1										
18:1 undifferentiated	_	0.147		0		4		0.125		
20:1		0.029		0		4		0.025		
22:1 undifferentiated	_	0.006		0		4		0.005		
24:1 c										
Fatty acids, total polyunsaturated		0.670		0		4		0.570		
18:2 undifferentiated		0.015		0		4		0.013		
18:3 undifferentiated		0.007		0		4		0.006		
18:4		0.000		0		7		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-			•						
20:4 undifferentiated		0.018		0		4		0.015		
20:5 n-3		0.244		0		4		0.207		
22:5 n-3		0.018		0		4		0.015		
22:6 n-3		0.361		0		4		0.307		
Fatty acids, total trans						_		4.5		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	20	1.3	86 3		1		17		
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.073		0		1		0.062		
Threonine	g	0.581		0		1		0.494		
Isoleucine	g	0.562		0		1		0.478		
Leucine	_	0.952		0		1		0.809		
Lysine	g	1.098		0		1		0.933		
Methionine		0.408		0		1		0.347		
Cystine		0.129		0		1		0.110		
Phenylalanine		0.471		0		1		0.400		
Tyrosine		0.485		0		1		0.412		
Valine	g	0.610		0		1		0.519		
Arginine	g	0.798		0		1		0.678		
Histidine	g	0.277		0		1		0.235		
Alanine	_	0.706		0		1		0.600		
Aspartic acid		1.202		0		1		1.022		
Glutamic acid		1.898		0		1		1.613		
Glycine	-	0.465		0		1		0.395		
Proline		0.448		0		1		0.381		
Serine	_	0.525		0		1		0.446		
Hydroxyproline										
	=									
Others:	_			_		_		• •		
Alcohol, ethyl	=	0.0		0	_	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	<u>m</u> g	0		0	Z	7		0		
<u>Carotenoids:</u>										
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: 3 oz

NDB No. 15138

Crustaceans, crab, alaska king, imitation, made from surimi

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15136 Crustaceans, crab, alaska king, raw Paralithodes camtschatica (Tilesius)

		<u>Ar</u>	nount 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	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		79.57	0.466	54		1		136.86	67.63		
Energy		84		0	NC	4		144	71		
Energy		351				4		605	299		
Protein (N x 6.25)	_	18.29	0.383	51		1		31.46	15.55		
Total lipid (fat)		0.60	0.049	54		1		1.03	0.51		
Ash		1.80	0.042	50		1		3.10	1.53		
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											
Starch	g										
Minerals:											
Calcium, Ca	mg	46	2.587	36		1		79	39		
Iron, Fe	-	0.59	0.075	3		1		1.01	0.50		
Magnesium, Mg	mg	49		0		4		84	42		
Phosphorus, P	mg	219	7.187	43		1		377	186		
Potassium, K	mg	204	5.774	3		1		351	173		
Sodium, Na	-	836	40.992	3		1		1438	711		
Zine, Zn		5.95	0.516	29		1		10.23	5.06		
Copper, Cu		0.922		29		1		1.586	0.784		
Manganese, Mn		0.035		1		1		0.060	0.030		
Selenium, Se	mcg	36.4		0	BFSN	4		62.6	30.9		
Vitamins:											
Vitamin C, total ascorbic acid	mg	7.0		0		4		12.0	6.0		
Thiamin	_	0.043	0.006	3		1		0.074	0.037		
Riboflavin		0.043	0.003	3		1		0.074	0.037		
Niacin		1.100	0.029	3		1		1.892	0.935		
Pantothenic acid	mg	0.350		0		4		0.602	0.298		
Vitamin B-6	mg	0.150		0		4		0.258	0.128		
Folate, total	mcg	44		0		4		76	37		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		44		0		4		76	37		
Folate, DFE		44		0	NC	4		76	37		
Vitamin B-12		9.00		0		4		15.48	7.65		
Vitamin A, IU		24		1		1		41	20		
Vitamin A, RAE		7		1		1		12	6		
Retinol		7		1		1		12	6		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	_	0.090		0		4		0.155	0.077		
Fatty acids, total monounsaturated		0.080		0		4		0.138	0.068		
Fatty acids, total polyunsaturated		0.130		0		4		0.224	0.111		
Fatty acids, total trans		40	0.000	_				70	26		
CholesterolPhytosterols	-	42	0.808	3		1		72	36		
Amino Acids:	y										
Tryptophan	g	0.255		23		1		0.439	0.217		
Threonine		0.741		27		1		1.275	0.630		
Isoleucine		0.887		27		1		1.526	0.754		
Leucine	g	1.452		27		1		2.497	1.234		
Lysine	g	1.592		29		1		2.738	1.353		
Methionine	g	0.515		28		1		0.886	0.438		
Cystine	q	0.205		24		1		0.353	0.174		

	Amount in	100 grams of ed	Amount in edible portion of common			
Nutrients and Units	Mean Std. Er	Number of Data Deri ror Points Cod	v Source Confidence e Code Code		Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9 Hydroxyproline 9	0.773 0.609 0.861 1.598 0.372 1.036 1.891 3.120 1.103 0.603 0.720	27 27 27 21 27 21 21 21 21 21 21	1 1 1 1 1 1 1 1 1 1	1.330 1.047 1.481 2.749 0.640 1.782 3.253 5.366 1.897 1.037	0.657 0.518 0.732 1.358 0.316 0.881 1.607 2.652 0.938 0.513	

Common Measures:

Measure 1 = 172g: 1 leg Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>A</u>	mount in 100 gran	ns of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Numb	er			m	easures of food		
				a Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:										
Water	g	76.16	0		1		102.82	21.59	95.20	
Energy		99	0	NC	4		134	28	124	
Energy		414			4		559	117	518	
Protein (N x 6.25)	g	20.52	0		1		27.70	5.82	25.65	
Total lipid (fat)		1.23	0		1		1.66	0.35	1.54	
Ash		2.05	0		1		2.77	0.58	2.56	
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:	m~	101	_				126	22	100	
Calcium, Ca		101	0		1 1		136	29	126	
Iron, Fe		0.84 39	0		1 1		1.13	0.24	1.05	
Magnesium, Mg Phosphorus, P		260	0		1		53 351	11 74	49 325	
Potassium, K	-	260 374	0		1		351 505	106	325 468	
Sodium, Na		374	0		1		450	94	416	
Zinc, Zn	-	4.02	0		1		5.43	1.14	5.03	
Copper, Cu	-	0.760			1		1.026	0.215	0.95	
Manganese, Mn		0.190	-		4		0.257	0.054	0.93	
Selenium, Se		31.8	4.065 4	A	1		42.9	9.0	39.8	
Scientini, Sc	9	52.0			_			5.0	33.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7	0		4		3.6	0.8	3.4	
Thiamin	-	0.080			4		0.108	0.023	0.10	
Riboflavin	mg	0.084			1		0.113	0.024	0.10	
Niacin	-	1.370			1		1.850	0.388	1.71	
Pantothenic acid		0.360			4		0.486	0.102	0.45	
Vitamin B-6	-	0.150			4		0.203	0.043	0.18	
Folate, total		43	0		4		57	12	53	
Folic acid		0	0	Z	7		0	0	0	
Folate, food		43	0		4		57	12	53	
Folate, DFE		43	0	NC	4		57	12	53	
Vitamin B-12		0.46	1		1		0.62	0.13	0.58	
Vitamin A, IU		7	0	NC	4		9	2	8	
Vitamin A, RAE		2	0	NC	4		3	1	3	
Retinol		2	0	NR	4		3	1	3	
Vitamin E (alpha-tocopherol)		1.84	1	A	1		2.48	0.52	2.30	
Tocopherol, beta		0.00	1	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.00	1	A	1		0.00	0.00	0.00	
Tocopherol, delta		0.04	1	A	1		0.05	0.01	0.05	
Vitamin D Vitamin K (phylloquinone)		0.1	0	т	4		0.1	0.0	0.1	
Lipids:										
Fatty acids, total saturated	a	0.252	2 0		1		0.340	0.071	0.31	
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		0.000			1		0.000	0.000	0.00	
13:0										
14:0		0.000	0		1		0.000	0.000	0.00	
15:0	-									
16:0	-	0.160	0		1		0.216	0.045	0.20	
17:0										
18:0		0.092	2 0		1		0.124	0.026	0.1	
20:0	g									
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 U	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	edg	0.218		0		1		0.294	0.062	0.273	
14:1	g										
15:1	_										
16:1 undifferentiated	_	0.067		0		1		0.090	0.019	0.084	
17:1											
18:1 undifferentiated	_	0.118		0		1		0.159	0.033	0.148	
20:1	_	0.033		0		1		0.045	0.009	0.041	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturate		0.440		0		1		0.594	0.125	0.550	
18:2 undifferentiated		0.014		0		1		0.019	0.004	0.018	
18:3 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated	_	0.063		0		1		0.085	0.018	0.079	
20:5 n-3	_	0.193		0		1		0.261	0.055	0.241	
22:5 n-3		0.000		0		1		0.000	0.000	0.000	
22:6 n-3	_	0.170		0		1		0.230	0.048	0.213	
Fatty acids, total trans											
Cholesterol		89		0		1		120	25	111	
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.286		0		1		0.386	0.081	0.358	
Threonine		0.831		0		1		1.122	0.236	1.039	
Isoleucine	_	0.995		0		1		1.343	0.282	1.244	
Leucine		1.628		0		1		2.198	0.462	2.035	
Lysine	_	1.786		0		1		2.411	0.506	2.233	
Methionine		0.578		0		1		0.780	0.164	0.723	
Cystine		0.230		0		1		0.311	0.065	0.288	
Phenylalanine		0.867		0		1		1.170	0.246	1.084	
Tyrosine		0.683		0		1		0.922	0.194	0.854	
Valine	_	0.965		0		1		1.303	0.274	1.206	
Arginine		1.793		0		1		2.421	0.508	2.241	
Histidine		0.417		0		1		0.563	0.118	0.521	
Alanine		1.162		0		1		1.569	0.329	1.453	
Aspartic acid		2.121		0		1		2.863	0.601	2.651	
Glutamic acid		3.500		0		1		4.725	0.992	4.375	
Glycine		1.238		0		1		1.671	0.351	1.548	
Proline		0.676		0		1		0.913	0.192	0.845	
Serine		0.808		0		1		1.091	0.229	1.010	
Hydroxyproline		0.000		Ū		-		1.031	0.223	1.010	
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:											
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000	
Carotene, beta	-	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					
Lutein + zeaxanthin	iiicg	U		U	z	′		0.000	0.000	0.000	

Common Measures:

Measure 1 = 135g: 1 cup Measure 2 = 28.35g: 1 oz

Measure 3 = 125g: 1 can (6.5 oz), drained

NDB No. 15141

Crustaceans, crab, blue, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Ar</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.43	0.801	11		1		91.37	104.53	21.95	
Energy	kcal	102		0	NC	4		120	138	29	
Energy	kj	427				4		504	576	121	
Protein (N x 6.25)	g	20.20		1		1		23.84	27.27	5.73	
Total lipid (fat)	g	1.77	0.102	16		1		2.09	2.39	0.50	
Ash	g	2.00		1		1		2.36	2.70	0.57	
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:											
Calcium. Ca	ma	104	16.042	10		1		123	140	29	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.91	0.044	10		1		1.07	1.23	0.26	
Magnesium, Mg	-	33	1.289	10		1		39	45	9	
Phosphorus, P		206	5.981	10		1		243	278	58	
Potassium, K	-	324	12.190	10		1		382	437	92	
Sodium. Na		279	9.935	10		1		329	377	79	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	4.22	0.184	10		1		4.98	5.70	1.20	
Copper, Cu		0.645	0.046	10		1		0.761	0.871	0.18	
Manganese, Mn		0.190		0		4		0.224	0.257	0.05	
Selenium, Se		40.2	7.817	5	A	1		47.4	54.3	11.4	
7*4											
<u>Vitamins:</u>	ma m	2.2		•				2.0			
Vitamin C, total ascorbic acid	_	3.3		0		4 4		3.9	4.5	0.9	
Thiamin		0.100		0		4		0.118	0.135	0.02	
Riboflavin		0.050		0		4		0.059	0.068	0.01	
Niacin	-	3.300 0.430		0		4		3.894	4.455	0.93	
Pantothenic acid Vitamin B-6	_	0.430		0		4		0.507 0.212	0.581 0.243	0.12 0.05	
	_	51		0		4		60	69	14	
Folate, total		0		0	z	7		0	0	0	
Folic acid		51		0	4	4		60	69	14	
Folate, food		51		0	NC	4		60	69	14	
Vitamin B-12		7.30	0.085	6	NC	1		8.61	9.86	2.07	
Vitamin A, IU		7.30	0.085	0	NC	4		8.61	9.86	2.07	
Vitamin A, RAE	mca RAF	2		0	NC	4		2	3	1	
Retinol		2		0	NR NR	4		2	3	1	
Vitamin E (alpha-tocopherol)		1.84		1	A	1		2.17	2.48	0.52	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, delta		0.04		1	A	1		0.05	0.05	0.01	
Vitamin D		0.04		-		-		0.03	0.05	0.01	
Vitamin K (phylloquinone)		0.1		0	T	4		0.1	0.1	0.0	
<u> ipids:</u>											
Fatty acids, total saturated		0.228		0		1		0.269	0.308	0.06	
4:0	-	0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0		0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0		0.000		0		1		0.000	0.000	0.00	
13:0	_					_					
14:0	_	0.018	0.004	10		1		0.021	0.024	0.00	
15:0	-					_					
16:0		0.144	0.010	16		1		0.170	0.194	0.04	
17:0	-		2 22 -			_					
18:0	_	0.061	0.006	16		1		0.072	0.082	0.0	
20:0	-										
22:0	9										

		<u>Aı</u>	mount in 100 g		of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur		0.280		0		1		0.330	0.378	0.079	
14:1	_										
15:1	-					_					
16:1 undifferentiated	-	0.089	0.007	16		1		0.105	0.120	0.025	
17:1		0.151	0.009	16		1		0 170	0.204	0.043	
18:1 undifferentiated	_	0.131		16		1		0.178 0.045		0.043	
20:1		0.000		0		1		0.045	0.051 0.000	0.001	
22:1 undifferentiated	-	0.000		U		1		0.000	0.000	0.000	
24:1 c		0.680		0		1		0.802	0.918	0.193	
Fatty acids, total polyunsatura		0.028		16		1		0.802	0.918	0.193	
18:2 undifferentiated		0.028		10		1		0.033	0.038	0.008	
18:3 undifferentiated		0.021		10		1		0.025	0.028	0.006	
18:4 20:2 n-6 c.c.	-	0.019	0.001	10		1		0.022	0.026	0.005	
20:3 undifferentiated											
20:4 undifferentiated	_	0.084	0.006	16		1		0.099	0.113	0.024	
20:5 n-3	_	0.243		16		1		0.099	0.328	0.024	
22:5 n-3	_	0.054		10		1		0.287	0.328	0.009	
22:6 n-3	-	0.034		16		1		0.064	0.073	0.015	
Fatty acids, total trans		0.231	0.017	10		_		0.273	0.312	0.003	
Cholesterol		100		0		1		118	135	28	
Phytosterols	_	100		Ū		-		110	133	20	
F II y to sterois											
Amino Acids:											
Tryptophan	g	0.281		0		1		0.332	0.379	0.080	
Threonine	g	0.818		0		1		0.965	1.104	0.232	
Isoleucine	g	0.979		0		1		1.155	1.322	0.278	
Leucine	g	1.603		0		1		1.892	2.164	0.454	
Lysine	g	1.758		0		1		2.074	2.373	0.498	
Methionine	g	0.569		0		1		0.671	0.768	0.161	
Cystine	g	0.226		0		1		0.267	0.305	0.064	
Phenylalanine	g	0.853		0		1		1.007	1.152	0.242	
Tyrosine	g	0.672		0		1		0.793	0.907	0.191	
Valine	g	0.950		0		1		1.121	1.283	0.269	
Arginine	g	1.765		0		1		2.083	2.383	0.500	
Histidine	g	0.410		0		1		0.484	0.554	0.116	
Alanine	g	1.144		0		1		1.350	1.544	0.324	
Aspartic acid	g	2.088		0		1		2.464	2.819	0.592	
Glutamic acid	g	3.445		0		1		4.065	4.651	0.977	
Glycine	g	1.218		0		1		1.437	1.644	0.345	
Proline	g	0.666		0		1		0.786	0.899	0.189	
Serine	g	0.795		0		1		0.938	1.073	0.225	
Hydroxyproline	g										
Othors											
Others:	~	0.0		•		7		0.0			
Alcohol, ethyl		0.0		0	_			0.0	0.0	0.0	
Caffeine		0		0	Z	7 7		0	0	0	
Theobromine	g	U		U	Z	,		0	0	0	
Carotenoids:											
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	mcg	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 = 118g: 1 cup, flaked and pieces

Measure 2 = 135g: 1 cup (not packed)

Measure 3 = 28.35g: 1 oz

NDB No. 15140

Crustaceans, crab, blue, cooked, moist heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	υ grams	ot edik	oie portio	<u>on</u>	Amount in	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food			
						Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	71.00		0		1		42.60				
Energy		155		0	NC	4		93				
Energy		649		•	-1.0	4		389				
Protein (N x 6.25)		20.21		0		1		12.13				
Total lipid (fat)		7.52		0		1		4.51				
Ash		2.10		0		1		1.26				
Carbohydrate, by difference		0.48		0	NC	4		0.29				
Fiber, total dietary		0.0		0	Z	7		0.0				
Sugars, total					_	•						
Starch												
Minerals:												
Calcium, Ca	mg	105		0		1		63				
Iron, Fe	mg	1.08		0		1		0.65				
Magnesium, Mg	mg	33		0		1		20				
Phosphorus, P		213		0		1		128				
Potassium, K		324		0		1		194				
Sodium, Na	-	330		0		1		198				
Zinc, Zn		4.09	_	0		1		2.45				
Copper, Cu		0.610		0		1		0.366				
Manganese, Mn		0.190	J	0		4		0.114				
Selenium, Se	Tricg	40.7		0	RA	4		24.4				
Vitamins: Vitamin C, total ascorbic acid	ma	2.8		0		4		1.7				
Thiamin		0.090	า	0		4		0.054				
Riboflavin	-	0.080		0		4		0.048				
Niacin		2.900		0		4		1.740				
Pantothenic acid		0.500		0		4		0.300				
Vitamin B-6		0.170		0		4		0.102				
Folate, total	-	53		0	RA	4		32				
Folic acid		12		0	NC	4		7				
Folate, food		42		0		4		25				
Folate, DFE		61		0	NC	4		37				
Vitamin B-12		5.94		0		1		3.56				
Vitamin A, IU		252		0		4		151				
Vitamin A, RAE	mcg_RAE	57		0	NC	4		34				
Retinol	mcg	53		0	NC	4		32				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D Vitamin K (phylloquinone)												
	9											
Lipids: Fatty acids, total saturated	q	1.483	3	0		1		0.890				
4:0			-	·		-		3.000				
6:0												
8:0	-											
10:0	-											
12:0	g											
13:0	g											
14:0	g	0.032	2	0		1		0.019				
15:0	g											
16:0	g	0.956	5	0		1		0.574				
17:0	g											
18:0	g	0.491	L	0		1		0.295				
20:0	g											
22:0	g											
24:0	g											

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.815		0		1		1.689		
14:1										
15:1	-									
16:1 undifferentiated	-	0.121		0		1		0.073		
17:1										
18:1 undifferentiated		2.655		0		1		1.593		
20:1	g	0.035		0		1		0.021		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	-	2.273		0		1		1.364		
18:2 undifferentiated	g	1.578		0		1		0.947		
18:3 undifferentiated	g	0.087		0		1		0.052		
18:4	g	0.018		0		1		0.011		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.088		0		1		0.053		
20:5 n-3	g	0.227		0		1		0.136		
22:5 n-3	g	0.050		0		1		0.030		
22:6 n-3	g	0.216		0		1		0.130		
Fatty acids, total trans	g									
Cholesterol	mg	150		0		4		90		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.281		0		1		0.169		
Threonine	g	0.828		0		1		0.497		
Isoleucine	g	0.996		0		1		0.598		
Leucine	g	1.617		0		1		0.970		
Lysine	g	1.733		0		1		1.040		
Methionine	g	0.569		0		1		0.341		
Cystine	g	0.239		0		1		0.143		
Phenylalanine	g	0.870		0		1		0.522		
Tyrosine	g	0.682		0		1		0.409		
Valine	g	0.980		0		1		0.588		
Arginine	g	1.730		0		1		1.038		
Histidine	g	0.414		0		1		0.248		
Alanine	g	1.145		0		1		0.687		
Aspartic acid	g	2.083		0		1		1.250		
Glutamic acid		3.396		0		1		2.038		
Glycine	g	1.180		0		1		0.708		
Proline		0.676		0		1		0.406		
Serine	g	0.841		0		1		0.505		
Hydroxyproline	g									

Common Measures:

Measure 1 = 60g: 1 cake

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.68

NDB No. 15139 Crustaceans, crab, blue, raw Callinectes sapidus Rathbun

		<u>A</u> 1	mount in 100 g	<u>ırams</u>	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	
Proximates:											
Water	g	79.02	0.388	47		1		67.17	16.59		
Energy	kcal	87		0	NC	4		74	18		
Energy	kj	364				4		309	76		
Protein (N x 6.25)	g	18.06	0.347	43		1		15.35	3.79		
Total lipid (fat)	g	1.08	0.044	44		1		0.92	0.23		
Ash	g	1.81	0.055	39		1		1.54	0.38		
Carbohydrate, by difference	g	0.04		0	NC	4		0.03	0.01		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
M:											
Minerals:	ma	89	7.939	30		1		76	19		
Calcium, Ca	-	89 0.74	7.939 0.077	30 17		1		0.63	0.16		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	34	1.468	17		1		29	7		
Phosphorus, P		229	10.139	37		1		195	48		
Potassium, K	•	329	17.242	15		1		280	48 69		
Sodium, Na	-	293	19.212	15		1		249	62		
Zinc, Zn	-	3.54	0.181			1		3.01	0.74		
Copper, Cu		0.669		113		1		0.569	0.140		
Manganese, Mn		0.150		0		1		0.128	0.032		
Selenium, Se		37.4		0	BFSN	4		31.8	7.9		
·											
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	3.0		0		4		2.6	0.6		
Thiamin		0.080		0		4		0.068	0.017		
Riboflavin		0.040		0		4		0.034	0.008		
Niacin		2.700		0		4		2.295	0.567		
Pantothenic acid	-	0.350		0		4		0.298	0.074		
Vitamin B-6	-	0.150	1	0		4		0.128	0.032		
Folate, total		44		0		4		37	9		
Folic acid		0		0	Z	7		0	0		
Folate, food		44		0		4		37	9		
Folate, DFE		44		0	NC	4		37	9		
Vitamin B-12		9.00		0		4		7.65	1.89		
Vitamin A, IU		5		0		4		4	1		
Vitamin A, RAE		2		0		4		1	0		
Retinol		2		0		4		1	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>											
Fatty acids, total saturated		0.222		0		1		0.189	0.047		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000	1	0		1		0.000	0.000		
13:0	-			•		_					
14:0		0.000	1	0		1		0.000	0.000		
15:0				_		_					
16:0		0.141	0.006	3		1		0.120	0.030		
17:0		2 222	0.015	_				0.000	2 22-		
18:0		0.081	0.016	3		1		0.069	0.017		
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 100 g		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean				Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.192		0	1		0.163	0.040		
14:1										
15:1	-	0.050	0.006	2			0.050	0.010		
16:1 undifferentiated	-	0.059	0.006	3	1		0.050	0.012		
17:1	-	0.104	0.012	3	1		0.000	0.000		
18:1 undifferentiated	-	0.104	0.012	3	1		0.088	0.022		
20:1	-		0.012	0	1		0.025	0.006		
22:1 undifferentiated	-	0.000		U	1		0.000	0.000		
24:1 c		0 207		0	1		0 200	0.001		
Fatty acids, total polyunsaturated		0.387	0.002	0 3	1 1		0.329 0.010	0.081 0.003		
18:2 undifferentiated		0.012 0.000	0.002	0	1					
18:3 undifferentiated	-				_		0.000	0.000		
18:4	-	0.000		0	1		0.000	0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated		0.055	0.023	3	1		0.047	0.010		
20:4 undifferentiated	-			3	1		0.047	0.012		
20:5 n-3	-	0.170 0.000	0.003	0	1		0.145 0.000	0.036		
22:5 n-3			0.016	-	1			0.000		
22:6 n-3	-	0.150	0.016	3	1		0.128	0.032		
Fatty acids, total trans		78	8.431	6	1		66	16		
Cholesterol		78	8.431	6	1		66	16		
Phytosterols	IIIg									
mino Acids:										
Tryptophan	g	0.251		0	1		0.213	0.053		
Threonine	g	0.731		0	1		0.621	0.154		
Isoleucine	g	0.875		0	1		0.744	0.184		
Leucine	g	1.433		0	1		1.218	0.301		
Lysine	g	1.572		0	1		1.336	0.330		
Methionine	g	0.508		0	1		0.432	0.107		
Cystine	g	0.202		0	1		0.172	0.042		
Phenylalanine	g	0.763		0	1		0.649	0.160		
Tyrosine	g	0.601		0	1		0.511	0.126		
Valine	g	0.849		0	1		0.722	0.178		
Arginine	g	1.577		0	1		1.340	0.331		
Histidine	g	0.367		0	1		0.312	0.077		
Alanine	g	1.023		0	1		0.870	0.215		
Aspartic acid	g	1.866		0	1		1.586	0.392		
Glutamic acid		3.080		0	1		2.618	0.647		
Glycine	_	1.089		0	1		0.926	0.229		
Proline		0.595		0	1		0.506	0.125		
Serine	_	0.711		0	1		0.604	0.149		
Hydroxyproline										
)thers:										
Others:	а	0.0		0	7		0 0	0.0		
Others: Alcohol, ethyl Caffeine	-	0.0		0	7		0.0	0.0		

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 21g: 1 crab

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>		edible portion	
			Number	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	73.31	0		1		62.31	93.10	
Energy	kcal	110	0	NC	4		94	140	
Energy	kj	460			4		391	585	
Protein (N x 6.25)	g	22.32	0		1		18.97	28.35	
Total lipid (fat)	g	1.24	0		1		1.05	1.57	
Ash	g	2.18	0		1		1.85	2.77	
Carbohydrate, by difference	g	0.95	0	NC	4		0.81	1.21	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	59	0		1		50	75	
Iron, Fe.	-	0.43	0		1		0.37	0.55	
Magnesium, Mg		58	0		1		49	74	
Phosphorus, P		175	0		1		149	222	
Potassium, K	mg	408	0		1		347	518	
Sodium, Na		378	0		1		321	480	
Zinc, Zn		5.47	0		1		4.65	6.95	
Copper, Cu		0.734			1		0.624	0.932	
Manganese, Mn		0.097			1		0.082	0.123	
Selenium, Se	mcg	47.6	0	BFSN	4		40.5	60.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	3.6	0		1		3.1	4.6	
Thiamin		0.057	0		1		0.048	0.072	
Riboflavin		0.203	0		1		0.173	0.258	
Niacin	mg	3.623	3 0		1		3.080	4.601	
Pantothenic acid	mg	0.404	1 0		1		0.343	0.513	
Vitamin B-6	mg	0.173	0		1		0.147	0.220	
Folate, total	mcg	42	0		1		36	53	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	42	0		1		36	53	
Folate, DFE		42	0	NC	4		36	53	
Vitamin B-12		10.38	0		1		8.82	13.18	
Vitamin A, IU		104	0		1		88	132	
Vitamin A, RAE		31	0		1		27	40	
Retinol		31	0		1		27	40	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	-								
<u>Lipids:</u>	_				_				
Fatty acids, total saturated		0.168	0		1		0.143	0.213	
4:0 6:0									
8:0									
10:0									
12:0		0.000	0		1		0.000	0.000	
13:0									
14:0		0.001	0		1		0.001	0.001	
15:0									
16:0	-	0.114	0		1		0.097	0.145	
17:0	g								
18:0	-	0.053	0		1		0.045	0.067	
20:0	_								
22:0	_								
24:0	g								

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
			Deriv Source					
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.214	0	1		0.182	0.272		
14:1g								
15:1g								
16:1 undifferentiatedg	0.055	0	1		0.047	0.070		
17:1g								
18:1 undifferentiatedg	0.119	0	1		0.101	0.151		
20:1g	0.014	0	1		0.012	0.018		
22:1 undifferentiatedg	0.026	0	1		0.022	0.033		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.407	0	1		0.346	0.517		
18:2 undifferentiatedg								
18:3 undifferentiatedg								
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	1		0.000	0.000		
20:5 n-3g	0.281	0	1		0.239	0.357		
22:5 n-3g	0.013	0	1		0.011	0.017		
22:6 n-3g	0.113	0	1		0.096	0.144		
Fatty acids, total transg								
Cholesterol mg	76	0	1		65	97		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.311	0	1		0.264	0.395		
Threonineg	0.900	0	1		0.765	1.143		
Isoleucineg	1.079	0	1		0.917	1.370		
Leucineg	1.768	0	1		1.503	2.245		
Lysineg	1.939	0	1		1.648	2.463		
Methionineg	0.629	0	1		0.535	0.799		
Cystineg	0.250	0	1		0.213	0.318		
Phenylalanineg	0.939	0	1		0.798	1.193		
Tyrosineg	0.743	0	1		0.632	0.944		
Valineg	1.046	0	1		0.889	1.328		
Arginineg	1.946	0	1		1.654	2.471		
Histidineg	0.454	0	1		0.386	0.577		
Alanineg	1.261	0	1		1.072	1.601		
Aspartic acidg	2.303		1		1.958	2.925		
Glutamic acidg	3.800	0	1		3.230	4.826		
Glycineg	1.343	0	1		1.142	1.706		
Prolineg	0.736	0	1		0.626	0.935		
Serineg	0.875	0	1		0.744	1.111		
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 127g: 1 crab

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15143 Crustaceans, crab, dungeness, raw Cancer magister Dana

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mbei	r			m	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
_											
Proximates: Water	a	79.18	0.281	32		1		67.30	129.06		
	_	86	0.201	0	NC	4		73	140		
Energy		360		U	NC	4		306	587		
Energy			0.224	26		=					
Protein (N x 6.25)		17.41	0.334	36		1		14.80	28.38		
Total lipid (fat)		0.97	0.052	24		1		0.82	1.58		
Ash		1.70	0.050	28		1		1.45	2.77		
Carbohydrate, by difference		0.74		0	NC	4		0.63	1.21		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minorals:											
Minerals: Calcium. Ca	ma	46	9.752	8		1		39	75		
Iron, Fe		0.37	0.061	8		1		0.31	0.60		
Magnesium, Mg	-	45	5.285	8		1		38	73		
Phosphorus, P		182	9.581	12		1		155	73 297		
	-	354	9.011	8		1		301	577		
Potassium, K		295	39.570	8		1		251	481		
Sodium, Na	-	4.27	0.225	57		1		3.63	6.96		
Zinc, Zn		0.674		58		1		0.573	1.099		
Copper, Cu		0.080		0		1		0.573	0.130		
Manganese, Mn		37.1		0	BFSN	4		31.5	60.5		
Selenium, Se	Tricg	37.1		U	BESN	4		31.5	60.5		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	3.5		0		4		3.0	5.7		
Thiamin	mg	0.047	0.010	3		1		0.040	0.077		
Riboflavin		0.167	0.050	3		1		0.142	0.272		
Niacin	mg	3.140	0.081	3		1		2.669	5.118		
Pantothenic acid	-	0.350)	0		4		0.298	0.571		
Vitamin B-6		0.150)	0		4		0.128	0.245		
Folate, total	-	44		0		4		37	72		
Folic acid		0		0	Z	7		0	0		
Folate, food		44		0		4		37	72		
Folate, DFE	mca DFE	44		0	NC	4		37	72		
Vitamin B-12		9.00		0		4		7.65	14.67		
Vitamin A, IU		90		0		4		77	147		
Vitamin A, RAE		27		0		4		23	44		
Retinol		27		0		4		23	44		
Vitamin E (alpha-tocopherol)				·		-					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.132		0		1		0.112	0.215		
4:0	g										
6:0	g										
8:0	g										
10:0											
12:0	g	0.000)	2		1		0.000	0.000		
13:0	g										
14:0	g	0.001		2		1		0.001	0.002		
15:0	g										
16:0	g	0.089)	2		1		0.076	0.145		
17:0	g										
18:0	-	0.041		2		1		0.035	0.067		
20:0	g										
22:0	-										
24:0	-										

	Ar	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
			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	0.167	0	1		0.142	0.272		
14:1g								
15:1g								
16:1 undifferentiatedg	0.043	2	1		0.037	0.070		
17:1g								
18:1 undifferentiatedg	0.093	2	1		0.079	0.152		
20:1g	0.011	2	1		0.009	0.018		
22:1 undifferentiatedg	0.020	2	1		0.017	0.033		
24:1 cg								
Fatty acids, total polyunsaturated	0.317	0	1		0.269	0.517		
18:2 undifferentiated								
18:3 undifferentiatedg								
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	2	1		0.000	0.000		
20:5 n-3g	0.219	2	1		0.186	0.357		
22:5 n-3g	0.010	2	1		0.009	0.016		
22:6 n-3g	0.088	2	1		0.075	0.143		
Fatty acids, total transg								
Cholesterolmg		3.219 5	1		50	96		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.242	0	1		0.206	0.394		
Threonineg	0.705	0	1		0.599	1.149		
Isoleucine	0.844	0	1		0.717	1.376		
Leucineg	1.381	0	1		1.174	2.251		
Lysineg	1.515	0	1		1.288	2.469		
Methionineg	0.490	0	1		0.417	0.799		
Cystineg	0.195	0	1		0.166	0.318		
Phenylalanineg	0.735	0	1		0.625	1.198		
Tyrosineg	0.579	0	1		0.492	0.944		
Valineg	0.819	0	1		0.696	1.335		
Arginineg	1.521	0	1		1.293	2.479		
Histidineg	0.354	0	1		0.301	0.577		
Alanineg	0.986	0	1		0.838	1.607		
Aspartic acidg	1.799	0	1		1.529	2.932		
Glutamic acidg	2.969	0	1		2.524	4.839		
Glycineg	1.050	0	1		0.893	1.712		
Prolineg	0.574	0	1		0.488	0.936		
Serineg	0.685	0	1		0.582	1.117		
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 163g: 1 crab

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edit	le portio	<u>n</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	75.10		0		1		63.84			
Energy	kcal	115		0	NC	4		98			
Energy	kj	481				4		409			
Protein (N x 6.25)	g	23.72		0		1		20.16			
Total lipid (fat)	g	1.51		0		1		1.28			
Ash	g	2.56		0		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	g										
Starch	g										
Minerals:	ma	22		^		4		26			
Calcium, Ca	_	33 2.88		0		1 1		28 2.45			
Iron, Fe	-	63		0		1		2.45 54			
Phosphorus, P		128		0		1		54 109			
Potassium, K	•	200		0		1		170			
Sodium, Na	-	691		0		1		587			
Zinc, Zn	-	3.59		0		1		3.05			
Copper, Cu		0.621		0		1		0.528			
Manganese, Mn		0.037		Ö		1		0.031			
Selenium, Se		44.4		0	BFSN	4		37.7			
· ·						=					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	_	7.2		0		1		6.1			
Thiamin	-	0.097		0		1		0.082			
Riboflavin		0.244		0		1		0.207			
Niacin		2.885		0		1		2.452			
Pantothenic acid	-	0.404		0		1		0.343			
Vitamin B-6	-	0.173	3	0		1		0.147			
Folate, total		42		0	_	1		36			
Folic acid		0		0	Z	7		0			
Folate, food		42		0	***	1		36			
Folate, DFE		42		0	NC	4		36			
Vitamin B-12		10.38 173		0		1 1		8.82 147			
Vitamin A, IU						_					
Vitamin A, RAE		52 52		0		1 1		44 44			
Vitamin E (alpha-tocopherol)		32		U		_		44			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•										
<u> Lipids:</u>	_					_					
Fatty acids, total saturated		0.183	3	0		1		0.156			
4:0 6:0											
8:0	-										
10:0											
12:0											
13:0											
14:0	-	0.005	5	0		1		0.004			
15:0	-			·		_		2.00-			
16:0		0.152	2	0		1		0.129			
17:0		3 _		-							
18:0	-	0.026	5	0		1		0.022			
20:0	-			-		_					
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number of Data	Deriv	Source	Confidence	measures of food			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.328		0		1		0.279			
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.064		0		1		0.054			
17:1	g										
18:1 undifferentiated	g	0.236		0		1		0.201			
20:1	g	0.028		0		1		0.024			
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.540		0		1		0.459			
18:2 undifferentiated	g	0.008		0		1		0.007			
18:3 undifferentiated	g	0.003		0		1		0.003			
18:4	g	0.001		0		1		0.001			
20:2 n-6 c.c											
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.042		0		1		0.036			
20:5 n-3	g	0.332		0		1		0.282			
22:5 n-3	g	0.010		0		1		0.009			
22:6 n-3		0.145		0		1		0.123			
Fatty acids, total trans	-										
Cholesterol	mg	71		0		1		60			
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	g	0.330		0		1		0.281			
Threonine	g	0.956		0		1		0.813			
Isoleucine	g	1.146		0		1		0.974			
Leucine	g	1.878		0		1		1.596			
Lysine	g	2.061		0		1		1.752			
Methionine		0.668		0		1		0.568			
Cystine		0.266		0		1		0.226			
Phenylalanine	-	0.998		0		1		0.848			
Tyrosine	-	0.789		0		1		0.671			
Valine		1.112		0		1		0.945			
Arginine	-	2.068		0		1		1.758			
Histidine	-	0.482		0		1		0.410			
Alanine		1.340		0		1		1.139			
Aspartic acid		2.448		0		1		2.081			
Glutamic acid	-	4.038		0		1		3.432			
Glycine		1.427		0		1		1.213			
Proline	-	0.782		0		1		0.665			
Serine		0.930		0		1		0.791			
Hydroxyproline		0.550		•		_					
11ydroxypronne	9										

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15144 Crustaceans, crab, queen, raw Chionoectes opilio (O. Fabricius)

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common		
				lumber				measures of food		
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	ď	80.58	0.790	5		1		68.49		
Energy		90	0.750	0	NC	4		77		
Energy		377				4		320		
Protein (N x 6.25)		18.50	1.384	4		1		15.73		
Total lipid (fat)		1.18	0.146	6		1		1.00		
Ash	g	2.00	0.097	4		1		1.70		
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	g									
Minerals:										
Calcium, Ca	-	26	6.071	4		1		22		
Iron, Fe		2.50		0		4		2.13		
Magnesium, Mg		49	24 25-	0		4		42		
Phosphorus, P Potassium, K		133 173	34.972 23.558	4 4		1 1		113 147		
Sodium, Na		539	23.558 67.000	4		1		458		
Zinc, Zn		2.80	07.000	0		4		2.38		
Copper, Cu		0.570	1	0		4		0.485		
Manganese, Mn		0.030	1	0		4		0.026		
Selenium, Se	mcg	34.6		0	BFSN	4		29.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		6.0		
Thiamin		0.080	1	0		4		0.068		
Riboflavin	mg	0.200)	0		4		0.170		
Niacin		2.500		0		4		2.125		
Pantothenic acid		0.350		0		4		0.298		
Vitamin B-6	-	0.150	1	0		4		0.128		
Folate, total		44 0		0	z	4 7		37 0		
Folate, food		44		0	4	4		37		
Folate, DFE		44		0	NC	4		37		
Vitamin B-12		9.00		0		4		7.65		
Vitamin A, IU		150		0		4		128		
Vitamin A, RAE		45		0		4		38		
Retinol	_	45		0		4		38		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	0.143		0		1		0.122		
4:0		0.210		·		_		V		
6:0	_									
8:0	g									
10:0										
12:0	-									
13:0	-	0.00		_						
14:0	_	0.004		1		1		0.003		
15:0 16:0		0.119	1	1		1		0.101		
17:0		0.113	•	-		-		0.101		
18:0	-	0.020)	1		1		0.017		
20:0	-			-		_		·		
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common		
				Number			<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.256		0	1		0.218		
14:1	g								
15:1	g								
16:1 undifferentiated	-	0.050		1	1		0.043		
17:1									
18:1 undifferentiated		0.184		1	1		0.156		
20:1	g	0.022		1	1		0.019		
22:1 undifferentiated									
24:1 c	•								
Fatty acids, total polyunsaturated	-	0.422		0	1		0.359		
18:2 undifferentiated		0.006		1	1		0.005		
18:3 undifferentiated		0.002		1	1		0.002		
18:4	g	0.001		1	1		0.001		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.033		1	1		0.028		
20:5 n-3	g	0.259		1	1		0.220		
22:5 n-3	g	0.008		1	1		0.007		
22:6 n-3	g	0.113		1	1		0.096		
Fatty acids, total trans	-								
Cholesterol	-	55		1	1		47		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.258		0	1		0.219		
Threonine	g	0.749		0	1		0.637		
Isoleucine	g	0.897		0	1		0.762		
Leucine	g	1.468		0	1		1.248		
Lysine	g	1.610		0	1		1.369		
Methionine	g	0.521		0	1		0.443		
Cystine	g	0.207		0	1		0.176		
Phenylalanine	g	0.781		0	1		0.664		
Tyrosine	g	0.616		0	1		0.524		
Valine	g	0.870		0	1		0.740		
Arginine	g	1.616		0	1		1.374		
Histidine	g	0.376		0	1		0.320		
Alanine	g	1.048		0	1		0.891		
Aspartic acid	g	1.912		0	1		1.625		
Glutamic acid	g	3.155		0	1		2.682		
Glycine	g	1.116		0	1		0.949		
Proline	g	0.610		0	1		0.519		
Serine	g	0.728		0	1		0.619		
Hydroxyproline	g								

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15243 Crustaceans, crayfish, mixed species, farmed, cooked, moist heat

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	80.80	0.464	4		1		68.68			
Energy	kcal	87		0	NC	4		74			
Energy	kj	364				4		309			
Protein (N x 6.25)	g	17.52	0.335	4		1		14.89			
Total lipid (fat)	g	1.30	0.041	4		1		1.11			
Ash	g	1.07	0.048	4		1		0.91			
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	g										
Minerals:											
viinerais: Calcium, Ca	ma	51	7.437	4		1		43			
Iron. Fe.	_	1.11	0.108	4		1		0.94			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	33	1.572	4		1		28			
Phosphorus, P		241	11.413	4		1		205			
Potassium, K	_	238	4.756	4		1		202			
Sodium, Na	_	97	6.641	4		1		82			
Zinc, Zn	-	1.48	0.165	3		1		1.26			
Copper, Cu		0.580		4		1		0.493			
Manganese, Mn		0.217		4		1		0.184			
Selenium, Se		34.2		0	BFSN	4		29.1			
· ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.5	0.000	4		1		0.4			
Thiamin	-	0.047		4		1		0.040			
Riboflavin		0.080		4		1		0.068			
Niacin		1.667		4		1		1.417			
Pantothenic acid	_	0.512		4		1		0.435			
Vitamin B-6	_	0.134		4		1		0.114			
Folate, total		11	0.334	3	_	1		9			
Folic acid		0		0	Z	7		0			
Folate, food		11	0.334	3		1		9			
Folate, DFE		11		0	NC	4		9			
Vitamin B-12		3.10	0.041	4		1		2.64			
Vitamin A, IU		50	0.000	4		1		43			
Vitamin A, RAE		15	0.000	4		1		13			
Retinol		15	0.000	4		1		13			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
viamini k (phynoquinone)											
Lipids:											
Fatty acids, total saturated		0.216		0		1		0.184			
4:0	-										
6:0											
8:0											
10:0											
12:0	-										
13:0	-	2 222									
14:0	_	0.006	ı	4		1		0.005			
15:0	_					_					
16:0		0.137		4		1		0.116			
17:0	_	_				_					
18:0	_	0.050		4		1		0.043			
20:0	_										
22:0	g										

		<u>Ar</u>	nount in 100 gra	ms of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Numl				<u>m</u>	easures of food		
Nutrients and Un	its	Mean	of Da Std. Error Poin	ta Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	0.251	()	1		0.213			
14:1	g									
15:1	g									
16:1 undifferentiated	_	0.037	4	ļ	1		0.031			
17:1										
18:1 undifferentiated		0.194		ļ	1		0.165			
20:1	-	0.007	4	ļ	1		0.006			
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	-	0.413			1		0.351			
18:2 undifferentiated		0.156			1		0.133			
18:3 undifferentiated		0.022		<u> </u>	1		0.019			
18:4	-	0.002	4	ļ	1		0.002			
20:2 n-6 c,c										
20:3 undifferentiated		0.062			1		0.053			
20:4 undifferentiated	_	0.062	2	<u>.</u>	1		0.053			
20:5 n-3	-	0.124	•	•	1		0.105			
22:6 n-3		0.038		ı	1		0.032			
Fatty acids, total trans	-	0.038	•	•	_		0.032			
Cholesterol	-	137	3.772		1		116			
Phytosterols		137	3.772	•	-		110			
-										
Amino Acids:										
Tryptophan	g	0.244	()	1		0.207			
Threonine		0.707	(1		0.601			
Isoleucine		0.847	(1		0.720			
Leucine	-	1.388	(1		1.180			
Lysine	_	1.523			1		1.295			
Methionine	-	0.494)	1		0.420			
Cystine		0.196)	1		0.167			
Phenylalanine		0.737	(1		0.626			
Tyrosine	-	0.583)	1		0.496			
Valine	-	0.822			1		0.699			
Arginine		1.528)	1		1.299			
Histidine		0.356			1		0.303			
Alanine		0.990)	1		0.842			
Aspartic acid		1.809)	1		1.538			
Glutamic acid	_	2.983			1		2.536			
Glycine	-	1.054	(1 1		0.896			
Proline	-	0.578 0.690	(1		0.491			
Serine		0.690	(,	1		0.587			
Hydroxyproline	y									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15242 Crustaceans, crayfish, mixed species, farmed, raw Astacus, Orconectes, and Procambarus spp.

		<u>Ar</u>	mount in 100 gr	ams o	Amount in edible portion of common					
			Nur	nber				<u>m</u> e	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
Proximates:										
Water	g	84.05	0.177	4		1		71.44	22.69	
Energy	kcal	72		0	NC	4		61	19	
Energy	kj	301				4		256	81	
Protein (N x 6.25)	g	14.85	0.050	4		1		12.62	4.01	
Total lipid (fat)	g	0.97	0.085	4		1		0.82	0.26	
Ash	g	1.00	0.000	4		1		0.85	0.27	
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										
<u>Minerals:</u>		0.5	4 800			_		0.1	_	
Calcium, Ca	_	25	1.728	4		1		21	7	
Iron, Fe.	_	0.55	0.040	4		1		0.47	0.15	
Magnesium, Mg		30	1.358	4		1		26	8	
Phosphorus, P	•	218	4.041	4		1		185	59 70	
Potassium, K	-	261 62	8.365	4 4		1 1		222 53	70 17	
Sodium, Na	_		2.031			1		0.86		
Zinc, Zn		1.01	0.011	4 4		1			0.27	
Copper, Cu		0.237 0.146		4		1		0.201 0.124	0.064 0.039	
Manganese, Mn		28.4	0.031		BFSN	4		24.1	7.7	
Selenium, Se	111Cg	20.4		U	DESN	4		24.1	7.7	
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.5	0.000	4		1		0.4	0.1	
Thiamin	mg	0.045	0.003	4		1		0.038	0.012	
Riboflavin	mg	0.032	0.003	4		1		0.027	0.009	
Niacin	mg	1.867	0.023	4		1		1.587	0.504	
Pantothenic acid	mg	0.570	0.046	4		1		0.485	0.154	
Vitamin B-6	mg	0.076	0.003	4		1		0.065	0.021	
Folate, total	mcg	30	0.013	3		1		26	8	
Folic acid	mcg	0		0	z	7		0	0	
Folate, food		30	0.013	3		1		26	8	
Folate, DFE	mcg_DFE	30		0	NC	4		26	8	
Vitamin B-12		2.10	0.178	4		1		1.79	0.57	
Vitamin A, IU	IU	50	0.000	4		1		43	14	
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		13	4	
Retinol	mcg	15	0.000	4		1		13	4	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	α	0.163		0		1		0.139	0.044	
4:0				•		_				
6:0										
8:0	-									
10:0	-									
12:0										
13:0	-									
14:0	-	0.002		10		1		0.002	0.001	
15:0	-									
16:0	-	0.103		10		1		0.088	0.028	
17:0										
18:0	-	0.044		10		1		0.037	0.012	
20:0	-									
22:0	-									
24:0	-									

		<u>An</u>	nount in 100 gran	Amount in edible portion of common					
			Numb	measures of food					
Nutrients and Unit	s	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	0.178	0		1		0.151	0.048	
14:1									
15:1									
16:1 undifferentiated		0.031	10)	1		0.026	0.008	
17:1	-								
18:1 undifferentiated		0.134	10		1		0.114	0.036	
20:1	-	0.005	10)	1		0.004	0.001	
22:1 undifferentiated	g	0.002	10)	1		0.002	0.001	
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.313	0		1		0.266	0.085	
18:2 undifferentiated	g	0.076	10)	1		0.065	0.021	
18:3 undifferentiated	g	0.025	10)	1		0.021	0.007	
18:4	g	0.005	10)	1		0.004	0.001	
20:2 n-6 c.c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.050	10)	1		0.043	0.014	
20:5 n-3	g	0.117	10)	1		0.099	0.032	
22:5 n-3	_	0.005	0.000 10)	1		0.004	0.001	
22:6 n-3		0.027	10)	1		0.023	0.007	
Fatty acids, total trans	_						****		
Cholesterol	-	107	3.182 4		1		91	29	
Phytosterols	_				_				
1 ily tosterois									
Amino Acids:									
Tryptophan	g	0.207	0		1		0.176	0.056	
Threonine	g	0.599	0		1		0.509	0.162	
Isoleucine	g	0.718	0		1		0.610	0.194	
Leucine	g	1.176	0		1		1.000	0.318	
Lysine	g	1.290	0		1		1.097	0.348	
Methionine	g	0.418	0		1		0.355	0.113	
Cystine	g	0.166	0		1		0.141	0.045	
Phenylalanine		0.625	0		1		0.531	0.169	
Tyrosine		0.494	0		1		0.420	0.133	
Valine		0.696	0		1		0.592	0.188	
Arginine		1.295	0		1		1.101	0.350	
Histidine		0.302	0		1		0.257	0.082	
Alanine	_	0.839	0		1		0.713	0.002	
Aspartic acid	_	1.533	0		1		1.303	0.414	
Glutamic acid		2.528	0		1		2.149	0.683	
Glycine	_	0.893	0		1		0.759	0.883	
Proline		0.893	0		1		0.759	0.241	
	-	0.489	0		1		0.416		
Serine	_	0.584	U		1		0.496	0.158	
Hydroxyproline	9								

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 27g: 8 crayfish

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15146 Crustaceans, crayfish, mixed species, wild, cooked, moist heat

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	measures of food					
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	79.37	0.542	4		1		67.46		
Energy	-	82	0.012	0	NC	4		70		
Energy		343		·	2.0	4		292		
Protein (N x 6.25)		16.77	0.738	4		1		14.25		
Total lipid (fat)		1.20	0.041	4		1		1.02		
Ash	-	1.20	0.091	4		1		1.02		
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	-	0.00		·	_	·		0.00		
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	60	11.344	4		1		51		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.83	0.223	4		1		0.71		
Magnesium, Mg		33	1.274	4		1		28		
Phosphorus, P		270	28.039	4		1		230		
Potassium, K		296	41.316	4		1		252		
Sodium, Na		94	4.824	4		1		80		
Zinc, Zn		1.76	0.217	4		1		1.50		
Copper, Cu		0.685		4		1 1		0.582		
Manganese, Mn		0.522 36.7	0.283	4 0	BFSN	1 4		0.444 31.2		
Selenium, Se	uug	30.7		U	∆r'SN	4		31.2		
Vitamins: Vitamin C, total ascorbic acid	ma	0.9	0.235	4		1		0.8		
Thiamin		0.050		4		1		0.043		
Riboflavin		0.085		4		1		0.072		
Niacin		2.280	0.569	4		1		1.938		
Pantothenic acid		0.580	0.120	4		1		0.493		
Vitamin B-6		0.076	0.017	4		1		0.065		
Folate, total	mcg	44	18.644	4		1		37		
Folic acid		0		0	z	7		0		
Folate, food	mcg	44	18.644	4		1		37		
Folate, DFE		44		0	NC	4		37		
Vitamin B-12		2.15	0.240	4		1		1.83		
Vitamin A, IU		50		0	NC	4		43		
Vitamin A, RAE	mcg_RAE	15		0	NC	4		13		
Retinol		15		0	NR	4		13		
Vitamin E (alpha-tocopherol)	mg	1.50		0	NR	4		1.28		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	T	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.181		0		1		0.154		
4:0		0.000		0		1		0.000		
6:0	-	0.000	1	0		1		0.000		
8:0	g	0.000)	0		1		0.000		
10:0	g	0.000)	0		1		0.000		
12:0		0.000	1	0		1		0.000		
13:0	g									
14:0		0.005	i	4		1		0.004		
15:0	g									
16:0	g	0.111	•	4		1		0.094		
17:0	_									
18:0	_	0.049	1	4		1		0.042		
20.0	q									
20:0 22:0	_									

		<u>Ar</u>	nount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	measures of food					
				Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	0.244	0		1		0.207		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.027	4		1		0.023		
17:1	g								
18:1 undifferentiated	g	0.147	4		1		0.125		
20:1	g	0.012	4		1		0.010		
22:1 undifferentiated	•	0.050	4		1		0.043		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.367	0		1		0.312		
18:2 undifferentiated		0.090	4		1		0.077		
18:3 undifferentiated	_	0.028			1		0.024		
18:4		0.001	4		1		0.001		
20:2 n-6 c,c	_								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.056			1		0.048		
20:5 n-3		0.119			1		0.101		
22:5 n-3		0.000	0		1		0.000		
22:6 n-3	g	0.047	4		1		0.040		
Fatty acids, total trans									
Cholesterol		133	4.608 4		1		113		
Phytosterols	mg								
Amino Acids:									
Tryptophan	п	0.234	0		1		0.199		
Threonine		0.676			1		0.575		
Isoleucine	-	0.811	0		1		0.689		
Leucine	_	1.329			1		1.130		
Lysine	-	1.457	0		1		1.238		
Methionine		0.472			1		0.401		
Cystine		0.188			1		0.160		
Phenylalanine		0.706			1		0.600		
Tyrosine		0.558			1		0.474		
Valine		0.786			1		0.668		
Arginine		1.463			1		1.244		
Histidine	-	0.341	0		1		0.290		
Alanine		0.947	0		1		0.805		
Aspartic acid		1.731	0		1		1.471		
Glutamic acid		2.856			1		2.428		
Glycine		1.009	0		1		0.858		
Proline		0.553	-		1		0.470		
Serine		0.660			1		0.561		
Hydroxyproline		0.000	v		-		0.301		
Others:									
Alcohol, ethyl		0.0	0		7		0.0		
Caffeine	<u>mg</u>	0	0	Z	7		0		
Theobromine	<u>mg</u>	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	mca	0	0	Z	7		0.000		
Datem - Zeazantiiii									

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15146

Crustaceans, crayfish, mixed species, wild, cooked, moist heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15145 Crustaceans, crayfish, mixed species, wild, raw Astacus, Orconectes, and Procambarus spp.

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	82.24	0.598	5		1		69.90	22.20	
Energy	kcal	77		0	NC	4		65	21	
Energy	kj	322				4		274	87	
Protein (N x 6.25)	g	15.97	0.808	5		1		13.57	4.31	
Total lipid (fat)	g	0.95	0.046	5		1		0.81	0.26	
Ash	g	1.34	0.169	5		1		1.14	0.36	
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									
#:										
<u>finerals:</u>	ma	27	6.515	17		1		23	7	
Calcium, Ca	_	0.84	0.405	1 / 5		1		0.71	0.23	
Magnesium, Mg	_	27	1.359	16		1		23	7	
Phosphorus, P		256	13.737	20		1		218	69	
Potassium, K	-	302	17.005	5		1		257	82	
Sodium. Na.	-	58	3.407	11		1		49	16	
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	1.30	0.038	20		1		1.11	0.35	
Copper, Cu		0.419	0.048	32		1		0.356	0.113	
Manganese, Mn		0.226	0.120	5		1		0.192	0.061	
Selenium, Se	mcg	31.6		0	BFSN	4		26.9	8.5	
7:tamina										
<u>'itamins:</u>	ma	1.0	0.460	-		1		1 0	0.0	
Vitamin C, total ascorbic acid	_	1.2	0.460	5 5		1		1.0	0.3	
Thiamin	-	0.070 0.032		5 5		1		0.060 0.027	0.019 0.009	
Riboflavin		2.208		5 5		1		1.877	0.009	
Niacin Pantothenic acid	_	0.546		5		1		0.464	0.147	
Vitamin B-6	-	0.108		5		1		0.404	0.029	
Folate, total	-	37	14.963	5		1		31	10	
Folic acid		0	14.505	0	z	7		0	0	
Folate, food		37	14.963	5	_	1		31	10	
Folate, DFE		37		0	NC	4		31	10	
Vitamin B-12		2.00	0.396	5		1		1.70	0.54	
Vitamin A, IU		53		0	NC	4		45	14	
Vitamin A, RAE		16		0	NC	4		14	4	
Retinol		16		0	NR	4		14	4	
Vitamin E (alpha-tocopherol)		2.85		0	NR	4		2.42	0.77	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1	0.0	
ipids:										
Fatty acids, total saturated	a	0.159		0		1		0.135	0.043	
4:0		0.000		0		1		0.000	0.000	
6:0	·····	0.000		0		1		0.000	0.000	
8:0	-	0.000		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		3.500		-		-		2.000	3.330	
14:0		0.002		11		1		0.002	0.001	
15:0										
16:0		0.102		11		1		0.087	0.028	
17:0										
18:0	-	0.042		11		1		0.036	0.011	
20:0	-									
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 100 g		ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Unito	Maan		nber Data Deriv ints Code		Confidence Code	Measure 1		Measure 3
Nutrients and	Units	Mean	Sta. Error 10		Oode	Oode	weasure 1	Measure 2	weasure 3
Fatty acids, total monounsatura	otod (I	0.174		0	1		0.148	0.047	
14:1	g	0.17		v	-		0.140	0.047	
15:1 16:1 undifferentiated	_	0.028		11	1		0.024	0.008	
17:1	_	0.020			-		0.024	0.008	
18:1 undifferentiated	_	0.113	ı	11	1		0.096	0.031	
20:1	_	0.010	ı	11	1		0.009	0.003	
22:1 undifferentiated	g	0.018		11	1		0.015	0.005	
24:1 c	g								
Fatty acids, total polyunsaturat	tedg	0.293		0	1		0.249	0.079	
18:2 undifferentiated		0.052		11	1		0.044	0.014	
18:3 undifferentiated	g	0.032		11	1		0.027	0.009	
18:4	_	0.005	i	11	1		0.004	0.001	
20:2 n-6 c,c	_								
20:3 undifferentiated	_	0.045							
20:4 undifferentiated	_	0.045		11	1 1		0.038	0.012	
20:5 n-3	_	0.104 0.010		11 11	1		0.088 0.009	0.028 0.003	
22:5 n-3 22:6 n-3	-	0.010		11	1		0.009	0.003	
Fatty acids, total trans		0.036		11	-		0.032	0.010	
Cholesterol		114	7.137	5	1		97	31	
Phytosterols	_		,,,,,,,	J	_				
Amino Acids:									
Tryptophan		0.222		0	1		0.189	0.060	
Threonine	=	0.644		0	1		0.547	0.174	
Isoleucine	-	0.772		0	1		0.656	0.208	
Leucine	-	1.265		0	1		1.075	0.342	
Lysine		1.388 0.450		0	1 1		1.180	0.375	
Methionine		0.450		0	1		0.383 0.152	0.122	
Cystine		0.179		0	1		0.152	0.048 0.181	
Phenylalanine Tyrosine		0.532		0	1		0.452	0.144	
Valine	=	0.749		0	1		0.637	0.202	
Arginine	-	1.393		0	1		1.184	0.376	
Histidine		0.325		0	1		0.276	0.088	
Alanine		0.902		0	1		0.767	0.244	
Aspartic acid		1.648		0	1		1.401	0.445	
Glutamic acid		2.719		0	1		2.311	0.734	
Glycine	-	0.961		0	1		0.817	0.259	
Proline		0.526		0	1		0.447	0.142	
Serine	-	0.629		0	1		0.535	0.170	
Hydroxyproline									
	-								
Others:	a	0.0		0	7		0.0	0.0	
Alcohol, ethyl		0.0		0 0 z	7 7		0.0	0.0	
Caffeine	_	0		0 Z 0 Z	7		0 0	0 0	
Theobromine	9	U		0 Z	,		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 = 85g: 3 oz Measure 2 = 27g: 8 crayfish NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15148 Crustaceans, lobster, northern, cooked, moist heat

		<u>A</u>	mount in 100 grams	s of edil	Amount in edible portion of common				
			Numbe	<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	76.03	2		1		110.24	64.63	
Energy	kcal	98	0	NC	4		142	83	
Energy		410			4		595	349	
Protein (N x 6.25)	g	20.50	2		1		29.73	17.43	
Total lipid (fat)		0.59	2		1		0.86	0.50	
Ash		1.60	2		1		2.32	1.36	
Carbohydrate, by difference		1.28	0	NC	4		1.86	1.09	
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	-	61	2		1		88	52	
Iron, Fe		0.39	2		1		0.57	0.33	
Magnesium, Mg		35	2		1		51	30	
Phosphorus, P	-	185 352	2 2		1 1		268 510	157 299	
Potassium, K		352 380	2		1		510 551	299 323	
Sodium, NaZinc, Zn		2.92	2		1		4.23	2.48	
Copper, Cu		1.940			1		2.813	1.649	
Manganese, Mn		0.061			1		0.088	0.052	
Selenium, Se		42.7	0	BFSN	4		61.9	36.3	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.007			1		0.010	0.006	
Riboflavin		0.066			1		0.096	0.056	
Niacin	-	1.070			1		1.552	0.910	
Pantothenic acid		0.285			1		0.413	0.242	
Vitamin B-6	-	0.077			1		0.112	0.065	
Folate, total		11 0	2	z	1 7		16 0	9	
Folic acid				z	1			0 9	
Folate, food	IIICG	11 11	2	170	4		16 16	9	
Folate, DFE		3.11	2	NC	1		4.51	2.64	
Vitamin B-12 Vitamin A, IU		87	0	NC	4		126	2.64 74	
Vitamin A, RAE		26	0	NC	4		38	22	
Retinol		26	0	NR NR	4		38	22	
Vitamin E (alpha-tocopherol)		1.00	0	NR.	4		1.45	0.85	
Tocopherol, beta		1.00	v	2120	•		1.45	0.03	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.1	0	T	4		0.1	0.1	
Lipids:	~	0.105					0.155	0.001	
Fatty acids, total saturated		0.107			1 1		0.155	0.091	
4:0		0.000					0.000	0.000	
6:0		0.000			1 1		0.000	0.000	
8:0 10:0	_	0.000			1		0.000	0.000 0.000	
12:0	-	0.000			1		0.000	0.000	
13:0	_	0.000	. 0		-		0.000	0.000	
14:0	_	0.006	5 2		1		0.009	0.005	
15:0	-	0.006	, 2		1		0.009	0.005	
16:0	-	0.081	2		1		0.117	0.069	
17:0		0.001	-		-		J.11,	0.009	
18:0	-	0.020) 2		1		0.029	0.017	
20:0	-	0.020	. 2		-		0.023	0.017	
22:0	-								
24:0	_								

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutricute and United		Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code			•
Nutrients and Units		Mean	Sta. Error	Folits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.160		0		1		0.232	0.136	
14:1	-									
15:1	-			_		_				
16:1 undifferentiated	-	0.030		2		1		0.044	0.026	
17:1	-	0.095		2		1		0 120	0 001	
18:1 undifferentiated 20:1	-	0.093		2		1		0.138 0.025	0.081 0.014	
22:1 undifferentiated	-	0.017		2		1		0.025	0.014	
24:1 c	•	0.018		2		_		0.020	0.013	
Fatty acids, total polyunsaturated		0.091		0		1		0.132	0.077	
18:2 undifferentiated		0.005		2		1		0.007	0.004	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.053		2		1		0.077	0.045	
22:5 n-3	g	0.002		2		1		0.003	0.002	
22:6 n-3	g	0.031		2		1		0.045	0.026	
Fatty acids, total trans	g									
Cholesterol	mg	72		2		1		104	61	
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	a	0.285		0		1		0.413	0.242	
Threonine		0.830		0		1		1.204	0.706	
Isoleucine	-	0.994		0		1		1.441	0.845	
Leucine	-	1.627		0		1		2.359	1.383	
Lysine	-	1.784		0		1		2.587	1.516	
Methionine		0.577		0		1		0.837	0.490	
Cystine		0.230		0		1		0.334	0.196	
Phenylalanine		0.866		0		1		1.256	0.736	
Tyrosine		0.682		0		1		0.989	0.580	
Valine	g	0.964		0		1		1.398	0.819	
Arginine	g	1.791		0		1		2.597	1.522	
Histidine	g	0.417		0		1		0.605	0.354	
Alanine	g	1.161		0		1		1.683	0.987	
Aspartic acid	g	2.119		0		1		3.073	1.801	
Glutamic acid	g	3.496		0		1		5.069	2.972	
Glycine	g	1.237		0		1		1.794	1.051	
Proline	g	0.676		0		1		0.980	0.575	
Serine	g	0.807		0		1		1.170	0.686	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	9	•		-	_	-		·	· ·	
								_		
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	iùcā	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 15148

Crustaceans, lobster, northern, cooked, moist heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15147 Crustaceans, lobster, northern, raw Homarus americanus Milne-Edwards

		<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	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	76.76	0.701	4		1		115.14	65.25	
Energy	kcal	90		0	NC	4		135	77	
Energy	kj	377				4		565	320	
Protein (N x 6.25)		18.80		2		1		28.20	15.98	
Total lipid (fat)	g	0.90	0.133	10		1		1.35	0.77	
Ash	g	2.20		0		1		3.30	1.87	
Carbohydrate, by difference	g	0.50		0	NC	4		0.75	0.43	
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	• • • • • • • • • • • • • • • • • • • •	48		0		4		72	41	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.30		0		4		0.45	0.26	
Magnesium, Mg		27		0		4		41	23	
Phosphorus, P	-	144		0		4		216	122	
Potassium, K		275		0		4		413	234	
Sodium, Na		296		0		4		444	252	
Zinc, Zn		3.02	0.291	86		1		4.53	2.57	
Copper, Cu		1.663		87		1		2.495	1.414	
Manganese, Mn		0.055	i	0		1		0.083	0.047	
Selenium, Se	mcg	41.4		0	BFSN	4		62.1	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.006	;	0		4		0.009	0.005	
Riboflavin	-	0.048		2		1		0.072	0.041	
Niacin		1.455	i	2		1		2.183	1.237	
Pantothenic acid	-	1.630	1	2		1		2.445	1.386	
Vitamin B-6		0.063	1	0		4		0.095	0.054	
Folate, total	-	9		0		4		14	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		4		14	8	
Folate, DFE	mca DFE	9		0	NC	4		14	8	
Vitamin B-12		0.93	0.031	22		1		1.39	0.79	
Vitamin A, IU		70		0	NC	4		105	60	
Vitamin A, RAE		21		0	NC	4		32	18	
Retinol		21		0	NR	4		32	18	
Vitamin E (alpha-tocopherol)		1.47		0	NR	4		2.21	1.25	
Tocopherol, beta		2.2/		•	-121	•			1.20	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	T	4		0.1	0.1	
	-									
<u>.ipids:</u> Fatty acids, total saturated	a	0.180	1	0		4		0.270	0.153	
Fatty acids, total saturated		0.180		0		7		0.270	0.153	
	·····	0.000		0		7				
6:0 8:0.	-	0.000		0		7		0.000 0.000	0.000 0.000	
8:0 10:0		0.000		0		7		0.000		
	-			0		7		0.000	0.000	
12:0	-	0.000	•	U		,		0.000	0.000	
13:0	-	0 000		0		7		0.000	2 222	
14:0	-	0.000	•	U		,		0.000	0.000	
15:0	-			^		_				
16:0		0.000	1	0		7		0.000	0.000	
17:0	-			_		_				
18:0	-	0.000	1	0		7		0.000	0.000	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.260		0		4		0.390	0.221	
14:1	-									
15:1	-					_				
16:1 undifferentiated	-	0.000		0		7		0.000	0.000	
17:1		0.000		•		7		0.000	0.000	
18:1 undifferentiated	-	0.000		0		7		0.000	0.000	
20:1	-	0.000		0		7		0.000	0.000	
22:1 undifferentiated	•	0.000		0		7		0.000	0.000	
24:1 c		0.150		0						
Fatty acids, total polyunsaturate		0.150				4		0.225	0.128	
18:2 undifferentiated		0.000		0		7 7		0.000	0.000	
18:3 undifferentiated	-	0.000		0				0.000	0.000	
18:4	-	0.000		0		7		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		0		7		0.000	0.000	
20:4 undifferentiated	-	0.000				7		0.000	0.000	
20:5 n-3	-	0.000		0				0.000	0.000	
22:5 n-3	_	0.000		0		7		0.000	0.000	
22:6 n-3		0.000		0		7		0.000	0.000	
Fatty acids, total trans		0.5	12.2	00 0				140	0.1	
Cholesterol	-	95	12.2	26 8		1		143	81	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.262		0		1		0.393	0.223	
Threonine	g	0.761		0		1		1.142	0.647	
Isoleucine	g	0.911		0		1		1.367	0.774	
Leucine	g	1.492		0		1		2.238	1.268	
Lysine	g	1.636		0		1		2.454	1.391	
Methionine	g	0.529		0		1		0.794	0.450	
Cystine	g	0.211		0		1		0.317	0.179	
Phenylalanine	g	0.794		0		1		1.191	0.675	
Tyrosine	g	0.626		0		1		0.939	0.532	
Valine	g	0.884		0		1		1.326	0.751	
Arginine	g	1.642		0		1		2.463	1.396	
Histidine	g	0.382		0		1		0.573	0.325	
Alanine	g	1.065		0		1		1.598	0.905	
Aspartic acid		1.943		0		1		2.915	1.652	
Glutamic acid		3.207		0		1		4.811	2.726	
Glycine	_	1.134		0		1		1.701	0.964	
Proline	-	0.620		0		1		0.930	0.527	
Serine	_	0.740		0		1		1.110	0.629	
Hydroxyproline										
	**									
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		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 150g: 1 lobster Measure 2 = 85g: 3 oz NDB No. 15147

Crustaceans, lobster, northern, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15152 Crustaceans, shrimp, mixed species, canned

							Amount in edible portion of common			
			1	Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		72.56		0		1		92.88	20.57	92.88
Energy		120		0	NC	4		154	34	154
Energy	kj	502				4		643	142	643
Protein (N x 6.25)	-	23.08		0		1		29.54	6.54	29.54
Total lipid (fat)	g	1.96		0		1		2.51	0.56	2.51
Ash		1.36		0		1		1.74	0.39	1.74
Carbohydrate, by difference	g	1.03		0	NC	4		1.32	0.29	1.32
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:										
Calcium, Ca	ma	59		0		1		76	17	76
Iron, Fe	_	2.74		0		1		3.51	0.78	3.51
Magnesium, Mg	_	41		0		1		52	12	52
Phosphorus, P		233		0		1		298	66	298
Potassium, K	_	210		Ö		1		269	60	269
Sodium. Na.		169		Ö		1		216	48	216
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.26		Ö		1		1.61	0.36	1.61
Copper, Cu		0.300)	0		1		0.384	0.085	0.38
Manganese, Mn.	_	0.060		0		4		0.077	0.017	0.07
Selenium, Se		39.6	1.64	9 58	A	1		50.7	11.2	50.7
·										
Vitamins:										
Vitamin C, total ascorbic acid	-	2.3		0		4		2.9	0.7	2.9
Thiamin		0.027		0		1		0.035	0.008	0.03
Riboflavin		0.037		0		1		0.047	0.010	0.04
Niacin	_	2.755		0		1		3.526	0.781	3.52
Pantothenic acid	-	0.218		0		4		0.279	0.062	0.27
Vitamin B-6	-	0.111				1		0.142	0.031	0.14
Folate, total		2	0.67			1		2	1	2
Folic acid		0		0	Z	7		0	0	0
Folate, food		2	0.67			1		2	1	2
Folate, DFE		2		0	NC	4		2	1	2
Vitamin B-12		1.12		0		1		1.43	0.32	1.43
Vitamin A, IU		60		0	NC	4		77	17	77
Vitamin A, RAE		18		0	NC	4		23	5	23
Retinol		18		0	NR	4		23	5	23
Vitamin E (alpha-tocopherol)		0.93		0	NR	4		1.19	0.26	1.19
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D	IIIG									
Vitamin K (phylloquinone)		0.0		0	т	4		0.0	0.0	0.0
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.373		0		1		0.477	0.106	0.47
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		0.006	Ď.	0		1		0.008	0.002	0.00
13:0				_		_			_	
14:0		0.024	ŀ	0		1		0.031	0.007	0.03
15:0				_		_			_	= =
16:0	_	0.209	,	0		1		0.268	0.059	0.26
17:0	-			_		_				= -
18:0	-	0.117	,	0		1		0.150	0.033	0.15
20:0	-									
22:0	α .									

		<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	i	
				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 14:1	g	0.293		0		1		0.375	0.083	0.375	
15:1	g	0.094		0		1		0.120	0.027	0.120	
17:1 18:1 undifferentiated	_	0.167		0		1		0.214	0.047	0.214	
20:1	g	0.019		0		1		0.024	0.005	0.024	
22:1 undifferentiated	_	0.006		0		1		0.008	0.002	0.008	
24:1 cFatty acids, total polyunsaturate		0.755		0		1		0.966	0.214	0.966	
		0.733		0		1		0.041	0.009	0.041	
18:2 undifferentiated		0.032		0		1		0.020	0.005	0.041	
18:4		0.016		0		1		0.020	0.005	0.020	
20:2 n-6 c.c	_	0.007		Ū		-		0.003	0.002	0.003	
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.099		0		1		0.127	0.028	0.127	
20:5 n-3	_	0.293		0		1		0.375	0.083	0.375	
22:5 n-3	_	0.052		0		1		0.067	0.015	0.067	
22:6 n-3	_	0.052		0		1		0.323	0.071	0.323	
Fatty acids, total trans		0.232		·		-		0.323	0.071	0.323	
Cholesterol		173		0		1		221	49	221	
Phytosterols	-	173		·		-					
1 Hy tosterois											
Amino Acids:											
Tryptophan	g	0.321		0		1		0.411	0.091	0.411	
Threonine	g	0.934		0		1		1.196	0.265	1.196	
Isoleucine	g	1.119		0		1		1.432	0.317	1.432	
Leucine	_	1.832		0		1		2.345	0.519	2.345	
Lysine		2.009		0		1		2.572	0.570	2.572	
Methionine	g	0.650		0		1		0.832	0.184	0.832	
Cystine	g	0.259		0		1		0.332	0.073	0.332	
Phenylalanine	g	0.975		0		1		1.248	0.276	1.248	
Tyrosine	_	0.768		0		1		0.983	0.218	0.983	
Valine	-	1.086		0		1		1.390	0.308	1.390	
Arginine		2.016		0		1		2.580	0.572	2.580	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.469		0		1		0.600	0.133	0.600	
Alanine	g	1.307		0		1		1.673	0.371	1.673	
Aspartic acid	g	2.386		0		1		3.054	0.676	3.054	
Glutamic acid	g	3.937		0		1		5.039	1.116	5.039	
Glycine	g	1.392		0		1		1.782	0.395	1.782	
Proline	g	0.761		0		1		0.974	0.216	0.974	
Serine	g	0.908		0		1		1.162	0.257	1.162	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	ď	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	z	7		0	0.0	0.0	
Theobromine		0		0	Z	7		0	0	0	
Carotenoids:		v		·	_	•		•	•	J	
<u> </u>	meg	0		0		7		0 000	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	0.000	
Cryptoxanthin, beta		0		-	z Z	7		0.000	0.000	0.000	
Lycopene				0				0.000	0.000	0.000	
Lutein + zeaxanthin	iiicā	0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 128g: 1 cup Measure 2 = 28.35g: 1 oz

Measure 3 = 128g: 1 can (4.5 oz), drained

NDB No. 15152

Crustaceans, shrimp, mixed species, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</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	52.86	0.450	11		1		44.93	15.86		
Energy		242		0	NC	4		206	73		
Energy		1013				4		861	304		
Protein (N x 6.22)		21.39	0.480	11		1		18.18	6.42		
Total lipid (fat)		12.28	0.240	11		1		10.44	3.68		
Ash		1.99	0.170	11		1		1.69	0.60		
Carbohydrate, by difference	g	11.47		0	NC	4		9.75	3.44		
Fiber, total dietary	g	0.4		0	RC	4		0.3	0.1		
Sugars, total	g										
Starch	g										
Minanala											
Minerals:	ma	67		0		1		57	20		
Calcium, CaIron, Fe	_	1.26	0.090	11		1		1.07	0.38		
Magnesium, Mg		40	0.090	0		1		34	12		
Phosphorus, P		218		0		1		185	65		
Potassium, K	-	225	13.800	11		1		191	68		
Sodium, Na		344	33.600	11		1		292	103		
Zinc, Zn		1.38	0.050	11		1		1.17	0.41		
Copper, Cu		0.274		0		1		0.233	0.082		
Manganese, Mn		0.100	ı	0		4		0.085	0.030		
Selenium, Se	mcg	41.7	1.959	40	A	1		35.4	12.5		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.5		0		4		1.3	0.5		
Thiamin		0.129	0.006	11		1		0.110	0.039		
Riboflavin		0.125		11		1		0.116	0.041		
Niacin		3.070		11		1		2.610	0.921		
Pantothenic acid	-	0.350		0		4		0.298	0.105		
Vitamin B-6		0.098		0		1		0.083	0.029		
Folate, total	_	18		0	RA	4		15	5		
Folic acid		9		0	RA	4		8	3		
Folate, food		8		0	RA	4		7	2		
Folate, DFE	mcg_DFE	24		0	NC	4		21	7		
Vitamin B-12		1.87	0.350	11		1		1.59	0.56		
Vitamin A, IU		189		0		4		161	57		
Vitamin A, RAE	mcg_RAE	57		0		4		48	17		
Retinol	mcg	57		0		4		48	17		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Illeg										
Lipids:											
Fatty acids, total saturated	g	2.087		0		1		1.774	0.626		
4:0	g										
6:0	g										
8:0											
10:0											
12:0											
13:0		0.035		11		1		0 030	0 011		
14:0	-	0.035	•	11		1		0.030	0.011		
15:0		1.463		11		1		1.244	0.439		
16:0 17:0		1.403				1		1.244	0.439		
18:0	-	0.541		11		1		0.460	0.162		
20:0	-	0.541				-		3.400	0.102		
22:0	-										
v	g										

	<u>Ar</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	3.812	0	1		3.240	1.144		
14:1g								
15:1g								
16:1 undifferentiatedg	0.076	11	1		0.065	0.023		
17:1g								
18:1 undifferentiatedg	3.753	11	1		3.190	1.126		
20:1g	0.105	11	1		0.089	0.032		
22:1 undifferentiatedg	0.022	11	1		0.019	0.007		
24:1 cg								
Fatty acids, total polyunsaturated	5.085	0	1		4.322	1.526		
18:2 undifferentiatedg	4.511	11	1		3.834	1.353		
18:3 undifferentiatedg	0.267	11	1		0.227	0.080		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.059	11	1		0.050	0.018		
20:5 n-3g	0.109	11	1		0.093	0.033		
22:5 n-3g	0.035	11	1		0.030	0.011		
22:6 n-3g	0.124	11	1		0.105	0.037		
Fatty acids, total trans								
Cholesterolmg	177	8.900 11	1		150	53		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.299	0	1		0.254	0.090		
Threonine	0.860	0	1		0.731	0.258		
Isoleucine	1.042	0	1		0.886	0.313		
Leucine	1.698	0	1		1.443	0.509		
Lysineg	1.764	0	1		1.499	0.529		
Methionine	0.591	0	1		0.502	0.323		
Cystineg	0.258	0	1		0.302	0.077		
-	0.238	0	1		0.789	0.077		
Phenylalanine	0.928	0	1		0.789	0.278		
Tyrosine		0	1		0.871			
Valine	1.025	0	1			0.308		
Arginine	1.784				1.516	0.535		
Histidineg	0.437	0	1 1		0.371	0.131		
Alanineg	1.183	•	_		1.006	0.355		
Aspartic acid9	2.132	0	1		1.812	0.640		
Glutamic acidg	3.878	0	1		3.296	1.163		
Glycineg	1.238	0	1		1.052	0.371		
Proline	0.829	0	1		0.705	0.249		
Serineg	0.890	0	1		0.757	0.267		
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 30g: 4 large

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.68

NDB No. 15151 Crustaceans, shrimp, mixed species, cooked, moist heat

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.28	0.213	17		1		65.69	17.00		
Energy	-	99		0	NC	4		84	22		
Energy		414				4		352	91		
Protein (N x 6.25)	=	20.91	0.335	15		1		17.77	4.60		
Total lipid (fat)		1.08	0.029	9		1		0.92	0.24		
Ash		1.57	0.234	9		1		1.33	0.35		
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	-	39		1		1		33	9		
Iron, Fe		3.09		0		1		2.63	0.68		
Magnesium, Mg		34		1		1		29	7		
Phosphorus, P	-	137	10 00-	1		1		116	30		
Potassium, K		182 224	10.900	11 11		1 1		155 190	40 49		
Sodium, Na		1.56	35.600 0.080	11		1		1.33	0.34		
Zinc, Zn Copper, Cu		0.193		1		1		0.164	0.34		
Manganese, Mn		0.193		1		1		0.164	0.042		
Selenium, Se		39.6	1.649	58	A	1		33.7	8.7		
Scientini, Sc	9	33.0	1.015	50		-		33.7	0.,		
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.2		0		4		1.9	0.5		
Thiamin		0.031		11		1		0.026	0.007		
Riboflavin	mg	0.032	0.003	11		1		0.027	0.007		
Niacin	-	2.590		11		1		2.202	0.570		
Pantothenic acid		0.340		0		4		0.289	0.075		
Vitamin B-6	-	0.127	,	0		1		0.108	0.028		
Folate, total		4		0		1		3	1		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	4		0		1		3	1		
Folate, DFE		4		0	NC	4		3	1		
Vitamin B-12		1.49		0		1		1.26	0.33		
Vitamin A, IU		225		0	NC	4		191	50		
Vitamin A, RAE		68		0	NC	4 4		57 57	15		
Retinol		68 1.38		0	BFYN BFYN	4		1.17	15 0.30		
Vitamin E (alpha-tocopherol)		1.30		U	DEIN	4		1.17	0.30		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFYN	4		0.0	0.0		
·											
<u>Lipids:</u>											
Fatty acids, total saturated		0.289		0		1		0.246	0.064		
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	-	0.015	,	11		1		0.014	0.004		
14:0	-	0.017		11		T		0.014	0.004		
15:0	-	0.143	•	11		1		0 100	0 021		
16:0		0.143	•	11		1		0.122	0.031		
17:0	-	0.096	:	11		1		0.082	0.021		
18:0 20:0	-	0.096	•	11		1		0.082	0.021		
22:0	-										
44.U	9										

		<u>A</u> ı	mount in 100 grams		ole portio	<u>n</u>		edible portion of easures of food	
			Numbe	r			<u>m</u> e	easures 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	utad (1	0.197	, 0		1		0.167	0.043	
14:1	g	0.137	Ç		-		0.107	0.043	
16:1 undifferentiated	g	0.060	11		1		0.051	0.013	
17:1	g	0.114 0.011			1 1		0.097 0.009	0.025 0.002	
22:1 undifferentiated	g	0.007			1		0.009	0.002	
Fatty acids, total polyunsaturate	edg	0.440			1 1		0.374	0.097	
18:2 undifferentiated	g	0.021 0.012	11		1		0.018 0.010	0.005	
18:4 20:2 n-6 c,c	g	0.000	U		1		0.000	0.000	
20:3 undifferentiated	g	0.071			1 1		0.060	0.016	
20:5 n-3 22:5 n-3	g	0.171 0.020	11		1 1		0.145 0.017	0.038 0.004	
22:6 n-3 Fatty acids, total trans	g	0.144 195	0		1		0.122	0.032 43	
CholesterolPhytosterols		193	Ū		1		100	43	
Amino Acids:		0.001	•				0.047	0.054	
Tryptophan Threonine		0.291 0.846			1 1		0.2 4 7 0.719	0.064 0.186	
Isoleucine	_	1.014			1		0.862	0.223	
LeucineLysine	_	1.659 1.820			1 1		1.410 1.547	0.365 0.400	
Methionine		0.589			1		0.501	0.130	
Cystine		0.234			1		0.199	0.051	
Phenylalanine		0.883			1		0.751	0.194	
Tyrosine		0.696 0.983			1 1		0.592 0.836	0.153 0.216	
Valine	_	1.826			1		1.552	0.402	
Histidine		0.425			1		0.361	0.094	
Alanine		1.184			1		1.006	0.260	
Aspartic acid		2.161			1		1.837	0.475	
Glutamic acid		3.566			1		3.031	0.785	
Glycine		1.261			1		1.072	0.277	
Proline		0.689			1		0.586	0.152	
Serine		0.823			1		0.700	0.181	
Hydroxyproline									
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine	mg	0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
Carotenoids: Carotene, beta	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 = 85g: 3 oz Measure 2 = 22g: 4 large NDB No. 15151

Crustaceans, shrimp, mixed species, cooked, moist heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15153 Crustaceans, shrimp, mixed species, imitation, made from surimi

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food	<u>1</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	74.91	0.2	25 3		1		63.67			
Energy	kcal	101		0	NC	4		86			
Energy		423				4		359			
Protein (N x 6.25)	g	12.39	0.4	56 3		1		10.53			
Total lipid (fat)	g	1.47	0.1	91 3		1		1.25			
Ash	g	2.11	0.0	58 3		1		1.79			
Carbohydrate, by difference	g	9.13		0	NC	4		7.76			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	19	5.48	85 3		1		16			
Iron, Fe	-	0.60	0.1	91 3		1		0.51			
Magnesium, Mg	mg	43		0		4		37			
Phosphorus, P		282		0		4		240			
Potassium, K	mg	89	1.1			1		76			
Sodium, Na	-	705	24.8			1		599			
Zinc, Zn		0.33		0		4		0.28			
Copper, Cu		0.032		0		4		0.027			
Manganese, Mn		0.011	-	0		4		0.009			
Selenium, Se	mcg	22.9		0	BFPN	4		19.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0			
Thiamin	mg	0.024	0.00	06 3		1		0.020			
Riboflavin	-	0.034	0.00			1		0.029			
Niacin	mg	0.170				1		0.145			
Pantothenic acid	-	0.070		0		4		0.060			
Vitamin B-6		0.030)	0		4		0.026			
Folate, total		2		0	_	4		1			
Folic acid		0		0	Z	7		0			
Folate, food		2 2		0	***	4 4		1 1			
Folate, DFE		1.60		0	NC	4		1.36			
Vitamin B-12 Vitamin A, IU		66		0		4		56			
Vitamin A, RAE	mca RAF	20		0		4		17			
Retinol		20		0		4		17			
Vitamin E (alpha-tocopherol)				·		-					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	0.290)	0		4		0.247			
Fatty acids, total monounsaturated		0.220		0		4		0.187			
Fatty acids, total polyunsaturated		0.750)	0		4		0.638			
Fatty acids, total trans											
Cholesterol		36	3.6	95 3		1		31			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.075	;	0		1		0.064			
Threonine		0.599		0		1		0.509			
Isoleucine		0.579)	0		1		0.492			
Leucine	g	0.981		0		1		0.834			
Lysine	g	1.132	<u>!</u>	0		1		0.962			
Methionine	g	0.420)	0		1		0.357			
Cystine	g	0.133	3	0		1		0.113			

NDB No. 15153 Crustaceans, shrimp, mixed species, imitation, made from surimi

	Amount	in 100 grams of ed	ible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deri error Points Code	V Source Confidence	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.486	0	1	0.413		
Tyrosineg	0.499	0	1	0.424		
Valineg	0.628	0	1	0.534		
Arginineg	0.823	0	1	0.700		
Histidineg	0.285	0	1	0.242		
Alanineg	0.727	0	1	0.618		
Aspartic acidg	1.239	0	1	1.053		
Glutamic acidg	1.956	0	1	1.663		
Glycineg	0.480	0	1	0.408		
Prolineg	0.462	0	1	0.393		
Serineg	0.541	0	1	0.460		
Hydroxyproline						

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15149 Crustaceans, shrimp, mixed species, raw Penaeidae and Pandalidae

		<u>A</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	q	75.86	0.089	212		1		4.55	3.79	64.48	
Energy	_	106		0	NC	4		6	5	90	
Energy		444				4		27	22	377	
Protein (N x 6.25)		20.31	0.223	201		1		1.22	1.02	17.26	
Total lipid (fat)		1.73	0.067	100		1		0.10	0.09	1.47	
Ash		1.20		161		1		0.07	0.06	1.02	
Carbohydrate, by difference		0.91		0	NC	4		0.05	0.05	0.77	
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	_	52		117		1		3	3	44	
Iron, Fe	-	2.41	0 150	8		1		0.14	0.12	2.05	
Magnesium, Mg		37 205	2.158	6		1 1		2	2	31 174	
Phosphorus, P	•	205 185	5.944	112 27		1		12 11	10 9	174 157	
Potassium, K		185 148	5.944 10.119	26		1		9	9 7	157	
Sodium, NaZinc, Zn		1.11	10.119	275		1		0.07	0.06	0.94	
Copper, Cu		0.264	0.014	285		1		0.016	0.013	0.94	
Manganese, Mn		0.050		0		1		0.013	0.003	0.04	
Selenium, Se		38.0	1.970	15	A	1		2.3	1.9	32.3	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		2.0		0		4		0.1	0.1	1.7	
Thiamin	_	0.028		5		1		0.002	0.001	0.02	
Riboflavin	_	0.034		6		1		0.002	0.002	0.02	
Niacin	-	2.552		6		1		0.153	0.128	2.16	
Pantothenic acid		0.276		2		1		0.017	0.014	0.23	
Vitamin B-6	_	0.104	0.012	3		1		0.006	0.005	0.08	
Folate, total		3 0		1 0	z	1 7		0 0	0	3	
Folic acid		3			z			0	0 0	0 3	
Folate, food		3		1 0	NG	1 4		0		3	
Folate, DFE		1.16		19	NC	1		0.07	0 0.06	0.99	
Vitamin B-12 Vitamin A, IU		180		0	NC	4		11	9	153	
Vitamin A, RAE		54		0	NC	4		3	3	46	
Retinol		54		0	NR NR	4		3	3	46	
Vitamin E (alpha-tocopherol)		1.10	0.111	7	A	1		0.07	0.06	0.94	
Tocopherol, beta		0.00	0.000	7	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.10	0.032	7	A	1		0.01	0.00	0.08	
Tocopherol, delta		0.00	0.000	7	A	1		0.00	0.00	0.00	
Vitamin D		152.000		0	т	4		9.120	7.600	129.20	
Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	а	0.328	ł	0		1		0.020	0.016	0.27	
4:0		0.000		0		1		0.020	0.000	0.27	
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		0.009		1		1		0.001	0.000	0.00	
12:0		0.005		4		1		0.000	0.000	0.00	
13:0	_	2.200		-		-		3.000	0.000		
14:0	_	0.021		65		1		0.001	0.001	0.01	
15:0	_	0.023				-		3.00=	0.001	0.01	
16:0	_	0.184	ļ	65		1		0.011	0.009	0.15	
17:0				-							
18:0		0.103	3	65		1		0.006	0.005	0.08	
20:0				-							
22:0											
24:0	-										

		<u>Aı</u>	mount in 100			ole portic	<u>on</u>		edible portion	
		<u> </u>		Number of Data	Deriv	Source Code	Confidence Code		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	0.253		0		1		0.015	0.013	0.215
14:1	g									
15:1	-	0.003		65		1		0.005	0.004	0.071
16:1 undifferentiated	=	0.083		65		1		0.005	0.004	0.071
18:1 undifferentiated	-	0.147		65		1		0.009	0.007	0.125
20:1	=	0.017		65		1		0.001	0.001	0.014
22:1 undifferentiated		0.005		43		1		0.000	0.000	0.004
24:1 c	-									
Fatty acids, total polyunsaturate		0.669		0		1		0.040	0.033	0.569
18:2 undifferentiated	g	0.028		65		1		0.002	0.001	0.024
18:3 undifferentiated	g	0.014		56		1		0.001	0.001	0.012
18:4	g	0.006		64		1		0.000	0.000	0.005
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	=	0.087		65		1		0.005	0.004	0.074
20:5 n-3	=	0.258		66		1		0.015	0.013	0.219
22:5 n-3	-	0.046		66		1		0.003	0.002	0.039
22:6 n-3		0.222		65		1		0.013	0.011	0.189
Fatty acids, total trans										
Cholesterol	-	152	2.73	7 76		1		9	8	129
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.283		0		1		0.017	0.014	0.241
Threonine	g	0.822		0		1		0.049	0.041	0.699
Isoleucine	g	0.985		0		1		0.059	0.049	0.837
Leucine	g	1.612		0		1		0.097	0.081	1.370
Lysine	g	1.768		0		1		0.106	0.088	1.503
Methionine	g	0.572		0		1		0.034	0.029	0.486
Cystine	g	0.228		0		1		0.014	0.011	0.194
Phenylalanine	g	0.858		0		1		0.051	0.043	0.729
Tyrosine	g	0.676		0		1		0.041	0.034	0.575
Valine	_	0.956		0		1		0.057	0.048	0.813
Arginine	g	1.775		0		1		0.107	0.089	1.509
Histidine	-	0.413		0		1		0.025	0.021	0.351
Alanine		1.151		0		1		0.069	0.058	0.978
Aspartic acid		2.100		0		1		0.126	0.105	1.785
Glutamic acid	g	3.465		0		1		0.208	0.173	2.945
Glycine	9	1.225		0		1		0.074	0.061	1.041
Proline	_	0.670		0		1		0.040	0.034	0.570
Serine		0.800		0		1		0.048	0.040	0.680
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
	mcg	0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 6.0g: 1 medium Measure 2 = 5.0g: 1 small Measure 3 = 85g: 3 oz NDB No. 15149

Crustaceans, shrimp, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat

		<u>A</u> 1	mount in 100 g	rams (ot ear	ne 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 Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	66.76		0		1		108.82	56.75		
Energy	=	143		0	NC	4		233	122		
Energy		598		Ū	МС	4		975	509		
		26.41		0		1		43.05	22.45		
Protein (N x 6.25) Total lipid (fat)		1.94		0		1		3.16	1.65		
1 ()	-	1.78		0		1		2.90	1.51		
Ash		3.12		0	NC	4		5.09	2.65		
Carbohydrate, by difference		0.0		0	NC Z	7		0.0	0.0		
Fiber, total dietary		0.0		U	2	,		0.0	0.0		
Sugars, total	=										
Starch	9										
Minerals:											
Calcium, Ca	mg	63		0		1		103	54		
Iron, Fe	mg	1.41		0		1		2.30	1.20		
Magnesium, Mg	mg	51		0		1		83	43		
Phosphorus, P	mg	229		0		1		373	195		
Potassium, K	mg	208		0		1		339	177		
Sodium, Na	mg	227		0		1		370	193		
Zinc, Zn	mg	7.27		0		1		11.85	6.18		
Copper, Cu	mg	0.415	5	0		1		0.676	0.353		
Manganese, Mn		0.018	3	0		1		0.029	0.015		
Selenium, Se	mcg	59.2		0	BFSN	4		96.5	50.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.1		0		1		3.4	1.8		
Thiamin		0.009	9	0		1		0.015	0.008		
Riboflavin	_	0.056		0		1		0.091	0.048		
Niacin		4.898		0		1		7.984	4.163		
Pantothenic acid		0.404		0		1		0.659	0.343		
Vitamin B-6		0.173		0		1		0.282	0.147		
Folate, total	-	1		0		1		2	1		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0		1		2	1		
Folate, DFE		1		0	NC	4		2	1		
Vitamin B-12		4.04		0		1		6.59	3.43		
Vitamin A, IU		20		0		1		33	17		
Vitamin A, RAE		6		0		1		10	5		
Retinol		6		0		1		10	5		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.303	3	0		1		0.494	0.258		
4:0				-		_					
6:0	-										
8:0											
10:0	-										
12:0											
13:0											
14:0		0.008	3	0		1		0.013	0.007		
15:0	-										
16:0		0.192	2	0		1		0.313	0.163		
17:0								2			
18:0	-	0.103	3	0		1		0.168	0.088		
20:0	-	5.205		-		-		3.200	0.000		
22:0	-										
v	g										

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.353		0		1		0.575	0.300	
14:1		0.555		Ū		_		0.373	0.300	
15:1										
16:1 undifferentiated		0.050		0		1		0.082	0.043	
17:1	-									
18:1 undifferentiated		0.268		0		1		0.437	0.228	
20:1	g	0.035		0		1		0.057	0.030	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.756		0		1		1.232	0.643	
18:2 undifferentiated	g	0.017		0		1		0.028	0.014	
18:3 undifferentiated	g	0.010		0		1		0.016	0.009	
18:4	g	0.006		0		1		0.010	0.005	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.198		0		1		0.323	0.168	
20:5 n-3	g	0.341		0		1		0.556	0.290	
22:5 n-3	g	0.044		0		1		0.072	0.037	
22:6 n-3		0.139		0		1		0.227	0.118	
Fatty acids, total trans	-									
Cholesterol	_	90		0		1		147	77	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.368		0		1		0.600	0.313	
Threonine	-	1.065		0		1		1.736	0.905	
Isoleucine	-	1.276		0		1		2.080	1.085	
Leucine	-	2.092		0		1		3.410	1.778	
Lysine	-	2.295		0		1		3.741	1.951	
Methionine	g	0.744		0		1		1.213	0.632	
Cystine	g	0.296		0		1		0.482	0.252	
Phenylalanine		1.111		0		1		1.811	0.944	
Tyrosine	-	0.879		0		1		1.433	0.747	
Valine	-	1.238		0		1		2.018	1.052	
Arginine		2.303		0		1		3.754	1.958	
Histidine	g	0.537		0		1		0.875	0.456	
Alanine	g	1.492		0		1		2.432	1.268	
Aspartic acid	g	2.726		0		1		4.443	2.317	
Glutamic acid	g	4.496		0		1		7.328	3.822	
Glycine	g	1.589		0		1		2.590	1.351	
Proline	g	0.870		0		1		1.418	0.740	
Serine	g	1.035		0		1		1.687	0.880	
Hydroxyproline	g									

Common Measures:

Measure 1 = 163g: 1 lobster Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15154 Crustaceans, spiny lobster, mixed species, raw Jasus spp. and Panulirus spp.

		<u>Ar</u>	mount in 100 g	rams	of edib	le portio	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	74.07	0.218	28		1		154.81	62.96	
Energy	kcal	112		0	NC	4		234	95	
Energy	kj	469				4		979	398	
Protein (N x 6.25)	g	20.60	1.116	27		1		43.05	17.51	
Total lipid (fat)	g	1.51		8		1		3.16	1.28	
Ash		1.39	0.074	23		1		2.91	1.18	
Carbohydrate, by difference	g	2.43		0	NC	4		5.08	2.07	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	49	10.190	20		1		102	42	
Iron, Fe	-	1.22	0.613	4		1		2.55	1.04	
Magnesium, Mg	mg	40		0		4		84	34	
Phosphorus, P		238	31.739	21		1		497	202	
Potassium, K		180		0		4		376	153	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	177		0		4		370	150	
Zinc, Zn		5.67	3.769	40		1		11.85	4.82	
Copper, Cu		0.381		40		1		0.796	0.324	
Manganese, Mn		0.015		0		1		0.031	0.013	
Selenium, Se	mcg	46.2		0	BFSN	4		96.6	39.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.2	1.7	
Thiamin	mg	0.007		2		1		0.015	0.006	
Riboflavin	mg	0.046		2		1		0.096	0.039	
Niacin	mg	4.245		2		1		8.872	3.608	
Pantothenic acid		0.350		0		4		0.732	0.298	
Vitamin B-6	-	0.150		0		4		0.314	0.128	
Folate, total		1		0		4		1	1	
Folic acid		0		0	Z	7		0	0	
Foliate, food		1		0	170	4		1	1	
Folate, DFE		1		0	NC	4 4		1 7.32	1 2.98	
Vitamin A, IU		3.50 17		0		4		7.32 36	2.98 14	
Vitamin A, RAE		5		0		4		11	4	
Retinol		5		0		4		11	4	
Vitamin E (alpha-tocopherol)		J		Ŭ		•			-	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	ď	0.237		0		1		0.495	0.201	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-									
14:0	g	0.006		1		1		0.013	0.005	
15:0	g									
16:0	g	0.149		1		1		0.311	0.127	
17:0										
18:0		0.080		1		1		0.167	0.068	
20:0	-									
22:0	g									

	<u>A</u>	mount in 100 grams		<u>on</u>		edible portion of easures of food	
		Number of Data	r Deriv Source	Confidence	<u></u>	<u> </u>	•
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.275	s 0	1		0.575	0.234	
14:1g							
15:1g							
16:1 undifferentiatedg	0.039	1	1		0.082	0.033	
17:1g			_				
18:1 undifferentiated	0.208		1		0.435	0.177	
20:1g	0.027		1		0.056	0.023	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 c	0.590	0	1		1 000	0 500	
Fatty acids, total polyunsaturated			1		1.233	0.502	
18:2 undifferentiated	0.013 0.008		1		0.027	0.011	
18:3 undifferentiated	0.008		1		0.017 0.010	0.007	
18:4g	0.005) 1	1		0.010	0.004	
20:2 n-6 c,c							
20:3 undifferentiated	0.154	. 1	1		0.322	0.131	
20:5 n-3	0.265		1		0.554	0.131	
20.5 n-3g	0.034		1		0.071	0.225	
22:5 n-3	0.108		1		0.226	0.029	
	0.100	,	-		0.226	0.092	
Fatty acids, total transg Cholesterolg	70	1	1		146	60	
Phytosterolsmg	70	-	-		140	00	
Thytosterois							
Amino Acids:							
Tryptophang	0.287		1		0.600	0.244	
Threonineg	0.834		1		1.743	0.709	
Isoleucineg	0.998		1		2.086	0.848	
Leucineg	1.634		1		3.415	1.389	
Lysineg	1.792		1		3.745	1.523	
Methionineg	0.580		1		1.212	0.493	
Cystineg	0.231		1		0.483	0.196	
Phenylalanineg	0.870		1		1.818	0.740	
Tyrosineg	0.685		1		1.432	0.582	
Valineg	0.969		1		2.025	0.824	
Arginineg	1.799		1		3.760	1.529	
Histidineg	0.418		1		0.874	0.355	
Alanineg	1.166		1		2.437	0.991	
Aspartic acidg	2.129		1		4.450	1.810	
Glutamic acid	3.512		1		7.340	2.985	
Glycine9	1.242		1		2.596	1.056	
Prolineg	0.679		1		1.419	0.577	
Serineg	0.811	. 0	1		1.695	0.689	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 209g: 1 lobster Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15002 Fish, anchovy, european, canned in oil, drained solids

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.30		0		1		14.26	2.01	22.64
Energy	kcal	210		0	NC	4		60	8	95
Energy	kj	879				4		249	35	395
Protein (N x 6.25)	g	28.89		0		1		8.19	1.16	13.00
Total lipid (fat)	g	9.71		0		1		2.75	0.39	4.37
Ash	g	11.10		0		4		3.15	0.44	5.00
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:										
Calcium, Ca	ma	232		0		1		66	9	104
Iron, Fe	-	4.63		0		1		1.31	0.19	2.08
Magnesium, Mg	-	69		0		1		20	3	31
Phosphorus, P		252		0		1		71	10	113
Potassium, K	•	544		0		1		154	22	245
Sodium. Na		3668		0		1		1040	147	1651
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.44		0		1		0.69	0.10	1.10
Copper, Cu		0.339)	0		1		0.096	0.014	0.15
Manganese, Mn		0.100)	0		4		0.028	0.004	0.04
Selenium, Se		68.1		0	BFSN	4		19.3	2.7	30.6
\$7*4 *										
Vitamins:		0.0		•	_	7		0.0		
Vitamin C, total ascorbic acid	-	0.0	,	0	Z	1		0.0 0.022	0.0	0.0
Thiamin	-	0.078		0		1		0.022	0.003	0.03
Riboflavin		19.903		0		1		5.643	0.015 0.796	8.95
Niacin Pantothenic acid	-	0.909		0		4		0.258	0.736	0.40
Vitamin B-6	-	0.203		0		1		0.258	0.038	0.40
Folate, total	-	13	,	0		4		4	1	6
Folic acid		0		0	z	7		0	0	0
Folate, food		13		0		4		4	1	6
Folate, DFE		13		0	NC	4		4	1	6
Vitamin B-12		0.88		0	110	1		0.25	0.04	0.40
Vitamin A, IU		40		0	NC	4		11	2	18
Vitamin A, RAE		12		0	NC	4		3	0	5
Retinol		12		0	RA	4		3	0	5
Vitamin E (alpha-tocopherol)		3.33		0	RA	4		0.94	0.13	1.50
Tocopherol, beta		0.02		0	RA	4		0.01	0.00	0.01
Tocopherol, gamma		0.17		0	RA	4		0.05	0.01	0.07
Tocopherol, delta		0.00		0	RA	4		0.00	0.00	0.00
Vitamin D										
Vitamin K (phylloquinone)		12.1		0	RA	4		3.4	0.5	5.5
(inide										
Lipids:	a	2.203	1	0		1		0.625	0.088	0.99
Fatty acids, total saturated		0.000		0		1		0.625	0.088	0.99
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		0.006	0.001	0.00
13:0				ū		-		2.000	0.001	0.50
14:0	-	0.428	3	0		1		0.121	0.017	0.19
15:0				ū		-		··	0.017	0.23
16:0	-	1.326	5	0		1		0.376	0.053	0.59
17:0	_			ū		-				0.55
18:0	-	0.420)	0		1		0.119	0.017	0.18
20:0	-			-		•				2.20
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100		of edib	ole portio	<u>on</u>		edible portion of	of common
Nutrients and I	Inito	Maan		umber of Data		Source Code	Confidence Code	me Measure 1	easures of food Measure 2	Magaura 2
Nutrients and t	units	Mean	Sta. Error	Onito	Oode	Oode	- Code	weasure 1	Weasure 2	Measure 3
Fatty acids, total monounsaturat	edg	3.770		0		1		1.069	0.151	1.697
14:1	_									
15:1 16:1 undifferentiated	-	0.590		0		1		0.167	0.024	0.266
17:1	_	0.590		U		1		0.167	0.024	0.266
18:1 undifferentiated	-	2.942		0		1		0.834	0.118	1.324
20:1	_	0.009		0		1		0.003	0.000	0.004
22:1 undifferentiated		0.163		0		1		0.046	0.007	0.073
24:1 c	-									
Fatty acids, total polyunsaturate	dg	2.562		0		1		0.726	0.102	1.153
18:2 undifferentiated	g	0.362		0		1		0.103	0.014	0.163
18:3 undifferentiated	g	0.017		0		1		0.005	0.001	0.008
18:4	g	0.078		0		1		0.022	0.003	0.035
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.010		0		1		0.003	0.000	0.005
20:5 n-3	_	0.763		0		1		0.216	0.031	0.343
22:5 n-3	-	0.041		0		1		0.012	0.002	0.018
22:6 n-3		1.292		0		1		0.366	0.052	0.581
Fatty acids, total trans										
Cholesterol	-	85		0		4		24	3	38
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.324		0		1		0.092	0.013	0.146
Threonine	g	1.266		0		1		0.359	0.051	0.570
Isoleucine	g	1.331		0		1		0.377	0.053	0.599
Leucine	g	2.348		0		1		0.666	0.094	1.057
Lysine	g	2.653		0		1		0.752	0.106	1.194
Methionine	g	0.855		0		1		0.242	0.034	0.385
Cystine	g	0.310		0		1		0.088	0.012	0.140
Phenylalanine	g	1.128		0		1		0.320	0.045	0.508
Tyrosine	g	0.975		0		1		0.276	0.039	0.439
Valine	g	1.488		0		1		0.422	0.060	0.670
Arginine	g	1.729		0		1		0.490	0.069	0.778
Histidine	g	0.850		0		1		0.241	0.034	0.383
Alanine	g	1.747		0		1		0.495	0.070	0.786
Aspartic acid	g	2.958		0		1		0.839	0.118	1.331
Glutamic acid	g	4.312		0		1		1.222	0.172	1.940
Glycine	g	1.387		0		1		0.393	0.055	0.624
Proline	g	1.021		0		1		0.289	0.041	0.459
Serine	g	1.179		0		1		0.334	0.047	0.531
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:	······································									
	mca	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
, I	_	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		-	Z					
Lycopene				0		7		0.000	0.000	0.000

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 4.0g: 1 anchovy Measure 3 = 45g: 1 can (2 oz) NDB No. 15002

Fish, anchovy, european, canned in oil, drained solids

Calories Factors: Protein 4.27 Fat 8.92 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15001 Fish, anchovy, european, raw Engraulis encrasicholus (L.)

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion	
				umber				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	its	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	73.37		1		1		62.36		
Water	=	131		0		4		111		
Energy		548		U		4		466		
Protein (N x 6.25)		20.35		1		1		17.30		
Total lipid (fat)		4.84	0.318	26		1		4.11		
Ash		1.44	0.020	1		1		1.22		
Carbohydrate, by difference		0.00		0		7		0.00		
Fiber, total dietary		0.0		0		7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
Minerals:		1.45		_		_		105		
Calcium, Ca	-	147	0.600	2		1 1		125		
Iron, Fe		3.25 41	0.600	4 2		1		2.76 35		
Magnesium, Mg		41 174	26.408	3		1		35 148		
Phosphorus, P Potassium, K		383	20.408	2		1		326		
Sodium, Na		104		2		1		88		
Zinc, Zn		1.72	0.126	4		1		1.46		
Copper, Cu		0.211		10		1		0.179		
Manganese, Mn	-	0.070	1	0		4		0.060		
Selenium, Se		36.5		0	CAZN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0		
Thiamin		0.055	i	1		1		0.047		
Riboflavin		0.256	i	1		1		0.218		
Niacin	mg	14.024		1		1		11.920		
Pantothenic acid	mg	0.645	i	0		4		0.548		
Vitamin B-6	-	0.143	1	1		1		0.122		
Folate, total		9		0		4		7		
Folic acid	-	0		0	Z	7		0		
Folate, food		9		0		4		7		
Folate, DFE		9		0	NC	4		7		
Vitamin B-12		0.62		1	***	1		0.53		
Vitamin A, IU		50 15		0	NC	4 4		43		
Vitamin A, RAERetinol		15		0	NC NC	4		13 13		
Vitamin E (alpha-tocopherol)		0.57		0	NC	4		0.49		
Tocopherol, beta		0.57		Ū		-		0.45		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	Ŧ	4		0.1		
Lipids:										
Fatty acids, total saturated	g	1.282		0		1		1.090		
4:0		0.000		0	z	7		0.000		
6:0		0.000	1	0	z	7		0.000		
8:0	g	0.000)	0	Z	7		0.000		
10:0	-	0.000	1	0	Z	7		0.000		
12:0		0.014		1		1		0.012		
13:0										
14:0		0.302		0		1		0.257		
15:0						_		_		
16:0		0.715	•	1		1		0.608		
17:0	-	2 252		4				0.014		
18:0	_	0.252		1		1		0.214		
20:0 22:0	-									
24:0	-									

		<u>Aı</u>	nount in 10	00 grams		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	tedg	1.182		0		1		1.005		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.400		1		1		0.340		
17:1		0.604								
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.624		1	-	1		0.530		
20:1	-	0.000		0 1	Z	7 1		0.000		
22:1 undifferentiated	•	0.115		1		1		0.098		
Fatty acids, total polyunsaturate		1.637		0		1		1.391		
18:2 undifferentiated		0.097		1		1		0.082		
18:3 undifferentiated		0.000		0	z	7		0.000		
18:4		0.055		1		1		0.047		
20:2 n-6 c.c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.007		1		1		0.006		
20:5 n-3	g	0.538		1		1		0.457		
22:5 n-3	g	0.029		1		1		0.025		
22:6 n-3	g	0.911		1		1		0.774		
Fatty acids, total trans	g									
Cholesterol		60		0		4		51		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.228		0		1		0.194		
Threonine		0.892		0		1		0.758		
Isoleucine	-	0.938		0		1		0.797		
Leucine		1.654		0		1		1.406		
Lysine	g	1.869		0		1		1.589		
Methionine		0.602		0		1		0.512		
Cystine	g	0.218		0		1		0.185		
Phenylalanine	g	0.794		0		1		0.675		
Tyrosine	g	0.687		0		1		0.584		
Valine	g	1.048		0		1		0.891		
Arginine	g	1.217		0		1		1.034		
Histidine	g	0.599		0		1		0.509		
Alanine	g	1.231		0		1		1.046		
Aspartic acid		2.084		0		1		1.771		
Glutamic acid	-	3.038		0		1		2.582		
Glycine		0.977		0		1		0.830		
Proline		0.720		0		1		0.612		
Serine	-	0.830		0		1		0.706		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	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: 3 oz

NDB No. 15001

Fish, anchovy, european, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15003 Fish, bass, fresh water, mixed species, raw

Percichthyidae and Centrarchidae

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	
			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	75.66	0.694	16		1		59.77	64.31	
Energy	kcal	114		0	NC	4		90	97	
Energy	kj	477				4		377	405	
Protein (N x 6.25)	g	18.86	0.506	16		1		14.90	16.03	
Total lipid (fat)	g	3.69		17		1		2.92	3.14	
Ash	g	1.52	0.292	16		1		1.20	1.29	
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									
Minl.										
Minerals:	ma	80		2		1		63	68	
Calcium, Ca	-	1.49		2		1		1.18	68 1.27	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	30		2		1		24	26	
Phosphorus, P		200		2		1		158	170	
Potassium, K	•	356		11		1		281	303	
Sodium, Na.		70		2		1		55	60	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.65	0.129	62		1		0.51	0.55	
Copper, Cu		0.093		51		1		0.073	0.079	
Manganese, Mn		0.889		21		1		0.702	0.756	
Selenium, Se	-	12.6		0	BFZN	4		10.0	10.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	2.0		0		4		1.6	1.7	
Thiamin	-	0.075		0		4		0.059	0.064	
Riboflavin	-	0.074		0		4		0.058	0.063	
Niacin	_	1.250		0		4		0.988	1.063	
Pantothenic acid	-	0.750		0		4		0.593	0.638	
Vitamin B-6	-	0.120		0		4		0.095	0.102	
Folate, total		15		0		4		12	13	
Folic acid		0		0	Z	7		0	0	
Folate, food		15		0		4		12	13	
Folate, DFE		15		0	NC	4		12	13	
Vitamin B-12		2.00		0		4		1.58	1.70	
Vitamin A, IU		100		0		4		79	85	
Vitamin A, RAE		30		0		4		24	26	
Retinol		30		0		4		24	26	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.780		0		1		0.616	0.663	
4:0										
6:0	-									
8:0	-									
10:0	-									
12:0	-									
13:0 14:0	-	0.087		9		1		0.069	0.074	
	_	0.087		9		_		0.069	0.074	
15:0	-	0.593		9		1		0.468	0 504	
16:0		0.593		9		1		0.468	0.504	
17:0	-	0.100		9		1		0.079	0.085	
18:0	-	0.100		9		1		0.079	0.085	
20:0	-									
22:0	y									

		<u>Aı</u>	nount in 100	<u>grams</u> Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and the father	a	1.431		0		1		1 120	1 016	
Fatty acids, total monounsaturated		1.431		U		_		1.130	1.216	
15:1										
16:1 undifferentiated		0.382		9		1		0.302	0.325	
17:1	-									
18:1 undifferentiated		0.991		9		1		0.783	0.842	
20:1	g	0.057		2		1		0.045	0.048	
22:1 undifferentiated	-									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.062		0		1		0.839	0.903	
18:2 undifferentiated	g	0.087		9		1		0.069	0.074	
18:3 undifferentiated	g	0.111		9		1		0.088	0.094	
18:4	g	0.039		6		1		0.031	0.033	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.144		9		1		0.114	0.122	
20:5 n-3	g	0.238		9		1		0.188	0.202	
22:5 n-3	g	0.084		9		1		0.066	0.071	
22:6 n-3		0.357		9		1		0.282	0.303	
Fatty acids, total trans	-									
Cholesterol	_	68		2		1		54	58	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.211		0		1		0.167	0.179	
Threonine	-	0.827		0		1		0.653	0.703	
Isoleucine	g	0.869		0		1		0.687	0.739	
Leucine	g	1.533		0		1		1.211	1.303	
Lysine	-	1.732		0		1		1.368	1.472	
Methionine	g	0.558		0		1		0.441	0.474	
Cystine	g	0.202		0		1		0.160	0.172	
Phenylalanine	g	0.736		0		1		0.581	0.626	
Tyrosine	g	0.637		0		1		0.503	0.541	
Valine	g	0.971		0		1		0.767	0.825	
Arginine	g	1.128		0		1		0.891	0.959	
Histidine	g	0.555		0		1		0.438	0.472	
Alanine	g	1.140		0		1		0.901	0.969	
Aspartic acid	g	1.931		0		1		1.525	1.641	
Glutamic acid	g	2.815		0		1		2.224	2.393	
Glycine	-	0.905		0		1		0.715	0.769	
Proline		0.667		0		1		0.527	0.567	
Serine	-	0.769		0		1		0.608	0.654	
Hydroxyproline	g									

Common Measures:

Measure 1 = 79g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.79		0		1		42.65	58.47	
Energy	kcal	146		0	NC	4		91	124	
Energy	kj	611				4		379	519	
Protein (N x 6.25)	g	24.18		0		1		14.99	20.55	
Total lipid (fat)	g	4.73		0		1		2.93	4.02	
Ash	g	1.95		0		1		1.21	1.66	
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:	ma	102		^		4		64	00	
Calcium, Ca	-	103 1.91		0 0		1 1		64 1.18	88 1.62	
Iron, Fe	•••••••••••••••••••••••••••••••••••••••	38		0		1		1.18 24	32	
Magnesium, Mg Phosphorus, P		256		0		1		24 159	32 218	
Potassium, K	-	456		0		1		283	388	
Potassium, K Sodium, Na	-	456 90		0		1		283 56	388 77	
Zinc, Zn	_	0.83		0		1		0.51	0.71	
Copper, Cu		0.119	,	0		1		0.074	0.101	
Manganese, Mn.		1.140		0		1		0.707	0.969	
Selenium, Se		16.2		0	BFSN	4		10.0	13.8	
·										
<u>/itamins:</u>				_						
Vitamin C, total ascorbic acid	_	2.1	_	0		1		1.3	1.8	
Thiamin		0.087		0		1		0.054	0.074	
Riboflavin		0.090		0		1		0.056	0.077	
Niacin		1.522		0		1		0.944	1.294	
Pantothenic acid		0.865		0		1		0.536	0.735	
Vitamin B-6	-	0.138	3	0		1		0.086	0.117	
Folate, total		17		0	_	1		11	14	
Folic acid		0 17		0	Z	7 1		0	0	
Folate, food		17		0 0	NC	4		11 11	14	
Folate, DFE		2.31		0	NC	1		1.43	14 1.96	
Vitamin A, IU		115		0		1		1.43 71	98	
Vitamin A, RAE		35		0		1		21	29	
Retinol		35		0		1		21	29	
Vitamin E (alpha-tocopherol)		33		Ū		-		21	23	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	1.001		0		1		0.621	0.851	
Fatty acids, total saturated		1.001	L	U		_		0.621	0.651	
4:0 6:0										
8:0	-									
10:0	-									
12:0										
13:0	-									
14:0	-	0.112	2	0		1		0.069	0.095	
15:0	-			-						
16:0	-	0.761	L	0		1		0.472	0.647	
17:0										
18:0	-	0.128	3	0		1		0.079	0.109	
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 Un	its	Mean	Std. Error	of Data Points	 Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	1.835		0	1		1.138	1.560	
14:1									
15:1	-			_	_				
16:1 undifferentiated	_	0.490		0	1		0.304	0.417	
17:1		4 000							
18:1 undifferentiated		1.272		0	1 1		0.789	1.081	
20:1	-	0.073		0	1		0.045	0.062	
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	•	1.360		0	1		0.843	1.156	
18:2 undifferentiated		0.112		0	1		0.843	0.095	
18:3 undifferentiated		0.112		0	1		0.088	0.121	
18:4		0.142		0	1		0.031	0.043	
20:2 n-6 c.c.	-	0.030		·	-		0.031	0.045	
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.185		0	1		0.115	0.157	
20:5 n-3	_	0.305		0	1		0.189	0.259	
22:5 n-3	-	0.108		0	1		0.067	0.092	
22:6 n-3		0.458		0	1		0.284	0.389	
Fatty acids, total trans	_								
Cholesterol	-	87		0	1		54	74	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.271		0	1		0.168	0.230	
Threonine		1.060		0	1		0.657	0.901	
Isoleucine		1.114		0	1		0.691	0.947	
Leucine	_	1.965		0	1		1.218	1.670	
Lysine	_	2.221		0	1		1.377	1.888	
Methionine	g	0.716		0	1		0.444	0.609	
Cystine	g	0.259		0	1		0.161	0.220	
Phenylalanine		0.944		0	1		0.585	0.802	
Tyrosine	g	0.816		0	1		0.506	0.694	
Valine	g	1.246		0	1		0.773	1.059	
Arginine	g	1.447		0	1		0.897	1.230	
Histidine	g	0.712		0	1		0.441	0.605	
Alanine	g	1.462		0	1		0.906	1.243	
Aspartic acid	g	2.476		0	1		1.535	2.105	
Glutamic acid	-	3.610		0	1		2.238	3.069	
Glycine	g	1.161		0	1		0.720	0.987	
Proline	g	0.855		0	1		0.530	0.727	
Serine	_	0.987		0	1		0.612	0.839	
Hydroxyproline	g								

Common Measures:

Measure 1 = 62g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100) grams	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	g	73.36		0		1		90.97	62.36	
Energy	kcal	124		0	NC	4		154	105	
Energy	kj	519				4		643	441	
Protein (N x 6.25)	g	22.73		0		1		28.19	19.32	
Total lipid (fat)	g	2.99		0		1		3.71	2.54	
Ash	g	1.33		0		1		1.65	1.13	
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										
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	19		0		1		24	16	
Iron, Fe.	-	1.08		0		1		1.34	0.92	
Magnesium, Mg	mg	51		0		1		63	43	
Phosphorus, P		254		0		1		315	216	
Potassium, K	-	328		0		1		407	279	
Sodium, Na	-	88		0		1		109	75	
Zinc, Zn	_	0.51		0		1		0.63	0.43	
Copper, Cu		0.040)	0		1		0.050	0.034	
Manganese, Mn		0.019		0		1		0.024	0.016	
Selenium, Se		46.8		0	BFSN	4		58.0	39.8	
·										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin		0.115		0		1		0.143	0.098	
Riboflavin	mg	0.037	7	0		1		0.046	0.031	
Niacin	mg	2.558	3	0		1		3.172	2.174	
Pantothenic acid	mg	0.865	5	0		1		1.073	0.735	
Vitamin B-6	mg	0.346	5	0		1		0.429	0.294	
Folate, total	mcg	10		0		1		12	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		12	9	
Folate, DFE		10		0	NC	4		12	9	
Vitamin B-12		4.41		0		1		5.47	3.75	
Vitamin A, IU		104		0		1		129	88	
Vitamin A, RAE		31		0		1		39	27	
Retinol		31		0		1		39	27	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
· ····································										
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.650)	0		1		0.806	0.553	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	-									
13:0	g									
14:0	g	0.054	l	0		1		0.067	0.046	
15:0	g									
16:0	-	0.486	5	0		1		0.603	0.413	
17:0										
18:0	-	0.110)	0		1		0.136	0.094	
20:0	-									
22:0	-									
24:0	-									

Nutrients and Units Nutrients Nutrie		<u>Aı</u>	mount in 100		Amount in edible portion of common measures of food						
Nutrients and Units Mean Stid. Error Points Code Code Measure 1 Measure 2 Measure 3						Daniu	C	Canfidanaa	<u></u>	<u> </u>	
141	Nutrients and Units	s	Mean						Measure 1	Measure 2	Measure 3
15.1	Fatty acids, total monounsaturated	g	0.846		0		1		1.049	0.719	
161 undifferentiated. 9	14:1	g									
17-											
18.1 undifferentiated 9 0.574 0 1 0.712 0.488 20:1 9 0.073 0 1 0.091 0.062 22:1 undifferentiated 9 1.005 0 1 1.246 0.854 18.2 undifferentiated 9 0.019 0 1 0.024 0.016 18.4 9 0.019 0 1 0.024 0.016 18.4 9 0.019 0 1 0.024 0.016 18.4 9 0.019 0 1 0.024 0.016 18.4 9 0.09 0 1 0.024 0.016 18.4 9 0.09 0 1 0.0269 0.184 20.5 n.3 9 0.217 0 1 0.930 0.638 Fatty acids, total trans 9 0.750 0 1 128 88 Cholesterol mg 103 0 1 <		-	0.194		0		1		0.241	0.165	
20-1											
22-1 undifferentiated									0.712	0.488	
241 C	20:1	g	0.073		0		1		0.091	0.062	
Fatty acids, total polyunsturated		•									
18.2 undifferentiated. g	24:1 c	g									
18.3 undifferentiated. g 0.019 0 1 0.024 0.016 18.4			1.005						1.246	0.854	
18.4 9 202 n-6 c,c 9 203 undifferentiated 9 204 undifferentiated 9 20:5 n-3 9 0.217 0 1 0.269 0.184 22:5 n-3 9 0.750 0 1 0.930 0.638 Fatty acids, tola trans 9 103 0 1 128 88 Phytosterols mg 103 0 1 128 88 Phytosterols mg 103 0 1 128 88 Phytosterols mg 1 128 88 88 88 88 90 1 128 88 88 88 90 1 128 88 88 90 1 128 88 88 90 1 128 88 88 90 1 128 88 88 90 1 128 88 88 90 1 128 88 90 121 128 88 90 121 128 89 121 <td>18:2 undifferentiated</td> <td>g</td> <td>0.019</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.024</td> <td>0.016</td> <td></td>	18:2 undifferentiated	g	0.019		0		1		0.024	0.016	
20.2 nef c c	18:3 undifferentiated	g	0.019		0		1		0.024	0.016	
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n 3 9 0 0 1 0 0 269 0 0 1 22.5 n 3 9 0 0 750 0 1 0 0 930 0 638 22.5 n 3 9 0 750 0 1 0 0 930 0 638 22.5 n 3 9 0 750 0 1 128 88 88 750											
20.4 undifferentiated 9 20.5 n-3 9 0.217 0 1 0.269 0.184 22.5 n-3 9 22.6 n-3 9 0.750 0 1 0.930 0.638 Fatty acids, total trans 9 9 0.750 0 1 128 88 Fatty acids, total trans 9 9 103 0 1 128 88 Fatty acids, total trans 9 103 0 1 128 88 Fatty acids, total trans 9 103 0 1 128 88 Fatty acids, total trans 9 103 0 1 128 128 88 Fatty acids, total trans 128	20:2 n-6 c,c	g									
20.5 n-3	20:3 undifferentiated	g									
22:5 n-3 9 0.750 0 1 0.930 0.638 Fatty acids, tolal trans. 9 103 0 1 128 88 Cholesterol. mg 103 0 1 128 88 Phytosterols. mg Cholesterol. mg 103 0 1 128 88 Phytosterols. mg Colspan="3">		-									
22:6 n-3 9 0.750 0 1 0.930 0.638 Faty acids, total trans 9 103 0 1 128 88 Cholesterol. mg 103 0 1 128 88 Amino Acids: Tryptophan. 9 0.255 0 1 0.316 0.217 Threonine 9 0.997 0 1 1.236 0.847 Isoleucine 9 1.047 0 1 1.236 0.847 Leucine 9 1.047 0 1 1.236 0.847 Leucine 9 1.848 0 1 2.589 1.571 Lysine 9 0.673 0 1 0.835 0.572 Cystine 9 0.244 0 1 0.835 0.572 Cystine 9 0.767 0 1 0.951 0.652 Yaline 9 1.360 <	20:5 n-3	g	0.217		0		1		0.269	0.184	
Fatty acids, total trans 9 Cholesterol. mg 103 0 1 128 88 Phytosterols Amino Acids: Tryptophan. 9 0.255 0 1 0.316 0.217 Threonine. 9 0.997 0 1 1.236 0.847 Isoleucine. 9 1.047 0 1 1.238 0.890 Isoleucine. 9 1.047 0 1 1.236 0.847 Leucine. 9 1.048 0 1 1.258 0.890 Lysine. 9 0.673 0 1 0.835 0.572 Cystine. 9 0.244 0	22:5 n-3	g									
Cholesterol. mg 103 0 1 128 88 Phytosterols mg Amino Acids: Trypophan 9 0.255 0 1 0.316 0.217 Threonine 9 0.997 0 1 1.236 0.847 Isoleucine 9 1.047 0 1 1.298 0.890 Leucine 9 1.047 0 1 1.298 0.890 Leucine 9 1.047 0 1 2.292 1.571 Lysine 9 1.848 0 1 2.2589 1.775 Methionine 9 0.673 0 1 0.835 0.572 Cystine 9 0.673 0 1 0.303 0.207 Phenylalanine 9 0.887 0 1 1.100 0.754 Tyrosine 9 0.7667 0 1 0.995	22:6 n-3	g	0.750		0		1		0.930	0.638	
Phytosterols. mg Maino Acids:											
Amino Acids: Tryptophan g 0.255 0 1 0.316 0.217 Threonine g 0.997 0 1 1.236 0.847 Isolecine g 1.047 0 1 1.298 0.890 Leucine g 1.848 0 1 2.292 1.571 Lysine g 2.088 0 1 2.589 1.775 Methionine g 0.673 0 1 0.835 0.572 Cystine g 0.244 0 1 0.835 0.572 Cystine g 0.767 0 1 0.951 0.652 Valine g 0.767 0 1 0.951 0.652 Valine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanine g 1.375 0 1 1.705 <td>Cholesterol</td> <td>mg</td> <td>103</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>128</td> <td>88</td> <td></td>	Cholesterol	mg	103		0		1		128	88	
Tryptophan 9 0.255 0 1 0.316 0.217 Threonine 9 0.997 0 1 1.236 0.847 Isoleucine 9 1.047 0 1 1.298 0.890 Leucine 9 1.848 0 1 2.292 1.571 Lysine 9 2.088 0 1 2.589 1.775 Methionine 9 0.673 0 1 0.835 0.572 Cystine 9 0.673 0 1 0.835 0.572 Cystine 9 0.244 0 1 0.303 0.207 Phenylalanine 9 0.887 0 1 0.303 0.207 Phenylalanine 9 0.767 0 1 0.951 0.652 Tyrosine 9 0.767 0 1 0.951 0.652 Arginine 9 1.360 0 1 1.686 1	Phytosterols	mg									
Threonine 9 0.997 0 1 1.236 0.847 Isoleucine 9 1.047 0 1 1.298 0.890 Leucine 9 1.848 0 1 2.292 1.571 Lysine 9 2.088 0 1 2.589 1.775 Methionine 9 0.673 0 1 0.835 0.572 Cystine 9 0.244 0 1 0.303 0.207 Phenylalanine 9 0.887 0 1 1.100 0.754 Tyrosine 9 0.767 0 1 0.951 0.652 Valine 9 1.360 0 1 1.452 0.995 Arginine 9 0.669 0 1 1.686 1.156 Histidine 9 0.669 0 1 0.830 0.569 Alanine 9 1.375 0 1 1.705 1.169 <td>Amino Acids:</td> <td></td>	Amino Acids:										
Soleucine	Tryptophan	g	0.255		0		1		0.316	0.217	
Leucine g 1.848 0 1 2.292 1.571 Lysine g 2.088 0 1 2.589 1.775 Methionine g 0.673 0 1 0.835 0.572 Cystine g 0.244 0 1 0.303 0.207 Phenylalanine g 0.887 0 1 1.100 0.754 Tyrosine g 0.767 0 1 0.951 0.652 Valine g 1.171 0 1 1.452 0.995 Arginine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanie g 1.375 0 1 1.705 1.169 Aspartic acid g 3.393 0 1 2.887 1.979 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683	Threonine	g	0.997		0		1		1.236	0.847	
Leucine g 1.848 0 1 2.292 1.571 Lysine g 2.088 0 1 2.589 1.775 Methionine g 0.673 0 1 0.835 0.572 Cystine g 0.244 0 1 0.303 0.207 Phenylalanine g 0.887 0 1 1.100 0.754 Tyrosine g 0.767 0 1 0.951 0.652 Valine g 1.171 0 1 1.452 0.995 Arginine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanie g 1.375 0 1 1.705 1.169 Aspartic acid g 3.393 0 1 2.887 1.979 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683			1.047		0		1		1.298	0.890	
Lysine			1.848		0		1		2.292	1.571	
Cystine g 0.244 0 1 0.303 0.207 Phenylalanine g 0.887 0 1 1.100 0.754 Tyrosine g 0.767 0 1 0.951 0.652 Valine g 1.171 0 1 1.452 0.995 Arginine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanine g 1.375 0 1 1.705 1.169 Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788			2.088		0		1		2.589	1.775	
Cystine g 0.244 0 1 0.303 0.207 Phenylalanine g 0.887 0 1 1.100 0.754 Tyrosine g 0.767 0 1 0.951 0.652 Valine g 1.171 0 1 1.452 0.995 Arginine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanine g 1.375 0 1 1.705 1.169 Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788	Methionine	g	0.673		0		1		0.835	0.572	
Tyrosine g 0.767 0 1 0.951 0.652 Valine g 1.171 0 1 1.452 0.995 Arginine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanine g 1.375 0 1 1.705 1.169 Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788	Cystine	g	0.244		0		1		0.303	0.207	
Tyrosine. g 0.767 0 1 0.951 0.652 Valine. g 1.171 0 1 1.452 0.995 Arginine. g 1.360 0 1 1.686 1.156 Histidine. g 0.669 0 1 0.830 0.569 Alanine. g 1.375 0 1 1.705 1.169 Aspartic acid. g 2.328 0 1 2.887 1.979 Glutamic acid. g 3.393 0 1 4.207 2.884 Glycine. g 1.091 0 1 1.353 0.927 Proline. g 0.804 0 1 0.997 0.683 Serine. g 0.927 0 1 1.149 0.788	,	-	0.887		0		1		1.100	0.754	
Valine g 1.171 0 1 1.452 0.995 Arginine g 1.360 0 1 1.686 1.156 Histidine g 0.669 0 1 0.830 0.569 Alanine g 1.375 0 1 1.705 1.169 Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788	2		0.767		0		1		0.951	0.652	
Arginine 9 1.360 0 1 1.686 1.156 Histidine 9 0.669 0 1 0.830 0.569 Alanine 9 1.375 0 1 1.705 1.169 Aspartic acid 9 2.328 0 1 2.887 1.979 Glutamic acid 9 3.393 0 1 4.207 2.884 Glycine 9 1.091 0 1 1.353 0.927 Proline 9 0.804 0 1 0.997 0.683 Serine 9 0.927 0 1 1.149 0.788	Valine	g	1.171		0		1		1.452	0.995	
Histidine g 0.669 0 1 0.830 0.569 Alanine g 1.375 0 1 1.705 1.169 Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788		_	1.360		0		1		1.686		
Alanine g 1.375 0 1 1.705 1.169 Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788	2		0.669		0		1		0.830	0.569	
Aspartic acid g 2.328 0 1 2.887 1.979 Glutamic acid g 3.393 0 1 4.207 2.884 Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788			1.375		0		1		1.705	1.169	
Glutamic acid. g 3.393 0 1 4.207 2.884 Glycine			2.328		0		1		2.887	1.979	
Glycine g 1.091 0 1 1.353 0.927 Proline g 0.804 0 1 0.997 0.683 Serine g 0.927 0 1 1.149 0.788	•		3.393		0		1		4.207		
Proline		•	1.091		0		1		1.353	0.927	
Serine	,	-	0.804		0		1		0.997		
-					0		1				
		_									

Common Measures:

Measure 1 = 124g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gi	Amount in edible portion of common						
			Nur	nber				<u>m</u>	easures of food	<u> </u>
				Data De	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	79.22	0.522	10		1		125.96	67.34	
	-	97	0.322	0	NC	4		154	82	
Energy		406		U	NC	4		645	82 345	
Energy			0 201	10		_				
Protein (N x 6.25)		17.73	0.391	10		1		28.19	15.07	
Total lipid (fat)		2.33	0.381	14		1		3.70	1.98	
Ash		1.04	0.024	10	_	1		1.65	0.88	
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									
Ainerals:										
Calcium. Ca	mg	15		0		4		24	13	
Iron, Fe		0.84		1		1		1.34	0.71	
Magnesium, Mg	_	40		0		4		64	34	
Phosphorus, P		198		0		4		315	168	
Potassium, K	_	256		0		4		407	218	
Sodium, Na		69		0		4		110	59	
Zinc, Zn		0.40	0.013			1		0.64	0.34	
Copper, Cu		0.031				1		0.049	0.026	
Manganese, Mn		0.015		0		1		0.024	0.013	
Selenium, Se		36.5		0 C	AZN	4		58.0	31.0	
Vitamina										
Vitamins:	ma	0.0		0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.100		0	4	4		0.159	0.0	
Riboflavin		0.100		0		4		0.048	0.026	
Niacin		2.100		0		4		3.339	1.785	
Pantothenic acid	_	0.750		0		4		1.193	0.638	
Vitamin B-6		0.730		0		4		0.477	0.255	
	-	9		0		4		14	8	
Folate, total		0		0	z	7		0	0	
Folic acidFolate, food		9		0	4	4		14	8	
Folate, DFE	meg DEE	9			NC	4		14	8	
		3.82	0.160	8	NC	1		6.07	3.25	
Vitamin B-12		90	0.160	0		4		143	77	
Vitamin A, IU		90 27				_				
Vitamin A, RAE				0		4 4		43	23	
Retinol		27		U		4		43	23	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>	_			•						
Fatty acids, total saturated		0.507		0		1		0.806	0.431	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	_			•		_				
14:0		0.042		2		1		0.067	0.036	
15:0	-					_				
16:0		0.379		2		1		0.603	0.322	
17:0				•		_				
18:0		0.086		2		1		0.137	0.073	
20:0	-									
22:0	g									

	<u>A</u> 1	mount in 100 grams	Amount in edible portion of common measures of food				
		Number	r Deriv Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.660	0	1		1.049	0.561	
14:1g	0.000	•	_		1.015	0.501	
15:1g							
16:1 undifferentiatedg	0.151	. 2	1		0.240	0.128	
17:1g							
18:1 undifferentiatedg	0.448		1		0.712	0.381	
20:1g	0.057		1		0.091	0.048	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.784		1		1.247	0.666	
18:2 undifferentiatedg	0.015		1		0.024	0.013	
18:3 undifferentiatedg	0.015		1		0.024	0.013	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000		1		0.000	0.000	
20:5 n-3g	0.169		1		0.269	0.144	
22:5 n-3g	0.000		1		0.000	0.000	
22:6 n-3g	0.585	2	1		0.930	0.497	
Fatty acids, total transg							
Cholesterolmg	80	1	1		127	68	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.199	0	1		0.316	0.169	
Threonineg	0.777	0	1		1.235	0.660	
Isoleucineg	0.817	0	1		1.299	0.694	
Leucineg	1.441	. 0	1		2.291	1.225	
Lysineg	1.628	0	1		2.589	1.384	
Methionineg	0.525	0	1		0.835	0.446	
Cystineg	0.190	0	1		0.302	0.162	
Phenylalanineg	0.692	. 0	1		1.100	0.588	
Tyrosineg	0.599	0	1		0.952	0.509	
Valineg	0.914	0	1		1.453	0.777	
Arginineg	1.061	. 0	1		1.687	0.902	
Histidineg	0.522	. 0	1		0.830	0.444	
Alanine	1.072	. 0	1		1.704	0.911	
Aspartic acidg	1.816		1		2.887	1.544	
Glutamic acid	2.647	0	1		4.209	2.250	
Glycine 9	0.851		1		1.353	0.723	
Proline	0.627	0	1		0.997	0.533	
Serineg	0.723	0	1		1.150	0.615	
Hydroxyproline							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg	3.0	Ů	,			•.•	
Theobromine mg							

Common Measures:

Measure 1 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	<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	62.64		0		1		73.29	53.24		
Energy	kcal	159		0	NC	4		186	135		
Energy	kj	665				4		778	565		
Protein (N x 6.25)	g	25.69		0		1		30.06	21.84		
Total lipid (fat)	g	5.44		0		1		6.36	4.62		
Ash	g	1.33		0		1		1.56	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											
Starch											
<u>Minerals:</u>											
Calcium, Ca	-	9		0		1		11	8		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.62		0		1		0.73	0.53		
Magnesium, Mg		42		0		1		49	36		
Phosphorus, P	•	291		0		1		340	247		
Potassium, K	-	477		0		1		558	405		
Sodium, Na	_	77		0		1		90	65		
Zinc, Zn		1.04		0		1		1.22	0.88		
Copper, Cu		0.068		0		1		0.080	0.058		
Manganese, Mn		0.027	7	0		1		0.032	0.023		
Selenium, Se	mcg	46.8		0	BFSN	4		54.8	39.8		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.067	7	0	_	1		0.078	0.057		
Riboflavin		0.097		0		1		0.113	0.082		
Niacin		7.247		0		1		8.479	6.160		
Pantothenic acid		0.955		0		1		1.117	0.812		
Vitamin B-6		0.464		0		1		0.543	0.394		
Folate, total	-	2	-	0		1		2	2		
Folic acid		0		0	z	7		0	0		
Folate, food		2		0		1		2	2		
Folate, DFE		2		0	NC	4		2	2		
Vitamin B-12		6.22		0	мс	1		7.28	5.29		
Vitamin A, IU		459		0		1		537	390		
Vitamin A, RAE		138		0		1		161	117		
Retinol		138		0		1		161	117		
Vitamin E (alpha-tocopherol)		130		·		-		101	117		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitamini K (phynodumone)	9										
<u> Lipids:</u>											
Fatty acids, total saturated	g	1.172	2	0		1		1.371	0.996		
4:0	g										
6:0	g										
8:0	-										
10:0	-										
12:0	-										
13:0	-	_				_					
14:0	-	0.229	9	0		1		0.268	0.195		
15:0	-										
16:0		0.738	3	0		1		0.863	0.627		
17:0	-										
18:0	-	0.205	5	0		1		0.240	0.174		
20:0	-										
22:0	a										

	<u>Aı</u>	mount in 100	grams of	Amount in edible portion of common				
		N	umber			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error P			e Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.297	,	0	1		2.687	1.952	
14:1g	2.237		Ū	-		2.007	1.932	
15·1 q								
16:1 undifferentiated	0.355	i	0	1		0.415	0.302	
17:1g			•	_		***	****	
18:1 undifferentiated	0.876	i	0	1		1.025	0.745	
20:1g	0.436		0	1		0.510	0.371	
22:1 undifferentiatedg	0.630		0	1		0.737	0.536	
24:1 c9	0.030	•	•	-		0.757	0.550	
Fatty acids, total polyunsaturatedg	1.358	3	0	1		1.589	1.154	
18:2 undifferentiatedg	0.077		0	1		0.090	0.065	
18:3 undifferentiated	0.077		·	-		0.050	0.005	
18:4g	0.214	L	0	1		0.250	0.182	
20:2 n-6 c,cg	V	•	·	_		0.230	0.102	
20:3 undifferentiatedg								
20:4 undifferentiated								
20:5 n-3g	0.323	ł	0	1		0.378	0.275	
22:5 n-3	0.079		0	1		0.092	0.067	
22:6 n-3g	0.665		0	1		0.778	0.565	
Fatty acids, total trans	0.003	,	· ·	-		0.778	0.303	
Cholesterolg	76		0	1		89	65	
Phytosterolsmg	70		U	_		69	65	
rnytosteroisng								
Amino Acids:								
Tryptophang	0.288	3	0	1		0.337	0.245	
Threonineg	1.126	5	0	1		1.317	0.957	
Isoleucineg	1.184	Į	0	1		1.385	1.006	
Leucineg	2.088	3	0	1		2.443	1.775	
Lysineg	2.360)	0	1		2.761	2.006	
Methionineg	0.760)	0	1		0.889	0.646	
Cystineg	0.275	;	0	1		0.322	0.234	
Phenylalanineg	1.003	3	0	1		1.174	0.853	
Tyrosineg	0.867	,	0	1		1.014	0.737	
Valine	1.324		0	1		1.549	1.125	
Arginine	1.537		0	1		1.798	1.306	
Histidine 9	0.756		0	1		0.885	0.643	
Alanine	1.554		0	1		1.818	1.321	
Aspartic acid	2.631		0	1		3.078	2.236	
Glutamic acid	3.835		0	1		4.487	3.260	
Glycine9	1.233		0	1		1.443	1.048	
Proline	0.908		0	1		1.062	0.772	
Serine	1.048		0	1		1.226	0.772	

Common Measures:

Measure 1 = 117g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	70.86		3		1		106.29	60.23		
Energy	kcal	124		0	NC	4		186	105		
Energy	kj	519				4		778	441		
Protein (N x 6.25)	g	20.04		3		1		30.06	17.03		
Total lipid (fat)	g	4.24		3		1		6.36	3.60		
Ash	g	1.04		3		1		1.56	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										
Ainerals:											
Calcium, Ca	ma	7		3		1		11	6		
Iron, Fe	_	0.48	0.008	6		1		0.72	0.41		
Magnesium, Mg	_	33	2.230	3		1		50	28		
Phosphorus, P		227		3		1		341	193		
Potassium, K	-	372		3		1		558	316		
Sodium, Na	-	60		3		1		90	51		
Zine, Zn	-	0.81	0.036	107		1		1.22	0.69		
Copper, Cu		0.053	0.002	108		1		0.080	0.045		
Manganese, Mn		0.021	L	3		1		0.032	0.018		
Selenium, Se		36.5		0	CAZN	4		54.8	31.0		
itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.058	3	3		1		0.087	0.049		
Riboflavin	-	0.080		3		1		0.120	0.068		
Niacin		5.950		3		1		8.925	5.058		
Pantothenic acid	_	0.828		3		1		1.242	0.704		
Vitamin B-6	-	0.402	2	3		1		0.603	0.342		
Folate, total	-	2		2		1		2	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		2		1		2	1		
Folate, DFE		2		0	NC	4		2	1		
Vitamin B-12		5.39		2		1		8.09	4.58		
Vitamin A, IU	IU	398		3		1		597	338		
Vitamin A, RAE		120	0.000	3		1		179	102		
Retinol	mcg	120	0.000	3		1		179	102		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u> ipids:</u>											
Fatty acids, total saturated		0.915		0		1		1.373	0.778		
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	-	0.179	1	2		1		0.269	0.152		
14:0	_	0.179	•	2		_		0.269	0.152		
15:0 16:0		0.576	:	2		1		0.864	0.490		
17:0		0.576	•	-		-		0.004	0.490		
18:0		0.160)	2		1		0.240	0.136		
20:0		0.100	•	-		-		0.240	0.136		
22:0	-										
24:0	-										

	<u>A</u> 1	mount in 100 grams	<u>on</u>	Amount in edible portion of common measures of food			
		Number	r Deriv Source	Canfidanaa	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.793	. 0	1		2.690	1.524	
14:1g		-	_		2.050	2.021	
15:1g							
16:1 undifferentiatedg	0.277	2	1		0.416	0.235	
17:1g							
18:1 undifferentiatedg	0.684		1		1.026	0.581	
20:1g	0.340		1		0.510	0.289	
22:1 undifferentiatedg	0.492	2	1		0.738	0.418	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.060		1		1.590	0.901	
18:2 undifferentiatedg	0.060		1		0.090	0.051	
18:3 undifferentiatedg	0.000		1		0.000	0.000	
18:4g	0.167	2	1		0.251	0.142	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000		1		0.000	0.000	
20:5 n-3g	0.252		1		0.378	0.214	
22:5 n-3g	0.062		1		0.093	0.053	
22:6 n-3g	0.519	2	1		0.779	0.441	
Fatty acids, total trans							
Cholesterolmg	59	0	1		89	50	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.224	0	1		0.336	0.190	
Threonineg	0.878	0	1		1.317	0.746	
Isoleucineg	0.923	0	1		1.385	0.785	
Leucineg	1.629	0	1		2.444	1.385	
Lysineg	1.840	0	1		2.760	1.564	
Methionineg	0.593	0	1		0.890	0.504	
Cystineg	0.215	0	1		0.323	0.183	
Phenylalanine	0.782	0	1		1.173	0.665	
Tyrosineg	0.676	0	1		1.014	0.575	
Valineg	1.032	. 0	1		1.548	0.877	
Arginineg	1.199	0	1		1.799	1.019	
Histidineg	0.590	0	1		0.885	0.502	
Alanineg	1.212	. 0	1		1.818	1.030	
Aspartic acid9	2.052	. 0	1		3.078	1.744	
Glutamic acidg	2.991	. 0	1		4.487	2.542	
Glycine9	0.962	. 0	1		1.443	0.818	
Prolineg	0.709	0	1		1.064	0.603	
Serineg	0.818	0	1		1.227	0.695	
Hydroxyprolineg							
Others:							
Alcohol, ethyl	0.0	0	7		0.0	0.0	
Caffeine mg	- · ·	·	•			,	
Theobromine mg							

Common Measures:

Measure 1 = 150g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100) grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			1	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	73.41		0		1		66.07	62.40		
Energy	kcal	115		0	NC	4		104	98		
Energy	kj	481				4		433	409		
Protein (N x 6.25)	g	24.76		0		1		22.28	21.05		
Total lipid (fat)	g	1.04		0		1		0.94	0.88		
Ash	g	1.49		0		1		1.34	1.27		
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:	ma.			_		_		F.C			
Calcium, Ca	-	64		0		1		58	54		
Iron, Fe	-	1.15		0 0		1 1		1.04	0.98		
Magnesium, Mg		41						37	35		
Phosphorus, P	•	256		0		1		230	218		
Potassium, K	-	518		0		1		466	440		
Sodium, Na	-	124		0		1 1		112 0.87	105		
Zinc, Zn		0.97 0.256	-	0		1		0.87	0.82 0.218		
Copper, Cu		0.256		0		1		0.230	0.218		
Manganese, Mn		16.2	,	0	BFSN	4		14.6	13.8		
Selemum, Se	nicg	10.2		U	DF 3N	-		14.0	13.0		
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.429	9	0		1		0.386	0.365		
Riboflavin	mg	0.172	2	0		1		0.155	0.146		
Niacin	<u>mg</u>	1.973	3	0		1		1.776	1.677		
Pantothenic acid	mg	0.173	3	0		1		0.156	0.147		
Vitamin B-6	mg	0.346	5	0		1		0.311	0.294		
Folate, total	mcg	1		0		1		1	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		1		0		1		1	1		
Folate, DFE	mcg_DFE	1		0	NC	4		1	1		
Vitamin B-12		0.92		0		1		0.83	0.78		
Vitamin A, IU	IU	17		0		1		15	14		
Vitamin A, RAE	mcg_RAE	5		0		1		5	4		
Retinol	mcg	5		0		1		5	4		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>ipids:</u>											
Fatty acids, total saturated	a	0.209	9	0		1		0.188	0.178		
4:0						_		***			
6:0											
8:0	-										
10:0	-										
12:0	-										
13:0	-										
14:0	g	0.008	3	0		1		0.007	0.007		
15:0	-										
16:0	-	0.154	1	0		1		0.139	0.131		
17:0											
18:0	-	0.047	7	0		1		0.042	0.040		
20:0	-										
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 100		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			ı	Number			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	0.450							
Fatty acids, total monounsaturated	_	0.170)	0	1		0.153	0.145	
14:1									
15:1		0.033	,	0	1		0.030	0.028	
16:1 undifferentiated		0.033	•	U	_		0.030	0.028	
18:1 undifferentiated	_	0.126	•	0	1		0.113	0.107	
20:1		0.008		0	1		0.113	0.107	
22:1 undifferentiated	-	0.004		0	1		0.007	0.007	
24:1 c	•	0.004	•	U	1		0.004	0.003	
Fatty acids, total polyunsaturated	_	0.381		0	1		0.343	0.324	
18:2 undifferentiated		0.012		0	1		0.011	0.010	
18:3 undifferentiated	_	0.012	-	U	_		0.011	0.010	
18:4									
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated		0.123	ı	0	1		0.111	0.105	
20:5 n-3		0.090		0	1		0.081	0.077	
22:5 n-3	_	0.033		0	1		0.030	0.028	
22:6 n-3		0.123		0	1		0.030	0.105	
Fatty acids, total trans		0.123		·	-		0.111	0.103	
Cholesterol	_	77		0	1		69	65	
Phytosterols	_	• •		·	-		03	03	
1 Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.277	'	0	1		0.249	0.235	
Threonine	g	1.085	5	0	1		0.977	0.922	
Isoleucine	g	1.141	=	0	1		1.027	0.970	
Leucine	g	2.012	?	0	1		1.811	1.710	
Lysine	g	2.274	<u> </u>	0	1		2.047	1.933	
Methionine	g	0.733	3	0	1		0.660	0.623	
Cystine	g	0.265	5	0	1		0.239	0.225	
Phenylalanine	g	0.966	5	0	1		0.869	0.821	
Tyrosine	g	0.836	5	0	1		0.752	0.711	
Valine	g	1.275	5	0	1		1.148	1.084	
Arginine	g	1.481	=	0	1		1.333	1.259	
Histidine	g	0.729		0	1		0.656	0.620	
Alanine	-	1.497	,	0	1		1.347	1.272	
Aspartic acid		2.535		0	1		2.282	2.155	
Glutamic acid	g	3.696		0	1		3.326	3.142	
Glycine		1.188		0	1		1.069	1.010	
Proline	g	0.875		0	1		0.788	0.744	
Serine	g	1.010)	0	1		0.909	0.859	
Hydroxyproline	g								

Common Measures:

Measure 1 = 90g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber	r			<u>m</u>	easures of food	•
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	79.26	0.648	13		1		91.94	67.37	
Energy	kcal	90		0	NC	4		104	77	
Energy	kj	377				4		437	320	
Protein (N x 6.25)	g	19.31	0.713	14		1		22.40	16.41	
Total lipid (fat)	g	0.81	0.059	13		1		0.94	0.69	
Ash	g	1.16	0.075	12		1		1.35	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									
Starch	g									
Ainerals:										
Calcium, Ca	ma	50		1		1		58	43	
Iron, Fe	-	0.90		1		1		1.04	0.77	
Magnesium, Mg	-	32		2		1		37	27	
Phosphorus, P		200		1		1		232	170	
Potassium, K	_	404		2		1		469	343	
Sodium, Na	_	97		2		1		113	82	
Zine, Zn	-	0.76		2		1		0.88	0.65	
Copper, Cu		0.200)	1		1		0.232	0.170	
Manganese, Mn		0.700		1		1		0.812	0.595	
Selenium, Se		12.6		0	BFZN	4		14.6	10.7	
	_									
<u>'itamins:</u>				•	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.372		0		4		0.432	0.316	
Riboflavin		0.141		0		4		0.164	0.120	
Niacin		1.620		0		4		1.879	1.377	
Pantothenic acid		0.150		0		4		0.174	0.128	
Vitamin B-6	_	0.300)	0		4		0.348	0.255	
Folate, total		1		0	_	4		1	1	
Folic acid		0 1		0	Z	7		0 1	0 1	
Folate, food		1		0	NC	4 4		1	1	
Folate, DFE		0.80		0	NC	4		0.93	0.68	
Vitamin A, IU		15		0		4		0.93 17	13	
Vitamin A, IU		5		0		4		5	4	
Retinol		5		0		4		5 5	4	
Vitamin E (alpha-tocopherol)		3		U		-		3	4	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	······································									
<u> ipids:</u>										
Fatty acids, total saturated		0.163	3	0		1		0.189	0.139	
4:0										
6:0	_									
8:0	-									
10:0										
12:0	-									
14:0	-	0.006	;	1		1		0.007	0.005	
15:0	_	0.006	•	1		_		0.007	0.005	
	_	0.120	0.002	7		1		0.139	0.102	
16:0		0.120	0.002	'		_		0.139	0.102	
17:0	_	0.037	0.002	7		1		0.043	0.031	
18:0	_	0.037	0.002	,		1		0.043	0.031	
20:0	_									
22:0 24:0	_									

		<u>Ar</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
			N	lumbe	r			<u>m</u>	easures of 1000	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				_						
Fatty acids, total monounsaturated	-	0.133		0		1		0.154	0.113	
14:1										
15:1		0.026	0.004	4 7		1		0.030	0.022	
16:1 undifferentiated		0.026	0.004	± /		1		0.030	0.022	
18:1 undifferentiated	-	0.098	0.002	2 7		1		0.114	0.083	
20:1		0.098		1		1		0.114	0.005	
22:1 undifferentiated	-	0.000		1		1		0.007	0.003	
24:1 c	•	0.003		1		1		0.003	0.003	
Fatty acids, total polyunsaturated	-	0.297		0		1		0.345	0.252	
18:2 undifferentiated		0.009				1		0.010	0.232	
18:3 undifferentiated	-	0.003	0.00	, ,		-		0.010	0.000	
18:4	-									
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.096	0.005	5 6		1		0.111	0.082	
20:5 n-3		0.070				1		0.081	0.060	
22:5 n-3	-	0.026	0.001	1 6		1		0.030	0.022	
22:6 n-3		0.096				1		0.111	0.082	
Fatty acids, total trans										
Cholesterol	-	60		2		1		70	51	
Phytosterols										
Amino Acids:				_		_				
Tryptophan		0.216		0		1		0.251	0.184	
Threonine		0.847		0		1		0.983	0.720	
Isoleucine		0.890		0		1		1.032	0.757	
Leucine	-	1.570		0		1		1.821	1.335	
Lysine	-	1.774		0		1 1		2.058	1.508	
Methionine		0.572				_		0.664	0.486	
Cystine	_	0.207 0.754		0		1 1		0.240 0.875	0.176 0.641	
Phenylalanine				0		1				
Tyrosine		0.652 0.995		0		1		0.756 1.154	0.55 4 0.846	
Valine	-	1.156		0		1		1.154		
Arginine		0.569		0		1		0.660	0.983 0.484	
Histidine		1.168		0		1		1.355	0.484	
	_	1.100		0		1		2.294	1.681	
Aspartic acidGlutamic acid		2.883		0		1		3.344	2.451	
Glycine		0.927		0		1		1.075	0.788	
Proline		0.927		0		1		0.792	0.788	
Serine	-	0.083		0		1		0.792	0.670	
Hydroxyproline		0.700		·		-		0.514	0.070	
Trydroxypromie	9									

Common Measures:

Measure 1 = 116g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		66.83		0		1		16.71	56.81		
Energy	kcal	187		0	NC	4		47	159		
Energy		782				4		196	665		
Protein (N x 6.25)	g	22.15		0		1		5.54	18.83		
Total lipid (fat)	g	10.28		0		1		2.57	8.74		
Ash	g	1.54		0		1		0.39	1.31		
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											
Staten	9										
Minerals:											
Calcium, Ca	mg	28		0		1		7	24		
Iron, Fe.	_	0.64		0		1		0.16	0.54		
Magnesium, Mg	-	32		0		1		8	27		
Phosphorus, P		308		0		1		77	262		
Potassium, K	•	481		0		1		120	409		
Sodium, Na		114		0		1		29	97		
Zine, Zn	-	0.99		0		1		0.25	0.84		
Copper, Cu	_	0.069)	0		1		0.017	0.059		
Manganese, Mn		0.019		0		1		0.005	0.016		
Selenium, Se		46.8		0	BFSN	4		11.7	39.8		
Seremani, Se											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_. mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.146	i	0		1		0.037	0.124		
Riboflavin	mg	0.192	!	0		1		0.048	0.163		
Niacin		5.769)	0		1		1.442	4.904		
Pantothenic acid	mg	0.865	;	0		1		0.216	0.735		
Vitamin B-6		0.346	i	0		1		0.087	0.294		
Folate, total	-	17		0		1		4	14		
Folic acid		0		0	z	7		0	0		
Folate, food		17		0		1		4	14		
Folate, DFE		17		0	NC	4		4	14		
Vitamin B-12		1.83		0		1		0.46	1.56		
Vitamin A, IU		109		0		1		27	93		
Vitamin A, RAE		33		0		1		8	28		
		33		0		1		8	28		
Retinol		33		U		1		O	28		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		83		0		1		21	71		
Phytosterols				-		=			_		
<u> </u>	G										
Amino Acids:	_			_		_					
Tryptophan		0.248		0		1		0.062	0.211		
Threonine		0.971		0		1		0.243	0.825		
Isoleucine	-	1.021		0		1		0.255	0.868		
Leucine	-	1.801		0		1		0.450	1.531		
Lysine	g	2.035		0		1		0.509	1.730		
Methionine	g	0.656	i	0		1		0.164	0.558		
Cystine	a	0.237	,	0		1		0.059	0.201		

	Amount in	100 grams of edi	Amount in edible portion of common			
Nutrients and Units	Mean Std. Erro	Number of Data Deriv or Points Code	Source Confidence Code Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.865 0.748 1.141 1.326 0.652 1.340 2.269 3.307 1.063 0.783	0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	0.216 0.187 0.285 0.332 0.163 0.335 0.567 0.827 0.226	0.735 0.636 0.970 1.127 0.554 1.139 1.929 2.811 0.904 0.666	

Common Measures:

Measure 1 = 25g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15007 Fish, butterfish, raw Peprilus triacanthus (Peck)

		<u>Ar</u>	mount in 100	gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	lumbe	r			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	74.13	0.68			1		23.72	63.01		
Energy	kcal	146		0	NC	4		47	124		
Energy		611				4		195	519		
Protein (N x 6.25)		17.28	0.12			1		5.53	14.69		
Total lipid (fat)		8.02	0.72			1		2.57	6.82		
Ash		1.20	0.02			1		0.38	1.02		
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											
Starch	g										
Minerals:											
Calcium, Ca	mg	22		0		4		7	19		
Iron, Fe	_	0.50		0		4		0.16	0.43		
Magnesium, Mg	-	25		0		4		8	21		
Phosphorus, P	_	240		0		4		77	204		
Potassium, K	_	375	9.20	0 24		1		120	319		
Sodium, Na		89	3.20	9 24		1		28	76		
Zinc, Zn	mg	0.77	0.02	7 73		1		0.25	0.65		
Copper, Cu	_. mg	0.054	0.00	2 72		1		0.017	0.046		
Manganese, Mn		0.015		0		1		0.005	0.013		
Selenium, Se	mcg	36.5		0	CAZN	4		11.7	31.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.120		0	-	4		0.038	0.102		
Riboflavin		0.150		0		4		0.048	0.128		
Niacin		4.500		0		4		1.440	3.825		
Pantothenic acid	_	0.750		0		4		0.240	0.638		
Vitamin B-6	_	0.300		0		4		0.096	0.255		
Folate, total	-	15		0		4		5	13		
Folic acid		0		0	Z	7		0	0		
Folate, food		15		0		4		5	13		
Folate, DFE		15		0	NC	4		5	13		
Vitamin B-12		1.90		0		4		0.61	1.62		
Vitamin A, IU	IU	100		0		4		32	85		
Vitamin A, RAE	mcg_RAE	30		0		4		10	26		
Retinol	mcg	30		0		4		10	26		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	3.380		0		4		1.082	2.873		
Fatty acids, total monounsaturated		3.380		0		4		1.082	2.873		
Fatty acids, total polyunsaturated		0.590		0		4		0.189	0.502		
Fatty acids, total trans											
Cholesterol		65		0		4		21	55		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.194		0		1		0.062	0.165		
Tryptopnan Threonine		0.194		0		1		0.062	0.165		
Isoleucine	-	0.756		0		1		0.255	0.677		
Leucine	-	1.405		0		1		0.255	1.194		
Lysine		1.587		0		1		0.430	1.194		
Methionine		0.512		0		1		0.308	0.435		
WICHHOHHIC	g g	0.512		0		1		0.164	0.435		

	Amou	nt in 100 grams	Amount in edible portion of common				
			Deriv Source	Confidence	me	easures of food	_
Nutrients and Units	Mean Sto	d. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.675	0	1		0.216	0.574	
Tyrosineg	0.583	0	1		0.187	0.496	
Valineg	0.890	0	1		0.285	0.757	
Arginineg	1.034	0	1		0.331	0.879	
Histidineg	0.509	0	1		0.163	0.433	
Alanineg	1.045	0	1		0.334	0.888	
Aspartic acidg	1.770	0	1		0.566	1.505	
Glutamic acidg	2.580	0	1		0.826	2.193	
Glycineg	0.830	0	1		0.266	0.706	
Prolineg	0.611	0	1		0.196	0.519	
Serineg	0.705	0	1		0.226	0.599	
Hydroxyprolineg							

Common Measures:

Measure 1 = 32g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>		Amount in edible portion of common			
			Numbe	r			<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	69.63	0		1		118.37	59.19			
Energy	kcal	162	0	NC	4		275	138			
Energy		678			4		1152	576			
Protein (N x 6.25)		22.86	0		1		38.86	19.43			
Total lipid (fat)		7.17	0		1		12.19	6.09			
Ash		1.87	0		1		3.18	1.59			
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	-	52	0		1		88	44			
Iron, Fe.		1.59	0		1		2.70	1.35			
Magnesium, Mg		38	0		1		65	32			
Phosphorus, P	•	531 427	0		1 1		903	451 363			
Potassium, KSodium, Na		427 63	0		1		726 107	363 54			
Zinc, Zn		1.90	0		1		3.23	1.62			
Copper, Cu		0.073			1		0.124	0.062			
Manganese, Mn.		0.050			4		0.085	0.043			
Selenium, Se		16.2	0	BFSN			27.5	13.8			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		1.6	0		1		2.7	1.4			
Thiamin		0.140			4		0.238	0.119			
Riboflavin		0.070			4		0.119	0.060			
Niacin	-	2.100			4		3.570	1.785			
Pantothenic acid		0.870			4		1.479	0.740			
Vitamin B-6	-	0.219			1		0.372	0.186			
Folate, total		17 0	0	z	4 7		29 0	15			
Folic acid		17		Z			0 29	0 15			
Folate, food	Ilicg	17 17	0	NC	4 4		29 29	15 15			
Folate, DFE		1.47	0	NC	1		2.50	1.25			
Vitamin B-12 Vitamin A, IU		32	0		1		2.50 54	27			
Vitamin A, RAE		10	0		1		16	8			
Retinol		10	0		1		16	8			
Vitamin E (alpha-tocopherol)		10	· ·		-		10	· ·			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>		1 200					2 260	1 100			
Fatty acids, total saturated		1.388	0		1		2.360	1.180			
4:0 6:0											
8:0											
10:0											
12:0											
13:0											
14:0		0.146	5 0		1		0.248	0.124			
15:0			v		-						
16:0		0.842	2 0		1		1.431	0.716			
17:0											
18:0	-	0.237	7 0		1		0.403	0.201			
20:0	-										
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 100		of edib	le portio	<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	a	2.985		0		1		5.075	2.537		
14:1	-	2.905	,	U		-		5.075	2.557		
15:1											
16:1 undifferentiated	-	0.840)	0		1		1.428	0.714		
17:1	-										
18:1 undifferentiated		1.474	Į	0		1		2.506	1.253		
20:1	g	0.091		0		1		0.155	0.077		
22:1 undifferentiated	-	0.515	5	0		1		0.876	0.438		
24:1 c	g										
Fatty acids, total polyunsaturated		1.835	i	0		1		3.120	1.560		
18:2 undifferentiated		0.663	3	0		1		1.127	0.564		
18:3 undifferentiated	g	0.346	5	0		1		0.588	0.294		
18:4	g	0.074	ļ	0		1		0.126	0.063		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.195	5	0		1		0.332	0.166		
20:5 n-3	g	0.305	5	0		1		0.519	0.259		
22:5 n-3	g	0.105		0		1		0.179	0.089		
22:6 n-3		0.146	5	0		1		0.248	0.124		
Fatty acids, total trans											
Cholesterol	-	84		0		1		143	71		
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.256	5	0		1		0.435	0.218		
Threonine		1.002	2	0		1		1.703	0.852		
Isoleucine		1.054	ļ	0		1		1.792	0.896		
Leucine	-	1.858	3	0		1		3.159	1.579		
Lysine	-	2.100)	0		1		3.570	1.785		
Methionine		0.677	•	0		1		1.151	0.575		
Cystine	_	0.245	i	0		1		0.417	0.208		
Phenylalanine	g	0.893	3	0		1		1.518	0.759		
Tyrosine		0.772	2	0		1		1.312	0.656		
Valine	g	1.178	3	0		1		2.003	1.001		
Arginine	g	1.368	3	0		1		2.326	1.163		
Histidine	g	0.673	3	0		1		1.144	0.572		
Alanine	g	1.383	3	0		1		2.351	1.176		
Aspartic acid	g	2.341	-	0		1		3.980	1.990		
Glutamic acid	g	3.413	3	0		1		5.802	2.901		
Glycine	g	1.097	1	0		1		1.865	0.932		
Proline	g	0.808		0		1		1.374	0.687		
Serine	_	0.933	3	0		1		1.586	0.793		
Hydroxyproline	g										

Common Measures:

Measure 1 = 170g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	r			<u>m</u> e	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.31	0.362	65		1		166.36	64.86	
Energy	kcal	127		0	NC	4		277	108	
Energy	kj	531				4		1158	452	
Protein (N x 6.25)	g	17.83	0.113	63		1		38.87	15.16	
Total lipid (fat)	g	5.60	0.207	163		1		12.21	4.76	
Ash	g	1.46	0.128	64		1		3.18	1.24	
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									
Ainerals:										
Calcium, Ca	ma	41	6.828	11		1		89	35	
Iron, Fe	-	1.24	0.200	7		1		2.70	1.05	
Magnesium, Mg	-	29	2.434	7		1		63	25	
Phosphorus, P		415	125.413	7		1		905	353	
Potassium, K	-	333	35.915	14		1		726	283	
Sodium, Na		49	1.308	5		1		107	42	
Zinc, Zn	mg	1.48	0.245	44		1		3.23	1.26	
Copper, Cu	mg	0.057	0.009	32		1		0.124	0.048	
Manganese, Mn	mg	0.042		0		4		0.092	0.036	
Selenium, Se	mcg	12.6		0	BFZN	4		27.5	10.7	
itamins:										
Vitamin C, total ascorbic acid	ma	1.6		1		1		3.5	1.4	
Thiamin	-	0.115		0		4		0.251	0.098	
Riboflavin		0.113		0		4		0.120	0.047	
Niacin		1.640		0		4		3.575	1.394	
Pantothenic acid		0.750		0		4		1.635	0.638	
Vitamin B-6	-	0.190		1		1		0.414	0.162	
Folate, total	-	15		0		4		33	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0		4		33	13	
Folate, DFE		15		0	NC	4		33	13	
Vitamin B-12		1.53		1		1		3.34	1.30	
Vitamin A, IU		30		0	NC	4		65	26	
Vitamin A, RAE		9		0	NC	4		20	8	
Retinol	mcg	9		0	NR	4		20	8	
Vitamin E (alpha-tocopherol)	mg	0.63		0	NR	4		1.37	0.54	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.1	
ipids:										
Fatty acids, total saturated	a	1.083		0		1		2.361	0.921	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0		0.114	0.016	13		1		0.249	0.097	
15:0										
16:0		0.657	0.032	13		1		1.432	0.558	
17:0	g									
18:0	g	0.185	0.007	13		1		0.403	0.157	
20:0	g									
22:0	~									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			N	umber	•				easures of food	
Nutrients and	Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatural	ted 0	2.328		0		1		5.075	1.979	
14:1		2.020		·		_		3.073	1.373	
15:1	g									
16:1 undifferentiated	g	0.655	0.060	13		1		1.428	0.557	
17:1	-									
18:1 undifferentiated	_	1.150	0.105			1		2.507	0.978	
20:1		0.071	0.017			1		0.155	0.060	
22:1 undifferentiated	•	0.402		1		1		0.876	0.342	
24:1 c		1 401		•				0.100		
Fatty acids, total polyunsaturate		1.431	0.104	0		1 1		3.120	1.216	
18:2 undifferentiated		0.517 0.270	0.104 0.042			1		1.127	0.439 0.230	
18:3 undifferentiated		0.270	0.042			1		0.589 0.126	0.230	
18:4 20:2 n-6 c.c.	-	0.056	0.007	9		1		0.126	0.049	
20:3 undifferentiated										
20:4 undifferentiated	_	0.152	0.015	12		1		0.331	0.129	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.238	0.040			1		0.519	0.202	
22:5 n-3	-	0.082	0.008			1		0.179	0.070	
22:6 n-3		0.114	0.019			1		0.249	0.097	
Fatty acids, total trans	=									
Cholesterol		66		2		1		144	56	
Phytosterols										
Amino Acido										
Amino Acids:	~	0.000		•		1		0.436	0 170	
Tryptophan		0.200 0.782		0		1		0.436 1.705	0.170	
Threonine	_	0.782		0		1		1.705	0.665 0.699	
Isoleucine	_	1.449		0		1		3.159	1.232	
Lysine		1.638		0		1		3.571	1.392	
Methionine		0.528		0		1		1.151	0.449	
Cystine		0.191		0		1		0.416	0.162	
Phenylalanine		0.696		0		1		1.517	0.592	
Tyrosine		0.602		0		1		1.312	0.512	
Valine		0.919		0		1		2.003	0.781	
Arginine	_	1.067		0		1		2.326	0.907	
Histidine	_	0.525		0		1		1.145	0.446	
Alanine	g	1.078		0		1		2.350	0.916	
Aspartic acid	g	1.826		0		1		3.981	1.552	
Glutamic acid	g	2.662		0		1		5.803	2.263	
Glycine	g	0.856		0		1		1.866	0.728	
Proline	g	0.631		0		1		1.376	0.536	
Serine		0.728		0		1		1.587	0.619	
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:									-	
	mc~	^		^	_	-		0.000	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 Z	7		0.000	0.000	
Lycopene		0		0	z Z	7		0.000	0.000	
Lutein + zeaxanthin	g	U		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15008 Fish, carp, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			1	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	58.81		0		1		51.16	49.99	
Energy	kcal	229		0	NC	4		199	195	
Energy	kj	958				4		834	814	
Protein (N x 6.25)	g	18.09		0		1		15.74	15.38	
Total lipid (fat)	g	13.33		0		1		11.60	11.33	
Ash	g	1.26		0		1		1.10	1.07	
Carbohydrate, by difference	g	8.04		0	NC	4		6.99	6.83	
Fiber, total dietary	g	0.7		0		4		0.7	0.6	
Sugars, total	g									
Starch	g									
VC										
Minerals:	ma	4.4		^		4		20	27	
Calcium, Ca	-	44 1.43		0		1 1		38 1.24	37 1.22	
Iron, Fe	-	1.43 27		0		1		1.24 23	23	
Magnesium, Mg Phosphorus, P		216		0		1		23 188	23 184	
Potassium, K	-	340		0		1		188 296	184 289	
Sodium, Na	-	280		0		1		244	238	
Zinc, Zn	-	0.86		0		1		0.75	0.73	
Copper, Cu		0.101		0		1		0.088	0.086	
Manganese, Mn.		0.040		0		4		0.035	0.034	
Selenium, Se		13.9	•	0	RA	4		12.1	11.8	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.073		0		1		0.064	0.062	
Riboflavin		0.133		0		1		0.116	0.113	
Niacin		2.282		0		1		1.985	1.940	
Pantothenic acid		0.730		0		4		0.635	0.621	
Vitamin B-6	-	0.190)	0		4		0.165	0.162	
Folate, total		30		0	RA	4		26	26	
Folic acid		14 17		0	NC	4		12 14	11 14	
Folate, food		39		0	NC	4 4		34		
Folate, DFE		1.90		0	NC	4		1.65	34 1.62	
Vitamin A, IU		28		0		1		24	24	
Vitamin A, RAE		8		0		1		7	7	
Retinol		8		0		1		7	7	
Vitamin E (alpha-tocopherol)		Ü		·		-		,	,	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>		2 000		•				0.061	0 705	
Fatty acids, total saturated		3.288	5	0		1		2.861	2.795	
4:0 6:0										
8:0	-									
10:0	-									
12:0	-									
13:0	-									
14:0	-	0.091	L	0		1		0.079	0.077	
15:0	-			•		_		3.0.0		
16:0	-	2.008	3	0		1		1.747	1.707	
17:0				-		_				
18:0	-	1.169)	0		1		1.017	0.994	
20:0	-			-		_				
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 100 gram		<u>rtion</u>	Amount in edible portion of common measures of food			
		Number of Date		rce Confidence	<u></u>	0000100 01 1000		
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	5.611	0	1		4.882	4.769		
14:1g								
15:1g								
16:1 undifferentiatedg	0.171	0	1		0.149	0.145		
17:1g								
18:1 undifferentiatedg	5.347	0	1		4.652	4.545		
20:1g	0.049	0	1		0.043	0.042		
22:1 undifferentiatedg	0.002	0	1		0.002	0.002		
24:1 cg								
Fatty acids, total polyunsaturated	3.325	0	1		2.893	2.826		
18:2 undifferentiated	2.616	0	1		2.276	2.224		
18:3 undifferentiatedg	0.178	0	1		0.155	0.151		
18:4g	0.030	0	1		0.026	0.026		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.098	0	1		0.085	0.083		
20:5 n-3g	0.119	0	1		0.104	0.101		
22:5 n-3g	0.057	0	1		0.050	0.048		
22:6 n-3g	0.222		1		0.193	0.189		
Fatty acids, total transg								
Cholesterolmg	81	0	1		70	69		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.200		1		0.174	0.170		
Threonineg	0.790		1		0.687	0.672		
Isoleucineg	0.836	0	1		0.727	0.711		
Leucineg	1.508	0	1		1.312	1.282		
Lysineg	1.597		1		1.389	1.357		
Methionineg	0.527	0	1		0.458	0.448		
Cystineg	0.205	0	1		0.178	0.174		
Phenylalanineg	0.726	0	1		0.632	0.617		
Tyrosineg	0.622	0	1		0.541	0.529		
Valineg	0.943	0	1		0.820	0.802		
Arginineg	1.077	0	1		0.937	0.915		
Histidineg	0.530	0	1		0.461	0.451		
Alanineg	1.103	0	1		0.960	0.938		
Aspartic acidg	1.817	0	1		1.581	1.544		
Glutamic acidg	2.720	0	1		2.366	2.312		
Glycine9	0.851	0	1		0.740	0.723		
Prolineg	0.686	0	1		0.597	0.583		
Serineg	0.764	0	1		0.665	0.649		
Hydroxyprolineg								

Common Measures:

Measure 1 = 87g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gi	rams o	of edib	ole 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	
Proximates:											
Water	g	71.58	0.491	6		1		102.36	60.84		
Energy	kcal	152		0	NC	4		217	129		
Energy	kj	636				4		909	541		
Protein (N x 6.25)	g	18.72	0.849	6		1		26.77	15.91		
Total lipid (fat)	g	8.02	0.891	6		1		11.47	6.82		
Ash	g	1.17	0.092	6		1		1.67	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										
Starch	g										
Nin avala.											
<u>/Iinerals:</u> Calcium, Ca	ma	9	1.226	6		1		13	8		
Iron. Fe.	_	0.82	0.378	6		1		1.17	0.70		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	26	1.231	6		1		37	22		
Phosphorus, P		245	7.986	6		1		350	208		
Potassium, K	_	321	11.769	6		1		459	273		
Sodium. Na	-	80	21.109	6		1		114	68		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.05	0.215	6		1		1.50	0.89		
Copper, Cu		0.122		6		1		0.174	0.104		
Manganese, Mn		0.020		3		1		0.029	0.017		
Selenium, Se		14.5		0	BFSN	4		20.7	12.3		
•											
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.8	0.202	3		1		1.1	0.7		
Thiamin		0.420		3		1		0.601	0.357		
Riboflavin		0.073		3		1		0.104	0.062		
Niacin		2.513		3		1		3.594	2.136		
Pantothenic acid	_	0.617		3		1		0.882	0.524		
Vitamin B-6	_	0.163	0.006	3		1		0.233	0.139		
Folate, total		7		2	_	1		10	6		
Folic acid		0		0	Z	7		0	0		
Foliate, food		7 7		2		1		10	6		
Folate, DFE				0	NC	4		10	6		
Vitamin B-12		2.80	0.058	3		1 1		4.00	2.38		
Vitamin A, IU		50	0.000	3		_		72	43		
Vitamin A, RAE		15 15	0.000 0.000	3 3		1 1		21 21	13		
Retinol		15	0.000	3		1		21	13		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
vitamini K (phynodumone)	9										
<u> .ipids:</u>											
Fatty acids, total saturated		1.789		0		1		2.558	1.521		
4:0	-										
6:0	_										
8:0	-										
10:0	_										
12:0	-										
13:0	-	0.112		2		1		0 160	0.005		
14:0	_	0.112		3		1		0.160	0.095		
15:0	_	1.309		3		1		1 070	1 110		
16:0		1.309		5		1		1.872	1.113		
17:0	_	0.319		3		1		0.456	0.271		
18:0	_	0.319		J		1		0.430	0.2/1		
20:0	_										
22:0 24:0	_										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number			<u>m</u>	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.155	0	1		5.942	3.532	
14:1g							
15:1g							
16:1 undifferentiatedg	0.292	3	1		0.418	0.248	
17:1g							
18:1 undifferentiatedg	3.738	3	1		5.345	3.177	
20:1g	0.106	3	1		0.152	0.090	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	1.392	0	1		1.991	1.183	
18:2 undifferentiatedg	1.029	3	1		1.471	0.875	
18:3 undifferentiatedg	0.082	3	1		0.117	0.070	
18:4g	0.016	3	1		0.023	0.014	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.041	3	1		0.059	0.035	
20:5 n-3g	0.049	3	1		0.070	0.042	
22:5 n-3g							
22:6 n-3g	0.128	3	1		0.183	0.109	
Fatty acids, total transg							
Cholesterolmg		1.161 3	1		92	54	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.210	0	1		0.300	0.179	
Threonine	0.821	0	1		1.174	0.698	
Isoleucine	0.862	0	1		1.233	0.733	
Leucine	1.521	0	1		2.175	1.293	
Lysineg	1.719	0	1		2.458	1.461	
Methionine	0.554	0	1		0.792	0.471	
Cystine	0.201	0	1		0.287	0.171	
Phenylalanine	0.731	0	1		1.045	0.621	
Tyrosineg	0.632	0	1		0.904	0.537	
Valineg	0.964	0	1		1.379	0.819	
Arginine	1.120	0	1		1.602	0.952	
Histidine 9	0.551	0	1		0.788	0.468	
Alanine	1.132	0	1		1.619	0.962	
Aspartic acid	1.917	0	1		2.741	1.629	
Glutamic acid	2.794	0	1		3.995	2.375	
Glycineg	0.898	0	1		1.284	0.763	
Proline	0.662	0	1		0.947	0.563	
Serine	0.764	0	1		1.093	0.649	
Hydroxyproline		· ·	_		2.000	0.013	

Common Measures:

Measure 1 = 143g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15234 Fish, catfish, channel, farmed, raw Ictalurus punctatus (Rafinesque)

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>		
			of	Data	Deriv	Source	Confidence					
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
_												
Proximates: Water	a	75.38	0.786	11		1		119.85	64.07			
Energy	_	135	0.700	0	NC	4		215	115			
0.		565		U	NC	4		898	480			
Energy			0.016	11		_						
Protein (N x 6.25)		15.55	0.216	11		1		24.72	13.22			
Total lipid (fat)		7.59	0.665	15		1		12.07	6.45			
Ash		1.00	0.044	11	_	1		1.59	0.85			
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	g											
Minerals:												
Calcium. Ca	ma	9	1.512	11		1		14	8			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.50	0.154	10		1		0.80	0.43			
Magnesium, Mg	-	23	0.650	10		1		37	20			
Phosphorus, P		202	6.800	11		1		321	172			
Potassium, K	-	299	15.659	10		1		475	254			
Sodium, Na		53	9.916	10		1		84	45			
Zinc, Zn		0.74	0.082	10		1		1.18	0.63			
Copper, Cu		0.101		10		1		0.161	0.086			
Manganese, Mn		0.018		7		1		0.029	0.015			
Selenium, Se		12.6	0.002	0	BFZN	4		20.0	10.7			
Scientini, Sc	9			·		-						
<u> Vitamins:</u>												
Vitamin C, total ascorbic acid	mg	0.6	0.089	7		1		1.0	0.5			
Thiamin	-	0.361		7		1		0.574	0.307			
Riboflavin	mg	0.075	0.008	8		1		0.119	0.064			
Niacin	-	2.304	0.093	7		1		3.663	1.958			
Pantothenic acid	mg	0.600	0.082	7		1		0.954	0.510			
Vitamin B-6	mg	0.188	0.011	7		1		0.299	0.160			
Folate, total	mcg	10	0.004	3		1		16	9			
Folic acid		0		0	Z	7		0	0			
Folate, food	mcg	10	0.004	3		1		16	9			
Folate, DFE	mcg_DFE	10		0	NC	4		16	9			
Vitamin B-12	mcg	2.47	0.133	3		1		3.93	2.10			
Vitamin A, IU		50		0	NC	4		80	43			
Vitamin A, RAE	mcg_RAE	15		0	NC	4		24	13			
Retinol	mcg	15		0	NR	4		24	13			
Vitamin E (alpha-tocopherol)	mg	1.20		0	NR	4		1.91	1.02			
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta	mg											
Vitamin D												
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.1			
inide												
ipids:	a	1.768	1	0		1		2.811	1.503			
Fatty acids, total saturated		0.000		0		1		0.000	0.000			
4:0		0.000		0		1						
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000 0.000			
8:0 10:0		0.000		0		1		0.000				
12:0				0		1			0.000			
		0.000	•	U		T		0.000	0.000			
13:0	-	0 000		12		4		0 157	2 221			
14:0	-	0.099	•	13		1		0.157	0.084			
15:0	-					_						
16:0		1.274	i	13		1		2.026	1.083			
17:0	g											
	_											
18:0	-	0.354		13		1		0.563	0.301			
	g	0.354	l	13		1		0.563	0.301			

		<u>A</u> 1	mount in 100) grams		ble portic	<u>on</u>		edible portion easures of food	
Nutrients and U	nits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d a	3.586	i	0		1		5.702	3.048	
14:1										
15:1										
16:1 undifferentiated		0.283	1	13		1		0.450	0.241	
17:1	-									
18:1 undifferentiated		3.168		13		1		5.037	2.693	
20:1	-	0.074		13		1		0.118	0.063	
22:1 undifferentiated	•	0.049	1	13		1		0.078	0.042	
24:1 cFatty acids, total polyunsaturated		1.568		0		1		2.493	1.333	
18:2 undifferentiated		0.876		13		1		1.393	0.745	
18:3 undifferentiated		0.096		13		1		0.153	0.743	
18:4	_	0.037		13		1		0.153	0.031	
20:2 n-6 c.c	_	0.337				-		3.000	0.001	
20:3 undifferentiated	_									
20:4 undifferentiated		0.085	i	13		1		0.135	0.072	
20:5 n-3	_	0.067		13		1		0.107	0.057	
22:5 n-3	-	0.090	0.00	0 13		1		0.143	0.077	
22:6 n-3		0.207		13		1		0.329	0.176	
Fatty acids, total trans	g									
Cholesterol	mg	47	5.48	5 8		1		75	40	
Phytosterols	mg									
Amino Acide										
Amino Acids:	a	0.174		0		1		0.277	0.148	
Tryptophan Threonine		0.682		0		1		1.084	0.148	
Isoleucine	-	0.882		0		1		1.140	0.580	
Leucine		1.264		0		1		2.010	1.074	
Lysine	<u>-</u>	1.429		0		1		2.272	1.215	
Methionine		0.460		0		1		0.731	0.391	
Cystine		0.167		0		1		0.266	0.142	
Phenylalanine		0.607		0		1		0.965	0.516	
Tyrosine		0.525		0		1		0.835	0.446	
Valine	-	0.801		0		1		1.274	0.681	
Arginine	-	0.931		0		1		1.480	0.791	
Histidine		0.458		0		1		0.728	0.389	
Alanine	<u>-</u>	0.941		0		1		1.496	0.800	
Aspartic acid		1.593		0		1		2.533	1.354	
Glutamic acid		2.322		0		1		3.692	1.974	
Glycine	-	0.747		0		1		1.188	0.635	
Proline		0.550)	0		1		0.875	0.468	
Serine	g	0.635		0		1		1.010	0.540	
Hydroxyproline										
	_									
Others:	~	0.0		•		_		0.0		
Alcohol, ethyl		0.0		0		7 7		0.0	0.0	
Caffeine		0		0 0	Z Z	7		0	0 0	
Theobromine	!!!!9	U		U	Z	,		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 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15234

Fish, catfish, channel, farmed, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gr	rams of	edib	ie portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				m	easures of food	<u> </u>	
				Data De	eriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure	
_											
Proximates: Water	а	77.67	0.624	4		1		111.07	66.02		
Energy	-	105	0.021	0	NC	4		150	89		
0.		439		U	NC	4		628	373		
Energy			0.400			_					
Protein (N x 6.25)		18.47	0.423	4		1		26.41	15.70		
Total lipid (fat)		2.85	0.194	4		1		4.08	2.42		
Ash		1.15	0.050	4		1		1.64	0.98		
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										
Minopole											
Minerals: Calcium. Ca	ma	11	1.667	4		1		16	9		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.35	0.019	4		1		0.50	0.30		
,	• • • • • • • • • • • • • • • • • • • •	28	0.019	4		1		40	24		
Magnesium, Mg		304	33.155			1		435	258		
Phosphorus, P	_	419	15.602	3 4		1		435 599	258 356		
Potassium, K		50	4.040	4		1		72	43		
Sodium, Na	-	0.61	0.040	4		1		0.87	0.52		
Zinc, Zn						1		0.87	0.32		
Copper, Cu		0.039		4							
Manganese, Mn		0.027	0.005	4	.=	1		0.039	0.023		
Selenium, Se	rricg	14.3		0 E	BFSN	4		20.4	12.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8	0.178	4		1		1.1	0.7		
Thiamin		0.227	0.023	4		1		0.325	0.193		
Riboflavin		0.067	0.003	4		1		0.096	0.057		
Niacin		2.385	0.259	4		1		3.411	2.027		
Pantothenic acid	_	0.910	0.161	4		1		1.301	0.774		
Vitamin B-6		0.106	0.010	4		1		0.152	0.090		
Folate, total	-	10		2		1		14	9		
Folic acid		0		0	Z	7		0	0		
Folate, food		10		2		1		14	9		
Folate, DFE	mca DFF	10			NC	4		14	9		
Vitamin B-12		2.90	0.066	4		1		4.15	2.47		
Vitamin A, IU		50	0.000	4		1		72	43		
Vitamin A, RAE		15	0.000	4		1		21	13		
		15	0.000	4		1		21	13		
Retinol		15	0.000	4		_		21	13		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	0.744		0		1		1.064	0.632		
4:0											
6:0											
8:0	-										
10:0											
12:0											
13:0											
14:0		0.082		4		1		0.117	0.070		
15:0		0.002		-		-		V.11/	0.070		
16:0		0.483	1	4		1		0.691	0.411		
		0.403	•	-		1		0.691	0.411		
17:0	-	0 116		4		1		0 166	0.000		
18:0	-	0.116	•	4		1		0.166	0.099		
20:0	-										
22:0	g 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		0	1		1.572	0.934	
14:1	-						
15:1	. •						
16:1 undifferentiated	=	4	1		0.360	0.214	
17:1	. •						
18:1 undifferentiated	-	4	1		1.104	0.656	
20:1		4	1		0.041	0.025	
22:1 undifferentiated	•						
24:1 c	.g						
Fatty acids, total polyunsaturated	.g 0.636	0	1		0.909	0.541	
18:2 undifferentiated	g 0.142	4	1		0.203	0.121	
18:3 undifferentiated	g 0.096	4	1		0.137	0.082	
18:4	.g 0.012	4	1		0.017	0.010	
20:2 n-6 c,c	.g						
20:3 undifferentiated	.g						
20:4 undifferentiated		4	1		0.124	0.074	
20:5 n-3	g 0.100	4	1		0.143	0.085	
22:5 n-3							
22:6 n-3	-	4	1		0.196	0.116	
Fatty acids, total trans	-						
Cholesterol	-	1.546 4	1		103	61	
Phytosterols							
•	. •						
Amino Acids:		•	_				
Tryptophan		0	1		0.296	0.176	
Threonine	-	0	1		1.158	0.689	
Isoleucine		0	1		1.217	0.723	
Leucine		0	1		2.148	1.277	
Lysine		0	1		2.427	1.442	
Methionine	-	0	1		0.782	0.465	
Cystine	.g 0.198		1		0.283	0.168	
Phenylalanine	g 0.721	0	1		1.031	0.613	
Tyrosine	.g 0.624	0	1		0.892	0.530	
Valine	.g 0.952	0	1		1.361	0.809	
Arginine	.g 1.106	0	1		1.582	0.940	
Histidine	.g 0.544	0	1		0.778	0.462	
Alanine	.g 1.117	0	1		1.597	0.949	
Aspartic acid		0	1		2.706	1.608	
Glutamic acid		0	1		3.944	2.344	
Glycine		0	1		1.268	0.754	
Proline		0	1		0.934	0.555	
	-	0	1		1.078	0.641	
Serine							

Common Measures:

Measure 1 = 143g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15010 Fish, catfish, channel, wild, raw Ictalurus punctatus (Rafinesque)

		<u>A</u>	mount in 100 gra		ble portion	<u>on</u>	Amount in edible portion of common		
			Num				<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	of D Std. Error Poir	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure
Proximates:									
Water	=	80.36		5	1		127.77	68.31	
Energy		95		0 NC	4		151	81	
Energy		397			4		632	338	
Protein (N x 6.25)		16.38		5	1		26.04	13.92	
Total lipid (fat)		2.82		5	1		4.48	2.40	
Ash		0.96		5	1		1.53	0.82	
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	_	14		5	1		22	12	
Iron, Fe		0.30		4	1		0.48	0.26	
Magnesium, Mg		23		4	1		37	20	
Phosphorus, P		209		4	1		332	178	
Potassium, K		358		4	1 1		569	30 4 37	
Sodium, Na		43 0.51		4	1		68 0.81	0.43	
Zinc, Zn		0.034		4 4	1		0.81	0.43	
Copper, Cu		0.034		4	1		0.034	0.023	
Selenium, Se		12.6		- 5 A	1		20.0	10.7	
Vitamins:	ma	0.7	0.225	4	1		1.1	0.6	
Vitamin C, total ascorbic acid Thiamin		0.7		4	1		0.334	0.6	
Riboflavin		0.210		- 5	1		0.114	0.061	
Niacin		1.907		4	1		3.032	1.621	
Pantothenic acid		0.765		- 4	1		1.216	0.650	
Vitamin B-6		0.116	0.012	4	1		0.184	0.099	
Folate, total	_	10		2	1		16	9	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	10		2	1		16	9	
Folate, DFE	mcg_DFE	10		0 NC	4		16	9	
Vitamin B-12		2.23	0.155	4	1		3.55	1.90	
Vitamin A, IU		50	0.000	4	1		80	43	
Vitamin A, RAE		15		4	1		24	13	
Retinol		15	0.000	4	1		24	13	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta		E00 000		^ п			705 000	425 000	
Vitamin D Vitamin K (phylloquinone)		500.000	,	0 т	4		795.000	425.000	
	Illog								
<u> Lipids:</u>	_			•	_				
Fatty acids, total saturated		0.722		0	1		1.148	0.614	
4:0		0.000		0 0	1 1		0.000	0.000	
6:0 8:0	-	0.000		0 0	1		0.000	0.000	
8:0 10:0		0.000		0	1		0.000 0.000	0.000 0.000	
12:0	_	0.000		0	1		0.000	0.000	
13:0	_	3.000		-	-		0.000	0.000	
14:0	-	0.064	į 1	.0	1		0.102	0.054	
15:0	-	5.00	-	-	-		0.102	5.054	
16:0		0.442	· 1	.0	1		0.703	0.376	
17:0			•		_		303	3.3.0	
18:0		0.150) 1	.0	1		0.239	0.128	
20:0							2		
22:0	_								
24:0	_								

	<u>A</u>	mount in 100 grams	Amount in edible portion of common				
		Numbe	='	Confidence	m	easures of food	•
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.844	. 0	1		1.342	0.717	
14:1g	0.01.	•	_		1.542	0.727	
15:1g							
16:1 undifferentiatedg	0.176	10	1		0.280	0.150	
17:1g							
18:1 undifferentiatedg	0.594	10	1		0.944	0.505	
20:1g	0.021	. 10	1		0.033	0.018	
22:1 undifferentiatedg	0.008	10	1		0.013	0.007	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.865		1		1.375	0.735	
18:2 undifferentiatedg	0.101		1		0.161	0.086	
18:3 undifferentiatedg	0.071	. 10	1		0.113	0.060	
18:4g	0.013	10	1		0.021	0.011	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.149		1		0.237	0.127	
20:5 n-3g	0.130		1		0.207	0.111	
22:5 n-3g	0.100		1		0.159	0.085	
22:6 n-3g	0.234	10	1		0.372	0.199	
Fatty acids, total transg							
Cholesterolmg	58	3.530 4	1		92	49	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.183		1		0.291	0.156	
Threonineg	0.718		1		1.142	0.610	
Isoleucineg	0.755		1		1.200	0.642	
Leucineg	1.331		1		2.116	1.131	
Lysineg	1.504		1		2.391	1.278	
Methionineg	0.485		1		0.771	0.412	
Cystineg	0.176		1		0.280	0.150	
Phenylalanineg	0.639		1		1.016	0.543	
Tyrosineg	0.553		1		0.879	0.470	
Valineg	0.844		1		1.342	0.717	
Arginineg	0.980		1		1.558	0.833	
Histidineg	0.482		1		0.766	0.410	
Alanineg	0.991		1		1.576	0.842	
Aspartic acidg	1.677		1		2.666	1.425	
Glutamic acidg	2.445		1		3.888	2.078	
Glycineg	0.786		1		1.250	0.668	
Prolineg	0.579		1		0.921	0.492	
Serineg	0.668	0	1		1.062	0.568	
Hydroxyproline							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeinemg							
Theobromine mg							

Common Measures:

Measure 1 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 100	grams	Amount in edible portion of common					
			N	lumber				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.50		6		1		7.60	13.47	
Energy	kcal	252		0	NC	4		40	71	
Energy	kj	1054				4		169	299	
Protein (N x 6.25)	g	24.60		6		1		3.94	6.97	
Total lipid (fat)	g	17.90		6		1		2.86	5.07	
Ash	g	6.50		2		1		1.04	1.84	
Carbohydrate, by difference	g	4.00		0		4		0.64	1.13	
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									
Minorals										
Minerals: Calcium, Ca	ma	275		0		4		44	78	
Iron, Fe	_	11.88		0		4		1.90	3.37	
Magnesium, Mg	_	300		0		4		48	85	
Phosphorus, P		356		0		4		57	101	
Potassium, K	_	181		0		4		29	51	
Sodium, Na		1500		0		1		240	425	
Zinc, Zn	-	0.95		0		4		0.15	0.27	
Copper, Cu		0.110)	0		4		0.018	0.031	
Manganese, Mn		0.050		0		4		0.008	0.014	
Selenium, Se		65.5		0	BFSN	4		10.5	18.6	
7.										
Vitamins:				•	_	_				
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.190		0		4		0.030	0.054	
Riboflavin	=	0.620		0		4		0.099	0.176	
Niacin	_	0.120		0		4		0.019	0.034	
Pantothenic acid	=	3.500		0		4		0.560	0.992	
Vitamin B-6	-	0.320)	0		4		0.051	0.091	
Folate, total		50 0		0	z	4 7		8 0	14	
Folic acid		50		0	Z			8	0 14	
Folate, food		50 50		0 0	NC	4 4		8		
Folate, DFE		20.00		0	NC			3.20	14 5.67	
Vitamin B-12 Vitamin A, IU		1870		0	NC	4 4		299		
Vitamin A, IU Vitamin A, RAE		561		0	NC	4		90	530 159	
Retinol		561		0	NR NR	4		90	159	
Vitamin E (alpha-tocopherol)		7.00		0	NR NR	4		1.12	1.98	
Tocopherol, beta		7.00		U	NK	-		1.12	1.90	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		232.000)	0	т	4		37.120	65.772	
Vitamin K (phylloquinone)		0.7		0	BFSN	4		0.1	0.2	
<u>Lipids:</u>										
Fatty acids, total saturated		4.060		0		4		0.650	1.151	
4:0		0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.000	,	0		4		0.000	0.000	
13:0		0.010	,	^						
14:0		0.212	2	0		4		0.034	0.060	
15:0	-	2		^				0.500	1 000	
16:0	-	3.555)	0		4		0.569	1.008	
17:0	-	0.000	,	0				0.047	2 202	
18:0	-	0.293	•	U		4		0.047	0.083	
20:0	_									
22:0	g g									

	<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	Measure 1	Measure 2	Measure 3
Hatrionio and Omio		Otd. Ellor			mousure r	moudule 2	mousure o
Fatty acids, total monounsaturated	g 4.631	0	4		0.741	1.313	
14:1	=						
15:1							
16:1 undifferentiated	•	0	4		0.167	0.296	
17:1		_	_				
18:1 undifferentiated	•	0	4		0.506	0.897	
20:1	-	0	4		0.049	0.088	
22:1 undifferentiated	_	0	4		0.018	0.032	
24:1 c							
Fatty acids, total polyunsaturated		0	4		1.185	2.099	
18:2 undifferentiated		0	4		0.013	0.023	
18:3 undifferentiated		0	4		0.003	0.005	
18:4	-	0	4		0.005	0.009	
20:2 n-6 c,c	•						
20:3 undifferentiated							
20:4 undifferentiated	=	0	4		0.081	0.143	
20:5 n-3	-	0	4		0.439	0.777	
22:5 n-3		0	4		0.037	0.065	
22:6 n-3		0	4		0.608	1.077	
Fatty acids, total trans							
Cholesterol		0	1		94	167	
Phytosterols	mg						
Amino Acids:							
Tryptophan	0.323	0	1		0.052	0.092	
Threonine	•	6	1		0.202	0.358	
Isoleucine	•	6	1		0.166	0.293	
Leucine	•	6	1		0.341	0.605	
Lysine	•	6	1		0.293	0.520	
Methionine	•	6	1		0.103	0.183	
Cystine		6	1		0.103	0.127	
3		6	1		0.171	0.304	
Phenylalanine	•	6	1		0.155	0.274	
	•	6	1		0.202	0.274	
Valine		6	1				
Arginine	-	6	1		0.254 0.104	0.451	
Histidine			1			0.184	
Alanine		6	1		0.264 0.382	0.469	
Aspartic acid	•					0.676	
Glutamic acid		6	1		0.581	1.030	
Glycine		6	1		0.118	0.210	
Proline	=	6 6	1 1		0.192	0.340	
Serine		6	1		0.304	0.538	
Hydroxyproline	9						
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeinem		0	z 7		0	0	
Theobromine	•	0	z 7		0	0	
Carotenoids:	•	·	•		-	•	
Carotene, beta		0	Z 7		0.000	0.000	
Carotene, alpham		0	z 7		0.000	0.000	
Cryptoxanthin, beta	-	0	z 7		0.000	0.000	
Lycopenem		0	z 7		0.000	0.000	
Lutein + zeaxanthinm	cg 720	0	BFSN 4		115.187	204.097	

Common Measures:

Measure 1 = 16g: 1 tbsp Measure 2 = 28.35g: 1 oz NDB No. 15012

Fish, caviar, black and red, granular

Calories Factors: Protein 3.57 Fat 9.02 Carbohydrate 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edit	Amount in edible portion of common				
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.93	0.310	68		1		62.35	67.09	
Energy	kcal	98		0	NC	4		77	83	
Energy	kj	410				4		324	349	
Protein (N x 6.25)	g	18.99	0.225	68		1		15.00	16.14	
Total lipid (fat)	g	1.91	0.149	69		1		1.51	1.62	
Ash	g	1.20	0.032	70		1		0.95	1.02	
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	12		0		4		9	10	
Calcium, Ca	_	0.40		0		4		0.32	0.34	
Magnesium, Mg		17		0		4		13	14	
Phosphorus, P		152		0		4		120	129	
Potassium, K	_	354	8.519	18		1		280	301	
Sodium, Na	_	55	1.653	18		1		43	47	
Zinc, Zn	-	0.37		1		1		0.29	0.31	
Copper, Cu		0.072		0		4		0.057	0.061	
Manganese, Mn		0.067		0		4		0.053	0.057	
Selenium, Se	mcg	12.6		0	BFZN	4		10.0	10.7	
¥7:4										
Vitamins:		0.0		•	_	-		0.0		
Vitamin C, total ascorbic acid	-	0.0 0.088		0	Z	7 4		0.0	0.0	
ThiaminRiboflavin	-	0.088		0		4		0.070 0.079	0.075	
	-	2.510		0		4		1.983	0.085 2.134	
Niacin Pantothenic acid	-	0.750		0		4		0.593	0.638	
Vitamin B-6	_	0.730		0		4		0.393	0.038	
Folate, total	_	15		0		4		12	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0	_	4		12	13	
Folate, DFE		15		0	NC	4		12	13	
Vitamin B-12		1.00		0		4		0.79	0.85	
Vitamin A, IU		100		0		4		79	85	
Vitamin A, RAE		30		0		4		24	26	
Retinol		30		0		4		24	26	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.421		0		1		0.333	0.358	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	_									
14:0	_	0.088		1		1		0.070	0.075	
15:0	-									
16:0		0.285		1		1		0.225	0.242	
17:0	g									
18:0		0.048		1		1		0.038	0.041	
20:0	g									
22:0	g									
24:0	a									

		<u>Aı</u>	mount in 100 gran	Amount in edible portion of common				
			Numb	 0	0 5		easures of food	
Nutrients and Un	its	Mean	Std. Error Point		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.469	0	1		0.371	0.399	
14:1	g	0.409	V	•		0.371	0.399	
15:1	g	0.114	1	1		0.090	0.097	
17:1		0.291	1	1		0.230	0.247	
20:1	-	0.019		1		0.015	0.016	
22:1 undifferentiated	g	0.045	1	1		0.015	0.038	
24:1 c		0.613	0	1		0.484	0.521	
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.069	1	1		0.484	0.059	
18:3 undifferentiated	-	0.055	1	1		0.043	0.039	
18:4		0.033	1	1		0.043	0.025	
20:2 n-6 c.c		0.023	_	_		0.023	0.023	
20:3 undifferentiated	-							
20:4 undifferentiated	-	0.055	1	1		0.043	0.047	
20:5 n-3		0.095	1	1		0.045	0.081	
22:5 n-3		0.053	1	1		0.042	0.045	
22:6 n-3	-	0.257	1	1		0.203	0.218	
Fatty acids, total trans		0.237	-	-		0.203	0.210	
Cholesterol		50	0	4		40	43	
Phytosterols			·	-				
Amino Acids:								
Tryptophan	g	0.213	0	1		0.168	0.181	
Threonine	g	0.832	0	1		0.657	0.707	
Isoleucine	g	0.875	0	1		0.691	0.744	
Leucine		1.543	0	1		1.219	1.312	
Lysine		1.744	0	1		1.378	1.482	
Methionine	g	0.562	0	1		0.444	0.478	
Cystine		0.204	0	1		0.161	0.173	
Phenylalanine		0.741	0	1		0.585	0.630	
Tyrosine	-	0.641	0	1		0.506	0.545	
Valine	g	0.978	0	1		0.773	0.831	
Arginine		1.136	0	1		0.897	0.966	
Histidine	g	0.559	0	1		0.442	0.475	
Alanine	g	1.148	0	1		0.907	0.976	
Aspartic acid		1.944	0	1		1.536	1.652	
Glutamic acid	g	2.834	0	1		2.239	2.409	
Glycine	g	0.911	0	1		0.720	0.774	
Proline	g	0.671	0	1		0.530	0.570	
Serine	g	0.775	0	1		0.612	0.659	
Hydroxyproline	g							
Others:								
Alcohol, ethyl		0.0	0	7		0.0	0.0	
Caffeine	-							
Theobromine	mg							

Common Measures:

Measure 1 = 79g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100) grams	of edib	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	69.80		2		1		19.79	59.33	
Energy	kcal	177		0	NC	4		50	150	
Energy	kj	741				4		210	629	
Protein (N x 6.25)	g	16.36		2		1		4.64	13.91	
Total lipid (fat)	g	11.90		2		1		3.37	10.12	
Ash	g	2.00		2		1		0.57	1.70	
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	26		2		1		7	22	
Iron, Fe	_	0.49		2		1		0.14	0.42	
Magnesium, Mg	_	17		2		1		5	14	
Phosphorus, P		150		2		1		43	128	
Potassium, K	mg	293		2		1		83	249	
Sodium, Na		481		2		1		136	409	
Zinc, Zn	mg	0.30		2		1		0.09	0.26	
Copper, Cu	mg	0.215	5	2		1		0.061	0.183	
Manganese, Mn		0.021	L	2		1		0.006	0.018	
Selenium, Se	mcg	18.1		0	BFSN	4		5.1	15.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.046	5	2	_	1		0.013	0.039	
Riboflavin	-	0.159		2		1		0.045	0.135	
Niacin	-	2.310)	2		1		0.655	1.964	
Pantothenic acid	_	0.308	3	2		1		0.087	0.262	
Vitamin B-6	-	0.268	3	2		1		0.076	0.228	
Folate, total	mcg	2		2		1		1	2	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	2		2		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12	mcg	4.26		2		1		1.21	3.62	
Vitamin A, IU	IU	943		0	NC	4		267	802	
Vitamin A, RAE		283		0	NC	4		80	241	
Retinol		283		0	NR	4		80	241	
Vitamin E (alpha-tocopherol)		0.20		0	NR	4		0.06	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	т	4		0.0	0.1	
Vitamin K (pnylloquinone)	nicg	0.1		U	1	4		0.0	0.1	
Lipids:										
Fatty acids, total saturated	g	1.741	L	0		1		0.494	1.480	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000)	0		1		0.000	0.000	
13:0				_		_		_		
14:0		0.654	ı	2		1		0.185	0.556	
15:0				_		_				
16:0		0.888	5	2		1		0.252	0.755	
17:0	-	0 10	.	_		4		0.050	0.100	
18:0	-	0.199	,	2		1		0.056	0.169	
20:0	-									
22:0	y									

		<u>An</u>	nount in 10	00 grams	Amount in edible portion of common					
				Number		_			easures of food	
Nutrients and l	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		5 404		•		-				
Fatty acids, total monounsaturat		5.484		0		1		1.555	4.661	
15:1	-									
16:1 undifferentiated	-	2.665		2		1		0.756	2.265	
17:1	g									
18:1 undifferentiated	g	2.450		2		1		0.695	2.083	
20:1	g	0.369		2		1		0.105	0.314	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturate	dg	2.274		0		1		0.645	1.933	
18:2 undifferentiated		0.422		2		1		0.120	0.359	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4	-	0.227		2		1		0.064	0.193	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.106		2		1		0.020	0.000	
20:4 undifferentiated 20:5 n-3	-	0.106		2		1		0.030 0.181	0.090 0.543	
20:5 n-3	-	0.839		2		1		0.181	0.343	
22:6 n-3	••••••	0.268		2		1		0.174	0.228	
Fatty acids, total trans	-	0.012		_		-		0.174	0.320	
Cholesterol	-	32		2		1		9	27	
Phytosterols				_		_		•		
•										
Amino Acids:										
Tryptophan		0.183		0		1		0.052	0.156	
Threonine	-	0.717		0		1		0.203	0.609	
Isoleucine	-	0.754		0		1		0.214	0.641	
Leucine		1.330		0		1		0.377	1.131	
Lysine		1.503		0 0		1 1		0.426	1.278	
Methionine		0.484		0		1		0.137 0.050	0.411	
Cystine		0.175 0.639		0		1		0.050	0.149 0.543	
Phenylalanine Tyrosine		0.639		0		1		0.181	0.469	
Valine		0.332		0		1		0.239	0.469	
Arginine	-	0.979		0		1		0.278	0.832	
Histidine		0.482		0		1		0.137	0.410	
Alanine	=	0.990		0		1		0.281	0.842	
Aspartic acid		1.676		0		1		0.475	1.425	
Glutamic acid		2.443		0		1		0.693	2.077	
Glycine		0.785		0		1		0.223	0.667	
Proline		0.579		0		1		0.164	0.492	
Serine	g	0.668		0		1		0.189	0.568	
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	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 = 28.35g: 1 oz Measure 2 = 85g: 3 oz NDB No. 15014 Fish, cisco, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	<u>grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	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	75.61		0		1		235.90	64.27	
Energy	kcal	105		0	NC	4		328	89	
Energy	kj	439				4		1371	373	
Protein (N x 6.25)	g	22.76		0		1		71.01	19.35	
Total lipid (fat)	g	0.86		0		1		2.68	0.73	
Ash	g	1.49		0		1		4.65	1.27	
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	0.00		0	z	7		0.00	0.00	
Starch	g									
Minerals:	ma	01		^		4		66	10	
Calcium, Ca	_	21 0.49		0		1 1		66 1.53	18 0.42	
Iron, Fe	_	0.49 41		0		1				
Magnesium, Mg Phosphorus, P		260		0		1		128 811	35 221	
	_	528		0		1		1647	449	
Potassium, K Sodium. Na		218		0		1		680	185	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.58		0		1		1.81	0.49	
Copper, Cu		0.037	,	0		1		0.115	0.43	
Manganese, Mn		0.020		0		4		0.113	0.031	
Selenium, Se		38.1	•	0	BFSN	4		118.9	32.4	
Scientini, Sc	9	55.2		ŭ	22 511	-			52.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.0		0		1		3.1	0.9	
Thiamin	_	0.087		0		1		0.271	0.074	
Riboflavin	-	0.079		0		1		0.246	0.067	
Niacin	_	2.505		0		1		7.816	2.129	
Pantothenic acid	-	0.170		0		4		0.530	0.145	
Vitamin B-6	-	0.282		0		1		0.880	0.240	
Folate, total		8		0		4		25	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		0		4		25	7	
Folate, DFE		8		0	NC	4		25	7	
Vitamin B-12		1.05		0		1		3.26	0.89	
Vitamin A, IU		47		0	NC	4		146	40	
Vitamin A, RAE		14		0	NC	4		44	12	
Retinol		14 0.82		0	NR BFSN	4 4		44 2.57	12 0.70	
Vitamin E (alpha-tocopherol)		0.82		U	BESN	4		2.57	0.70	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		84.000)	0	т	4		262.080	71.400	
Vitamin K (phylloquinone)		0.1	•	0	BFSN	4		0.4	0.1	
				-		_			• • •	
<u>Lipids:</u>										
Fatty acids, total saturated		0.167		0		1		0.521	0.142	
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		0.011		^						
14:0		0.012		0		1		0.037	0.010	
15:0	-	^ 111		^				0.000	2 222	
16:0	-	0.116)	0		1		0.362	0.099	
17:0	-	0.030	,	0		1		0 110	0.000	
18:0	-	0.038	,	U		1		0.119	0.032	
20:0	-									
22:0	g g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Inits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.124		0		1		0.387	0.105	
14:1	_									
15:1										
16:1 undifferentiated	_	0.020		0		1		0.062	0.017	
17:1	_	0.070		•						
18:1 undifferentiated	-	0.078		0		1		0.243	0.066	
20:1	_	0.019		0		1		0.059	0.016	
22:1 undifferentiated	•	0.004		0		1		0.012	0.003	
24:1 c		0 201		^		1		0.000	0.047	
Fatty acids, total polyunsaturated		0.291		0				0.908	0.247	
18:2 undifferentiated		0.006		0		1 1		0.019	0.005	
18:3 undifferentiated	_	0.001						0.003	0.001	
18:4		0.001		0		1		0.003	0.001	
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.000		0		1		0.007	2 22 4	
20:4 undifferentiated		0.028				1		0.087	0.024	
20:5 n-3	_	0.004		0		_		0.012	0.003	
22:5 n-3		0.013		0		1		0.041	0.011	
22:6 n-3		0.153		0		1		0.477	0.130	
Fatty acids, total trans						_		4.50	4-	
Cholesterol		55		0		1		172	47	
Phytosterols	rrig									
Amino Acids:										
Tryptophan	g	0.255		0		1		0.796	0.217	
Threonine		0.998		0		1		3.114	0.848	
Isoleucine	_	1.049		0		1		3.273	0.892	
Leucine		1.850		0		1		5.772	1.573	
Lysine	_	2.091		0		1		6.524	1.777	
Methionine		0.674		0		1		2.103	0.573	
Cystine		0.244		0		1		0.761	0.207	
Phenylalanine		0.889		0		1		2.774	0.756	
Tyrosine		0.768		0		1		2.396	0.653	
Valine	_	1.173		0		1		3.660	0.997	
Arginine	_	1.362		0		1		4.249	1.158	
Histidine		0.670		0		1		2.090	0.570	
Alanine	-	1.377		0		1		4.296	1.170	
Aspartic acid		2.331		0		1		7.273	1.981	
Glutamic acid	_	3.398		0		1		10.602	2.888	
Glycine	-	1.093		0		1		3.410	0.929	
Proline		0.805		0		1		2.512	0.929	
Serine		0.803		0		1		2.898	0.790	
Hydroxyproline		0.329		U		1		2.030	0.750	
2 2.										
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	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	g	U		U	4	,		0.000	0.000	

Common Measures:

Measure 1 = 312g: 1 can

Measure 2 = 85g: 3 oz

NDB No. 15017

Fish, cod, Atlantic, canned, solids and liquid

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100 gra	ms of ed	ible portic	<u>on</u>		edible portion	_
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	75.92		0	1		136.66	64.53	
Energy	kcal	105		0 NC	4		189	89	
Energy	kj	439			4		791	373	
Protein (N x 6.25)	g	22.83		0	1		41.09	19.41	
Total lipid (fat)	g	0.86		0	1		1.55	0.73	
Ash	g	1.49		0	1		2.68	1.27	
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	0.00		0 z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium, Ca	ma	14		2	1		25	12	
Iron, Fe	-	0.49		0	1		0.88	0.42	
Magnesium, Mg	-	42		2	1		76	36	
Phosphorus, P		138		2	1		248	117	
Potassium, K	•	244		2	1		439	207	
Sodium, Na		78		2	1		140	66	
Zinc, Zn	mg	0.58		0	1		1.04	0.49	
Copper, Cu		0.036	i	0	1		0.065	0.031	
Manganese, Mn	mg	0.020	1	0	4		0.036	0.017	
Selenium, Se	mcg	37.6	1.558	29 A	1		67.7	32.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.0		0	1		1.8	0.9	
Thiamin	-	0.088		0	1		0.158	0.075	
Riboflavin	-	0.000		0	1		0.142	0.067	
Niacin	=	2.513		0	1		4.523	2.136	
Pantothenic acid	-	0.180		0	4		0.324	0.153	
Vitamin B-6	_	0.283		0	1		0.509	0.241	
Folate, total	_	8		0	4		15	7	
Folic acid		0		0 z	7		0	0	
Folate, food		8		0	4		15	7	
Folate, DFE		8		0 NC	4		15	7	
Vitamin B-12		1.05		0	1		1.89	0.89	
Vitamin A, IU	IU -	47		0 NC	4		84	40	
Vitamin A, RAE		14		0 NC	4		25	12	
Retinol	mcg	14		0 NR	4		25	12	
Vitamin E (alpha-tocopherol)	mg	0.81		0 BFS1	N 4		1.47	0.69	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.1		0 BFS1	N 4		0.2	0.1	
Lipids:									
Fatty acids, total saturated	g	0.168	;	0	1		0.302	0.143	
4:0		0.000		0	1		0.000	0.000	
6:0	g	0.000	1	0	1		0.000	0.000	
8:0	g	0.000)	0	1		0.000	0.000	
10:0	g	0.000	1	0	1		0.000	0.000	
12:0	g	0.000)	0	1		0.000	0.000	
13:0									
14:0	g	0.012	!	0	1		0.022	0.010	
15:0	g								
16:0	g	0.117	•	0	1		0.211	0.099	
17:0	g								
18:0	_	0.038	1	0	1		0.068	0.032	
20:0	_								
22:0	g								
24:0	g								

	<u>Aı</u>	mount in 100 grams	s of edik	ole portio	<u>on</u>		edible portion	
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	- 0.404							
Fatty acids, total monounsaturated		0		1		0.223	0.105	
15:1	-							
16:1 undifferentiated	-	0		1		0.038	0.018	
17:1	-	_		_				
18:1 undifferentiated	-			1		0.140	0.066	
20:1	. •			1		0.034	0.016	
22:1 undifferentiated	•	0		1		0.007	0.003	
24:1 c		•		_				
Fatty acids, total polyunsaturated				1		0.526	0.248	
18:2 undifferentiated				1		0.011	0.005	
18:3 undifferentiated				1 1		0.002	0.001	
18:4	-	0		1		0.002	0.001	
20:2 n-6 c,c	-							
20:3 undifferentiated		0		1		0.050	0.004	
20:4 undifferentiated	-			1 1		0.050	0.024	
20:5 n-3	-					0.007	0.003	
22:5 n-3				1		0.023	0.011	
22:6 n-3		0		1		0.277	0.131	
Fatty acids, total trans		•				0.0	47	
Cholesterol		0		1		99	47	
Phytosterols	ing							
Amino Acids:								
Tryptophan	g 0.256	0		1		0.461	0.218	
Threonine		0		1		1.802	0.851	
Isoleucine	=	0		1		1.894	0.894	
Leucine	g 1.856	0		1		3.341	1.578	
Lysine	g 2.097	0		1		3.775	1.782	
Methionine		0		1		1.217	0.575	
Cystine		0		1		0.441	0.208	
Phenylalanine		0		1		1.604	0.757	
Tyrosine		0		1		1.388	0.655	
Valine	g 1.176	0		1		2.117	1.000	
Arginine	-	0		1		2.459	1.161	
Histidine		0		1		1.210	0.571	
Alanine		0		1		2.486	1.174	
Aspartic acid		0		1		4.208	1.987	
Glutamic acid		0		1		6.134	2.897	
Glycine		0		1		1.973	0.932	
Proline		0		1		1.453	0.686	
Serine	=			1		1.678	0.792	
Hydroxyproline	•							
3 31								
Others:						_		
Alcohol, ethyl9		0		7		0.0	0.0	
Caffeine		0	Z	7		0	0	
Theobromine	ng 0	0	Z	7		0	0	
Carotenoids:				_				
Carotene, beta		0	Z	7		0.000	0.000	
Carotene, alphan		0	z	7		0.000	0.000	
Cryptoxanthin, betan	-	0	z	7		0.000	0.000	
Lycopenen		0	z	7		0.000	0.000	
Lutein + zeaxanthin	ncg 0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 180g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15016

Fish, cod, Atlantic, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	16.14		0		1		4.58	12.91	13.72	
Energy	kcal	290		0	NC	4		82	232	247	
Energy	kj	1213				4		344	971	1031	
Protein (N x 6.25)	g	62.82		0		1		17.81	50.26	53.40	
Total lipid (fat)	g	2.37		0		1		0.67	1.90	2.01	
Ash	g	18.67		0		4		5.29	14.94	15.87	
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:											
Viinerais: Calcium. Ca	ma	160		1		1		45	128	136	
Iron, Fe		2.50		1		1		0.71	2.00	2.13	
Magnesium, Mg	-	133		0		1		38	106	113	
Phosphorus, P		950		1		1		269	760	808	
Potassium, K	-	1458		0		1		413	1166	1239	
Sodium. Na		7027		0		1		1992	5622	5973	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.59		0		1		0.45	1.27	1.3	
Copper, Cu		0.176	5	0		1		0.050	0.141	0.1	
Manganese, Mn	-	0.050		0		4		0.014	0.040	0.0	
Selenium, Se		147.8	,	0	BFSN	4		41.9	118.2	125.6	
•				-		=					
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	_	3.5		0		1		1.0	2.8	3.0	
Thiamin		0.268		0		1		0.076	0.214	0.2	
Riboflavin		0.240		1		1		0.068	0.192	0.2	
Niacin	-	7.500		1		1		2.126	6.000	6.3	
Pantothenic acid	_	1.675		1		1		0.475	1.340	1.4	
Vitamin B-6	_	0.864	l	0		1		0.245	0.691	0.7	
Folate, total		25		0		4		7	20	21	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		25		0		4		7	20	21	
Folate, DFE		25		0	NC	4		7	20	21	
Vitamin B-12		10.00		1		1		2.84	8.00	8.5	
Vitamin A, IU		140		0	NC	4		40	112	119	
Vitamin A, RAE		42		0	NC	4		12	34	36	
Retinol		42		0	NR	4		12	34	36	
Vitamin E (alpha-tocopherol)	mg	2.84		0	BFSN	4		0.80	2.27	2.4	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.4		0	BFSN	4		0.1	0.4	0.4	
ipids:											
Fatty acids, total saturated	g	0.462	2	0		1		0.131	0.370	0.3	
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	-	0.000		0		1		0.000	0.000	0.0	
10:0		0.000		0		1		0.000	0.000	0.0	
12:0	-	0.000		0		1		0.000	0.000	0.0	
13:0											
14:0		0.032	2	0		1		0.009	0.026	0.0	
15:0											
16:0		0.321	L	0		1		0.091	0.257	0.2	
17:0	-										
18:0	_	0.106	5	0		1		0.030	0.085	0.0	
20:0	_			-							
22:0	_										
24:0	_										

		<u>A</u> 1	nount in 10	00 grams	of edil	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	ratedg	0.342		0		1		0.097	0.274	0.291	
14:1	g										
15:1 16:1 undifferentiated	-	0.056		0		1		0.016	0.045	0.048	
17:1	-										
18:1 undifferentiated	=	0.215		0		1 1		0.061	0.172	0.183	
20:1 22:1 undifferentiated		0.053 0.011		0 0		1		0.015 0.003	0.042 0.009	0.045 0.009	
24:1 c	-	0.011		U		1		0.003	0.009	0.009	
Fatty acids, total polyunsatura		0.804		0		1		0.228	0.643	0.683	
18:2 undifferentiated		0.018		0		1		0.005	0.014	0.015	
18:3 undifferentiated		0.004		0		1		0.001	0.003	0.003	
18:4	g	0.004		0		1		0.001	0.003	0.003	
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated	=	0.078		0		1		0.022	0.062	0.066	
20:5 n-3	=	0.011		0		1		0.003	0.009	0.009	
22:5 n-3	-	0.035		0		1		0.010	0.028	0.030	
22:6 n-3		0.423		0		1		0.120	0.338	0.360	
Fatty acids, total trans		152		0		1		43	122	129	
CholesterolPhytosterols	-	152		U		1		43	122	129	
Filytosterois											
Amino Acids:											
Tryptophan		0.704		0		1		0.200	0.563	0.598	
Threonine	-	2.754		0		1		0.781	2.203	2.341	
Isoleucine	_	2.895		0		1		0.821	2.316	2.461	
Leucine	_	5.106		0 0		1 1		1.448	4.085	4.340	
Lysine		5.769 1.859		0		1		1.636 0.527	4.615 1.487	4.904 1.580	
Methionine		0.673		0		1		0.327	0.538	0.572	
Phenylalanine		2.452		0		1		0.695	1.962	2.084	
Tyrosine		2.121		0		1		0.601	1.697	1.803	
Valine	_	3.236		0		1		0.917	2.589	2.751	
Arginine	-	3.759		0		1		1.066	3.007	3.195	
Histidine		1.849		0		1		0.524	1.479	1.572	
Alanine	-	3.799		0		1		1.077	3.039	3.229	
Aspartic acid		6.433		0		1		1.824	5.146	5.468	
Glutamic acid	g	9.378		0		1		2.659	7.502	7.971	
Glycine	g	3.015		0		1		0.855	2.412	2.563	
Proline	g	2.221		0		1		0.630	1.777	1.888	
Serine		2.563		0		1		0.727	2.050	2.179	
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	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 = 28.35g: 1 oz

Measure 2 = 80g: 1 piece $(5-1/2" \times 1-1/2" \times 1/2")$

Measure 3 = 85g: 3 oz

NDB No. 15018

Fish, cod, Atlantic, dried and salted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	81.22	0.040	537		1		187.62	69.04		
Energy	kcal	82		0	NC	4		189	70		
Energy	kj	343				4		793	292		
Protein (N x 6.25)	g	17.81	0.040	605		1		41.14	15.14		
Total lipid (fat)	g	0.67	0.007	293		1		1.55	0.57		
Ash	g	1.16	0.013	165		1		2.68	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	16	1.489	101		1		37	14		
Iron, Fe	-	0.38	0.031	26		1		0.88	0.32		
Magnesium, Mg	-	32	1.273	30		1		74	27		
Phosphorus, P		203	3.657	75		1		469	173		
Potassium, K	-	413	11.091	49		1		954	351		
Sodium, Na		54	3.370	44		1		125	46		
Zinc, Zn	mg	0.45	0.012	188		1		1.04	0.38		
Copper, Cu	mg	0.028	0.001	136		1		0.065	0.024		
Manganese, Mn	mg	0.015		0		1		0.035	0.013		
Selenium, Se	mcg	33.1	2.412	11	A	1		76.5	28.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.0		2		1		2.3	0.9		
Thiamin	-	0.076	0.004	40		1		0.176	0.065		
Riboflavin	-	0.065		68		1		0.150	0.055		
Niacin		2.063		69		1		4.766	1.754		
Pantothenic acid	-	0.153		45		1		0.353	0.130		
Vitamin B-6	_	0.245	0.035	4		1		0.566	0.208		
Folate, total	_	7		0		4		16	6		
Folic acid		0		0	Z	7		0	0		
Folate, food		7		0		4		16	6		
Folate, DFE		7		0	NC	4		16	6		
Vitamin B-12		0.91	0.051	55		1		2.10	0.77		
Vitamin A, IU	IU	40		0	NC	4		92	34		
Vitamin A, RAE	mcg_RAE	12		0	NC	4		28	10		
Retinol	mcg	12		0	NR	4		28	10		
Vitamin E (alpha-tocopherol)	mg	0.64		2	A	1		1.47	0.54		
Tocopherol, beta		0.00		2	A	1		0.00	0.00		
Tocopherol, gamma		0.00		2	A	1		0.00	0.00		
Tocopherol, delta		0.00		2	A	1		0.00	0.00		
Vitamin D		44.000		0	T	4		101.640	37.400		
Vitamin K (phylloquinone)	mcg	0.1		1	A	1		0.2	0.1		
Lipids:											
Fatty acids, total saturated	q	0.131		0		1		0.303	0.111		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0	g	0.000		0		1		0.000	0.000		
13:0											
14:0	g	0.009		25		1		0.021	0.008		
15:0	g										
16:0	-	0.091		26		1		0.210	0.077		
17:0	g										
18:0	g	0.030		26		1		0.069	0.026		
20:0	g										
22:0	~										

Nutrients and Units	COMMISSI
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2	
14:1	Measure 3
14:1	
16:1 undifferentiated	
17:1	
18:1 undifferentiated 9 0.061 26 1 0.141 0.052 20:1 9 0.015 23 1 0.035 0.013 22:1 undifferentiated 9 0.003 19 1 0.007 0.003 24:1 c 9 0.231 0 1 0.534 0.196 18:2 undifferentiated 9 0.005 25 1 0.012 0.004 18:3 undifferentiated 9 0.001 19 1 0.002 0.001 18:4 9 0.001 22 1 0.002 0.001 18:4 9 0.001 22 1 0.002 0.001 20:2 n-6 c,c 9 203 undifferentiated 9 0.022 23 1 0.051 0.019 20:5 n-3 9 0.064 26 1 0.148 0.054 22:5 n-3 9 0.120 26 1 0.27 0.102 Fatty acids, total trans 9 0.120 26 1 9 37 Phytosterols	
20:1	
22:1 undifferentiated. g 0.003 19 1 0.007 0.003 24:1 c.	
24:1 c. 9 Fatty acids, total polyunsaturated. 9 0.231 0 1 0.534 0.196 18:2 undifferentiated. 9 0.005 25 1 0.012 0.004 18:3 undifferentiated. 9 0.001 19 1 0.002 0.001 18:4. 9 0.001 22 1 0.002 0.001 20:2 undifferentiated. 9 20:3 undifferentiated. 9 20:3 undifferentiated. 9 20:3 undifferentiated. 9 20:3 undifferentiated. 9 0.019 20:5 undifferentiated. 9 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.019 0.023 0.009 0.019 0.023 0.009 0.019 0.023 0.009 0.023 0.009 0.023 0.009 0.023 0.009 0.023 0.009 0.023 0.009 0.023 0.009 0.023 0.009	
Fatty acids, total polyunsaturated 9 0.231 0 1 0.534 0.196 18:2 undifferentiated 9 0.005 25 1 0.012 0.004 18:3 undifferentiated 9 0.001 19 1 0.002 0.001 18:4 9 0.002 0.001 18:4 9 0.002 0.001 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.022 23 1 0.051 0.019 20:5 n-3 9 0.064 26 1 0.023 0.099 22:6 n-3 9 0.010 22 1 0.023 0.009 22:6 n-3 9 0.120 26 1 0.027 0.102 Fatty acids, total trans 9 0.120 26 1 0.277 0.102 Fatty acids, total trans 9 0.064 0.064 0.065	
18:2 undifferentiated 9 0.005 25 1 0.012 0.004 18:3 undifferentiated 9 0.001 19 1 0.002 0.001 18:4 9 0.001 22 1 0.002 0.001 20:2 n-6 c. 9 9 0.002 2 2 1 0.051 0.019 20:3 undifferentiated 9 0.022 23 1 0.051 0.019 20:5 n-3 9 0.064 26 1 0.148 0.054 22:5 n-3 9 0.010 22 1 0.023 0.009 22:6 n-3 9 0.120 26 1 0.277 0.102 Fatty acids, total trans 9 43 0.969 37 1 9 37 Phytosterols mg 43 0.969 37 1 9 37 Tryptophan 9 0.199 0 1 0.460 0.169 Threonine 9 0.781 0 1 1.804	
18:3 undifferentiated. 9 0.001 19 1 0.002 0.001 18:4	
18:4 9 0.001 22 1 0.002 0.001 20:2 n-6 c,c	
20:2 n-6 c,c. 9 20:3 undifferentiated 9 20:4 undifferentiated 9 0.022 23 1 0.051 0.019 20:5 n-3. 9 0.064 26 1 0.148 0.054 22:5 n-3. 9 0.010 22 1 0.023 0.009 22:6 n-3. 9 0.120 26 1 0.277 0.102 Fatty acids, total trans. 9 Cholesterol. mg 43 0.969 37 1 99 37 Phytosterols. mg 43 0.969 37 1 99 37 Phytosterols. mg 43 0.969 37 1 99 37 Amino Acids: Tryptophan 9 0.199 0 1 0.460 0.169 Tryptophan 9 0.781 0 1 1.804 0.664 Isolation and properties of the properties of th	
20:3 undifferentiated 9 20:4 undifferentiated 9 0.022 23 1 0.051 0.019 20:5 n-3 9 0.064 26 1 0.148 0.054 22:5 n-3 9 0.010 22 1 0.023 0.009 22:6 n-3 9 0.120 26 1 0.277 0.102 27 27 28 28 28 28 28 2	
20:4 undifferentiated 9 0.022 23 1 0.051 0.019 20:5 n-3 9 0.064 26 1 0.148 0.054 22:5 n-3 9 0.010 22 1 0.023 0.009 22:6 n-3 9 0.120 26 1 0.277 0.102 Fatty acids, total trans 9 Cholesterol mg 43 0.969 37 1 99 37 Phytosterols mg 43 0.969 37 1 99 37 Phytosterols mg 43 0.969 37 1 99 37 Phytosterols mg 0 1 0.460 0.169 Tryptophan 9 0.791 0 1 1.804 0.664 Isoleucine 9 0.821 0 1 1.897 0.698 Leucine 9 0.821 0 1 3.343 1.230 Lysine 9 <td></td>	
20:5 n-3 9 0.064 26 1 0.148 0.054 22:5 n-3 9 0.010 22 1 0.023 0.009 22:6 n-3 9 0.120 26 1 0.277 0.102 Fatty acids, total trans 9 Cholesterol mg 43 0.969 37 1 99 37 Phytosterols mg	
22:5 n-3 g 0.010 22 1 0.023 0.009 22:6 n-3 g 0.120 26 1 0.277 0.102 Fatty acids, total trans g Cholesterol mg 43 0.969 37 1 99 37 Phytosterols mg Amino Acids: Tryptophan g 0.199 0 1 0.460 0.169 Threonine g 0.781 0 1 1.804 0.664 Isoleucine g 0.821 0 1 1.897 0.698 Leucine g 1.447 0 1 3.343 1.230 Lysine g 1.635 0 1 3.777 1.390 Methionine g 0.527 0 1 1.217 0.448 Cystine g 0.191 0 1 0.441 0.162	
Fatty acids, total trans	
Fatty acids, total trans 9 Cholesterol mg 43 0.969 37 1 99 37 Phytosterols mg Amino Acids: Tryptophan 9 0.199 0 1 0.460 0.169 Threonine 9 0.781 0 1 1.804 0.664 Isoleucine 9 0.821 0 1 1.897 0.698 Leucine 9 1.447 0 1 3.343 1.230 Lysine 9 1.635 0 1 3.777 1.390 Methionine 9 0.527 0 1 1.217 0.448 Cystine 9 0.191 0 1 0.441 0.162	
Phytosterols mg Amino Acids: Tryptophan g 0.199 0 1 0.460 0.169 Threonine g 0.781 0 1 1.804 0.664 Isoleucine g 0.821 0 1 1.897 0.698 Leucine g 1.447 0 1 3.343 1.230 Lysine g 1.635 0 1 3.777 1.390 Methionine g 0.527 0 1 1.217 0.448 Cystine g 0.191 0 1 0.441 0.162	
Amino Acids: Tryptophan g 0.199 0 1 0.460 0.169 Threonine g 0.781 0 1 1.804 0.664 Isoleucine g 0.821 0 1 1.897 0.698 Leucine g 1.447 0 1 3.343 1.230 Lysine g 1.635 0 1 3.777 1.390 Methionine g 0.527 0 1 1.217 0.448 Cystine g 0.191 0 1 0.441 0.162	
Tryptophan. 9 0.199 0 1 0.460 0.169 Threonine. 9 0.781 0 1 1.804 0.664 Isoleucine. 9 0.821 0 1 1.897 0.698 Leucine. 9 1.447 0 1 3.343 1.230 Lysine. 9 1.635 0 1 3.777 1.390 Methionine. 9 0.527 0 1 1.217 0.448 Cystine. 9 0.191 0 1 0.441 0.162	
Tryptophan. 9 0.199 0 1 0.460 0.169 Threonine. 9 0.781 0 1 1.804 0.664 Isoleucine. 9 0.821 0 1 1.897 0.698 Leucine. 9 1.447 0 1 3.343 1.230 Lysine. 9 1.635 0 1 3.777 1.390 Methionine. 9 0.527 0 1 1.217 0.448 Cystine. 9 0.191 0 1 0.441 0.162	
Threonine g 0.781 0 1 1.804 0.664 Isoleucine g 0.821 0 1 1.897 0.698 Leucine g 1.447 0 1 3.343 1.230 Lysine g 1.635 0 1 3.777 1.390 Methionine g 0.527 0 1 1.217 0.448 Cystine g 0.191 0 1 0.441 0.162	
Isoleucine g 0.821 0 1 1.897 0.698 Leucine g 1.447 0 1 3.343 1.230 Lysine g 1.635 0 1 3.777 1.390 Methionine g 0.527 0 1 1.217 0.448 Cystine g 0.191 0 1 0.441 0.162	
Leucine 9 1.447 0 1 3.343 1.230 Lysine 9 1.635 0 1 3.777 1.390 Methionine 9 0.527 0 1 1.217 0.448 Cystine 9 0.191 0 1 0.441 0.162	
Lysine g 1.635 0 1 3.777 1.390 Methionine g 0.527 0 1 1.217 0.448 Cystine g 0.191 0 1 0.441 0.162	
Methionine	
Cystine	
Phenylalanineg 0.695 0 1 1.605 0.591	
Tyrosine	
Valineg 0.917 0 1 2.118 0.779	
Arginine	
Histidine	
Alanineg 1.077 0 1 2.488 0.915	
Aspartic acid	
Glutamic acidg 2.658 0 1 6.140 2.259	
Glycine	
Proline	
Serineg 0.726 0 1 1.677 0.617	
Hydroxyproline9	
Others:	
Alcohol, ethyl	
Caffeinemg 0 0 z 7 0 0	
Theobromine	
Carotenoids:	
Carotene, beta	
Carotene, alpha	
Cryptoxanthin, beta	
Lycopene	
Lutein + zeaxanthin mcg 0 0 z 7 0.000 0.000	

Common Measures:

Measure 1 = 231g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15015 Fish, cod, Atlantic, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edit	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	76.00		0		1		68.40	64.60		
Energy	kcal	105		0	NC	4		95	89		
Energy	kj	439				4		395	373		
Protein (N x 6.25)	g	22.95		0		1		20.66	19.51		
Total lipid (fat)	g	0.81		0		1		0.73	0.69		
Ash	g	1.54		0		1		1.39	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:	ma	9		0		1		8	8		
Calcium, Ca	_	0.33		0		1		0.30	0.28		
Magnesium, Mg	-	31		0		1		28	26		
Phosphorus, P		223		0		1		201	190		
Potassium, K	-	517		0		1		465	439		
Sodium, Na	-	91		0		1		82	77		
Zinc, Zn	-	0.51		0		1		0.46	0.43		
Copper, Cu		0.033	3	0		1		0.030	0.028		
Manganese, Mn.		0.015		0		1		0.014	0.013		
Selenium, Se		46.8		0	BFSN	4		42.1	39.8		
·											
/itamins:						_					
Vitamin C, total ascorbic acid	-	3.0		0		1		2.7	2.6		
Thiamin		0.025		0		1		0.023	0.021		
Riboflavin		0.051		0		1		0.046	0.043		
Niacin		2.485 0.162		0		1 1		2.237	2.112		
Pantothenic acid		0.162		0		1		0.146 0.416	0.138 0.393		
Vitamin B-6	-	8	<u>-</u>	0		1		7	0.393 7		
Folite, total		0		0	z	7		0	0		
Folate, food		8		0		1		7	7		
Folate, DFE		8		0	NC	4		7	7		
Vitamin B-12		1.04		0	110	1		0.94	0.88		
Vitamin A, IU		32		0		1		29	27		
Vitamin A, RAE		10		0		1		9	8		
Retinol		10		0		1		9	8		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>lipids:</u>											
Fatty acids, total saturated	а	0.104	ı	0		1		0.094	0.088		
4:0											
6:0											
8:0	g										
10:0	-										
12:0	g										
13:0											
14:0	g	0.004	l	0		1		0.004	0.003		
15:0	g										
16:0	g	0.085	5	0		1		0.077	0.072		
17:0	-										
18:0	-	0.015	5	0		1		0.014	0.013		
20:0	-										
22:0	a										

		<u>Ar</u>	nount in 10		ole portio	<u>n</u>		edible portion o	of common
				Number	_		m	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.105		0	1		0.095	0.089	
14:1									
15:1	-	0.040		0	1		0.026	0.024	
16:1 undifferentiated	_	0.040		U	1		0.036	0.034	
17:1 18:1 undifferentiated		0.065		0	1		0.059	0.055	
20:1		0.065		U	1		0.059	0.055	
22:1 undifferentiated	-								
24:1 c									
Fatty acids, total polyunsaturated	-	0.313		0	1		0.282	0.266	
18:2 undifferentiated		0.008		0	1		0.007	0.007	
18:3 undifferentiated	-	0.003		0	1		0.003	0.003	
18:4							0.000	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated		0.022		0	1		0.020	0.019	
20:5 n-3		0.103		0	1		0.093	0.088	
22:5 n-3	g	0.005		0	1		0.005	0.004	
22:6 n-3	g	0.173		0	1		0.156	0.147	
Fatty acids, total trans	g								
Cholesterol	mg	47		0	1		42	40	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.257		0	1		0.231	0.218	
Threonine	_	1.006		0	1		0.905	0.210	
Isoleucine		1.057		0	1		0.951	0.898	
Leucine	-	1.865		0	1		1.679	1.585	
Lysine	-	2.108		0	1		1.897	1.792	
Methionine		0.679		0	1		0.611	0.577	
Cystine		0.246		0	1		0.221	0.209	
Phenylalanine		0.896		0	1		0.806	0.762	
Tyrosine		0.775		0	1		0.698	0.659	
Valine	•	1.182		0	1		1.064	1.005	
Arginine		1.373		0	1		1.236	1.167	
Histidine		0.676		0	1		0.608	0.575	
Alanine	_	1.388		0	1		1.249	1.180	
Aspartic acid	_	2.350		0	1		2.115	1.998	
Glutamic acid		3.426		0	1		3.083	2.912	
Glycine	g	1.102		0	1		0.992	0.937	
Proline	g	0.811		0	1		0.730	0.689	
Serine	g	0.936		0	1		0.842	0.796	
Hydroxyproline	g								

Common Measures:

Measure 1 = 90g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<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	81.28	0.058	237		1		94.28	69.09		
Energy	kcal	82		0	NC	4		95	70		
Energy	kj	343				4		398	292		
Protein (N x 6.25)	g	17.90	0.260	226		1		20.76	15.22		
Total lipid (fat)	g	0.63	0.031	18		1		0.73	0.54		
Ash	g	1.20	0.007	226		1		1.39	1.02		
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										
Ainerals:											
Calcium, Ca	mg	7		1		1		8	6		
Iron, Fe	-	0.26	0.024	3		1		0.30	0.22		
Magnesium, Mg	-	24		1		1		28	20		
Phosphorus, P		174		1		1		202	148		
Potassium, K	-	403	2.102	126		1		467	343		
Sodium, Na		71	1.109	126		1		82	60		
Zinc, Zn	mg	0.40	0.015	60		1		0.46	0.34		
Copper, Cu		0.026	0.002	61		1		0.030	0.022		
Manganese, Mn		0.012		1		1		0.014	0.010		
Selenium, Se	mcg	36.5		0	CAZN	4		42.3	31.0		
itamins:											
Vitamin C, total ascorbic acid	mg	2.9		0		4		3.4	2.5		
Thiamin	-	0.022	0.003	3		1		0.026	0.019		
Riboflavin		0.042		3		1		0.049	0.036		
Niacin		2.040	0.248	3		1		2.366	1.734		
Pantothenic acid		0.140		2		1		0.162	0.119		
Vitamin B-6	mg	0.400		0		4		0.464	0.340		
Folate, total	mcg	7		0		4		8	6		
Folic acid		0		0	z	7		0	0		
Folate, food		7		0		4		8	6		
Folate, DFE		7		0	NC	4		8	6		
Vitamin B-12	mcg	0.90		0		4		1.04	0.77		
Vitamin A, IU	IU	27		0	NC	4		31	23		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		9	7		
Retinol	mcg	8		0	NR	4		9	7		
Vitamin E (alpha-tocopherol)	mg	0.64		0	BFZN	4		0.74	0.54		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.1		0	BFZN	4		0.1	0.1		
Vitamin K (phynoquinone)	incg	0.1		U	DE ZIN	-		0.1	0.1		
<u>ipids:</u>	_			_		_					
Fatty acids, total saturated		0.081		0		1		0.094	0.069		
4:0	·····	0.000		0		1 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		0		1		0.000	0.000		
12:0		0.000		U		1		0.000	0.000		
13:0		0.003		1		1		0.003	0 003		
14:0		0.003		_		1		0.003	0.003		
15:0		0.066		1		1		0 077	0.056		
16:0		0.006		_		1		0.077	0.056		
17:0	_	0.012		1		1		0.014	0.010		
18:0	_	0.012		1		1		0.014	0.010		
20:0	_										
22:0 24:0	_										

	<u> </u>	mount in 10	00 grams	of edil	ole portio	<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 monounsaturated		2	0		1		0.095	0.070	
15:1									
16:1 undifferentiated	-	1	1		1		0.036	0.026	
17:1	-	_	_						
18:1 undifferentiated	-		1		1		0.059	0.043	
20:1	-		0		1		0.000	0.000	
22:1 undifferentiated	•	0	0		1		0.000	0.000	
24:1 c		_							
Fatty acids, total polyunsaturated			0		1		0.283	0.207	
18:2 undifferentiated			1		1		0.007	0.005	
18:3 undifferentiated			1		1 1		0.002	0.002	
18:4	-	U	0		1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated		7			1		0.000	0.014	
20:4 undifferentiated	-		1		1		0.020	0.014	
20:5 n-3	-		1		1		0.093	0.068	
22:5 n-3			1		1		0.005	0.003	
22:6 n-3		5	1		1		0.157	0.115	
Fatty acids, total trans			-				42	21	
Cholesterol			1		1		43	31	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.20	0	0		1		0.232	0.170	
Threonine		5	0		1		0.911	0.667	
Isoleucine	-	5	0		1		0.957	0.701	
Leucine	-	5	0		1		1.688	1.237	
Lysine	g 1.64	4	0		1		1.907	1.397	
Methionine		0	0		1		0.615	0.451	
Cystine		2	0		1		0.223	0.163	
Phenylalanine		9	0		1		0.811	0.594	
Tyrosine		4	0		1		0.701	0.513	
Valine	g 0.92	2	0		1		1.070	0.784	
Arginine	-	1	0		1		1.242	0.910	
Histidine		7	0		1		0.611	0.448	
Alanine		3	0		1		1.256	0.921	
Aspartic acid		3	0		1		2.126	1.558	
Glutamic acid		2	0		1		3.100	2.271	
Glycine			0		1		0.996	0.730	
Proline		3	0		1		0.734	0.538	
Serine	-		0		1		0.847	0.621	
Hydroxyproline									
3 31	5								
Others:							_		
Alcohol, ethyl			0		7		0.0	0.0	
Caffeine			0	Z	7		0	0	
Theobromine	<u>mg</u> 0		0	z	7		0	0	
Carotenoids:			_	_	_				
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 = 116g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15019 Fish, cod, Pacific, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	59.76		0		1		51.99	50.80		
Energy	kcal	221		0	NC	4		192	188		
Energy	kj	925				4		804	786		
Protein (N x 6.21)	g	18.20		0		1		15.83	15.47		
Total lipid (fat)	g	12.67		0		1		11.02	10.77		
Ash	g	1.37		0		1		1.19	1.16		
Carbohydrate, by difference	g	7.54		0	NC	4		6.56	6.41		
Fiber, total dietary	g	0.4		0		4		0.4	0.4		
Sugars, total											
Starch	-										
<u> Minerals:</u>											
Calcium, Ca	_	32		0		1		28	27		
Iron, Fe	_	0.86		0		1		0.75	0.73		
Magnesium, Mg		42		0		1		37	36		
Phosphorus, P	-	217		0		1		189	184		
Potassium, K	-	340		0		1		296	289		
Sodium, Na	_	348		0		1		303	296		
Zinc, Zn		0.52		0		1		0.45	0.44		
Copper, Cu		0.065		0		1		0.057	0.055		
Manganese, Mn		0.080)	0		4		0.070	0.068		
Selenium, Se	mcg	38.8		0	RA	4		33.8	33.0		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.090	1	0	-	4		0.078	0.077		
Riboflavin		0.130		0		4		0.113	0.111		
Niacin		4.300		0		4		3.741	3.655		
Pantothenic acid		0.740		0		4		0.644	0.629		
Vitamin B-6		0.260		0		4		0.226	0.221		
Folate, total	-	34	,	0	RA	4		30	29		
Folic acid		16		0	NC	4		14	14		
Folate, food		18		0	NC	4		16	15		
Folate, DFE		45		0	NC	4		39	38		
Vitamin B-12		2.10		0	NC	4		1.83	1.79		
Vitamin A, IU		75		0		4		65	64		
Vitamin A, RAE		23		0		4		20	19		
Retinol		23		0		4		20	19		
Vitamin E (alpha-tocopherol)		23		·		-		20	19		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitamini K (piryiloquiilolic)	9										
<u> Lipids:</u>											
Fatty acids, total saturated	g	3.476	5	0		1		3.024	2.955		
4:0	g										
6:0	g										
8:0	g										
10:0	-										
12:0	-										
13:0	-										
14:0	-	0.088	3	0		1		0.077	0.075		
15:0	g										
16:0	g	2.194	1	0		1		1.909	1.865		
17:0	g										
18:0	g	1.193	3	0		1		1.038	1.014		
20:0	g										
22:0	g										
24:0	a										

	<u>Ar</u>	nount in 100	grams o	of edible	portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	3	Mean		of Data I		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		5.320		0		1		4.628	4.522	
14:1	_									
15:1										
16:1 undifferentiated	-	0.444		0		1		0.386	0.377	
17:1										
18:1 undifferentiated	-	4.789		0		1		4.166	4.071	
20:1		0.079		0		1		0.069	0.067	
22:1 undifferentiated	g									
24:1 c	•									
Fatty acids, total polyunsaturated		2.917		0		1		2.538	2.479	
18:2 undifferentiated	g	2.376		0		1		2.067	2.020	
18:3 undifferentiated	g	0.157		0		1		0.137	0.133	
18:4	g	0.010		0		1		0.009	0.009	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated		0.089		0		1		0.077	0.076	
20:5 n-3	g	0.113		0		1		0.098	0.096	
22:5 n-3		0.079		0		1		0.069	0.067	
22:6 n-3	_	0.089		0		1		0.077	0.076	
Fatty acids, total trans	-									
Cholesterol	-	84		0		1		73	71	
Phytosterols										
Amino Acids:										
Tryptophan	а	0.208		0		1		0.181	0.177	
Threonine		0.788		0		1		0.686	0.670	
Isoleucine	_	0.847		0		1		0.737	0.720	
Leucine		1.480		0		1		1.288	1.258	
Lysine		1.571		0		1		1.367	1.335	
Methionine		0.525		0		1		0.457	0.446	
Cystine		0.217		0		1		0.189	0.184	
Phenylalanine	_	0.742		0		1		0.646	0.631	
Tyrosine		0.742		0		1		0.540	0.631	
Valine	-	0.021		0		1		0.824	0.805	
		1.061		0		1		0.824	0.805	
Arginine	_	0.525		0		1		0.923		
Histidine	_	1.067		0		1		0.457	0. 44 6 0.907	
Alanine	_			0		1				
Aspartic acid		1.791		0		1		1.558 2.593	1.522	
Glutamic acid		2.981		-		_			2.534	
Glycine	-	0.850		0		1		0.740	0.723	
Proline		0.759		0		1		0.660	0.645	
Serine		0.788		0		1		0.686	0.670	
Hydroxyproline	g									

Common Measures:

Measure 1 = 87g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15020 Fish, croaker, Atlantic, raw Micropogonias undulatus (L.)

		<u>Ar</u>	nount in 100 gr	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nur	mber				<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	g	78.03	0.594	7		1		61.64	66.33	
Energy	kcal	104		0	NC	4		82	88	
Energy	kj	435				4		344	370	
Protein (N x 6.25)	g	17.78	0.301	7		1		14.05	15.11	
Total lipid (fat)	g	3.17	0.529	8		1		2.50	2.69	
Ash	g	1.11	0.113	7		1		0.88	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									
Ainerals:										
Calcium, Ca	ma	15		1		1		12	13	
Iron, Fe	_	0.37		1		1		0.29	0.31	
Magnesium, Mg	_	40		1		1		32	34	
Phosphorus, P		210		1		1		166	179	
Potassium, K	-	345		1		1		273	293	
Sodium, Na	-	56		1		1		44	48	
Zine, Zn	-	0.42	0.009	91		1		0.33	0.36	
Copper, Cu		0.042		92		1		0.033	0.036	
Manganese, Mn		0.025		1		1		0.020	0.021	
Selenium, Se		36.5		0	CAZN	4		28.8	31.0	
7*.										
<u>'itamins:</u>				•	_	_				
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.075		0		4		0.059	0.064	
Riboflavin		0.095		0		4		0.075	0.081	
Niacin	_	4.200		0		4		3.318	3.570	
Pantothenic acid	-	0.750		0		4		0.593	0.638	
Vitamin B-6	-	0.300		0		4		0.237	0.255	
Folate, total		15 0		0		4 7		12 0	13	
Folic acid		15		0	Z			12	0 13	
Folate, food		15		0	NC	4 4		12		
Folate, DFE		2.50		0	NC	4		1.98	13 2.13	
Vitamin A, IU		60		0	NC	4		1.98 47		
Vitamin A, IU		18		0	NC	4		14	51 15	
Retinol		18		0	NR NR	4		14	15 15	
Vitamin E (alpha-tocopherol)		1.00		0	NR	4		0.79	0.85	
Tocopherol, beta		1.00		U	NK	-		0.79	0.85	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	T	4		0.1	0.1	
<u> ipids:</u>										
Fatty acids, total saturated		1.088		0		1		0.860	0.925	
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		0.015		-						
14:0		0.049		1		1		0.039	0.042	
15:0						_				
16:0		0.836		1		1		0.660	0.711	
17:0	-	0 000		-				0 1 5 0	0 150	
18:0	-	0.203		1		1		0.160	0.173	
20:0	-									
22:0	g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv	Source	Confidence	<u></u>	easules of lood		
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	1.149		0		1		0.908	0.977		
14:1	-										
15:1	_										
16:1 undifferentiated	_	0.464		1		1		0.367	0.394		
17:1	-	0 503		1		1		0.460	0.504		
18:1 undifferentiated		0.593		1				0.468	0.504		
20:1		0.086		1 0		1		0.068	0.073		
22:1 undifferentiated	•	0.000		U		1		0.000	0.000		
24:1 c		0.464		0		1		0.367	0.304		
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.464		1		1		0.367 0.036	0.394 0.039		
18:3 undifferentiated		0.046		1		1		0.036	0.039		
18:4		0.009		1		1		0.007	0.008		
20:2 n-6 c.c.	-	0.011		1		1		0.009	0.009		
20:3 undifferentiated	-										
20:4 undifferentiated		0.092		1		1		0.073	0.078		
20:5 n-3	-	0.123		1		1		0.073	0.105		
20.5 n-3	_	0.123		1		1		0.068	0.103		
22:6 n-3		0.080		1		1		0.008	0.082		
Fatty acids, total trans		0.037		-		-		0.077	0.082		
Cholesterol		61		1		1		48	52		
Phytosterols		OI.		-		-		40	32		
Filytosterois											
Amino Acids:											
Tryptophan	g	0.199		0		1		0.157	0.169		
Threonine	g	0.780		0		1		0.616	0.663		
Isoleucine	g	0.819		0		1		0.647	0.696		
Leucine	g	1.445		0		1		1.142	1.228		
Lysine	g	1.633		0		1		1.290	1.388		
Methionine	g	0.526		0		1		0.416	0.447		
Cystine	g	0.191		0		1		0.151	0.162		
Phenylalanine	g	0.694		0		1		0.548	0.590		
Tyrosine	g	0.600		0		1		0.474	0.510		
Valine	g	0.916		0		1		0.724	0.779		
Arginine	g	1.064		0		1		0.841	0.904		
Histidine	g	0.523		0		1		0.413	0.445		
Alanine	g	1.075		0		1		0.849	0.914		
Aspartic acid	g	1.821		0		1		1.439	1.548		
Glutamic acid	g	2.654		0		1		2.097	2.256		
Glycine	g	0.854		0		1		0.675	0.726		
Proline		0.629		0		1		0.497	0.535		
Serine	g	0.725		0		1		0.573	0.616		
Hydroxyproline	g										
Oth											
Others:	_			•		_					
Alcohol, ethyl		0.0		0	_	7		0.0	0.0		
Caffeine		0		0	Z Z	7 7		0	0		
Theobromine	!!!!9	0		0	z	7		0	0		
<u>Carotenoids:</u>											
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 = 79g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15020

Fish, croaker, Atlantic, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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> e	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		69.68		0		1		66.20	59.23		
Energy	kcal	112		0	NC	4		106	95		
Energy	kj	469				4		445	398		
Protein (N x 6.25)	g	24.35		0		1		23.13	20.70		
Total lipid (fat)	g	0.88		0		1		0.84	0.75		
Ash	g	1.60		0		1		1.52	1.36		
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											
Sui cii	9										
<u> Minerals:</u>											
Calcium, Ca	mg	13		0		1		12	11		
Iron, Fe	-	1.06		0		1		1.01	0.90		
Magnesium, Mg		40		0		1		38	34		
Phosphorus, P	mg	262		0		1		249	223		
Potassium, K	mg	503		0		1		478	428		
Sodium, Na	mg	40		0		1		38	34		
Zinc, Zn	_. mg	0.49		0		1		0.47	0.42		
Copper, Cu	mg	0.023	1	0		1		0.022	0.020		
Manganese, Mn	mg	0.019)	0		1		0.018	0.016		
Selenium, Se	mcg	46.8		0	BFSN	4		44.5	39.8		
7*4											
<u>Vitamins:</u>				_							
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0		
Thiamin		0.048		0		1		0.046	0.041		
Riboflavin	mg	0.162		0		1		0.154	0.138		
Niacin	_	3.271		0		1		3.107	2.780		
Pantothenic acid	_. mg	0.322		0		1		0.306	0.274		
Vitamin B-6	mg	0.447	'	0		1		0.425	0.380		
Folate, total	mcg	2		0		1		2	2		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		2		0		1		2	2		
Folate, DFE	mcg_DFE	2		0	NC	4		2	2		
Vitamin B-12		1.20		0		1		1.14	1.02		
Vitamin A, IU	IU	69		0		1		66	59		
Vitamin A, RAE	mcg_RAE	21		0		1		20	18		
Retinol	mcg	21		0		1		20	18		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	J										
<u>Lipids:</u>											
Fatty acids, total saturated											
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		53		0		1		50	45		
Phytosterols	_{mg}										
Amino Acids:											
Tryptophan	а	0.273		0		1		0.259	0.232		
		1.067		0		1		1.014			
Threonine				0		1			0.907		
Isoleucine	-	1.122		-				1.066	0.954		
Leucine	-	1.979		0		1		1.880	1.682		
Lysine		2.236		0		1		2.124	1.901		
Methionine	-	0.721		0		1		0.685	0.613		
Cystine	g	0.261		0		1		0.248	0.222		

	<u>Amoun</u>	t in 100 grams of e	dible portion	Amount in edible portion of common		
		Number		<u>m</u>	easures of food	
Nutrients and Units	Mean Std.	of Data Der Error Points Cod	iv Source Confidence le Code Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.950	0	1	0.903	0.808	
Tyrosine	0.822 1.254 1.457	0	1	0.781 1.191 1.384	0.699 1.066	
Arginine.	0.717 1.472	0 0 0	1 1 1	0.681 1.398	1.238 0.609 1.251	
Aspartic acid	2.493	0	1	2.368	2.119	
Glycine	1.169 0.861	0 0	1 1	1.111 0.818	0.994 0.732	
Serine	0.993	0	1	0.943	0.844	

Common Measures:

Measure 1 = 95g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	<u>.</u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	or Points		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		76.35	0.662	25		1		93.15	64.90	
Energy	kcal	87		0	NC	4		106	74	
Energy	kj	364				4		444	309	
Protein (N x 6.25)		18.99	0.383	12		1		23.17	16.14	
Total lipid (fat)	g	0.69	0.106	4		1		0.84	0.59	
Ash		1.25	0.133	6		1		1.53	1.06	
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	10	5.029	23		1		12	9	
Iron, Fe		0.83		0		4		1.01	0.71	
Magnesium, Mg		31	2.018	19		1		38	26	
Phosphorus, P	-	204	17.349	6		1		249	173	
Potassium, K		392	14.022	22		1		478	333	
Sodium, Na		31	5.357	20		1		38	26	
Zinc, Zn	_	0.38	0.010	76 74		1 1		0.46 0.022	0.32 0.015	
Copper, Cu		0.018 0.015		0		1		0.022	0.015	
Manganese, Mn Selenium, Se		36.5	1	0	CAZN	4		44.5	31.0	
Scientini, Sc	g	30.3		Ŭ	CILLIN	•		44.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.042		0		4		0.051	0.036	
Riboflavin		0.133		7		1		0.162	0.113	
Niacin		2.686 0.279		7 7		1 1		3.277	2.283 0.237	
Pantothenic acid Vitamin B-6		0.279		3		1		0.340 0.472	0.237	
Folate, total	_	2	0.083	0		4		2	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0	_	4		2	2	
Folate, DFE		2		0	NC	4		2	2	
Vitamin B-12		1.04	0.125	7		1		1.27	0.89	
Vitamin A, IU	IU -	60		0		4		73	51	
Vitamin A, RAE		18		0		4		22	15	
Retinol	mcg	18		0		4		22	15	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>										
Fatty acids, total saturated	_	0.130		0		4		0.159	0.111	
Fatty acids, total monounsaturated.		0.090		0		4		0.110	0.077	
Fatty acids, total polyunsaturated	=	0.280		0		4		0.342	0.238	
Fatty acids, total trans Cholesterol		41		0		4		50	35	
Phytosterols	-	41		J		-		50	33	
Amino Acids:	~			•		_		0.000		
Tryptophan		0.213		0		1		0.260	0.181	
Threonine	_	0.833		0		1 1		1.016	0.708	
Isoleucine	-	0.875		0		1		1.068 1.884	0.744	
Leucine		1.544 1.744		0		1		2.128	1.312 1.482	
Lysine Methionine		0.562		0		1		0.686	0.478	
Cystine		0.204		0		1		0.249	0.173	

	Ame	ount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean S	Std. Error		Deriv		Confidence Code	me Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Weall S	olu. Elloi					Weasure i	Wedsure 2	Weasure 3
Phenylalanineg	0.742		0		1		0.905	0.631	
Tyrosineg	0.641		0		1		0.782	0.545	
Valineg	0.979		0		1		1.194	0.832	
Arginineg	1.137		0		1		1.387	0.966	
Histidineg	0.559		0		1		0.682	0.475	
Alanineg	1.149		0		1		1.402	0.977	
Aspartic acidg	1.945		0		1		2.373	1.653	
Glutamic acidg	2.835		0		1		3.459	2.410	
Glycineg	0.912		0		1		1.113	0.775	
Prolineg	0.672		0		1		0.820	0.571	
Serine	0.775		0		1		0.946	0.659	
Hydroxyproline			_						

Common Measures:

Measure 1 = 122g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	а	71.22	0		1		113.24	60.54		
Energy	-	109	0		4		173	93		
Energy		456			4		725	388		
Protein (N x 6.25)		23.72	0		1		37.71	20.16		
Total lipid (fat)		0.90	0		1		1.43	0.77		
Ash		2.69	0		1		4.28	2.29		
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								0.0		
Starch	-									
Startin										
<u>Minerals:</u>										
Calcium, Ca	_	19	0		1		30	16		
Iron, Fe	_	1.45	0		1		2.31	1.23		
Magnesium, Mg		38	0		1		60	32		
Phosphorus, P	•	183	0		1		291	156		
Potassium, K	_	533	0		1		847	453		
Sodium, Na		113	0		1		180	96		
Zinc, Zn		0.59	0		1		0.94	0.50		
Copper, Cu		0.053			1		0.084	0.045		
Manganese, Mn		0.019	0	DECN	1 4		0.030	0.016 39.8		
Selenium, Se	filicg	46.8	U	BFSN	4		74.4	39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0		
Thiamin		0.023	3 0		1		0.037	0.020		
Riboflavin		0.085	5 0		1		0.135	0.072		
Niacin		7.429	0		1		11.812	6.315		
Pantothenic acid	mg	0.865	5 0		1		1.375	0.735		
Vitamin B-6	mg	0.462	2 0		1		0.735	0.393		
Folate, total	mcg	6	0		1		10	5		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	6	0		1		10	5		
Folate, DFE	mcg_DFE	6	0	NC	4		10	5		
Vitamin B-12		0.69	0		1		1.10	0.59		
Vitamin A, IU	IU	208	0		1		331	177		
Vitamin A, RAE	mcg_RAE	62	0		1		99	53		
Retinol		62	0		1		99	53		
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	0.241	. 0		1		0.383	0.205		
4:0										
6:0										
8:0										
10:0										
12:0		0.001	. 0		1		0.002	0.001		
13:0										
14:0		0.018	3 0		1		0.029	0.015		
15:0										
16:0	-	0.154	. 0		1		0.245	0.131		
17:0	-									
18:0	-	0.059	0		1		0.094	0.050		
20:0	-									
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100	grams o lumber	f edible port	<u>ion</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean		of Data D		e Confidence Code	Measure 1	Measure 2	Measure 3	
	_	0.455								
Fatty acids, total monounsaturated		0.155		0	1		0.246	0.132		
14:1	-									
15:1		0.000		•	1		0.046	0.005		
16:1 undifferentiated	-	0.029		0	1		0.046	0.025		
17:1		0 110		•						
18:1 undifferentiated	-	0.110		0	1		0.175	0.094		
20:1		0.004		0	1		0.006	0.003		
22:1 undifferentiated		0.012		0	1		0.019	0.010		
24:1 c	• • • • • • • • • • • • • • • • • • • •			•	_					
Fatty acids, total polyunsaturated		0.211		0	1		0.335	0.179		
18:2 undifferentiated		0.046		0	1		0.073	0.039		
18:3 undifferentiated		0.006		0	1		0.010	0.005		
18:4	-	0.006		0	1		0.010	0.005		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.003		0	1		0.005	0.003		
20:5 n-3		0.026		0	1		0.041	0.022		
22:5 n-3	g	0.012		0	1		0.019	0.010		
22:6 n-3	-	0.113		0	1		0.180	0.096		
Fatty acids, total trans	g									
Cholesterol	mg	94		0	1		149	80		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.266		0	1		0.423	0.226		
Threonine		1.040		0	1		1.654	0.884		
Isoleucine	-	1.093		0	1		1.738	0.884		
		1.928		0	1		3.066			
Leucine		2.178		0	1		3.463	1.639 1.851		
Lysine		0.702		0	1					
Methionine	-			0	1		1.116	0.597		
Cystine	-	0.254		-	_		0.404	0.216		
Phenylalanine		0.926		0	1		1.472	0.787		
Tyrosine	-	0.801		0	1		1.274	0.681		
Valine	-	1.222		0	1		1.943	1.039		
Arginine	-	1.419		0	1		2.256	1.206		
Histidine	-	0.698		0	1		1.110	0.593		
Alanine	-	1.434		0	1		2.280	1.219		
Aspartic acid		2.429		0	1		3.862	2.065		
Glutamic acid		3.541		0	1		5.630	3.010		
Glycine		1.138		0	1		1.809	0.967		
Proline	-	0.839		0	1		1.334	0.713		
Serine	_	0.968		0	1		1.539	0.823		
Hydroxyproline	g									

Common Measures:

Measure 1 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	umber	•			<u>m</u>	easures of food	<u> </u>	
			o	f Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	77.55		2		1		158.20	65.92		
Energy	kcal	85		0	NC	4		173	72		
Energy	kj	356				4		726	302		
Protein (N x 6.25)	g	18.50		1		1		37.74	15.73		
Total lipid (fat)	g	0.70		1		1		1.43	0.60		
Ash	g	2.10		1		1		4.28	1.79		
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	g										
Minerals:											
Calcium, Ca	ma	15		0		4		31	13		
Iron, Fe.	-	1.13		0		4		2.31	0.96		
Magnesium, Mg		30		0		4		61	26		
Phosphorus, P		143		0		4		292	122		
Potassium, K	-	416		1		1		849	354		
Sodium, Na	-	88		2		1		180	75		
Zinc, Zn	-	0.46	0.035	65		1		0.94	0.39		
Copper, Cu		0.041	0.002	64		1		0.084	0.035		
Manganese, Mn	mg	0.015		0		1		0.031	0.013		
Selenium, Se	mcg	36.5		0	CAZN	4		74.5	31.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.020		0		4		0.041	0.017		
Riboflavin	-	0.020		0		4		0.143	0.060		
Niacin		6.100		0		4		12.444	5.185		
Pantothenic acid.		0.750		0		4		1.530	0.638		
Vitamin B-6	-	0.400		0		4		0.816	0.340		
Folate, total	-	5		0		4		10	4		
Folic acid		0		0	z	7		0	0		
Folate, food		5		0		4		10	4		
Folate, DFE		5		0	NC	4		10	4		
Vitamin B-12		0.60		0		4		1.22	0.51		
Vitamin A, IU		180		0		4		367	153		
Vitamin A, RAE		54		0		4		110	46		
Retinol	mcg	54		0		4		110	46		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	rncg										
_ipids:											
Fatty acids, total saturated	g	0.188		0		1		0.384	0.160		
4:0		0.000		0		1		0.000	0.000		
6:0	g	0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	g	0.000		0		1		0.000	0.000		
12:0	g	0.001		1		1		0.002	0.001		
13:0	g										
14:0	g	0.014	0.007	3		1		0.029	0.012		
15:0											
16:0		0.120	0.022	3		1		0.245	0.102		
17:0											
18:0		0.046	0.006	3		1		0.094	0.039		
20:0	_										
22:0	а										

		<u>Aı</u>	mount in 100 g		ible portion		Amount in edible portion of common measures of food			
				ımber	. 0		<u></u>	0000100 01 1000	<u> </u>	
Nutrients and Un	its	Mean	Std. Error Po		Source C Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	a	0.121		0	1		0.247	0.103		
14:1										
15:1										
16:1 undifferentiated	g	0.023	0.015	3	1		0.047	0.020		
17:1	g									
18:1 undifferentiated	g	0.086	0.013	3	1		0.175	0.073		
20:1	g	0.003		2	1		0.006	0.003		
22:1 undifferentiated	g	0.009		2	1		0.018	0.008		
24:1 c	g									
Fatty acids, total polyunsaturated		0.165		0	1		0.337	0.140		
18:2 undifferentiated		0.036	0.018	3	1		0.073	0.031		
18:3 undifferentiated	g	0.005		1	1		0.010	0.004		
18:4	g	0.005		1	1		0.010	0.004		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.002		1	1		0.004	0.002		
20:5 n-3	g	0.020	0.012	3	1		0.041	0.017		
22:5 n-3	g	0.009		2	1		0.018	0.008		
22:6 n-3	g	0.088	0.009	3	1		0.180	0.075		
Fatty acids, total trans	g									
Cholesterol	mg	73		1	1		149	62		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.207		0	1		0.422	0.176		
Threonine	g	0.811		0	1		1.654	0.689		
Isoleucine	g	0.852		0	1		1.738	0.724		
Leucine	g	1.504		0	1		3.068	1.278		
Lysine	g	1.699		0	1		3.466	1.444		
Methionine	g	0.548		0	1		1.118	0.466		
Cystine	g	0.198		0	1		0.404	0.168		
Phenylalanine	g	0.722		0	1		1.473	0.614		
Tyrosine	g	0.625		0	1		1.275	0.531		
Valine	g	0.953		0	1		1.944	0.810		
Arginine	g	1.107		0	1		2.258	0.941		
Histidine	g	0.545		0	1		1.112	0.463		
Alanine	g	1.119		0	1		2.283	0.951		
Aspartic acid	g	1.894		0	1		3.864	1.610		
Glutamic acid	g	2.762		0	1		5.634	2.348		
Glycine	g	0.888		0	1		1.812	0.755		
Proline	g	0.654		0	1		1.334	0.556		
Serine	g	0.755		0	1		1.540	0.642		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	7		0.0	0.0		
Caffeine	mg									
Theobromine										

Common Measures:

Measure 1 = 204g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100		edible portion					
			I	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	70.94		0		1		109.25	60.30	
Energy	kcal	153		0	NC	4		236	130	
Energy	kj	640				4		986	544	
Protein (N x 6.25)	g	22.49		0		1		34.63	19.12	
Total lipid (fat)	g	6.32		0		1		9.73	5.37	
Ash	g	1.38		0		1		2.13	1.17	
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									
Starch	g									
Ain avala.										
<u>Minerals:</u> Calcium, Ca	ma	77		0		1		119	65	
Iron. Fe.	-	1.15		0		1		1.77	0.98	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	38		0		1		59	32	
Phosphorus, P		231		0		1		356	196	
Potassium, K	-	353		0		1		544	300	
Sodium, Na	-	96		0		1		148	82	
Zine, Zn	-	0.85		0		1		1.31	0.72	
Copper, Cu		0.297	7	0		1		0.457	0.252	
Manganese, Mn		0.897		0		1		1.381	0.762	
Selenium, Se		16.2		0	BFSN	4		24.9	13.8	
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.0		0		1		1.5	0.9	
Thiamin		0.081		0		1		0.125	0.069	
Riboflavin		0.207		0		1		0.319	0.176	
Niacin		2.862		0		1		4.407	2.433	
Pantothenic acid		0.865		0		1		1.332	0.735	
Vitamin B-6	-	0.346	•	0		1		0.533	0.294	
Folate, total		17		0	_	1		26	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0	***	1		26	14	
Folate, DFE		17		0	NC	4		26	14	
Vitamin B-12		2.31		0		1 1		3.56	1.96	
Vitamin A, IU		196		0		_		302	167	
Vitamin A, RAE		59 59		0 0		1 1		91 91	50	
Retinol		59		U		1		91	50	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated		1.434	l	0		1		2.208	1.219	
4:0										
6:0	-									
8:0	-									
10:0 12:0	-									
13:0	-									
14:0	-	0.135	5	0		1		0.208	0.115	
15:0	-	0.135	•	U		1		0.200	0.115	
16:0	-	1.118	2	0		1		1.722	0.950	
17:0		1.110	•	U		1		1.122	0.950	
18:0	-	0.182	,	0		1		0.280	0.155	
20:0	-	0.102	-	U		1		0.200	0.135	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number	Amount in edible portion of common measures of food					
Nutrients and Un	rentiated 9 1.01 grentiated 9 1.53 grentiated 9 1.53 grentiated 9 1.53 grentiated 9 1.47 grentiated 9 1.47 grentiated 9 1.47 grentiated 9 0.19 grentiated 9 0.19 grentiated 9 0.14 grentiated 9 0.28 grentiated 9 0.28 grentiated 9 0.28 grentiated 9 0.28 grentiated 9 0.29 grentiated 9 0.19 grentiated 9 0.29 grentiated 9 0	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monouncaturated	a	2 807		0		1		4.323	2.386	
		2.007		Ū		-		4.323	2.300	
15:1										
16:1 undifferentiated		1.014		0		1		1.562	0.862	
	-									
18:1 undifferentiated.		1.537		0		1		2.367	1.306	
20:1		0.104		0		1		0.160	0.088	
22:1 undifferentiated	-	0.153		0		1		0.236	0.130	
				-		_				
Fatty acids, total polyunsaturated		1.479		0		1		2.278	1.257	
18:2 undifferentiated		0.199		0		1		0.306	0.169	
	-	0.146		0		1		0.225	0.124	
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.287		0		1		0.442	0.244	
20:5 n-3	-	0.295		0		1		0.454	0.251	
22:5 n-3	-	0.185		0		1		0.285	0.157	
		0.368		0		1		0.567	0.313	
Fatty acids, total trans										
Cholesterol	-	82		0		1		126	70	
Phytosterols	_									
	_									
Amino Acids:										
Tryptophan	-			0		1		0.388	0.214	
	_			0		1		1.518	0.838	
Isoleucine	_			0		1		1.595	0.881	
Leucine	-	1.828		0		1		2.815	1.554	
Lysine	_			0		1		3.180	1.755	
Methionine	_			0		1		1.026	0.566	
Cystine		0.241		0		1		0.371	0.205	
Phenylalanine	_			0		1		1.352	0.746	
Tyrosine	_	0.759		0		1		1.169	0.645	
Valine		1.159		0		1		1.785	0.985	
Arginine	-	1.346		0		1		2.073	1.144	
Histidine	_	0.662		0		1		1.019	0.563	
Alanine	_	1.360		0		1		2.094	1.156	
Aspartic acid	-	2.303		0		1		3.547	1.958	
Glutamic acid		3.357		0		1		5.170	2.853	
Glycine	_	1.079		0		1		1.662	0.917	
Proline		0.795		0		1		1.224	0.676	
Serine	_	0.917		0		1		1.412	0.779	
Hydroxyproline	g									

Common Measures:

Measure 1 = 154g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15024 Fish, drum, freshwater, raw Aplodinotus grunniens Rafinesque

		<u>Aı</u>	mount in 100 g	Amount in	edible portion	of common				
			Nu	ımber				m	easures of food	<u></u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	77.33	0.125	650		1		153.11	65.73	
Energy	_	119	0.120	0	NC	4		236	101	
Energy		498		U	NC	4		986	423	
63	' - '		0.010	650		1				
Protein (N x 6.25)		17.54	0.019	650		_		34.73	14.91	
Total lipid (fat)		4.93	0.103	905		1		9.76	4.19	
Ash		1.08	0.016	652		1		2.14	0.92	
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									
Minorals										
Minerals: Calcium. Ca	ma	60		1		1		119	51	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.90		1		1		1.78	0.77	
,	• • • • • • • • • • • • • • • • • • • •	30		1		1		1.78 59	26	
Magnesium, Mg				1		1				
Phosphorus, P	•	180 275	1.857			1		356 545	153 234	
Potassium, K		275 75	0.644	163		1		149	23 4 64	
Sodium, Na		0.66	0.644			1		1.31	0.56	
Zinc, Zn				4 2		1				
Copper, Cu		0.232						0.459	0.197	
Manganese, Mn		0.700		1		1		1.386	0.595	
Selenium, Se	mcg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.0	0.9	
Thiamin		0.070	ı	0		4		0.139	0.060	
Riboflavin		0.170	1	0		4		0.337	0.145	
Niacin		2.350	ı	0		4		4.653	1.998	
Pantothenic acid	-	0.750		0		4		1.485	0.638	
Vitamin B-6		0.300		0		4		0.594	0.255	
Folate, total	_	15		0		4		30	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0	_	4		30	13	
Folate, DFE	mcg DFF	15		0	NC	4		30	13	
Vitamin B-12		2.00		0	NC	4		3.96	1.70	
Vitamin A, IU		170		0		4		337	145	
Vitamin A, RAE		51		0		4		101	43	
		51		0		4		101	43	
Retinol		31		U		4		101	43	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phylloquinone)	Incg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.119	ı	0		1		2.216	0.951	
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0										
13:0										
14:0	-	0.105	0.008	7		1		0.208	0.089	
15:0										
16:0		0.872	0.042	7		1		1.727	0.741	
17:0										
18:0	_	0.142	0.013	7		1		0.281	0.121	
20:0	_			-		_				
22:0	_									
24:0	_									

Nutrients and Units Nutrients and Units Nutrients and Units Std. Error Points Code Code Code Code Code Code Code Code Neasure 1 Measure 2 Measure 3			<u>Am</u>	ount in 100	grams	Amount in edible portion of common					
Patly acids, total monounsaturated				N	umber				<u>m</u>	easures of food	
Fatty acids, total monounstruted 9 2.190 0 1 4.336 1.862 141 9				0	f Data	Deriv	Source	Confidence			
14	Nutrients and Unit	ts	Mean S	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
14											
15-1	2 ,	-	2.190		0		1		4.336	1.862	
161 Indifferentiated											
17-1			0.701		_		_				
18.1 undifferentiated. g			0.791	0.062	7		1		1.566	0.672	
201		-			_		_				
22:1 undifferentiated		-					_				
Party acids, total polyunssturated		-		0.028							
Fatty acids, total polyunsaturated 9		•	0.119		1		1		0.236	0.101	
18.2 undifferentiated. 9		-					_				
18:3 undifferentiated											
18:4.		-					_				
202 n-6 e.c. g 203 undifferentiated. g 204 undifferentiated. g 0.224 0.059 6 1 0.444 0.190 205 n-3. g 0.230 0.024 7 1 0.455 0.196 22.5 n-3. g 0.144 0.020 7 1 0.285 0.122 22.6 n-3. g 0.287 0.078 7 1 0.568 0.244 22.5 n-3. g 0.287 0.078 7 1 0.568 0.244 22.5 n-3. g 0.287 0.078 7 1 0.568 0.244 22.5 n-3. g 0.287 0.078 7 1 0.568 0.244 22.5 n-3. g 0.287 0.078 7 1 0.568 0.244 22.5 n-3 0.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 2.285 0.244 0.245 0		-	0.114	0.041	6		1		0.226	0.097	
20.3 undifferentiated. 9											
20.4 undifferentiated											
20.5 n-3.					_		_				
22:5 n-3 g 0.144 0.020 7 1 0.285 0.122 22:6 n-3 g 0.287 0.078 7 1 0.568 0.244 Fatty acids, total trans g 64 1 1 127 54 Phytosterols mg 64 1 1 127 54 Amino Acids: Trypophan g 64 0 1 0.388 0.167 Threonine g 0.769 0 1 1.523 0.654 Isoleucine g 0.769 0 1 1.523 0.654 Isoleucine g 0.808 0 1 1.600 0.687 Leucine g 0.808 0 1 1.523 0.654 Isoleucine g 0.188 0 1 1.000 0.687 Leucine g 0.519 0 1 1		-									
22:6 n-3		-					_				
Fatty acids, total trans											
Cholesterol. mg 64 1 1 127 54 Phytosterols. mg 4 1 1 127 54 Amino Acids: Trypophan 9 0.196 0 1 0.388 0.167 Threonine 9 0.769 0 1 1.523 0.654 Isoleucine 9 0.808 0 1 1.600 0.687 Leucine 9 1.425 0 1 2.822 1.211 Lysine 9 1.611 0 1 3.190 1.369 Methionine 9 0.519 0 1 0.372 0.160 Phenylalanine 9 0.188 0 1 1.956 0.582 Tyrosine 9 0.685 0 1 1.172 0.503 Valine 9 0.904 0 1 1.790 0.768 Arginine 9 0.516 0			0.287	0.078	7		1		0.568	0.244	
Phytosterols. mg Phytosterols. Phytost	3	-			_		_				
Amino Acids: Tryptophan 9 0.196 0 1 0.388 0.167 Threonine 9 0.769 0 1 1.523 0.654 Isoleucine 9 0.808 0 1 1.600 0.687 Leucine 9 1.425 0 1 2.822 1.211 Lysine 9 1.611 0 1 3.190 1.369 Methionine 9 0.519 0 1 1.028 0.441 Cystine 9 0.188 0 1 1.028 0.441 Cystine 9 0.188 0 1 1.356 0.582 Tyrosine 9 0.685 0 1 1.356 0.582 Tyrosine 9 0.592 0 1 1.172 0.503 Valine 9 0.504 0 1 1.790 0.768 Arginine 9 0.516 0 1 1.022<			64		1		1		127	54	
Tryptophan. g 0.196 0 1 0.388 0.167 Threonine. g 0.769 0 1 1.523 0.654 Isoleucine. g 0.808 0 1 1.600 0.687 Leucine. g 1.425 0 1 2.822 1.211 Lysine. g 1.611 0 1 3.190 1.369 Methionine. g 0.519 0 1 1.028 0.441 Cystine. g 0.188 0 1 0.372 0.160 Phenylalanine. g 0.685 0 1 1.356 0.582 Tyrosine. g 0.592 0 1 1.172 0.503 Valine. g 0.904 0 1 1.790 0.768 Arginine. g 1.049 0 1 1.022 0.439 Histidine. g 0.516 0 1 1.022	Phytosterols	mg									
Threonine 9 0.769 0 1 1.523 0.654 Isoleucine 9 0.808 0 1 1.600 0.687 Leucine 9 1.425 0 1 2.822 1.211 Lysine 9 1.611 0 1 3.190 1.369 Methionine 9 0.519 0 1 1.028 0.441 Cystine 9 0.188 0 1 0.372 0.160 Phenylalanine 9 0.685 0 1 1.356 0.582 Tyrosine 9 0.592 0 1 1.172 0.503 Valine 9 0.592 0 1 1.7790 0.768 Arginine 9 0.516 0 1 1.790 0.768 Alanine 9 0.516 0 1 1.022 0.439 Alanine 9 1.061 0 1 2.101 0.902	Amino Acids:										
Soleucine	Tryptophan	g	0.196		0		1		0.388	0.167	
Leucine. g 1.425 0 1 2.822 1.211 Lysine. g 1.611 0 1 3.190 1.369 Methionine. g 0.519 0 1 1.028 0.441 Cystine. g 0.188 0 1 0.372 0.160 Phenylalanine. g 0.685 0 1 1.356 0.582 Tyrosine. g 0.592 0 1 1.772 0.503 Valine. g 0.904 0 1 1.790 0.768 Arginine. g 1.049 0 1 1.790 0.768 Histidine. g 0.516 0 1 1.022 0.439 Alanine. g 1.061 0 1 2.101 0.902 Aspartic acid. g 1.796 0 1 3.556 1.527 Glutamic acid. g 2.618 0 1 1.667 0.716 Proline. g 0.620 0 1 1.228	Threonine	g	0.769		0		1		1.523	0.654	
Lysine 9 1.611 0 1 3.190 1.369 Methionine 9 0.519 0 1 1.028 0.441 Cystine 9 0.188 0 1 0.372 0.160 Phenylalanine 9 0.685 0 1 1.356 0.582 Tyrosine 9 0.592 0 1 1.172 0.503 Valine 9 0.904 0 1 1.790 0.768 Arginine 9 1.049 0 1 2.077 0.892 Histidine 9 0.516 0 1 1.022 0.439 Alanine 9 1.061 0 1 2.101 0.902 Aspartic acid 9 1.796 0 1 3.556 1.527 Glutamic acid 9 2.618 0 1 5.184 2.225 Glycine 9 0.842 0 1 1.667 0.716 Proline 9 0.620 0 1 1.228 0.52	Isoleucine	g	0.808		0		1		1.600	0.687	
Methionine g 0.519 0 1 1.028 0.441 Cystine g 0.188 0 1 0.372 0.160 Phenylalanine g 0.685 0 1 1.356 0.582 Tyrosine g 0.592 0 1 1.172 0.503 Valine g 0.904 0 1 1.790 0.768 Arginine g 1.049 0 1 2.077 0.892 Histidine g 0.516 0 1 1.022 0.439 Alanine g 1.061 0 1 2.101 0.902 Aspartic acid g 1.796 0 1 3.556 1.527 Glutamic acid g 2.618 0 1 5.184 2.225 Glycine g 0.842 0 1 1.667 0.716 Proline g 0.620 0 1 1.228 0.527 Serine g 0.716 0 1 1.418 0.60	Leucine	g	1.425		0		1		2.822	1.211	
Cystine 9 0.188 0 1 0.372 0.160 Phenylalanine 9 0.685 0 1 1.356 0.582 Tyrosine 9 0.592 0 1 1.172 0.503 Valine 9 0.904 0 1 1.790 0.768 Arginine 9 1.049 0 1 2.077 0.892 Histidine 9 0.516 0 1 1.022 0.439 Alanine 9 1.061 0 1 2.101 0.902 Aspartic acid 9 1.796 0 1 3.556 1.527 Glutamic acid 9 2.618 0 1 5.184 2.225 Glycine 9 0.842 0 1 1.667 0.716 Proline 9 0.620 0 1 1.228 0.527 Serine 9 0.716 0 1 1.418 0.609	Lysine	g	1.611		0		1		3.190	1.369	
Phenylalanine g 0.685 0 1 1.356 0.582 Tyrosine g 0.592 0 1 1.172 0.503 Valine g 0.904 0 1 1.790 0.768 Arginine g 1.049 0 1 2.077 0.892 Histidine g 0.516 0 1 1.022 0.439 Alanine g 1.061 0 1 2.101 0.902 Aspartic acid g 1.796 0 1 3.556 1.527 Glutamic acid g 2.618 0 1 5.184 2.225 Glycine g 0.842 0 1 1.667 0.716 Proline g 0.620 0 1 1.228 0.527 Serine g 0.716 0 1 1.418 0.609	Methionine	g	0.519		0		1		1.028	0.441	
Tyrosine .9 0.592 0 1 1.172 0.503 Valine .9 0.904 0 1 1.790 0.768 Arginine .9 1.049 0 1 2.077 0.892 Histidine .9 0.516 0 1 1.022 0.439 Alanine .9 1.061 0 1 2.101 0.902 Aspartic acid .9 1.796 0 1 3.556 1.527 Glutamic acid .9 2.618 0 1 5.184 2.225 Glycine .9 0.842 0 1 1.667 0.716 Proline .9 0.620 0 1 1.228 0.527 Serine .9 0.716 0 1 1.418 0.609	Cystine	g	0.188		0		1		0.372	0.160	
Valine g 0.904 0 1 1.790 0.768 Arginine g 1.049 0 1 2.077 0.892 Histidine g 0.516 0 1 1.022 0.439 Alanine g 1.061 0 1 2.101 0.902 Aspartic acid g 1.796 0 1 3.556 1.527 Glutamic acid g 2.618 0 1 5.184 2.225 Glycine g 0.842 0 1 1.667 0.716 Proline g 0.620 0 1 1.228 0.527 Serine g 0.716 0 1 1.418 0.609	Phenylalanine	g	0.685		0		1		1.356	0.582	
Valine g 0.904 0 1 1.790 0.768 Arginine g 1.049 0 1 2.077 0.892 Histidine g 0.516 0 1 1.022 0.439 Alanine g 1.061 0 1 2.101 0.902 Aspartic acid g 1.796 0 1 3.556 1.527 Glutamic acid g 2.618 0 1 5.184 2.225 Glycine g 0.842 0 1 1.667 0.716 Proline g 0.620 0 1 1.228 0.527 Serine g 0.716 0 1 1.418 0.609	Tyrosine	g	0.592		0		1		1.172	0.503	
Arginine 9 1.049 0 1 2.077 0.892 Histidine 9 0.516 0 1 1.022 0.439 Alanine 9 1.061 0 1 2.101 0.902 Aspartic acid 9 1.796 0 1 3.556 1.527 Glutamic acid 9 2.618 0 1 5.184 2.225 Glycine 9 0.842 0 1 1.667 0.716 Proline 9 0.620 0 1 1.228 0.527 Serine 9 0.716 0 1 1.418 0.609			0.904		0		1		1.790	0.768	
Histidine g 0.516 0 1 1.022 0.439 Alanine g 1.061 0 1 2.101 0.902 Aspartic acid g 1.796 0 1 3.556 1.527 Glutamic acid g 2.618 0 1 5.184 2.225 Glycine g 0.842 0 1 1.667 0.716 Proline g 0.620 0 1 1.228 0.527 Serine g 0.716 0 1 1.418 0.609			1.049		0		1		2.077	0.892	
Alanine. g 1.061 0 1 2.101 0.902 Aspartic acid. g 1.796 0 1 3.556 1.527 Glutamic acid. g 2.618 0 1 5.184 2.225 Glycine. g 0.842 0 1 1.667 0.716 Proline. g 0.620 0 1 1.228 0.527 Serine. g 0.716 0 1 1.418 0.609	=		0.516		0		1		1.022	0.439	
Aspartic acid. g 1.796 0 1 3.556 1.527 Glutamic acid. g 2.618 0 1 5.184 2.225 Glycine. g 0.842 0 1 1.667 0.716 Proline. g 0.620 0 1 1.228 0.527 Serine. g 0.716 0 1 1.418 0.609			1.061		0		1		2.101	0.902	
Glutamic acid .g 2.618 0 1 5.184 2.225 Glycine .g 0.842 0 1 1.667 0.716 Proline .g 0.620 0 1 1.228 0.527 Serine .g 0.716 0 1 1.418 0.609		_	1.796		0		1		3.556	1.527	
Glycine g 0.842 0 1 1.667 0.716 Proline g 0.620 0 1 1.228 0.527 Serine g 0.716 0 1 1.418 0.609			2.618		0		1		5.184	2.225	
Proline		-	0.842		0		1		1.667	0.716	
Serine	,	_			0		1		1.228		
			0.716		0		1		1.418		

Common Measures:

Measure 1 = 198g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 100		edible portion					
			N	Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.31		0		1		16.81	13.05	10.08
Energy	kcal	236		0	NC	4		67	52	40
Energy	kj	987				4		280	217	168
Protein (N x 6.25)	g	23.65		0		1		6.70	5.20	4.02
Total lipid (fat)	g	14.95		0		1		4.24	3.29	2.54
Ash	g	1.80		0		1		0.51	0.40	0.31
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										
Starch										
	_									
<u> Minerals:</u>								_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	26		0		1		7	6	4
Iron, Fe	-	0.64		0		1		0.18	0.14	0.1
Magnesium, Mg		26		0		4		7	6	4
Phosphorus, P	-	277		0		1		79	61	47
Potassium, K		349		0		1		99	77	59
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	65		0		1		18	14	11
Zinc, Zn		2.08		0		1		0.59	0.46	0.3
Copper, Cu		0.029		0		1		0.008	0.006	0.0
Manganese, Mn		0.040)	0		4		0.011	0.009	0.0
Selenium, Se	mcg	8.3		0	BFSN	4		2.4	1.8	1.4
itamins:										
Vitamin C, total ascorbic acid	ma	1.8		0		4		0.5	0.4	0.3
Thiamin	-	0.183	2	0		1		0.052	0.040	0.0
Riboflavin	-	0.051		0		1		0.014	0.011	0.0
Niacin		4.487		0		1		1.272	0.987	0.7
Pantothenic acid	-	0.280		0		4		0.079	0.062	0.0
Vitamin B-6	-	0.077		0		1		0.022	0.017	0.0
Folate, total	-	17		0		4		5	4	3
Folic acid		0		0	z	7		0	0	0
Folate, food		17		0		4		5	4	3
Folate, DFE		17		0	NC	4		5	4	3
Vitamin B-12		2.89		0	мс	1		0.82	0.63	0.4
Vitamin A, IU		3787		0		1		1074	833	644
Vitamin A, RAE		1137		0		1		322	250	193
Retinol		1137		0		1		322	250	193
Vitamin E (alpha-tocopherol)		1137		U		_		322	250	193
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	9									
<u> ipids:</u>										
Fatty acids, total saturated	g	3.023	3	0		1		0.857	0.665	0.5
4:0	g	0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	g	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	g	0.000)	0		1		0.000	0.000	0.0
13:0	g									
14:0	g	0.740)	0		1		0.210	0.163	0.1
15:0	g									
16:0		2.032	2	0		1		0.576	0.447	0.3
17:0										
18:0		0.245	5	0		1		0.069	0.054	0.0
20:0										
22:0	_									
24:0	_									

		Amount	in 100 grams of ed Number	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean Std.	of Data Deriv Error Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
			_	_			
Fatty acids, total monounsaturated 14:1	g	9.218	0	1	2.613	2.028	1.567
16:1 undifferentiated	g	1.609	0	1	0.456	0.354	0.274
18:1 undifferentiated	-	3.554	0	1	1.008	0.782	0.604
20:1		3.846	0	1	1.090	0.846	0.654
22:1 undifferentiated		0.000	0	1	0.000	0.000	0.000
24:1 c	-	0.000	· ·	-	0.000	0.000	0.000
Fatty acids, total polyunsaturated		1.214	0	1	0.344	0.267	0.206
18:2 undifferentiated	-	0.251	0	1	0.071	0.055	0.043
18:3 undifferentiated	-	0.554	0	1	0.157	0.122	0.043
18:4	-	0.000	0	1	0.000	0.000	0.000
20:2 n-6 c.c		0.000	v	-	0.000	0.000	0.000
20:3 undifferentiated	-						
20:4 undifferentiated		0.122	0	1	0.035	0.027	0.021
20:5 n-3	-	0.122	0	1	0.033	0.024	0.021
20:5 n-3		0.095	0	1	0.031	0.024	0.016
22:6 n-3	-	0.095	0	1	0.027	0.021	0.016
		0.061	U	1	0.023	0.018	0.014
Fatty acids, total trans		161	0	1	46	35	27
CholesterolPhytosterols		101	U	-	40	33	21
Filytosterois							
Amino Acids:							
Tryptophan	g	0.265	0	1	0.075	0.058	0.045
Threonine	g	1.037	0	1	0.294	0.228	0.176
Isoleucine	g	1.090	0	1	0.309	0.240	0.185
Leucine	g	1.922	0	1	0.545	0.423	0.327
Lysine	g	2.171	0	1	0.615	0.478	0.369
Methionine	g	0.700	0	1	0.198	0.154	0.119
Cystine	g	0.253	0	1	0.072	0.056	0.043
Phenylalanine	g	0.923	0	1	0.262	0.203	0.157
Tyrosine	g	0.798	0	1	0.226	0.176	0.136
Valine	g	1.218	0	1	0.345	0.268	0.207
Arginine	g	1.415	0	1	0.401	0.311	0.241
Histidine		0.696	0	1	0.197	0.153	0.118
Alanine		1.430	0	1	0.405	0.315	0.243
Aspartic acid		2.421	0	1	0.686	0.533	0.412
Glutamic acid		3.530	0	1	1.001	0.777	0.600
Glycine	-	1.135	0	1	0.322	0.250	0.193
Proline		0.836	0	1	0.237	0.184	0.142
Serine	• • • • • • • • • • • • • • • • • • • •	0.965	0	1	0.274	0.212	0.164
Hydroxyproline							
Others:							
Alcohol, ethyl	a	0.0	0	7	0.0	0.0	0.0
Caffeine	-	0.0	U	,	0.0	0.0	0.0
Cancille	mg						

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 22g: 1 oz with bone (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	68.26		12		1		139.25	58.02	
Energy	_	184		0	NC	4		375	156	
Energy		770				4		1571	654	
Protein (N x 6.25)		18.44		12		1		37.62	15.67	
Total lipid (fat)		11.66	0.885	14		1		23.79	9.91	
Ash		1.41		11		1		2.88	1.20	
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	-	20		1		1		41	17	
Iron, Fe		0.50		1		1		1.02	0.43	
Magnesium, Mg		20		0		4		41	17	
Phosphorus, P	_	216		2		1		441	184	
Potassium, K		272		5		1		555	231	
Sodium, Na	_	51		4		1		104	43	
Zinc, Zn		1.62	0.076	40		1		3.30	1.38	
Copper, Cu		0.023		30		1		0.047	0.020	
Manganese, Mn		0.035		0		1		0.071	0.030	
Selenium, Se	mcg	6.5		0	CAZN	4		13.3	5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		3.7	1.5	
Thiamin	mg	0.150	0.016	4		1		0.306	0.128	
Riboflavin		0.040		1		1		0.082	0.034	
Niacin		3.500		1		1		7.140	2.975	
Pantothenic acid	mg	0.240		1		1		0.490	0.204	
Vitamin B-6	mg	0.067	0.026	10		1		0.137	0.057	
Folate, total	mcg	15		0		4		31	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		31	13	
Folate, DFE		15		0	NC	4		31	13	
Vitamin B-12		3.00		1		1		6.12	2.55	
Vitamin A, IU	IU	3477		0	NC	4		7092	2955	
Vitamin A, RAE	mcg_RAE	1043		0	NC	4		2128	887	
Retinol		1043		0	NR	4		2128	887	
Vitamin E (alpha-tocopherol)	mg	4.00		0	NR	4		8.16	3.40	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	T	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	2.358		0		1		4.810	2.004	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-	0.000		•		-		3.000	0.000	
14:0	-	0.580		2		1		1.183	0.493	
15:0	-	0.500		-		-			0.455	
16:0	-	1.585		2		1		3.233	1.347	
17:0		2.505		-		-		3.233	1.547	
18:0	-	0.191		2		1		0.390	0.162	
20:0	-	0.131		_		-		3.330	0.102	
22:0	-									
24:0	-									

		<u>A</u>	mount in 100 g		of edib	ole portio	<u>on</u>		edible portion o	of common
				mber	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	7.190		0		1		14.668	6.112	
14:1	=									
15:1 16:1 undifferentiated	-	1.255		2		1		2.560	1.067	
17:1	=	1.255	'	2		-		2.300	1.007	
18:1 undifferentiated	-	2.772		2		1		5.655	2.356	
20:1	-	3.000	ı	1		1		6.120	2.550	
22:1 undifferentiated	g	0.000	ı	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.947		0		1		1.932	0.805	
18:2 undifferentiated	g	0.196	i	2		1		0.400	0.167	
18:3 undifferentiated	=	0.432		1		1		0.881	0.367	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	=									
20:3 undifferentiated	=	0.00		•					2 224	
20:4 undifferentiated	=	0.095		2 1		1 1		0.194	0.081	
20:5 n-3	=	0.084 0.074		1		1		0.171 0.151	0.071 0.063	
22:5 n-3 22:6 n-3	-	0.063		2		1		0.131	0.054	
Fatty acids, total trans		0.005		-		-		0.129	0.034	
Cholesterol		126		2		1		257	107	
Phytosterols	-			-		_		207		
,	······ J									
Amino Acids:										
Tryptophan		0.207		0		1		0.422	0.176	
Threonine		0.809		0		1		1.650	0.688	
Isoleucine	_	0.850		0		1		1.734	0.723	
Leucine	-	1.499		0		1 1		3.058	1.274	
Lysine		1.694 0.546		0 0		1		3.456 1.114	1.440 0.464	
Methionine		0.198		0		1		0.404	0.464	
CystinePhenylalanine		0.720		0		1		1.469	0.612	
Tyrosine		0.623		0		1		1.271	0.530	
Valine		0.950		0		1		1.938	0.808	
Arginine	-	1.104		0		1		2.252	0.938	
Histidine	-	0.543		0		1		1.108	0.462	
Alanine	• • • • • • • • • • • • • • • • • • • •	1.115		0		1		2.275	0.948	
Aspartic acid		1.889	ı	0		1		3.854	1.606	
Glutamic acid		2.753		0		1		5.616	2.340	
Glycine	_	0.885	i	0		1		1.805	0.752	
Proline		0.652		0		1		1.330	0.554	
Serine	g	0.753	1	0		1		1.536	0.640	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	, 7		0.0	0.0	
Theobromine	-	0		0	Z	7		0	0	
Carotenoids:	g	-		-	-	•		-		
	m-~	•		0	_	-		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	0.000 0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Luiciii + Zcaxăliuliii	g			<u> </u>		,		0.000	3.000	

Common Measures:

Measure 1 = 204g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15025

Fish, eel, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gran	ıs of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			m	easures of food	<u> </u>
			of Da	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	g	46.32	0		1		26.40	12.97	
Energy	kcal	272	0	NC	4		155	76	
Energy		1138			4		649	319	
Protein (N x 6.1)		15.65	0		1		8.92	4.38	
Total lipid (fat)		12.23	0		1		6.97	3.42	
Ash		2.63	0		1		1.50	0.74	
Carbohydrate, by difference	g	23.75	0	NC	4		13.54	6.65	
Fiber, total dietary	g	1.4	0	RA	4		0.8	0.4	
Sugars, total		2.41	0	RA	4		1.37	0.67	
Sucrose	g	0.01	0	RA	4		0.01	0.00	
Glucose (dextrose)	g	0.61	0	RA	4		0.35	0.17	
Fructose	g	0.81	0	RA	4		0.46	0.23	
Lactose	g	0.33	0	RA	4		0.19	0.09	
Maltose	g	0.63	0	RA	4		0.36	0.18	
Galactose		0.01	0	RA	4		0.01	0.00	
Starch		19.20	0	RA	4		10.95	5.38	
Minerals:	ma	20	10		1		11	6	
Calcium, Ca Iron, Fe		0.74	11		1		0.42	0.21	
Magnesium, Mg		25	11		1		14	7	
Phosphorus, P		181	10		1		103	, 51	
Potassium, K		261	0		1		149	73	
Sodium, Na		582	0		1		332	163	
Zinc, Zn		0.66	0		1		0.38	0.18	
Copper, Cu		0.101			1		0.058	0.028	
Manganese, Mn		0.236			1		0.135	0.066	
Selenium, Se		16.6	0.686 46	A	1		9.5	4.6	
Vitamins:									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin	-	0.127			1		0.072	0.036	
Riboflavin	-	0.178			1		0.101	0.050	
Niacin		2.129			1		1.214	0.596	
Pantothenic acid	-	0.333			4		0.190	0.093	
Vitamin B-6		0.060			1		0.034	0.017	
Folate, total		43	0	RA	4		24	12	
Folic acid	mcg	26	0	RA	4		15	7	
Folate, food		16	0	RA	4		9	5	
Folate, DFE		61	0	NC	4		35	17	
Vitamin B-12	-	1.80	0		1		1.02	0.50	
Vitamin A, IU		108	0	RA	4		62	30	
Vitamin A, RAE		31	0	RA	4		18	9	
Retinol		31	0	RA	4		18	9	
Vitamin E (alpha-tocopherol)		0.52	0	RA	4		0.30	0.15	
Tocopherol, beta		0.01	0	RA	4		0.01	0.00	
Tocopherol, gamma		0.31	0	RA	4		0.18	0.09	
Tocopherol, delta		0.06	0	RA	4		0.04	0.02	
Vitamin D Vitamin K (phylloquinone)		6.862 2.2	2 0	RA RA	4 4		3.911 1.3	1.921 0.6	
	9		· ·	141	•		5	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated		3.149			1		1.795	0.882	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	_	0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	-	0.000	0		1		0.000	0.000	
13:0									
14:0		0.069	9 0		1		0.039	0.019	

		<u>Ar</u>	nount in 100 gran		ble portic	<u>on</u>		edible portion of easures of food	
			Numb	er ta Deriv	Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	5	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	1.868	0		1		1.065	0.523	
17:0	_								
18:0	g	1.184	0		1		0.675	0.332	
20:0									
22:0									
24:0									
Fatty acids, total monounsaturated		5.067	0		1		2.888	1.419	
14:1	_								
15:1		0.050	0		1		0 000	0.016	
16:1 undifferentiated	_	0.058	0		1		0.033	0.016	
17:1 18:1 undifferentiated		4.989	0		1		2.844	1.397	
20:1	_	0.010	0		1		0.006	0.003	
22:1 undifferentiated	-	0.002	0		1		0.001	0.001	
24:1 c		0.002	ŭ		-		0.001	0.001	
Fatty acids, total polyunsaturated		3.166	0		1		1.805	0.886	
18:2 undifferentiated		2.738	0		1		1.561	0.767	
18:3 undifferentiated		0.172	0		1		0.098	0.048	
18:4		0.000	0		1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	g	0.018	0		1		0.010	0.005	
20:5 n-3	g	0.086	0		1		0.049	0.024	
22:5 n-3	g	0.006	0		1		0.003	0.002	
22:6 n-3	g	0.128	0		1		0.073	0.036	
Fatty acids, total trans	g								
Cholesterol		112	0		1		64	31	
Phytosterols	mg								
Amino Acids:	_				_				
Tryptophan		0.194	0		1		0.111	0.054	
Threonine		0.646	0		1 1		0.368	0.181	
Isoleucine	-	0.745 1.266	0		1		0.425 0.722	0.209 0.354	
LeucineLysine		1.123	0		1		0.640	0.314	
Methionine		0.424	0		1		0.242	0.119	
Cystine		0.227	0		1		0.129	0.064	
Phenylalanine		0.699	0		1		0.398	0.196	
Tyrosine		0.538	0		1		0.307	0.151	
Valine		0.835	0		1		0.476	0.234	
Arginine		0.847	0		1		0.483	0.237	
Histidine	_	0.419	0		1		0.239	0.117	
Alanine	g	0.832	0		1		0.474	0.233	
Aspartic acid	g	1.373	0		1		0.783	0.384	
Glutamic acid	g	3.180	0		1		1.813	0.890	
Glycine	g	0.679	0		1		0.387	0.190	
Proline	g	0.921	0		1		0.525	0.258	
Serine	g	0.758	0		1		0.432	0.212	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	-	0.0	0		7		0.0	0.0	
Caffeine		0	0	RA	4		0	0	
Theobromine	mg	0	0	RA	4		0	0	
Carotenoids:									
Carotene, beta		2	0	RA	4		0.919	0.452	
Carotene, alpha		0	0	RA	4		0.000	0.000	
Cryptoxanthin, beta		1 0	0	RA RA	4		0.658	0.323	
Lycopene		43	0	RA RA	4 4		0.000 24 351	0.000	
Lutein + zeaxanthin	iiicā	43	U	KA	4		24.351	11.962	

NDB No. 15027

Fish, fish portions and sticks, frozen, preheated

Common Measures:

Measure 1 = 57g: 1 piece (4" x 2" x 1/2") Measure 2 = 28g: 1 stick (4" x 1" x 1/2")

Calories Factors: Protein 4.2 Fat 8.94 Carbohydrate 3.97

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15029 Fish, flatfish (flounder and sole species), cooked, dry heat

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbeı	•			m	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : /										
Proximates: Water	a	73.16		0		1		92.91	62.19	
Energy	-	117		0	NC	4		149	99	
Energy		490				4		622	416	
Protein (N x 6.25)		24.16		0		1		30.68	20.54	
Total lipid (fat)		1.53		0		1		1.94	1.30	
Ash		1.50	0.110	11		1		1.91	1.28	
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		0.00		0	z	7		0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	_	18		11		1		23	15	
Iron, Fe		0.34	0.024	11		1		0.43	0.29	
Magnesium, Mg		58		11		1		74	49	
Phosphorus, P	-	289		11		1		367	246	
Potassium, K		344	23.500	11		1		437	292	
Sodium, Na		105	13.100	11		1		133	89	
Zinc, Zn		0.63	0.057	11		1		0.80	0.54	
Copper, Cu		0.026		11		1		0.033	0.022	
Manganese, Mn		0.020		0	_	4		0.025	0.017	
Selenium, Se	mcg	58.2	5.410	33	A	1		73.9	49.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.080	0.010	11		1		0.102	0.068	
Riboflavin		0.114	0.015	11		1		0.145	0.097	
Niacin		2.179	0.219	11		1		2.767	1.852	
Pantothenic acid	-	0.580	1	0		4		0.737	0.493	
Vitamin B-6		0.240)	0		1		0.305	0.204	
Folate, total	_	9		0		4		12	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		4		12	8	
Folate, DFE	mcg DFE	9		0	NC	4		12	8	
Vitamin B-12		2.51	0.372	11		1		3.19	2.13	
Vitamin A, IU		43		0	NC	4		54	36	
Vitamin A, RAE		13		0	NC	4		16	11	
Retinol		13		0	BFSN	4		16	11	
Vitamin E (alpha-tocopherol)		0.66		0	BFSN	4		0.84	0.56	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	BFSN	4		0.2	0.1	
I inida										
Lipids:	σ.	0.363	,	^		1		0.461	0 300	
Fatty acids, total saturated		0.363		0		1 1		0.461	0.309 0.000	
4:0				0		1		0.000		
6:0 8:0		0.000		0		1		0.000	0.000 0.000	
8:0 10:0		0.000		0		1		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	_	0.057	11.600	11		1		0.072	0.048	
15:0	_	0.057	11.000			1		0.072	0.048	
16:0	_	0.226	12.800	11		1		0.287	0.192	
17:0		0.226	12.000			-		0.287	0.192	
	_	0.055	5.000	11		1		0.070	0.047	
18:0 20:0	_	0.055	5.000	11		1		0.070	0.04/	
22:0	_									
44.U	g g									

		<u>An</u>	nount in 100 g		of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	
				Data		Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
				•						
Fatty acids, total monounsaturate		0.276		0		4		0.351	0.235	
14:1 15:1										
16:1 undifferentiated		0.067	7.200	11		1		0.085	0.057	
17:1	-	0.007				-		0.000	0.007	
18:1 undifferentiated	-	0.154	12.600	11		1		0.196	0.131	
20:1	g	0.035	6.700	11		1		0.044	0.030	
22:1 undifferentiated	g	0.020	9.200	11		1		0.025	0.017	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.646		0		4		0.820	0.549	
18:2 undifferentiated		0.014	1.300	11		1		0.018	0.012	
18:3 undifferentiated	=	0.016	4.200	11		1		0.020	0.014	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.048	5.700	11		1		0.061	0.041	
20:5 n-3	-	0.048	32.500	11		1		0.309	0.041	
20:5 n-3		0.243	3.400	11		1		0.058	0.207	
22:6 n-3		0.258	22.300	11		1		0.328	0.219	
Fatty acids, total trans		0.200				_		0.320	0.213	
Cholesterol		68	3.510	11		1		86	58	
Phytosterols										
-	<u>-</u>									
Amino Acids:	_			•						
Tryptophan		0.271		0		1		0.344	0.230	
Threonine	_	1.059		0		1 1		1.345	0.900	
Isoleucine	-	1.113 1.963		0		1		1.414 2.493	0.946 1.669	
Lysine	-	2.219		0		1		2.818	1.886	
Methionine		0.715		0		1		0.908	0.608	
Cystine	-	0.259		0		1		0.329	0.220	
Phenylalanine		0.943		0		1		1.198	0.802	
Tyrosine		0.816		0		1		1.036	0.694	
Valine		1.245		0		1		1.581	1.058	
Arginine	-	1.446		0		1		1.836	1.229	
Histidine	g	0.711		0		1		0.903	0.604	
Alanine	g	1.461		0		1		1.855	1.242	
Aspartic acid	g	2.474		0		1		3.142	2.103	
Glutamic acid	g	3.606		0		1		4.580	3.065	
Glycine	g	1.160		0		1		1.473	0.986	
Proline	g	0.854		0		1		1.085	0.726	
Serine	-	0.986		0		1		1.252	0.838	
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:	······ =									
	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	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Zutom - Zouzummiii	5			-	-	•				

Common Measures:

Measure 1 = 127g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15029

Fish, flatfish (flounder and sole species), cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15028 Fish, flatfish (flounder and sole species), raw Bothidae and Pleuronectidae

		<u>Ar</u>	nount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nι	ımber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	g	79.06	0.438	623		1		22.41	128.87	67.20
Energy	-	91		0	NC	4		26	148	77
Energy		381				4		108	621	324
Protein (N x 6.25)		18.84		595		1		5.34	30.71	16.01
Total lipid (fat)		1.19	0.039	596		1		0.34	1.94	1.01
Ash		1.20	0.012	597		1		0.34	1.96	1.02
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
	9									
<u>linerals:</u>	ma	18		32		1		5	29	15
Calcium, Ca	-	0.36		3∠ 9		1		0.10	0.59	0.31
Magnesium, Mg	-	31		5		1		9	51	26
Phosphorus, P		184		29		1		52	300	156
Potassium, K	-	361		259		1		102	588	307
Sodium, Na		81		262		1		23	132	69
Zinc, Zn		0.45	0.008	518		1		0.13	0.73	0.3
Copper, Cu		0.032	0.002	507		1		0.009	0.052	0.0
Manganese, Mn		0.017	0.002	3		1		0.005	0.028	0.0
Selenium, Se		32.7	1.935	30	A	1		9.3	53.3	27.8
itamins:										
Vitamin C, total ascorbic acid	ma	1.7		0		4		0.5	2.8	1.4
Thiamin	-	0.089		14		1		0.025	0.145	0.0
Riboflavin	-	0.076		17		1		0.022	0.124	0.0
Niacin		2.899		17		1		0.822	4.725	2.4
Pantothenic acid	-	0.503		4		1		0.143	0.820	0.4
Vitamin B-6	-	0.208		8		1		0.059	0.339	0.1
Folate, total	_	8		0		4		2	13	7
Folic acid		0		0	z	7		0	0	0
Folate, food		8		0		4		2	13	7
Folate, DFE		8		0	NC	4		2	13	7
Vitamin B-12		1.52		13		1		0.43	2.48	1.2
Vitamin A, IU		33		0	NC	4		9	54	28
Vitamin A, RAE		10		0	NC	4		3	16	9
Retinol		10		0	NR	4		3	16	9
Vitamin E (alpha-tocopherol)		0.51	0.037	7	A	1		0.15	0.84	0.4
Tocopherol, beta		0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00	0.000	7	A	1		0.00	0.00	0.0
Vitamin D.		60.000		0	T	4		17.010	97.800	51.0
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.0	0.2	0.1
ipids:										
Fatty acids, total saturated	g	0.283		0		1		0.080	0.461	0.2
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	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0	-									
14:0	g	0.048		8		1		0.014	0.078	0.0
15:0	g									
16:0	g	0.158		8		1		0.045	0.258	0.1
17:0	g									
18:0	g	0.071		8		1		0.020	0.116	0.0
20:0	g									
22:0	a									

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	of common
No ferio contra a contra	l l luita	Maan		Number of Data	Deriv	Source Code	Confidence Code		easures of food	Maaa 2
Nutrients and	Units	Mean	Sta. Error	Folits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedQ	0.233	ı	0		1		0.066	0.380	0.198
14:1	g									
15:1 16:1 undifferentiated	_	0.080	ı	8		1		0.023	0.130	0.068
17:1	_									
18:1 undifferentiated	g	0.120		8		1		0.034	0.196	0.102
20:1	g	0.028		7		1		0.008	0.046	0.024
22:1 undifferentiated	_	0.008		8		1		0.002	0.013	0.007
24:1 c										
Fatty acids, total polyunsatura		0.329		0		1		0.093	0.536	0.280
18:2 undifferentiated		0.008		8		1		0.002	0.013	0.007
18:3 undifferentiated		0.008		8		1		0.002	0.013	0.007
18:4	_	0.016	i	6		1		0.005	0.026	0.014
20:2 n-6 c,c	_									
20:3 undifferentiated	_			•		_				
20:4 undifferentiated	_	0.038		8		1		0.011	0.062	0.032
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.093		8		1		0.026	0.152	0.079
22:5 n-3	_	0.046		8		1		0.013	0.075	0.039
22:6 n-3		0.106	1	8		1		0.030	0.173	0.090
Fatty acids, total trans		40		1.4		1		1.4	70	41
Cholesterol	_	48		14		1		14	78	41
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.211		0		1		0.060	0.344	0.179
Threonine	g	0.826	i	0		1		0.234	1.346	0.702
Isoleucine	g	0.868		0		1		0.246	1.415	0.738
Leucine	g	1.532		0		1		0.434	2.497	1.302
Lysine	g	1.731		0		1		0.491	2.822	1.471
Methionine	g	0.558		0		1		0.158	0.910	0.474
Cystine	g	0.202		0		1		0.057	0.329	0.172
Phenylalanine	g	0.736	i	0		1		0.209	1.200	0.626
Tyrosine	g	0.636	i	0		1		0.180	1.037	0.541
Valine	g	0.971		0		1		0.275	1.583	0.825
Arginine	g	1.128		0		1		0.320	1.839	0.959
Histidine	g	0.555	i	0		1		0.157	0.905	0.472
Alanine	g	1.140	1	0		1		0.323	1.858	0.969
Aspartic acid	g	1.930	1	0		1		0.547	3.146	1.641
Glutamic acid	g	2.813	1	0		1		0.797	4.585	2.391
Glycine	g	0.905	i	0		1		0.257	1.475	0.769
Proline	g	0.666	i	0		1		0.189	1.086	0.566
Serine	g	0.769	1	0		1		0.218	1.253	0.654
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		Ö		0	Z	7		0	0	0
Carotenoids:	.	•		•	_	•		-	•	ŭ
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 = 28.35g: 1 oz, boneless

Measure 2 = 163g: 1 fillet Measure 3 = 85g: 3 oz NDB No. 15028

Fish, flatfish (flounder and sole species), raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100	0 grams	of edik	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	80.35		2		1		33.75		
Energy	kcal	84		0	NC	4		35		
Energy	kj	351				4		148		
Protein (N x 6.25)	g	9.07		2		1		3.81		
Total lipid (fat)	g	1.73		2		1		0.73		
Ash	g	1.44		2		1		0.60		
Carbohydrate, by difference	g	7.41		0	NC	4		3.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
viinerais: Calcium, Ca	ma	23		2		1		10		
Iron, Fe	_	2.48		2		1		1.04		
Magnesium, Mg	-	9		2		1		4		
Phosphorus, P		73		2		1		31		
Potassium, K	-	91		2		1		38		
Sodium, Na	-	524		2		1		220		
Zinc, Zn	-	0.82		2		1		0.34		
Copper, Cu		0.195	5	2		1		0.082		
Manganese, Mn	mg	0.073	3	2		1		0.031		
Selenium, Se	mcg	10.5		0	BFSN	4		4.4		
Vitaming.										
Vitamins:	ma	0.8		0		4		0.3		
Vitamin C, total ascorbic acid Thiamin	_	0.065		2		1		0.3		
Riboflavin	-	0.059		2		1		0.027		
Niacin		1.000		0		4		0.023		
Pantothenic acid		0.200		2		1		0.420		
Vitamin B-6	-	0.080		0		4		0.034		
Folate, total	-	3	,	2		1		1		
Folic acid		0		0	z	7		0		
Folate, food		3		2	_	1		1		
Folate, DFE		3		0	NC	4		1		
Vitamin B-12		0.84		2		1		0.35		
Vitamin A, IU		89		2		1		37		
Vitamin A, RAE		27		2		1		11		
Retinol		27		2		1		11		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.412	2	0		1		0.173		
4:0				-		_				
6:0										
8:0	-									
10:0										
12:0										
13:0	g									
14:0	g	0.056	5	2		1		0.024		
15:0	g									
16:0	g	0.300)	2		1		0.126		
17:0	g									
18:0	g	0.056	5	2		1		0.024		
20:0	g									

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>		edible portion o	f common
				Number			<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.824		0	1		0.346		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.257		2	1		0.108		
17:1	g								
18:1 undifferentiated	g	0.407		2	1		0.171		
20:1	g	0.109		2	1		0.046		
22:1 undifferentiated	g	0.051		2	1		0.021		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.285		0	1		0.120		
18:2 undifferentiated	g	0.116		2	1		0.049		
18:3 undifferentiated	g								
18:4	g	0.022		2	1		0.009		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g	0.075		2	1		0.032		
22:5 n-3	g	0.027		2	1		0.011		
22:6 n-3	g	0.045		2	1		0.019		
Fatty acids, total trans	g								
Cholesterol	mg	30		2	1		13		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.086		2	1		0.036		
Threonine	_	0.488		2	1		0.205		
Isoleucine		0.486		2	1		0.204		
Leucine		0.810		2	1		0.340		
Lysine	-	0.842		2	1		0.354		
Methionine	_	0.842		2	1		0.334		
Cystine	-	0.113		2	1		0.047		
Phenylalanine		0.493		2	1		0.207		
Tyrosine		0.380		2	1		0.160		
Valine	-	0.548		2	1		0.230		
		0.546		2	1		0.250		
Arginine Histidine		0.261		2	1		0.110		
Alanine		0.546		2	1		0.110		
Aspartic acid		0.772		2	1		0.324		
Glutamic acid		1.750		2	1		0.324		
Glycine	_	0.403		2	1		0.169		
Proline	-	0.403		2	1		0.169		
Serine	-	0.473		2	1		0.143		
Hydroxyproline		0.4/3		_	1		0.199		
11yuroxypronne	9								

Common Measures:

Measure 1 = 42g: 1 piece

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	0 grams	of edib	ole portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.36		0		1		148.19	62.36	
Energy	kcal	118		0	NC	4		238	100	
Energy	kj	494				4		997	420	
Protein (N x 6.25)	g	24.84		0		1		50.18	21.11	
Total lipid (fat)	g	1.30		0		1		2.63	1.11	
Ash	g	1.41		2		1		2.85	1.20	
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									
Minerals:										
viinerais: Calcium, Ca	ma	21		2		1		42	18	
Iron. Fe.	_	1.14		0		1		2.30	0.97	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	37		2		1		75	31	
Phosphorus, P		143		2		1		289	122	
Potassium, K	_	475		2		1		960	404	
Sodium, Na	_	53		2		1		107	45	
Zinc, Zn	-	0.51		2		1		1.03	0.43	
Copper, Cu	mg	0.045	5	2		1		0.091	0.038	
Manganese, Mn	mg	0.012	2	2		1		0.024	0.010	
Selenium, Se	mcg	46.8		0	BFSN	4		94.5	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.081		0	-	1		0.164	0.069	
Riboflavin		0.001		0		1		0.012	0.005	
Niacin		0.381		0		1		0.770	0.324	
Pantothenic acid		0.870		0		4		1.757	0.740	
Vitamin B-6		0.350		0		4		0.707	0.298	
Folate, total	_	10		0		4		21	9	
Folic acid		0		0	z	7		0	0	
Folate, food		10		0		4		21	9	
Folate, DFE		10		0	NC	4		21	9	
Vitamin B-12		0.69		0		1		1.40	0.59	
Vitamin A, IU		165		0		4		333	140	
Vitamin A, RAE		50		0		4		100	42	
Retinol	mcg	50		0		4		100	42	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
Lipids:										
Fatty acids, total saturated	g	0.299	•	0		1		0.604	0.254	
4:0										
6:0	g									
8:0	g									
10:0	_									
12:0	-									
13:0	-									
14:0	_	0.025	5	2		1		0.051	0.021	
15:0	_									
16:0		0.140)	2		1		0.283	0.119	
17:0	_									
18:0	_	0.059	•	2		1		0.119	0.050	
20:0	_									
22:0	g									

		<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	easures or room	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.268		0		1		0.541	0.228	
14:1	g									
15:1										
16:1 undifferentiated	-	0.026		2		1		0.053	0.022	
17:1										
18:1 undifferentiated		0.086		2		1		0.174	0.073	
20:1	g									
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		0.403		0		1		0.814	0.343	
18:2 undifferentiated	g	0.018		2		1		0.036	0.015	
18:3 undifferentiated	g									
18:4	-									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.057		2		1		0.115	0.048	
20:5 n-3	g	0.035		2		1		0.071	0.030	
22:5 n-3	g	0.017		2		1		0.034	0.014	
22:6 n-3	g	0.213		2		1		0.430	0.181	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	47		0		1		95	40	
Phytosterols	mg									
Amino Acids:										
Tryptophan	-	0.278		0		1		0.562	0.236	
Threonine		1.089		0		1		2.200	0.926	
Isoleucine		1.145		0		1		2.313	0.973	
Leucine		2.019		0		1		4.078	1.716	
Lysine	_	2.282		0		1		4.610	1.940	
Methionine	g	0.735		0		1		1.485	0.625	
Cystine	g	0.266		0		1		0.537	0.226	
Phenylalanine		0.970		0		1		1.959	0.825	
Tyrosine	g	0.839		0		1		1.695	0.713	
Valine	g	1.280		0		1		2.586	1.088	
Arginine	g	1.487		0		1		3.004	1.264	
Histidine		0.731		0		1		1.477	0.621	
Alanine	g	1.503		0		1		3.036	1.278	
Aspartic acid		2.544		0		1		5.139	2.162	
Glutamic acid	g	3.709		0		1		7.492	3.153	
Glycine	-	1.193		0		1		2.410	1.014	
Proline	g	0.878		0		1		1.774	0.746	
Serine	g	1.014		0		1		2.048	0.862	
Hydroxyproline	g									

Common Measures:

Measure 1 = 202g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15031 Fish, grouper, mixed species, raw Epinephelus spp.

		<u>Aı</u>	mount in 100 gı	rams of	f edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u> e	easures of food	_	
			of I	Data D	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	79.22	0.478	6		1		205.18	67.34		
	-	92	0.470	0	NC	4		238	78		
Energy		385		U	NC	4		997	78 327		
Energy			0.457	_		=					
Protein (N x 6.25)		19.38	0.457	6		1		50.19	16.47		
Total lipid (fat)		1.02		7		1		2.64	0.87		
Ash		1.17	0.014	5	_	1		3.03	0.99		
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	ma	27	4.075	5		1		70	23		
Iron. Fe.		0.89	0.015	5		1		2.31	0.76		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	31	0.580	3		1		80	26		
Phosphorus, P		162	3.553	5		1		420	138		
Potassium, K	_	483	9.220	3		1		1251	411		
Sodium, Na		53	9.409	4		1		137	45		
Zinc, Zn		0.48	0.030	51		1		1.24	0.41		
Copper, Cu		0.020		52		1		0.052	0.017		
Manganese, Mn		0.014		3		1		0.032	0.012		
Selenium, Se		36.5	0.001		CAZN	4		94.5	31.0		
·				-		_					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin	_	0.070		2		1		0.181	0.060		
Riboflavin		0.005		2		1		0.013	0.004		
Niacin	_	0.313		1		1		0.811	0.266		
Pantothenic acid		0.750		0		4		1.943	0.638		
Vitamin B-6	-	0.300		0		4		0.777	0.255		
Folate, total		9		0		4		23	7		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	9		0		4		23	7		
Folate, DFE		9		0	NC	4		23	7		
Vitamin B-12		0.60		2		1		1.55	0.51		
Vitamin A, IU		143		0		4		370	122		
Vitamin A, RAE		43		0		4		111	37		
Retinol	mcg	43		0		4		111	37		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
lipids:											
Fatty acids, total saturated	a	0.233		0		1		0.603	0.198		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0.		0.000		0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0	-			-		-					
14:0	-	0.012		2		1		0.031	0.010		
15:0	-	5.012		_		-		0.051	0.010		
16:0	-	0.169		2		1		0.438	0.144		
17:0	-	0.109		_		-		0.450	V.111		
18:0		0.049		2		1		0.127	0.042		
20:0		0.049		_		-		0.127	0.042		
22:0	-										
24:0											

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
			Deriv Source				•	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.202	. 0	1		0.523	0.172		
14:1g								
15:1g								
16:1 undifferentiatedg	0.027	2	1		0.070	0.023		
17:1g								
18:1 undifferentiatedg	0.145		1		0.376	0.123		
20:1g	0.029		1		0.075	0.025		
22:1 undifferentiatedg	0.007	1	1		0.018	0.006		
24:1 cg								
Fatty acids, total polyunsaturated	0.321		1		0.831	0.273		
18:2 undifferentiatedg	0.012		1		0.031	0.010		
18:3 undifferentiatedg	0.010		1		0.026	0.009		
18:4g	0.000	0	1		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.033		1		0.085	0.028		
20:5 n-3g	0.027		1		0.070	0.023		
22:5 n-3g	0.010		1		0.026	0.009		
22:6 n-3g	0.220	2	1		0.570	0.187		
Fatty acids, total trans								
Cholesterol mg	37	2	1		96	31		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.217		1		0.562	0.184		
Threonineg	0.849		1		2.199	0.722		
Isoleucineg	0.893	0	1		2.313	0.759		
Leucineg	1.575	0	1		4.079	1.339		
Lysineg	1.779		1		4.608	1.512		
Methionineg	0.574		1		1.487	0.488		
Cystineg	0.208		1		0.539	0.177		
Phenylalanineg	0.756		1		1.958	0.643		
Tyrosineg	0.654		1		1.694	0.556		
Valineg	0.998		1		2.585	0.848		
Arginineg	1.159	0	1		3.002	0.985		
Histidineg	0.570		1		1.476	0.485		
Alanineg	1.172		1		3.035	0.996		
Aspartic acidg	1.984		1		5.139	1.686		
Glutamic acidg	2.892		1		7.490	2.458		
Glycine9	0.930		1		2.409	0.791		
Prolineg	0.685		1		1.774	0.582		
Serineg	0.791	. 0	1		2.049	0.672		
Hydroxyproline9								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 259g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gran	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	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Duovimatos									
Proximates: Water	a	74.25	0		1		111.38	63.11	
Energy	_	112	0	NC	4		168	95	
Energy		469	•		4		703	398	
Protein (N x 6.25)		24.24	0		1		36.36	20.60	
Total lipid (fat)		0.93	0		1		1.40	0.79	
Ash		1.55	0		1		2.33	1.32	
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								
<u> Minerals:</u>									
Calcium, Ca	mg	42	0		1		63	36	
Iron, Fe	mg	1.35	0		1		2.03	1.15	
Magnesium, Mg		50	0		1		75	43	
Phosphorus, P	mg	241	0		1		362	205	
Potassium, K	mg	399	0		1		599	339	
Sodium, Na	mg	87	0		1		131	74	
Zinc, Zn	mg	0.48	0		1		0.72	0.41	
Copper, Cu	mg	0.033	3 0		1		0.050	0.028	
Manganese, Mn	mg	0.030	0		4		0.045	0.026	
Selenium, Se	mcg	40.5	1	A	1		60.8	34.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.040		2	1		0.060	0.034	
Riboflavin		0.045			1		0.068	0.034	
		4.632			1		6.948	3.937	
Niacin		0.150			4				
Pantothenic acid					1		0.225	0.128	
Vitamin B-6	-	0.346					0.519	0.294	
Folate, total		13 0	0	z	4 7		20 0	11	
Folic acid				Z			20	0 11	
Folate, food	IIICG	13 13	0	27.0	4 4		20		
Folate, DFE				NC				11	
Vitamin B-12		1.39	0		1		2.08	1.18	
Vitamin A, IU		63	0		1		95	54	
Vitamin A, RAE		19	0		1		28	16	
Retinol		19	0		1		28	16	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D.									
Vitamin K (phylloquinone)	nicg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.167	7 0		1		0.251	0.142	
4:0	g								
6:0	g								
8:0	g								
10:0	g								
12:0	g								
13:0	g								
14:0	g	0.010	0		1		0.015	0.009	
15:0	g								
16:0	g	0.113	3 0		1		0.170	0.096	
17:0									
18:0	g	0.042	2 0		1		0.063	0.036	
20:0	-								
22:0	g								
24:0	g								

		<u>Ar</u>	mount in 100		of edib	le portio	<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	
Patter and total management of	9	0.151		0		1		0.227	0.100		
Fatty acids, total monounsaturated		0.151		U		1		0.227	0.128		
15:1											
16:1 undifferentiated		0.022		0		1		0.033	0.019		
17:1	-	0.022		·		-		0.000	0.025		
18:1 undifferentiated.		0.086		0		1		0.129	0.073		
20:1		0.013		0		1		0.020	0.011		
22:1 undifferentiated	_	0.029		0		1		0.044	0.025		
24:1 c											
Fatty acids, total polyunsaturated		0.309		0		1		0.464	0.263		
18:2 undifferentiated		0.012		0		1		0.018	0.010		
18:3 undifferentiated	g	0.003		0		1		0.005	0.003		
18:4	g	0.004		0		1		0.006	0.003		
20:2 n-6 c,c											
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.029		0		1		0.044	0.025		
20:5 n-3	g	0.076		0		1		0.114	0.065		
22:5 n-3	g	0.024		0		1		0.036	0.020		
22:6 n-3	g	0.162		0		1		0.243	0.138		
Fatty acids, total trans	g										
Cholesterol	mg	74		0		1		111	63		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.272		0		1		0.408	0.231		
Threonine		1.063		0		1		1.595	0.231		
Isoleucine		1.117		0		1		1.676	0.949		
Leucine	-	1.117		0		1		2.957	1.675		
Lysine		2.227		0		1		3.341	1.893		
Methionine		0.718		0		1		1.077	0.610		
Cystine	_	0.260		0		1		0.390	0.221		
Phenylalanine		0.200		0		1		1.419	0.804		
Tyrosine		0.818		0		1		1.227	0.695		
Valine	-	1.249		0		1		1.874	1.062		
Arginine	-	1.451		0		1		2.177	1.233		
Histidine	-	0.714		0		1		1.071	0.607		
Alanine		1.466		0		1		2.199	1.246		
Aspartic acid	-	2.483		0		1		3.725	2.111		
Glutamic acid	-	3.619		0		1		5.429	3.076		
Glycine	-	1.164		0		1		1.746	0.989		
Proline		0.857		0		1		1.286	0.728		
Serine		0.989		•							
	9	0.989		0		1		1.484	0.841		

Common Measures:

Measure 1 = 150g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15033 Fish, haddock, raw Melanogrammus aeglefinus (L.)

		<u>Ar</u>	nount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	_
			Nι	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	79.92	0.125	104		1		154.25	67.93	
Energy	kcal	87		0	NC	4		168	74	
Energy	kj	364				4		703	309	
Protein (N x 6.25)	g	18.91	0.149	96		1		36.50	16.07	
Total lipid (fat)	g	0.72	0.020	36		1		1.39	0.61	
Ash	g	1.21	0.027	94		1		2.34	1.03	
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									
3.61										
Minerals:	ma	22	6 140	25		1		6.4	20	
Calcium, Ca	-	33 1.05	6.142	25 2		1 1		64 2.03	28 0.89	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	39		2		1		2.03 75	33	
Magnesium, Mg Phosphorus, P		188	10.886	31		1		75 363	33 160	
Potassium, K	•	311	13.336	16		1		600	264	
Sodium. Na	-	68	9.327	9		1		131	58	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.37	0.015	101		1		0.71	0.31	
Copper, Cu		0.026		92		1		0.050	0.022	
Manganese, Mn		0.025		0		1		0.030	0.021	
Selenium, Se	-	30.2	3.953	11	A	1		58.3	25.7	
Scientini, Sc	g	33.2	3.333			-		55.5		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.035		27		1		0.068	0.030	
Riboflavin	mg	0.037		31		1		0.071	0.031	
Niacin	mg	3.803		31		1		7.340	3.233	
Pantothenic acid	mg	0.127		30		1		0.245	0.108	
Vitamin B-6	-	0.300		2		1		0.579	0.255	
Folate, total		12		0		4		22	10	
Folic acid		0		0	Z	7		0	0	
Folate, food		12		0		4		22	10	
Folate, DFE		12		0	NC	4		22	10	
Vitamin B-12		1.20	0.072	50		1		2.32	1.02	
Vitamin A, IU		57		0	NC	4		109	48	
Vitamin A, RAE		17		0	NC	4		33	14	
Retinol		17		0	NR	4		33	14	
Vitamin E (alpha-tocopherol)		0.39		0	NR	4		0.75	0.33	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.1		0	т	4		0.2	0.1	
Vitamin K (phylloquinone)	Ilicg	0.1		U	т	4		0.2	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.130		0		1		0.251	0.111	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0										
14:0	g	0.008	0.003	8		1		0.015	0.007	
15:0										
16:0		0.088	0.013	8		1		0.170	0.075	
17:0	g									
18:0	g	0.033	0.006	8		1		0.064	0.028	
20:0	g									
22:0	g									
24:0	q									

		<u>Aı</u>	mount in 100 g		of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				mber	_	_		<u></u>	<u> </u>	•	
Nutrients and U	nits	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.118		0		1		0.228	0.100		
15:1	g										
16:1 undifferentiated	g	0.017	0.003	8		1		0.033	0.014		
17:1	g										
18:1 undifferentiated	g	0.067	0.017	8		1		0.129	0.057		
20:1	g	0.010	0.002	8		1		0.019	0.009		
22:1 undifferentiated	g	0.023		1		1		0.044	0.020		
24:1 c	g										
Fatty acids, total polyunsaturated.	g	0.241		0		1		0.465	0.205		
18:2 undifferentiated		0.009	0.002	8		1		0.017	0.008		
18:3 undifferentiated	g	0.002	0.002	7		1		0.004	0.002		
18:4	g	0.003	0.000	7		1		0.006	0.003		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.023	0.003	8		1		0.044	0.020		
20:5 n-3	g	0.059	0.011	8		1		0.114	0.050		
22:5 n-3	g	0.019	0.003	8		1		0.037	0.016		
22:6 n-3	g	0.126	0.026	8		1		0.243	0.107		
Fatty acids, total trans	g										
Cholesterol	mg	57	9.688	4		1		110	48		
Phytosterols	mg										
Amino Acids:				_							
Tryptophan		0.212		0		1		0.409	0.180		
Threonine	_	0.829		0		1		1.600	0.705		
Isoleucine		0.871		0		1		1.681	0.740		
Leucine		1.537		0		1		2.966	1.306		
Lysine		1.736		0		1		3.350	1.476		
Methionine		0.560		0		1		1.081	0.476		
Cystine		0.203		0		1		0.392	0.173		
Phenylalanine		0.738		0		1		1.424	0.627		
Tyrosine	g	0.638		0		1		1.231	0.542		
Valine	g	0.974		0		1		1.880	0.828		
Arginine	g	1.131		0		1		2.183	0.961		
Histidine	g	0.557		0		1		1.075	0.473		
Alanine	g	1.143		0		1		2.206	0.972		
Aspartic acid	g	1.936		0		1		3.736	1.646		
Glutamic acid	-	2.822		0		1		5.446	2.399		
Glycine	g	0.908		0		1		1.752	0.772		
Proline	g	0.669		0		1		1.291	0.569		
Serine		0.771		0		1		1.488	0.655		
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		
		ŭ		•	_	•		·	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 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15033 Fish, haddock, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100 g	rams of	f edib	le portio	<u>n</u>		edible portion	
			Nui	mber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of Std. Error Po	Data D ints C		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	71.48		0		1		20.26	12.15	60.76
Energy		116		0	NC	4		33	20	99
Energy		485				4		138	83	413
Protein (N x 6.25)		25.23		0		1		7.15	4.29	21.45
Total lipid (fat)		0.96		0		1		0.27	0.16	0.82
Ash		1.62		0		1		0.46	0.28	1.38
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										
<u>Minerals:</u>				_		_			_	
Calcium, Ca		49		0		1		14	8	42
Iron, Fe		1.40		0		1		0.40	0.24	1.1
Magnesium, Mg		54		0		1		15	9	46
Phosphorus, P		251		0		1		71	43	213
Potassium, K		415		0		1		118	71	353
Sodium, Na		763		0		1		216	130	649
Zinc, Zn	-	0.50		0		1		0.14	0.09	0.4
Copper, Cu		0.042		0		1		0.012	0.007	0.0
Manganese, Mn		0.030)	0		4		0.009	0.005	0.0
Selenium, Se	mcg	42.9		0 :	BFSN	4		12.2	7.3	36.5
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	-	0.047	,	0	_	1		0.013	0.008	0.0
Riboflavin		0.049		0		1		0.014	0.008	0.0
Niacin		5.073		0		1		1.438	0.862	4.3
Pantothenic acid.	-	0.170		0		4		0.048	0.029	0.1
Vitamin B-6	-	0.400		0		1		0.113	0.068	0.1
Folate, total	-	15	•	0		4		4	3	13
Folic acid		0		0	z	7		0	0	0
Folate, food		15		0	_	4		4	3	13
Folate, DFE		15		0	NC	4		4	3	13
Vitamin B-12		1.60		0	МС	1		0.45	0.27	1.3
Vitamin A, IU	III	73		0	NC	4		21	12	62
Vitamin A, RAE		22		0	NC	4		6	4	19
Retinol		22		0	NR	4		6	4	19
Vitamin E (alpha-tocopherol)		0.55		-	BFSN	4		0.16	0.09	0.4
Tocopherol, beta	-	0.55		0 .	DF SN	-		0.10	0.09	0.4
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0 :	BFSN	4		0.0	0.0	0.1
vitamin K (phynoquilone)	9	V				-		0.0	0.0	0.1
<u> lipids:</u>										
Fatty acids, total saturated	g	0.173	3	0		1		0.049	0.029	0.1
4:0	g	0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	g	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	g	0.000)	0		1		0.000	0.000	0.0
13:0	g									
14:0	g	0.011	L	0		1		0.003	0.002	0.0
15:0	g									
16:0	g	0.117	1	0		1		0.033	0.020	0.0
17:0	g									
18:0	g	0.044	Į.	0		1		0.012	0.007	0.0
20:0	g									
22:0	g									
24:0	a									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatural		0.157		0		1		0.045	0.027	0.133	
15:1	g										
16:1 undifferentiated	-	0.023		0		1		0.007	0.004	0.020	
17:1											
18:1 undifferentiated	-	0.089		0		1		0.025	0.015	0.076	
20:1		0.013		0		1		0.004	0.002	0.011	
22:1 undifferentiated	•	0.031		0		1		0.009	0.005	0.026	
24:1 c						_					
Fatty acids, total polyunsaturate		0.321		0		1		0.091	0.055	0.273	
18:2 undifferentiated		0.012		0		1		0.003	0.002	0.010	
18:3 undifferentiated	-	0.003		0		1		0.001	0.001	0.003	
18:4		0.004		0		1		0.001	0.001	0.003	
20:2 n-6 c,c	-										
20:3 undifferentiated		0 021		0		1		0.000	0.005	0.006	
20:4 undifferentiated	-	0.031				1		0.009	0.005	0.026	
20:5 n-3	=	0.079		0		_		0.022	0.013	0.067	
22:5 n-3		0.025		0 0		1 1		0.007	0.004	0.021	
22:6 n-3		0.168		U		1		0.048	0.029	0.143	
Fatty acids, total trans				•				00	10	C.F.	
Cholesterol		77		0		1		22	13	65	
Phytosterols	IIIG										
Amino Acids:											
Tryptophan	g	0.283		0		1		0.080	0.048	0.241	
Threonine	g	1.106		0		1		0.314	0.188	0.940	
Isoleucine	g	1.162		0		1		0.329	0.198	0.988	
Leucine	g	2.050		0		1		0.581	0.349	1.743	
Lysine	g	2.317		0		1		0.657	0.394	1.969	
Methionine	g	0.747		0		1		0.212	0.127	0.635	
Cystine	g	0.270		0		1		0.077	0.046	0.230	
Phenylalanine	g	0.985		0		1		0.279	0.167	0.837	
Tyrosine	g	0.852		0		1		0.242	0.145	0.724	
Valine	g	1.300		0		1		0.369	0.221	1.105	
Arginine	g	1.509		0		1		0.428	0.257	1.283	
Histidine	g	0.743		0		1		0.211	0.126	0.632	
Alanine	g	1.526		0		1		0.433	0.259	1.297	
Aspartic acid	g	2.583		0		1		0.732	0.439	2.196	
Glutamic acid	g	3.766		0		1		1.068	0.640	3.201	
Glycine	g	1.211		0		1		0.343	0.206	1.029	
Proline	g	0.892		0		1		0.253	0.152	0.758	
Serine	g	1.029		0		1		0.292	0.175	0.875	
Hydroxyproline	g										
044											
Others:	~	2.2		^		-		0.0	2 2		
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0	
Caffeine		0		0 0	z z	7 7		0	0	0	
Theobromine	g	U		U	z	,		0	U	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 = 28.35g: 1 oz, boneless Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

NDB No. 15035 Fish, haddock, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>		edible portion	
			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
Proximates:									
Water	g	71.69	0		1		113.99	60.94	
Energy	kcal	140	0	NC	4		223	119	
Energy		586			4		931	498	
Protein (N x 6.25)	g	26.69	0		1		42.44	22.69	
Total lipid (fat)	g	2.94	0		1		4.67	2.50	
Ash	g	1.74	0		1		2.77	1.48	
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								
Minopole									
Minerals: Calcium, Ca	ma	60	0		1		95	51	
Iron, Fe	-	1.07	0		4		1.70	0.91	
Magnesium, Mg		107	0		1		170	91	
Phosphorus, P		285	0		1		453	242	
Potassium, K	•	576	0		1		916	490	
Sodium, Na		69	0		1		110	59	
Zinc, Zn	mg	0.53	0		1		0.84	0.45	
Copper, Cu	mg	0.035	5 0		1		0.056	0.030	
Manganese, Mn		0.020			4		0.032	0.017	
Selenium, Se	mcg	46.8	0	BFSN	4		74.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	z	7		0.0	0.0	
Thiamin		0.069	0		1		0.110	0.059	
Riboflavin		0.091	. 0		1		0.145	0.077	
Niacin	mg	7.123	0		1		11.326	6.055	
Pantothenic acid	mg	0.380	0		4		0.604	0.323	
Vitamin B-6	mg	0.397	0		1		0.631	0.337	
Folate, total		14	0		4		22	12	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	14	0		4		22	12	
Folate, DFE		14	0	NC	4		22	12	
Vitamin B-12		1.37	0		1		2.17	1.16	
Vitamin A, IU		179	0		1		285	152	
Vitamin A, RAE		54 54	0		1 1		85 85	46	
Retinol Vitamin E (alpha-tocopherol)		34	U		1		65	46	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
	0	0.417	0		1		0.663	0.354	
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			1		0.000	0.000	
12:0	-	0.000			1		0.000	0.000	
13:0	-								
14:0	-	0.072	2 0		1		0.114	0.061	
15:0	_								
16:0	g	0.272	2 0		1		0.432	0.231	
17:0	g								
18:0		0.063	0		1		0.100	0.054	
20:0	-								
22:0	g								

	<u>A</u> 1	mount 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 monounsaturatedg	0.967	0	1		1.538	0.822		
14:1								
15:1g	0.000				0 220	0 170		
16:1 undifferentiated	0.209	0	1		0.332	0.178		
17:1	0.463	0	1		0.736	0.394		
20:1	0.159		1		0.736	0.334		
22:1 undifferentiatedg	0.133		1		0.233	0.135		
24:1 cg	0.131	. 0	-		0.208	0.111		
Fatty acids, total polyunsaturated9	0.940	0	1		1.495	0.799		
18:2 undifferentiatedg	0.038		1		0.060	0.032		
18:3 undifferentiated	0.083		1		0.132	0.071		
18:4g	0.050		1		0.132	0.043		
20:2 n-6 c.cg	0.050	•	-		0.000	0.045		
20:3 undifferentiated								
20:4 undifferentiatedg	0.178	0	1		0.283	0.151		
20:5 n-3g	0.091		1		0.145	0.077		
22:5 n-3	0.121		1		0.192	0.103		
22:6 n-3	0.374		1		0.595	0.318		
Fatty acids, total trans		•	_		0.000	0.020		
Cholesterolmg	41	0	1		65	35		
Phytosterols mg								
Amino Acids:								
Tryptophang	0.299	0	1		0.475	0.254		
Threonine	1.170	0	1		1.860	0.995		
Isoleucineg	1.230	0	1		1.956	1.046		
Leucine	2.169	0	1		3.449	1.844		
Lysineg	2.451	. 0	1		3.897	2.083		
Methionineg	0.790	0	1		1.256	0.672		
Cystineg	0.286	0	1		0.455	0.243		
Phenylalanine	1.042	. 0	1		1.657	0.886		
Tyrosineg	0.901	. 0	1		1.433	0.766		
Valineg	1.375	0	1		2.186	1.169		
Arginineg	1.597	0	1		2.539	1.357		
Histidineg	0.786	0	1		1.250	0.668		
Alanineg	1.614	0	1		2.566	1.372		
Aspartic acidg	2.733	0	1		4.345	2.323		
Glutamic acidg	3.984	0	1		6.335	3.386		
Glycine9	1.281	. 0	1		2.037	1.089		
Prolineg	0.944	0	1		1.501	0.802		
Serineg	1.089	0	1		1.732	0.926		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 159g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.92	0.146	124		1		158.96	66.23		
Energy	kcal	110		0	NC	4		224	94		
Energy	kj	460				4		939	391		
Protein (N x 6.25)	g	20.81	0.123	116		1		42.45	17.69		
Total lipid (fat)	g	2.29	0.236	55		1		4.67	1.95		
Ash	g	1.36	0.009	115		1		2.77	1.16		
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										
3.61											
Minerals:	ma	47		1 4		4		0.6	40		
Calcium, Ca	_	47 0.84		14 0		1 4		96 1.71	40 0.71		
Iron, Fe	_	0.84 83		1		4 1		1.71	0.71 71		
Magnesium, Mg		222		17		1		453	189		
Phosphorus, P Potassium, K	-	450		93		1		453 918	383		
Sodium, Na	-	54	1.576			1		110	46		
Zinc, Zn	-	0.42	1.570	39		1		0.86	0.36		
Copper, Cu		0.027		37		1		0.055	0.023		
Manganese, Mn		0.015		0		1		0.031	0.013		
Selenium, Se	-	36.5		0	CAZN	4		74.5	31.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin		0.060		1		1		0.122	0.051		
Riboflavin		0.075		2		1		0.153	0.064		
Niacin	_	5.848		5		1		11.930	4.971		
Pantothenic acid	-	0.329		2		1		0.671	0.280		
Vitamin B-6	-	0.344		1		1		0.702	0.292		
Folate, total		12		0	_	4		24	10		
Folic acid		0		0	Z	7		0	0		
Folate, food		12		0		4		24	10		
Folate, DFE		12		0	NC	4		24	10		
Vitamin B-12		1.18	0.103	8		1		2.42	1.01		
Vitamin A, IU		157		0	NC	4		320	133		
Vitamin A, RAE		47 47		0	NC NR	4 4		96 96	40		
Retinol				0	NR NR	4		1.73	40 0.72		
Vitamin E (alpha-tocopherol)		0.85		U	NK	4		1.73	0.72		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.1		0	т	4		0.2	0.1		
									V		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.325		0		1		0.663	0.276		
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		^ ^		1.							
14:0		0.056		16		1		0.114	0.048		
15:0		2 22 2		1.0							
16:0		0.212		16		1		0.432	0.180		
17:0	-	0.040		1.0		4		0 100	0 040		
18:0	-	0.049		16		1		0.100	0.042		
20:0	-										
22:0	g g										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Inite	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and C		Weari	Ota. Error					Medaure 1	Micasure 2	Wedsure 5
Fatty acids, total monounsaturate	·dg	0.750		0		4		1.530	0.638	
14:1	g									
15:1 16:1 undifferentiated		0.163		16		1		0.333	0.139	
17:1	_	0.361		16		1		0.736	0.207	
20:1	-	0.124		16		1		0.736	0.307 0.105	
22:1 undifferentiated	_	0.102		1		1		0.208	0.087	
24:1 c										
Fatty acids, total polyunsaturated		0.730		0		4		1.489	0.621	
18:2 undifferentiated		0.030		16		1		0.061	0.026	
18:3 undifferentiated	_	0.065		16		1		0.133	0.055	
18:4		0.039		16		1		0.080	0.033	
20:2 n-6 c,c	_									
20:3 undifferentiated	-	0.139		16		1		0.284	0.118	
20:4 undifferentiated 20:5 n-3	-	0.139		16		1		0.284	0.118	
22:5 n-3	_	0.094		16		1		0.192	0.080	
22:6 n-3		0.292		16		1		0.192	0.248	
Fatty acids, total trans		0.252				-		0.550	0.240	
Cholesterol		32		3		1		65	27	
Phytosterols										
Amino Acids:	_					_		0 455		
Tryptophan		0.233		0		1 1		0.475	0.198	
Threonine	_	0.912		0		1		1.860 1.956	0.775	
Isoleucine		0.959 1.692		0		1		3.452	0.815 1.438	
Lysine	-	1.911		0		1		3.898	1.438	
Methionine		0.616		0		1		1.257	0.524	
Cystine		0.223		0		1		0.455	0.190	
Phenylalanine		0.813		0		1		1.659	0.691	
Tyrosine		0.703		0		1		1.434	0.598	
Valine	_	1.072		0		1		2.187	0.911	
Arginine	_	1.245		0		1		2.540	1.058	
Histidine	g	0.613		0		1		1.251	0.521	
Alanine	g	1.259		0		1		2.568	1.070	
Aspartic acid	g	2.131		0		1		4.347	1.811	
Glutamic acid	-	3.107		0		1		6.338	2.641	
Glycine	g	0.999		0		1		2.038	0.849	
Proline	g	0.736		0		1		1.501	0.626	
Serine		0.849		0		1		1.732	0.722	
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	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 204g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15036

Fish, halibut, Atlantic and Pacific, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15038 Fish, halibut, Greenland, raw

Reinhardtius hippoglossoides (Walbaum)

		<u> </u>	mount in 100 g	<u> II aiiis</u>	Amount in edible portion of common					
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.27	1.361	19		1		143.35	59.73	
Energy	kcal	186		0	NC	4		379	158	
Energy	kj	778				4		1588	661	
Protein (N x 6.25)	g	14.37	1.004	3		1		29.31	12.21	
Total lipid (fat)	g	13.84	0.773	22		1		28.23	11.76	
Ash	g	1.00	0.058	3		1		2.04	0.85	
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									
Minerals:	ma	3		1		1		6	2	
Calcium, Ca	-	3 0.66		1 0		1 4		6 1.35	3 0.56	
Iron, Fe	-	26		0		4		1.35 53	22	
Magnesium, Mg Phosphorus, P		164		1		1		335	139	
Potassium, K	•	268		1		1		547	228	
Sodium. Na		80		1		1		163	68	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.40		0		4		0.82	0.34	
Copper, Cu		0.030)	0		4		0.061	0.026	
Manganese, Mn		0.012		0		4		0.024	0.010	
Selenium, Se		36.5	-	0	CAZN	4		74.5	31.0	
Scientifi, Sc.				•		=				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.060		1		1		0.122	0.051	
Riboflavin	mg	0.080		1		1		0.163	0.068	
Niacin	<u>mg</u>	1.500		1		1		3.060	1.275	
Pantothenic acid	_	0.250		1		1		0.510	0.213	
Vitamin B-6	-	0.420)	0		4		0.857	0.357	
Folate, total		1		0		4		2	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		4		2	1	
Folate, DFE		1		0	NC	4		2	1	
Vitamin B-12		1.00		1		1		2.04	0.85	
Vitamin A, IU		57		0	NC	4		116	48	
Vitamin A, RAE		17		0	NC	4		35	14	
Retinol		17		0	NR	4		35	14	
Vitamin E (alpha-tocopherol)		0.85		0	NR	4		1.73	0.72	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D		600.000	,	0	т	4		1224.000	510.000	
Vitamin K (phylloquinone)		0.1	•	0	T	4		0.2	0.1	
vitanini K (phynoquinone)		0.1		U	-	-		0.2	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.419)	0		1		4.935	2.056	
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	g	0.008	3	2		1		0.016	0.007	
13:0										
14:0	g	0.754	0.029	3		1		1.538	0.641	
15:0	g									
16:0	g	1.440	0.052	3		1		2.938	1.224	
17:0	-									
18:0	-	0.193	3	2		1		0.394	0.164	
	_									
20:0 22:0										

		<u>Aı</u>	mount in 100 g		Amount in edible portion of common measures of food					
				mber		_		<u></u>	0000100 01 1000	
Nutrients and U	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		8.378		0		1		17.091	7.121	
15:1	g									
16:1 undifferentiated	g	1.763	0.243	3		1		3.597	1.499	
17:1	g									
18:1 undifferentiated	-	2.393		3		1		4.882	2.034	
20:1	-	2.237	0.073	3		1		4.563	1.901	
22:1 undifferentiated	•	1.968	0.296	3		1		4.015	1.673	
24:1 c										
Fatty acids, total polyunsaturated.	g	1.367		0		1		2.789	1.162	
18:2 undifferentiated	g	0.123		2		1		0.251	0.105	
18:3 undifferentiated	-	0.043		2		1		0.088	0.037	
18:4	g	0.132		2		1		0.269	0.112	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.061		2		1		0.124	0.052	
20:5 n-3	g	0.526	0.051	3		1		1.073	0.447	
22:5 n-3	g	0.089		2		1		0.182	0.076	
22:6 n-3	g	0.393	0.016	3		1		0.802	0.334	
Fatty acids, total trans	g									
Cholesterol	mg	46	0.733	9		1		94	39	
Phytosterols	mg									
Amino Asids										
Amino Acids:	~	0 161		•		1		0 220	0 107	
Tryptophan		0.161		0		1		0.328	0.137	
Threonine	-	0.630		0				1.285	0.536	
Isoleucine		0.662		0		1		1.350	0.563	
Leucine	=	1.168		0		1		2.383	0.993	
Lysine		1.320		0		1		2.693	1.122	
Methionine		0.425		0		1		0.867	0.361	
Cystine		0.154		0		1		0.314	0.131	
Phenylalanine		0.561		0		1		1.144	0.477	
Tyrosine	=	0.485		0		1		0.989	0.412	
Valine		0.740		0		1		1.510	0.629	
Arginine		0.860		0		1		1.754	0.731	
Histidine		0.423		0		1		0.863	0.360	
Alanine		0.869		0		1		1.773	0.739	
Aspartic acid		1.471		0		1		3.001	1.250	
Glutamic acid	-	2.145		0		1		4.376	1.823	
Glycine		0.690		0		1		1.408	0.587	
Proline		0.508		0		1		1.036	0.432	
Serine		0.586		0		1		1.195	0.498	
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	
	9	U		J	4	,		U	J	
Carotenoids:										
Carotene, beta		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		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 204g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15038

Fish, halibut, Greenland, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		Amount in 100 grams of edible portion							Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	61.88		0		1		98.39	52.60		
Energy	kcal	239		0	NC	4		380	203		
Energy	kj	1000				4		1590	850		
Protein (N x 6.25)	g	18.42		0		1		29.29	15.66		
Total lipid (fat)	g	17.74		0		1		28.21	15.08		
Ash	g	1.28		0		1		2.04	1.09		
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	4		0		1		6	3		
Calcium, Ca	-	0.85		0		1		1.35	3 0.72		
Magnesium, Mg	-	33		0		1		52	28		
Phosphorus, P		210		0		1		334	28 179		
Potassium, K	-	344		0		1		547	292		
Sodium, Na	-	103		0		1		164	88		
Zinc, Zn	-	0.51		0		1		0.81	0.43		
Copper, Cu		0.038	3	0		1		0.060	0.032		
Manganese, Mn.		0.015		0		1		0.024	0.013		
Selenium, Se		46.8		0	BFSN	4		74.4	39.8		
·											
<u> Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin		0.073		0		1		0.116	0.062		
Riboflavin		0.103		0		1		0.164	0.088		
Niacin		1.923		0		1		3.058	1.635		
Pantothenic acid		0.288		0		1		0.458	0.245		
Vitamin B-6	-	0.485	•	0		1		0.771	0.412		
Folate, total		1 0		0 0	_	1 7		2 0	1		
Folic acid		1			Z	1		2	0 1		
Folate, food		1		0 0	NC	4		2			
Folate, DFE		0.96		0	NC	1		1.53	1 0.82		
Vitamin A, IU		60		0		1		95	51		
Vitamin A, RAE		18		0		1		29	15		
Retinol		18		0		1		29	15		
Vitamin E (alpha-tocopherol)		10		Ū		-		23	13		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	~	3.102	,	0		1		4.932	2.637		
Fatty acids, total saturated		3.102	2	U		1		4.932	2.637		
6:0											
8:0	-										
10:0											
12:0	-	0.010)	0		1		0.016	0.009		
13:0				-							
14:0		0.967	7	0		1		1.538	0.822		
15:0				-					-		
16:0	-	1.846	5	0		1		2.935	1.569		
17:0	_										
18:0	-	0.247	7	0		1		0.393	0.210		
20:0	-										
22:0	-										
24:0	-										

of Data Deriv Source Confidence	Amount in edible portion of common measures of food		
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 2 Measure 3 Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 2 Measure 3 Measure 4 Measure 2 Measure 4 Measure 2 Measure 4 Measure 5 Measure 6 Measure 6 Measure 6 Measure 6 Measure 6 Measure 7 Measure 8 Measure 8 Measure 9 Measure 1 Measure 2 Me			
14:1. 9 15:1. 9 16:1 undifferentiated 9 2.261 0 1 3.595 1.922 17:1. 9 2.868 0 1 4.878 2.608 20:1. 9 2.868 0 1 4.560 2.438 20:1 undifferentiated 9 2.523 0 1 4.012 2.145 24:1 c. 9 2.523 0 1 2.787 1.490 18:2 undifferentiated 9 1.753 0 1 2.787 1.490 18:2 undifferentiated 9 0.158 0 1 0.251 0.134 18:3 undifferentiated 9 0.055 0 1 0.087 0.047 18:4 9 0.169 0 1 0.269 0.144 20:2 n-6 c,c. 9 20:3 undifferentiated 9 0.078 0 1 0.124 0.066 20:5 n-3 9 0.674 0 1 1.072 0.573 22:5 n-3 9 0	leasure 3		
15:1			
16:1 undifferentiated 9 2.261 0 1 3.595 1.922 17:1 9 18:1 undifferentiated 9 3.068 0 1 4.878 2.608 20:1 9 2.868 0 1 4.560 2.438 22:1 undifferentiated 9 2.523 0 1 4.012 2.145 24:1 c 9 0 1 2.787 1.490 18:2 undifferentiated 9 0.158 0 1 0.251 0.134 18:3 undifferentiated 9 0.055 0 1 0.087 0.047 18:4 9 0.169 0 1 0.269 0.144 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.078 0 1 0.124 0.066 20:5 n-3 9 0.674 0 1 1.072 0.573 22:5 n-3 9 0.114 0 1 0.181 0.097			
17:1			
18:1 undifferentiated 9 3.068 0 1 4.878 2.608 20:1 9 2.868 0 1 4.560 2.438 22:1 undifferentiated 9 2.523 0 1 4.012 2.145 24:1 c 9 0 0 1 2.787 1.490 18:2 undifferentiated 9 0.158 0 1 0.251 0.134 18:3 undifferentiated 9 0.055 0 1 0.087 0.047 18:4 9 0.169 0 1 0.269 0.144 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.078 0 1 0.124 0.066 20:5 n-3 9 0.674 0 1 1.072 0.573 22:5 n-3 9 0.114 0 1 0.181 0.097			
20:1 9 2.868 0 1 4.560 2.438 22:1 undifferentiated 9 2.523 0 1 4.012 2.145 24:1 c 9 0 0 1 2.787 1.490 Fatty acids, total polyunsaturated 9 1.753 0 1 2.787 1.490 18:2 undifferentiated 9 0.158 0 1 0.251 0.134 18:3 undifferentiated 9 0.055 0 1 0.087 0.047 18:4 9 0.169 0 1 0.269 0.144 20:2 n-6 c,c 9 9 0.078 0 1 0.124 0.066 20:3 undifferentiated 9 0.078 0 1 0.124 0.066 20:5 n-3 9 0.674 0 1 1.072 0.573 22:5 n-3 9 0.114 0 1 0.181 0.097			
22:1 undifferentiated.			
24:1 c			
Fatty acids, total polyunsaturated			
18:2 undifferentiated g 0.158 0 1 0.251 0.134 18:3 undifferentiated g 0.055 0 1 0.087 0.047 18:4 g 0.169 0 1 0.269 0.144 20:2 n-6 c,c g 20:3 undifferentiated g 20:4 undifferentiated g 0.078 0 1 0.124 0.066 20:5 n-3 g 0.674 0 1 1.072 0.573 22:5 n-3 g 0.114 0 1 0.181 0.097			
18:3 undifferentiated.			
18:4 g 0.169 0 1 0.269 0.144 20:2 n-6 c,c. g 20:3 undifferentiated g 20:4 undifferentiated g 0.078 0 1 0.124 0.066 20:5 n-3 g 0.674 0 1 1.072 0.573 22:5 n-3 g 0.114 0 1 0.181 0.097			
20:2 n-6 c,c			
20:3 undifferentiated .9 20:4 undifferentiated .9 0.078 0 1 0.124 0.066 20:5 n-3 .9 0.674 0 1 1.072 0.573 22:5 n-3 .9 0.114 0 1 0.181 0.097			
20:4 undifferentiated .g 0.078 0 1 0.124 0.066 20:5 n-3 .g 0.674 0 1 1.072 0.573 22:5 n-3 .g 0.114 0 1 0.181 0.097			
20:5 n-3 9 0.674 0 1 1.072 0.573 22:5 n-3 9 0.114 0 1 0.181 0.097			
22:5 n-3g 0.114 0 1 0.181 0.097			
22.0 1.0			
22:6 n-3 Q 0.504 0 1 0.801 0.428			
Fatty acids, total trans			
Cholesterolmg 59 0 1 94 50			
Phytosterolsmg			
Amino Acids:			
Tryptophang 0.206 0 1 0.328 0.175			
Threonine			
Isoleucine			
Leucineg 1.497 0 1 2.380 1.272			
Lysineg 1.692 0 1 2.690 1.438			
Methionine			
Cystineg 0.197 0 1 0.313 0.167			
Phenylalanine			
Tyrosineg 0.622 0 1 0.989 0.529			
Valineg 0.949 0 1 1.509 0.807			
Arginine			
Histidineg 0.542 0 1 0.862 0.461			
Alanineg 1.114 0 1 1.771 0.947			
Aspartic acidg 1.887 0 1 3.000 1.604			
Glutamic acidg 2.750 0 1 4.373 2.338			
Glycineg 0.884 0 1 1.406 0.751			
Prolineg 0.651 0 1 1.035 0.553			
Serineg 0.752 0 1 1.196 0.639			
Hydroxyproline			

Common Measures:

Measure 1 = 159g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			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	g	64.16		0		4		91.75	54.54	
Energy	kcal	203		0		4		290	173	
Energy	kj	849				4		1215	722	
Protein (N x 6.25)	g	23.03		0		4		32.93	19.58	
Total lipid (fat)	g	11.59		0		4		16.57	9.85	
Ash	g	1.87		0		1		2.67	1.59	
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	74		0		4		106	63	
Calcium, CaIron, Fe	-	1.41		0		4		2.02	1.20	
Magnesium, Mg	-	41		0		4		2.02 59	35	
Phosphorus, P		303		0		4		433	258	
Potassium, K	-	303 419		0		4		433 599	258 356	
Sodium. Na.		115		0		4		164	98	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.27		0		4		1.82	1.08	
Copper, Cu		0.118	1	0		4		0.169	0.100	
Manganese, Mn		0.040		0		4		0.057	0.034	
Selenium, Se		46.8		0	BFSN	4		66.9	39.8	
ŕ										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		0		4		1.0	0.6	
Thiamin	-	0.112		0		4		0.160	0.095	
Riboflavin	=	0.299		0		4		0.428	0.254	
Niacin	-	4.124		0		4		5.897	3.505	
Pantothenic acid	-	0.740		0		4		1.058	0.629	
Vitamin B-6	-	0.348	3	0		4		0.498	0.296	
Folate, total		12		0		4		16	10	
Folic acid		0		0	Z	7		0	0	
Folate, food		12		0		4		16	10	
Folate, DFE		12		0	NC	4		16	10	
Vitamin B-12		13.14		0		4		18.79	11.17	
Vitamin A, IU		120		0	NC	4		171	102	
Vitamin A, RAE		36		0	NC	4		51	31	
Retinol		36		0	BFSN	4		51	31	
Vitamin E (alpha-tocopherol)		1.37		0	BFSN	4		1.96	1.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.1		0	BFSN	4		0.2	0.1	
	g	V		·	22 52.	-		V	0.1	
Lipids:										
Fatty acids, total saturated	g	2.615	5	0		4		3.739	2.223	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.015	5	0		1		0.021	0.013	
13:0										
14:0		0.710)	0		1		1.015	0.604	
15:0										
16:0		1.735	5	0		1		2.481	1.475	
17:0	-									
18:0	-	0.140)	0		1		0.200	0.119	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ite	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and One	11.5	Mean	Stu. Error					Weasure i	Weasure 2	Weasure 3
Fatty acids, total monounsaturated	g	4.790		0		4		6.850	4.072	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.797		0		1		1.140	0.677	
17:1	-									
18:1 undifferentiated	-	1.944		0		1		2.780	1.652	
20:1		0.924		0		1		1.321	0.785	
22:1 undifferentiated	•	1.077		0		1		1.540	0.915	
24:1 c										
Fatty acids, total polyunsaturated		2.735		0		4		3.911	2.325	
18:2 undifferentiated		0.167		0		1		0.239	0.142	
18:3 undifferentiated		0.132		0		1		0.189	0.112	
18:4	-	0.274		0		1		0.392	0.233	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.077		0		1		0.110	0.065	
20:5 n-3	-	0.909		0		1		1.300	0.773	
22:5 n-3		0.071		0		1		0.102	0.060	
22:6 n-3		1.105		0		1		1.580	0.939	
Fatty acids, total trans										
Cholesterol		77		0		4		110	65	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.258		0		1		0.369	0.219	
Threonine		1.010		0		1		1.444	0.859	
Isoleucine	-	1.061		0		1		1.517	0.902	
Leucine		1.872		0		1		2.677	1.591	
Lysine	-	2.115		0		1		3.024	1.798	
Methionine		0.682		0		1		0.975	0.580	
Cystine		0.247		0		1		0.353	0.210	
Phenylalanine		0.899		0		1		1.286	0.764	
Tyrosine		0.778		0		1		1.113	0.661	
Valine	-	1.187		0		1		1.697	1.009	
Arginine	-	1.378		0		1		1.971	1.171	
Histidine		0.678		0		1		0.970	0.576	
Alanine		1.393		0		1		1.992	1.184	
Aspartic acid		2.358		0		1		3.372	2.004	
Glutamic acid		3.438		0		1		4.916	2.922	
Glycine		1.106		0		1		1.582	0.940	
Proline		0.814		0		1		1.164	0.692	
Serine		0.940		0		1		1.344	0.799	
Hydroxyproline	-	0.940		U		_		1.344	0.799	
rrydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
	mea	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	
,	-	0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iirca	U		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

Fish, herring, Atlantic, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

		<u>A</u> :	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber				<u>me</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
Proximates:										
Water	g	59.70		0		1		16.92	10.15	38.81
Energy		217		0	NC	4		62	37	141
Energy		908				4		257	154	590
Protein (N x 6.25)		24.58		0		1		6.97	4.18	15.98
Total lipid (fat)		12.37		0		1		3.51	2.10	8.04
Ash		1.94		0		1		0.55	0.33	1.26
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
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	84		0		1		24	14	55
Iron, Fe	mg	1.51		0		1		0.43	0.26	0.9
Magnesium, Mg	mg	46		0		1		13	8	30
Phosphorus, P		325		0		1		92	55	211
Potassium, K	mg	447		0		1		127	76	291
Sodium, Na	mg	918		0		1		260	156	597
Zinc, Zn	mg	1.36		0		1		0.39	0.23	0.8
Copper, Cu	mg	0.135	5	0		1		0.038	0.023	0.0
Manganese, Mn		0.050)	0		4		0.014	0.009	0.0
Selenium, Se		52.6		0	BFSN	4		14.9	8.9	34.2
ŕ										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.0		0		1		0.3	0.2	0.7
Thiamin		0.126		0		1		0.036	0.021	0.0
Riboflavin	mg	0.319	•	0		1		0.090	0.054	0.20
Niacin	<u>mg</u>	4.402		0		1		1.248	0.748	2.8
Pantothenic acid	mg	0.880)	0		4		0.249	0.150	0.5
Vitamin B-6	mg	0.413	3	0		1		0.117	0.070	0.2
Folate, total	mcg	14		0		4		4	2	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		14		0		4		4	2	9
Folate, DFE	mcg_DFE	14		0	NC	4		4	2	9
Vitamin B-12		18.70		0		1		5.30	3.18	12.1
Vitamin A, IU	IU	135		0	NC	4		38	23	87
Vitamin A, RAE		40		0	NC	4		11	7	26
Retinol		40		0	BFSN	4		11	7	26
Vitamin E (alpha-tocopherol)		1.54		0	BFSN	4		0.44	0.26	1.00
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		120.000)	0	т	4		34.020	20.400	78.00
Vitamin K (phylloquinone)		0.1		0	BFSN	4		0.0	0.0	0.1
viamini it (phynoquiione)										
<u> Lipids:</u>										
Fatty acids, total saturated	g	2.791	L	0		1		0.791	0.474	1.8
4:0	g	0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	g	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	-	0.016	5	0		1		0.005	0.003	0.0
13:0	-									
14:0	_	0.758	3	0		1		0.215	0.129	0.4
15:0										
16:0	-	1.851	L	0		1		0.525	0.315	1.2
17:0	_			•		-		0.525	3.313	2
18:0	-	0.149)	0		1		0.042	0.025	0.0
20:0	_	0.143	•	J		-		0.042	0.025	0.0
22:0	_									
44.V	g g									

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and L	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		5.112		0		1		1.449	0.869	3.323
14:1	_									
15:1	_									
16:1 undifferentiated	_	0.851		0		1		0.241	0.145	0.553
17:1	_			•		_				
18:1 undifferentiated	_	2.074		0		1		0.588	0.353	1.348
20:1	_	0.986		0		1		0.280	0.168	0.641
22:1 undifferentiated	•	1.149		0		1		0.326	0.195	0.747
24:1 c				•		_				
Fatty acids, total polyunsaturated		2.919		0		1		0.828	0.496	1.897
18:2 undifferentiated		0.178		0		1		0.050	0.030	0.116
18:3 undifferentiated		0.141		0		1		0.040	0.024	0.092
18:4	_	0.293		0		1		0.083	0.050	0.190
20:2 n-6 c,c	_									
20:3 undifferentiated				_		_				
20:4 undifferentiated	_	0.082		0		1		0.023	0.014	0.053
20:5 n-3		0.970		0		1		0.275	0.165	0.631
22:5 n-3		0.075		0		1		0.021	0.013	0.049
22:6 n-3		1.179		0		1		0.334	0.200	0.766
Fatty acids, total trans										
Cholesterol		82		0		1		23	14	53
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.275		0		1		0.078	0.047	0.179
Threonine		1.078		0		1		0.306	0.183	0.701
Isoleucine	_	1.133		0		1		0.321	0.193	0.736
Leucine		1.998		0		1		0.566	0.340	1.299
Lysine		2.258		0		1		0.640	0.384	1.468
Methionine		0.728		0		1		0.206	0.124	0.473
Cystine		0.264		0		1		0.075	0.045	0.172
Phenylalanine		0.960		0		1		0.073	0.163	0.172
Tyrosine		0.830		0		1		0.272	0.141	0.540
•		1.266		0		1		0.255	0.215	0.823
Valine		1.471		0		1		0.417	0.250	0.823
•		0.724		0		1		0.205	0.123	0.471
Histidine		1.487		0		1		0.422	0.123	0.471
Alanine		2.517		0		1		0.714		
Aspartic acid						1			0.428	1.636
Glutamic acid	_	3.669		0 0		1		1.040	0.624	2.385
Glycine		1.180						0.335	0.201	0.767
Proline		0.869		0		1		0.246	0.148	0.565
Serine	• • • • • • • • • • • • • • • • • • • •	1.003		0		1		0.284	0.171	0.652
Hydroxyproline	9									
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:	J	-		-	_	•		-	•	•
<u> </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	mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcq	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 65g: 1 fillet, large $(7" \times 2-1/4" \times 1/4")$

Fish, herring, Atlantic, kippered

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

		<u>A</u> 1	mount in 100 gr	ms of edi	ble portic	<u>on</u>		edible portion	
			Nun	ber			<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of D Std. Error Poi	ata Deriv nts Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	55.22		2	1		77.31	15.65	11.04
Energy		262		0 NC	4		367	74	52
Energy		1096		0 NC	4		1535	311	219
63	=	14.19		2	1		19.87	4.02	2.84
Protein (N x 6.25) Total lipid (fat)		18.00		2	1		25.20	5.10	3.60
• • •		2.95		2	1		4.13	0.84	0.59
AshCarbohydrate, by difference		9.64		0 NC	4		13.50	2.73	1.93
Fiber, total dietary		0.0		0 RC	7		0.0	0.0	0.0
		0.00		0 Z	7				
Sugars, total		0.00		0 2	,		0.00	0.00	0.00
Starch	g								
Minerals:									
Calcium, Ca	mg	77		2	1		108	22	15
Iron, Fe		1.22		2	1		1.71	0.35	0.2
Magnesium, Mg		8		2	1		11	2	2
Phosphorus, P		89		2	1		125	25	18
Potassium, K	mg	69		2	1		97	20	14
Sodium, Na	mg	870		2	1		1218	247	174
Zinc, Zn	mg	0.53		2	1		0.74	0.15	0.1
Copper, Cu	mg	0.105	5	2	1		0.147	0.030	0.0
Manganese, Mn		0.040)	2	1		0.056	0.011	0.0
Selenium, Se	mcg	58.5		0 BFSN	r 4		81.9	16.6	11.7
/itamina.									
Vitamins:	ma	0.0		0 z	7		0.0	0.0	
Vitamin C, total ascorbic acid	-	0.0	_					0.0	0.0
Thiamin		0.036		2	1 1		0.050	0.010	0.0
Riboflavin		0.139					0.195	0.039	0.0
Niacin	_	3.300		0	4		4.620	0.936	0.6
Pantothenic acid	-	0.081		2	1		0.113	0.023	0.0
Vitamin B-6		0.170)	0	4		0.238	0.048	0.0
Folate, total		2		2	1		3	1	0
Folic acid		0		0 Z	7		0	0	0
Folate, food		2		2	1		3	1	0
Folate, DFE		2		0 NC	4		3	1	0
Vitamin B-12	mcg	4.27		2	1		5.98	1.21	0.8
Vitamin A, IU		860		0 NC	4		1204	244	172
Vitamin A, RAE		258		0 NC	4		361	73	52
Retinol		258		0 NR	4		361	73	52
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	1.71		0 BFSN	1 4		2.40	0.49	0.3
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta				_					
Vitamin D		680.000)	0 т	4		952.000	192.780	136.0
Vitamin K (phylloquinone)	mcg	0.2		0 BFSN	1 4		0.2	0.0	0.0
Lipids:									
Fatty acids, total saturated	g	2.381	L	0	1		3.333	0.675	0.4
4:0		0.000		0	1		0.000	0.000	0.0
6:0	_	0.000		0	1		0.000	0.000	0.0
8:0.		0.000		0	1		0.000	0.000	0.0
10:0		0.000		0	1		0.000	0.000	0.0
12:0	-	0.000		0	1		0.000	0.000	0.0
13:0	-								
14:0	_	0.721	L	2	1		1.009	0.204	0.1
15:0					=				
16:0	_	1.555	5	2	1		2.177	0.441	0.3
17:0	_				-			V	
18:0	_	0.105	5	2	1		0.147	0.030	0.0
20:0	_	5.200			-		J.11.	0.050	
22:0	_								
24:0	_								

		<u>A</u> 1	mount in 100		of edil	ole portio	<u>n</u>		edible portion o	
Nutrients and	Units	Mean		lumber of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	itedg	11.947		0		1		16.726	3.387	2.389
14:1	g									
15:1	-									
16:1 undifferentiated	_	1.383		2		1		1.936	0.392	0.277
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated		1.750		2		1		2.450	0.496	0.350
20:1	-	3.648		2		1		5.107	1.034	0.730
22:1 undifferentiated	•	5.166		2		1		7.232	1.465	1.033
24:1 c		4 680								
Fatty acids, total polyunsaturate		1.679		0		1		2.351	0.476	0.336
18:2 undifferentiated		0.211		2		1		0.295	0.060	0.042
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:4	_	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated		0.000		^		1		0.000	0.000	0 000
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
20:5 n-3		0.843		2		_		1.180	0.239	0.169
22:5 n-3		0.079		2		1		0.111	0.022	0.016
22:6 n-3		0.546		2		1		0.764	0.155	0.109
Fatty acids, total trans		10		•				10		2
Cholesterol		13		2		1		18	4	3
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.159		0		1		0.223	0.045	0.032
Threonine	g	0.622		0		1		0.871	0.176	0.124
Isoleucine	g	0.654		0		1		0.916	0.185	0.131
Leucine	g	1.153		0		1		1.614	0.327	0.231
Lysine	g	1.303		0		1		1.824	0.369	0.261
Methionine	g	0.420		0		1		0.588	0.119	0.084
Cystine	g	0.152		0		1		0.213	0.043	0.030
Phenylalanine	g	0.554		0		1		0.776	0.157	0.111
Tyrosine	g	0.479		0		1		0.671	0.136	0.096
Valine	g	0.731		0		1		1.023	0.207	0.146
Arginine	g	0.849		0		1		1.189	0.241	0.170
Histidine	g	0.418		0		1		0.585	0.119	0.084
Alanine	g	0.858		0		1		1.201	0.243	0.172
Aspartic acid		1.453		0		1		2.034	0.412	0.291
Glutamic acid		2.118		0		1		2.965	0.600	0.424
Glycine	_	0.681		0		1		0.953	0.193	0.136
Proline		0.502		0		1		0.703	0.142	0.100
Serine	g	0.579		0		1		0.811	0.164	0.116
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

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 20g: 1 cubic inch

Fish, herring, Atlantic, pickled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

NDB No. 15039 Fish, herring, Atlantic, raw Clupea harengus harengus (L.)

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	umber				<u>m</u>	easures of food	•
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.05	0.496	138		1		20.43	132.57	61.24
Energy	kcal	158		0	NC	4		45	291	134
Energy	kj	661				4		187	1216	562
Protein (N x 6.25)	g	17.96	0.235	59		1		5.09	33.05	15.27
Total lipid (fat)	g	9.04	0.091	2524		1		2.56	16.63	7.68
Ash		1.46	0.035	28		1		0.41	2.69	1.24
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									
Ainerals:										
Calcium, Ca	ma	57	16.753	3		1		16	105	48
Iron, Fe	_	1.10	10.755	1		1		0.31	2.02	0.94
Magnesium, Mg	_	32		1		1		9	59	27
Phosphorus, P		236	33.702	4		1		67	434	201
Potassium, K	-	327	50.952	5		1		93	602	278
Sodium, Na	_	90	4.019	7		1		26	166	77
Zinc, Zn	mg	0.99	0.073	56		1		0.28	1.82	0.8
Copper, Cu	mg	0.092	0.006	48		1		0.026	0.169	0.0
Manganese, Mn	<u>mg</u>	0.035		0		1		0.010	0.064	0.0
Selenium, Se	mcg	36.5		0	CAZN	4		10.3	67.2	31.0
itamins:										
Vitamin C, total ascorbic acid	ma	0.7		2		1		0.2	1.3	0.6
Thiamin	-	0.7	0.007	43		1		0.026	0.169	0.0
Riboflavin		0.032		32		1		0.066	0.109	0.0
Niacin		3.217		34		1		0.912	5.919	2.7
Pantothenic acid	_	0.645		12		1		0.183	1.187	0.5
Vitamin B-6	-	0.302		17		1		0.086	0.556	0.2
Folate, total	-	10	****	0		4		3	18	9
Folic acid		0		0	z	7		0	0	0
Folate, food		10		0		4		3	18	9
Folate, DFE		10		0	NC	4		3	18	9
Vitamin B-12		13.67	0.558	6		1		3.87	25.15	11.6
Vitamin A, IU		93		0	NC	4		26	172	79
Vitamin A, RAE		28		0	NC	4		8	52	24
Retinol		28		0	NR	4		8	52	24
Vitamin E (alpha-tocopherol)	mg	1.07		0	NR	4		0.30	1.97	0.9
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		1628.000		0	T	4		461.538	2995.520	1383.8
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.0	0.2	0.1
ipids:										
Fatty acids, total saturated	а	2.040		0		1		0.578	3.754	1.7
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	_	0.005		12		1		0.001	0.009	0.0
12:0		0.012		20		1		0.003	0.022	0.0
13:0										
14:0		0.554	0.021	24		1		0.157	1.019	0.4
15:0	-									
16:0	-	1.353	0.048	24		1		0.384	2.490	1.1
17:0	-									
18:0	-	0.109	0.008	24		1		0.031	0.201	0.0
20:0	-									
	g									

		<u>Ar</u>	nount in 100	grams	of edit	ole portio	<u>on</u>	Amount in	edible portion	of common
				umber		_			easures of food	
Nutrients and	l Units	Mean	Std. Error F	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated 0	3.736		0		1		1.059	6.874	3.176
14:1		51750				_		1.000	0.074	3.273
15:1	g									
16:1 undifferentiated		0.622	0.029	24		1		0.176	1.144	0.529
17:1	-					_				
18:1 undifferentiated	-	1.516				1		0.430	2.789	1.289
20:1		0.721	0.056			1		0.204	1.327	0.613
22:1 undifferentiated	•	0.840	0.090	24		1		0.238	1.546	0.714
24:1 c		2.133		0		1		0.605	2 025	1.813
Fatty acids, total polyunsatura		0.130	0.005			1		0.605	3.925 0.239	0.111
18:2 undifferentiated 18:3 undifferentiated		0.130	0.003			1		0.037	0.239	0.088
		0.103	0.008			1		0.029	0.190	0.088
18:4 20:2 n-6 c.c	-	0.214	0.026	21		1		0.001	0.394	0.182
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.060	0.004	21		1		0.017	0.110	0.051
20:5 n-3	_	0.709	0.028			1		0.201	1.305	0.603
22:5 n-3		0.055	0.009			1		0.016	0.101	0.047
22:6 n-3	-	0.862	0.057			1		0.244	1.586	0.733
Fatty acids, total trans		*****				_		V.=	2.000	
Cholesterol		60	1.593	20		1		17	110	51
Phytosterols										
Amino Acids:										
Tryptophan		0.201		0		1		0.057	0.370	0.171
Threonine	=	0.787		0		1		0.223	1.448	0.669
Isoleucine	-	0.828		0		1		0.235	1.524	0.704
Leucine		1.460		0		1		0.414	2.686	1.241
Lysine		1.650 0.532		0		1 1		0.468 0.151	3.036	1.403
Methionine		0.532		0		1		0.151	0.979 0.355	0.452 0.164
Cystine		0.193		0		1		0.199	1.290	0.164
Phenylalanine Tyrosine		0.606		0		1		0.172	1.115	0.596
Valine		0.925		0		1		0.262	1.702	0.313
Arginine	-	1.075		0		1		0.305	1.978	0.700
Histidine		0.529		0		1		0.150	0.973	0.450
Alanine	-	1.086		0		1		0.308	1.998	0.923
Aspartic acid	-	1.839		0		1		0.521	3.384	1.563
Glutamic acid		2.681		0		1		0.760	4.933	2.279
Glycine		0.862		0		1		0.244	1.586	0.733
Proline		0.635		0		1		0.180	1.168	0.540
Serine		0.733		0		1		0.208	1.349	0.623
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	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	mcg	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 = 28.35g: 1 oz, boneless

Measure 2 = 184g: 1 fillet Measure 3 = 85g: 3 oz

Fish, herring, Atlantic, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

		<u>A</u> 1	mount in 100) grams	of edib	ole portio	<u>n</u>		edible portion	
			ı	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	63.49		0		1		91.43	53.97	
Energy	kcal	250		0	NC	4		360	213	
Energy	kj	1046				4		1506	889	
Protein (N x 6.25)	g	21.01		0		1		30.25	17.86	
Total lipid (fat)		17.79		0		1		25.62	15.12	
Ash	g	3.04		0		1		4.38	2.58	
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									0.0	
Starch										
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	106		0		1		153	90	
Iron, Fe	mg	1.44		0		1		2.07	1.22	
Magnesium, Mg	mg	41		0		1		59	35	
Phosphorus, P		292		0		1		420	248	
Potassium, K	mg	542		0		1		780	461	
Sodium, Na	mg	95		0		1		137	81	
Zinc, Zn	mg	0.68		0		1		0.98	0.58	
Copper, Cu	mg	0.100)	0		1		0.144	0.085	
Manganese, Mn	mg	0.058	3	0		1		0.084	0.049	
Selenium, Se	mcg	46.8		0	BFSN	4		67.4	39.8	
7•.										
<u>/itamins:</u>					_	_				
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin		0.073		0		1		0.105	0.062	
Riboflavin		0.256		0		1		0.369	0.218	
Niacin		2.821		0		1		4.062	2.398	
Pantothenic acid		1.154		0		1		1.662	0.981	
Vitamin B-6	-	0.519	•	0		1		0.747	0.441	
Folate, total		6		0		1		9	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		9	5	
Folate, DFE	mcg_DFE	6		0	NC	4		9	5	
Vitamin B-12		9.62		0		1		13.85	8.18	
Vitamin A, IU		116		0		1		167	99	
Vitamin A, RAE	mcg_RAE	35		0		1		50	30	
Retinol	mcg	35		0		1		50	30	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
inida										
<u>ipids:</u>	~	4 174	•	•				6 011	2 540	
Fatty acids, total saturated		4.174	•	0		1		6.011	3.548	
4:0										
6:0	-									
8:0	-									
10:0	-									
13:0	-									
14:0	-	1.170	1	0		1		1.685	0.995	
	-	1.1/0	•	U		_		1.085	0.995	
15:0	-	0 500	,	^		4		2 724	2 22 4	
16:0		2.593	•	0		1		3.734	2.204	
17:0	-	0.000		^				0 474	2 222	
18:0	-	0.329	,	0		1		0.474	0.280	
20:0	-									
22:0	g									

		<u>Ar</u>	mount in 100	<u>) grams</u> Number	of edibl	e portio	o <u>n</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean		of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Eatty saids total managements	a	8.807		0		1		12.682	7.486	
Fatty acids, total monounsaturated		8.807		U		1		12.682	7.486	
15:1										
16:1 undifferentiated		1.355	į	0		1		1.951	1.152	
17:1	-									
18:1 undifferentiated		3.734		0		1		5.377	3.174	
20:1	-	1.742		0		1		2.508	1.481	
22:1 undifferentiated	-	1.912		0		1		2.753	1.625	
24:1 c	g									
Fatty acids, total polyunsaturated		3.106		0		1		4.473	2.640	
18:2 undifferentiated		0.246	,	0		1		0.354	0.209	
18:3 undifferentiated	g	0.073	i	0		1		0.105	0.062	
18:4	g	0.318		0		1		0.458	0.270	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.123		0		1		0.177	0.105	
20:5 n-3	g	1.242		0		1		1.788	1.056	
22:5 n-3	g	0.220		0		1		0.317	0.187	
22:6 n-3	g	0.883		0		1		1.272	0.751	
Fatty acids, total trans	g									
Cholesterol	mg	99		0		1		143	84	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.235	i	0		1		0.338	0.200	
Threonine		0.233		0		1		1.326	0.783	
Isoleucine		0.968		0		1		1.394	0.703	
Leucine	_	1.708		0		1		2.460	1.452	
Lysine		1.930		0		1		2.779	1.641	
Methionine		0.622		0		1		0.896	0.529	
Cystine	-	0.225		0		1		0.324	0.191	
Phenylalanine		0.820		0		1		1.181	0.697	
Tyrosine		0.709		0		1		1.021	0.603	
Valine	-	1.083		0		1		1.560	0.921	
Arginine	_	1.257		0		1		1.810	1.068	
Histidine	-	0.619		0		1		0.891	0.526	
Alanine		1.271		0		1		1.830	1.080	
Aspartic acid	_	2.152		0		1		3.099	1.829	
Glutamic acid	-	3.137		0		1		4.517	2.666	
Glycine	-	1.009)	0		1		1.453	0.858	
Proline		0.743		0		1		1.070	0.632	
Serine		0.857		•		_				
	9	0.657		0		1		1.234	0.728	

Common Measures:

Measure 1 = 144g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15043 Fish, herring, Pacific, raw Clupea harengus pallasi Valenciennes

		<u>Ar</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.52	0.477	84		1		131.60	60.79	
Energy	kcal	195		0	NC	4		359	166	
Energy	kj	816				4		1501	693	
Protein (N x 6.25)	g	16.39	0.133	70		1		30.16	13.93	
Total lipid (fat)	g	13.88	0.475	128		1		25.54	11.80	
Ash	g	2.37	0.031	71		1		4.36	2.01	
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	83		0		4		153	71	
Iron, Fe	_	1.12		1		1		2.06	0.95	
Magnesium, Mg	mg	32		0		4		59	27	
Phosphorus, P	<u>mg</u>	228		0		4		420	194	
Potassium, K	_	423	7.117	31		1		778	360	
Sodium, Na	-	74	0.631	31		1		136	63	
Zinc, Zn		0.53	0.050	14		1		0.98	0.45	
Copper, Cu		0.078		18		1		0.144	0.066	
Manganese, Mn		0.045		0	G2 E37	1		0.083	0.038	
Selenium, Se	fficg	36.5		0	CAZN	4		67.2	31.0	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0		4		0.110	0.051	
Riboflavin	mg	0.200		0		4		0.368	0.170	
Niacin		2.200		0		4		4.048	1.870	
Pantothenic acid		1.000		0		4		1.840	0.850	
Vitamin B-6	_	0.450		0		4		0.828	0.383	
Folate, total		5		0	_	4		9	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5 5		0	NC	4 4		9 9	4	
Folate, DFE		10.00		0	NC	4		18.40	4 8.50	
Vitamin B-12 Vitamin A, IU		10.00		2		1		195	90	
Vitamin A, RAE		32		2		1		59	27	
Retinol		32		2		1		59	27	
Vitamin E (alpha-tocopherol)				_		-		00	-,	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	a	3.257		0		1		5.993	2.768	
4:0				-		_				
6:0										
8:0	g									
10:0	g									
12:0	g									
13:0	_									
14:0	_	0.913	0.043	3		1		1.680	0.776	
15:0	_			_		_		_		
16:0		2.023	0.266	3		1		3.722	1.720	
17:0	_		2 22 -	_		_			2 22 2	
18:0	_	0.257	0.024	3		1		0.473	0.218	
20:0	_									
22:0 24:0	_									

Nutrients and Units Nutrients			<u>Ar</u>	nount in 100 g		edible portio	<u>n</u>	Amount in edible portion of common measures of food			
141	Nutrients and Uni	its	Mean	of	Data De					•	
141	Fotty golds total management restad	a	6 972		0	1		12 644	E 041		
15-1	-		6.872		U	1		12.644	5.841		
1-11 undifferentiated. 9											
17-1			1.057	0.016	3	1		1.945	0.898		
18.1 undifferentiated. 9 1.359 2 1 2.501 1.155 2.21 undifferentiated. 9 1.492 2 1 2.501 1.155 1.268 1.250 1.155 2.21 undifferentiated. 9 1.492 2 1 2.745 1.268 </td <td></td> <td>-</td> <td>2.007</td> <td>0.020</td> <td>•</td> <td>_</td> <td></td> <td>2.710</td> <td>0.000</td> <td></td>		-	2.007	0.020	•	_		2.710	0.000		
20.1			2.913	0.471	3	1		5.360	2.476		
22-1 undifferentiated			1.359		2	1		2.501			
24:1 c. 9 2.423 0 1 4.458 2.060 18.2 undifferentiated. 9 0.192 0.051 3 1 0.353 0.163 18.3 undifferentiated. 9 0.057 2 1 0.105 0.048 18.4 9 0.248 2 1 0.456 0.211 20.2 n.6 c. 9 0.248 2 1 0.456 0.211 20.2 n.3 differentiated. 9 0.096 2 1 0.177 0.082 20.5 n.3. 9 0.165 3 1 1.783 0.824 22.5 n.3. 9 0.172 2 1 0.316 0.146 22.6 n.3. 9 0.689 0.170 3 1 1.268 0.586 Patty acids, total rans. 9 0.689 0.170 3 1 142 65 Phytosterols. mg 77 5.391 3 1 142 65		-				1					
Fatty acids, total polyunsaturated. 9 2.423 0 1 4.458 2.060 182 undifferentiated. 9 0.192 0.051 3 1 0.353 0.163 184 9 0.248 2 1 0.456 0.211 20-2 ne-6 cc. 9 20-3 8 2 1 0.456 0.211 20-2 andifferentiated. 9 0.096 2 1 0.177 0.082 20-3 n-3 9 0.969 0.165 3 1 1.783 0.824 22-5 n-3 9 0.969 0.170 3 1 0.146 0.146 22-5 n-3 9 0.689 0.170 3 1 1.268 0.586 Fatty acids, total trans. 9 0.772 5.391 3 1 142 65 Phytosterols. mg 7 5.391 3 1 142 65 Trypoplan. 9 0.184											
18.2 undifferentiated			2.423		0	1		4.458	2.060		
18.3 undifferentiated. 9 0.057 2 1 0.105 0.048 18.4. 9 0.248 2 1 0.456 0.211 20.2 nefec. 9 20.3 undifferentiated. 9 0.096 2 1 0.177 0.082 20.5 n-3 9 0.969 0.165 3 1 1.783 0.824 22.5 n-3 9 0.689 0.170 3 1 1.268 0.586 Fatty acids, total trans 9 0.689 0.170 3 1 142 65 Phytosterol. mg 7 5.391 3 1 142 65 Phytosterol. mg 0.184 0 1			0.192	0.051	3	1		0.353	0.163		
18.4. g 0.248 2 1 0.456 0.211 20.2 n-6 c.c. g 20.3 undifferentiated. g 0.096 2 1 0.177 0.082 20.4 undifferentiated. g 0.969 0.165 3 1 0.316 0.146 22.5 n-3. g 0.172 2 1 0.316 0.146 22.5 n-3. g 0.689 0.170 3 1 1.268 0.586 Fatty acids toltarus g Cholesterol. mg 77 5.391 3 1 142 65 Phytosterols. mg 77 5.391 3 1 142 65 Phytosterols. mg 7 5.391 3 1 142 65 Phytosterols. mg 7 5.391 3 1 142 65 Phytosterols. mg 0 1 0 0 <t< td=""><td></td><td>-</td><td>0.057</td><td></td><td>2</td><td>1</td><td></td><td>0.105</td><td>0.048</td><td></td></t<>		-	0.057		2	1		0.105	0.048		
20.2 n 6 c c			0.248		2	1		0.456	0.211		
20.4 undifferentiated											
20:5 n-3	20:3 undifferentiated	g									
22:5 n-3 g 0.172 2 1 0.316 0.146 22:6 n-3 g 0.689 0.170 3 1 1.268 0.586 Fatty acids, total trans g Cholesterol. mg 77 5.391 3 1 142 65 Amino Acids: Tryptophan. g 0.184 0 1 0.339 0.156 Threonine g 0.719 0 1 0.339 0.611 Isoleucine g 0.719 0 1 1.323 0.611 Isoleucine g 0.755 0 1 1.389 0.642 Levine g 1.332 0 1 2.771 1.280 Methionine g 0.185 0 1 2.771 1.280 Methionine g 0.176 0 1 0.892 0.412 Cystine g 0.176 0 1 1.178	20:4 undifferentiated	g	0.096		2	1		0.177	0.082		
22.6 n-3. g 0.689 0.170 3 1 1.268 0.586 Fatty acids, total trans g Cholesterol. mg 77 5.391 3 1 142 65 Phytosterols. mg 77 5.391 3 1 142 65 Phytosterols. mg 7 5.391 3 1 142 65 Phytosterols. mg 7 5.391 3 1 142 65 Phytosterols. mg 7 5.391 3 1 142 65 Amino Acids: Tryptoplan. 9 0.184 0 1 0.339 0.156 Leucine 9 0.755 0 1 1.328 0.611 Leucine 9 0.755 0 1 2.451 1.132 Lysine 9 0.485 0	20:5 n-3	g	0.969	0.165	3	1		1.783	0.824		
Fatty acids, total trans 9 Cholesterol mg 77 5.391 3 1 142 65 Phytosterols mg Amino Acids: Tryptophan 9 0.184 0 1 0.339 0.156 Threonine 9 0.719 0 1 1.323 0.611 Isolewine 9 0.755 0 1 1.389 0.642 Leucine 9 1.332 0 1 2.451 1.132 Lysine 9 1.506 0 1 2.771 1.280 Methionine 9 0.485 0 1 0.892 0.412 Cystine 9 0.640 0 1 0.324 0.150 Phenylalamine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.845 0 1 1.555 0.718 Arginine 9 0.981 <td>22:5 n-3</td> <td>g</td> <td>0.172</td> <td></td> <td>2</td> <td>1</td> <td></td> <td>0.316</td> <td>0.146</td> <td></td>	22:5 n-3	g	0.172		2	1		0.316	0.146		
Cholesterol. mg 77 5.391 3 1 142 65 Phytosterols. mg 77 5.391 3 1 142 65 Amino Acids: Tryptophan. 9 0.184 0 1 0.339 0.156 Threonine. 9 0.719 0 1 1.323 0.611 Isoleucine. 9 0.755 0 1 1.389 0.642 Leucine. 9 1.506 0 1 2.451 1.132 Lysine. 9 1.506 0 1 2.451 1.132 Lysine. 9 0.485 0 1 0.892 0.412 Cystine. 9 0.176 0 1 0.324 0.150 Phenylalanine. 9 0.640 0 1 1.178 0.544 Tyrosine. 9 0.845 0 1 1.555 0.718 Arginine.	22:6 n-3	g	0.689	0.170	3	1		1.268	0.586		
Phytosterols. mg Mg Phytosterols. mg Mg Phytosterols. mg Phytosterols. mg Phytosterols. mg Phytosterols. Phytoster	Fatty acids, total trans	g									
Amino Acids: Tryptophan 9 0.184 0 1 0.339 0.156 Threonine 9 0.719 0 1 1.323 0.611 Isoleucine 9 0.755 0 1 1.389 0.642 Leucine 9 1.332 0 1 2.451 1.132 Lysine 9 1.506 0 1 2.771 1.280 Methionine 9 0.485 0 1 0.892 0.412 Cystine 9 0.176 0 1 0.324 0.150 Phenylalanine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.553 0 1 1.188 0.470 Valine 9 0.845 0 1 1.555 0.718 Arginine 9 0.981 0 1 1.805 0.834 Histidine 9 0.991 0 <td< td=""><td>Cholesterol</td><td>mg</td><td>77</td><td>5.391</td><td>3</td><td>1</td><td></td><td>142</td><td>65</td><td></td></td<>	Cholesterol	mg	77	5.391	3	1		142	65		
Tryptophan g 0.184 0 1 0.339 0.156 Threonine g 0.719 0 1 1.323 0.611 Isoleucine g 0.755 0 1 1.389 0.642 Leucine g 1.332 0 1 2.451 1.132 Lysine g 1.506 0 1 2.471 1.280 Methionine g 0.485 0 1 0.892 0.412 Cystine g 0.176 0 1 0.892 0.412 Cystine g 0.640 0 1 1.178 0.544 Tyrosine g 0.553 0 1 1.178 0.544 Tyrosine g 0.845 0 1 1.1805 0.470 Valine g 0.845 0 1 1.805 0.834 Histidine g 0.483 0 1 1.805 0.842	Phytosterols	mg									
Tryptophan g 0.184 0 1 0.339 0.156 Threonine g 0.719 0 1 1.323 0.611 Isoleucine g 0.755 0 1 1.389 0.642 Leucine g 1.332 0 1 2.451 1.132 Lysine g 1.506 0 1 2.471 1.280 Methionine g 0.485 0 1 0.892 0.412 Cystine g 0.176 0 1 0.892 0.412 Cystine g 0.640 0 1 1.178 0.544 Tyrosine g 0.553 0 1 1.178 0.544 Tyrosine g 0.845 0 1 1.1805 0.470 Valine g 0.845 0 1 1.805 0.834 Histidine g 0.483 0 1 1.805 0.842	Amino Asider										
Threonine 9 0.719 0 1 1.323 0.611 Isoleucine 9 0.755 0 1 1.389 0.642 Leucine 9 1.332 0 1 1.389 0.642 Leucine 9 1.332 0 1 2.451 1.132 Lysine 9 1.506 0 1 2.771 1.280 Methionine 9 0.485 0 1 0.892 0.412 Cystine 9 0.176 0 1 0.892 0.412 Cystine 9 0.640 0 1 0.324 0.150 Phenylalanine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.845 0 1 1.555 0.718 Arginine 9 0.845 0 1 1.805 0.834 <td></td> <td>~</td> <td>0.104</td> <td></td> <td>•</td> <td></td> <td></td> <td>0 220</td> <td>0.456</td> <td></td>		~	0.104		•			0 220	0.456		
Soleucine											
Leucine 9 1.332 0 1 2.451 1.132 Lysine 9 1.506 0 1 2.771 1.280 Methionine 9 0.485 0 1 0.892 0.412 Cystine 9 0.176 0 1 0.324 0.150 Phenylalanine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.553 0 1 1.018 0.470 Valine 9 0.845 0 1 1.555 0.718 Arginine 9 0.981 0 1 1.805 0.834 Histidine 9 0.483 0 1 1.805 0.834 Histidine 9 0.991 0 1 1.823 0.842 Aspartic acid 9 1.679 0 1 3.089 1.427 Glutamic acid 9 0.787 0 1 4.502 2.080 Glycine 9 0.580 0 1 1.067 0.					-	_					
Lysine 9 1.506 0 1 2.771 1.280 Methionine 9 0.485 0 1 0.892 0.412 Cystine 9 0.176 0 1 0.324 0.150 Phenylalanine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.553 0 1 1.018 0.470 Valine 9 0.845 0 1 1.555 0.718 Arginine 9 0.981 0 1 1.805 0.834 Histidine 9 0.483 0 1 0.889 0.411 Alanine 9 0.991 0 1 1.823 0.842 Aspartic acid 9 1.679 0 1 3.089 1.427 Glutamic acid 9 2.447 0 1 4.502 2.080 Glycine 9 0.580 0 1 1.448 0.669 Proline 9 0.580 0 1 1.067 0.49		-			-	_					
Methionine g 0.485 0 1 0.892 0.412 Cystine g 0.176 0 1 0.324 0.150 Phenylalanine g 0.640 0 1 1.178 0.544 Tyrosine g 0.553 0 1 1.018 0.470 Valine g 0.845 0 1 1.555 0.718 Arginine g 0.981 0 1 1.805 0.834 Histidine g 0.483 0 1 0.889 0.411 Alanine g 0.991 0 1 1.823 0.842 Aspartic acid g 1.679 0 1 3.089 1.427 Glutamic acid g 2.447 0 1 4.502 2.080 Glycine g 0.787 0 1 1.448 0.669 Proline g 0.580 0 1 1.067 0.493 Serine g 0.669 0 1 1.231 0.56											
Cystine 9 0.176 0 1 0.324 0.150 Phenylalanine 9 0.640 0 1 1.178 0.544 Tyrosine 9 0.553 0 1 1.018 0.470 Valine 9 0.845 0 1 1.555 0.718 Arginine 9 0.981 0 1 1.805 0.834 Histidine 9 0.483 0 1 0.889 0.411 Alanine 9 0.991 0 1 1.823 0.842 Aspartic acid 9 1.679 0 1 3.089 1.427 Glutamic acid 9 2.447 0 1 4.502 2.080 Glycine 9 0.787 0 1 1.448 0.669 Proline 9 0.580 0 1 1.067 0.493 Serine 9 0.669 0 1 1.231 0.569	2					_					
Phenylalanine g 0.640 0 1 1.178 0.544 Tyrosine g 0.553 0 1 1.018 0.470 Valine g 0.845 0 1 1.555 0.718 Arginine g 0.981 0 1 1.805 0.834 Histidine g 0.483 0 1 0.889 0.411 Alanine g 0.991 0 1 1.823 0.842 Aspartic acid g 1.679 0 1 3.089 1.427 Glutamic acid g 2.447 0 1 4.502 2.080 Glycine g 0.787 0 1 1.448 0.669 Proline g 0.580 0 1 1.067 0.493 Serine g 0.669 0 1 1.231 0.569		_				=					
Tyrosine. 9 0.553 0 1 1.018 0.470 Valine. 9 0.845 0 1 1.555 0.718 Arginine. 9 0.981 0 1 1.805 0.834 Histidine. 9 0.483 0 1 0.889 0.411 Alanine. 9 0.991 0 1 1.823 0.842 Aspartic acid. 9 1.679 0 1 3.089 1.427 Glutamic acid. 9 2.447 0 1 4.502 2.080 Glycine. 9 0.787 0 1 1.448 0.669 Proline. 9 0.580 0 1 1.067 0.493 Serine. 9 0.669 0 1 1.231 0.569	-										
Valine g 0.845 0 1 1.555 0.718 Arginine g 0.981 0 1 1.805 0.834 Histidine g 0.483 0 1 0.889 0.411 Alanine g 0.991 0 1 1.823 0.842 Aspartic acid g 1.679 0 1 3.089 1.427 Glutamic acid g 2.447 0 1 4.502 2.080 Glycine g 0.787 0 1 1.448 0.669 Proline g 0.580 0 1 1.067 0.493 Serine g 0.669 0 1 1.231 0.569	=				-	_					
Arginine 9 0.981 0 1 1.805 0.834 Histidine 9 0.483 0 1 0.889 0.411 Alanine 9 0.991 0 1 1.823 0.842 Aspartic acid 9 1.679 0 1 3.089 1.427 Glutamic acid 9 2.447 0 1 4.502 2.080 Glycine 9 0.787 0 1 1.448 0.669 Proline 9 0.580 0 1 1.067 0.493 Serine 9 0.669 0 1 1.231 0.569	2	-			-	=					
Histidine. 9 0.483 0 1 0.889 0.411 Alanine. 9 0.991 0 1 1.823 0.842 Aspartic acid 9 1.679 0 1 3.089 1.427 Glutamic acid 9 2.447 0 1 4.502 2.080 Glycine. 9 0.787 0 1 1.448 0.669 Proline. 9 0.580 0 1 1.067 0.493 Serine. 9 0.669 0 1 1.231 0.569		-									
Alanine. g 0.991 0 1 1.823 0.842 Aspartic acid. g 1.679 0 1 3.089 1.427 Glutamic acid. g 2.447 0 1 4.502 2.080 Glycine. g 0.787 0 1 1.448 0.669 Proline. g 0.580 0 1 1.067 0.493 Serine. g 0.669 0 1 1.231 0.569	_				-	_					
Aspartic acid 9 1.679 0 1 3.089 1.427 Glutamic acid 9 2.447 0 1 4.502 2.080 Glycine 9 0.787 0 1 1.448 0.669 Proline 9 0.580 0 1 1.067 0.493 Serine 9 0.669 0 1 1.231 0.569											
Glutamic acid. g 2.447 0 1 4.502 2.080 Glycine. g 0.787 0 1 1.448 0.669 Proline. g 0.580 0 1 1.067 0.493 Serine. g 0.669 0 1 1.231 0.569		-									
Glycine g 0.787 0 1 1.448 0.669 Proline g 0.580 0 1 1.067 0.493 Serine g 0.669 0 1 1.231 0.569	*	-			-	_					
Proline g 0.580 0 1 1.067 0.493 Serine g 0.669 0 1 1.231 0.569		-				_					
Serine											
· · · · · · · · · · · · · · · · · · ·						=					
		-	2.003		•	-			3.203		

Common Measures:

Measure 1 = 184g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>me</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.88		0		1		111.56	62.80	
Energy	kcal	111		0	NC	4		168	94	
Energy		464				4		701	395	
Protein (N x 6.25)	-	24.35		0		1		36.77	20.70	
Total lipid (fat)		0.82		0		1		1.24	0.70	
Ash		1.79		0		1		2.70	1.52	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.00		0	Z	, 7		0.0	0.00	
		0.0		Ū		,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	44		0		1		66	37	
Iron, Fe	_	0.83		0		1		1.25	0.71	
Magnesium, Mg		81		0		1		122	69	
Phosphorus, P		254		0		1		384	216	
Potassium, K		486		0		1		734	413	
Sodium, Na		173		0		1		261	147	
Zinc, Zn	-	1.00		0		1		1.51	0.85	
Copper, Cu	_	0.141		0		1		0.213	0.120	
Manganese, Mn		0.038		0		1		0.057	0.032	
Selenium, Se		46.8		0	BFSN	4		70.7	39.8	
Scientini, Sc	9	10.0		•	22 011	-			55.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	_{mg}	0.127	•	0		1		0.192	0.108	
Riboflavin	mg	0.231	=	0		1		0.349	0.196	
Niacin	mg	2.801	=	0		1		4.230	2.381	
Pantothenic acid	mg	0.369)	0		1		0.557	0.314	
Vitamin B-6	mg	0.351		0		1		0.530	0.298	
Folate, total	mcg	8		0		1		12	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		0		1		12	7	
Folate, DFE		8		0	NC	4		12	7	
Vitamin B-12		0.65		0		1		0.98	0.55	
Vitamin A, IU		115		0		1		174	98	
Vitamin A, RAE		35		0		1		52	29	
Retinol		35		0		1		52	29	
Vitamin E (alpha-tocopherol)				-		-		- '		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	. 9									
<u>Lipids:</u>										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		51		0		1		77	43	
Phytosterols										
-	-									
Amino Acids:								_		
Tryptophan		0.273		0		1		0.412	0.232	
Threonine	g	1.067		0		1		1.611	0.907	
Isoleucine	g	1.122		0		1		1.694	0.954	
Leucine	g	1.979)	0		1		2.988	1.682	
Lysine	g	2.236	5	0		1		3.376	1.901	
Methionine	g	0.721	-	0		1		1.089	0.613	
Cystine	a	0.261		0		1		0.394	0.222	

	Amount in	n 100 grams of ed	Amount in edible portion of common			
Nutrients and Units	Mean Std. Er	Number of Data Deriv ror Points Code	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.950 0.822 1.254 1.457 0.717 1.472 2.493 3.634 1.169 0.861 0.993	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	1.435 1.241 1.894 2.200 1.083 2.223 3.764 5.487 1.765 1.300 1.499	0.808 0.699 1.066 1.238 0.609 1.251 2.119 3.089 0.994 0.732	

Common Measures:

Measure 1 = 151g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mbei	•			<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 3	
Proximates:											
Water	_	79.63	0.265	16		1		153.69	67.69		
Energy		87		0	NC	4		168	74		
Energy		364				4		703	309		
Protein (N x 6.25)	_	18.99	0.281	10		1		36.65	16.14		
Total lipid (fat)		0.64	0.105	7		1		1.24	0.54		
Ash		1.40	0.103	6	_	1		2.70	1.19		
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	mg	34		2		1		66	29		
Iron, Fe.	mg	0.65		2		1		1.25	0.55		
Magnesium, Mg		63		1		1		122	54		
Phosphorus, P	-	198	8.322	3		1		382	168		
Potassium, K		379		1		1		731	322		
Sodium, Na	-	135		1		1		261	115		
Zinc, Zn		0.78		0		4		1.51	0.66		
Copper, Cu		0.110		0		4 4		0.212 0.058	0.094 0.026		
Manganese, Mn Selenium, Se		36.5		0	CAZN	4		70.4	31.0		
Scientini, Sc	g	30.3		·	CILLIN	•		70.4	31.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin	-	0.110		2		1		0.212	0.094		
Riboflavin		0.190		5		1		0.367	0.162		
Niacin	-	2.300		3		1 1		4.439	1.955		
Pantothenic acid		0.320 0.304		3 3		1		0.618 0.587	0.272 0.258		
Vitamin B-6Folate, total	-	7	0.047	0		4		14	0.258 6		
Folic acid		0		0	z	7		0	0		
Folate, food		7		0	_	4		14	6		
Folate, DFE		7		0	NC	4		14	6		
Vitamin B-12		0.56	0.068	5		1		1.08	0.48		
Vitamin A, IU		100	65.064	3		1		193	85		
Vitamin A, RAE		30	19.539	3		1		58	26		
Retinol	mcg	30	19.539	3		1		58	26		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
<u>Lipids:</u>	~	0 100		^				0.000	0 100		
Fatty acids, total saturated Fatty acids, total monounsaturated	-	0.120 0.090		0		4		0.232 0.174	0.102 0.077		
Fatty acids, total monounsaturated		0.090		0		4 ⊿		0.174	0.077		
Fatty acids, total trans		0.220		·		-		0.425	0.107		
Cholesterol		40		0		4		77	34		
Phytosterols	• • • • • • • • • • • • • • • • • • • •										
Amino Acids:											
Tryptophan	g	0.213		0		1		0.411	0.181		
Threonine	_	0.832		0		1		1.606	0.707		
Isoleucine	-	0.875		0		1		1.689	0.744		
Leucine		1.543		0		1		2.978	1.312		
Lysine		1.744		0		1		3.366	1.482		
Methionine		0.562		0		1		1.085	0.478		
Cystine	g	0.204		0		1		0.394	0.173		

	Amo	ount in 10	0 grams	<u>on</u>	Amount in edible portion of common				
Nutrients and Units	Mean S	Std. Error		Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	ivicali C	ota. Error					Weasure	Wedsule 2	Weasure 5
Phenylalanineg	0.741		0		1		1.430	0.630	
Tyrosineg	0.641		0		1		1.237	0.545	
Valineg	0.978		0		1		1.888	0.831	
Arginineg	1.136		0		1		2.192	0.966	
Histidineg	0.559		0		1		1.079	0.475	
Alanineg	1.148		0		1		2.216	0.976	
Aspartic acidg	1.944		0		1		3.752	1.652	
Glutamic acidg	2.834		0		1		5.470	2.409	
Glycineg	0.911		0		1		1.758	0.774	
Prolineg	0.671		0		1		1.295	0.570	
Serineg	0.775		0		1		1.496	0.659	
Hydroxyproline									

Common Measures:

Measure 1 = 193g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food	<u>.</u>	
			•	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	75.68		0		1		114.28	64.33		
Energy	kcal	109		0	NC	4		165	93		
Energy	kj	456				4		689	388		
Protein (N x 6.25)	g	22.64		0		1		34.19	19.24		
Total lipid (fat)	g	1.36		0		1		2.05	1.16		
Ash	g	1.55		0		1		2.34	1.32		
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		1		27	15		
Iron, Fe	-	0.41		0		1		0.62	0.35		
Magnesium, Mg	-	33		0		1		50	28		
Phosphorus, P		258		0		1		390	219		
Potassium, K	-	560		0		1		846	476		
Sodium, Na	-	76		0		1		115	65		
Zinc, Zn	-	0.58		0		1		0.88	0.49		
Copper, Cu		0.035	5	0		1		0.053	0.030		
Manganese, Mn		0.026		0		1		0.039	0.022		
Selenium, Se		46.8		0	BFSN	4		70.7	39.8		
·											
<u> Vitamins:</u>				_		_					
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin		0.035		0		1		0.053	0.030		
Riboflavin		0.139		0		1		0.210	0.118		
Niacin		2.314		0		1		3.494	1.967		
Pantothenic acid		0.865		0		1		1.306	0.735		
Vitamin B-6	-	0.346		0		1		0.522	0.294		
Folate, total		10		0	_	1		15	9		
Folic acid		0		0	Z	7		0	0		
Folate, food		10		0		1		15	9		
Folate, DFE		10		0	NC	4		15	9		
Vitamin B-12		4.15		0		1		6.27	3.53		
Vitamin A, IU		58		0		1		88	49		
Vitamin A, RAE		17		0		1		26	15		
Retinol		17		0		1		26	15		
Vitamin E (alpha-tocopherol)											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
<u> </u>											
Fatty acids, total saturated		0.255	5	0		1		0.385	0.217		
4:0											
6:0	-										
8:0	-										
10:0	-										
12:0	-										
13:0		0.047	,	^		1		0 071	0.040		
14:0	-	0.047	,	0		1		0.071	0.040		
15:0	-	0 151		0		1		0 000	0 100		
16:0		0.151	-	U		1		0.228	0.128		
17:0	-	0.045		0		1		0 060	0 030		
18:0	-	0.045	,	U		1		0.068	0.038		
20:0	-										
22:0	g g										

		<u>Aı</u>	mount in 100		of edik	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				lumber		_		<u></u>	0000100011000		
Nutrients and Units	3	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.447		0		1		0.675	0.380		
14:1	g										
15:1											
16:1 undifferentiated	-	0.097		0		1		0.146	0.082		
17:1											
18:1 undifferentiated		0.244		0		1		0.368	0.207		
20:1		0.093		0		1		0.140	0.079		
22:1 undifferentiated	•										
24:1 c	•										
Fatty acids, total polyunsaturated		0.383		0		1		0.578	0.326		
18:2 undifferentiated		0.038		0		1		0.057	0.032		
18:3 undifferentiated											
18:4											
20:2 n-6 c,c											
20:3 undifferentiated				_		_					
20:4 undifferentiated	-	0.064		0		1		0.097	0.054		
20:5 n-3		0.133		0		1		0.201	0.113		
22:5 n-3	-	0.018		0		1 1		0.027	0.015		
22:6 n-3		0.130		U		1		0.196	0.111		
Fatty acids, total trans		67		0		1		101			
Cholesterol		67		U				101	57		
Phytosterols	trig										
Amino Acids:											
Tryptophan	g	0.254		0		1		0.384	0.216		
Threonine	g	0.993		0		1		1.499	0.844		
Isoleucine	g	1.043		0		1		1.575	0.887		
Leucine	g	1.840		0		1		2.778	1.564		
Lysine		2.079		0		1		3.139	1.767		
Methionine	g	0.670		0		1		1.012	0.570		
Cystine	g	0.243		0		1		0.367	0.207		
Phenylalanine	g	0.884		0		1		1.335	0.751		
Tyrosine	g	0.764		0		1		1.154	0.649		
Valine	g	1.166		0		1		1.761	0.991		
Arginine	g	1.355		0		1		2.046	1.152		
Histidine	g	0.667		0		1		1.007	0.567		
Alanine	g	1.369		0		1		2.067	1.164		
Aspartic acid		2.318		0		1		3.500	1.970		
Glutamic acid	g	3.380		0		1		5.104	2.873		
Glycine		1.087		0		1		1.641	0.924		
Proline		0.801		0		1		1.210	0.681		
Serine		0.924		0		1		1.395	0.785		
Hydroxyproline	g										

Common Measures:

Measure 1 = 151g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	,			<u>m</u>	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	81.03	0.066	181		1		156.39	68.88		
Energy	-	85	0.000	0	NC	4		164	72		
Energy		356		Ü	140	4		686	302		
		17.66	0.078	173		1		34.08			
Protein (N x 6.25)		1.06	0.143	16		1		2.05	15.01		
Total lipid (fat)		1.06		174		1		2.05	0.90		
Ash			0.005		_				1.03		
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	14		1		1		27	12		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.32		2		1		0.62	0.27		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	26		1		1		50	22		
Phosphorus, P		201		1		1		388	171		
Potassium, K	_	437	2.904	95		1		843	371		
Sodium, Na		59	1.020	95		1		114	50		
Zinc, Zn	-	0.45	0.013	78		1		0.87	0.38		
Copper, Cu		0.027		75		1		0.052	0.023		
Manganese, Mn		0.020		1		1		0.032	0.017		
Selenium, Se		36.5		0	CAZN	4		70.4	31.0		
Scientifi, Sci						=					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.030		3		1		0.058	0.026		
Riboflavin	mg	0.114		3		1		0.220	0.097		
Niacin	-	1.900		3		1		3.667	1.615		
Pantothenic acid		0.750		0		4		1.448	0.638		
Vitamin B-6	-	0.300)	0		4		0.579	0.255		
Folate, total	mcg	9		0		4		17	8		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	9		0		4		17	8		
Folate, DFE	mcg_DFE	9		0	NC	4		17	8		
Vitamin B-12	mcg	3.60		0		4		6.95	3.06		
Vitamin A, IU		50		0		4		97	43		
Vitamin A, RAE	mcg_RAE	15		0		4		29	13		
Retinol		15		0		4		29	13		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
ipids:											
	a	0 107		٥		1		0.380	0.167		
Fatty acids, total saturated		0.197 0.000		0		4 7		0.380	0.167		
4:0				0		7					
6:0	-	0.000		0		7		0.000	0.000		
8:0	-	0.000		0		7		0.000	0.000		
10:0	-	0.000		-				0.000	0.000		
12:0	-	0.000	•	0		7		0.000	0.000		
13:0	-	0.000		^		7		0.000	2 222		
14:0		0.000	•	0		7		0.000	0.000		
15:0	-			_		_					
16:0		0.000	1	0		7		0.000	0.000		
17:0				_		_					
18:0		0.000	1	0		7		0.000	0.000		
20:0	-										
22:0	g										

	<u>A</u> 1	mount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common measures of food			
		Number	='	06.1				
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.350	0	4		0.676	0.298		
14:1g	0.330	0	*		0.676	0.296		
15:1g 16:1 undifferentiatedg	0.000	0	7		0.000	0.000		
17:1g		_	_					
18:1 undifferentiatedg	0.000		7		0.000	0.000		
20:1g	0.000		7		0.000	0.000		
22:1 undifferentiatedg	0.000	0	7		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.300		4		0.579	0.255		
18:2 undifferentiatedg	0.000		7		0.000	0.000		
18:3 undifferentiatedg	0.000		7		0.000	0.000		
18:4g	0.000	0	7		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		7		0.000	0.000		
20:5 n-3g	0.000		7		0.000	0.000		
22:5 n-3g	0.000		7		0.000	0.000		
22:6 n-3g	0.000	0	7		0.000	0.000		
Fatty acids, total trans9								
Cholesterolmg	52	0	4		100	44		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.198	0	1		0.382	0.168		
Threonineg	0.774	0	1		1.494	0.658		
Isoleucineg	0.814	0	1		1.571	0.692		
Leucineg	1.435	0	1		2.770	1.220		
Lysineg	1.622	. 0	1		3.130	1.379		
Methionineg	0.523	0	1		1.009	0.445		
Cystineg	0.189	0	1		0.365	0.161		
Phenylalanineg	0.689	0	1		1.330	0.586		
Tyrosineg	0.596	0	1		1.150	0.507		
Valineg	0.910	0	1		1.756	0.774		
Arginineg	1.057	0	1		2.040	0.898		
Histidineg	0.520	0	1		1.004	0.442		
Alanineg	1.068	0	1		2.061	0.908		
Aspartic acidg	1.808	0	1		3.489	1.537		
Glutamic acid	2.636	0	1		5.087	2.241		
Glycine9	0.848	0	1		1.637	0.721		
Prolineg	0.624		1		1.204	0.530		
Serineg	0.720	0	1		1.390	0.612		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 193g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	53.27		0		1		46.88	45.28		
Energy	kcal	262		0	NC	4		231	223		
Energy	kj	1096				4		965	932		
Protein (N x 6.25)	g	23.85		0		1		20.99	20.27		
Total lipid (fat)	g	17.81		0		1		15.67	15.14		
Ash	g	1.53	0.070	10		1		1.35	1.30		
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	15		0		1		13	13		
Iron. Fe.	-	1.57	0.080	10		1		1.38	1.33		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	97		0		1		85	82		
Phosphorus, P		278		0		1		245	236		
Potassium, K	-	401	15.900	10		1		353	341		
Sodium, Na	-	83	8.200	10		1		73	71		
Zinc, Zn	<u>mg</u>	0.94	0.060	10		1		0.83	0.80		
Copper, Cu	mg	0.094		0		1		0.083	0.080		
Manganese, Mn	mg	0.020		0		4		0.018	0.017		
Selenium, Se	mcg	51.6	1.508	33	A	1		45.4	43.9		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.4		0		1		0.4	0.3		
Thiamin	-	0.159	0.006	10		1		0.140	0.135		
Riboflavin		0.412		10		1		0.363	0.350		
Niacin		6.850		10		1		6.028	5.823		
Pantothenic acid		0.990		0		4		0.871	0.842		
Vitamin B-6		0.460	1	0		1		0.405	0.391		
Folate, total	-	2		0		4		1	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		0		4		1	1		
Folate, DFE		2		0	NC	4		1	1		
Vitamin B-12		19.00	1.610	10		1		16.72	16.15		
Vitamin A, IU	IU	180		0		1		158	153		
Vitamin A, RAE	mcg_RAE	54		0		1		48	46		
Retinol		54		0		1		48	46		
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	g	4.176	i	0		1		3.675	3.550		
4:0											
6:0	g										
8:0	-										
10:0											
12:0											
13:0	-					_					
14:0	_	0.592	83.700	10		1		0.521	0.503		
15:0	_		400			_		4 2 2			
16:0		1.375	188.900	10		1		1.210	1.169		
17:0	_		00.46-			_			2 24 2		
18:0	_	0.256	39.100	10		1		0.225	0.218		
20:0	_										
22:0	g g										

		An	nount in 100	<u>grams</u> Jumbei		ole portion	1	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	-	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	7.006		0		1		6.165	5.955		
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.534	105.40	0 10		1		0.470	0.454		
17:1											
18:1 undifferentiated	g	1.202	313.30			1		1.058	1.022		
20:1	g	1.598	244.50	0 10		1		1.406	1.358		
22:1 undifferentiated 24:1 c	-	2.498	368.80	0 10		1		2.198	2.123		
Fatty acids, total polyunsaturated	g	4.300		0		1		3.784	3.655		
18:2 undifferentiated	g	0.147	17.00	0 10		1		0.129	0.125		
18:3 undifferentiated	g	0.113	14.10	0 10		1		0.099	0.096		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.051	7.10	0 10		1		0.045	0.043		
20:5 n-3	g	0.504	75.50	0 10		1		0.444	0.428		
22:5 n-3	g	0.106	15.00	0 10		1		0.093	0.090		
22:6 n-3	g	0.699	58.70	0 10		1		0.615	0.594		
Fatty acids, total trans	g										
Cholesterol	mg	75	2.94	0 10		1		66	64		
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.267		0		1		0.235	0.227		
Threonine		1.045		0		1		0.920	0.888		
Isoleucine		1.099		0		1		0.967	0.934		
Leucine		1.938		0		1		1.705	1.647		
Lysine	-	2.190		0		1		1.927	1.862		
Methionine	-	0.706		0		1		0.621	0.600		
Cystine		0.256		0		1		0.225	0.218		
Phenylalanine		0.931		0		1		0.819	0.791		
Tyrosine	-	0.805		0		1		0.708	0.684		
Valine	_	1.228		0		1		1.081	1.044		
Arginine		1.427		0		1		1.256	1.213		
Histidine		0.702		0		1		0.618	0.597		
Alanine	_	1.442		0		1		1.269	1.226		
Aspartic acid		2.442		0		1		2.149	2.076		
Glutamic acid	-	3.559		0		1		3.132	3.025		
Glycine	-	1.145		0		1 1		1.008	0.973		
Proline		0.843		0 0		1		0.742	0.717		
Serine	-	0.973		U		1		0.856	0.827		
Hydroxyproline	g										

Common Measures:

Measure 1 = 88g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15046 Fish, mackerel, Atlantic, raw Scomber scombrus L.

Nutrients and Units Proximates: Water. Energy. Energy. Protein (N x 6.25) Total lipid (fat) Ash. Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch. Minerals: Calcium, Ca. Iron, Fe. Magnesium, Mg Phosphorus, P.	kcal kj g g g g g g g	63.55 205 858 18.60 13.89 1.35 0.00 0.0		oints	Deriv Code	Source Code	Confidence Code	71.18 230 961 20.83	Measure 2 54.02 174 729	Measure
Proximates: Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg	kcal kj g g g g g g g	63.55 205 858 18.60 13.89 1.35 0.00	0.657 0.171 0.380	142 0 83 364 60 0	Code	1 4 4		71.18 230 961	54.02 174 729	Measure :
Proximates: Water	kcal kj g g g g g g g	63.55 205 858 18.60 13.89 1.35 0.00	0.657 0.171 0.380	142 0 83 364 60 0	NC	1 4 4	Code	71.18 230 961	54.02 174 729	Measure
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch. Vinerals: Calcium, Ca Iron, Fe Magnesium, Mg	kcal kj g g g g g g g	205 858 18.60 13.89 1.35 0.00	0.171 0.380	0 83 364 60 0		4 4 1		230 961	174 729	
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch. Vinerals: Calcium, Ca Iron, Fe Magnesium, Mg	kcal kj g g g g g g g	205 858 18.60 13.89 1.35 0.00	0.171 0.380	0 83 364 60 0		4 4 1		230 961	174 729	
Energy	kj g g g g g g g	858 18.60 13.89 1.35 0.00	0.380	83 364 60 0		4 1		961	729	
Protein (N x 6.25)	g g g g g g g	18.60 13.89 1.35 0.00	0.380	364 60 0		1				
Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg	g g g g g g	13.89 1.35 0.00 0.0	0.380	364 60 0				20.83	15 01	
Ash	g g g g g	1.35 0.00 0.0		60 0		1			15.81	
Carbohydrate, by difference	g g g g	0.00	0.032	0		_		15.56	11.81	
Fiber, total dietary	g g g	0.0				1		1.51	1.15	
Sugars, total	g g			0	Z	7		0.00	0.00	
Starch	g mg	0.00			Z	7		0.0	0.0	
Ainerals: Calcium, Ca Iron, Fe Magnesium, Mg	mg			0	Z	7		0.00	0.00	
Calcium, Ca	-									
Calcium, Ca	-									
Iron, Fe	-	12	2.437	7		1		13	10	
Magnesium, Mg		1.63	0.398	3		1		1.83	1.39	
	-	76	0.398	1		1		85	65	
		217	11.557	8		1		243	184	
Potassium, K	•	314	19.569	10		1		352	267	
Sodium. Na.	-	90	7.283	14		1		101	77	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.63	0.017	82		1		0.71	0.54	
Copper, Cu		0.073	0.004	81		1		0.082	0.062	
Manganese, Mn		0.015		0		1		0.017	0.013	
Selenium, Se	mcg	44.1	2.285	11	A	1		49.4	37.5	
7itamina.										
Vitamins:		0.4		•				0.4		
Vitamin C, total ascorbic acid	-	0.4	0.050	2 6		1 1		0.4 0.197	0.3	
ThiaminRiboflavin	-	0.176 0.312		7		1		0.197	0.150 0.265	
		9.080		11		1		10.170	7.718	
Niacin Pantothenic acid	-	0.856		7		1		0.959	0.728	
Vitamin B-6	_	0.399		16		1		0.447	0.728	
Folate, total	_	1	0.043	0		4		1	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	4		1	1	
Folate, DFE		1		0	NC	4		1	1	
Vitamin B-12		8.71	1.332	9		1		9.76	7.40	
Vitamin A, IU		167		0	NC	4		187	142	
Vitamin A, RAE	mcg RAE	50		0	NC	4		56	43	
Retinol		50		0	NR	4		56	43	
Vitamin E (alpha-tocopherol)		1.52		0	NR	4		1.70	1.29	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D		360.000		0	T	4		403.200	306.000	
Vitamin K (phylloquinone)	mcg	5.0		0	T	4		5.6	4.3	
.ipids:										
Fatty acids, total saturated	a	3.257		0		1		3.648	2.768	
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		0.017		18		1		0.019	0.014	
13:0						=			0.024	
14:0	-	0.674		29		1		0.755	0.573	
15:0				-		=			0.0.0	
16:0	_	2.125		29		1		2.380	1.806	
17:0	_	. =-		-						
18:0	_	0.423		29		1		0.474	0.360	
20:0	-									
22:0	-									

		<u>Ar</u>	mount in 100 gr		dible portic	<u>on</u>	Amount in edible portion of common measures of food			
				nber			1111	easures or roou		
Nutrients and Un	iits	Mean	of I Std. Error Po	Data Deri ints Cod		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.		5.456		0	4		6.111	4.638		
15:1	-									
16:1 undifferentiated	-	0.727		29	1		0.814	0.618		
17:1	-				_					
18:1 undifferentiated	-	2.283		29	1		2.557	1.941		
20:1		1.039		29	1		1.164	0.883		
22:1 undifferentiated	•	1.407		29	1		1.576	1.196		
24:1 cFatty acids, total polyunsaturated		3.350		0	4		3.752	2.848		
18:2 undifferentiated		0.219		23	1		0.245	0.186		
18:3 undifferentiated		0.219		20	1		0.178	0.135		
18:4		0.139		27	1		0.178	0.135		
20:2 n-6 c.c	_	0.276			1		0.311	0.236		
20:3 undifferentiated	_									
20:4 undifferentiated		0.183		20	1		0.205	0.156		
20:5 n-3	_	0.898		29	1		1.006	0.763		
22:5 n-3	-	0.212		23	1		0.237	0.180		
22:6 n-3		1.401		29	1		1.569	1.191		
Fatty acids, total trans					_		2.005			
Cholesterol		70		2	1		78	60		
Phytosterols				_	_					
1 Hytosterois										
Amino Acids:										
Tryptophan	g	0.208		0	1		0.233	0.177		
Threonine	-	0.815		0	1		0.913	0.693		
Isoleucine	g	0.857		0	1		0.960	0.728		
Leucine	_	1.512		0	1		1.693	1.285		
Lysine		1.708		0	1		1.913	1.452		
Methionine	g	0.551		0	1		0.617	0.468		
Cystine	g	0.199		0	1		0.223	0.169		
Phenylalanine		0.726		0	1		0.813	0.617		
Tyrosine	_	0.628		0	1		0.703	0.534		
Valine	-	0.958		0	1		1.073	0.814		
Arginine		1.113		0	1		1.247	0.946		
Histidine		0.548		0	1		0.614	0.466		
Alanine		1.125		0	1		1.260	0.956		
Aspartic acid		1.905		0	1		2.134	1.619		
Glutamic acid		2.777		0	1		3.110	2.360		
Glycine		0.893		0	1		1.000	0.759		
Proline		0.658		0	1		0.737	0.559		
Serine	_	0.759		0	1		0.850	0.645		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0	7		0.0	0.0		
Caffeine		0		0 z			0	0		
Theobromine		0		0 z			0	0		
Carotenoids:							-	-		
·		_		•						
Carotene, beta		0		0 z			0.000	0.000		
Carotene, alpha		0		0 z			0.000	0.000		
Cryptoxanthin, beta		0		0 z			0.000	0.000		
Lycopene		0		0 z			0.000	0.000		
Lutein + zeaxanthin	rincā	0		0 z	. 7		0.000	0.000		

Common Measures:

Measure 1 = 112g: 1 fillet

Measure 2 = 85g: 3 oz

Fish, mackerel, Atlantic, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

NDB No. 15201 Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Refuse: 0%

		<u>A</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	measures of food					
			of Data	a Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	61.73	0		1		17.50	10.49	108.64
Energy	kcal	201	0	NC	4		57	34	354
Energy	kj	841			4		238	143	1480
Protein (N x 6.25)		25.73	0		1		7.29	4.37	45.28
Total lipid (fat)	g	10.12	0		1		2.87	1.72	17.81
Ash	g	2.08	0		1		0.59	0.35	3.66
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:									
Calcium. Ca	mg	29	0		1		8	5	51
Iron, Fe		1.49	0		1		0.42	0.25	2.62
Magnesium, Mg	_	36	0		1		10	6	63
Phosphorus, P		160	0		1		45	27	282
Potassium, K	mg	521	0		1		148	89	917
Sodium, Na	mg	110	0		1		31	19	194
Zinc, Zn	mg	0.86	0		1		0.24	0.15	1.51
Copper, Cu	mg	0.119			1		0.034	0.020	0.20
Manganese, Mn	mg	0.019			1		0.005	0.003	0.03
Selenium, Se	mcg	46.8	0	BFSN	4		13.3	8.0	82.4
Vitamins:									
Vitamin C, total ascorbic acid	ma	2.1	0		1		0.6	0.4	3.7
Thiamin		0.135			1		0.038	0.023	0.23
Riboflavin	_	0.540			1		0.153	0.092	0.95
Niacin		10.667	0		1		3.024	1.813	18.77
Pantothenic acid	_	0.365	5 0		1		0.103	0.062	0.64
Vitamin B-6	mg	0.381	. 0		1		0.108	0.065	0.67
Folate, total	mcg	2	0		1		1	0	4
Folic acid		0	0	Z	7		0	0	0
Folate, food		2	0		1		1	0	4
Folate, DFE	mcg_DFE	2	0	NC	4		1	0	4
Vitamin B-12	mcg	4.23	0		1		1.20	0.72	7.44
Vitamin A, IU		54	0	NC	4		15	9	95
Vitamin A, RAE		16	0	NC	4		5	3	29
Retinol		16	0	BFYN	4		5	3	29
Vitamin E (alpha-tocopherol)		1.25	0	BFYN	4		0.35	0.21	2.20
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)		0.1	0	BFYN	4		0.0	0.0	0.2
, manna 12 (pm) noquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		2.881			1		0.817	0.490	5.07
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 12:0		0.000			1 1		0.000 0.003	0.000	0.00
12:0		0.012	. 0		1		0.003	0.002	0.02
14:0	-	0.436	5 0		1		0.124	0.074	0.76
15:0	-	0.436	,		1		0.124	0.074	0.76
16:0	-	1.781	. 0		1		0.505	0.303	3.13
17:0		2	•		-		3.303	0.505	3.13
18:0	-	0.565	5 0		1		0.160	0.096	0.99
20:0	-		v		-			000	0.55
22:0	-								

		<u>A</u>	mount in 10	Amount in edible portion of common measures of food						
		<u> </u>		Number of Data	Deriv	Source Code	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	3.371		0		1		0.956	0.573	5.933
14:1	g									
15:1 16:1 undifferentiated	_	0.603	3	0		1		0.171	0.103	1.061
17:1	_					_				
18:1 undifferentiated	_	1.703		0		1		0.483	0.290	2.997
20:1		0.417		0		1		0.118	0.071	0.734
22:1 undifferentiated	_	0.622	!	0		1		0.176	0.106	1.095
24:1 cFatty acids, total polyunsatura		2.488	1	0		1		0.705	0.423	4.379
18:2 undifferentiated		0.149		0		1		0.042	0.025	0.262
18:3 undifferentiated		0.064		0		1		0.018	0.011	0.113
18:4		0.160		0		1		0.045	0.027	0.282
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.104	Į.	0		1		0.029	0.018	0.183
20:5 n-3	g	0.653	3	0		1		0.185	0.111	1.149
22:5 n-3	_	0.158		0		1		0.045	0.027	0.278
22:6 n-3		1.195	5	0		1		0.339	0.203	2.103
Fatty acids, total trans										
Cholesterol	_	60		0		1		17	10	106
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.288	3	0		1		0.082	0.049	0.507
Threonine	g	1.128	3	0		1		0.320	0.192	1.985
Isoleucine	g	1.186	i	0		1		0.336	0.202	2.087
Leucine	g	2.091	=	0		1		0.593	0.355	3.680
Lysine		2.363		0		1		0.670	0.402	4.159
Methionine		0.762		0		1		0.216	0.130	1.341
Cystine		0.276		0		1		0.078	0.047	0.486
Phenylalanine		1.005		0		1		0.285	0.171	1.769
Tyrosine	_	0.869		0		1		0.246	0.148	1.529
Valine	-	1.326		0		1 1		0.376	0.225	2.334
0	•••••••••••••••••••••••••••••••••••••••	0.758		0		1		0.437 0.215	0.262	2.710 1.334
HistidineAlanine	-	1.556		0		1		0.441	0.129 0.265	2.739
Aspartic acid		2.635		0		1		0.747	0.448	4.638
Glutamic acid		3.841		0		1		1.089	0.448	6.760
Glycine	-	1.235		0		1		0.350	0.210	2.174
Proline		0.910		0		1		0.258	0.155	1.602
Serine	_	1.050		0		1		0.298	0.179	1.848
Hydroxyproline		2.000		·		-		0.250	0.2.5	2.010
Others:	~	0.0		0		7		0.0	0.0	
Alcohol, ethyl						7		0.0	0.0	0.0
Caffeine		0		0	z z	7		0	0 0	0
Theobromine		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 = 28.35g: 1 oz, boneless Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 176g: 1 fillet

Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

NDB No. 15050 Fish, mackerel, Pacific and jack, mixed species, raw Scomber spp. and Trachurus spp.

		<u>Ar</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber	•			<u>m</u> e	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	70.15	2.322	12		1		157.84	59.63	
Energy	kcal	158		0	NC	4		356	134	
Energy	kj	661				4		1487	562	
Protein (N x 6.25)	g	20.07		11		1		45.16	17.06	
Total lipid (fat)	g	7.89	0.865	126		1		17.75	6.71	
Ash	g	1.62		6		1		3.65	1.38	
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									
Ainerals:										
Calcium, Ca	mg	23		1		1		52	20	
Iron, Fe	_	1.16	0.143	4		1		2.61	0.99	
Magnesium, Mg	_	28		1		1		63	24	
Phosphorus, P		125		1		1		281	106	
Potassium, K	-	406	8.686	3		1		914	345	
Sodium, Na	mg	86	1.938	3		1		194	73	
Zinc, Zn	mg	0.67	0.028	63		1		1.51	0.57	
Copper, Cu	mg	0.093	0.006	56		1		0.209	0.079	
Manganese, Mn	mg	0.015		0		1		0.034	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		82.1	31.0	
itamins:										
Vitamin C, total ascorbic acid	ma	2.0		0		4		4.5	1.7	
Thiamin	_	0.111		2		1		0.250	0.094	
Riboflavin	_	0.421		5		1		0.947	0.358	
Niacin		8.320		3		1		18.720	7.072	
Pantothenic acid	_	0.316		12		1		0.711	0.269	
Vitamin B-6	-	0.330	0.029	11		1		0.743	0.281	
Folate, total	-	2	0.060	5		1		5	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		2	0.060	5		1		5	2	
Folate, DFE		2		0	NC	4		5	2	
Vitamin B-12		4.40		4		1		9.90	3.74	
Vitamin A, IU	IU	43		0	NC	4		97	37	
Vitamin A, RAE	mcg_RAE	13		0	NC	4		29	11	
Retinol		13		0	NR	4		29	11	
Vitamin E (alpha-tocopherol)	mg	1.00		0	NR	4		2.25	0.85	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D					_					
Vitamin K (phylloquinone)	rncg	0.1		0	T	4		0.2	0.1	
ipids:										
Fatty acids, total saturated	g	2.247		0		1		5.056	1.910	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0		0.009		11		1		0.020	0.008	
13:0										
14:0	g	0.340		83		1		0.765	0.289	
15:0	g									
16:0	g	1.389		83		1		3.125	1.181	
17:0	g									
18:0	-	0.441		83		1		0.992	0.375	
20:0	-									
22:0	n									

		<u>A</u> 1	mount in 100 grams	Amount in edible portion of common measures of food					
				Deriv S	Source	Confidence	illeasures of 100u		
Nutrients and I	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	2.629	0		1		5.915	2.235	
14:1	=								
15:1	-	0.470					1 050	0.400	
16:1 undifferentiated	=	0.470	83		1		1.058	0.400	
18:1 undifferentiated	-	1.328	83		1		2.988	1.129	
20:1	-	0.325			1		0.731	0.276	
22:1 undifferentiated		0.485			1		1.091	0.412	
24:1 c	•								
Fatty acids, total polyunsaturate		1.940	0		1		4.365	1.649	
18:2 undifferentiated	g	0.116	83		1		0.261	0.099	
18:3 undifferentiated	g	0.050	42		1		0.113	0.043	
18:4	g	0.125	33		1		0.281	0.106	
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.081			1		0.182	0.069	
20:5 n-3		0.509			1		1.145	0.433	
22:5 n-3		0.123			1		0.277	0.105	
22:6 n-3		0.932	82		1		2.097	0.792	
Fatty acids, total trans	=	47	6		1		106	40	
CholesterolPhytosterols	-	47	•		1		106	40	
1 Hytosterois	9								
Amino Acids:									
Tryptophan		0.225			1		0.506	0.191	
Threonine	_	0.880			1		1.980	0.748	
Isoleucine	_	0.925			1		2.081	0.786	
Leucine	_	1.631			1 1		3.670	1.386	
Lysine		1.843 0.594			1		4.147 1.337	1.567 0.505	
Methionine		0.394			1		0.484	0.303	
Phenylalanine		0.783			1		1.762	0.183	
Tyrosine		0.678			1		1.526	0.576	
Valine	_	1.034			1		2.327	0.879	
Arginine	_	1.201			1		2.702	1.021	
Histidine		0.591			1		1.330	0.502	
Alanine		1.214			1		2.732	1.032	
Aspartic acid		2.055	0		1		4.624	1.747	
Glutamic acid	g	2.996	0		1		6.741	2.547	
Glycine	g	0.963	0		1		2.167	0.819	
Proline	g	0.710	0		1		1.598	0.604	
Serine	g	0.819	0		1		1.843	0.696	
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 = 225g: 1 fillet

Measure 2 = 85g: 3 oz

Fish, mackerel, Pacific and jack, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

NDB No. 15048 Fish, mackerel, jack, canned, drained solids Trachurus symmetricus (Ayers)

		<u>A</u> 1	mount in 100	Amount in edible portion of common							
			ı	Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	69.17		2		1		131.42	19.61	11.07	
Energy	kcal	156		0	NC	4		296	44	25	
Energy	kj	653				4		1240	185	104	
Protein (N x 6.25)	g	23.19		2		1		44.06	6.57	3.71	
Total lipid (fat)	g	6.30		2		1		11.97	1.79	1.01	
Ash	g	1.73		2		1		3.29	0.49	0.28	
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											
Minerals:						_				_	
Calcium, Ca	_	241		2		1		458	68	39	
Iron, Fe	_	2.04		2		1		3.88	0.58	0.33	
Magnesium, Mg		37		2		1		70	10	6	
Phosphorus, P	-	301		2		1		572	85	48	
Potassium, K		194		2		1		369	55	31	
Sodium, Na	-	379		2		1		720	107	61	
Zinc, Zn		1.02	_	2		1		1.94	0.29	0.16	
Copper, Cu		0.147		2		1		0.279	0.042	0.02	
Manganese, Mn		0.040)	2		1		0.076	0.011	0.00	
Selenium, Se	mcg	37.7		0	BFSN	4		71.6	10.7	6.0	
itamins:											
Vitamin C, total ascorbic acid	mg	0.9		2		1		1.7	0.3	0.1	
Thiamin	_	0.040)	2		1		0.076	0.011	0.00	
Riboflavin	-	0.212	2	2		1		0.403	0.060	0.03	
Niacin		6.180)	2		1		11.742	1.752	0.98	
Pantothenic acid	-	0.305	5	2		1		0.580	0.086	0.04	
Vitamin B-6		0.210)	2		1		0.399	0.060	0.03	
Folate, total	-	5		2		1		10	1	1	
Folic acid		0		0	z	7		0	0	0	
Folate, food		5		2		1		10	1	1	
Folate, DFE		5		0	NC	4		10	1	1	
Vitamin B-12		6.94		2		1		13.19	1.97	1.11	
Vitamin A, IU		433		0	NC	4		823	123	69	
Vitamin A, RAE		130		0	NC	4		247	37	21	
Retinol		130		0	NR	4		247	37	21	
Vitamin E (alpha-tocopherol)		1.03		0	BFSN	4		1.96	0.29	0.17	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D		252.000)	0	T	4		478.800	71.442	40.32	
Vitamin K (phylloquinone)	mcg	0.1		0	BFSN	4		0.2	0.0	0.0	
tta											
<u>ipids:</u>	~	1 055	,	^				2 500	0.506	0.00	
Fatty acids, total saturated		1.857		0		1 1		3.528	0.526	0.29	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	-	0.000		-		_		0.000	0.000	0.00	
8:0		0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0 2		1 1		0.000	0.000	0.00	
12:0		0.007	,	2		1		0.013	0.002	0.0	
13:0		2 222		^				0			
14:0		0.289	,	2		1		0.549	0.082	0.0	
15:0	-			_		_					
16:0	-	1.185	•	2		1		2.252	0.336	0.1	
17:0	-	0.05		^							
18:0	-	0.376	•	2		1		0.714	0.107	0.0	
20:0	-										
22:0 24:0	-										

		<u>A</u>	mount in 100		of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	l I l mita	Maan		umber of Data		Source Code	Confidence Code		Measure 2	Magazina 2	
Nutrients and	Units	Mean	Sta. Error	Ollits	Coue	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	2.225	i	0		1		4.228	0.631	0.356	
14:1	=										
15:1	-			•		_					
16:1 undifferentiated	=	0.400)	2		1		0.760	0.113	0.064	
17:1 18:1 undifferentiated	-	1.132	,	2		1		2.151	0.321	0.181	
20:1	=	0.278		2		1		0.528	0.321	0.181	
22:1 undifferentiated		0.414		2		1		0.328	0.079	0.044	
24:1 c	-	0.414		-		-		0.707	0.117	0.000	
Fatty acids, total polyunsatura		1.651		0		1		3.137	0.468	0.264	
18:2 undifferentiated		0.099)	2		1		0.188	0.028	0.016	
18:3 undifferentiated		0.043		2		1		0.082	0.012	0.007	
18:4		0.106		2		1		0.201	0.030	0.017	
20:2 n-6 c,c	=										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.069)	2		1		0.131	0.020	0.011	
20:5 n-3	g	0.434	Į.	2		1		0.825	0.123	0.069	
22:5 n-3	g	0.104	Į.	2		1		0.198	0.029	0.017	
22:6 n-3	g	0.796	5	2		1		1.512	0.226	0.127	
Fatty acids, total trans	g										
Cholesterol	mg	79		2		1		150	22	13	
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.260)	0		1		0.494	0.074	0.042	
Threonine		1.017		0		1		1.932	0.288	0.163	
Isoleucine		1.069		0		1		2.031	0.303	0.171	
Leucine	_	1.885		0		1		3.582	0.534	0.302	
Lysine	_	2.130		0		1		4.047	0.604	0.341	
Methionine		0.686		0		1		1.303	0.194	0.110	
Cystine		0.249)	0		1		0.473	0.071	0.040	
Phenylalanine		0.905		0		1		1.720	0.257	0.145	
Tyrosine		0.783		0		1		1.488	0.222	0.125	
Valine	_	1.195	;	0		1		2.271	0.339	0.191	
Arginine	-	1.388		0		1		2.637	0.393	0.222	
Histidine	g	0.683	3	0		1		1.298	0.194	0.109	
Alanine	g	1.403	3	0		1		2.666	0.398	0.224	
Aspartic acid		2.375	5	0		1		4.513	0.673	0.380	
Glutamic acid		3.462	!	0		1		6.578	0.981	0.554	
Glycine	g	1.113	3	0		1		2.115	0.316	0.178	
Proline		0.820)	0		1		1.558	0.232	0.131	
Serine	g	0.946	5	0		1		1.797	0.268	0.151	
Hydroxyproline	g										
Othorse											
Others:	σ.	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	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	9	U		J	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 = 190g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 16g: 1 cubic inch

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100) grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			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	69.04		0		1		106.32	58.68		
Energy	kcal	134		0	NC	4		206	114		
Energy	kj	561				4		863	477		
Protein (N x 6.25)	g	26.00		0		1		40.04	22.10		
Total lipid (fat)	g	2.56		0		1		3.94	2.18		
Ash	g	1.64		0		1		2.53	1.39		
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	• • • • • • • • • • • • • • • • • • • •	40		0		1		62	34		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.28		0		1		3.51	1.94		
Magnesium, Mg		41		0		1		63	35		
Phosphorus, P	-	318		0		1		490	270		
Potassium, K	-	558		0		1		859	474		
Sodium, Na	-	203		0		1		313	173		
Zinc, Zn		0.72		0		1		1.11	0.61		
Copper, Cu		0.033		0		1		0.051	0.028		
Manganese, Mn		0.006	5	0		1		0.009	0.005		
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8		
itamins:											
Vitamin C, total ascorbic acid	ma	1.6		0		1		2.5	1.4		
Thiamin	-	0.115	5	0		1		0.177	0.098		
Riboflavin		0.580		0		1		0.893	0.493		
Niacin		10.462		0		1		16.111	8.893		
Pantothenic acid		0.968		0		1		1.491	0.823		
Vitamin B-6		0.510		0		1		0.785	0.434		
Folate, total	-	9		0		1		14	8		
Folic acid		0		0	z	7		0	0		
Folate, food		9		0	_	1		14	8		
Folate, DFE		9		0	NC	4		14	8		
Vitamin B-12		18.00		0	2.0	1		27.72	15.30		
Vitamin A, IU		839		0		1		1292	713		
Vitamin A, RAE		252		0		1		388	214		
Retinol		252		0		1		388	214		
Vitamin E (alpha-tocopherol)				·		_		555			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> ipids:</u>											
Fatty acids, total saturated		0.465	5	0		1		0.716	0.395		
4:0											
6:0	-										
8:0	-										
10:0	-										
12:0	-										
13:0		0.105		^		1		0.160	0.000		
14:0	-	0.105	,	0		1		0.162	0.089		
15:0	-	0 310	1	0		1		0.422	0.004		
16:0		0.310	,	0		1		0.477	0.264		
17:0	-	0.050		^				0 077	2 242		
18:0	-	0.050	,	0		1		0.077	0.043		
20:0	-										
22:0	g g										

	<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	e Confidence Code	Measure 1	Measure 2	Measure 3	
		•	_					
Fatty acids, total monounsaturatedg	0.979	0	1		1.508	0.832		
14:19								
15:1	0.151	0	1		0.233	0.128		
16:1 undifferentiated	0.151	U	1		0.233	0.128		
17:1	0.398	0	1		0.613	0.338		
		0	1					
20:1g	0.156				0.240	0.133		
22:1 undifferentiatedg 24:1 c	0.273	0	1		0.420	0.232		
Fatty acids, total polyunsaturated	0.589	0	1		0.907	0.501		
18:2 undifferentiatedg	0.051	0	1		0.079	0.043		
18:3 undifferentiatedg								
18:4g	0.115	0	1		0.177	0.098		
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g	0.174	0	1		0.268	0.148		
22:5 n-3g	0.022	0	1		0.034	0.019		
22:6 n-3g	0.227	0	1		0.350	0.193		
Fatty acids, total transg								
Cholesterol mg	68	0	1		105	58		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.291	0	1		0.448	0.247		
Threonineg	1.140	0	1		1.756	0.969		
Isoleucineg	1.198	0	1		1.845	1.018		
Leucineg	2.113	0	1		3.254	1.796		
Lysineg	2.388	0	1		3.678	2.030		
Methionineg	0.770	0	1		1.186	0.655		
Cystineg	0.279	0	1		0.430	0.237		
Phenylalanine	1.015	0	1		1.563	0.863		
Tyrosineg	0.878	0	1		1.352	0.746		
Valineg	1.340	0	1		2.064	1.139		
Arginine	1.556	0	1		2.396	1.323		
Histidine 9	0.765	0	1		1.178	0.650		
Alanineg	1.572	0	1		2.421	1.336		
Aspartic acid	2.662	0	1		4.099	2.263		
Glutamic acid	3.881	0	1		5.977	3.299		
Glycine	1.248	0	1		1.922	1.061		
Proline	0.919	0	1		1.415	0.781		
Serine	1.061	0	1		1.634	0.902		
Hydroxyproline						- · · · 		

Common Measures:

Measure 1 = 154g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15049 Fish, mackerel, king, raw Scombermorus cavalla (Cuvier)

		<u>Aı</u>	mount in 100 gra	ams of ed	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			m	easures of food	<u> </u>	
				ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure	
_										
Proximates: Water	а	75.85	0.456	6	1		150.18	64.47		
Energy	_	105	0.450	0 NC			208	89		
C)		439		O NC	4		870	373		
Energy			0.706	_	_					
Protein (N x 6.25)		20.28	0.786	6	1		40.15	17.24		
Total lipid (fat)		2.00	0.188	6	1		3.96	1.70		
Ash		1.28	0.017	6	1		2.53	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	g									
Starch	g									
Minorals										
Minerals: Calcium. Ca	ma	31		2	1		61	26		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.78		2	1		3.52	1.51		
,		32		2	1		63	27		
Magnesium, Mg		248		2	1		491	211		
Phosphorus, P	-	435		2	1		491 861	370		
Potassium, K		435 158		2	1		313	134		
Sodium, Na		0.56	0.018 1		1		1.11	0.48		
Zinc, Zn				.06	1		0.051	0.48		
Copper, Cu		0.026								
Manganese, Mn		0.005	1	0	. 1		0.010	0.004		
Selenium, Se	Tricg	36.5		0 CAZ	1 4		72.3	31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0	4		3.2	1.4		
Thiamin		0.100	ı	2	1		0.198	0.085		
Riboflavin	-	0.476	;	2	1		0.942	0.405		
Niacin		8.590		2	1		17.008	7.302		
Pantothenic acid	-	0.839		2	1		1.661	0.713		
Vitamin B-6		0.442		2	1		0.875	0.376		
Folate, total	-	8		2	1		15	6		
Folic acid		0		0 z	7		0	0		
Folate, food		8		2	1		15	6		
Folate, DFE	mca DFF	8		0 NC	4		15	6		
Vitamin B-12		15.60		2	1		30.89	13.26		
Vitamin A, IU		727		2	1		1439	618		
Vitamin A, RAE		218		2	1		432	186		
		218		2	1		432			
Retinol		216		2	_		432	186		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
Lipids:										
Fatty acids, total saturated	q	0.363	1	0	1		0.719	0.309		
4:0					-		- · · - •			
6:0										
8:0										
10:0										
12:0										
13:0										
14:0		0.082		2	1		0.162	0.070		
15:0		0.002		_	-		0.102	0.070		
16:0		0.242		2	1		0.479	0.206		
		0.242		_	1		0.4/3	0.200		
17:0	-	0 030	ı	2	1		0 077	0 023		
18:0	-	0.039		4	1		0.077	0.033		
20:0	-									
22:0	g g									

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Source	Confidence	<u> </u>	easures or roou		
Nutrients and Un	its	Mean	Std. Error		 Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.764		0	1		1.513	0.649		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.118		2	1		0.234	0.100		
17:1										
18:1 undifferentiated		0.311		2	1		0.616	0.264		
20:1	_	0.122		2	1		0.242	0.104		
22:1 undifferentiated 24:1 c	-	0.213		2	1		0.422	0.181		
Fatty acids, total polyunsaturated	g	0.460		0	1		0.911	0.391		
18:2 undifferentiated	g	0.040		2	1		0.079	0.034		
18:3 undifferentiated	g									
18:4	g	0.090		2	1		0.178	0.077		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	-	0.136		2	1		0.269	0.116		
22:5 n-3		0.017		2	1		0.034	0.014		
22:6 n-3	_	0.177		2	1		0.350	0.150		
Fatty acids, total trans										
Cholesterol		53		2	1		105	45		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.227		0	1		0.449	0.193		
Threonine	g	0.889		0	1		1.760	0.756		
Isoleucine	g	0.935		0	1		1.851	0.795		
Leucine	g	1.648		0	1		3.263	1.401		
Lysine	g	1.863		0	1		3.689	1.584		
Methionine	g	0.600		0	1		1.188	0.510		
Cystine	g	0.217		0	1		0.430	0.184		
Phenylalanine	g	0.792		0	1		1.568	0.673		
Tyrosine	g	0.685		0	1		1.356	0.582		
Valine	g	1.045		0	1		2.069	0.888		
Arginine	g	1.214		0	1		2.404	1.032		
Histidine		0.597		0	1		1.182	0.507		
Alanine	g	1.227		0	1		2.429	1.043		
Aspartic acid		2.077		0	1		4.112	1.765		
Glutamic acid	-	3.028		0	1		5.995	2.574		
Glycine	-	0.974		0	1		1.929	0.828		
Proline	-	0.717		0	1		1.420	0.609		
Serine		0.827		0	1		1.637	0.703		
Hydroxyproline	g									

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 10	<u>0 grams</u>	ot edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	43.00				1		58.48		
Energy	kcal	305				1		415		
Energy	kj	1276				1		1736		
Protein	g	18.50				1		25.16		
Total lipid (fat)	g	25.10				1		34.13		
Ash	g	13.40		0	NR	4		18.22		
Carbohydrate, by difference	g	0.00			Z	7		0.00		
Fiber, total dietary		0.0				7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Ainerals:										
Calcium. Ca	mg	66				1		90		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.40				1		1.90		
Magnesium, Mg	_	60				4		82		
Phosphorus, P		254				1		345		
Potassium, K	-	520				4		707		
Sodium, Na		4450				4		6052		
Zinc, Zn	<u>mg</u>	1.10				4		1.50		
Copper, Cu	mg	0.100)			4		0.136		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg	73.4		0	BFSN	4		99.8		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.0			Z	7		0.0		
Thiamin		0.020				1		0.027		
Riboflavin		0.190				1		0.258		
Niacin		3.300)			1		4.488		
Pantothenic acid		0.410						0 550		
Vitamin B-6		0.410	,			1 4		0.558		
Folia acid		15 0		0	z	7		20 0		
Folic acidFolate, food		15		0	NR	4		20		
Folate, DFE		15		0	NC	4		20		
Vitamin B-12	mca_br E	12.00		Ū	мс	1		16.32		
Vitamin A, IU		157		0	NC	4		213		
Vitamin A, RAE	mca RAE	47		0	NC	4		64		
Retinol		47		0	NR	4		64		
Vitamin E (alpha-tocopherol)		2.38		0	BFSN	4		3.23		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.8		0	BFSN	4		10.6		
<u> ipids:</u>										
Fatty acids, total saturated	g	7.148	3			4		9.721		
4:0		0.000)			4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000)			4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.029	•			4		0.039		
13:0	-									
14:0	-	1.082	2			4		1.472		
15:0	-					_				
16:0		4.418	3			4		6.008		
17:0						_				
18:0		1.403	3			4		1.908		
20:0	_									
22:0	g									

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Number		0	Camfidanaa	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F " '1	8.320				4		11 215			
Fatty acids, total monounsaturatedg	8.320				4		11.315			
15:1										
16:1 undifferentiated 9	1.495				4		2.033			
17:1g										
18:1 undifferentiatedg	4.224				4		5.745			
20:1g	1.034				4		1.406			
22:1 undifferentiatedg	1.543				4		2.098			
24:1 cg										
Fatty acids, total polyunsaturated9	6.210				4		8.446			
18:2 undifferentiated	0.369				4		0.502			
18:3 undifferentiated	0.159				4		0.216			
18:4g	0.398				4		0.541			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.258				4		0.351			
20:5 n-3g	1.619				4		2.202			
22:5 n-3g	0.391				4		0.532			
22:6 n-3g	2.965				4		4.032			
Fatty acids, total transg										
Cholesterolmg	95				1		129			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0			
Caffeinemg	0		0	Z	7		0			
Theobrominemg	0		0	Z	7		0			
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000			
Carotene, alpha mcg	0		0	Z	7		0.000			
Cryptoxanthin, beta mcg	0		0	Z	7		0.000			
Lycopene mcg	0		0	Z	7		0.000			
Lutein + zeaxanthinmcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Calories Factors: Protein Fat Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	i	
			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	g	68.46		3		1		99.95	58.19		
Energy	kcal	158		0	NC	4		231	134		
Energy	kj	661				4		965	562		
Protein (N x 6.25)	g	23.59		3		1		34.44	20.05		
Total lipid (fat)	g	6.32		3		1		9.23	5.37		
Ash	g	1.53		3		1		2.23	1.30		
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		2		1		19	11		
Calcium, Ca	-	0.74		3		1		1.08	0.63		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	38		2		1		55	32		
Phosphorus, P		271		2		1		396	230		
Potassium, K	_	554		3		1		809	471		
Sodium, Na.		66		3		1		96	56		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.62		3		1		0.91	0.53		
Copper, Cu		0.065	5	2		1		0.095	0.055		
Manganese, Mn		0.012		2		1		0.018	0.010		
Selenium, Se		40.6	_	0	BFSN	4		59.3	34.5		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	1.6		0		4		2.3	1.4		
Thiamin	-	0.130		1		1		0.190	0.111		
Riboflavin	-	0.210		1		1		0.307	0.179		
Niacin	_	5.000		1		1		7.300	4.250		
Pantothenic acid	-	0.870		0		4		1.270	0.740		
Vitamin B-6	-	0.460)	0		4		0.672	0.391		
Folate, total		1		0		4		2	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		4		2	1		
Folate, DFE		1		0	NC	4		2	1		
Vitamin B-12		7.00		1		1		10.22	5.95		
Vitamin A, IU		109		0		4		159	93		
Vitamin A, RAE		33		0		4		48	28		
Retinol		33		0		4		48	28		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
vitanini K (priyrioquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.801	L	0		1		2.629	1.531		
4:0	_										
6:0	_										
8:0											
10:0	-										
12:0	_										
13:0	-	0.00		_		-					
14:0	-	0.204	ł	3		1		0.298	0.173		
15:0	-		_	_		_					
16:0		1.155	•	3		1		1.686	0.982		
17:0	-			_		_					
18:0	-	0.442	2	3		1		0.645	0.376		
20:0	-										
22:0	9										

	<u>A</u> 1	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
		Num of D		Source	Confidence	<u></u>			
Nutrients and Units	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.139		0	1		3.123	1.818		
14:1g									
15:1g									
16:1 undifferentiatedg	0.309		3	1		0.451	0.263		
17:1g									
18:1 undifferentiatedg	1.104		3	1		1.612	0.938		
20:1g	0.123		3	1		0.180	0.105		
22:1 undifferentiated	0.070		3	1		0.102	0.060		
Fatty acids, total polyunsaturated9	1.805		0	1		2.635	1.534		
18:2 undifferentiatedg	0.108		3	1		0.158	0.092		
18:3 undifferentiated	0.116		3	1		0.169	0.092		
18:4g	0.110		,			0.169	0.099		
20:2 n-6 c,cg									
20:2 ii-6 c,cg									
20:4 undifferentiatedg	0.159		3	1		0.232	0.135		
20:5 n-3g	0.294		3	1		0.429	0.250		
20.5 n-3g	0.095		3	1		0.139	0.230		
22:6 n-3g	0.952		3	1		1.390	0.809		
Fatty acids, total trans	0.932		,			1.390	0.809		
Cholesterolg	73		1	1		107	62		
Phytosterolsmg	,5		•	-		107	02		
Amino Acids:									
Tryptophang	0.264		0	1		0.385	0.224		
Threonine	1.034		0	1		1.510	0.879		
Isoleucineg	1.087		0	1		1.510	0.924		
Leucine	1.917		0	1		2.799	1.629		
Lysineg	2.166		0	1		3.162	1.841		
Methionine	0.698		0	1		1.019	0.593		
Cystine	0.253		0	1		0.369	0.215		
Phenylalanineg	0.921		0	1		1.345	0.783		
Tyrosineg	0.796		0	1		1.162	0.783		
Valineg	1.215		0	1		1.774	1.033		
Arginine	1.213		0	1		2.060	1.033		
Histidine	0.694		0	1		1.013	0.590		
Alanine	1.427		0	1		2.083	1.213		
Aspartic acid	2.415		0	1		3.526	2.053		
Glutamic acid	3.521		0	1		5.141	2.993		
Glycineg	1.132		0	1		1.653	0.962		
Proline	0.834		0	1		1.033	0.709		
Serine	0.962		0	1		1.405	0.818		
Hydroxyproline	0.902		-	_		1.405	0.010		
11yuroxypronneg									

Common Measures:

Measure 1 = 146g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15051 Fish, mackerel, spanish, raw Scombermorus maculatus (Mitchill)

		<u>Aı</u>	mount in 100 g	rams (of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	~	71 67	4 200	2				124.00	60.00		
Water	-	71.67	4.380	3		1		134.02	60.92		
Energy		139		0	NC	4		260	118		
Energy		582				4		1088	494		
Protein (N x 6.25)		19.29	1.200	3		1		36.07	16.40		
Total lipid (fat)	g	6.30	3.810	3		1		11.78	5.36		
Ash	g	1.27	0.080	3		1		2.37	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										
<u>Minerals:</u>				_							
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11	0.950	3		1		21	9		
Iron, Fe		0.44	0.120	3		1		0.82	0.37		
Magnesium, Mg		33	1.670	3		1		62	28		
Phosphorus, P	_	205	31.300	3		1		383	174		
Potassium, K		446	32.480	3		1		834	379		
Sodium, Na		59	7.090	3		1		110	50		
Zinc, Zn		0.49	0.030	3		1		0.92	0.42		
Copper, Cu		0.055		3		1		0.103	0.047		
Manganese, Mn	mg	0.014	0.001	3		1		0.026	0.012		
Selenium, Se	mcg	36.5		0	CAZN	4		68.3	31.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.6		0		4		3.0	1.4		
Thiamin		0.130	ı	1		1		0.243	0.111		
Riboflavin	-	0.170	1	1		1		0.318	0.145		
Niacin		2.300	ı	1		1		4.301	1.955		
Pantothenic acid	-	0.750	1	0		4		1.403	0.638		
Vitamin B-6		0.400		0		4		0.748	0.340		
Folate, total	-	1		0		4		2	1		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0	_	4		2	1		
Folate, DFE	mca DFF	1		0	NC	4		2	1		
Vitamin B-12		2.40		1	мс	1		4.49	2.04		
Vitamin A, IU		100		0	NC	4		187	85		
Vitamin A, RAE		30		0	NC	4		56	26		
		30		0	NR	4		56			
Retinol				0	NR NR	4		1.29	26 0.59		
Vitamin E (alpha-tocopherol)		0.69		U	NK	4		1.29	0.59		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.1		0	т	4		0.2	0.1		
vitamin K (phylioquillone)	Illog	0.1		U	_	-		0.2	0.1		
<u> </u>						_					
Fatty acids, total saturated		1.828		0		1		3.418	1.554		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0	-	0.000		0		1		0.000	0.000		
13:0	-										
14:0	g	0.173	1	3		1		0.324	0.147		
15:0	g										
16:0	g	1.239	ı	3		1		2.317	1.053		
17:0	g										
18:0	g	0.416	i	3		1		0.778	0.354		
20:0	g										
22:0	g										
24:0	a										

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	1.530		0		1		2.861	1.301		
14:1	_										
15:1 16:1 undifferentiated	-	0.291		3		1		0.544	0.247		
17:1	-	0.231		3		-		0.544	0.247		
18:1 undifferentiated	-	1.117		3		1		2.089	0.949		
20:1	g	0.072		3		1		0.135	0.061		
22:1 undifferentiated	g	0.050		3		1		0.094	0.043		
24:1 c	g										
Fatty acids, total polyunsatura	tedg	1.739		0		1		3.252	1.478		
18:2 undifferentiated		0.097		3		1		0.181	0.082		
18:3 undifferentiated		0.034		3		1		0.064	0.029		
18:4	_	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated	-	0.166		3		1		0.210	0 141		
20:4 undifferentiated 20:5 n-3	_	0.166 0.329		3		1		0.310 0.615	0.141 0.280		
20:5 n-3	-	0.323		3		1		0.815	0.280		
22:6 n-3	•	1.012		3		1		1.892	0.860		
Fatty acids, total trans	_	2.022		•		-		1.052	0.000		
Cholesterol		76		1		1		142	65		
Phytosterols	_										
-	_										
Amino Acids:	_					_					
Tryptophan		0.216		0		1		0.404	0.184		
Threonine	_	0.846		0 0		1 1		1.582	0.719		
Isoleucine	_	0.889 1.568		0		1		1.662 2.932	0.756 1.333		
Lysine	_	1.771		0		1		3.312	1.505		
Methionine		0.571		0		1		1.068	0.485		
Cystine		0.207		0		1		0.387	0.176		
Phenylalanine		0.753		0		1		1.408	0.640		
Tyrosine		0.651		0		1		1.217	0.553		
Valine	_	0.994		0		1		1.859	0.845		
Arginine	g	1.154		0		1		2.158	0.981		
Histidine	g	0.568		0		1		1.062	0.483		
Alanine	g	1.167		0		1		2.182	0.992		
Aspartic acid	g	1.975		0		1		3.693	1.679		
Glutamic acid	-	2.879		0		1		5.384	2.447		
Glycine		0.926		0		1		1.732	0.787		
Proline	_	0.682		0		1		1.275	0.580		
Serine		0.787		0		1		1.472	0.669		
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	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 = 187g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15051

Fish, mackerel, spanish, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	62.63		0		1		53.24			
Energy	kcal	190		0	NC	4		162			
Energy		795				4		676			
Protein (N x 6.25)	· ·	26.32		0		1		22.37			
Total lipid (fat)		8.63		0		1		7.34			
Ash		1.46		0		1		1.24			
Carbohydrate, by difference		0.00		0	z	7		0.00			
Fiber, total dietary		0.0		0	z	7		0.0			
Sugars, total											
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	mg	65		0		1		55			
Iron, Fe	mg	0.41		0		1		0.35			
Magnesium, Mg	mg	38		0		1		32			
Phosphorus, P	mg	208		0		1		177			
Potassium, K	mg	374		0		1		318			
Sodium, Na	mg	92		0		1		78			
Zinc, Zn		1.05		0		1		0.89			
Copper, Cu	mg	0.044	l	0		1		0.037			
Manganese, Mn	mg	0.026	5	0		1		0.022			
Selenium, Se	mcg	16.2		0	BFSN	4		13.8			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0			
Thiamin	_	0.016		0	-	1		0.014			
Riboflavin		0.010		0		1		0.014			
Niacin	_	8.256		0		1		7.018			
Pantothenic acid	-	0.865		0		1		0.735			
Vitamin B-6	-	0.488		0		1		0.735			
Folate, total	_	18	,	0		1		15			
Folic acid		0		0	z	7		0			
Folate, food		18		0	-	1		15			
Folate, DFE		18		0	NC	4		15			
Vitamin B-12		3.27		0	ис	1		2.78			
Vitamin A, IU		109		0		1		93			
Vitamin A, RAE		33		0		1		28			
Retinol		33		0		1		28			
Vitamin E (alpha-tocopherol)		J.		U		1		20			
(1)	-										
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		67		0		1		57			
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.295	5	0		1		0.251			
Threonine		1.154		0		1		0.981			
Isoleucine		1.213		0		1		1.031			
	_	2.139		0		1		1.818			
	·····•	5		v							
Leucine	a	2.417	7	0		1		2.054			
Lysine Methionine		2. 4 17 0.779		0 0		1 1		2.054 0.662			

	Amount i	n 100 grams of ed	ible portion	Amount in edible portion of common			
		Number		measures of food			
Nutrients and Units	Mean Std. E	of Data Deriv rror Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Phenylalanineg	1.028	0	1	0.874			
Tyrosineg Valineg	0.889 1.356	0 0	1 1	0.756 1.153			
Arginine	1.575 0.775	0 0	1 1	1.339 0.659			
Alanine	1.592 2.695	0 0	1 1	1.353 2.291			
Glutamic acid	3.929 1.263	0	1	3.340 1.074			
Proline	0.931 1.074	0	1 1	0.791 0.913			
Hydroxyprolineg	2.074	v	-	0.313			

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	70.85		2		1		60.22			
Energy	kcal	148		0	NC	4		126			
Energy	kj	619				4		526			
Protein (N x 6.25)	g	20.53		1		1		17.45			
Total lipid (fat)		6.73		2		1		5.72			
Ash	g	1.14		1		1		0.97			
Carbohydrate, by difference		0.00		0	Z	7		0.00			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total											
Starch											
Survii	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	51		1		1		43			
Iron, Fe	-	0.32		1		1		0.27			
Magnesium, Mg		30		0		4		26			
Phosphorus, P	mg	162		1		1		138			
Potassium, K		292		0		4		248			
Sodium, Na	_	72		0		4		61			
Zinc, Zn	-	0.82	0.04			1		0.70			
Copper, Cu		0.034				1		0.029			
Manganese, Mn		0.020)	0		4		0.017			
Selenium, Se	mcg	12.6		0	BFZN	4		10.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0			
Thiamin	_	0.013	1	1	_	1		0.011			
Riboflavin		0.054		1		1		0.046			
Niacin	_	6.440		1		1		5.474			
Pantothenic acid	-	0.750		0		4		0.638			
Vitamin B-6	-	0.423		1		1		0.360			
Folate, total	_	16		0		4		14			
Folic acid		0		0	z	7		0			
Folate, food		16		0		4		14			
Folate, DFE		16		0	NC	4		14			
Vitamin B-12		3.40		1		1		2.89			
Vitamin A, IU		100		0		4		85			
Vitamin A, RAE		30		0		4		26			
Retinol		30		0		4		26			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
Lipids:				_							
Fatty acids, total saturated		1.660		0		4		1.411			
Fatty acids, total monounsaturated		2.580		0		4		2.193			
Fatty acids, total polyunsaturated		1.840	,	0		4		1.564			
Fatty acids, total trans		F.0		-				4.4			
Cholesterol	_	52		1		1		44			
Phytosterols	IIIY										
Amino Acids:											
Tryptophan	g	0.230)	0		1		0.196			
Threonine		0.900)	0		1		0.765			
Isoleucine	_	0.946	5	0		1		0.804			
Leucine	-	1.669)	0		1		1.419			
Lysine		1.886	5	0		1		1.603			
Methionine		0.608	3	0		1		0.517			
Cystine		0.220		0		1		0.187			

	Amount	in 100 grams of ed	lible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deri Error Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.802	0	1	0.682		
Tyrosineg	0.693	0	1	0.589		
Valineg	1.058	0	1	0.899		
Arginineg	1.229	0	1	1.045		
Histidineg	0.604	0	1	0.513		
Alanineg	1.242	0	1	1.056		
Aspartic acidg	2.102	0	1	1.787		
Glutamic acidg	3.065	0	1	2.605		
Glycineg	0.986	0	1	0.838		
Prolineg	0.726	0	1	0.617		
Serineg	0.838	0	1	0.712		
Hydroxyprolineg						

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	78.51		0		1		66.73			
Energy	-	97		0	NC	4		82			
Energy		406				4		345			
Protein (N x 6.25)		18.56		0		1		15.78			
Total lipid (fat)		1.95		0		1		1.66			
Ash		1.55		0		1		1.32			
Carbohydrate, by difference		0.00		0	z	7		0.00			
Fiber, total dietary		0.00		0	Z	, 7		0.0			
		0.0		Ū		,		0.0			
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	10		0		1		9			
Iron, Fe	_	0.41		0		1		0.35			
Magnesium, Mg		27		0		1		23			
Phosphorus, P		256		0		1		218			
Potassium, K		513		0		1		436			
Sodium, Na		23		0		1		20			
Zinc, Zn		0.53		0		1		0.45			
Copper, Cu		0.036	;	0		1		0.031			
Manganese, Mn		0.031		0		1		0.026			
Selenium, Se		46.8	•	0	BFSN	4		39.8			
Scientini, Sc	9	10.0		•	22 011	-		55.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_. mg	1.0		0		1		0.9			
Thiamin	_{mg}	0.029)	0		1		0.025			
Riboflavin	mg	0.073	3	0		1		0.062			
Niacin	mg	2.558	3	0		1		2.174			
Pantothenic acid	mg	0.173	3	0		1		0.147			
Vitamin B-6	mg	0.277	,	0		1		0.235			
Folate, total	mcg	8		0		1		7			
Folic acid		0		0	Z	7		0			
Folate, food		8		0		1		7			
Folate, DFE		8		0	NC	4		7			
Vitamin B-12		1.04		0		1		0.88			
Vitamin A, IU		46		0		1		39			
Vitamin A, RAE		14		0		1		12			
Retinol		14		0		1		12			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitanini ix (phynoquinone)	. 9										
<u>Lipids:</u>											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		32		0		1		27			
Phytosterols											
-	-										
Amino Acids:								_			
Tryptophan		0.208		0		1		0.177			
Threonine		0.814		0		1		0.692			
Isoleucine	g	0.855		0		1		0.727			
Leucine	g	1.509)	0		1		1.283			
Lysine	g	1.705	5	0		1		1.449			
Methionine	g	0.549)	0		1		0.467			
Cystine	a	0.199)	0		1		0.169			

	Amount	in 100 grams of	edible portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean Std. I	Number of Data Do Error Points Co	eriv Source ode Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.725	0	1		0.616		
Tyrosineg	0.627	0	1		0.533		
Valineg	0.956	0	1		0.813		
Arginineg	1.111	0	1		0.944		
Histidineg	0.547	0	1		0.465		
Alanineg	1.123	0	1		0.955		
Aspartic acidg	1.901	0	1		1.616		
Glutamic acidg	2.771	0	1		2.355		
Glycineg	0.891	0	1		0.757		
Prolineg	0.656	0	1		0.558		
Serineg	0.757	0	1		0.643		
Hydroxyprolineg							

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>l</u>	
						Source	Confidence				
Nutrients and Units	i	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	83.24		2		1		70.75			
Energy	kcal	76		0	NC	4		65			
Energy		318				4		270			
Protein (N x 6.25)		14.48		2		1		12.31			
Total lipid (fat)		1.52		2		1		1.29			
Ash		1.21		1		1		1.03			
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		8		1		1		7			
Iron, Fe		0.32		1		1		0.27			
Magnesium, Mg		21		1		1		18			
Phosphorus, P		200		0		4		170			
Potassium, K		400 18		0 1		4 1		340 15			
Sodium, Na		0.41		1		1		0.35			
Zinc, Zn		0.41		1		1		0.35			
Copper, Cu		0.024		1		1		0.024			
Manganese, Mn		36.5	•	0	CAZN	4		31.0			
Selenium, Se	Illog	36.5		U	CAZN	4		31.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.9			
Thiamin	mg	0.025	5	1		1		0.021			
Riboflavin	mg	0.060)	1		1		0.051			
Niacin		2.100)	0		4		1.785			
Pantothenic acid	mg	0.150)	0		4		0.128			
Vitamin B-6	mg	0.240)	0		4		0.204			
Folate, total	mcg	7		0		4		6			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	7		0		4		6			
Folate, DFE	mcg_DFE	7		0	NC	4		6			
Vitamin B-12	mcg	0.90		0		4		0.77			
Vitamin A, IU	IU	40		0		4		34			
Vitamin A, RAE	mcg_RAE	12		0		4		10			
Retinol	mcg	12		0		4		10			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.340)	0		4		0.289			
Fatty acids, total monounsaturated		0.240		0		4		0.204			
Fatty acids, total polyunsaturated		0.610		0		4		0.519			
Fatty acids, total trans											
Cholesterol		25		1		1		21			
Phytosterols											
•											
Amino Acids:	a	0.162)	0		1		0.138			
Tryptophan		0.162		0		1		0.138			
Isoleucine	-	0.667		0		1		0.540			
	-	1.177		0		1		1.000			
Leucine		1.177		0		1		1.131			
	u	1.330	,	U		1		1.131			
Lysine Methionine		0.429	a	0		1		0.365			

	<u>An</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Deriv Points Code		Source Confidence Code Code		measures of food Measure 1 Measure 2		Measure 3
Phenylalanineg	0.565		0		1		0.480		
Tyrosine9	0.489		0		1		0.416		
Valineg	0.746		0		1		0.634		
Arginine	0.867		0		1		0.737		
Histidineg	0.426		0		1		0.362		
Alanineg	0.876		0		1		0.745		
Aspartic acidg	1.483		0		1		1.261		
Glutamic acid	2.162		0		1		1.838		
Glycineg	0.695		0		1		0.591		
Prolineg	0.512		0		1		0.435		
Serine	0.591		0		1		0.502		
Hydroxyproline									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	70.52		0		1		65.58	59.94		
Energy	kcal	150		0	NC	4		140	128		
Energy	kj	628				4		584	533		
Protein (N x 6.25)	g	24.81		0		1		23.07	21.09		
Total lipid (fat)	g	4.86		0		1		4.52	4.13		
Ash	g	1.34		2		1		1.25	1.14		
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										
Minopole											
Minerals:	ma	31		2		1		29	26		
Calcium, CaIron, Fe	-	1.41		2		1		1.31	1.20		
Magnesium, Mg	-	33		2		1		31	28		
Phosphorus, P		244		2		1		227	207		
Potassium, K	-	458		2		1		426	389		
Sodium, Na.		71		2		1		66	60		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.88		2		1		0.82	0.75		
Copper, Cu		0.141	1	2		1		0.131	0.120		
Manganese, Mn		0.022		2		1		0.020	0.019		
Selenium, Se		46.8	_	0	BFSN	4		43.5	39.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	1.2		0		1		1.1	1.0		
Thiamin	-	0.100		0		4		0.093	0.085		
Riboflavin	_	0.100		0		4		0.093	0.085		
Niacin	-	6.300		0		4		5.859	5.355		
Pantothenic acid	-	0.880		0		4		0.818	0.748		
Vitamin B-6	-	0.490)	0		1		0.456	0.417		
Folate, total		10		0		1		9	8		
Folic acid		0		0	Z	7		0	0		
Folate, food		10		0		1		9	8		
Folate, DFE		10		0	NC	4		9	8		
Vitamin B-12		0.25		0		4		0.23	0.21		
Vitamin A, IU		141		0		1		131	120		
Vitamin A, RAE		42		0		1		39	36		
Retinol		42		0		1		39	36		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
vitamin K (phynodumone)	9										
Lipids:											
Fatty acids, total saturated		1.431	L	0		1		1.331	1.216		
4:0	-										
6:0											
8:0											
10:0											
12:0	-										
13:0	-	0.062	,	^		1		0.050	0.050		
14:0	-	0.062	=	2		1		0.058	0.053		
15:0	-	0.291		2		1		0 071	0 047		
16:0		0.291	•	2		1		0.271	0.247		
17:0	-	0.096	5	2		1		0.089	0.082		
18:0	-	0.096	,	2		1		0.089	0.082		
20:0	-										
22:0	g										

	<u>A</u>	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			ata Deriv		Confidence	<u></u>	0000100011000		
Nutrients and Units	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.382		0	1		1.285	1.175		
14:1g									
15:1g									
16:1 undifferentiatedg	0.177	•	2	1		0.165	0.150		
17:1g									
18:1 undifferentiatedg	0.196	i	2	1		0.182	0.167		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	0.917		0	1		0.853	0.779		
18:2 undifferentiatedg	0.094		2	1		0.087	0.080		
18:3 undifferentiatedg									
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.005		^						
20:4 undifferentiatedg	0.097		2	1		0.090	0.082		
20:5 n-3g	0.180		2	1		0.167	0.153		
22:5 n-3g	0.092 0.148		2 2	1 1		0.086 0.138	0.078 0.126		
22:6 n-3	0.148	•	2	1		0.138	0.126		
Fatty acids, total trans	63		0	1		59	54		
Phytosterolsmg	63		U	1		59	54		
rilytosterois									
Amino Acids:									
Tryptophang	0.278	1	0	1		0.259	0.236		
Threonineg	1.088	1	0	1		1.012	0.925		
Isoleucineg	1.143	;	0	1		1.063	0.972		
Leucineg	2.016	i	0	1		1.875	1.714		
Lysineg	2.278	1	0	1		2.119	1.936		
Methionineg	0.734		0	1		0.683	0.624		
Cystineg	0.266		0	1		0.247	0.226		
Phenylalanineg	0.968		0	1		0.900	0.823		
Tyrosineg	0.837		0	1		0.778	0.711		
Valineg	1.278		0	1		1.189	1.086		
Arginineg	1.484		0	1		1.380	1.261		
Histidineg	0.730		0	1		0.679	0.621		
Alanineg	1.500		0	1		1.395	1.275		
Aspartic acidg	2.540		0	1		2.362	2.159		
Glutamic acidg	3.703		0	1		3.444	3.148		
Glycineg	1.191		0	1		1.108	1.012		
Prolineg	0.877		0	1		0.816	0.745		
Serineg	1.012	!	0	1		0.941	0.860		
Hydroxyprolineg									

Common Measures:

Measure 1 = 93g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15055 Fish, mullet, striped, raw Mugil cephalus L.

		<u>Ar</u>	mount in 100 g	rams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	а	77.01	0.631	18		1		21.83	91.64	65.46
Energy	-	117	0.002	0	NC	4		33	139	99
Energy		490		•		4		139	583	416
Protein (N x 6.25)		19.35	0.523	16		1		5.49	23.03	16.45
Total lipid (fat)		3.79	0.357	43		1		1.07	4.51	3.22
Ash		1.20	0.038	14		1		0.34	1.43	1.02
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:										
Calcium, Ca	-	41	7.422	6		1		12	49	35
Iron, Fe	-	1.02	0.091	11		1		0.29	1.21	0.87
Magnesium, Mg		29	0.795	6		1		8	35	25
Phosphorus, P Potassium, K	-	221 357	8.792 19.552	7 10		1 1		63 101	263 425	188 303
Potassium, K Sodium, Na	• • • • • • • • • • • • • • • • • • • •	35 / 65	3.466	10		1		101	425 77	303 55
Zinc, Zn	-	0.52	0.015	200		1		0.15	0.62	0.44
Copper, Cu		0.051		202		1		0.014	0.061	0.04
Manganese, Mn		0.016		6		1		0.005	0.019	0.01
Selenium, Se		36.5	*****	0	CAZN	4		10.3	43.4	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.071	8		1		0.3	1.4	1.0
Thiamin		0.090		0		4		0.026	0.107	0.07
Riboflavin	_	0.080		0		4		0.023	0.095	0.06
Niacin		5.200		0		4		1.474	6.188	4.42
Pantothenic acid		0.760		2		1		0.215	0.904	0.64
Vitamin B-6		0.425		2		1		0.120	0.506	0.36
Folate, total		9 0		2 0	z	1 7		2 0	10 0	7 0
Folic acidFolate, food		9		2	2	1		2	10	7
Folate, DFE		9		0	NC	4		2	10	7
Vitamin B-12		0.22		0	NC	4		0.06	0.26	0.19
Vitamin A, IU		123		0	NC	4		35	147	105
Vitamin A, RAE		37		0	NC	4		10	44	31
Retinol		37		0	NR	4		10	44	31
Vitamin E (alpha-tocopherol)	mg	1.00		0	NR	4		0.28	1.19	0.85
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	т	4		0.0	0.1	0.1
	9	V		·	-	-		0.0	0.1	0.1
<u>_ipids:</u> Fatty acids, total saturated	g	1.116		0		1		0.316	1.328	0.94
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0	_	0.000		0		1		0.000	0.000	0.00
10:0	g	0.000		0		1		0.000	0.000	0.00
12:0		0.003		2		1		0.001	0.004	0.00
13:0	_									
14:0		0.245	0.015	24		1		0.069	0.292	0.20
15:0						_				
16:0		0.747	0.033	25		1		0.212	0.889	0.63
17:0	_	0 100	0.000	0.5		4		0.000	0 110	2 2
18:0	_	0.100	0.008	25		1		0.028	0.119	0.08
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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F		1.078		0		1		0.206	1 000	0.916
Fatty acids, total monounsatura		1.078		U		1		0.306	1.283	0.916
15:1	-									
16:1 undifferentiated	g	0.564	0.030	24		1		0.160	0.671	0.479
17:1	g									
18:1 undifferentiated	g	0.293	0.010	24		1		0.083	0.349	0.249
20:1	g	0.023	0.002	3		1		0.007	0.027	0.020
22:1 undifferentiated	g	0.031		2		1		0.009	0.037	0.026
24:1 c										
Fatty acids, total polyunsaturate	edg	0.715		0		1		0.203	0.851	0.608
18:2 undifferentiated	g	0.088	0.018	25		1		0.025	0.105	0.075
18:3 undifferentiated	g	0.025		22		1		0.007	0.030	0.021
18:4	g	0.082	0.007	23		1		0.023	0.098	0.070
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	_	0.096		25		1		0.027	0.114	0.082
20:5 n-3	g	0.217		25		1		0.062	0.258	0.184
22:5 n-3	g	0.099		25		1		0.028	0.118	0.084
22:6 n-3	g	0.108	0.022	25		1		0.031	0.129	0.092
Fatty acids, total trans	g									
Cholesterol	mg	49		1		1		14	58	42
Phytosterols	mg									
Amino Acids:										
Tryptophan	n	0.217		0		1		0.062	0.258	0.184
Threonine		0.848		0		1		0.240	1.009	0.721
Isoleucine	-	0.892		0		1		0.253	1.061	0.758
Leucine		1.573		0		1		0.446	1.872	1.337
Lysine	=	1.777		0		1		0.504	2.115	1.510
Methionine		0.573		0		1		0.162	0.682	0.487
Cystine		0.207		0		1		0.059	0.246	0.176
Phenylalanine		0.755		0		1		0.214	0.898	0.642
Tyrosine		0.653		0		1		0.185	0.777	0.555
Valine	-	0.997		0		1		0.283	1.186	0.847
Arginine	-	1.158		0		1		0.328	1.378	0.984
Histidine		0.570		0		1		0.162	0.678	0.485
Alanine		1.170		0		1		0.332	1.392	0.995
Aspartic acid		1.981		0		1		0.562	2.357	1.684
Glutamic acid	-	2.889		0		1		0.819	3.438	2.456
Glycine	-	0.929		0		1		0.263	1.106	0.790
Proline		0.684		0		1		0.194	0.814	0.581
Serine		0.789		0		1		0.224	0.939	0.671
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •	0.703		Ū		-		0.224	0.333	0.071
11ydroxypronne	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
Lycopene		0		0	z	7		0.000	0.000	0.000
		•		-	-	•			2.000	0.000

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 119g: 1 fillet Measure 3 = 85g: 3 oz NDB No. 15055

Fish, mullet, striped, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 grar	ıs of edi	ole 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	
D										
Proximates: Water	а	72.69	0		1		36.35	61.79		
Energy	-	121	0	NC	4		61	103		
Energy		506	·	NC.	4		253	430		
Protein (N x 6.25)		23.88	0		1		11.94	20.30		
Total lipid (fat)		2.09	0		1		1.05	1.78		
Ash		1.54	0		1		0.77	1.78		
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		0.0	·	4	,		0.0	0.0		
Starch	-									
Starcn	9									
<u>Minerals:</u>										
Calcium, Ca	mg	137	0		1		69	116		
Iron, Fe	mg	1.18	0		1		0.59	1.00		
Magnesium, Mg	mg	39	0		1		20	33		
Phosphorus, P	mg	277	0		1		139	235		
Potassium, K	mg	350	0		1		175	298		
Sodium, Na		96	0		1		48	82		
Zinc, Zn		0.61	0		1		0.31	0.52		
Copper, Cu		0.033			1		0.017	0.028		
Manganese, Mn		0.020			4		0.010	0.017		
Selenium, Se	mcg	55.5	0	BFSN	4		27.8	47.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8	0		4		0.4	0.7		
Thiamin		0.130			4		0.065	0.111		
Riboflavin		0.134			1		0.067	0.114		
Niacin		2.436			1		1.218	2.071		
Pantothenic acid	-	0.420			4		0.210	0.357		
Vitamin B-6		0.270			4		0.135	0.230		
Folate, total	-	10	0		4		5	9		
Folic acid		0	0	z	7		0	0		
Folate, food		10	0	_	4		5	9		
Folate, DFE	mca DFF	10	0	NC	4		5	9		
Vitamin B-12		1.15	0		1		0.58	0.98		
Vitamin A, IU		46	0		1		23	39		
Vitamin A, RAE		14	0		1		7	12		
Retinol		14	0		1		7	12		
Vitamin E (alpha-tocopherol)			ŭ		-		,	12		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.313	3 0		1		0.157	0.266		
4:0										
6:0										
8:0										
10:0		0.00								
12:0		0.004	1 0		1		0.002	0.003		
13:0		0.00						2 22-		
14:0		0.081	L 0		1		0.041	0.069		
15:0	-	0 150					0.000	0 151		
16:0	-	0.178	3 0		1		0.089	0.151		
17:0	-	0.04								
18:0	-	0.044	1 0		1		0.022	0.037		
20:0 22:0	-									

	<u>Ar</u>	nount in 100 grams		Amount in edible portion of common measures of food			
		Numbe of Data	='	Confidence	<u></u>	easures or roou	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.801	0	1		0.401	0.681	
14:19							
15:19							
16:1 undifferentiated9		0	1		0.055	0.094	
17:19		•	1				
18:1 undifferentiated		0	=		0.133	0.225	
20:1		0	1		0.064	0.109	
22:1 undifferentiated		0	1		0.147	0.250	
Fatty acids, total polyunsaturated9		0	1		0.274	0.465	
18:2 undifferentiated			1		0.018	0.031	
18:3 undifferentiated 9			1		0.037	0.062	
18:49		0	1		0.016	0.026	
20:2 n-6 c.c							
20:3 undifferentiated							
20:4 undifferentiated		0	1		0.003	0.004	
20:5 n-39		0	1		0.052	0.088	
22:5 n-3		0	1		0.015	0.025	
22:6 n-39	0.271	0	1		0.136	0.230	
Fatty acids, total trans9							
Cholesteroln	ng 54	0	1		27	46	
Phytosterolsn	ng						
Amino Acids:							
Tryptophan9	0.267	0	1		0.134	0.227	
Threonine		0	1		0.524	0.890	
Isoleucine9	1.100	0	1		0.550	0.935	
Leucine9		0	1		0.971	1.650	
Lysine9	2.193	0	1		1.097	1.864	
Methionine9	0.707	0	1		0.354	0.601	
Cystineg	0.256	0	1		0.128	0.218	
Phenylalanineg	0.932	0	1		0.466	0.792	
Tyrosine9	0.806	0	1		0.403	0.685	
Valineg	1.230	0	1		0.615	1.046	
Arginine9	1.429	0	1		0.715	1.215	
Histidine9	0.703	0	1		0.352	0.598	
Alanine9	1.444	0	1		0.722	1.227	
Aspartic acid9	2.445	0	1		1.223	2.078	
Glutamic acid9		0	1		1.782	3.029	
Glycine9	1.146	0	1		0.573	0.974	
Proline9		0	1		0.422	0.717	
Serine9		0	1		0.487	0.828	
Hydroxyproline9							

Common Measures:

Measure 1 = 50g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15057 Fish, ocean perch, Atlantic, raw Sebastes marinus L.

		<u>Aı</u>	mount in 100 g	grams		edible portion	_			
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.70	0.129	183		1		22.31	50.37	66.90
Energy	kcal	94		0	NC	4		27	60	80
Energy	kj	393				4		111	252	334
Protein (N x 6.25)	g	18.62	0.137	135		1		5.28	11.92	15.83
Total lipid (fat)	g	1.63	0.092	208		1		0.46	1.04	1.39
Ash	g	1.20	0.021	115		1		0.34	0.77	1.02
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:										
Calcium, Ca	ma	107	8.118	50		1		30	68	91
Iron, Fe	-	0.92	0.047	24		1		0.26	0.59	0.78
Magnesium, Mg	-	30	2.809	24		1		9	19	26
Phosphorus, P		216	6.315	29		1		61	138	184
Potassium, K	-	273	26.229	6		1		77	175	232
Sodium. Na		75	9.236	5		1		21	48	64
Zinc, Zn	mg	0.48	0.043	105		1		0.14	0.31	0.41
Copper, Cu		0.026	0.003	79		1		0.007	0.017	0.02
Manganese, Mn	mg	0.015		0		1		0.004	0.010	0.01
Selenium, Se	mcg	43.3	6.177	9	A	1		12.3	27.7	36.8
Vitamins:										
	ma	0.8		0		4		0.2	0.5	0.7
Vitamin C, total ascorbic acid Thiamin	_	0.8		0		4		0.2	0.5	0.7
Riboflavin		0.110		1		1		0.031	0.070	0.09
Niacin		2.000		1		1		0.567	1.280	1.70
Pantothenic acid	-	0.360		1		1		0.102	0.230	0.30
Vitamin B-6	_	0.230		0		4		0.065	0.147	0.19
Folate, total	_	9		0		4		3	6	8
Folic acid		0		0	z	7		0	0	0
Folate, food		9		0	_	4		3	6	8
Folate, DFE		9		0	NC	4		3	6	8
Vitamin B-12		1.00		1		1		0.28	0.64	0.85
Vitamin A, IU		40		0	NC	4		11	26	34
Vitamin A, RAE	mcg_RAE	12		0	NC	4		3	8	10
Retinol		12		0	NR	4		3	8	10
Vitamin E (alpha-tocopherol)	mg	1.25		0	NR	4		0.35	0.80	1.06
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.0	0.1	0.1
Lipids:										
Fatty acids, total saturated	а	0.244		0		1		0.069	0.156	0.20
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		0.003		1		1		0.001	0.002	0.00
13:0										
14:0		0.063	0.004	21		1		0.018	0.040	0.05
15:0										
16:0		0.139	0.012	21		1		0.039	0.089	0.11
17:0	-									
18:0	_	0.034	0.003	21		1		0.010	0.022	0.02
20:0	_									
22:0	_									
24:0	q									

		<u>Ar</u>	nount in 100 g	Amount in edible portion of common					
				ımber				easures of food	
lcohol, ethyl	Units	Mean	Std. Error P	Data Deloints Co		Confidence Code	Measure 1	Measure 2	Measure 3
									0.504
•		0.625		0	1		0.177	0.400	0.531
15:1	g								
16:1 undifferentiated	g	0.086	0.011	21	1		0.024	0.055	0.073
17:1	g								
18:1 undifferentiated	g	0.207	0.013	21	1		0.059	0.132	0.176
20:1	g	0.100	0.017	20	1		0.028	0.064	0.085
22:1 undifferentiated	g	0.229	0.015	21	1		0.065	0.147	0.195
24:1 c	g								
Fatty acids, total polyunsaturate	edg	0.427		0	1		0.121	0.273	0.363
		0.028	0.008	21	1		0.008	0.018	0.024
18:3 undifferentiated	g	0.057	0.018	21	1		0.016	0.036	0.048
	-	0.024	0.008	19	1		0.007	0.015	0.020
,	-								
	-								
	-	0.004	0.024	21	1		0.001	0.003	0.003
	-	0.080	0.006	21	1		0.023	0.051	0.068
	-	0.023	0.002	21	1		0.007	0.015	0.020
		0.211	0.021	21	1		0.060	0.135	0.179
		42	2.380	10	1		12	27	36
Phytosterols	mg								
Amino Acids:									
	α	0.209		0	1		0.059	0.134	0.178
** *		0.817		0	1		0.232	0.523	0.694
	=	0.858		0	1		0.243	0.549	0.729
	-	1.514		0	1		0.429	0.969	1.287
		1.711		0	1		0.485	1.095	1.454
2		0.551		0	1		0.156	0.353	0.468
		0.200		0	1		0.057	0.128	0.170
•		0.727		0	1		0.206	0.465	0.618
		0.629		0	1		0.178	0.403	0.535
•		0.960		0	1		0.272	0.614	0.816
	-	1.115		0	1		0.316	0.714	0.948
•		0.548		0	1		0.155	0.351	0.466
	=	1.126		0	1		0.319	0.721	0.957
		1.907		0	1		0.541	1.220	1.621
*		2.780		0	1		0.788	1.779	2.363
		0.894		0	1		0.253	0.572	0.760
		0.659		0	1		0.187	0.422	0.560
		0.760		0	1		0.215	0.486	0.646
		000		•	_		0.220	0.100	0.010
11ydroxypronne	9								
Others:									
Alcohol, ethyl	g	0.0		0	7		0.0	0.0	0.0
Caffeine	mg	0			z 7		0	0	0
	mg	0		0	z 7		0	0	0
Carotenoids:									
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		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 = 28.35g: 1 oz, boneless

Measure 2 = 64g: 1 fillet Measure 3 = 85g: 3 oz NDB No. 15057

Fish, ocean perch, Atlantic, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 10	<u>0 grams</u>	Amount in edible portion of common					
			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	73.25		0		1		33.70	62.26	
Energy	kcal	117		0	NC	4		54	99	
Energy	kj	490				4		225	416	
Protein (N x 6.25)	g	24.86		0		1		11.44	21.13	
Total lipid (fat)	g	1.18		0		1		0.54	1.00	
Ash	g	1.59		0		1		0.73	1.35	
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 anals:										
<u> Minerals:</u> Calcium, Ca	ma	102		0		1		47	87	
Iron, Fe	_	1.16		0		1		0.53	0.99	
Magnesium, Mg	-	38		0		1		17	32	
Phosphorus, P		257		0		1		118	218	
Potassium, K	-	344		0		1		158	292	
Sodium, Na	-	79		0		1		36	67	
Zinc, Zn	-	1.43		0		1		0.66	1.22	
Copper, Cu		0.192	2	0		1		0.088	0.163	
Manganese, Mn		0.900)	0		4		0.414	0.765	
Selenium, Se	mcg	16.1		0	BFSN	4		7.4	13.7	
7:4 :										
<u>Vitamins:</u>				•				0.0		
Vitamin C, total ascorbic acid	-	1.7		0		4		0.8	1.4	
Thiamin		0.080 0.120		0		4 4		0.037 0.055	0.068	
Riboflavin		1.900		0		4		0.055	0.102 1.615	
Niacin Pantothenic acid		0.870		0		4		0.400	0.740	
Vitamin B-6		0.870		0		4		0.400	0.119	
Folate, total	-	6	,	0		4		3	5	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0	-	4		3	5	
Folate, DFE		6		0	NC	4		3	5	
Vitamin B-12		2.20		0		4		1.01	1.87	
Vitamin A, IU		32		0		4		15	27	
Vitamin A, RAE		10		0		4		4	8	
Retinol		10		0		4		4	8	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	<u>m</u> cg									
ipids:										
Fatty acids, total saturated	a	0.237	,	0		1		0.109	0.201	
4:0		0.20.		·		_		0.200	0.202	
6:0	-									
8:0	-									
10:0	-									
12:0	-									
13:0	g									
14:0	g	0.017	7	0		1		0.008	0.014	
15:0	g									
16:0	g	0.179	•	0		1		0.082	0.152	
17:0	g									
18:0	g	0.040)	0		1		0.018	0.034	
20:0	g									
22:0	~									

	<u>Aı</u>	mount in 10	0 grams Number	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
F	9	0.195		0		1		0.000	0.166	
Fatty acids, total monounsaturated		0.195		U		1		0.090	0.166	
15:1										
16:1 undifferentiated		0.073		0		1		0.034	0.062	
17:1	-									
18:1 undifferentiated		0.090		0		1		0.041	0.077	
20:1	g	0.031		0		1		0.014	0.026	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.472		0		1		0.217	0.401	
18:2 undifferentiated	g	0.014		0		1		0.006	0.012	
18:3 undifferentiated	g	0.015		0		1		0.007	0.013	
18:4	g	0.010		0		1		0.005	0.009	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.067		0		1		0.031	0.057	
20:5 n-3	_	0.101		0		1		0.046	0.086	
22:5 n-3	g	0.036		0		1		0.017	0.031	
22:6 n-3		0.223		0		1		0.103	0.190	
Fatty acids, total trans	-									
Cholesterol	-	115		0		1		53	98	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.278		0		1		0.128	0.236	
Threonine	g	1.090		0		1		0.501	0.927	
Isoleucine	g	1.145		0		1		0.527	0.973	
Leucine	g	2.020		0		1		0.929	1.717	
Lysine	g	2.283		0		1		1.050	1.941	
Methionine	g	0.736		0		1		0.339	0.626	
Cystine	g	0.266		0		1		0.122	0.226	
Phenylalanine	g	0.970		0		1		0.446	0.825	
Tyrosine	g	0.839		0		1		0.386	0.713	
Valine	g	1.281		0		1		0.589	1.089	
Arginine	-	1.487		0		1		0.684	1.264	
Histidine	g	0.732		0		1		0.337	0.622	
Alanine	-	1.503		0		1		0.691	1.278	
Aspartic acid	_	2.545		0		1		1.171	2.163	
Glutamic acid		3.711		0		1		1.707	3.154	
Glycine	-	1.193		0		1		0.549	1.014	
Proline		0.879		0		1		0.404	0.747	
Serine	-	1.014		0		1		0.466	0.862	
Hydroxyproline	g									

Common Measures:

Measure 1 = 46g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Fish, perch, mixed species, raw

Morone americana Gmelin and Perca flavescens (Mitchill)

		<u>Aı</u>	mount in 100 gr	ams o	Amount in edible portion of common					
			Nun	nber				<u>m</u> e	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts C	Code	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	q	79.13	0.128	38		1		47.48	67.26	
Energy		91		0	NC	4		55	77	
Energy		381				4		228	324	
Protein (N x 6.25)		19.39	0.172	39		1		11.63	16.48	
Total lipid (fat)		0.92	0.049	24		1		0.55	0.78	
Ash		1.24	0.068	39		1		0.74	1.05	
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	
Sarcii	9									
Minerals:										
Calcium, Ca	_	80		2		1		48	68	
Iron, Fe		0.90		2		1		0.54	0.77	
Magnesium, Mg		30		2		1		18	26	
Phosphorus, P	-	200		2		1		120	170	
Potassium, K		269		4		1		161	229	
Sodium, Na		62	0.150	4		1		37	53	
Zinc, Zn		1.11		53		1 1		0.67	0.94	
Copper, Cu		0.150 0.700		80 2		1		0.090 0.420	0.128 0.595	
Manganese, Mn Selenium, Se		12.6			BFZN	4		7.6	10.7	
Selenium, Se	Illog	12.0		U	DF ZN	-		7.0	10.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	1.7		0		4		1.0	1.4	
Thiamin	mg	0.070		0		4		0.042	0.060	
Riboflavin	mg	0.100		0		4		0.060	0.085	
Niacin	-	1.520		0		4		0.912	1.292	
Pantothenic acid	<u>mg</u>	0.750		0		4		0.450	0.638	
Vitamin B-6	_	0.120		0		4		0.072	0.102	
Folate, total		5		0		4		3	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		3	4	
Folate, DFE		5		0	NC	4		3	4	
Vitamin B-12		1.90		0		4		1.14	1.62	
Vitamin A, IU		30		0	NC	4		18	26	
Vitamin A, RAE		9		0	NC	4		5	8	
Retinol		9		0	NR	4		5	8	
Vitamin E (alpha-tocopherol)		0.20		0	NR	4		0.12	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.1		0	т	4		0.1	0.1	
vitanini K (phynoquinone)		0.1		Ü	-	-		0.1	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.185		0		1		0.111	0.157	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	_	0.000		0		1		0.000	0.000	
13:0	_	_				_				
14:0		0.013		16		1		0.008	0.011	
15:0	_					_		_		
16:0		0.140		16		1		0.084	0.119	
17:0	_					_				
18:0	_	0.031		16		1		0.019	0.026	
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 3
									0.129 0.048 0.060 0.020 0.000 0.313 0.009 0.010 0.007 0.044 0.067 0.024 0.148 77 0.184 0.723 0.759 1.340 1.514 0.488 0.177 0.643 0.157 0.849 0.986 0.485 0.997 1.687 2.460 0.791 0.583 0.672	
Fatty acids, total monounsaturated	g	0.152		0		1		0.091	0.129	
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.057		16		1		0.034	0.048	
17:1	-									
18:1 undifferentiated	-	0.070		16		1		0.042		
20:1		0.024		6		1		0.014		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_						
Fatty acids, total polyunsaturated		0.368		0		1		0.221		
18:2 undifferentiated		0.011		16		1		0.007		
18:3 undifferentiated		0.012		16		1		0.007		
18:4	-	0.008		16		1		0.005	0.007	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.052		16		1		0.031		
20:5 n-3	-	0.079		16		1		0.047		
22:5 n-3		0.028		16		1		0.017		
22:6 n-3		0.174		16		1		0.104	0.148	
Fatty acids, total trans										
Cholesterol		90		2		1		54	77	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.217		0		1		0.130	0 194	
Threonine		0.850		0		1		0.510		
Isoleucine	-	0.893		0		1		0.536		
Leucine	_	1.576		0		1		0.946		
Lysine	_	1.781		0		1		1.069		
Methionine		0.574		0		1		0.344		
Cystine		0.208		0		1		0.125		
-		0.757		0		1		0.454		
Phenylalanine Tyrosine		0.757		0		1		0.434		
,	_	0.999		0		1		0.599		
Valine	-			0		1				
Arginine		1.160 0.571		0		1		0.696 0.343		
Histidine						1				
Alanine		1.173		0 0		1		0.704 1.191		
Aspartic acid		1.985								
Glutamic acid		2.894		0 0		1		1.736		
Glycine		0.931				1		0.559		
Proline	_	0.686		0		1		0.412		
Serine	-	0.791		0		1		0.475	0.672	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	5	-		-	_	•		-	•	
<u> </u>										
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	0.000	

Common Measures:

Measure 1 = 60g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15060

Fish, perch, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	umber				<u>me</u>	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.97		0		1		113.10	62.02	
Energy	kcal	113		0	NC	4		175	96	
Energy	kj	473				4		733	402	
Protein (N x 6.25)	g	24.69		0		1		38.27	20.99	
Total lipid (fat)	g	0.88		0		1		1.36	0.75	
Ash	g	1.54		0		1		2.39	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									
M:1										
Minerals: Calcium, Ca	ma	73		0		1		113	62	
Iron, Fe	-	73 0.71		0		1		1.10	0.60	
Magnesium, Mg	-	40		0		4		62	34	
Phosphorus, P		282		0		1		437	240	
Potassium, K		331		0		1		437 513	281	
Sodium, Na		49		0		4		76	42	
Zinc, Zn	-	0.86		0		1		1.33	0.73	
Copper, Cu		0.065	5	0		1		0.101	0.055	
Manganese, Mn		0.310		0		4		0.481	0.264	
Selenium, Se		16.2		0	BFSN	4		25.1	13.8	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	3.8	_	0		1		5.9	3.2	
Thiamin		0.067		0		1		0.104	0.057	
Riboflavin		0.077		0		1		0.119	0.065	
Niacin		2.800		0		4		4.340	2.380	
Pantothenic acid	-	0.870		0		4		1.349	0.740	
Vitamin B-6	-	0.135		0		1		0.209	0.115	
Folate, total		17		0	_	4		27	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		17 17		0		4		27 27	15	
Folate, DFE					NC	4			15	
Vitamin B-12	nicg	2.30 81		0		4 1		3.57	1.96	
Vitamin A, IU				-		_		126	69	
Vitamin A, RAE		24 24		0		1 1		38 38	21 21	
Retinol		24		U		_		36	21	
Vitamin E (alpha-tocopherol) Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated		0.151	L	0		1		0.234	0.128	
4:0	-									
6:0										
8:0	-									
10:0		0.001		0		1		0.000	0 001	
12:0		0.001	-	U		1		0.002	0.001	
13:0		0.000	.	0		-		0.000	0.000	
14:0		0.023	•	0		1		0.036	0.020	
15:0	-	0 100	`	^		-		0 155	0 005	
16:0	-	0.100	,	0		1		0.155	0.085	
17:0	-	0.000	.	0		-		0.000	0.000	
18:0	-	0.023	•	0		1		0.036	0.020	
20:0	-									
22:0	g									

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures 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	0.201		0		1		0.312	0.171	
14:1		0.201		U		-		0.312	0.171	
15:1										
16:1 undifferentiated		0.072		0		1		0.112	0.061	
17:1	-									
18:1 undifferentiated.		0.101		0		1		0.157	0.086	
20:1		0.017		0		1		0.026	0.014	
22:1 undifferentiated	-	0.006		0		1		0.009	0.005	
24:1 c		2.000		-		-				
Fatty acids, total polyunsaturated		0.259		0		1		0.401	0.220	
18:2 undifferentiated		0.041		0		1		0.064	0.035	
18:3 undifferentiated	-	0.027		0		1		0.042	0.023	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.036		0		1		0.056	0.031	
20:5 n-3	-	0.042		0		1		0.065	0.036	
22:5 n-3	-	0.018		0		1		0.028	0.015	
22:6 n-3		0.095		0		1		0.147	0.081	
Fatty acids, total trans										
Cholesterol	-	50		0		1		78	43	
Phytosterols	mg									
Amino Asidor										
Amino Acids:	~	0.077		•				0.400	0.025	
Tryptophan	-	0.277 1.082		0		1 1		0.429 1.677	0.235	
Threonine	_			-		1			0.920	
Isoleucine	_	1.138		0				1.764	0.967	
Leucine	-	2.007		0		1 1		3.111	1.706	
Lysine		2.267		0		1		3.514	1.927	
Methionine	_	0.731		0		1		1.133	0.621	
Cystine		0.265				1		0.411	0.225	
Phenylalanine	_	0.964		0		_		1.494	0.819	
Tyrosine	_	0.833		0		1		1.291	0.708	
Valine		1.272		0		1 1		1.972	1.081	
Arginine	-	1.477		-		_		2.289	1.255	
Histidine	_	0.727		0		1		1.127	0.618	
Alanine	_	1.493		0		1		2.314	1.269	
Aspartic acid	-	2.528		0		1		3.918	2.149	
Glutamic acid		3.685		0		1		5.712	3.132	
Glycine	_	1.185		0		1		1.837	1.007	
Proline		0.873		0		1		1.353	0.742	
Serine	_	1.007		0		1		1.561	0.856	
Hydroxyproline	9									

Common Measures:

Measure 1 = 155g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>		edible portion easures of food	
				mber		Source	Confidence	<u>m</u>	easures of 1000	_
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	78.92	0.059	238		1		156.26	67.08	
Energy	_	88	0.033	0	NC	4		174	75	
Energy		368		Ū	NC	4		729	313	
Protein (N x 6.25)		19.26	0.046	236		1		38.13	16.37	
Total lipid (fat)		0.69	0.005	224		1		1.37	0.59	
Ash		1.20	0.089	16		1		2.38	1.02	
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		·	_	•		0.00	0.00	
	9									
Minerals:			45.046	_		_		110	40	
Calcium, Ca		57	15.246	3		1		113	48	
Iron, Fe		0.55 31		2 0		1 4		1.09 61	0.47 26	
Magnesium, Mg		220	23.024	3		1		436	26 187	
Phosphorus, P Potassium, K		259	23.024	2		1		436 513	220	
Sodium, Na	_	39		0		4		77	33	
Zinc, Zn		0.67	0.053	59		1		1.33	0.57	
Copper, Cu		0.07		8		1		0.101	0.043	
Manganese, Mn		0.240		0		4		0.475	0.204	
Selenium, Se		12.6		0	BFZN	4		24.9	10.7	
Vitamina										
Vitamins:	ma	3.8	0.854	4		1		7.5	3.2	
Vitamin C, total ascorbic acid Thiamin		0.058		4		1		0.115	0.049	
Riboflavin		0.058		3		1		0.115	0.054	
Niacin	-	2.300		0		4		4.554	1.955	
Pantothenic acid		0.750		0		4		1.485	0.638	
Vitamin B-6		0.117		3		1		0.232	0.099	
Folate, total	-	15		0		4		30	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0		4		30	13	
Folate, DFE		15		0	NC	4		30	13	
Vitamin B-12		2.00		0		4		3.96	1.70	
Vitamin A, IU	IU	70		0	NC	4		139	60	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		42	18	
Retinol		21		0	NR	4		42	18	
Vitamin E (alpha-tocopherol)		0.20		0	NR	4		0.40	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.1		0	т	4		0.2	0.1	
Vitamin K (phylloquinone)	Ilicy	0.1		U	т	4		0.2	0.1	
Lipids:										
Fatty acids, total saturated	g	0.118		0		1		0.234	0.100	
4:0	g	0.000	1	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	-	0.001		1		1		0.002	0.001	
13:0				_		_				
14:0		0.018	0.003	4		1		0.036	0.015	
15:0				_		_				
16:0		0.078	0.002	4		1		0.154	0.066	
17:0	-		2 22-			_				
18:0	-	0.018	0.002	4		1		0.036	0.015	
20:0	-									
22:0	y									

		<u>Ar</u>	nount in 100) grams	of edil	Amount in 100 grams of edible portion									
				Numbe		_			edible portion e easures of food						
Nutrients and	l Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3					
F. (1) (4)	. 1	0.157		0		1		0.211	0 122						
Fatty acids, total monounsatur		0.157		U		1		0.311	0.133						
15:1	-														
16:1 undifferentiated	-	0.056	0.01	3 4		1		0.111	0.048						
17:1	g														
18:1 undifferentiated	g	0.079	0.01	3 4		1		0.156	0.067						
20:1	g	0.013	0.00	1 3		1		0.026	0.011						
22:1 undifferentiated	g	0.005	0.00	3 3		1		0.010	0.004						
24:1 c	g														
Fatty acids, total polyunsatura		0.202		0		1		0.400	0.172						
18:2 undifferentiated		0.032	0.00	5 4		1		0.063	0.027						
18:3 undifferentiated		0.021	0.00	4 3		1		0.042	0.018						
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	0.028	0.00	9 3		1		0.055	0.024						
20:5 n-3	g	0.033	0.00	5 4		1		0.065	0.028						
22:5 n-3	g	0.014	0.00	3 4		1		0.028	0.012						
22:6 n-3	g	0.074	0.02	9 4		1		0.147	0.063						
Fatty acids, total trans	g														
Cholesterol	mg	39		1		1		77	33						
Phytosterols															
	_														
Amino Acids:															
Tryptophan		0.216		0		1		0.428	0.184						
Threonine	-	0.844		0		1		1.671	0.717						
Isoleucine	-	0.887		0		1		1.756	0.754						
Leucine		1.565		0		1		3.099	1.330						
Lysine		1.768		0		1		3.501	1.503						
Methionine		0.570		0		1		1.129	0.485						
Cystine		0.206		0		1		0.408	0.175						
Phenylalanine		0.752		0		1		1.489	0.639						
Tyrosine		0.650		0		1		1.287	0.553						
Valine	-	0.992		0		1		1.964	0.843						
Arginine		1.152		0		1		2.281	0.979						
Histidine	-	0.567		0		1		1.123	0.482						
Alanine		1.165		0		1		2.307	0.990						
Aspartic acid		1.972		0		1		3.905	1.676						
Glutamic acid		2.875		0		1		5.693	2.444						
Glycine	g	0.924		0		1		1.830	0.785						
Proline	g	0.681		0		1		1.348	0.579						
Serine		0.786		0		1		1.556	0.668						
Hydroxyproline	g														
Others:															
	σ.	0.0		0		7		0.0	0.0						
Alcohol, ethyl		0.0		0		7		0.0	0.0						
Caffeine		0		0	Z Z	7		0	0						
Theobromine	Y	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		0		0	Z	7		0.000	0.000						
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000						

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15062

Fish, pike, northern, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	0 grams	of edit	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	73.47		0		1		91.10	62.45	
Energy	kcal	119		0	NC	4		148	101	
Energy	kj	498				4		617	423	
Protein (N x 6.25)	g	24.54		0		1		30.43	20.86	
Total lipid (fat)	g	1.56		0		1		1.93	1.33	
Ash	g	1.54		0		1		1.91	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	141		0		1		175	120	
Iron, Fe	_	1.67		0		1		2.07	1.42	
Magnesium, Mg	-	38		0		1		47	32	
Phosphorus, P		269		0		1		334	229	
Potassium, K	-	499		0		1		619	424	
Sodium, Na	-	65		0		1		81	55	
Zinc, Zn	-	0.79		0		1		0.98	0.67	
Copper, Cu		0.228	3	0		1		0.283	0.194	
Manganese, Mn	mg	1.026	5	0		1		1.272	0.872	
Selenium, Se	mcg	16.2		0	BFSN	4		20.1	13.8	
itamins:										
	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	_	0.0	,	0	4	1		0.387	0.0	
Riboflavin		0.312		0		1		0.242	0.166	
Niacin		2.801		0		1		3.473	2.381	
Pantothenic acid		0.865		0		1		1.073	0.735	
Vitamin B-6		0.138		0		1		0.171	0.117	
Folate, total	-	17	•	0		1		21	14	
Folic acid		0		0	z	7		0	0	
Folate, food		17		0	_	1		21	14	
Folate, DFE		17		0	NC	4		21	14	
Vitamin B-12		2.31		0		1		2.86	1.96	
Vitamin A, IU		81		0		1		100	69	
Vitamin A, RAE		24		0		1		30	21	
Retinol		24		0		1		30	21	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
_ipids:										
Fatty acids, total saturated	q	0.319	9	0		1		0.396	0.271	
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.023	3	0		1		0.029	0.020	
15:0	g									
16:0	g	0.252	2	0		1		0.312	0.214	
17:0	g									
18:0	g	0.044	1	0		1		0.055	0.037	
20:0	-									
22:0	~									

		<u>Ar</u>	nount in 100 g		<u>on</u>		edible portion o	f common	
				ımber			<u></u>	easures or room	
Nutrients and Units		Mean	Std. Error Po		eriv Source ode Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.377		0	1		0.467	0.320	
14:1	g								
15:1									
16:1 undifferentiated	-	0.126		0	1		0.156	0.107	
17:1									
18:1 undifferentiated		0.251		0	1		0.311	0.213	
20:1									
22:1 undifferentiated	-								
24:1 c				•	_				
Fatty acids, total polyunsaturated		0.573		0	1		0.711	0.487	
18:2 undifferentiated	•	0.033		0	1		0.041	0.028	
18:3 undifferentiated	_	0.018		0	1		0.022	0.015	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated		0.074		0	1		0.092	0.063	
20:4 undifferentiated 20:5 n-3	-	0.074		0	1		0.092	0.063	
		0.110		0	1		0.136	0.042	
22:5 n-3	-	0.049		0	1		0.061	0.042	
22:6 n-3		0.266		U	1		0.357	0.245	
Fatty acids, total trans		110		0	1		136	94	
Phytosterols		110		Ū	-		130	34	
1 Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.275		0	1		0.341	0.234	
Threonine	g	1.076		0	1		1.334	0.915	
Isoleucine	g	1.131		0	1		1.402	0.961	
Leucine	g	1.994		0	1		2.473	1.695	
Lysine	g	2.254		0	1		2.795	1.916	
Methionine	g	0.726		0	1		0.900	0.617	
Cystine	g	0.263		0	1		0.326	0.224	
Phenylalanine		0.958		0	1		1.188	0.814	
Tyrosine	-	0.828		0	1		1.027	0.704	
Valine	-	1.264		0	1		1.567	1.074	
Arginine	-	1.468		0	1		1.820	1.248	
Histidine		0.722		0	1		0.895	0.614	
Alanine		1.484		0	1		1.840	1.261	
Aspartic acid	-	2.513		0	1		3.116	2.136	
Glutamic acid	-	3.663		0	1		4.542	3.114	
Glycine		1.178		0	1		1.461	1.001	
Proline		0.868		0	1		1.076	0.738	
Serine		1.001		0	1		1.241	0.851	
Hydroxyproline	g								

Common Measures:

Measure 1 = 124g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15064 Fish, pike, walleye, raw Stizostedion vitreum vitreum (Mitchill)

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	79.31	0.210	28		1		126.10	67.41	
Energy	-	93	0.220	0	NC	4		148	79	
Energy		389		U	мс	4		619	331	
		19.14	0.106	29		1		30.43	16.27	
Protein (N x 6.25)		1.22	0.162	14		1		1.94		
Total lipid (fat)		1.22		29		1		1.94	1.04	
Ash			0.018		_				1.02	
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	-									
Starch	g									
Ainerals:										
Calcium. Ca	mg	110		1		1		175	94	
Iron, Fe		1.30		1		1		2.07	1.11	
Magnesium, Mg	_	30		1		1		48	26	
Phosphorus, P		210		1		1		334	179	
Potassium, K	•	389	70.392	3		1		619	331	
Sodium, Na		51	0.667	3		1		81	43	
Zinc, Zn		0.62	0.070	28		1		0.99	0.53	
Copper, Cu		0.178		3		1		0.283	0.151	
Manganese, Mn		0.800		1		1		1.272	0.680	
Selenium, Se		12.6	,	0	BFZN	4		20.0	10.7	
·				-		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.270		0		4		0.429	0.230	
Riboflavin	mg	0.160		0		4		0.254	0.136	
Niacin	_	2.300		0		4		3.657	1.955	
Pantothenic acid		0.750		0		4		1.193	0.638	
Vitamin B-6	-	0.120)	0		4		0.191	0.102	
Folate, total	mcg	15		0		4		24	13	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		24	13	
Folate, DFE	mcg_DFE	15		0	NC	4		24	13	
Vitamin B-12	mcg	2.00		0		4		3.18	1.70	
Vitamin A, IU		70		0		4		111	60	
Vitamin A, RAE	mcg_RAE	21		0		4		33	18	
Retinol	mcg	21		0		4		33	18	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	0.249	1	0		1		0.396	0.212	
4:0		0.249		0		1		0.000	0.212	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
8:0 10:0		0.000		0		1				
		0.000		0		1		0.000 0.000	0.000 0.000	
12:0	_	0.000	•	U		1		0.000	0.000	
13:0	-	0.010	0.000	7		1		0.000	0.015	
14:0	-	0.018	0.000	7		1		0.029	0.015	
15:0	-	0 100		-				0.010	0 107	
16:0	-	0.197	0.004	7		1		0.313	0.167	
17:0		0.00	0.000	-						
18:0		0.034	0.002	7		1		0.054	0.029	
20:0	-									
22:0	g g									

		<u>Ar</u>	mount in 100 g	grams of e	edible portio	<u>on</u>		edible portion easures of food	
					riv Source	Confidence	-		•
Nutrients and U	nits	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	0.294		0	1		0.467	0.250	
14:1									
15:1	g	0.098	0.007	7	1		0.156	0.083	
17:1 18:1 undifferentiated	-	0.196	0.013	7	1		0.312	0.167	
20:1		0.000		0	1		0.312	0.107	
22:1 undifferentiated		0.000		0	1		0.000	0.000	
24:1 c	-	0.000		U	1		0.000	0.000	
Fatty acids, total polyunsaturated		0.447		0	1		0.711	0.380	
18:2 undifferentiated		0.026		7	1		0.041	0.380	
18:3 undifferentiated	-	0.020		7	1		0.041	0.022	
18:4	_	0.014		0	1		0.022	0.012	
20:2 n-6 c.c	-	0.000		O	_		0.000	0.000	
20:3 undifferentiated	-								
20:4 undifferentiated		0.058	0.006	7	1		0.092	0.049	
20:5 n-3	_	0.086		7	1		0.032	0.073	
22:5 n-3		0.038		, 7	1		0.060	0.073	
22:6 n-3	-	0.030		, 7	1		0.358	0.191	
Fatty acids, total trans		0.223	0.011	,	-		0.338	0.191	
Cholesterol		86		1	1		137	73	
Phytosterols		00		-	-		137	,3	
-									
Amino Acids:									
Tryptophan		0.214		0	1		0.340	0.182	
Threonine	-	0.839		0	1		1.334	0.713	
Isoleucine		0.882		0	1		1.402	0.750	
Leucine		1.555		0	1		2.472	1.322	
Lysine		1.758		0	1		2.795	1.494	
Methionine		0.566		0	1		0.900	0.481	
Cystine		0.205		0	1		0.326	0.174	
Phenylalanine		0.747		0	1		1.188	0.635	
Tyrosine	g	0.646		0	1		1.027	0.549	
Valine	g	0.986		0	1		1.568	0.838	
Arginine		1.145		0	1		1.821	0.973	
Histidine		0.563		0	1		0.895	0.479	
Alanine	g	1.157		0	1		1.840	0.983	
Aspartic acid		1.960		0	1		3.116	1.666	
Glutamic acid		2.857		0	1		4.543	2.428	
Glycine		0.919		0	1		1.461	0.781	
Proline	_	0.677		0	1		1.076	0.575	
Serine	-	0.781		0	1		1.242	0.664	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0		0	7		0.0	0.0	
Caffeine									
Theobromine	mg								

Common Measures:

Measure 1 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	72.03	0		1		108.77	61.23	
Energy	kcal	118	0	NC	4		178	100	
Energy		494			4		746	420	
Protein (N x 6.25)	g	24.92	0		1		37.63	21.18	
Total lipid (fat)	g	1.26	0		1		1.90	1.07	
Ash	g	1.81	0		1		2.73	1.54	
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								
N									
Minerals:	ma	77	0		1		116	65	
Calcium, CaIron, Fe	-	0.59	0		1		0.89	0.50	
Magnesium, Mg		86	0		1		130	73	
Phosphorus, P		283	0		1		427	241	
Potassium, K	•	456	0		1		689	388	
Sodium, Na		110	0		1		166	94	
Zinc, Zn		0.60	0		1		0.91	0.51	
Copper, Cu		0.064	1 0		1		0.097	0.054	
Manganese, Mn		0.019	9 0		1		0.029	0.016	
Selenium, Se		46.8	0	BFSN	4		70.7	39.8	
Vitamina									
<u>Vitamins:</u>			•	_	-		0.0		
Vitamin C, total ascorbic acid		0.0	0 1 0	Z	7 1		0.0 0.082	0.0	
Thiamin		0.054 0.225			1		0.082	0.046	
Riboflavin		3.983			1		6.014	0.191 3.386	
Niacin Pantothenic acid	-	0.413			1		0.624	0.351	
Vitamin B-6		0.41			1		0.500	0.331	
Folate, total	-	3	0		1		5	3	
Folic acid		0	0	z	7		0	0	
Folate, food		3	0	-	1		5	3	
Folate, DFE	mca DFE	3	0	NC	4		5	3	
Vitamin B-12		3.68	0		1		5.56	3.13	
Vitamin A, IU		40	0		1		60	34	
Vitamin A, RAE		12	0		1		18	10	
Retinol		12	0		1		18	10	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	α	0.170	0		1		0.257	0.145	
4:0									
6:0									
8:0									
10:0	g								
12:0									
13:0	g								
14:0	g	0.006	0		1		0.009	0.005	
15:0	g								
16:0	g	0.108	0		1		0.163	0.092	
17:0	g								
18:0	-	0.055	5 0		1		0.083	0.047	
20:0	-								
22:0	-								
24:0	q								

		<u>Aı</u>	nount in 10	<u>0 grams</u> 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	0.143		0		1		0.216	0.122	
14:1		0.143		Ū		-		0.210	0.122	
15:1	-									
16:1 undifferentiated		0.015		0		1		0.023	0.013	
17:1	-	0.020		•		_		0.025	0.025	
18:1 undifferentiated		0.086		0		1		0.130	0.073	
20:1	-	0.028		0		1		0.042	0.024	
22:1 undifferentiated		0.013		0		1		0.020	0.011	
24:1 c		0.013		U		1		0.020	0.011	
Fatty acids, total polyunsaturated		0.622		0		1		0.939	0.529	
18:2 undifferentiated		0.012		0		1		0.018	0.010	
18:3 undifferentiated		0.012		Ū		-		0.010	0.010	
18:4		0.006		0		1		0.009	0.005	
20:2 n-6 c,c		0.000		Ū		-		0.009	0.003	
20:2 ii-6 c,c										
20:4 undifferentiated		0.033		0		1		0.050	0.028	
20:5 n-3	-	0.033		0		1		0.030	0.028	
20.3 II-3		0.031		0		1		0.137	0.077	
	-	0.028		0		1		0.042	0.024	
22:6 n-3 Fatty acids, total trans	-	0.451		U				0.001	0.363	
,	-	91		0		1		137	77	
Cholesterol		91		U		1		137	//	
Phytosterols	!1119									
Amino Acids:										
Tryptophan	g	0.279		0		1		0.421	0.237	
Threonine	g	1.093		0		1		1.650	0.929	
Isoleucine	g	1.148		0		1		1.733	0.976	
Leucine	g	2.026		0		1		3.059	1.722	
Lysine		2.289		0		1		3.456	1.946	
Methionine		0.738		0		1		1.114	0.627	
Cystine		0.267		0		1		0.403	0.227	
Phenylalanine	-	0.973		0		1		1.469	0.827	
Tyrosine		0.841		0		1		1.270	0.715	
Valine	-	1.284		0		1		1.939	1.091	
Arginine		1.491		0		1		2.251	1.267	
Histidine	-	0.734		0		1		1.108	0.624	
Alanine	-	1.507		0		1		2.276	1.281	
Aspartic acid	-	2.552		0		1		3.854	2.169	
Glutamic acid		3.721		0		1		5.619	3.163	
Glycine		1.196		0		1		1.806	1.017	
Proline	-	0.881		0		1		1.330	0.749	
Serine		1.017		0		1		1.536	0.864	
Hydroxyproline				-		_			0.001	
11ушолургонне	9									

Common Measures:

Measure 1 = 151g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15065 Fish, pollock, Atlantic, raw Pollachius virens L.

							Amount in edible portion of common measures of food			
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.18	0.171	62		1		150.89	66.45	
Energy	kcal	92		0	NC	4		178	78	
Energy	kj	385				4		743	327	
Protein (N x 6.25)	g	19.44	0.214	61		1		37.52	16.52	
Total lipid (fat)	g	0.98	0.027	14		1		1.89	0.83	
Ash	g	1.41	0.029	56		1		2.72	1.20	
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	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:	ma	60	11 000	17		4		116	E1	
Calcium, Ca	-	60 0.46	11.988	17 0		1 4		116 0.89	51 0.39	
Iron, Fe	-	67		1		1		129	0.39 57	
Magnesium, Mg Phosphorus, P		221	8.557	22		1		427	188	
Prospriorus, P Potassium, K	_	356	9.510	30		1		42 <i>7</i> 687	303	
Sodium, Na	_	86	5.136	28		1		166	73	
Zinc, Zn	-	0.47	0.016	84		1		0.91	0.40	
Copper, Cu		0.050		75		1		0.097	0.043	
Manganese, Mn		0.015		0		1		0.029	0.013	
Selenium, Se	-	36.5		0	CAZN	4		70.4	31.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.047		2		1		0.091	0.040	
Riboflavin		0.185		10		1		0.357	0.157	
Niacin	-	3.270		10		1		6.311	2.780	
Pantothenic acid		0.358		10		1		0.691	0.304	
Vitamin B-6	_	0.287		2		1		0.554	0.244	
Folate, total		3		0		4		6	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		4		6	3	
Folate, DFE		3		0	NC	4		6	3	
Vitamin B-12		3.19	0.350	11		1		6.16	2.71	
Vitamin A, IU		37		0	NC	4		71	31	
Vitamin A, RAE		11		0	NC	4		21	9	
Retinol		11		0	NR	4		21	9	
Vitamin E (alpha-tocopherol)		0.23		U	NR	4		0.44	0.20	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.1		0	т	4		0.2	0.1	
viamini k (phynoquinone)	9	0.2		·	_	-		V	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.135		0		1		0.261	0.115	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0				_		_		_	_	
14:0		0.005		1		1		0.010	0.004	
15:0				_		_		<u>.</u>		
16:0		0.084		1		1		0.162	0.071	
17:0	_			_		_				
18:0	_	0.043		1		1		0.083	0.037	
20:0	_									
22:0	g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U		Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1		•
Nutrients and U	nits	Mean	Sta. Error	Foints	Code	Oode	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	d Q	0.112		0		1		0.216	0.095	
14:1	g									
15:1 16:1 undifferentiated	-	0.012		1		1		0.023	0.010	
17:1 18:1 undifferentiated	-	0.067		1		1		0.129	0.057	
20:1	g	0.022		1		1		0.042	0.019	
22:1 undifferentiated	-	0.010		1		1		0.019	0.009	
24:1 c	•									
Fatty acids, total polyunsaturated.		0.483		0		1		0.932	0.411	
18:2 undifferentiated		0.009		1		1		0.017	0.008	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	
18:4	g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.026		1		1		0.050	0.022	
20:5 n-3	g	0.071		1		1		0.137	0.060	
22:5 n-3	g	0.022		1		1		0.042	0.019	
22:6 n-3	g	0.350		1		1		0.676	0.298	
Fatty acids, total trans	g									
Cholesterol	mg	71		1		1		137	60	
Phytosterols	mg									
Amino Acids:										
	a	0.218		0		1		0.421	0.185	
Tryptophan		0.218		0		1		1.644	0.185	
Threonine Isoleucine	-	0.896		0		1		1.729	0.762	
Leucine		1.580		0		1		3.049	1.343	
		1.786		0		1		3.447	1.518	
Lysine Methionine		0.576		0		1		1.112	0.490	
Cystine		0.208		0		1		0.401	0.177	
•		0.208		0		1		1.465	0.177	
Phenylalanine Tyrosine		0.759		0		1		1.266	0.558	
Valine	-	1.002		0		1		1.934	0.852	
Arginine	-	1.164		0		1		2.247	0.989	
Histidine		0.572		0		1		1.104	0.486	
	<u>-</u>	1.176		0		1		2.270	1.000	
Alanine		1.176		0		1		3.843	1.692	
Glutamic acid	-	2.903		0		1		5.603	2.468	
	-	0.933		0		1		1.801	0.793	
Glycine				0		1		1.328		
Proline	<u>-</u>	0.688 0.793		0		1		1.530	0.585 0.674	
Serine		0.793		U		1		1.550	0.674	
	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	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 = 193g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15065

Fish, pollock, Atlantic, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.06	0.340	11		1		44.44	62.95	
Energy	kcal	113		0	NC	4		68	96	
Energy	kj	473				4		284	402	
Protein (N x 6.25)	g	23.51	0.700	11		1		14.11	19.98	
Total lipid (fat)	g	1.12	0.040	11		1		0.67	0.95	
Ash	g	1.48	0.070	11		1		0.89	1.26	
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									
Minl.										
Minerals:	ma	6		0		1		4	5	
Calcium, Ca Iron, Fe	-	0.28	0.030	11		1		0.17	0.24	
Magnesium, Mg	-	73	0.030	0		4		44	62	
Phosphorus, P		482		0		4		289	410	
Potassium, K	_	387	24.300	11		1		232	329	
Sodium, Na	_	116	6.600	11		1		70	99	
Zinc, Zn	-	0.60	0.000	11		1		0.36	0.51	
Copper, Cu		0.055		0		1		0.033	0.047	
Manganese, Mn		0.033		0		4		0.033	0.017	
Selenium, Se		43.4		0	BFSN	4		26.0	36.9	
Scientini, Sc	9	10.1		·	22 511	-			30.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin		0.074		11		1		0.044	0.063	
Riboflavin	mg	0.076		11		1		0.046	0.065	
Niacin	mg	1.650		11		1		0.990	1.403	
Pantothenic acid	-	0.160		0		4		0.096	0.136	
Vitamin B-6	_	0.069		0		1		0.041	0.059	
Folate, total		4		0		1		2	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		1		2	3	
Folate, DFE		4		0	NC	4		2	3	
Vitamin B-12		4.20	0.400	11		1		2.52	3.57	
Vitamin A, IU		83		0	NC	4		50	71	
Vitamin A, RAE		25		0	NC	4		15	21	
Retinol		25		0	BFYN	4		15	21	
Vitamin E (alpha-tocopherol)	mg	0.79		0	BFYN	4		0.48	0.67	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.1		•				0.1		
Vitamin K (phylloquinone)	mcg	0.1		0	BFYN	4		0.1	0.1	
Lipids:										
Fatty acids, total saturated	g	0.231		0		1		0.139	0.196	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0										
14:0		0.014		11		1		0.008	0.012	
15:0										
16:0		0.173		11		1		0.104	0.147	
17:0	g									
18:0	_	0.038		11		1		0.023	0.032	
20:0	g									
22:0	g									
24:0	α									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units		Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1		Measure 3
Nutrients and Units		Mean	Sta. Error	Folits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.174	<u> </u>	0		1		0.104	0.148	
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.019	1	11		1		0.011	0.016	
17:1	_					_				
18:1 undifferentiated		0.124		11		1		0.074	0.105	
20:1		0.024		11		1		0.014	0.020	
22:1 undifferentiated	•	0.008	•	11		1		0.005	0.007	
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.524		0		1		0.314	0.445	
18:2 undifferentiated		0.012		11		1		0.007	0.010	
18:3 undifferentiated		0.008		11		1		0.005	0.007	
18:4	_	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated						_				
20:4 undifferentiated		0.016		11		1		0.010	0.014	
20:5 n-3	-	0.185		11		1		0.111	0.157	
22:5 n-3		0.016		11		1		0.010	0.014	
22:6 n-3		0.283	i	11		1		0.170	0.241	
Fatty acids, total trans									_	
Cholesterol		96	5.8	370 11		1		58	82	
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	a	0.263	•	0		1		0.158	0.224	
Threonine		1.031		0		1		0.619	0.224	
Isoleucine	-	1.031		0		1		0.650	0.876	
Leucine		1.003		0		1		1.147	1.624	
Lysine	-	2.159		0		1		1.295	1.835	
Methionine		0.696		0		1		0.418	0.592	
		0.090		0		1		0.418	0.592	
Cystine		0.252		0		1		0.151	0.214	
Phenylalanine		0.918		0		1		0.551	0.780	
Tyrosine	-	1.211		0		1		0.476	1.029	
Valine	-	1.211		0		1				
Arginine		0.692		0		1		0.844 0.415	1.196	
Histidine						1			0.588	
Alanine		1.422		0		1		0.853	1.209	
Aspartic acid		2.408		0				1.445	2.047	
Glutamic acid		3.510		0		1		2.106	2.984	
Glycine		1.129		0		1		0.677	0.960	
Proline	-	0.831		0		1		0.499	0.706	
Serine	-	0.959	•	0		1		0.575	0.815	
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:	5	-		-				·	·	
<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 = 60g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15067

Fish, pollock, walleye, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15066 Fish, pollock, walleye, raw Theragra chalcogramma (Pallas)

		<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	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	a	81.56	0.431	7		1		62.80	69.33	
Energy	_	81	0.431	0	NC	4		62	69	
0,		339		U	NC	4		261	288	
Energy			0.461	_		-				
Protein (N x 6.25)		17.18	0.461	6		1		13.23	14.60	
Total lipid (fat)		0.80	0.030	11		1		0.62	0.68	
Ash		1.21	0.104	6	_	1		0.93	1.03	
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	5	0.346	3		1		4	4	
Iron, Fe	-	0.23	0.030	11		1		0.18	0.20	
Magnesium, Mg.	-	57	0.000	0		4		44	48	
Phosphorus, P		376		0		4		290	320	
Potassium, K	-	326	21.200	11		1		251	277	
Sodium, Na		99	6.100	11		1		76	84	
Zinc, Zn		0.44	0.018	48		1		0.34	0.37	
Copper, Cu		0.043		49		1		0.033	0.037	
Manganese, Mn		0.015		0		1		0.012	0.013	
Selenium, Se		21.9	1.806	11	A	1		16.9	18.6	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.065		11		1		0.050	0.055	
Riboflavin		0.058		11		1		0.045	0.049	
Niacin	-	1.290		11		1		0.993	1.097	
Pantothenic acid		0.140		2		1		0.108	0.119	
Vitamin B-6	-	0.060	0.016	4		1		0.046	0.051	
Folate, total		3		2		1		2	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	3		2		1		2	3	
Folate, DFE		3		0	NC	4		2	3	
Vitamin B-12		3.10	0.360	11		1		2.39	2.64	
Vitamin A, IU		67		0	NC	4		51	57	
Vitamin A, RAE		20		0	NC	4		15	17	
Retinol		20		0	NR	4		15	17	
Vitamin E (alpha-tocopherol)	mg	0.64		2	A	1		0.49	0.54	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		1	A	1		0.1	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	а	0.164		0		1		0.126	0.139	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0.	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	-			-		_				
14:0		0.008		11		1		0.006	0.007	
15:0	-	3.300				-		3.000	0.007	
16:0	-	0.123		11		1		0.095	0.105	
17:0		0.123				-		0.055	0.103	
18:0	-	0.028		11		1		0.022	0.024	
20:0	-	0.020				-		3.022	0.024	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids total management wated	a	0.125		0		1		0.096	0.106	
Fatty acids, total monounsaturated		0.123		Ū		-		0.096	0.106	
15:1	g									
16:1 undifferentiated	g	0.011		11		1		0.008	0.009	
17:1	g									
18:1 undifferentiated	g	0.092		11		1		0.071	0.078	
20:1	g	0.018		11		1		0.014	0.015	
22:1 undifferentiated	•	0.004		11		1		0.003	0.003	
24:1 c										
Fatty acids, total polyunsaturated		0.412		0		1		0.317	0.350	
18:2 undifferentiated		0.009		11		1		0.007	0.008	
18:3 undifferentiated		0.004		11		1		0.003	0.003	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.011								
20:4 undifferentiated		0.011		11		1		0.008	0.009	
20:5 n-3	-	0.150		11		1		0.116	0.128	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.011		11		1 1		0.008	0.009	
22:6 n-3		0.222		11		1		0.171	0.189	
Fatty acids, total trans		71	4.2	00 11		1		55	60	
Cholesterol	-	71	4.2	00 11		1		55	60	
Phytosterols	nig									
Amino Acids:										
Tryptophan	g	0.192		0		1		0.148	0.163	
Threonine	g	0.753		0		1		0.580	0.640	
Isoleucine	g	0.792		0		1		0.610	0.673	
Leucine	g	1.396		0		1		1.075	1.187	
Lysine	g	1.578		0		1		1.215	1.341	
Methionine	g	0.509		0		1		0.392	0.433	
Cystine	g	0.184		0		1		0.142	0.156	
Phenylalanine	g	0.671		0		1		0.517	0.570	
Tyrosine	g	0.580		0		1		0.447	0.493	
Valine	g	0.885		0		1		0.681	0.752	
Arginine	g	1.028		0		1		0.792	0.874	
Histidine	g	0.506		0		1		0.390	0.430	
Alanine	g	1.039		0		1		0.800	0.883	
Aspartic acid	g	1.759		0		1		1.354	1.495	
Glutamic acid	g	2.565		0		1		1.975	2.180	
Glycine	g	0.825		0		1		0.635	0.701	
Proline	g	0.608		0		1		0.468	0.517	
Serine		0.701		0		1		0.540	0.596	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	!!!!'9	· ·		·	4	•		Ū	3	
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 = 77g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15066

Fish, pollock, walleye, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse:

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure
Proximates:										
Water	_	62.97		0		1		55.41	53.52	
Energy		211		0	NC	4		186	179	
Energy		883		0		4		777	750	
Protein (N x 6.25)		23.69		0		1		20.85	20.14	
Total lipid (fat)	g	12.14		0		1		10.68	10.32	
Ash	g	1.38		1		1		1.21	1.17	
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									
Starch	g									
Ainerals:										
	ma	43		1		1		38	37	
Calcium, Ca	-	43 0.67		1		1		0.59	0.57	
Iron, Fe		31		1		1		27	26	
Magnesium, Mg		341		1		1		300	26 290	
Phosphorus, P						1				
Potassium, K		636		1				560	541	
Sodium, Na		76		1		1		67	65	
Zinc, Zn	-	0.69		1		1		0.61	0.59	
Copper, Cu	_	0.078		1		1		0.069	0.066	
Manganese, Mn		0.025)	1		1		0.022	0.021	
Selenium, Se	mcg	46.8		0	BFSN	4		41.2	39.8	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.680)	0		4		0.598	0.578	
Riboflavin		0.150)	0		4		0.132	0.128	
Niacin	mg	3.800)	0		4		3.344	3.230	
Pantothenic acid		0.870)	0		4		0.766	0.740	
Vitamin B-6		0.230)	0		4		0.202	0.196	
Folate, total	-	17		0		4		15	15	
Folic acid		0		0	z	7		0	0	
Folate, food	-	17		0		4		15	15	
Folate, DFE		17		0	NC	4		15	15	
Vitamin B-12		1.20		0		4		1.06	1.02	
Vitamin A, IU		120		0		4		106	102	
Vitamin A, RAE		36		0	NC	4		32	31	
Retinol		36		0	2.0	4		32	31	
Vitamin E (alpha-tocopherol)									<u> </u>	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		4.499)	0		1		3.959	3.824	
4:0										
6:0										
8:0										
10:0										
12:0										
13:0		a ===	_	_						
14:0		0.526		0	BFFN	4		0.463	0.447	
15:0										
16:0		2.842	2	0	BFFN	4		2.501	2.416	
17:0	-									
18:0	-	1.056	5	0	BFFN	4		0.930	0.898	
20:0	-									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10	00 grams Numbei		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	i	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		3.315		0		1		2.917	2.818	
14:1	_									
15:1										
16:1 undifferentiated	-	0.722		0	BFFN	4		0.635	0.613	
17:1										
18:1 undifferentiated	-	2.593		0	BFFN	4		2.282	2.204	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.458		0		1		1.283	1.239	
18:2 undifferentiated	g	0.155		0	BFFN	4		0.137	0.132	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.315		0	BFFN	4		0.278	0.268	
20:5 n-3	g	0.224		0	BFFN	4		0.197	0.191	
22:5 n-3	g	0.259		0	BFFN	4		0.228	0.220	
22:6 n-3	g	0.504		0	BFFN	4		0.443	0.428	
Fatty acids, total trans										
Cholesterol		64		0		1		56	54	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.265		0		1		0.233	0.225	
Threonine		1.038		0		1		0.913	0.882	
Isoleucine		1.092		0		1		0.961	0.928	
Leucine		1.925		0		1		1.694	1.636	
Lysine	-	2.175		0		1		1.914	1.849	
Methionine	-	0.701		0		1		0.617	0.596	
Cystine		0.254		0		1		0.224	0.336	
Phenylalanine	-	0.234		0		1		0.224	0.786	
Tyrosine		0.800		0		1		0.704	0.680	
3	-	1.220		0		1		1.074	1.037	
Valine	-	1.220		0		1		1.074	1.037	
Arginine		0.697		0		1		0.613	0.592	
Histidine		1.433		0		1		1.261	1.218	
Alanine	-			0		1				
Aspartic acid		2.426		0		1		2.135	2.062	
Glutamic acid	•	3.536		-		1		3.112	3.006	
Glycine		1.137		0				1.001	0.966	
Proline		0.838		0		1		0.737	0.712	
Serine	-	0.966		0		1		0.850	0.821	
Hydroxyproline	g									

Common Measures:

Measure 1 = 88g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15068 Fish, pompano, florida, raw *Trachinotus carolinus (L.)*

		<u>Ar</u>	mount in 100 g	rams	of edik	le portio	<u>on</u>		edible portion	
			Nui	mber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	71.12	1.704	6		1		20.16	79.65	60.45
Energy	_	164		0	NC	4		46	184	139
Energy		686		-		4		195	769	583
Protein (N x 6.25)		18.48	0.842	6		1		5.24	20.70	15.71
Total lipid (fat)		9.47	2.259	7		1		2.68	10.61	8.05
Ash	=	1.10	0.033	6		1		0.31	1.23	0.94
Carbohydrate, by difference		0.00	0.055	0	z	7		0.00	0.00	0.00
		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									
<u> 1 dinerals:</u>										
Calcium, Ca	mg	22	3.899	6		1		6	25	19
Iron, Fe	-	0.60	0.046	6		1		0.17	0.67	0.5
Magnesium, Mg	mg	27	1.354	6		1		8	30	23
Phosphorus, P	mg	195	19.532	6		1		55	218	166
Potassium, K	mg	381	39.072	7		1		108	427	324
Sodium, Na	mg	65	3.496	7		1		18	73	55
Zinc, Zn	mg	0.72	0.022	65		1		0.20	0.81	0.6
Copper, Cu	mg	0.038	0.010	64		1		0.011	0.043	0.0
Manganese, Mn	mg	0.013	0.002	6		1		0.004	0.015	0.0
Selenium, Se	mcg	36.5		0	CAZN	4		10.3	40.9	31.0
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	-	0.560		0		4		0.159	0.627	0.4
Riboflavin	-	0.120		0		4		0.034	0.134	0.10
Niacin		3.000		0		4		0.851	3.360	2.5
Pantothenic acid	-	0.750		0		4		0.213	0.840	0.6
Vitamin B-6		0.200		0		4		0.057	0.224	0.1
Folate, total	_	15		0		4		4	17	13
Folic acid		0		0	z	7		0	0	0
Folate, food		15		0	_	4		4	17	13
Folate, DFE		15		0	NC	4		4	17	13
Vitamin B-12		1.30		0		4		0.37	1.46	1.1:
Vitamin A, IU		110		0	NC	4		31	123	94
Vitamin A, RAE		33		0	NC	4		9	37	28
Retinol		33		0	NR	4		9	37	28
Vitamin E (alpha-tocopherol)		0.18		0	NR	4		0.05	0.20	0.1
Tocopherol, beta		0.18		U	NK	-		0.05	0.20	0.1.
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	т	4		0.0	0.1	0.1
<u> ipids:</u>						_				
Fatty acids, total saturated		3.509		0		1		0.995	3.930	2.98
4:0	·····	0.000		0		1		0.000	0.000	0.00
6:0	_	0.000		0		1		0.000	0.000	0.0
8:0	_	0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0				•		_				_
14:0	-	0.410		2		1		0.116	0.459	0.3
15:0				_		_		_		_
16:0	-	2.217		2		1		0.629	2.483	1.8
17:0	_	_		_		_			_	
18:0	_	0.824		2		1		0.234	0.923	0.7
20:0	_									
22:0	g									

	<u>Aı</u>	mount in 100 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe of Date	r Deriv	Source	Confidence	<u> </u>	easures or roou		
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.586	0		1		0.733	2.896	2.198	
14:1g						******			
15:1g	0.563	2		1		0.160	0 631	0 470	
16:1 undifferentiated	0.563	2		1		0.160	0.631	0.479	
18:1 undifferentiated	2.023	2		1		0.574	2.266	1.720	
20:1g	0.000	0		1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	1.137	0		1		0.322	1.273	0.966	
18:2 undifferentiatedg	0.121			1		0.034	0.136	0.103	
18:3 undifferentiatedg	0.000			1		0.000	0.000	0.000	
18:4g	0.000	0		1		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg				_					
20:4 undifferentiated	0.246			1		0.070	0.276	0.209	
20:5 n-3g	0.175			1 1		0.050	0.196	0.149	
22:5 n-3	0.202 0.393			1		0.057 0.111	0.226 0.440	0.172 0.334	
22:6 n-3	0.393	2		1		0.111	0.440	0.334	
Fatty acids, total trans	50	1		1		14	56	43	
Phytosterolsmg		-		-			30	43	
·									
Amino Acids:									
Tryptophang	0.207			1		0.059	0.232	0.176	
Threonineg	0.810			1		0.230	0.907	0.689	
Isoleucineg	0.851			1		0.241	0.953	0.723	
Leucineg	1.502			1		0.426	1.682	1.277	
Lysineg	1.697			1		0.481	1.901	1.442	
Methionine	0.547			1		0.155	0.613	0.465	
Cystine	0.198			1		0.056	0.222	0.168	
Phenylalanine	0.721			1 1		0.204	0.808	0.613	
Tyrosine	0.624 0.952			1		0.177 0.270	0.699 1.066	0.530 0.809	
Valine	1.106			1		0.314	1.239	0.809	
Histidine	0.544			1		0.154	0.609	0.462	
Alanine	1.117			1		0.317	1.251	0.462	
Aspartic acid	1.892			1		0.536	2.119	1.608	
Glutamic acid	2.758			1		0.782	3.089	2.344	
Glycine9	0.887			1		0.752	0.993	0.754	
Proline 9	0.653			1		0.185	0.731	0.754	
Serine	0.754			1		0.214	0.844	0.641	
Hydroxyproline									
Others:				_					
Alcohol, ethyl	0.0	0	_	7		0.0	0.0	0.0	
Caffeine mg	0	0	z z	7 7		0	0	0	
Theobromine mg	U	0	z	,		0	0	0	
Carotenoids:	•	-	_	_		0.000	0.000	2 22-	
Carotene, beta mcg	0	0	Z	7		0.000	0.000	0.000	
Carotene, alpha	0	0	Z Z	7 7		0.000	0.000	0.000	
Cryptoxanthin, beta mcg	0	0	z z	7		0.000	0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0	0	z	7		0.000 0.000	0.000 0.000	0.000	
Lutem + zeaxantiiii	U	U	4	,		0.000	0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 112g: 1 fillet Measure 3 = 85g: 3 oz NDB No. 15068

Fish, pompano, florida, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	<u>0 grams</u>	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	76.10		0		1		104.26	64.69	
Energy	kcal	102		0	NC	4		140	87	
Energy	kj	427				4		585	363	
Protein (N x 6.25)	g	21.33		0		1		29.22	18.13	
Total lipid (fat)	g	1.17		0		1		1.60	0.99	
Ash	g	1.45		0		1		1.99	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									
<i>r</i> : 1										
Minerals:	ma	13		0		1		18	11	
Calcium, Ca	-	0.36		0		1		0.49	0.31	
Magnesium, Mg	-	17		0		1		23	14	
Phosphorus, P		256		0		1		23 351	218	
Potassium, K	-	513		0		1		703	436	
Sodium, Na	-	78		0		1		107	66	
Zinc, Zn	-	1.32		0		1		1.81	1.12	
Copper, Cu		0.041	L	0		1		0.056	0.035	
Manganese, Mn		0.019		0		1		0.026	0.016	
Selenium, Se		46.8		0	BFSN	4		64.1	39.8	
<u>/itamins:</u>				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.092		0		1		0.126	0.078	
Riboflavin		0.073		0		1		0.100	0.062	
Niacin		2.558		0		1		3.504	2.174	
Pantothenic acid		0.173		0		1		0.237	0.147	
Vitamin B-6	-	0.277	1	0		1		0.379	0.235	
Folate, total		8		0	_	1		11	7	
Folic acid		0		0	Z	7		0	0	
Foliate, food		8		0	***	1		11	7	
Folate, DFE		8		0	NC	4		11	7	
Vitamin B-12		1.04		0		1 1		1.42	0.88	
Vitamin A, IU		46		0		_		63	39	
Vitamin A, RAE		14 14		0 0		1 1		19 19	12 12	
Retinol Vitamin E (alpha-tocopherol)		14		U		1		19	12	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	~			_		_				
Fatty acids, total saturated		0.410	,	0		1		0.562	0.349	
4:0 6:0										
8:0		0.073	3	0		1		0.100	0.062	
10:0	-	0.073	•	U		-		0.100	0.062	
12:0										
13:0										
14:0		0.040)	0		1		0.055	0.034	
15:0		3.040	-	•		-		0.000	0.054	
16:0	-	0.226	5	0		1		0.310	0.192	
17:0	-	5.220	-	•		-		0.510	0.152	
18:0	-	0.072	2	0		1		0.099	0.061	
20:0	-			-		-		3.000	0.001	
22:0	-									
24:0	-									

Fish, pout, ocean, cooked, dry heat

		<u>Ar</u>	nount in 100 gr		ble portic	<u>on</u>		edible portion o	f common
			Nun		_		<u></u>	casares or roou	
Nutrients and Units	5	Mean	Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.422		0	1		0.578	0.359	
14:1	-								
15:1									
16:1 undifferentiated	-	0.105		0	1		0.144	0.089	
17:1									
18:1 undifferentiated		0.317		0	1		0.434	0.269	
20:1									
22:1 undifferentiated	-								
24:1 c									
Fatty acids, total polyunsaturated		0.041		0	1		0.056	0.035	
18:2 undifferentiated	•	0.041		0	1		0.056	0.035	
18:3 undifferentiated	-								
18:4	-								
20:2 n-6 c,c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	-								
20:5 n-3									
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans	-				_				
Cholesterol	_	67		0	1		92	57	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.239		0	1		0.327	0.203	
Threonine		0.935		0	1		1.281	0.795	
Isoleucine		0.983		0	1		1.347	0.836	
Leucine	-	1.734		0	1		2.376	1.474	
Lysine		1.959		0	1		2.684	1.665	
Methionine		0.631		0	1		0.864	0.536	
Cystine		0.229		0	1		0.314	0.195	
Phenylalanine	-	0.833		0	1		1.141	0.708	
Tyrosine	_	0.720		0	1		0.986	0.612	
Valine		1.099		0	1		1.506	0.934	
Arginine	-	1.277		0	1		1.749	1.085	
Histidine		0.628		0	1		0.860	0.534	
Alanine		1.290		0	1		1.767	1.097	
Aspartic acid		2.185		0	1		2.993	1.857	
Glutamic acid		3.185		0	1		4.363	2.707	
Glycine		1.024		0	1		1.403	0.870	
Proline		0.754		0	1		1.033	0.641	
Serine	_	0.870		0	1		1.192	0.740	
Hydroxyproline		2.070		-	_			0.740	
ттушохургонис	9								

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

Common Measures:

Measure 1 = 137g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15059 Fish, pout, ocean, raw Macrozoarces americanus (Schneider)

		<u>Ar</u>	mount in 100 gı		of edib	ole portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u> e	easures of food	_
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	81.36	0.695	6		1		143.19	69.16	
Energy		79		0	NC	4		139	67	
Energy	kj	331				4		582	281	
Protein (N x 6.25)		16.64	0.676	5		1		29.29	14.14	
Total lipid (fat)	g	0.91	0.096	5		1		1.60	0.77	
Ash		1.13	0.022	5		1		1.99	0.96	
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									
Ainerals:										
Calcium, Ca	mg	10		1		1		18	9	
Iron. Fe.	_	0.28		1		1		0.49	0.24	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	13		1		1		23	11	
Phosphorus, P		200		0		4		352	170	
Potassium, K	_	400		0		4		704	340	
Sodium, Na	_	61		1		1		107	52	
Zinc, Zn	mg	1.03	0.055	34		1		1.81	0.88	
Copper, Cu	mg	0.032	0.003	34		1		0.056	0.027	
Manganese, Mn	mg	0.015		1		1		0.026	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		64.2	31.0	
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.080		0	-	4		0.141	0.068	
Riboflavin		0.060		0		4		0.106	0.051	
Niacin		2.100		0		4		3.696	1.785	
Pantothenic acid		0.150		0		4		0.264	0.128	
Vitamin B-6		0.240		0		4		0.422	0.204	
Folate, total	_	7		0		4		12	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		7		0		4		12	6	
Folate, DFE		7		0	NC	4		12	6	
Vitamin B-12		0.90		0		4		1.58	0.77	
Vitamin A, IU	IU	40		0		4		70	34	
Vitamin A, RAE	mcg_RAE	12		0		4		21	10	
Retinol		12		0		4		21	10	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
<u> </u>										
Fatty acids, total saturated	g	0.320		0		1		0.563	0.272	
4:0										
6:0	g									
8:0	g	0.057		1		1		0.100	0.048	
10:0	g									
12:0										
13:0	_									
14:0		0.031		1		1		0.055	0.026	
15:0	_									
16:0	_	0.176		1		1		0.310	0.150	
17:0	_									
18:0	_	0.056		1		1		0.099	0.048	
20:0	_									
22:0	~									

		<u>A</u> 1	mount in 100 g	grams o	Amount in edible portion of common				
			Nι	umber			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	of Std. Error P		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.329	1	0	1		0.579	0.280	
14:1	_								
15:1				_	_				
16:1 undifferentiated	-	0.082		1	1		0.144	0.070	
17:1		0.247		1	1		0.425	0.010	
18:1 undifferentiated		0.247		1	1		0.435	0.210	
20:1	-								
22:1 undifferentiated	-								
24:1 cFatty acids, total polyunsaturated.		0.032		0	1		0.056	0.027	
18:2 undifferentiated		0.032		1	1		0.056	0.027	
18:3 undifferentiated	•	0.032		_	_		0.036	0.027	
18:4	-								
20:2 n-6 c.c.									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •								
20:4 undifferentiated									
20:5 n-3	-								
22:5 n-3									
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol		52		1	1		92	44	
Phytosterols	-								
Amino Acids:									
Tryptophan	g	0.186	i	0	1		0.327	0.158	
Threonine	g	0.729)	0	1		1.283	0.620	
Isoleucine	g	0.767		0	1		1.350	0.652	
Leucine	g	1.352		0	1		2.380	1.149	
Lysine	g	1.528		0	1		2.689	1.299	
Methionine	g	0.492		0	1		0.866	0.418	
Cystine		0.178		0	1		0.313	0.151	
Phenylalanine	g	0.650		0	1		1.144	0.553	
Tyrosine		0.562		0	1		0.989	0.478	
Valine	_	0.857		0	1		1.508	0.728	
Arginine		0.996		0	1		1.753	0.847	
Histidine	-	0.490		0	1		0.862	0.417	
Alanine		1.006		0	1		1.771	0.855	
Aspartic acid		1.704		0	1		2.999	1.448	
Glutamic acid	_	2.484		0	1		4.372	2.111	
Glycine	-	0.799		0	1		1.406	0.679	
Proline	-	0.588		0	1		1.035	0.500	
Serine	-	0.679	1	0	1		1.195	0.577	
Hydroxyproline	g								

Common Measures:

Measure 1 = 176g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gram	s of edil	Amount in	edible portion	of common		
			Numbe	m	easures of food	<u>.</u>			
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatos									
Proximates: Water	a	73.41	0		1		109.38	62.40	
Energy		121	0	NC	4		180	103	
Energy		506			4		754	430	
Protein (N x 6.25)		24.04	0		1		35.82	20.43	
Total lipid (fat)		2.01	0		1		2.99	1.71	
Ash		1.54	0		1		2.29	1.31	
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	-	12	0		1		18	10	
Iron, Fe.		0.53	0		1		0.79	0.45	
Magnesium, Mg		34	0		1		51	29	
Phosphorus, P	-	228	0		1		340	194	
Potassium, K		520	0		1		775	442	
Sodium, Na		77 0.53	0		1 1		115 0.79	65 0. 4 5	
Zinc, Zn Copper, Cu		0.037			1		0.79	0.45	
Manganese, Mn		0.037			4		0.030	0.031	
Selenium, Se		46.8	0	BFSN	4		69.7	39.8	
Scientini, Sc	g	10.0	· ·	2101	•		03.7	33.0	
Vitamins:									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.044			1		0.066	0.037	
Riboflavin	mg	0.084	0		1		0.125	0.071	
Niacin	-	3.919			1		5.839	3.331	
Pantothenic acid		0.870			4		1.296	0.740	
Vitamin B-6	-	0.270			4		0.402	0.230	
Folate, total		10	0		4		15	9	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	10	0		4		15	9	
Folate, DFE		10	0	NC	4		15	9	
Vitamin B-12		1.20	0		4		1.79	1.02	
Vitamin A, IU		238	0	NC	4		354	202	
Vitamin A, RAE		71 71	0	NC	4 4		106	61	
Retinol		1.56	0	BFYN BFYN	4		106 2.33	61 1.33	
Vitamin E (alpha-tocopherol)		1.56	U	DEIN	4		2.33	1.33	
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.1	0	BFYN	4		0.2	0.1	
<u>Lipids:</u>									
Fatty acids, total saturated		0.474			1		0.706	0.403	
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	-	0.051	. 0		1		0.076	0.043	
13:0	-	0 077	, 0		1		A 11E	0.065	
14:0	-	0.077	U		1		0.115	0.065	
15:0	-	0.246	5 0		1		0.367	0.000	
16:0		0.246	, 0		_		0.367	0.209	
17:0	-	0.097	, 0		1		0.145	0.082	
18:0 20:0	-	0.09	U		1		0.145	0.082	
22:0	-								
44.U	y								

		<u>A</u>	mount in 100 gr		edible portion				
			of I	nber Jata 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 monounsatura	atedg	0.447		0	1		0.666	0.380	
14:1	_								
15:1	_	0 104		0	1		0.155	0.000	
16:1 undifferentiated	_	0.104		U	1		0.155	0.088	
18:1 undifferentiated	_	0.281		0	1		0.419	0.239	
20:1	_	0.037		0	1		0.055	0.031	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.024		0	1		0.036	0.020	
24:1 c	•								
Fatty acids, total polyunsaturat		0.594		0	1		0.885	0.505	
18:2 undifferentiated	g	0.038		0	1		0.057	0.032	
18:3 undifferentiated		0.022		0	1		0.033	0.019	
18:4	g	0.021		0	1		0.031	0.018	
20:2 n-6 c,c	g								
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.021		0	1		0.031	0.018	
20:5 n-3		0.181		0	1		0.270	0.154	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.046		0	1		0.069	0.039	
22:6 n-3		0.262		0	1		0.390	0.223	
Fatty acids, total trans				_	_				
Cholesterol	_	44		0	1		66	37	
Phytosterols	riig								
Amino Acids:									
Tryptophan	g	0.269	ı	0	1		0.401	0.229	
Threonine	g	1.054		0	1		1.570	0.896	
Isoleucine	g	1.108		0	1		1.651	0.942	
Leucine	-	1.954		0	1		2.911	1.661	
Lysine		2.208		0	1		3.290	1.877	
Methionine		0.712		0	1		1.061	0.605	
Cystine		0.258		0	1		0.384	0.219	
Phenylalanine		0.938		0	1		1.398	0.797	
Tyrosine	=	0.812		0	1		1.210	0.690	
Valine	-	1.238		0	1		1.845	1.052	
Arginine	-	1.438		0	1		2.143	1.222	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.708 1.454		0	1 1		1.055 2.166	0.602 1.236	
Alanine		2.461		0	1		3.667	2.092	
Aspartic acidGlutamic acid		3.588		0	1		5.346	3.050	
Glycine		1.154		0	1		1.719	0.981	
Proline		0.850		0	1		1.267	0.723	
Serine	-	0.981		0	1		1.462	0.834	
Hydroxyproline		0.501		-	-				
Others:	~			^	_		0.0		
Alcohol, ethyl		0.0		0	7		0.0	0.0	
Caffeine	_	0		0 z 0 z	7 7		0 0	0	
Theobromine	9	U		0 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 = 149g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15071

Fish, rockfish, Pacific, mixed species, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15070 Fish, rockfish, Pacific, mixed species, raw Sebastes spp.

		<u>Aı</u>	mount in 100 g	Amount in	edible portion	of common				
			Nu	m	easures of food					
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:	0	79.26		159		1		151.39	67.37	
Water	-	94		0	270	4				
Energy				U	NC			180	80	
Energy		393				4		751	334	
Protein (N x 6.25)		18.75	0.071			1		35.81	15.94	
Total lipid (fat)		1.57		81		1		3.00	1.33	
Ash	g	1.20	0.004	146		1		2.29	1.02	
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									
	_									
<u> Minerals:</u>										
Calcium, Ca		9		1		1		17	8	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.41		2		1		0.78	0.35	
Magnesium, Mg		26		1		1		50	22	
Phosphorus, P	mg	178		1		1		340	151	
Potassium, K	mg	405	2.351	140		1		774	344	
Sodium, Na	mg	60	0.684	141		1		115	51	
Zinc, Zn	mg	0.41	0.017	119		1		0.78	0.35	
Copper, Cu	mg	0.029	0.002	117		1		0.055	0.025	
Manganese, Mn	mg	0.016	i	1		1		0.031	0.014	
Selenium, Se	mcg	36.5		0	CAZN	4		69.7	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.038	0.003	6	_	1		0.073	0.032	
Riboflavin	-	0.069		6		1		0.132	0.059	
Niacin		3.218		6		1		6.146	2.735	
Pantothenic acid	-	0.750		0		4		1.433	0.638	
Vitamin B-6		0.730		0		4		0.439	0.196	
	-	9		0		4		17	8	
Folate, total		0		0	z	7		0	0	
Folic acid					Z					
Folate, food		9		0		4		17	8	
Folate, DFE		9		0	NC	4		17	8	
Vitamin B-12		1.00		0		4		1.91	0.85	
Vitamin A, IU		190		0	NC	4		363	162	
Vitamin A, RAE		57		0	NC	4		109	48	
Retinol		57		0	NR	4		109	48	
Vitamin E (alpha-tocopherol)		1.25		0	NR	4		2.39	1.06	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.1	
ipids:										
Fatty acids, total saturated	g	0.370	ı	0		1		0.707	0.315	
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		1		1		0.000	0.034	
13:0	-	0.040		-		1		0.076	0.034	
14:0		0.060		2		1		0 115	0.051	
		0.060		2		1		0.115	0.051	
15:0	_			^						
16:0		0.192		2		1		0.367	0.163	
17:0	_			_		_				
18:0	_	0.076	ı	2		1		0.145	0.065	
20:0	a									
22:0	_									

		<u>A</u>	mount in 100 gra		edible portion				
			Num		<u>m</u>	easures of food	•		
Nutrients and	Units	Mean	of D Std. Error Poir	ata Deriv its Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur		0.330	1	0	1		0.630	0.281	
14:1	_								
15:1 16:1 undifferentiated	-	0.081		2	1		0.155	0.069	
17:1	_	0.061		2	-		0.155	0.069	
18:1 undifferentiated	-	0.219	1	2	1		0.418	0.186	
20:1	-	0.029		2	1		0.418	0.025	
22:1 undifferentiated		0.019		2	1		0.035	0.016	
24:1 c	•	0.013		_	-		0.050	0.010	
Fatty acids, total polyunsatural		0.482		0	1		0.921	0.410	
18:2 undifferentiated		0.030		2	1		0.057	0.026	
18:3 undifferentiated		0.017		2	1		0.037	0.014	
18:4		0.016		2	1		0.032	0.014	
20:2 n-6 c.c	_	0.010		_	-		3.031	0.014	
20:3 undifferentiated	_								
20:4 undifferentiated	-	0.016	•	2	1		0.031	0.014	
20:5 n-3	_	0.141		2	1		0.269	0.120	
22:5 n-3	-	0.036		2	1		0.069	0.031	
22:6 n-3		0.204		2	1		0.390	0.173	
Fatty acids, total trans		0.20		_	-		0.330	0.175	
Cholesterol	_	35		2	1		67	30	
Phytosterols	_			_	-		•		
1 ily tosterois									
Amino Acids:									
Tryptophan	g	0.210		0	1		0.401	0.179	
Threonine	g	0.822		0	1		1.570	0.699	
Isoleucine	g	0.864		0	1		1.650	0.734	
Leucine	-	1.524		0	1		2.911	1.295	
Lysine		1.722		0	1		3.289	1.464	
Methionine	g	0.555		0	1		1.060	0.472	
Cystine	g	0.201		0	1		0.384	0.171	
Phenylalanine	g	0.732		0	1		1.398	0.622	
Tyrosine	g	0.633		0	1		1.209	0.538	
Valine	-	0.966		0	1		1.845	0.821	
Arginine	-	1.122		0	1		2.143	0.954	
Histidine		0.552		0	1		1.054	0.469	
Alanine	g	1.134		0	1		2.166	0.964	
Aspartic acid		1.920		0	1		3.667	1.632	
Glutamic acid	g	2.799		0	1		5.346	2.379	
Glycine		0.900		0	1		1.719	0.765	
Proline	_	0.663		0	1		1.266	0.564	
Serine		0.765	i	0	1		1.461	0.650	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0		0	7		0.0	0.0	
Caffeine		0.0		0 0 z	7		0.0	0.0	
Theobromine	-	0		0 Z	7		0	0	
		ŭ			•		·	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 = 191g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15070

Fish, rockfish, Pacific, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Proximates: Water. 9 Energy. kcal Energy. kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Folate, food mcg Folate, food mcg Folate, food mcg Folate, food mcg Vitamin A, IU. U Vitamin A, RAE. mcg Retinol. mg Tocopherol, gamma. mg Tocopherol, gamma. mg Tocopherol, gamma. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin C, (pylloquinone). mcg Lipids: Fatty acids, total saturated 9 Lipids:	Mean 58.6 204 854 28.6 8.2 1.7 1.9 0.0 28 0.7 26 515 283 117 1.2 0.1	3 2 3 6 2 7	Number of Data or Points	Deriv	Source Code 1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Confidence Code	16.62 58 242 8.11 2.33 0.50 0.54 0.0	49.84 173 726 24.33 7.00 1.50 1.63 0.0	Measure
Proximates: Water	58.6 204 854 28.6 8.2 1.7 1.9 0.0	3 2 3 6 2 7	O Points 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC	1 4 4 1 1 1 4 7 7 1 1 1 1 1 1		16.62 58 242 8.11 2.33 0.50 0.54 0.0	49.84 173 726 24.33 7.00 1.50 1.63 0.0	Measure
Proximates: Water	58.6 204 854 28.6 8.2 1.7 1.9 0.0	3 2 3 6 2 7	0 0 0 0 0 0	NC NC	1 4 4 1 1 4 7	Code	16.62 58 242 8.11 2.33 0.50 0.54 0.0	49.84 173 726 24.33 7.00 1.50 1.63 0.0	Measure
Water. g Energy. kcal Energy. kj Protein (N x 6.25) g Total lipid (fat) g Ash. g Carbohydrate, by difference g Fiber, total dietary. g Sugars, total g Starch. g Minerals: Calcium, Ca. mg Calcium, Ca. mg 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 mcg Manganese, Mn. mg mcg Vitamins: Vitamin C, total ascorbic acid. mg Vitamin B. mg micg Vitamin B-6. mg Folate, total mg Folate, total mcg Folate, food	204 854 28.6 8.2 1.7 1.9 0.0 28 0.7 26 515 283 117 1.2 0.1	2 3 6 2 7	0 0 0 0 0 0	NC	4 4 1 1 4 7		58 242 8.11 2.33 0.50 0.54 0.0	173 726 24.33 7.00 1.50 1.63 0.0	
Water	204 854 28.6 8.2 1.7 1.9 0.0 28 0.7 26 515 283 117 1.2 0.1	2 3 6 2 7	0 0 0 0 0 0	NC	4 4 1 1 4 7		58 242 8.11 2.33 0.50 0.54 0.0	173 726 24.33 7.00 1.50 1.63 0.0	
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 Magnesium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mcg Witamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Pantothenic acid mg Folate, total mcg Folate, total mcg Folate, total mcg Folate, total mcg Folate, food mcg Folate, food mcg Folate, food mcg Folate, Total mcg Vitamin B-12 mcg Vitamin B-12 mcg Vitamin B-12 mcg Vitamin B, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin B mcg Lipids: Fatty acids, total saturated 9	28 0.7 26 515 283 117 1.2 0.1	3 6 2 7	0 0 0 0 0	NC	4 1 1 4 7		8.11 2.33 0.50 0.54 0.0	726 24.33 7.00 1.50 1.63 0.0	
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 Magnesium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mcg Witamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Pantothenic acid mg Folate, total mcg Folate, total mcg Folate, total mcg Folate, total mcg Folate, food mcg Folate, food mcg Folate, food mcg Folate, Total mcg Vitamin B-12 mcg Vitamin B-12 mcg Vitamin B-12 mcg Vitamin B, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin B mcg Lipids: Fatty acids, total saturated 9	28.6 8.2 1.7 1.9 0.0	3 6 2 7	0 0 0 0		1 1 4 7		8.11 2.33 0.50 0.54 0.0	24.33 7.00 1.50 1.63 0.0	
Protein (N x 6.25)	8.2 1.7 1.9 0.0 28 0.7 26 515 283 117 1.2	3 6 2 7	0 0 0 0		1 4 7 1 1		2.33 0.50 0.54 0.0	7.00 1.50 1.63 0.0	
Total lipid (fat)	1.7 1.9 0.0 28 0.7 26 515 283 117 1.2 0.1	7	0 0 0		1 4 7 1 1		0.50 0.54 0.0	1.50 1.63 0.0	
Ash	1.9 0.0 28 0.7 26 515 283 117 1.2 0.1	7	0 0 0 0 0 0 0 0		4 7 1 1		0.54 0.0 8 0.22	1.63 0.0	
Carbohydrate, by difference	28 0.7 26 515 283 117 1.2	7	0 0 0 0 0 0		7 1 1		0.0 8 0.22	0.0	
Fiber, total dietary	28 0.7 26 515 283 117 1.2 0.1	7	0 0 0	Z	1 1 1		8 0.22	0.0	
Sugars, total	0.7 26 515 283 117 1.2 0.1	8	0 0 0		1 1		0.22	24	
Starch	0.7 26 515 283 117 1.2 0.1	8	0 0 0		1 1		0.22		
Minerals: Calcium, Ca	0.7 26 515 283 117 1.2 0.1	8	0 0 0		1 1		0.22		
Calcium, Ca	0.7 26 515 283 117 1.2 0.1	8	0 0 0		1 1		0.22		
Iron, Fe	0.7 26 515 283 117 1.2 0.1	8	0 0 0		1 1		0.22		
Magnesium, Mg	26 515 283 117 1.2 0.1	8	0 0		1			0.65	
Phosphorus, P	515 283 117 1.2 0.1		0		_				
Potassium, K	283 117 1.2 0.1		0				7	22	
Sodium, Na	117 1.2 0.1						146	438	
Zinc, Zn	1.2 0.1		0		1		80	241	
Copper, Cu	0.1				1 1		33 0.36	99	
Manganese, Mn			0		1		0.36	1.09 0.109	
Selenium, Se	0.0		0		1		0.036	0.109	
Vitamins: Vitamin C, total ascorbic acid	51.7		0	BFSN	4		14.7	43.9	
Vitamin C, total ascorbic acid mg Thiamin	31.7		U	DF SN	-		14.7	43.9	
Thiamin									
Riboflavin	16.4		0		1		4.6	13.9	
Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg Retinol. mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated. .9	0.2	77	0		1		0.079	0.235	
Pantothenic acid	0.9	49	0		1		0.269	0.807	
Vitamin B-6	2.1	92	0		1		0.621	1.863	
Folate, total	1.1	54	0		1		0.327	0.981	
Folic acid	0.1	85	0		1		0.052	0.157	
Folate, food	92		0		1		26	78	
Folate, DFE	0		0	Z	7		0	0	
Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg Retinol mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated .9	92		0		1		26	78	
Vitamin A, IU	DFE 92		0	NC	4		26	78	
Vitamin A, RAE	11.5	4	0		1		3.27	9.81	
Retinol	303		0		1		86	258	
Vitamin E (alpha-tocopherol)mg Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg Vitamin DlU Vitamin K (phylloquinone)mcg Lipids: Fatty acids, total saturated	RAE 91		0		1		26	77	
Tocopherol, beta	91		0		1		26	77	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)mcg Lipids: Fatty acids, total saturatedg									
Lipids: Fatty acids, total saturatedg									
Fatty acids, total saturated9									
Fatty acids, total saturated9									
	1.8	66	0		1		0.529	1.586	
1.79									
6:0g									
8:0g									
10:0g									
12:0g									
13:0g									
14:0g	0.0	97	0		1		0.027	0.082	
15:0g									
16:0g		34	0		1		0.463	1.389	
17:0g	1.6								
18:0g	1.6	.35	0		1		0.038	0.115	
20:0g	1.6								
22:0g									

	<u>Aı</u>	nount in 100 grams		<u>on</u>		edible portion of easures of food	
		Numbe of Data	=	Confidence	<u></u>	<u>easures or 100a</u>	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.129	0	1		0.604	1.810	
14:1g							
15:1g		•	_				
16:1 undifferentiatedg	0.479	0	1		0.136	0.407	
17:1	1.455	0	1		0.412	1.237	
	0.142	0	1				
20:1		0	1		0.040	0.121	
22:1 undifferentiatedg 24:1 cg	0.053	U	1		0.015	0.045	
Fatty acids, total polyunsaturated9	3.404	0	1		0.965	2.893	
18:2 undifferentiatedg	0.037	0	1		0.010	0.031	
18:3 undifferentiated	0.008	0	1		0.002	0.007	
18:4g	0.015	0	1		0.004	0.013	
20:2 n-6 c.cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.232	0	1		0.066	0.197	
20:5 n-3g	1.260	0	1		0.357	1.071	
22:5 n-3g	0.105	0	1		0.030	0.089	
22:6 n-3g	1.747	0	1		0.495	1.485	
Fatty acids, total transg							
Cholesterol mg	479	0	1		136	407	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.375	0	1		0.106	0.319	
Threonine	1.305	0	1		0.370	1.109	
Isoleucineg	1.465	0	1		0.415	1.245	
Leucineg	2.509	0	1		0.711	2.133	
Lysineg	2.179	0	1		0.618	1.852	
Methionineg	0.710	0	1		0.201	0.604	
Cystineg	0.499	0	1		0.141	0.424	
Phenylalanineg	1.401	0	1		0.397	1.191	
Tyrosineg	1.438	0	1		0.408	1.222	
Valineg	1.676	0	1		0.475	1.425	
Arginineg	1.639	0	1		0.465	1.393	
Histidineg	0.778	0	1		0.221	0.661	
Alanineg	1.831	0	1		0.519	1.556	
Aspartic acidg	2.294	0	1		0.650	1.950	
Glutamic acidg	3.425	0	1		0.971	2.911	
Glycine9	0.833	0	1		0.236	0.708	
Prolineg	1.525		1		0.432	1.296	
Serineg	1.250	0	1		0.354	1.063	
Hydroxyprolineg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

		<u>A</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> </u>		
Nutrients and Un	its	Mean	of D Std. Error Poir	ata Deriv ts Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure		
Proximates:											
Water	g	67.73		8	1		9.48	19.20	153.75		
Energy	kcal	140		0 NC	4		20	40	318		
Energy	kj	586			4		82	166	1330		
Protein (N x 6.25)	g	22.32		8	1		3.12	6.33	50.67		
Total lipid (fat)	g	6.42		8	1		0.90	1.82	14.57		
Ash	g	1.37		3	1		0.19	0.39	3.11		
Carbohydrate, by difference	g	1.50		0 NC	4		0.21	0.43	3.41		
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	22		n	4		3	6	EO		
Calcium, Ca		22 0.60))	4 4		3 0.08	6 0.17	50		
Iron, Fe		20)	4		0.08 3		1.3		
Magnesium, Mg Phosphorus, P		402)	4		3 56	6 114	45 913		
		221)	4		31	63	502		
Potassium, K		91)	4		13	26	207		
Sodium, NaZinc, Zn		1.00)	4		0.14	0.28	2.2		
Copper, Cu	-	0.100)	4		0.014	0.028	0.2		
Manganese, Mn		0.100)	4		0.014	0.028	0.2		
Selenium, Se		40.3) D BFSN			5.6	11.4	91.5		
Scienium, Sc	1110g	40.5		, DISI	-		3.0	11.4	31.3		
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	16.0)	4		2.2	4.5	36.3		
Thiamin	mg	0.240))	4		0.034	0.068	0.5		
Riboflavin	mg	0.740))	4		0.104	0.210	1.6		
Niacin	mg	1.800))	4		0.252	0.510	4.0		
Pantothenic acid	mg	1.000))	4		0.140	0.284	2.2		
Vitamin B-6	mg	0.160))	4		0.022	0.045	0.3		
Folate, total	mcg	80)	4		11	23	182		
Folic acid	mcg	0) z	7		0	0	0		
Folate, food		80)	4		11	23	182		
Folate, DFE		80) NC	4		11	23	182		
Vitamin B-12	mcg	10.00)	4		1.40	2.84	22.7		
Vitamin A, IU	IU	299) NC	4		42	85	678		
Vitamin A, RAE		90) NC	4		13	25	203		
Retinol	mcg	90) BFFN	4		13	25	203		
Vitamin E (alpha-tocopherol)	mg	7.00) NR	4		0.98	1.98	15.8		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.2) BFFN	4		0.0	0.1	0.4		
Lipids:											
Fatty acids, total saturated	g	1.456	5	0	1		0.204	0.413	3.3		
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	-	0.000)	1		0.000	0.000	0.0		
10:0	-	0.000		0	1		0.000	0.000	0.0		
12:0		0.000)	1		0.000	0.000	0.0		
13:0											
14:0	-	0.076	5	1	1		0.011	0.022	0.1		
15:0	_										
16:0	-	1.275	5	1	1		0.179	0.361	2.8		
17:0								- · -			
18:0	-	0.105	5	1	1		0.015	0.030	0.2		
20:0	-				=		2				
22:0	-										
24:0	-										

		<u>A</u>	mount in 100 g		f edibl	le portio	<u>n</u>		edible portion of	of common
Noted-out-out	111-24-			mber Data D		Source Code	Confidence Code		easures of food	
Nutrients and	Units	Mean	Std. Error	onits C	oue	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated Q	1.661		0		1		0.233	0.471	3.770
14:1	g							0.255	V	
15:1 16:1 undifferentiated	-	0.374		1		1		0.052	0.106	0.849
17:1	=	0.574		-		_		0.032	0.100	0.043
18:1 undifferentiated	-	1.135	i	1		1		0.159	0.322	2.576
20:1	=	0.111		1		1		0.016	0.031	0.252
22:1 undifferentiated		0.041		1		1		0.006	0.012	0.093
24:1 c	g									
Fatty acids, total polyunsatura	tedg	2.656	i	0		1		0.372	0.753	6.029
18:2 undifferentiated	g	0.029	1	1		1		0.004	0.008	0.066
18:3 undifferentiated	g	0.006	i	1		1		0.001	0.002	0.014
18:4	=	0.012		1		1		0.002	0.003	0.027
20:2 n-6 c,c	=									
20:3 undifferentiated	=									
20:4 undifferentiated	=	0.181		1		1		0.025	0.051	0.411
20:5 n-3	=	0.983		1		1		0.138	0.279	2.231
22:5 n-3	-	0.082		1		1		0.011	0.023	0.186
22:6 n-3		1.363	1	1		1		0.191	0.386	3.094
Fatty acids, total trans				_		_				
Cholesterol	-	374		5		1		52	106	849
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.293	1	12		1		0.041	0.083	0.665
Threonine	g	1.017		26		1		0.142	0.288	2.309
Isoleucine	g	1.142		26		1		0.160	0.324	2.592
Leucine	g	1.956	i	26		1		0.274	0.555	4.440
Lysine	g	1.699	1	26		1		0.238	0.482	3.857
Methionine	g	0.553	1	26		1		0.077	0.157	1.255
Cystine	g	0.389	1	26		1		0.054	0.110	0.883
Phenylalanine	g	1.092		26		1		0.153	0.310	2.479
Tyrosine	g	1.121		26		1		0.157	0.318	2.545
Valine	g	1.307		26		1		0.183	0.371	2.967
Arginine	g	1.278		26		1		0.179	0.362	2.901
Histidine	g	0.607		25		1		0.085	0.172	1.378
Alanine	g	1.428		26		1		0.200	0.405	3.242
Aspartic acid	g	1.789)	26		1		0.250	0.507	4.061
Glutamic acid	g	2.670		26		1		0.374	0.757	6.061
Glycine	g	0.650		26		1		0.091	0.184	1.476
Proline	g	1.189		26		1		0.166	0.337	2.699
Serine		0.975	i	26		1		0.137	0.276	2.213
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:	J	-						-	*	-
		_			_	_				
Carotene, beta		0		0	Z	7 7		0.000	0.000	0.000
Carotene, alpha	-	0		0	Z Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		-	z z	7		0.000	0.000	0.000
Lycopene				0				0.000	0.000	0.000
Lutein + zeaxanthin	iiicg	214		0	BFFN	4		29.944	60.637	485.522

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 28.35g: 1 oz

Measure 3 = 227g: 1 can (8 oz), solids and liquid

NDB No. 15072

Fish, roe, mixed species, raw

Calories Factors: Protein 3.57 Fat 9.02 Carbohydrate 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 10	0 grams	of edik	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 Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	69.10		0		1		58.74			
Energy	kcal	89		0	NC	4		76			
Energy	kj	372				4		317			
Protein (N x 6.25)	g	18.85		0		1		16.02			
Total lipid (fat)	g	0.90		0		1		0.77			
Ash	g	1.15		0		1		0.98			
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	g										
M:											
Minerals: Calcium, Ca	ma	38		0		1		32			
Iron, Fe	-	0.23		0		1		0.20			
Magnesium, Mg	-	38		0		1		32			
Phosphorus, P		256		0		1		218			
Potassium, K	_	385		0		1		327			
Sodium, Na	_	81		0		1		69			
Zinc, Zn	-	0.96		0		1		0.82			
Copper, Cu		0.179	•	0		1		0.152			
Manganese, Mn		0.019)	0		1		0.016			
Selenium, Se		46.8		0	BFSN	4		39.8			
Vitamina											
Vitamins:		0.0		•	_	-		0.0			
Vitamin C, total ascorbic acid	-	0.0		0	Z	7 1		0.0			
Thiamin	-	0.115 0.183		0 0		1		0.098 0.156			
Riboflavin		3.654		0		1		3.106			
Niacin Pantothenic acid		0.635		0		1		0.540			
Vitamin B-6	-	0.346		0		1		0.294			
Folate, total	_	8	,	0		1		7			
Folic acid		0		0	z	7		0			
Folate, food		8		0	_	1		7			
Folate, DFE		8		0	NC	4		7			
Vitamin B-12		2.31		0	110	1		1.96			
Vitamin A, IU		81		0		1		69			
Vitamin A, RAE		24		0		1		21			
Retinol		24		0		1		21			
Vitamin E (alpha-tocopherol)				-							
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	0.023	3	0		1		0.020			
4:0				•		_					
6:0											
8:0											
10:0											
12:0											
13:0	g										
14:0	g	0.007	7	0		1		0.006			
15:0	g										
16:0	g	0.013	3	0		1		0.011			
17:0	g										
18:0	g	0.004	l	0		1		0.003			
20:0	g										

		<u>Aı</u>	mount in 10			ole portio	<u>on</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
Fatty acids, total monounsaturated		0.615		0		1		0.523		
14:1										
15:1		0.074		•		1		0.063		
16:1 undifferentiated	-	0.074		0		1		0.063		
17:1	-	0.250		•						
18:1 undifferentiated	-	0.359		0		1		0.305		
20:1	-	0.119		0		1		0.101		
22:1 undifferentiated		0.050		0		1		0.043		
24:1 c										
Fatty acids, total polyunsaturated		0.016		0		1		0.014		
18:2 undifferentiated	-	0.009		0		1		0.008		
18:3 undifferentiated		0.002		0		1		0.002		
18:4		0.002		0		1		0.002		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g	0.002		0		1		0.002		
20:5 n-3	g	0.002		0		1		0.002		
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	_	26		0		1		22		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.211		0		1		0.179		
Threonine		0.826		0		1		0.702		
Isoleucine	-	0.868		0		1		0.738		
Leucine		1.532		0		1		1.302		
Lysine	-	1.731		0		1		1.471		
7		0.558		0		1		0.474		
Methionine	-			0		1				
Cystine		0.202		0		1		0.172		
Phenylalanine	_	0.736		-		_		0.626		
Tyrosine	_	0.636		0		1		0.541		
Valine		0.971		0		1		0.825		
Arginine	_	1.128		0		1		0.959		
Histidine	_	0.555		0		1		0.472		
Alanine	-	1.140		0		1		0.969		
Aspartic acid		1.930		0		1		1.641		
Glutamic acid		2.813		0		1		2.391		
Glycine	_	0.905		0		1		0.769		
Proline	_	0.666		0		1		0.566		
Serine		0.769		0		1		0.654		
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	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	75.90		1		1		64.52		
Energy	kcal	69		0		4		59		
Energy	kj	289				4		245		
Protein (N x 6.25)	g	14.70		1		1		12.50		
Total lipid (fat)	g	0.70		0		4		0.60		
Ash	g	0.90		1		1		0.77		
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	g									
Minerals:	ma	20		^		4		26		
Calcium, Ca	_	30 0.18		0		4		26 0.15		
Iron, Fe	-	30		0		4		26		
Magnesium, Mg Phosphorus, P		200		0		4		26 170		
Potassium, K	•	300		0		4		255		
Sodium, Na	-	63		0		4		54		
Zinc, Zn	-	0.75		0		4		0.64		
Copper, Cu		0.73)	0		4		0.119		
Manganese, Mn.		0.015		Ö		4		0.013		
Selenium, Se		36.5		0	CAZN	4		31.0		
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0		
Thiamin	-	0.100		0		4		0.085		
Riboflavin		0.150		0		4		0.128		
Niacin		3.000		0		4		2.550		
Pantothenic acid		0.550		0		4		0.468		
Vitamin B-6	-	0.300)	0		4		0.255		
Folate, total		7		0	_	4		6		
Folic acid		0		0	Z	7		0		
Folate, food		7		0		4		6		
Folate, DFE		7		0	NC	4		6		
Vitamin B-12		2.00		0		4		1.70		
Vitamin A, IU		70		-		4		60		
Vitamin A, RAE		21 21		0		4		18 18		
Retinol		21		U		4		10		
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		0.018		0		4		0.015		
4:0		0.000		0		4		0.000		
6:0	=	0.000		0		4		0.000		
8:0	-	0.000		0		4		0.000		
10:0		0.000		0		4		0.000		
12:0	-	0.000	,	0		4		0.000		
13:0	-	0.006	:	0		4		0 005		
14:0	=	0.006	•	U		4		0.005		
15:0		0.010	,	^		4		0.009		
16:0		0.010	,	0		4		0.009		
17:0		0.003	1	0		4		0.003		
18:0		0.003	,	U		4		0.003		
20:0	-									
22:0 24:0	-									

Nutrients and Units			<u>Aı</u>	mount in 10	0 grams	Amount in	edible portion of	of common		
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3					Number			m	easures of food	
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3						Source	Confidence			
141	Nutrients and Units	5	Mean	Std. Error				Measure 1	Measure 2	Measure 3
141										
15-1	2 7	_	0.479)	0	4		0.407		
16-1 undifferentiated.										
17-										
18.1 undifferentiated 9 0.280 0 4 0.238 20:1 9 0.039 0 4 0.079 22:1 undifferentiated 9 0.039 0 4 0.033 24:1 c 9 0.013 0 4 0.001 18.2 undifferentiated 9 0.001 0 4 0.001 18.3 undifferentiated 9 0.001 0 4 0.001 18.4 9 0.001 0 4 0.001 20:2 undifferentiated 9 0.001 0 4 0.001 20:3 undifferentiated 9 0.001 0 4 0.001 20:5 n-3 9 0.001 0 4 0.001 22:5 n-3 9 0.000 0 4 0.000 Fatty acids, total trans 9 0.000 0 4 0.000 Fatty acids, total trans 9 0.165 0 1 0.140			0.058		0	4		0.049		
20.1		_								
22.1 midiferentiated					-	_		0.238		
24.1 c. 9 0.013 0 4 0.011 18.2 audifferentiated. 9 0.007 0 4 0.005 18.3 audifferentiated. 9 0.001 0 4 0.001 20.2 n-6 c. 9 9 0.001 0 4 0.001 20.2 audifferentiated. 9 0.001 0 4 0.001 20.5 n-3. 9 0.001 0 4 0.001 22.5 n-3. 9 0.000 0 4 0.000 22.6 n-3. 9 0.000 0 4 0.000 Patty acids, total rans. 9 0.000 0 4 17 Phytosterols. mg 2 0 4 17 Phytosterols. mg 0 1 0.140 Throonine. 9 0.644 0 1 0.547 Soleucine. 9 0.644 0 1 0.575 Leucine. 9		-	0.093	1	0	4		0.079		
Fatty acids, total polyunsaturated 9 0.013 0 4 0.001 18.2 undifferentiated 9 0.001 0 4 0.001 18.4 9 0.001 0 4 0.001 18.4 9 0.001 0 4 0.001 18.4 9 0.001 0 4 0.001 20.2 n-6 c.c 9 0.001 0 4 0.001 20.3 undifferentiated 9 0.001 0 4 0.001 22.5 n-3 9 0.001 0 4 0.000 22.5 n-3 9 0.000 0 4 0.000 22.5 n-3 9 0.000 0 4 0.000 22.5 n-3 9 0.000 0 4 0.000 Fatty acids, total trans 9 0.000 0 4 0.000 Fatty acids, total trans 9 0.000 0 4 0.000 Fatty acids, total trans 9 0.000 0 0 0 0.000 Fatty acids, total trans 9 0.000 0 0 0 0.000 Fatty acids, total trans 9 0.000 0 0 0 0.000 Fatty acids, total trans 9 0.000 0 0 0 0 0 Fatty acids, total trans 9 0.000 0 0 0 0 0 Fatty acids, total trans 9 0.000 0 0 0 0 0 Fatty acids, total trans 9 0.000 0 0 0 0 0 0 Fatty acids, total trans 9 0.000 0 0 0 0 0 0 0 Fatty acids, total trans 9 0.000 0 0 0 0 0 0 0 0	22:1 undifferentiated	g	0.039	1	0	4		0.033		
18.2 undifferentiated 9 0.007 0 4 0.006 18.3 undifferentiated 9 0.001 0 4 0.001 20.2 n-6 c. 9 9 0.001 0 4 0.001 20.2 undifferentiated 9 0.001 0 4 0.001 20.5 n-3 9 0.000 0 4 0.000 22.5 n-3 9 0.000 0 4 0.000 22.5 n-3 9 0.000 0 4 0.000 22.6 n-3 9 0.000 0 4 17 Pstry societies mg 2 0 4 17 Pstry societies mg 2 0 0 4 17 Pstry societies mg 0 0 1 1 0.10 Amino Acits: Tryptophan 9 0.165 0 1 0.14 0.14 Inspect colspan="2">S	24:1 c	g								
18.3 undifferentiated. 9 0.001 0 4 0.001 18.4. 9 0.001 0 4 0.001 20.2 n-6 c. 9 9 0.001 0 4 0.001 20.3 undifferentiated. 9 0.001 0 4 0.001 20.5 n-3. 9 0.000 0 4 0.000 22.5 n-3. 9 0.000 0 4 0.000 Faty acids, total trans. 9 0.000 0 4 0.000 Faty acids, total trans. 9 0.000 0 4 0.000 Amino Acids: Tryptophan. 9 0.165 0 1 0.140 Threonine. 9 0.644 0 1 0.547 Isoleucine. 9 1.057 0 1 0.575 Leucine. 9 1.350 0 1 0.140 Threonine. 9 0.435 0 1 0.575 Leucine. 9 1.350 0	Fatty acids, total polyunsaturated	g	0.013	;	0	4		0.011		
18.4. 9 0.001 0 4 0.001 20.2 n-6 c. 9 20.3 undifferentiated. 9 0.001 0 4 0.001 20.5 n-3 9 0.001 0 4 0.001 22.5 n-3 9 0.000 0 4 0.000 22.5 n-3 9 0.000 0 4 0.000 Fatty acids, total trans 9 0 0 4 17 Phytosterols. mg 20 0 4 17 Phytosterols. Tryptophan 9 0.165 0 1 0.140 Threonine. 9 0.644 0 1 0.547 Isoleucine. 9 0.677 0 1 0.547 Isoleucine. 9 1.350 0 1 1.148 Methonine. 9 0.435 0 1 0.370 Cystine. 9 0.158 0 1 0.348 Tyrosine. 9	18:2 undifferentiated	g	0.007		0	4		0.006		
20.2 n-6 c, c.	18:3 undifferentiated	g	0.001		0	4		0.001		
20:3 undifferentiated	18:4	g	0.001		0	4		0.001		
20.4 undifferentiated	20:2 n-6 c.c	g								
20.5 n-3 g 0.001 0 4 0.001 22.5 n-3 g 0.000 0 4 0.000 Patty acids, total trans g 0.000 0 4 0.000 Fatty acids, total trans	20:3 undifferentiated	g								
22:5 n-3. 9 0.000 0 4 0.000 22:6 n-3. 9 0.000 0 4 0.000 Fatty acids, total trans. 9 17 17 Cholesterol. mg 20 0 4 17 Phytosterols mg 17 17 17 17 17 17 17 18	20:4 undifferentiated	g	0.001		0	4		0.001		
22:5 n-3 9 0.000 0 4 0.000 22:6 n-3 9 0.000 0 4 0.000 Fatty acids, total trans 9 Cholesterol. mg 20 0 4 17 Phytosterols mg 0 16 0 1 0 Typosterols 9 0.644 0 1 0.547 Leucine 9 1.195 0 1 0.166 Lysine 9 1.1350 0 1 0.370 Cysine 9 0.158 0 1 0.488 Tyrosine	20:5 n-3	g	0.001		0	4		0.001		
22.6 n-3. .9 0.000 0 4 0.000 Fatty acids, total trans. .9 .0 4 17 Cholesterol. .mg 20 0 4 17 Amino Acids: Tryptophan. .9 0.165 0 1 0.140 Threonine. .9 0.644 0 1 0.547 Isoleucine. .9 0.677 0 1 0.575 Leucine. .9 1.350 0 1 1.016 Lysine. .9 1.350 0 1 0.370 Cystine. .9 0.158 0 1 0.134 Phenylalanine. .9 0.574 0 1 0.488 Tyrosine. .9 0.496 0 1 0.422 Valine. .9 0.880 0 1 0.643 Arginine. .9 0.889 0 1 0.756 Asparti		-	0.000)	0	4				
Fatty acids, total trans 9 Cholesterol mg 20 0 4 17 Phytosterols Amino Acids: Tryptophan 9 0.165 0 1 0.140 Threonine 9 0.644 0 1 0.547 Isoleucine 9 0.677 0 1 0.575 Leucine 9 1.195 0 1 1.016 Lysine 9 1.350 0 1 1.148 Methionine 9 0.435 0 1 0.134 Phenylalanine 9 0.574 0 1 0.488 Tyrosine 9 0.496 0 1 0.488 Tyrosine 9 0.880 0 1 0.643 Arginine 9 0.880 0 1 0.748 Histidine 9 0.889 0 1 0.756 Aspartic acid					0	4				
Cholesterol. mg 20 4 17 Phytosterols. mg 20 4 17 Amino Acids: Tryptopham g 0.165 0 1 0.547 Iroptopham g 0.644 0 1 0.547 Isoleucine g 0.647 0 1 0.575 Leucine g 1.195 0 1 1.016 Lysine g 1.350 0 1 1.148 Methionine g 0.435 0 1 0.370 Cystine g 0.158 0 1 0.134 Phenylalanine g 0.574 0 1 0.488 Tyrosine g 0.496 0 1 0.422 Valine g 0.757 0 1 0.643 Arginine g 0.889 0 1 0.748 Histidine g 0.889		_								
Phytosterols Mg			20		0	4		17		
Amino Acids: Tryptophan 9 0.165 0 1 0.140 Threonine 9 0.644 0 1 0.547 Isoleucine 9 0.677 0 1 0.575 Leucine 9 1.195 0 1 1.016 Lysine 9 1.350 0 1 1.148 Methionine 9 0.435 0 1 0.370 Cystine 9 0.158 0 1 0.134 Phenylalanine 9 0.574 0 1 0.488 Tyrosine 9 0.496 0 1 0.422 Valine 9 0.880 0 1 0.643 Arginine 9 0.880 0 1 0.748 Histidine 9 0.889 0 1 0.756 Aspartic acid 9 0.889 0 1 1.279 Glutamic acid 9 0.706 </td <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-								
Tryptophan g 0.165 0 1 0.140 Threonine g 0.644 0 1 0.547 Isoleucine g 0.677 0 1 0.575 Leucine g 1.195 0 1 1.016 Lysine g 1.350 0 1 1.148 Methionine g 0.435 0 1 0.370 Cystine g 0.158 0 1 0.344 Phenylalanine g 0.574 0 1 0.488 Tyrosine g 0.496 0 1 0.422 Valine g 0.757 0 1 0.643 Arginine g 0.880 0 1 0.748 Histidine g 0.433 0 1 0.368 Alanine g 0.889 0 1 0.756 Aspartic acid g 0.706 0 1	-									
Threonine g 0.644 0 1 0.547 Isoleucine g 0.677 0 1 0.575 Leucine g 1.195 0 1 1.016 Lysine g 1.350 0 1 1.148 Methionine g 0.435 0 1 0.370 Cystine g 0.158 0 1 0.370 Cystine g 0.158 0 1 0.370 Cystine g 0.574 0 1 0.488 Tyrosine g 0.496 0 1 0.422 Valine g 0.757 0 1 0.643 Arginine .g 0.880 0 1 0.748 Histidine g 0.433 0 1 0.368 Alanine g 0.889 0 1 0.756 Aspartic acid g 1.505 0 1		~	0 165		•	1		0 140		
Soleucine										
Leucine 9 1.195 0 1 1.016 Lysine 9 1.350 0 1 1.148 Methionine 9 0.435 0 1 0.370 Cystine 9 0.158 0 1 0.134 Phenylalanine 9 0.574 0 1 0.488 Tyrosine 9 0.496 0 1 0.422 Valine 9 0.757 0 1 0.643 Arginine 9 0.880 0 1 0.748 Histidine 9 0.433 0 1 0.368 Alanine 9 0.889 0 1 0.756 Aspartic acid 9 1.505 0 1 1.279 Glutamic acid 9 0.706 0 1 0.600 Proline 9 0.520 0 1 0.442 Serine 9 0.600 0 1 0.510		-				_				
Lysine 9 1.350 0 1 1.148 Methionine 9 0.435 0 1 0.370 Cystine 9 0.158 0 1 0.134 Phenylalanine 9 0.574 0 1 0.488 Tyrosine 9 0.496 0 1 0.422 Valine 9 0.757 0 1 0.643 Arginine 9 0.880 0 1 0.748 Histidine 9 0.433 0 1 0.368 Alanine 9 0.889 0 1 0.756 Aspartic acid 9 1.505 0 1 1.279 Glutamic acid 9 2.194 0 1 1.865 Glycine 9 0.706 0 1 0.600 Proline 9 0.520 0 1 0.442 Serine 9 0.600 0 1 0.510						_				
Methionine g 0.435 0 1 0.370 Cystine g 0.158 0 1 0.134 Phenylalanine g 0.574 0 1 0.488 Tyrosine g 0.496 0 1 0.422 Valine g 0.757 0 1 0.643 Arginine g 0.880 0 1 0.748 Histidine g 0.433 0 1 0.368 Alanine g 0.889 0 1 0.756 Aspartic acid g 1.505 0 1 1.279 Glutamic acid g 2.194 0 1 1.865 Glycine g 0.706 0 1 0.600 Proline g 0.520 0 1 0.442 Serine g 0.600 0 1 0.510		-			-	_				
Cystine g 0.158 0 1 0.134 Phenylalanine g 0.574 0 1 0.488 Tyrosine g 0.496 0 1 0.422 Valine g 0.757 0 1 0.643 Arginine g 0.880 0 1 0.748 Histidine g 0.433 0 1 0.368 Alanine g 0.889 0 1 0.756 Aspartic acid g 1.505 0 1 1.279 Glutamic acid g 2.194 0 1 1.865 Glycine g 0.706 0 1 0.600 Proline g 0.520 0 1 0.442 Serine g 0.600 0 1 0.510	2	-								
Phenylalanine 9 0.574 0 1 0.488 Tyrosine 9 0.496 0 1 0.422 Valine 9 0.757 0 1 0.643 Arginine 9 0.880 0 1 0.748 Histidine 9 0.433 0 1 0.368 Alanine 9 0.889 0 1 0.756 Aspartic acid 9 1.505 0 1 1.279 Glutamic acid 9 2.194 0 1 1.865 Glycine 9 0.706 0 1 0.600 Proline 9 0.520 0 1 0.442 Serine 9 0.600 0 1 0.510										
Tyrosine. 9 0.496 0 1 0.422 Valine. 9 0.757 0 1 0.643 Arginine. 9 0.880 0 1 0.748 Histidine. 9 0.433 0 1 0.368 Alanine. 9 0.889 0 1 0.756 Aspartic acid. 9 1.505 0 1 1.279 Glutamic acid. 9 2.194 0 1 1.865 Glycine. 9 0.706 0 1 0.600 Proline. 9 0.520 0 1 0.442 Serine. 9 0.600 0 1 0.510	2									
Valine 9 0.757 0 1 0.643 Arginine 9 0.880 0 1 0.748 Histidine 9 0.433 0 1 0.368 Alanine 9 0.889 0 1 0.756 Aspartic acid 9 1.505 0 1 1.279 Glutamic acid 9 2.194 0 1 1.865 Glycine 9 0.706 0 1 0.600 Proline 9 0.520 0 1 0.442 Serine 9 0.600 0 1 0.510	Phenylalanine	g			-	_				
Arginine 9 0.880 0 1 0.748 Histidine 9 0.433 0 1 0.368 Alanine 9 0.889 0 1 0.756 Aspartic acid 9 1.505 0 1 1.279 Glutamic acid 9 2.194 0 1 1.865 Glycine 9 0.706 0 1 0.600 Proline 9 0.520 0 1 0.442 Serine 9 0.600 0 1 0.510	Tyrosine	g	0.496	i						
Histidine	Valine	g	0.757		-	_		0.643		
Alanine 9 0.889 0 1 0.756 Aspartic acid 9 1.505 0 1 1.279 Glutamic acid 9 2.194 0 1 1.865 Glycine 9 0.706 0 1 0.600 Proline 9 0.520 0 1 0.442 Serine 9 0.600 0 1 0.510	Arginine	g	0.880)	0	_		0.748		
Aspartic acid. 9 1.505 0 1 1.279 Glutamic acid. 9 2.194 0 1 1.865 Glycine. 9 0.706 0 1 0.600 Proline. 9 0.520 0 1 0.442 Serine. 9 0.600 0 1 0.510	Histidine	g	0.433	1	0	1		0.368		
Glutamic acid g 2.194 0 1 1.865 Glycine g 0.706 0 1 0.600 Proline g 0.520 0 1 0.442 Serine g 0.600 0 1 0.510	Alanine	g	0.889	1	-	_		0.756		
Glycine g 0.706 0 1 0.600 Proline g 0.520 0 1 0.442 Serine g 0.600 0 1 0.510	Aspartic acid	g	1.505	i	0	1		1.279		
Proline g 0.520 0 1 0.442 Serine g 0.600 0 1 0.510			2.194		0	1		1.865		
Proline g 0.520 0 1 0.442 Serine g 0.600 0 1 0.510	Glycine	g	0.706	;	0	1		0.600		
Serine	3		0.520	1	0	1		0.442		
		_	0.600	1	0	1		0.510		
	Hydroxyproline									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	62.85		0		1		94.90	53.42	
Energy	kcal	250		0	NC	4		378	213	
Energy	kj	1046				4		1579	889	
Protein (N x 6.25)	g	17.19		0		1		25.96	14.61	
Total lipid (fat)	g	19.62		0		1		29.63	16.68	
Ash	g	1.35		0		1		2.04	1.15	
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	AF		^		4		60	20	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	45 1.64		0 0		1 1		68 2.48	38 1.39	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	71		0		1		2.48 107	1.39 60	
Magnesium, Mg Phosphorus, P		215		0		1		325	183	
Potassium, K	_	459		0		1		325 693	183 390	
Sodium, Na	_	439 72		0		1		109	61	
Zinc, Zn	-	0.41		0		1		0.62	0.35	
Copper, Cu		0.028	1	0		1		0.042	0.024	
Manganese, Mn		0.019		0		1		0.029	0.016	
Selenium, Se		46.8		0	BFSN	4		70.7	39.8	
· ·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.122		0		1		0.184	0.104	
Riboflavin		0.115		0		1		0.174	0.098	
Niacin		5.128		0		1		7.743	4.359	
Pantothenic acid		0.865		0		1		1.306	0.735	
Vitamin B-6	_	0.346	5	0		1		0.522	0.294	
Folate, total		17		0		1		26	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0		1		26	14	
Folate, DFE		17		0	NC	4		26	14	
Vitamin B-12		1.44		0		1		2.17	1.22	
Vitamin A, IU		338		0		1		510	287	
Vitamin A, RAE		102		0		1		153	86	
Retinol		102		0		1		153	86	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated		4.099	,	0		1		6.189	3.484	
4:0										
6:0 8:0										
10:0 12:0	-	0.012	•	0		1		0.018	0.010	
13:0		0.012	-	J		-		0.018	0.010	
14:0		0.921	l	0		1		1.391	0.783	
15:0		0.521	-	J		-		1.391	0.763	
16:0	_	2.631	l	0		1		3.973	2.236	
17:0	_	2.031	-	J		-		3.373	2.250	
18:0	_	0.523	3	0		1		0.790	0.445	
20:0	_	0.525	-			-		0.790	0.443	
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 100	<u>0 grams</u> Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	O	10.328		0		1		15.595	8.779	
14:1		10.520		Ū		_		13.393	6.779	
15:1										
16:1 undifferentiated		1.567		0		1		2.366	1.332	
17:1	-									
18:1 undifferentiated		5.219	ı	0		1		7.881	4.436	
20:1	g	1.820	ı	0		1		2.748	1.547	
22:1 undifferentiated	g	1.670	ı	0		1		2.522	1.420	
24:1 c	g									
Fatty acids, total polyunsaturated		2.618		0		1		3.953	2.225	
18:2 undifferentiated	g	0.211		0		1		0.319	0.179	
18:3 undifferentiated	g	0.122		0		1		0.184	0.104	
18:4	g	0.146	i	0		1		0.220	0.124	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.133	i	0		1		0.201	0.113	
20:5 n-3	g	0.867		0		1		1.309	0.737	
22:5 n-3	g	0.216	i	0		1		0.326	0.184	
22:6 n-3	g	0.920	ı	0		1		1.389	0.782	
Fatty acids, total trans	g									
Cholesterol	mg	63		0		1		95	54	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.193		0		1		0.291	0.164	
Threonine		0.754		0		1		1.139	0.641	
Isoleucine		0.792		0		1		1.196	0.673	
Leucine	-	1.397		0		1		2.109	1.187	
Lysine		1.579		0		1		2.384	1.342	
Methionine		0.509		0		1		0.769	0.433	
Cystine	-	0.184		0		1		0.278	0.156	
Phenylalanine		0.671		0		1		1.013	0.570	
Tyrosine		0.580	ı	0		1		0.876	0.493	
Valine	_	0.886	i	0		1		1.338	0.753	
Arginine	-	1.029	ı	0		1		1.554	0.875	
Histidine	_	0.506	i	0		1		0.764	0.430	
Alanine	g	1.040	ı	0		1		1.570	0.884	
Aspartic acid	-	1.760	ı	0		1		2.658	1.496	
Glutamic acid	g	2.566	;	0		1		3.875	2.181	
Glycine	_	0.825	i	0		1		1.246	0.701	
Proline		0.608		0		1		0.918	0.517	
Serine	g	0.701		0		1		1.059	0.596	
Hydroxyproline	g									

Common Measures:

Measure 1 = 151g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15074 Fish, sablefish, raw Anoplopoma fimbria (Pallas)

		<u>Aı</u>	mount in 100 g	rams	of ear	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımber	-			<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	71.02	0.294	169		1		137.07	60.37	
Energy	_	195	0.201	0	NC	4		376	166	
Energy		816		·	2.0	4		1575	693	
Protein (N x 6.25)		13.41	0.089	169		1		25.88	11.40	
Total lipid (fat)		15.30	0.314	178		1		29.53	13.01	
Ash		1.05	0.016	169		1		2.03	0.89	
Carbohydrate, by difference		0.00	0.020	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									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	35		0		4		68	30	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.28		0		4		2.47	1.09	
Magnesium, Mg		55		0		4		106	47	
Phosphorus, P	•	168		0		4		324	143	
Potassium, K		358	2.652	56		1		691	304	
Sodium, Na		56	1.253	56		1		108	48	
Zinc, Zn		0.32	0.012	103		1		0.62	0.27	
Copper, Cu		0.022				1		0.042	0.019	
Manganese, Mn		0.015		0		1		0.029	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.100	ı	0		4		0.193	0.085	
Riboflavin	-	0.090		0		4		0.174	0.077	
Niacin		4.000		0		4		7.720	3.400	
Pantothenic acid	-	0.750		0		4		1.448	0.638	
Vitamin B-6		0.300		0		4		0.579	0.255	
Folate, total	_	15		0		4		29	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0		4		29	13	
Folate, DFE	mca DFE	15		0	NC	4		29	13	
Vitamin B-12		1.50		0		4		2.90	1.28	
Vitamin A, IU		310		0		4		598	264	
Vitamin A, RAE		93		0		4		180	79	
Retinol		93		0		4		180	79	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)										
inida										
ipids:	a	3.201		0		1		6.178	2.721	
Fatty acids, total saturated				0		1				
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		1		1		0.000 0.017	0.000 0.008	
12:0	-	0.009		1		1		0.017	0.008	
13:0		0 710	0.141	3		1		1 200	0 611	
14:0	_	0.719	0.141	3		1		1.388	0.611	
15:0	_	2 254	0.340			1		2 064	1 740	
16:0		2.054	0.348	3		1		3.964	1.746	
17:0		0.400	0.004			4		0.707	2 245	
18:0		0.408	0.094	3		1		0.787	0.347	
20:0	_									
22:0	g g									

		<u>Aı</u>	mount in 100 g	rams of edi	ble portion			edible portion of easures of food	
Nutrients and Un	its	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	8.057		0	1		15.550	6.848	
14:1		8.037		O	-		15.550	0.040	
15:1									
16:1 undifferentiated		1.223	0.238	3	1		2.360	1.040	
17:1									
18:1 undifferentiated	-	4.074	0.831	3	1		7.863	3.463	
20:1		1.421	0.701	3	1		2.743	1.208	
22:1 undifferentiated		1.304	0.541	3	1		2.517	1.108	
24:1 c	_								
Fatty acids, total polyunsaturated		2.042		0	1		3.941	1.736	
18:2 undifferentiated		0.165	0.076	3	1		0.318	0.140	
18:3 undifferentiated	_	0.095	0.053	3	1		0.183	0.081	
18:4	-	0.114		2	1		0.220	0.097	
20:2 n-6 c.c.	_								
20:3 undifferentiated	-								
20:4 undifferentiated	g	0.104	0.027	3	1		0.201	0.088	
20:5 n-3		0.677	0.355	3	1		1.307	0.575	
22:5 n-3		0.169		2	1		0.326	0.144	
22:6 n-3	_	0.718	0.609	3	1		1.386	0.610	
Fatty acids, total trans	g								
Cholesterol		49		1	1		95	42	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.150		0	1		0.290	0.128	
Threonine		0.588		0	1		1.135	0.500	
Isoleucine	_	0.618		0	1		1.193	0.525	
Leucine		1.090		0	1		2.104	0.927	
Lysine		1.232		0	1		2.378	1.047	
Methionine		0.397		0	1		0.766	0.337	
Cystine		0.144		0	1		0.278	0.122	
Phenylalanine		0.524		0	1		1.011	0.445	
Tyrosine		0.453		0	1		0.874	0.385	
Valine	_	0.433		0	1		1.334	0.587	
Arginine		0.803		0	1		1.550	0.683	
Histidine		0.395		0	1		0.762	0.336	
Alanine		0.811		0	1		1.565	0.689	
Aspartic acid	-	1.373		0	1		2.650	1.167	
Glutamic acid		2.002		0	1		3.864	1.702	
Glycine		0.644		0	1		1.243	0.547	
Proline	-	0.474		0	1		0.915	0.403	
Serine	-	0.547		0	1		1.056	0.465	
Hydroxyproline	-	0.547		•	-		1.000	0.403	
Others:	-								
	a	0.0		0	7		0.0	0.0	
Alcohol, ethyl		0.0		U	,		0.0	0.0	
Theobromine	-								
1 HEODIOHIHE	!!!!Y								

Common Measures:

Measure 1 = 193g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	60.14		0		1		17.05	51.12	
Energy	kcal	257		0	NC	4		73	218	
Energy	kj	1075				4		305	914	
Protein (N x 6.25)	g	17.65		0		1		5.00	15.00	
Total lipid (fat)	g	20.14		0		1		5.71	17.12	
Ash	g	1.38		0		1		0.39	1.17	
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									
Starch	g									
/C										
Minerals:	ma	50		0		4		14	43	
Calcium, Ca	-	1.69		0		4		0.48	43 1.44	
Magnesium, Mg		74		0		4		0.48 21	63	
Phosphorus, P		222		0		4		63	189	
Potassium, K	-	471		0		1		134	400	
Sodium, Na	-	737		0		1		209	626	
Zinc, Zn	-	0.43		0		1		0.12	0.37	
Copper, Cu		0.036	5	0		1		0.010	0.031	
Manganese, Mn		0.020		0		4		0.006	0.017	
Selenium, Se		50.2		0	BFSN	4		14.2	42.7	
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.130		0		4		0.037	0.111	
Riboflavin		0.120		0		4		0.034	0.102	
Niacin		5.300		0		4		1.503	4.505	
Pantothenic acid		0.990		0		4		0.281	0.842	
Vitamin B-6	-	0.390)	0		4		0.111	0.332	
Folate, total		20		0		4		6	17	
Folic acid		0		0	Z	7		0	0	
Folate, food		20		0		4		6	17	
Folate, DFE		20		0	NC	4		6	17	
Vitamin B-12		2.00		0		4		0.57	1.70	
Vitamin A, IU		408		0		4		116	347	
Vitamin A, RAE		123		0		4		35	104	
Retinol		123		0		4		35	104	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u> </u>										
Fatty acids, total saturated		4.213	3	0		1		1.194	3.581	
4:0	-									
6:0	-									
8:0	-									
10:0	-	0.010	,	0		1		0.000	0.010	
12:0		0.012	_	U		1		0.003	0.010	
13:0		0.946	5	0		1		0.060	0.004	
14:0		0.946	,	U		1		0.268	0.804	
15:0 16:0	_	2.703	2	0		1		0.766	2.298	
17:0	-	2.703	•	J		1		0.700	2.230	
18:0	_	0.537	7	0		1		0.152	0.456	
20:0	_	0.557	•	J		-		0.132	0.456	
22:0	_									
44.0	g g									

		<u>Aı</u>	nount in 100 g	grams of e	edible portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		Data Dei		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatter aside total management	a	10.605		0	1		3.007	9.014		
Fatty acids, total monounsaturated		10.603		U	1		3.007	9.014		
15:1	_									
16:1 undifferentiated		1.609		0	1		0.456	1.368		
17:1	_	1.009		U	_		0.430	1.300		
18:1 undifferentiated		5.361		0	1		1.520	4.557		
20:1	-	1.870		0	1		0.530	1.590		
				0	1					
22:1 undifferentiated 24:1 c		1.716		U	1		0.486	1.459		
		2.688		0	1		0.762	2.285		
Fatty acids, total polyunsaturated		0.217		0	1		0.762	2.285 0.184		
18:2 undifferentiated		0.217		0	1					
18:3 undifferentiated				0	1		0.035	0.106		
18:4	-	0.150		U	1		0.043	0.128		
20:2 n-6 c,c										
20:3 undifferentiated		0 107		•						
20:4 undifferentiated	_	0.137		0	1		0.039	0.116		
20:5 n-3		0.891		0	1		0.253	0.757		
22:5 n-3		0.222		0	1		0.063	0.189		
22:6 n-3	_	0.945		0	1		0.268	0.803		
Fatty acids, total trans										
Cholesterol		64		0	1		18	54		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.198		0	1		0.056	0.168		
Threonine		0.774		0	1		0.219	0.658		
Isoleucine	-	0.774		0	1		0.213	0.692		
Leucine		1.435		0	1		0.407	1.220		
		1.622		0	1		0.460	1.379		
Lysine Methionine		0.523		0	1		0.148	0.445		
	_	0.323		0	1		0.148	0.445		
Cystine	_			0	1			0.161		
Phenylalanine		0.689 0.596		0	1		0.195 0.169	0.586		
Tyrosine	_			-	1					
Valine	-	0.910		0 0	1		0.258	0.774		
Arginine	_	1.057		0	1		0.300	0.898		
Histidine	_	0.520			1		0.147	0.442		
Alanine	_	1.068		0	=		0.303	0.908		
Aspartic acid		1.808		0	1		0.513	1.537		
Glutamic acid		2.636		0	1		0.747	2.241		
Glycine		0.848		0	1		0.240	0.721		
Proline	_	0.624		0	1		0.177	0.530		
Serine	-	0.720		0	1		0.204	0.612		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100) grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			1	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	64.75		2		1		115.26	55.04	
Energy	kcal	206		0	NC	4		367	175	
Energy	kj	862				4		1534	733	
Protein (N x 6.25)	g	22.10		2		1		39.34	18.79	
Total lipid (fat)	g	12.35		2		1		21.98	10.50	
Ash	g	1.15		2		1		2.05	0.98	
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	-	15		0		4		27	13	
Iron, Fe	-	0.34		2		1		0.61	0.29	
Magnesium, Mg		30		2		1		53	26	
Phosphorus, P	-	252		2		1		449	214	
Potassium, K	-	384		2		1		684	326	
Sodium, Na	-	61		2		1		109	52	
Zinc, Zn		0.43		2		1		0.77	0.37	
Copper, Cu		0.049		2		1		0.087	0.042	
Manganese, Mn		0.016	5	2		1		0.028	0.014	
Selenium, Se	mcg	41.4		0	BFSN	4		73.7	35.2	
/itamins:										
Vitamin C, total ascorbic acid	ma	3.7		2		1		6.6	3.1	
Thiamin	-	0.340	`	2		1		0.605	0.289	
Riboflavin		0.135		2		1		0.240	0.115	
		8.045		2		1		14.320	6.838	
Niacin		1.475		2		1		2.626	1.254	
Pantothenic acid		0.647		2		1		1.152		
Vitamin B-6	-		•						0.550	
Folate, total		3 4 0		1 0	_	1 7		61 0	29	
Folic acid					Z				0	
Folate, food		34		1	***	1 4		61 61	29	
Folate, DFE		34		0	NC				29	
Vitamin B-12		2.80		2		1 1		4.98	2.38	
Vitamin A, IU		50		2		_		89	43	
Vitamin A, RAE		15		2		1		27	13	
Retinol		15		2		1		27	13	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
<u>lipids:</u>										
Fatty acids, total saturated	g	2.504	l	0		1		4.457	2.128	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.571	L	2		1		1.016	0.485	
15:0	g									
16:0	g	1.493	3	2		1		2.658	1.269	
17:0										
18:0	-	0.315	5	2		1		0.561	0.268	
20:0	-									
22:0	-									
24:0	-									

Nutrients and Units Nutrients			<u>Aı</u>	nount in 100 gr		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units Mean Stid. Error Points Code Code Measure 1 Measure 2 Measure 3						Source	Confidence				
14-1	Nutrients and Uni	ts	Mean					Measure 1	Measure 2	Measure 3	
15.1	Fatty acids, total monounsaturated	g	4.432		0	1		7.889	3.767		
161 undifferentiated. 9	14:1	g									
17-1	15:1	g									
18:1 undifferentiated	16:1 undifferentiated	g	0.767		2	1		1.365	0.652		
201	17:1	g									
22:1 undifferentiated	18:1 undifferentiated	g	2.046		2	1		3.642	1.739		
24.1 c. g Fatty acids, total polyunsaturated. g 4.426 0 1 7.878 3.762 18.2 undifferentiated. g 0.666 2 1 0.201 0.566 18.3 undifferentiated. g 0.184 2 1 0.201 0.096 18.4. g 0.184 2 1 0.328 0.156 20.2 n.6 cc. g 2 2 1 0.328 0.156 20.5 n.3. g 1.273 2 1 1.226 1.082 20.5 n.3. g 0 0.690 2 1 1.228 0.887 22.5 n.3. g 1.457 2 1 2.593 1.238 Fatty acids, total uras. g 1.457 2 1 1.2 2.54 Patty acids, total uras. g 1.259 1.238 1.238 1.238 1.238 1.238 1.238 1.238 1.238 1.238 1.238	20:1	g	1.368		2	1		2.435	1.163		
Fatty acids, total polyunsturated. g	22:1 undifferentiated	g									
18.2 undifferentiated. g	24:1 c	g									
18.3 undifferentiated. g 0.113 2 1 0.201 0.096 18.4. g 0.184 2 1 0.328 0.156 20.2 n-6 c. g 9 20.3 undifferentiated. g 1.273 2 1 2.266 1.082 20.5 n-3 g 0.690 2 1 1.228 0.587 22.5 n-3 g 1.457 2 1 2.593 1.238 Fatty acids, total trans g 3 2 1 112 54 Phytosterol. mg 63 2 1 1 12 54 Phytosterol. mg 0 1 1 1.2 54 1 Thytosterol. g 0.969 0 1 1			4.426					7.878	3.762		
18.4 9 0.184 2 1 0.328 0.156 20.2 n-6 c.c 9 9 20.3 undifferentiated 9 20.4 undifferentiated 9 1.273 2 1 2.266 1.082 20.5 n-3 9 0.690 2 1 1.228 0.587 22.5 n-3 9 1.457 2 1 2.593 1.238 Fatty acids, total trans 9 Cholesterol mg 63 2 1 112 54 Phytosterols mg 0 1 1 0.21 0.21 0.21 0.21 0.21 0.21 0.21 0.21 0.21 0.21 0.22 0.21 0.2	18:2 undifferentiated	g	0.666		2	1		1.185	0.566		
20.2 n-6 c. 9 20.3 undifferentiated 9 1.273 2 1 2.266 1.082 20.5 n-3 9 0.690 2 1 1.228 0.587 22.5 n-3 9 0.690 2 1 1.228 0.587 22.5 n-3 9 1.457 2 1 2.593 1.238 22.6 n-3 9 1.457 2 1 112 54 2.593 1.238 2.50 n-3 9 1.457 2 1 112 54 2.593 1.238 2.50 n-3 2.50	18:3 undifferentiated	g	0.113		2	1		0.201	0.096		
20.3 undifferentiated. g	18:4	g	0.184		2	1		0.328	0.156		
20.4 undifferentiated											
20:5 n-3	20:3 undifferentiated	g									
22.5 n-3. 9 1.457 2 1 2.593 1.238 Fatty acids, total trans. 9 Cholesterol. mg 63 2 1 112 54 Phytosterols. mg 63 2 1 112 54 Amino Acids: Tryptophan. 9 0.248 0 1 0.441 0.211 Threonine. 9 0.969 0 1 1.725 0.824 Isoleucine. 9 1.018 0 1 1.812 0.865 Leucine. 9 1.796 0 1 3.197 1.527 Lysine. 9 2.030 0 1 3.613 1.726 Methionine. 9 0.654 0 1 1.64 0.556 Cystine. 9 0.237 0 1 1.64 0.556 Cystine. 9 0.863 0 1 1.536 0.734		-									
22:6 n-3 9 1.457 2 1 2.593 1.238 Faty acids, total trans 9 63 2 1 112 54 Cholesterol. mg 63 2 1 112 54 Phytosterols. Amino Acids: Tryptophan. 9 0.248 0 1 0.441 0.211 Threonine 9 0.969 0 1 1.725 0.824 Include the colspan="2">Solution of the colspan="			0.690		2	1		1.228	0.587		
Fatty acids, total trans 9 Cholesterol. mg 63 2 1 112 54 Phytosterols Amino Acids: Tryptophan. 9 0.248 0 1 0.441 0.211 Threonine. 9 0.969 0 1 1.725 0.824 Isoleucine. 9 1.018 0 1 1.812 0.865 Leucine. 9 1.796 0 1 3.197 1.527 Lysine. 9 2.030 0 1 3.613 1.726 Methionine. 9 0.654 0 1 1.164 0.556 Cystine. 9 0.237 0 1 1.536 0.734 Tyrosine. 9 0.863 0 1 1.328 0.634 Valine. 9 1.339 0 1 1.328 0.634 Valine. 9 1.332 0 1											
Cholesterol. mg 63 2 1 112 54 Phytosterols. mg Amino Acids: Tryptophan. 9 0.248 0 1 0.441 0.211 Threonine. 9 0.969 0 1 1.725 0.824 Isoleucine. 9 1.018 0 1 1.812 0.865 Leucine. 9 1.796 0 1 3.197 1.527 Lysine. 9 0.654 0 1 3.613 1.726 Methionine. 9 0.654 0 1 1.164 0.556 Cystine. 9 0.654 0 1 1.536 0.734 Tyrosine. 9 0.863 0 1 1.536 0.734 Tyrosine. 9 1.139 0 1 1.328 0.634 Valine. 9 1.322 0 1 2.027 0.968 <td>22:6 n-3</td> <td>g</td> <td>1.457</td> <td></td> <td>2</td> <td>1</td> <td></td> <td>2.593</td> <td>1.238</td> <td></td>	22:6 n-3	g	1.457		2	1		2.593	1.238		
Phytosterols	3	_									
Amino Acids: Tryptophan 9 0.248 0 1 0.441 0.211 Threonine 9 0.969 0 1 1.725 0.824 Isoleucine 9 1.018 0 1 1.812 0.865 Leucine 9 1.796 0 1 3.197 1.527 Lysine 9 2.030 0 1 3.613 1.726 Methionine 9 0.654 0 1 1.164 0.556 Cystine 9 0.237 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.339 0 1 2.355 1.124 Histidine 9 1.322 0 1 2.355 1.124 Histidine 9 1.337 0 1 <t< td=""><td></td><td></td><td>63</td><td></td><td>2</td><td>1</td><td></td><td>112</td><td>54</td><td></td></t<>			63		2	1		112	54		
Tryptophan 9 0.248 0 1 0.441 0.211 Threonine 9 0.969 0 1 1.725 0.824 Isoleucine 9 1.018 0 1 1.812 0.865 Leucine 9 1.796 0 1 3.197 1.527 Lysine 9 2.030 0 1 3.613 1.726 Methionine 9 0.654 0 1 1.164 0.556 Cystine 9 0.654 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.322 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 1.337 0 1 2.380 1.136<	Phytosterols	mg									
Tryptophan 9 0.248 0 1 0.441 0.211 Threonine 9 0.969 0 1 1.725 0.824 Isoleucine 9 1.018 0 1 1.812 0.865 Leucine 9 1.796 0 1 3.197 1.527 Lysine 9 2.030 0 1 3.613 1.726 Methionine 9 0.654 0 1 1.164 0.556 Cystine 9 0.654 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.322 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 1.337 0 1 2.380 1.136<	Amino Acids:										
Threonine 9 0.969 0 1 1.725 0.824 Isoleucine 9 1.018 0 1 1.812 0.865 Leucine 9 1.796 0 1 3.197 1.527 Lysine 9 2.030 0 1 3.613 1.726 Methionine 9 0.654 0 1 1.164 0.556 Cystine 9 0.237 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.139 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 0.651 0 1 1.159 0.553 Alanine 9 1.337 0 1 2.380 1.136 <td>·</td> <td>а</td> <td>0.248</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>0.441</td> <td>0.211</td> <td></td>	·	а	0.248		0	1		0.441	0.211		
Soleucine	71 1	-				1					
Leucine 9 1.796 0 1 3.197 1.527 Lysine 9 2.030 0 1 3.613 1.726 Methionine 9 0.654 0 1 1.164 0.556 Cystine 9 0.237 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.139 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 0.651 0 1 1.159 0.553 Alanine 9 1.337 0 1 2.380 1.136 Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 0.781 0 1 1.889 0.90		_			0	1					
Lysine 9 2.030 0 1 3.613 1.726 Methionine 9 0.654 0 1 1.164 0.556 Cystine 9 0.237 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.139 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 0.651 0 1 1.159 0.553 Alanine 9 1.337 0 1 2.380 1.136 Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 1.061 0 1 1.889 0.902 Proline 9 0.781 0 1 1.390 0.66					0	1					
Methionine g 0.654 0 1 1.164 0.556 Cystine g 0.237 0 1 0.422 0.201 Phenylalanine g 0.863 0 1 1.536 0.734 Tyrosine g 0.746 0 1 1.328 0.634 Valine g 1.139 0 1 2.027 0.968 Arginine g 1.322 0 1 2.353 1.124 Histidine g 0.651 0 1 1.159 0.553 Alanine g 1.337 0 1 2.380 1.136 Aspartic acid g 2.263 0 1 4.028 1.924 Glutamic acid g 3.299 0 1 5.872 2.804 Glycine g 1.061 0 1 1.390 0.664 Serine g 0.902 0 1 1.606 0.			2.030		0	1		3.613			
Cystine 9 0.237 0 1 0.422 0.201 Phenylalanine 9 0.863 0 1 1.536 0.734 Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.139 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 0.651 0 1 1.159 0.553 Alanine 9 1.337 0 1 2.380 1.136 Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 1.061 0 1 1.889 0.902 Proline 9 0.781 0 1 1.390 0.664 Serine 9 0.902 0 1 1.606 0.767	ž				0	1					
Phenylalanine. 9 0.863 0 1 1.536 0.734 Tyrosine. 9 0.746 0 1 1.328 0.634 Valine. 9 1.139 0 1 2.027 0.968 Arginine. 9 1.322 0 1 2.353 1.124 Histidine. 9 0.651 0 1 1.159 0.553 Alanine. 9 1.337 0 1 2.380 1.136 Aspartic acid. 9 2.263 0 1 4.028 1.924 Glutamic acid. 9 3.299 0 1 5.872 2.804 Glycine. 9 1.061 0 1 1.889 0.902 Proline. 9 0.781 0 1 1.390 0.664 Serine. 9 0.902 0 1 1.606 0.767		-	0.237		0	1		0.422	0.201		
Tyrosine 9 0.746 0 1 1.328 0.634 Valine 9 1.139 0 1 2.027 0.968 Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 0.651 0 1 1.159 0.553 Alanine 9 1.337 0 1 2.380 1.136 Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 1.061 0 1 1.889 0.902 Proline 9 0.781 0 1 1.390 0.664 Serine 9 0.902 0 1 1.606 0.767	3	-			0	1					
Valine g 1.139 0 1 2.027 0.968 Arginine g 1.322 0 1 2.353 1.124 Histidine g 0.651 0 1 1.159 0.553 Alanine g 1.337 0 1 2.380 1.136 Aspartic acid g 2.263 0 1 4.028 1.924 Glutamic acid g 3.299 0 1 5.872 2.804 Glycine g 1.061 0 1 1.889 0.902 Proline g 0.781 0 1 1.390 0.664 Serine g 0.902 0 1 1.606 0.767	-				0	1					
Arginine 9 1.322 0 1 2.353 1.124 Histidine 9 0.651 0 1 1.159 0.553 Alanine 9 1.337 0 1 2.380 1.136 Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 1.061 0 1 1.889 0.902 Proline 9 0.781 0 1 1.390 0.664 Serine 9 0.902 0 1 1.606 0.767	3	-									
Histidine g 0.651 0 1 1.159 0.553 Alanine g 1.337 0 1 2.380 1.136 Aspartic acid g 2.263 0 1 4.028 1.924 Glutamic acid g 3.299 0 1 5.872 2.804 Glycine g 1.061 0 1 1.889 0.902 Proline g 0.781 0 1 1.390 0.664 Serine g 0.902 0 1 1.606 0.767		_				1					
Alanine 9 1.337 0 1 2.380 1.136 Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 1.061 0 1 1.889 0.902 Proline 9 0.781 0 1 1.390 0.664 Serine 9 0.902 0 1 1.606 0.767	0	-			0	1					
Aspartic acid 9 2.263 0 1 4.028 1.924 Glutamic acid 9 3.299 0 1 5.872 2.804 Glycine 9 1.061 0 1 1.889 0.902 Proline 9 0.781 0 1 1.390 0.664 Serine 9 0.902 0 1 1.606 0.767		_			0	1					
Glutamic acid. g 3.299 0 1 5.872 2.804 Glycine. g 1.061 0 1 1.889 0.902 Proline. g 0.781 0 1 1.390 0.664 Serine. g 0.902 0 1 1.606 0.767			2.263		0	1		4.028	1.924		
Glycine g 1.061 0 1 1.889 0.902 Proline g 0.781 0 1 1.390 0.664 Serine g 0.902 0 1 1.606 0.767	-		3.299		0	1		5.872			
Proline g 0.781 0 1 1.390 0.664 Serine g 0.902 0 1 1.606 0.767			1.061		0	1		1.889	0.902		
Serine	-		0.781		0	1		1.390			
		_	0.902		0	1		1.606	0.767		

Common Measures:

Measure 1 = 178g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15236 Fish, salmon, Atlantic, farmed, raw Salmo salar L.

		<u>A</u>	mount in 100 gr	rams of	t edib	le portic	<u>on</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	
			of l	Data D	eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatos										
Proximates: Water	a	68.90		2		1		136.42	58.57	
Energy	-	183		0	NC	4		362	156	
Energy		766				4		1516	651	
Protein (N x 6.25)	-	19.90		2		1		39.40	16.92	
Total lipid (fat)		10.85		2		1		21.48	9.22	
Ash		1.05		2		1		2.08	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	-									
Starcii	9									
Minerals:										
Calcium, Ca	-	12		0		4		24	10	
Iron, Fe	_	0.36		2		1		0.71	0.31	
Magnesium, Mg		28		2		1		55	24	
Phosphorus, P		233		2		1		461	198	
Potassium, K		362		2		1		717	308	
Sodium, Na	-	59		2		1		117	50	
Zinc, Zn		0.40		2		1		0.79	0.34	
Copper, Cu		0.049		2		1 1		0.097	0.042 0.013	
Manganese, Mn Selenium, Se		0.015 36.5)		CAZN	4		0.030 72.3	31.0	
Selenium, Se	Thog	30.3		•	CAZN	-		72.3	31.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	3.9		2		1		7.7	3.3	
Thiamin	mg	0.340)	2		1		0.673	0.289	
Riboflavin	mg	0.120)	2		1		0.238	0.102	
Niacin	<u>mg</u>	7.505	5	2		1		14.860	6.379	
Pantothenic acid	mg	1.380)	2		1		2.732	1.173	
Vitamin B-6	mg	0.637	7	2		1		1.261	0.541	
Folate, total		26		1		1		51	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		26		1		1		51	22	
Folate, DFE		26		0	NC	4		51	22	
Vitamin B-12		2.80		2		1		5.54	2.38	
Vitamin A, IU		50		2		1		99	43	
Vitamin A, RAE		15		2		1		30	13	
Retinol		15		2		1		30	13	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	2.183	3	0		1		4.322	1.856	
4:0										
6:0										
8:0	-									
10:0	g									
12:0										
13:0	g									
14:0	g	0.492	2	2		1		0.974	0.418	
15:0	g									
16:0	g	1.298	3	2		1		2.570	1.103	
17:0	g									
18:0	g	0.277	7	2		1		0.548	0.235	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 100 gr		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		3.868		0	1		7.659	3.288		
14:1	-									
15:1										
16:1 undifferentiated	-	0.670		2	1		1.327	0.570		
17:1										
18:1 undifferentiated	-	1.785		2	1		3.534	1.517		
20:1		1.193		2	1		2.362	1.014		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	g	3.931		0	1		7.783	3.341		
18:2 undifferentiated	g	0.586		2	1		1.160	0.498		
18:3 undifferentiated	g	0.094		2	1		0.186	0.080		
18:4	g	0.157		2	1		0.311	0.133		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated		1.152		2	1		2.281	0.979		
20:5 n-3	g	0.618		2	1		1.224	0.525		
22:5 n-3										
22:6 n-3	-	1.293		2	1		2.560	1.099		
Fatty acids, total trans	-									
Cholesterol	-	59		2	1		117	50		
Phytosterols										
-										
Amino Acids:				_						
Tryptophan		0.223		0	1		0.442	0.190		
Threonine	-	0.872		0	1		1.727	0.741		
Isoleucine		0.917		0	1		1.816	0.779		
Leucine	g	1.617		0	1		3.202	1.374		
Lysine	g	1.828		0	1		3.619	1.554		
Methionine	g	0.589		0	1		1.166	0.501		
Cystine	g	0.213		0	1		0.422	0.181		
Phenylalanine	g	0.777		0	1		1.538	0.660		
Tyrosine	g	0.672		0	1		1.331	0.571		
Valine	g	1.025		0	1		2.030	0.871		
Arginine	g	1.191		0	1		2.358	1.012		
Histidine	g	0.586		0	1		1.160	0.498		
Alanine	-	1.204		0	1		2.384	1.023		
Aspartic acid		2.038		0	1		4.035	1.732		
Glutamic acid		2.971		0	1		5.883	2.525		
Glycine		0.955		0	1		1.891	0.812		
Proline		0.704		0	1		1.394	0.598		
Serine	-	0.812		0	1		1.608	0.690		
Hydroxyproline		0.012		-	-		1.000	0.050		
11yuroxypronne	9									

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gran	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Da	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	а	59.62	0		1		91.81	50.68	
Energy	_	182	0	NC	4		280	155	
Energy		761	·	II.C	4		1173	647	
Protein (N x 6.25)	=	25.44	0		1		39.18	21.62	
Total lipid (fat)		8.13	0		1		12.52	6.91	
Ash		3.26	0		1		5.02	2.77	
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		0.0	·		,		0.0	0.0	
0 ,	-								
Starch	9								
Minerals:									
Calcium, Ca	mg	15	0		1		23	13	
Iron, Fe	mg	1.03	0		1		1.59	0.88	
Magnesium, Mg	mg	37	0		1		57	31	
Phosphorus, P	mg	256	0		1		394	218	
Potassium, K	mg	628	0		1		967	534	
Sodium, Na	mg	56	0		1		86	48	
Zinc, Zn	mg	0.82	0		1		1.26	0.70	
Copper, Cu	mg	0.321	L 0		1		0.494	0.273	
Manganese, Mn	mg	0.021	L 0		1		0.032	0.018	
Selenium, Se	mcg	46.8	0	BFSN	4		72.1	39.8	
Vitamins:									
	ma	0.0	0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid				Z				0.0	
Thiamin		0.275			1 1		0.424	0.234	
Riboflavin		0.487					0.750	0.414	
Niacin		10.077			1 1		15.519	8.565	
Pantothenic acid		1.920					2.957	1.632	
Vitamin B-6	-	0.944			1		1.454	0.802	
Folate, total		29	0	_	1		45	25	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	29	0	***	1		45	25	
Folate, DFE		29	0	NC	4		45	25	
Vitamin B-12		3.05	0		1		4.70	2.59	
Vitamin A, IU		44	0		1		68	37	
Vitamin A, RAE		13	0		1		20	11	
Retinol		13	0		1		20	11	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	ncg								
Lipids:									
Fatty acids, total saturated	g	1.257	7 0		1		1.936	1.068	
4:0									
6:0	g								
8:0	g								
10:0	g								
12:0	g								
13:0	g								
14:0	g	0.176	5 0		1		0.271	0.150	
15:0	g								
16:0	g	0.810	0		1		1.247	0.689	
17:0	g								
18:0	g	0.272	2 0		1		0.419	0.231	
20:0	-								
22:0	g								
24:0	-								

		<u>Aı</u>	mount in 100	grams of umber	edible portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		f Data De	eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3	
P-44	9	2.697		0	1		4 152	2 202		
Fatty acids, total monounsaturated.		2.697		U	1		4.153	2.292		
15:1										
16:1 undifferentiated		0.322		0	1		0.496	0.274		
17:1	_	0.022		•	_		0.150	0.2		
18:1 undifferentiated.		1.732		0	1		2.667	1.472		
20:1		0.286		0	1		0.440	0.243		
22:1 undifferentiated	-	0.358		0	1		0.551	0.304		
24:1 c				-	, i		- · · · - -			
Fatty acids, total polyunsaturated		3.256		0	1		5.014	2.768		
18:2 undifferentiated		0.220		0	1		0.339	0.187		
18:3 undifferentiated	-	0.378		0	1		0.582	0.321		
18:4		0.106		0	1		0.163	0.090		
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.342		0	1		0.527	0.291		
20:5 n-3	g	0.411		0	1		0.633	0.349		
22:5 n-3	g	0.368		0	1		0.567	0.313		
22:6 n-3	-	1.429		0	1		2.201	1.215		
Fatty acids, total trans										
Cholesterol	mg	71		0	1		109	60		
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.285		0	1		0.439	0.242		
Threonine		1.115		0	1		1.717	0.242		
		1.113		0	1		1.805	0.948		
Isoleucine	_	2.067		0	1		3.183	1.757		
Leucine		2.336		0	1		3.163	1.757		
Lysine Methionine		0.753		0	1		1.160	0.640		
	-	0.733		0	1		0.420	0.640		
Cystine		0.273		0	1		1.529	0.232		
Phenylalanine Tyrosine		0.993		0	1		1.323	0.844		
Valine	-	1.310		0	1		2.017	1.114		
Arginine	_	1.522		0	1		2.344	1.114		
Histidine	-	0.749		0	1		1.153	0.637		
Alanine		1.538		0	1		2.369	1.307		
Aspartic acid	_	2.605		0	1		4.012	2.214		
Glutamic acid	-	3.797		0	1		5.847	3.227		
Glycine	-	1.221		0	1		1.880	1.038		
Proline		0.899		0	1		1.384	0.764		
Serine		1.038		0	1		1.599	0.882		
Hydroxyproline	_	1.030		J	-		1.599	0.002		
11yaroxypromic	9									

Common Measures:

Measure 1 = 154g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15076 Fish, salmon, Atlantic, wild, raw Salmo salar L.

		<u>Aı</u>	mount in 100 gr	rams o	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u> :	easures of food	_
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	68.50	1.146	21		1		135.63	58.23	
	_	142	1.140	0	NC	4		281	121	
Energy		594		U	NC	4		1176	505	
Energy			0.660	•		_				
Protein (N x 6.25)		19.84	0.662	9		1		39.28	16.86	
Total lipid (fat)		6.34	1.772	7		1		12.55	5.39	
Ash		2.54	0.894	6	_	1		5.03	2.16	
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	-									
Starch	g									
Minerals:										
Calcium. Ca	ma	12	4.117	3		1		24	10	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.80	4.11/	1		1		1.58	0.68	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	29		1		1		57	25	
Phosphorus, P		200		1		1		396	170	
Potassium, K	-	490	30.234	3		1		970	417	
Sodium, Na		44	30.234	2		1		87	37	
Zinc, Zn	-	0.64		1		1		1.27	0.54	
*		0.84		1		1		0.495	0.34	
Copper, Cu		0.250		1		1		0.495	0.213	
Manganese, Mn		36.5	1	0	CAZN	4		72.3	31.0	
Selenium, Se	Ilicy	36.5		U	CAZN	4		12.3	31.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.226	0.038	11		1		0.447	0.192	
Riboflavin		0.380	0.147	6		1		0.752	0.323	
Niacin	mg	7.860	0.618	13		1		15.563	6.681	
Pantothenic acid	mg	1.664	0.375	5		1		3.295	1.414	
Vitamin B-6		0.818	0.035	4		1		1.620	0.695	
Folate, total	-	25		1		1		50	21	
Folic acid		0		0	Z	7		0	0	
Folate, food		25		1		1		50	21	
Folate, DFE	mca DFE	25		0	NC	4		50	21	
Vitamin B-12		3.18	0.312	10		1		6.30	2.70	
Vitamin A, IU		40	****	1		1		79	34	
Vitamin A, RAE		12		1		1		24	10	
Retinol		12		1		1		24	10	
Vitamin E (alpha-tocopherol)				-		-			10	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.981		0		1		1.942	0.834	
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0	g	0.137		2		1		0.271	0.116	
15:0	g									
16:0	g	0.632		2		1		1.251	0.537	
17:0	g									
18:0	g	0.212		2		1		0.420	0.180	
20:0	g									
22:0	g									
24:0	q									

	<u>A</u>	mount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common		
		Numbe	r		<u>me</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Par il col	~ 0.10					4 500	
Fatty acids, total monounsaturated	=	0	1		4.164	1.788	
15:1							
		. 2	1		0.497	0.213	
16:1 undifferentiated		. 2	1		0.497	0.213	
	-	L 2	1		0 675	1 140	
18:1 undifferentiated			1		2.675	1.148	
20:1	=				0.442	0.190	
22:1 undifferentiated	•	1	1		0.552	0.237	
24:1 c	-		_				
Fatty acids, total polyunsaturated			1		5.027	2.158	
18:2 undifferentiated	-		1		0.341	0.146	
18:3 undifferentiated	-		1		0.584	0.251	
18:4	•	3 1	1		0.164	0.071	
20:2 n-6 c,c	=						
20:3 undifferentiated	. •						
20:4 undifferentiated	-		1		0.529	0.227	
20:5 n-3	.g 0.32:	L 2	1		0.636	0.273	
22:5 n-3	.g 0.28'	7 2	1		0.568	0.244	
22:6 n-3	.g 1.11!	5 2	1		2.208	0.948	
Fatty acids, total trans	.g						
Cholesterol	.mg 55	0	1		109	47	
Phytosterols	mg						
Amino Acids:							
Tryptophan	.g 0.22	2 0	1		0.440	0.189	
Threonine	.g 0.87	0	1		1.723	0.740	
Isoleucine	g 0.91	1 0	1		1.810	0.777	
Leucine	.g 1.61:	3 0	1		3.194	1.371	
Lysine	=	2 0	1		3.608	1.549	
Methionine	-	7 0	1		1.162	0.499	
Cystine		3 0	1		0.422	0.181	
Phenylalanine			1		1.535	0.659	
Tyrosine			1		1.327	0.570	
Valine	.0		1		2.024	0.869	
Arginine		-	1		2.350	1.009	
Histidine			1		1.156	0.496	
Alanine			1		2.376	1.020	
			1		4.023	1.727	
Aspartic acid		-	1		4.023 5.865	2.518	
Glutamic acid			1				
Glycine					1.885	0.809	
Proline	=		1		1.390	0.597	
Serine	-	0	1		1.602	0.688	
Hydroxyproline	. . 9						

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>		edible portion	
			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	65.60	0		1		101.02	55.76	
Energy	kcal	231	0	NC	4		356	196	
Energy		967			4		1488	822	
Protein (N x 6.25)	g	25.72	0		1		39.61	21.86	
Total lipid (fat)		13.38	0		1		20.61	11.37	
Ash		1.76	0		1		2.71	1.50	
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	00	•		4		43	0.4	
Calcium, Ca	-	28 0.91	0		1 1		43 1.40	24 0.77	
Iron, FeMagnesium, Mg		122	0		1		1.40	104	
Phosphorus, P		371	0		1		571	315	
Potassium, K	_	505	0		1		778	429	
Sodium, Na		60	0		1		92	51	
Zinc, Zn		0.56	0		1		0.86	0.48	
Copper, Cu		0.053			1		0.082	0.045	
Manganese, Mn		0.019			1		0.029	0.016	
Selenium, Se		46.8	0	BFSN	4		72.1	39.8	
Vitamins:			•		_				
Vitamin C, total ascorbic acid		4.1	0		1		6.3	3.5	
Thiamin		0.044			1 1		0.068	0.037	
Riboflavin		0.154			1		0.237	0.131	
Niacin	_	10.045 0.865			1		15.469	8.538	
Pantothenic acid Vitamin B-6		0.462			1		1.332 0.711	0.735 0.393	
	-	35	0		1		54	30	
Folic acid		0	0	z	7		0	0	
Folate, food		35	0	4	1		54	30	
Folate, DFE	mca DFF	35	0	NC	4		54	30	
Vitamin B-12		2.87	0	110	1		4.42	2.44	
Vitamin A, IU		496	0		1		764	422	
Vitamin A, RAE		149	0		1		229	127	
Retinol		149	0		1		229	127	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	=								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	3.214	1 0		1		4.950	2.732	
4:0		3.21			-		1.550	2.,52	
6:0									
8:0									
10:0									
12:0									
13:0									
14:0		0.455	5 0		1		0.701	0.387	
15:0									
16:0		2.045	5 0		1		3.149	1.738	
17:0									
18:0	-	0.714	1 0		1		1.100	0.607	
20:0	g								
22:0	g								
	g								

Nutrients and Units			<u>Aı</u>	nount in 100	grams of e	edible portio	<u>on</u>	Amount in edible portion of common measures of food			
14-1	Nutrients and Un	its	Mean	0	f Data De					Measure 3	
14	Fatty acide total monouncaturated	a	5 742		0	1		8 843	4 881		
15-1	-		3.742		v	-		0.043	4.001		
16 mdifferentiated. 9											
17-1			1.133		0	1		1.745	0.963		
181 undifferentiated g 3.585 0 1 5.521 3.047 201 1 g 0.580 0 1 0.893 0.493 221 undifferentiated g 0.444 0 1 0.684 0.377 241 c 9 0.136 0 1 4.099 2.263 182 undifferentiated g 0.136 0 1 0.299 0.116 183 undifferentiated g 0.185 0 1 0.285 0.157 20-2 n-6 c. g 0 1 0.285 0.157 20-2 undifferentiated g 0.197 0 1 0.303 0.167 20-5 n-3 g 0.296 0 1 0.456 0.252 22-5 n-3 g 0.296 0 1 1.120 0.618 Fatty acids, total trans g 0 1 1.12 0.518 Thytosterols mg 85 0 1 1.31 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-									
22:1 undifferentiated			3.585		0	1		5.521	3.047		
Patrix acids, total polyunsaturated	20:1	g	0.580		0	1		0.893	0.493		
Fatty acids, total polyunsaturated		_	0.444		0	1		0.684	0.377		
Fatty acids, total polyunsaturated	24:1 c	g									
18.3 undifferentiated 9 0.110 0 1 0.169 0.094 18.4 9 0.185 0 1 0.285 0.157 202 nde c. 9 9 0.203 0.167 0 1 0.303 0.167 20.5 n-3 9 1.010 0 1 1.555 0.859 22.5 n-3 9 0.727 0 1 0.456 0.252 22.5 n-3 9 0.727 0 1 1.120 0.618 Faty acids, total trans 9 0.727 0 1 131 72 Phytosterols mg 85 0 1 131 72 Amino Acids: Tryptophan 9 0.288 0 1 1.736 0.958 Intercentage 9 1.185 0 1 1.225 1.007 Leucine 9 2.362 0 1 3.637 <t< td=""><td></td><td></td><td>2.662</td><td></td><td>0</td><td>1</td><td></td><td>4.099</td><td>2.263</td><td></td></t<>			2.662		0	1		4.099	2.263		
18.4.	18:2 undifferentiated	g	0.136		0	1		0.209	0.116		
20:2 n-6 c,c	18:3 undifferentiated	g	0.110		0	1		0.169	0.094		
20.3 undifferentiated. 9	18:4	g	0.185		0	1		0.285	0.157		
20.4 undifferentiated	20:2 n-6 c,c	g									
20.5 n-3 9 1.010 0 1 1.555 0.859 22.5 n-3 9 0.296 0 1 0.456 0.252 22.6 n-3 9 0.727 0 1 1.120 0.618 Fatty acids, total trans. 9 Cholesterol. mg 85 0 1 131 72 Phytosterols. mg Assistance of the phytosterols. Typtophan. 9 0.288 0 1 0.444 0.245 Typtophan. 9 0.288 0 1 1.736 0.958 Tsolocuice. 9 1.185 0 1 1.825 1.007 Leucine. 9 1.185 0 1 1.825 1.007 Leucine. 9 2.362 0 1 3.637 2.008 Methionine. 9 0.761 0 1 1.172	20:3 undifferentiated	g									
22:5 n-3 g 0.296 0 1 0.456 0.252 22:6 n-3 g 0.727 0 1 1.120 0.618 Fatty acids, total trans g 5 0 1 131 72 Cholesterol. mg 85 0 1 131 72 Phytosterols mg Solution acid No.444 0.245 Tryptophan. g 0.288 0 1 0.444 0.245 Threonine g 1.127 0 1 1.736 0.958 Isoleucine g 1.185 0 1 1.825 1.007 Leucine g 2.090 0 1 3.637 2.008 Leysine g 2.362 0 1 3.637 2.008 Methionine g 0.276 0 1 0.425 0.235 <	20:4 undifferentiated	g	0.197		0	1		0.303	0.167		
22.6 n-3. 9 0.727 0 1 1.120 0.618 Fatty acids, total trans. 9 85 0 1 131 72 Phytosterols. mg 85 0 1 131 72 Amino Acids: Tryptophan. 9 0.288 0 1 0.444 0.245 Threonine. 9 1.127 0 1 1.736 0.958 Isoleucine. 9 1.185 0 1 1.825 1.007 Leucine. 9 2.090 0 1 3.219 1.777 Lysine. 9 2.362 0 1 3.637 2.008 Methionine. 9 0.761 0 1 1.172 0.647 Cystine. 9 0.276 0 1 1.546 0.853 Tyrosine. 9 0.868 0 1 1.337 0.738 Valine. 9	20:5 n-3	g	1.010		0	1		1.555	0.859		
Fatty acids, total trans. 9 Cholesterol. mg 85 0 1 131 72 Phytosterols. Mark Amino Acids: Tryptopham. 9 0.288 0 1 0.444 0.245 Threonine. 9 1.127 0 1 1.736 0.958 Isoleucine. 9 1.185 0 1 1.825 1.007 Leucine. 9 2.090 0 1 3.219 1.777 Lysine. 9 2.362 0 1 3.637 2.008 Methionine. 9 0.761 0 1 1.172 0.647 Cystine. 9 0.761 0 1 1.172 0.647 Cystine. 9 0.276 0 1 1.546 0.853 Tyrosine. 9 0.868 0 1 1.337 0.738 Valine. 9	22:5 n-3	g	0.296		0	1		0.456	0.252		
Cholesterol mg 85 0 1 131 72 Phytosterols mg Amino Acids: Tryptopham g 0.288 0 1 0.444 0.245 Threonine g 1.127 0 1 1.736 0.958 Isoleucine g 1.185 0 1 1.825 1.007 Leuine g 2.362 0 1 3.637 2.008 Methionine g 0.761 0 1 1.172 0.647 Cystine g 0.276 0 1 1.546 0.853 Phenylalanine g 1.004 0 1 1.546 0.853 Tyrosine g 0.868 0 1 1.337 0.738 Valine g 1.539 0 1 2.370 1.308 Histidine g 0.757 0 1 1.166 0.	22:6 n-3	g	0.727		0	1		1.120	0.618		
Phytosterols. mg Phytosterols. Phytost	Fatty acids, total trans	g									
Amino Acids: Tryptophan g 0.288 0 1 0.444 0.245 Threonine g 1.127 0 1 1.736 0.958 Isoleucine g 1.185 0 1 1.825 1.007 Leucine g 2.090 0 1 3.219 1.777 Lysine g 2.362 0 1 3.637 2.008 Methionine g 0.761 0 1 1.172 0.647 Cystine g 0.276 0 1 0.425 0.235 Phenylalanine g 1.004 0 1 1.546 0.853 Tyrosine g 0.868 0 1 1.337 0.738 Valine g 1.325 0 1 2.041 1.126 Arginine g 1.539 0 1 2.370 1.308 Histidine g 0.757 0 1 2.395 1.322 Aspartic acid g 3.839 <t< td=""><td>Cholesterol</td><td>mg</td><td>85</td><td></td><td>0</td><td>1</td><td></td><td>131</td><td>72</td><td></td></t<>	Cholesterol	mg	85		0	1		131	72		
Tryptophan. 9 0.288 0 1 0.444 0.245 Threonine. 9 1.127 0 1 1.736 0.958 Isoleucine. 9 1.185 0 1 1.825 1.007 Leucine. 9 2.090 0 1 3.219 1.777 Lysine. 9 2.362 0 1 3.637 2.008 Methionine. 9 0.761 0 1 1.172 0.647 Cystine. 9 0.276 0 1 0.425 0.235 Phenylalanine. 9 0.276 0 1 1.546 0.853 Tyrosine. 9 0.868 0 1 1.546 0.853 Tyrosine. 9 0.868 0 1 1.337 0.738 Valine. 9 1.539 0 1 2.041 1.126 Arginine. 9 0.757 0 1 1.239	Phytosterols	mg									
Tryptophan. 9 0.288 0 1 0.444 0.245 Threonine. 9 1.127 0 1 1.736 0.958 Isoleucine. 9 1.185 0 1 1.825 1.007 Leucine. 9 2.090 0 1 3.219 1.777 Lysine. 9 2.362 0 1 3.637 2.008 Methionine. 9 0.761 0 1 1.172 0.647 Cystine. 9 0.276 0 1 0.425 0.235 Phenylalanine. 9 0.276 0 1 1.546 0.853 Tyrosine. 9 0.868 0 1 1.546 0.853 Tyrosine. 9 0.868 0 1 1.337 0.738 Valine. 9 1.539 0 1 2.041 1.126 Arginine. 9 0.757 0 1 1.239	Amino Acids:										
Threonine g 1.127 0 1 1.736 0.958 Isoleucine g 1.185 0 1 1.825 1.007 Leucine g 2.090 0 1 3.219 1.777 Lysine g 2.362 0 1 3.637 2.008 Methionine g 0.761 0 1 1.172 0.647 Cystine g 0.276 0 1 0.425 0.235 Phenylalanine g 1.004 0 1 1.546 0.853 Tyrosine g 0.868 0 1 1.337 0.738 Valine g 1.325 0 1 2.041 1.126 Arginine g 1.539 0 1 2.370 1.308 Histidine g 0.757 0 1 1.166 0.643 Alanie g 2.634 0 1 2.395 1.322		a	0 288		0	1		0 444	0 245		
Soleucine											
Leucine 9 2.090 0 1 3.219 1.777 Lysine 9 2.362 0 1 3.637 2.008 Methionine 9 0.761 0 1 1.172 0.647 Cystine 9 0.276 0 1 0.425 0.235 Phenylalanine 9 1.004 0 1 1.546 0.853 Tyrosine 9 0.868 0 1 1.337 0.738 Valine 9 1.325 0 1 2.041 1.126 Arginine 9 1.539 0 1 2.370 1.308 Histidine 9 0.757 0 1 1.166 0.643 Alanine 9 1.555 0 1 2.395 1.322 Aspartic acid 9 3.839 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine 9 1.234 0 1 1.900 1.04					•	_					
Lysine 9 2.362 0 1 3.637 2.008 Methionine 9 0.761 0 1 1.172 0.647 Cystine 9 0.276 0 1 0.425 0.235 Phenylalanine 9 1.004 0 1 1.546 0.853 Tyrosine 9 0.868 0 1 1.337 0.738 Valine 9 1.325 0 1 2.041 1.126 Arginine 9 1.539 0 1 2.370 1.308 Histidine 9 0.757 0 1 1.166 0.643 Alanine 9 1.555 0 1 2.395 1.322 Aspartic acid 9 2.634 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine 9 1.234 0 1 1.900 1.049 Proline 9 0.909 0 1 1.400 0.77		-			-	_					
Methionine 9 0.761 0 1 1.172 0.647 Cystine 9 0.276 0 1 0.425 0.235 Phenylalanine 9 1.004 0 1 1.546 0.853 Tyrosine 9 0.868 0 1 1.337 0.738 Valine 9 1.325 0 1 2.041 1.126 Arginine 9 1.539 0 1 2.370 1.308 Histidine 9 0.757 0 1 1.166 0.643 Alanine 9 1.555 0 1 2.395 1.322 Aspartic acid 9 2.634 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine 9 1.234 0 1 1.900 1.049 Proline 9 0.909 0 1 1.400 0.773 Serine 9 1.049 0 1 1.615 0.89											
Cystine 9 0.276 0 1 0.425 0.235 Phenylalanine 9 1.004 0 1 1.546 0.853 Tyrosine 9 0.868 0 1 1.337 0.738 Valine 9 1.325 0 1 2.041 1.126 Arginine 9 1.539 0 1 2.370 1.308 Histidine 9 0.757 0 1 1.166 0.643 Alanine 9 1.555 0 1 2.395 1.322 Aspartic acid 9 2.634 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine 9 1.234 0 1 1.900 1.049 Proline 9 0.909 0 1 1.400 0.773 Serine 9 1.049 0 1 1.615 0.892	2					_					
Phenylalanine g 1.004 0 1 1.546 0.853 Tyrosine g 0.868 0 1 1.337 0.738 Valine g 1.325 0 1 2.041 1.126 Arginine g 1.539 0 1 2.370 1.308 Histidine g 0.757 0 1 1.166 0.643 Alanine g 1.555 0 1 2.395 1.322 Aspartic acid g 2.634 0 1 4.056 2.239 Glutamic acid g 3.839 0 1 5.912 3.263 Glycine g 1.234 0 1 1.900 1.049 Proline g 0.909 0 1 1.400 0.773 Serine g 1.049 0 1 1.615 0.892		_			•	=					
Tyrosine. 9 0.868 0 1 1.337 0.738 Valine. 9 1.325 0 1 2.041 1.126 Arginine. 9 1.539 0 1 2.370 1.308 Histidine. 9 0.757 0 1 1.166 0.643 Alanine. 9 1.555 0 1 2.395 1.322 Aspartic acid. 9 2.634 0 1 4.056 2.239 Glutamic acid. 9 3.839 0 1 5.912 3.263 Glycine. 9 1.234 0 1 1.900 1.049 Proline. 9 0.909 0 1 1.400 0.773 Serine. 9 1.049 0 1 1.615 0.892	-										
Valine g 1.325 0 1 2.041 1.126 Arginine g 1.539 0 1 2.370 1.308 Histidine g 0.757 0 1 1.166 0.643 Alanine g 1.555 0 1 2.395 1.322 Aspartic acid g 2.634 0 1 4.056 2.239 Glutamic acid g 3.839 0 1 5.912 3.263 Glycine g 1.234 0 1 1.900 1.049 Proline g 0.909 0 1 1.400 0.773 Serine g 1.049 0 1 1.615 0.892	ž				-	_					
Arginine 9 1.539 0 1 2.370 1.308 Histidine 9 0.757 0 1 1.166 0.643 Alanine 9 1.555 0 1 2.395 1.322 Aspartic acid 9 2.634 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine 9 1.234 0 1 1.900 1.049 Proline 9 0.909 0 1 1.400 0.773 Serine 9 1.049 0 1 1.615 0.892	,	-			0	1					
Histidine. 9 0.757 0 1 1.166 0.643 Alanine. 9 1.555 0 1 2.395 1.322 Aspartic acid 9 2.634 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine. 9 1.234 0 1 5.912 3.263 Glycine. 9 0.909 0 1 1.900 1.049 Proline. 9 0.909 0 1 1.400 0.773 Serine. 9 1.049 0 1 1.615 0.892		-			-						
Alanine. 9 1.555 0 1 2.395 1.322 Aspartic acid. 9 2.634 0 1 4.056 2.239 Glutamic acid. 9 3.839 0 1 5.912 3.263 Glycine. 9 1.234 0 1 1.900 1.049 Proline. 9 0.909 0 1 1.400 0.773 Serine. 9 1.049 0 1 1.615 0.892	C	-			-	_					
Aspartic acid 9 2.634 0 1 4.056 2.239 Glutamic acid 9 3.839 0 1 5.912 3.263 Glycine 9 1.234 0 1 1.900 1.049 Proline 9 0.909 0 1 1.400 0.773 Serine 9 1.049 0 1 1.615 0.892											
Glutamic acid. g 3.839 0 1 5.912 3.263 Glycine. g 1.234 0 1 1.900 1.049 Proline. g 0.909 0 1 1.400 0.773 Serine. g 1.049 0 1 1.615 0.892		-									
Glycine g 1.234 0 1 1.900 1.049 Proline g 0.909 0 1 1.400 0.773 Serine g 1.049 0 1 1.615 0.892		-			•	_					
Proline g 0.909 0 1 1.400 0.773 Serine g 1.049 0 1 1.615 0.892		-				_					
Serine											
						1					
TIVITUA VIITUINE U	Hydroxyproline	-	_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		-	_					

Common Measures:

Measure 1 = 154g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	mount in 100 g	grams	of edik	le portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u> e	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	71.64	1.018	9	JA	6		141.84	60.89		
Energy	kcal	179		0	NC	4		355	152		
Energy	kj	750		0	NC	4		1484	637		
Protein (N x 6.25)	g	19.93	0.420	9	JO	11		39.45	16.94		
Total lipid (fat)	g	10.43	1.478	12	JA	6		20.66	8.87		
Ash		1.33	0.080	9	JA	6		2.62	1.13		
Carbohydrate, by difference		0.00		0		7		0.00	0.00		
Fiber, total dietary	g	0.0		0		7		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	9										
Ainerals:											
Calcium, Ca	mg	26	13.333	3	JA	6		51	22		
Iron, Fe		0.25		2	A	1		0.50	0.21		
Magnesium, Mg	mg	95		0		4		188	81		
Phosphorus, P	_	289		0		4		572	246		
Potassium, K		394		77		1		780	335		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	47	0.037	79	JA	6		94	40		
Zinc, Zn		0.44		110		1		0.88	0.38		
Copper, Cu		0.041		63		1		0.081	0.035		
Manganese, Mn		0.015		0	C3 737	1		0.030	0.013		
Selenium, Se	nicg	36.5		U	CAZN	4		72.3	31.0		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	4.0		1		1		7.9	3.4		
Thiamin	mg	0.054	0.004	4		1		0.107	0.046		
Riboflavin	mg	0.113	0.016	4		1		0.223	0.096		
Niacin	_	8.420		3		1		16.672	7.157		
Pantothenic acid		0.750		0		4		1.485	0.638		
Vitamin B-6	-	0.400		0		4		0.792	0.340		
Folate, total		30		0	_	4		59	26		
Folic acid		0		0	Z	7		0	0		
Foliate, food		30 30		0	NR NC	4 4		59 59	26		
Folate, DFE		1.30		1	A	1		2.57	26 1.11		
Vitamin B-12 Vitamin A, IU		453		0	NC	4		898	385		
Vitamin A, RAE		136		0	NC	4		269	116		
Retinol		136		0	NR.	4		269	116		
Vitamin E (alpha-tocopherol)		1.22		0		4		2.42	1.04		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	a	3.100		0	NC	4		6.138	2.635		
4:0				-		=		0.120	2.000		
6:0											
8:0											
10:0											
12:0											
13:0	-										
14:0		0.421	0.004	3	A	1		0.834	0.358		
15:0	-										
16:0	-	2.092	0.035	3	A	1		4.141	1.778		
17:0	-	0	0 00=	_	_	-			2 122		
18:0	-	0.577		3	A	1		1.143	0.491		
20:0	-	0.010		2	A	1		0.020	0.008		
22:0 24:0	-										

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				ımbeı				<u> </u>	easures or roou		
					Deriv		Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	4.399	1	0	NC	4		8.710	3.739		
14:1											
15:1	g										
16:1 undifferentiated	g	0.909	0.092	3	A	1		1.801	0.773		
17:1	-										
18:1 undifferentiated		2.958		3	A	1		5.857	2.515		
20:1	_	0.344		3	A	1		0.681	0.293		
22:1 undifferentiated	•	0.187	0.002	3	A	1		0.370	0.159		
24:1 c	g										
Fatty acids, total polyunsaturated	g	2.799)	0	NC	4		5.543	2.380		
18:2 undifferentiated		0.122		3	A	1		0.241	0.104		
18:3 undifferentiated		0.089		3	A	1		0.175	0.075		
18:4	-	0.188		1	A	1		0.373	0.160		
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	-	0.147		3	A	1		0.291	0.125		
20:5 n-3	_	1.008		3	A	1		1.996	0.857		
22:5 n-3		0.301	0.194	3	A	1		0.597	0.256		
22:6 n-3	g	0.944	0.200	3	A	1		1.870	0.803		
Fatty acids, total trans	g										
Cholesterol	mg	50		2	A	1		100	43		
Phytosterols	<u>mg</u>										
Amino Acids:											
·	0	0.225		0		1		0.446	0.191		
Tryptophan		0.879		0		1		1.740	0.747		
Threonine Isoleucine	-	0.879		0		1		1.830	0.747		
Leucine		1.630		0		1		3.227	1.386		
	-	1.842		0		1		3.647	1.566		
Lysine		0.594		0		1		1.176	0.505		
Methionine		0.394		0		1		0.426			
Cystine		0.783		0		1		1.550	0.183 0.666		
Phenylalanine				0		1		1.340			
Tyrosine	-	0.677		0		1		2.045	0.575		
Valine	-	1.033		0		1			0.878		
Arginine		1.200		0		1		2.376	1.020		
Histidine		0.590						1.168	0.502		
Alanine		1.213		0		1 1		2.402	1.031		
Aspartic acid		2.054		0				4.067	1.746		
Glutamic acid		2.994		0		1		5.928	2.545		
Glycine		0.963		0		1		1.907	0.819		
Proline	-	0.709		0		1		1.404	0.603		
Serine	-	0.818		0		1		1.620	0.695		
Hydroxyproline	9										
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	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15078

Fish, salmon, chinook, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	0 grams	of edib	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	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.00		2		1		97.92	20.41	12.24
Energy	kcal	117		0	NC	4		159	33	20
Energy	kj	490				4		666	139	83
Protein (N x 6.25)	g	18.28		2		1		24.86	5.18	3.11
Total lipid (fat)	g	4.32		2		1		5.88	1.22	0.73
Ash	g	2.62		2		1		3.56	0.74	0.45
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									
Ainerals:										
Calcium, Ca	mg	11		2		1		15	3	2
Iron, Fe	_	0.85		2		1		1.16	0.24	0.1
Magnesium, Mg	_	18		2		1		24	5	3
Phosphorus, P		164		2		1		223	46	28
Potassium, K	•	175		2		1		238	50	30
Sodium. Na		784		2		1		1066	222	133
Zinc, Zn	mg	0.31		2		1		0.42	0.09	0.0
Copper, Cu		0.230)	2		1		0.313	0.065	0.0
Manganese, Mn		0.017	7	2		1		0.023	0.005	0.0
Selenium, Se	mcg	32.4		0	BFSN	4		44.1	9.2	5.5
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	_	0.023	1	2		1		0.031	0.007	0.0
Riboflavin	-	0.101		2		1		0.137	0.029	0.0
Niacin		4.720		2		1		6.419	1.338	0.8
Pantothenic acid	_	0.870		2		1		1.183	0.247	0.1
Vitamin B-6	-	0.278		2		1		0.378	0.079	0.0
Folate, total	-	2	,	2		1		3	1	0.0
Folic acid		0		0	z	7		0	0	0
Folate, food		2		2	_	1		3	1	0
Folate, DFE		2		0	NC	4		3	1	0
Vitamin B-12		3.26		2	110	1		4.43	0.92	0.5
Vitamin A, IU		87		0	NC	4		118	25	15
Vitamin A, RAE		26		0	NC	4		35	7	4
Retinol		26		0	NR	4		35	7	4
Vitamin E (alpha-tocopherol)		1.35		0	NR	4		1.84	0.38	0.2
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1	0.0	0.0
ipids:										
Fatty acids, total saturated	а	0.929	•	0		1		1.263	0.263	0.1
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0				-		•				2.7
14:0		0.183	3	2		1		0.249	0.052	0.0
15:0		20		=		•				
16:0		0.560)	2		1		0.762	0.159	0.0
17:0	_									
18:0	-	0.186	5	2		1		0.253	0.053	0.0
20:0	-			_		_				
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10			ole portio	o <u>n</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		2.023		0		1		2.751	0.574	0.344	
14:1	-										
15:1 16:1 undifferentiated	-	0.305		2		1		0.415	0.086	0.052	
17:1	_	0.303		2		1		0.415	0.000	0.052	
18:1 undifferentiated		0.949		2		1		1.291	0.269	0.161	
20:1	-	0.468		2		1		0.636	0.133	0.080	
22:1 undifferentiated	-	0.301		2		1		0.409	0.133	0.050	
24:1 c	•	0.301		2		1		0.409	0.065	0.051	
Fatty acids, total polyunsaturated		0.995		0		1		1.353	0.282	0.169	
18:2 undifferentiated		0.472		2		1		0.642	0.282	0.109	
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000	
	=	0.000		0		1		0.000	0.000	0.000	
18:4	-	0.000		U		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	
	-	0.183		2		1		0.249	0.052	0.000	
20:5 n-3	-	0.183		2		1		0.249	0.052	0.031	
22:5 n-3				2		1					
22:6 n-3		0.267		2		1		0.363	0.076	0.045	
Fatty acids, total trans		0.0		•				21	-		
Cholesterol		23		2		1		31	7	4	
Phytosterols	IIIg										
Amino Acids:											
Tryptophan	g	0.205		0		1		0.279	0.058	0.035	
Threonine		0.801		0		1		1.089	0.227	0.136	
Isoleucine	-	0.842		0		1		1.145	0.239	0.143	
Leucine		1.486		0		1		2.021	0.421	0.253	
Lysine	=	1.679		0		1		2.283	0.476	0.285	
Methionine		0.541		0		1		0.736	0.153	0.092	
Cystine		0.196		0		1		0.267	0.056	0.033	
Phenylalanine		0.714		0		1		0.971	0.202	0.121	
Tyrosine		0.617		0		1		0.839	0.175	0.105	
Valine	=	0.942		0		1		1.281	0.267	0.160	
Arginine		1.094		0		1		1.488	0.310	0.186	
Histidine		0.538		0		1		0.732	0.153	0.091	
Alanine		1.106		0		1		1.504	0.314	0.188	
		1.872		0		1		2.546	0.531	0.188	
Aspartic acidGlutamic acid		2.729		0		1		3.711	0.531	0.318	
		0.878		0		1					
Glycine								1.194	0.249	0.149	
Proline		0.646		0		1		0.879	0.183	0.110	
Serine	-	0.746		0		1		1.015	0.211	0.127	
Hydroxyproline	9										
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:	9							·	· ·	•	
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	mcg	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 = 136g: 1 cup, cooked Measure 2 = 28.35g: 1 oz, boneless Measure 3 = 17g: 1 cubic inch, boneless NDB No. 15077

Fish, salmon, chinook, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	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>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.00		2		1		20.41	61.20	
Energy	kcal	117		0	NC	4		33	99	
Energy	kj	490				4		139	416	
Protein (N x 6.25)	g	18.28		2		1		5.18	15.54	
Total lipid (fat)	g	4.32		2		1		1.22	3.67	
Ash	g	2.62		2		1		0.74	2.23	
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										
Starch	_									
<u> 1 Inerals:</u>										
Calcium, Ca	-	11		2		1		3	9	
Iron, Fe	-	0.85		2		1		0.24	0.72	
Magnesium, Mg		18		2		1		5	15	
Phosphorus, P	•	164		2		1		46	139	
Potassium, K	-	175		2		1		50	149	
Sodium, Na	-	2000		0		1		567	1700	
Zinc, Zn		0.31		2		1		0.09	0.26	
Copper, Cu		0.230		2		1		0.065	0.196	
Manganese, Mn		0.017	7	2		1		0.005	0.014	
Selenium, Se	mcg	38.1		0	BFSN	4		10.8	32.4	
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.023	1	2	_	1		0.007	0.020	
Riboflavin		0.101		2		1		0.029	0.086	
Niacin		4.720		2		1		1.338	4.012	
Pantothenic acid		0.870		2		1		0.247	0.740	
Vitamin B-6		0.278		2		1		0.079	0.236	
Folate, total	-	2	,	2		1		1	2	
Folic acid		0		0	z	7		0	0	
Folate, food		2		2		1		1	2	
Folate, DFE		2		0	NC	4		1	2	
Vitamin B-12		3.26		2	NC	1		0.92	2.77	
Vitamin A, IU		88		2		1		25	75	
Vitamin A, RAE		26		2		1		7	22	
Retinol		26		2		1		7	22	
		20		2		_		,	22	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	g									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.929	•	0		1		0.263	0.790	
4:0	g									
6:0	g									
8:0	g									
10:0	-									
12:0	_									
13:0	_									
14:0	-	0.183	3	2		1		0.052	0.156	
15:0	g									
16:0	g	0.560)	2		1		0.159	0.476	
17:0	g									
18:0	g	0.186	5	2		1		0.053	0.158	
20:0	g									
22:0	g									
24:0	α									

	<u>A</u> 1	mount in 100 gran	Amount in edible portion of common measures of food				
		Numb		ce Confidence	<u></u>	0000100 01 1000	•
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.023	0	1		0.574	1.720	
14:1g							
15:1g							
16:1 undifferentiatedg	0.305	2	1		0.086	0.259	
17:1g							
18:1 undifferentiatedg	0.949		1		0.269	0.807	
20:1g	0.468	2	1		0.133	0.398	
22:1 undifferentiatedg	0.301	. 2	1		0.085	0.256	
24:1 cg							
Fatty acids, total polyunsaturated	0.995		1		0.282	0.846	
18:2 undifferentiatedg	0.472	2	1		0.134	0.401	
18:3 undifferentiatedg							
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g	0.183		1		0.052	0.156	
22:5 n-3g	0.073		1		0.021	0.062	
22:6 n-3g	0.267	2	1		0.076	0.227	
Fatty acids, total trans							
Cholesterol mg	23	2	1		7	20	
Phytosterols mg							
Amino Acids:							
Tryptophang	0.205	0	1		0.058	0.174	
Threonineg	0.801	. 0	1		0.227	0.681	
Isoleucineg	0.842	. 0	1		0.239	0.716	
Leucineg	1.486	0	1		0.421	1.263	
Lysineg	1.679	0	1		0.476	1.427	
Methionineg	0.541	. 0	1		0.153	0.460	
Cystineg	0.196	0	1		0.056	0.167	
Phenylalanineg	0.714	0	1		0.202	0.607	
Tyrosineg	0.617	0	1		0.175	0.524	
Valineg	0.942	0	1		0.267	0.801	
Arginineg	1.094	0	1		0.310	0.930	
Histidineg	0.538	0	1		0.153	0.457	
Alanineg	1.106	0	1		0.314	0.940	
Aspartic acidg	1.872	. 0	1		0.531	1.591	
Glutamic acidg	2.729	0	1		0.774	2.320	
Glycineg	0.878	0	1		0.249	0.746	
Prolineg	0.646	0	1		0.183	0.549	
Serineg	0.746	0	1		0.211	0.634	
Hydroxyprolineg							

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15180 Fish, salmon, chum, canned, without salt, drained solids with bone

		<u>Aı</u>	mount in 100 gr	ams of e	dible p	ortio	<u>n</u>	Amount in edible portion of common			
			Nun	nber				m	easures of food	_	
				Data De	riv So	urce	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	de C	ode	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	70.77	0.102	6		1		261.14	60.15		
Energy	_	141	0.202		NC	4		520	120		
0,		590		U	NC	4		2177	501		
Energy			0.105	_		_					
Protein (N x 6.25)		21.43	0.105	6		1		79.08	18.22		
Total lipid (fat)		5.50	0.202	7		1		20.30	4.68		
Ash		2.47	0.111	6		1		9.11	2.10		
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	249	1.174	6		1		919	212		
Iron, Fe		0.70	2.2.4	0		4		2.58	0.60		
Magnesium, Mg	-	30		0		4		111	26		
Phosphorus, P		354	2.352	6		1		1306	301		
Potassium, K	-	300	2.332	0		4		1107	255		
Sodium, Na		75		0		1		277	64		
Zinc, Zn		1.00		0		4		3.69	0.85		
5		0.100		0		4		0.369	0.085		
Copper, Cu		0.100		0		4		0.074	0.083		
Manganese, Mn		43.3			SN	4		159.8	36.8		
Selenium, Se	Tricg	43.3		0 Ві	SN	4		159.8	30.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin	mg	0.020		0		4		0.074	0.017		
Riboflavin	mg	0.160		0		4		0.590	0.136		
Niacin	mg	7.000	ı	0		4		25.830	5.950		
Pantothenic acid	mg	0.560	ı	0		4		2.066	0.476		
Vitamin B-6		0.380	ı	0		4		1.402	0.323		
Folate, total	-	20		0		4		74	17		
Folic acid		0		0	z	7		0	0		
Folate, food		20		0		4		74	17		
Folate, DFE	mca DFE	20			iC	4		74	17		
Vitamin B-12		4.40		0	-	4		16.24	3.74		
Vitamin A, IU		61	1.335	6		1		225	52		
Vitamin A, RAE		18	0.401	6		1		68	16		
Retinol		18	0.401	6		1		68	16		
Vitamin E (alpha-tocopherol)		10	0.401	Ü		-		00	10		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Vitanini K (phynoquinone)	Inog										
Lipids:											
Fatty acids, total saturated	g	1.486	i	0		1		5.483	1.263		
4:0	g										
6:0	g										
8:0	g										
10:0											
12:0											
13:0	g										
14:0	g	0.482		1		1		1.779	0.410		
15:0	g										
16:0		0.816	i	1		1		3.011	0.694		
17:0											
18:0	-	0.188		1		1		0.694	0.160		
20:0	-										
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 100 g		dible portio	<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
Fatty acids, total monounsaturated	-	1.919	1	0	1		7.081	1.631	
14:1									
15:1	-	0.237	,	1	1		0.875	0.201	
16:1 undifferentiated	-	0.237		1	1		0.875	0.201	
17:1		1.159		1	1		4.277	0.985	
		0.278		1	1		1.026	0.985	
20:1 22:1 undifferentiated	-	0.245		2	1		0.904	0.236	
24:1 c		0.245	1	2	1		0.904	0.208	
Fatty acids, total polyunsaturated		1.517	,	0	1		5.598	1.289	
18:2 undifferentiated		0.057		1	1		0.210	0.048	
18:3 undifferentiated	-	0.049		2	1		0.210	0.048	
18:4		0.073		1	1		0.269	0.042	
20:2 n-6 c.c	-	0.073		-	_		0.209	0.002	
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.073	1	1	1		0.269	0.062	
20:5 n-3	_	0.473		2	1		1.745	0.402	
22:5 n-3	_	0.090		2	1		0.332	0.402	
22:6 n-3	_	0.702		1	1		2.590	0.597	
Fatty acids, total trans		0.702	•	-	-		2.550	0.557	
Cholesterol	-	39		1	1		144	33	
Phytosterols	-			-	_				
-									
Amino Acids:									
Tryptophan	g	0.240		0	1		0.886	0.204	
Threonine	g	0.940		0	1		3.469	0.799	
Isoleucine	g	0.988	1	0	1		3.646	0.840	
Leucine	g	1.742	!	0	1		6.428	1.481	
Lysine	g	1.968	1	0	1		7.262	1.673	
Methionine	g	0.634	ŀ	0	1		2.339	0.539	
Cystine	g	0.230)	0	1		0.849	0.196	
Phenylalanine	g	0.837	•	0	1		3.089	0.711	
Tyrosine	g	0.724		0	1		2.672	0.615	
Valine	-	1.104		0	1		4.074	0.938	
Arginine	g	1.282	!	0	1		4.731	1.090	
Histidine	g	0.631	•	0	1		2.328	0.536	
Alanine		1.296		0	1		4.782	1.102	
Aspartic acid	-	2.195	i	0	1		8.100	1.866	
Glutamic acid	g	3.199		0	1		11.804	2.719	
Glycine	g	1.029		0	1		3.797	0.875	
Proline	g	0.758		0	1		2.797	0.644	
Serine	-	0.874		0	1		3.225	0.743	
Hydroxyproline	g								

Common Measures:

Measure 1 = 369g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			I	Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.44		0		1		105.40	58.17	
Energy	kcal	154		0	NC	4		237	131	
Energy	kj	644				4		992	548	
Protein (N x 6.25)	g	25.82		0		1		39.76	21.95	
Total lipid (fat)	g	4.83		0		1		7.44	4.11	
Ash	g	1.51		0		1		2.33	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									
Ainerals:										
Calcium, Ca	ma	14		0		1		22	12	
Iron. Fe.	_	0.71		0		1		1.09	0.60	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	28		0		1		43	24	
Phosphorus, P		363		0		1		559	309	
Potassium, K	_	550		ō		1		847	468	
Sodium, Na	_	64		0		1		99	54	
Zinc, Zn	<u>mg</u>	0.60		0		1		0.92	0.51	
Copper, Cu	mg	0.071	L	0		1		0.109	0.060	
Manganese, Mn	mg	0.019	9	0		1		0.029	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8	
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.092	,	0	-	1		0.142	0.078	
Riboflavin		0.219		0		1		0.337	0.186	
Niacin		8.526		0		1		13.130	7.247	
Pantothenic acid		0.865		0		1		1.332	0.735	
Vitamin B-6		0.462	2	0		1		0.711	0.393	
Folate, total	_	5		0		1		8	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		8	4	
Folate, DFE		5		0	NC	4		8	4	
Vitamin B-12		3.46		0		1		5.33	2.94	
Vitamin A, IU	IU	114		0		1		176	97	
Vitamin A, RAE	mcg_RAE	34		0		1		53	29	
Retinol		34		0		1		53	29	
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	1.077	7	0		1		1.659	0.915	
4:0	g									
6:0	g									
8:0	-									
10:0	_									
12:0	-									
13:0	-	0.10	,	_						
14:0	_	0.192	2	0		1		0.296	0.163	
15:0	_	0 7		^					2 222	
16:0		0.751	L	0		1		1.157	0.638	
17:0	_	0 100	.	^		4		0 205	0 110	
18:0	_	0.133	•	0		1		0.205	0.113	
20:0	_									
22:0	g g									

		<u>Aı</u>	mount in 100	0 grams Number		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	iits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	1.976		0		1		3.043	1.680	
Fatty acids, total monounsaturated.		1.976		U		1		3.043	1.680	
15:1										
16:1 undifferentiated		0.283	,	0		1		0.436	0.241	
17:1	-	0.200		·		-		0.100	V	
18:1 undifferentiated		1.046	i	0		1		1.611	0.889	
20:1		0.236	;	0		1		0.363	0.201	
22:1 undifferentiated	-	0.410		0		1		0.631	0.349	
24:1 c				-		-				
Fatty acids, total polyunsaturated		1.152		0		1		1.774	0.979	
18:2 undifferentiated		0.077		0		1		0.119	0.065	
18:3 undifferentiated	-	0.044	ı	0		1		0.068	0.037	
18:4		0.087		0		1		0.134	0.074	
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.038	i	0		1		0.059	0.032	
20:5 n-3	g	0.299	ı	0		1		0.460	0.254	
22:5 n-3	g	0.101		0		1		0.156	0.086	
22:6 n-3	g	0.505		0		1		0.778	0.429	
Fatty acids, total trans	g									
Cholesterol	mg	95		0		1		146	81	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.289	1	0		1		0.445	0.246	
Threonine		1.132		0		1		1.743	0.962	
Isoleucine		1.132		0		1		1.833	1.012	
Leucine	-	2.099		0		1		3.232	1.784	
Lysine		2.371		0		1		3.651	2.015	
Methionine		0.764		0		1		1.177	0.649	
Cystine	-	0.704		0		1		0.427	0.849	
Phenylalanine		1.008		0		1		1.552	0.253	
Tyrosine		0.872		0		1		1.343	0.741	
Valine	_	1.330		0		1		2.048	1.131	
Arginine	-	1.545		0		1		2.379	1.313	
Histidine	_	0.760		0		1		1.170	0.646	
Alanine		1.562		0		1		2.405	1.328	
Aspartic acid	-	2.644		0		1		4.072	2.247	
Glutamic acid	_	3.854	,	0		1		5.935	3.276	
Glycine	_	1.239		0		1		1.908	1.053	
Proline		0.913	j.	0		1		1.406	0.776	
Serine		1.053	ł	0		1		1.622	0.895	

Common Measures:

Measure 1 = 154g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	nount in 100 gr	ams o	of edib	le portio	<u>n</u>		edible portion	
			Nun	nber				<u>m</u>	easures of food	<u> </u>
			of E	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	70.77	0.102	6		1		261.14	60.15	
Energy	kcal	141		0	NC	4		520	120	
Energy	kj	590				4		2177	501	
Protein (N x 6.25)	g	21.43	0.105	6		1		79.08	18.22	
Total lipid (fat)	g	5.50	0.202	7		1		20.30	4.68	
Ash		2.47	0.111	6		1		9.11	2.10	
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	249	1.174	6		1		919	212	
Iron, Fe	_	0.70		0		4		2.58	0.60	
Magnesium, Mg	_	30		0		4		111	26	
Phosphorus, P		354	2.352	6		1		1306	301	
Potassium, K	_	300		0		4		1107	255	
Sodium, Na		487		1		1		1797	414	
Zinc, Zn	mg	1.00		0		4		3.69	0.85	
Copper, Cu	mg	0.100		0		4		0.369	0.085	
Manganese, Mn		0.020		0		4		0.074	0.017	
Selenium, Se	mcg	43.3		0	BFSN	4		159.8	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.020		0	_	4		0.074	0.017	
Riboflavin	-	0.160		0		4		0.590	0.136	
Niacin	-	7.000		0		4		25.830	5.950	
Pantothenic acid	_	0.560		0		4		2.066	0.476	
Vitamin B-6	-	0.380		0		4		1.402	0.323	
Folate, total	-	20		0		4		74	17	
Folic acid		0		0	Z	7		0	0	
Folate, food		20		0		4		74	17	
Folate, DFE		20		0	NC	4		74	17	
Vitamin B-12		4.40		0		4		16.24	3.74	
Vitamin A, IU	IU	60		0	NC	4		221	51	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		66	15	
Retinol		18		0	NR	4		66	15	
Vitamin E (alpha-tocopherol)	mg	1.60		0	NR	4		5.90	1.36	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta				_	_	_				
Vitamin D		224.000		0	T	4		826.560	190.400	
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.4	0.1	
Lipids:										
Fatty acids, total saturated	g	1.486		0		1		5.483	1.263	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0										
14:0	g	0.482		1		1		1.779	0.410	
15:0	g									
16:0	g	0.816		1		1		3.011	0.694	
17:0	-									
18:0	_	0.188		1		1		0.694	0.160	
20:0										
22:0	~									

		<u>A</u>	mount in 100 gr		ible portic	<u>on</u>		edible portion	
			of I			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 monounsatura	ntedg	1.919		0	1		7.081	1.631	
14:1	-								
15:1 16:1 undifferentiated	-	0.237		1	1		0.875	0.201	
17:1	-								
18:1 undifferentiated	-	1.159		1	1		4.277	0.985	
20:1		0.278		1	1		1.026	0.236	
22:1 undifferentiated	•	0.245		2	1		0.904	0.208	
Fatty acids, total polyunsaturat		1.517		0	1		5.598	1.289	
18:2 undifferentiated		0.057		1	1		0.210	0.048	
18:3 undifferentiated		0.049		2	1		0.181	0.042	
18:4	g	0.073		1	1		0.269	0.062	
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.073		1	1		0.269	0.062	
20:5 n-3		0.473		2	1 1		1.745	0.402	
22:5 n-322:6 n-3	-	0.090 0.702		2	1		0.332 2.590	0.077 0.597	
Fatty acids, total trans		0.702		_	_		2.590	0.597	
Cholesterol		39		1	1		144	33	
Phytosterols	-								
-	-								
Amino Acids:	~	0.240		0	1		0.886	0.004	
Tryptophan Threonine		0.240		0	1		3.469	0.204 0.799	
Isoleucine	-	0.988		0	1		3.646	0.840	
Leucine	-	1.742		0	1		6.428	1.481	
Lysine	-	1.968		0	1		7.262	1.673	
Methionine		0.634		0	1		2.339	0.539	
Cystine	g	0.230		0	1		0.849	0.196	
Phenylalanine	g	0.837		0	1		3.089	0.711	
Tyrosine	-	0.724		0	1		2.672	0.615	
Valine	-	1.104		0	1		4.074	0.938	
Arginine	-	1.282		0	1 1		4.731	1.090	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.631 1.296		0	1		2.328 4.782	0.536 1.102	
AlanineAspartic acid		2.195		0	1		8.100	1.866	
Glutamic acid		3.199		0	1		11.804	2.719	
Glycine		1.029		0	1		3.797	0.875	
Proline		0.758		0	1		2.797	0.644	
Serine	g	0.874		0	1		3.225	0.743	
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	mcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 369g: 1 can Measure 2 = 85g: 3 oz NDB No. 15080

Fish, salmon, chum, drained solids with bone

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15079 Fish, salmon, chum, raw Oncorhynchus keta (Walbaum)

		<u>Ai</u>	mount in 100 gr	ams of e	aible portio	<u>on</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u> </u>	
			of I	Data Der	iv Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Poi	nts Cod	le Code	Code	Measure 1	Measure 2	Measure	
_										
Proximates: Water	а	75.38	1.391	8	1		149.25	64.07		
Energy	=	120	1.331	0	4		238	102		
0.		502		U	4		994	427		
Energy			1 000	•	1					
Protein (N x 6.25)		20.14	1.222	8	_		39.88	17.12		
Total lipid (fat)		3.77	0.650	13	1		7.46	3.20		
Ash		1.18	0.035	7	1		2.34	1.00		
Carbohydrate, by difference		0.00		0	7		0.00	0.00		
Fiber, total dietary		0.0		0	7		0.0	0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium. Ca	ma	11		1	1		22	9		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.55		0	1		1.09	0.47		
Magnesium, Mg	-	22		0	4		44	19		
Phosphorus, P		283		1	1		560	241		
Potassium, K	-	429	5.797	6	1		849	365		
Sodium, Na		50	1.029	6	1		99	43		
Zinc, Zn		0.47	0.015	56	1		0.93	0.40		
Copper, Cu		0.055		57	1		0.109	0.047		
Manganese, Mn		0.015		0	1		0.030	0.013		
Selenium, Se		36.5		0 CA			72.3	31.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0			7		0.0	0.0		
Thiamin	-	0.080		1	1		0.158	0.068		
Riboflavin	mg	0.180		1	1		0.356	0.153		
Niacin	-	7.000		0	4		13.860	5.950		
Pantothenic acid	mg	0.750		0	4		1.485	0.638		
Vitamin B-6	-	0.400		0	4		0.792	0.340		
Folate, total	mcg	4		0	4		8	3		
Folic acid		0		0 :	7		0	0		
Folate, food	mcg	4		0	4		8	3		
Folate, DFE	mcg_DFE	4		0 N	C 4		8	3		
Vitamin B-12	mcg	3.00		0	4		5.94	2.55		
Vitamin A, IU		99		1	1		196	84		
Vitamin A, RAE	mcg_RAE	30		1	1		59	25		
Retinol	mcg	30		1	1		59	25		
Vitamin E (alpha-tocopherol)	mg	1.09		0	4		2.16	0.93		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	0	0.840		0	1		1.663	0.714		
4:0		0.040		· ·	-		1.003	0.714		
6:0	-									
8:0										
10:0										
12:0	-									
13:0										
	-	0.150		2	1		0.297	0.128		
14:0		0.130		_	1		0.291	0.128		
15:0	-	0.586		2	1		1.160	0.498		
16:0	-	0.586		_	1		1.100	0.498		
17:0	-	0 104		2	1		0.006	0.000		
18:0	-	0.104		2	1		0.206	0.088		
20:0	-									
22:0 24:0	-									

		<u>Aı</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
			Number	r Deriv Source	. Confidence	<u></u>	easures or root	•	
Nutrients and Uni	its	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	1.541	0	1		3.051	1.310		
14:1	g								
15:1	g	0.221	2	1		0.438	0.188		
17:1 18:1 undifferentiated	-	0.816	2	1		1.616	0.694		
20:1		0.184	1	1		0.364	0.156		
22:1 undifferentiated		0.320	1	1		0.634	0.130		
24:1 c	-	0.320	_	_		0.034	0.272		
Fatty acids, total polyunsaturated		0.898	0	1		1.778	0.763		
18:2 undifferentiated		0.060	2	1		0.119	0.051		
18:3 undifferentiated	-	0.034	1	1		0.067	0.031		
18:4	-	0.054	1	1		0.135	0.029		
20:2 n-6 c.c	-	0.000	-	-		0.133	0.050		
20:3 undifferentiated	-								
20:4 undifferentiated		0.030	1	1		0.059	0.026		
20:5 n-3	-	0.233	2	1		0.461	0.198		
22:5 n-3		0.079		1		0.156	0.067		
22:6 n-3	-	0.394	2	1		0.780	0.335		
Fatty acids, total trans		0.334	-	-		0.700	0.555		
Cholesterol		74	2	1		147	63		
Phytosterols			_	_					
•									
Amino Acids: Tryptophan	0	0.226	0	1		0.447	0.192		
Threonine		0.883	0	1		1.748	0.751		
	_	0.883		1		1.837	0.789		
Isoleucine		1.637	0	1		3.241	1.391		
Lysine		1.849	-	1		3.661	1.572		
Methionine		0.596		1		1.180	0.507		
		0.396		1		0.428	0.507		
Cystine		0.786		1		1.556	0.184		
Phenylalanine Tyrosine		0.786		1		1.346	0.578		
,	_	1.037	0	1		2.053	0.881		
Valine		1.205		1		2.386	1.024		
Arginine		0.593		1		1.174	0.504		
HistidineAlanine		1.218		1		2.412	1.035		
	-	2.062		1		4.083	1.753		
Aspartic acid		3.006		1		4.083 5.952	2.555		
Glutamic acid		0.967	0	1		5.952 1.915	0.822		
- /	-	0.967		1		1.915	0.822		
Proline	-	0.712		1		1.410	0.605		
Serine	-	0.822	U	1		1.028	0.699		
2 2.									
Others:	a	0.0	0	7		0.0	0.0		
Alcohol, ethyl		0.0	U	,		0.0	0.0		
Caffeine	<u>III</u> Y								

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams c	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u> e	easures of food	<u>.</u>	
			of	Data I	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	67.00	1.353	3		1		95.81	56.95		
Energy	kcal	178		0	NC	4		255	151		
Energy	kj	745				4		1065	633		
Protein (N x 6.25)	g	24.30	0.666	3		1		34.75	20.66		
Total lipid (fat)	g	8.23	0.899	3		1		11.77	7.00		
Ash	g	1.40	0.000	3		1		2.00	1.19		
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										
Minerals:											
Calcium, Ca	ma	12		2		1		17	10		
Iron, Fe	-	0.39	0.037	3		1		0.56	0.33		
Magnesium, Mg	-	34	0.353	3		1		49	29		
Phosphorus, P		332	31.598	3		1		475	282		
Potassium, K	-	460	13.352	3		1		658	391		
Sodium, Na	-	52	1.819	3		1		74	44		
Zinc, Zn	mg	0.47	0.006	3		1		0.67	0.40		
Copper, Cu	mg	0.089		3		1		0.127	0.076		
Manganese, Mn		0.021	0.001	3		1		0.030	0.018		
Selenium, Se	mcg	14.1		0	BFSN	4		20.2	12.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.5	0.484	3		1		2.1	1.3		
Thiamin	-	0.100		3		1		0.143	0.085		
Riboflavin		0.113		3		1		0.162	0.096		
Niacin		7.393	0.504	3		1		10.572	6.284		
Pantothenic acid	-	1.273	0.057	3		1		1.820	1.082		
Vitamin B-6	mg	0.568	0.100	3		1		0.812	0.483		
Folate, total	mcg	14	4.000	3		1		20	12		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		14	4.000	3		1		20	12		
Folate, DFE	mcg_DFE	14		0	NC	4		20	12		
Vitamin B-12		3.17	0.318	3		1		4.53	2.69		
Vitamin A, IU		197	24.037	3		1		282	167		
Vitamin A, RAE		59	7.218	3		1		85	50		
Retinol		59	7.218	3		1		85	50		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v namin K (phynoquinone)	<u>.</u> og										
<u> Lipids:</u>											
Fatty acids, total saturated		1.944		0		1		2.780	1.652		
4:0											
6:0	-										
8:0	-										
10:0	-										
12:0 13:0	-										
14:0	-	0.308		3		1		0.440	0.262		
15:0	-	0.306		3		1		0.440	0.262		
16:0	-	1.175		3		1		1.680	0.999		
17:0		1.1/3		5		-		1.000	0.999		
18:0	-	0.330	ı	3		1		0.472	0.281		
20:0	-	0.550		-		-		J. 4. 2	0.201		
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 100 gra Numl		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	3.618		1	1		5.174	3.075		
14:1		3.020			_		3.174	3.073		
15:1	_									
16:1 undifferentiated		0.482	:	1	1		0.689	0.410		
17:1	-	0.102	·		_		0.005	0		
18:1 undifferentiated		1.844	:	:	1		2.637	1.567		
20:1	-	0.551			1		0.788	0.468		
22:1 undifferentiated		0.665			1		0.951	0.565		
24:1 c		0.003	•	•	-		0.931	0.505		
Fatty acids, total polyunsaturated		1.963	(1	1		2.807	1.669		
18:2 undifferentiated		0.373			1		0.533	0.317		
18:3 undifferentiated		0.373			1		0.109	0.065		
		0.076	•		1		0.169	0.100		
18:4	-	0.116	•)	1		0.169	0.100		
20:2 n-6 c,c										
20:3 undifferentiated		0.094	:	,	1		0 104	0.000		
20:4 undifferentiated	_				1		0.134	0.080		
20:5 n-3		0.408	-	3	1		0.583	0.347		
22:5 n-3					_					
22:6 n-3	-	0.871	;	3	1		1.246	0.740		
Fatty acids, total trans	-		4 004		_					
Cholesterol		63	4.201	3	1		90	54		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.272	()	1		0.389	0.231		
Threonine		1.065			1		1.523	0.905		
Isoleucine	_	1.120			1		1.602	0.952		
Leucine		1.975			1		2.824	1.679		
Lysine		2.232	·		1		3.192	1.897		
Methionine		0.719	·		1		1.028	0.611		
Cystine		0.713	·		1		0.372	0.221		
3	_	0.200	,		1		1.357	0.807		
Phenylalanine		0.949		,)	1		1.173	0.807		
Tyrosine	-	1.252	,		1		1.173			
Valine		1.252	,		1		2.079	1.064 1.236		
Arginine	_		(1					
Histidine	_	0.715	(1		1.022 2.102	0.608		
Alanine	_	1.470			_			1.250		
Aspartic acid		2.488	(1 1		3.558	2.115		
Glutamic acid		3.627			_		5.187	3.083		
Glycine	-	1.166	(1		1.667	0.991		
Proline		0.859	(1		1.228	0.730		
Serine		0.991	()	1		1.417	0.842		
Hydroxyproline	g									

Common Measures:

Measure 1 = 143g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15238 Fish, salmon, coho, farmed, raw Oncorhynchus kisutch (Walbaum)

		<u>Aı</u>	mount in 100 gr	ams of ed	ible porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber			measures of food			
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	70.47	1.198	3	1		112.05	59.90		
Energy	kcal	160		0 NC	4		254	136		
Energy	kj	669			4		1064	569		
Protein (N x 6.25)	g	21.27	0.874	3	1		33.82	18.08		
Total lipid (fat)	g	7.67	0.696	3	1		12.20	6.52		
Ash	g	1.30	0.058	3	1		2.07	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									
Starch	g									
Minerals:		10		•	_		10	10		
Calcium, Ca	-	12		2	1		19	10		
Iron, Fe	-	0.34	0.032	3	1		0.54	0.29		
Magnesium, Mg		31	1.576	3	1		49	26		
Phosphorus, P	-	292	20.611	3	1		464	248		
Potassium, K	-	450	19.231	3	1		716	383		
Sodium, Na	-	47	4.191	3	1		75	40		
Zinc, Zn		0.43	0.022	3	1		0.68	0.37		
Copper, Cu		0.048		3	1		0.076	0.041		
Manganese, Mn		0.012	0.001	3	1		0.019	0.010		
Selenium, Se	mcg	12.6		0 BFZ	N 4		20.0	10.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.1	0.376	3	1		1.7	0.9		
Thiamin	-	0.090		3	1		0.143	0.97		
Riboflavin	-	0.030		3	1		0.143	0.094		
	-	6.813		3	1		10.833	5.791		
Niacin	-				1					
Pantothenic acid		1.140		3	_		1.813	0.969		
Vitamin B-6	-	0.660		3	1		1.049	0.561		
Folate, total		13	2.963	3	1		21	11		
Folic acid		0		0 z	7		0	0		
Folate, food		13	2.963	3	1		21	11		
Folate, DFE		13		0 NC			21	11		
Vitamin B-12		2.67	0.318	3	1		4.25	2.27		
Vitamin A, IU	IU	188	22.423	3	1		299	160		
Vitamin A, RAE		56	6.734	3	1		90	48		
Retinol	-	56	6.734	3	1		90	48		
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		1.816		0	1		2.887	1.544		
4:0	g									
6:0	g									
8:0										
10:0										
12:0	-									
13:0	-									
14:0	g	0.287		3	1		0.456	0.244		
15:0	g									
16:0	g	1.090		3	1		1.733	0.927		
17:0	g									
18:0	-	0.312		3	1		0.496	0.265		
20:0	-									
	-									
22:0	9									

Fish, salmon, coho, farmed, raw

		<u>Aı</u>	mount in 100 gra		Amount in edible portion of common measures of food				
			Num	ber			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
				_					
Fatty acids, total monounsaturated	-	3.330		0	1		5.295	2.831	
14:1									
15:1		0.446		•			0.700	0.070	
16:1 undifferentiated		0.446		3	1		0.709	0.379	
17:1	-	1.724		3	1		2.741	1 465	
18:1 undifferentiated		0.507		ა 3	1		0.806	1.465 0.431	
20:1	-								
22:1 undifferentiated	•	0.585		3	1		0.930	0.497	
24:1 c Fatty acids, total polyunsaturated	-	1.861		0	1		2.959	1.582	
		0.349		3	1		0.555	0.297	
18:2 undifferentiated 18:3 undifferentiated	-	0.075		3	1		0.119	0.297	
18:4	-	0.112		3	1		0.119	0.064	
		0.112		3	1		0.176	0.095	
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated		0.095		3	1		0.151	0.081	
20:5 n-3	-	0.095		3	1		0.131	0.327	
	_	0.363		3	_		0.612	0.327	
22:5 n-3 22:6 n-3	-	0.821		3	1		1.305	0.698	
Fatty acids, total trans	-	0.621		3	1		1.303	0.038	
Cholesterol	_	51	0.536	3	1		81	43	
Phytosterols	-	31	0.550	-	-		01	45	
T Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.238		0	1		0.378	0.202	
Threonine	g	0.932		0	1		1.482	0.792	
Isoleucine	g	0.980		0	1		1.558	0.833	
Leucine	g	1.729		0	1		2.749	1.470	
Lysine	g	1.953		0	1		3.105	1.660	
Methionine	g	0.629		0	1		1.000	0.535	
Cystine	g	0.228		0	1		0.363	0.194	
Phenylalanine	g	0.830		0	1		1.320	0.706	
Tyrosine	g	0.718		0	1		1.142	0.610	
Valine	g	1.096		0	1		1.743	0.932	
Arginine	g	1.273		0	1		2.024	1.082	
Histidine	g	0.626		0	1		0.995	0.532	
Alanine	g	1.286		0	1		2.045	1.093	
Aspartic acid		2.178		0	1		3.463	1.851	
Glutamic acid		3.175		0	1		5.048	2.699	
Glycine		1.021		0	1		1.623	0.868	
Proline		0.752		0	1		1.196	0.639	
Serine		0.868		0	1		1.380	0.738	
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 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	
			o	of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		2		1		127.27	60.78	
Energy	kcal	139		0	NC	4		247	118	
Energy	kj	582				4		1035	494	
Protein (N x 6.25)	g	23.45		2		1		41.74	19.93	
Total lipid (fat)	g	4.30		2		1		7.65	3.66	
Ash	g	1.30		2		1		2.31	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									
Minorals										
Minerals: Calcium, Ca	ma	45		0	BFSN	4		80	38	
Iron, Fe	_	0.61		2	DE SIN	1		1.09	0.52	
Magnesium, Mg	_	33		2		1		59	28	
Phosphorus, P		322		2		1		573	274	
Potassium, K	•	434		2		1		773	369	
Sodium. Na		58		2		1		103	49	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.56		2		1		1.00	0.48	
Copper, Cu		0.071	L	2		1		0.126	0.060	
Manganese, Mn		0.019		2		1		0.034	0.016	
Selenium, Se		38.0		0	BFSN	4		67.6	32.3	
Vitamins:						_				
Vitamin C, total ascorbic acid	_	1.4		2		1		2.5	1.2	
Thiamin	_	0.075		2		1		0.134	0.064	
Riboflavin	-	0.140		2		1		0.249	0.119	
Niacin	_	7.950		2		1		14.151	6.758	
Pantothenic acid	-	0.810		2		1		1.442	0.689	
Vitamin B-6	-	0.568	3	2		1		1.011	0.483	
Folate, total		13		2	_	1		23	11	
Folic acid		0		0 2	Z	7 1		0 23	0 11	
Folate, food		13 13		0	NC	4		23		
Folate, DFE		5.00			NC	1		8.90	11 4.25	
Vitamin B-12 Vitamin A, IU		125		2 0	NC	4		223	106	
Vitamin A, IU Vitamin A, RAE		38		0	NC	4		67	32	
Retinol		38		0	BFYN	4		67 67	32 32	
Vitamin E (alpha-tocopherol)		0.81		0	BFYN	4		1.45	0.69	
Tocopherol, beta		0.61		Ū	DEIN	-		1.45	0.09	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	BFYN	4		0.2	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated		1.054		0		1		1.876	0.896	
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 1-1		^						
14:0		0.150	,	2		1		0.267	0.128	
15:0		2 626	,	^						
16:0		0.683	•	2		1		1.216	0.581	
17:0	-	0 150	,	•		1		0 001	0 124	
18:0	-	0.158	•	2		T		0.281	0.134	
20:0	-									
22:0	y									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u> </u>	easures or roou	-	
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		1.581		0		1		2.814	1.344		
15:1	-										
16:1 undifferentiated	-	0.272		2		1		0.484	0.231		
17:1	-										
18:1 undifferentiated	-	0.860		2		1		1.531	0.731		
20:1	-	0.275		2		1		0.490	0.234		
22:1 undifferentiated	•	0.153		2		1		0.272	0.130		
24:1 c											
Fatty acids, total polyunsaturated		1.273		0		1		2.266	1.082		
18:2 undifferentiated		0.056		2		1		0.100	0.048		
18:3 undifferentiated	-	0.055		2		1		0.098	0.047		
18:4	-	0.052		2		1		0.093	0.044		
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated		0.022		2		1		0.039	0.019		
20:5 n-3	-	0.401		2		1		0.714	0.341		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.658		2		1		1.171	0.559		
Fatty acids, total trans	g										
Cholesterol		55		2		1		98	47		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.263		0		1		0.468	0.224		
Threonine		1.028		0		1		1.830	0.874		
Isoleucine	-	1.020		0		1		1.924	0.919		
Leucine		1.906		0		1		3.393	1.620		
Lysine		2.154		0		1		3.834	1.831		
Methionine		0.694		0		1		1.235	0.590		
Cystine		0.054		0		1		0.447	0.213		
•		0.231		0		1		1.629	0.778		
Phenylalanine Tyrosine		0.792		0		1		1.410	0.778		
2	-	1.208		0		1		2.150	1.027		
Valine	-	1.403		0		1					
Arginine		0.690		0		1		2.497 1.228	1.193		
Histidine	_	1.418		0		1			0.587		
Alanine		2.401		0		1		2.524 4.274	1.205		
Aspartic acid	-					1			2.041		
Glutamic acid	-	3.501		0 0				6.232	2.976		
Glycine		1.126				1		2.004	0.957		
Proline		0.829		0		1		1.476	0.705		
Serine		0.957		0		1		1.703	0.813		
Hydroxyproline	9										
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		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 = 178g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15247

Fish, salmon, coho, wild, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food	<u>-</u>	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	65.39	0		1		101.35	55.58		
Energy	kcal	184	0	NC	4		285	156		
Energy		770			4		1193	654		
Protein (N x 6.25)	g	27.36	0		1		42.41	23.26		
Total lipid (fat)	g	7.50	0		1		11.63	6.38		
Ash	g	1.53	0		1		2.37	1.30		
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:			_		_		7.	22		
Calcium, Ca	_	46	0		1		71	39		
Iron, Fe		0.71 35	0		1 1		1.10 54	0.60		
Magnesium, Mg		298	•		1			30		
Phosphorus, P Potassium, K	•	298 455	0		1		462 705	253 387		
Sodium, Na		53	0		1		703 82	45		
Zinc, Zn		0.52	0		1		0.81	0.44		
Copper, Cu		0.065			1		0.101	0.055		
Manganese, Mn		0.018			1		0.028	0.015		
Selenium, Se		46.2	0	BFSN	4		71.6	39.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.0	0		1		1.6	0.9		
Thiamin		0.115			1		0.178	0.098		
Riboflavin		0.159			1		0.246	0.135		
Niacin	-	7.779			1		12.057	6.612		
Pantothenic acid		0.834			1		1.293	0.709		
Vitamin B-6	_	0.556			1		0.862	0.473		
Folate, total		9	0	_	1		14	8		
Folic acid		0	0	Z	7		0	0 8		
Folate, food	IIICG	9 9	0	270	1 4		14			
Folate, DFE			0	NC			14 6.94	8 3.81		
Vitamin B-12		4.48 108	0		1 1		6.94 167	3.81 92		
Vitamin A, IU		32	0		1		50	28		
Vitamin A, RAERetinol		32	0		1		50	28		
Vitamin E (alpha-tocopherol)		32	U		_		30	20		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_				_			4 056		
Fatty acids, total saturated		1.595	5 0		1		2.472	1.356		
4:0	-									
6:0 8:0										
10:0										
12:0										
13:0										
14:0		0.334	1 0		1		0.518	0.284		
15:0	-	0.554	· ·		-		3.310	0.204		
16:0		0.950	0		1		1.473	0.808		
17:0		0.550	. •		-		1.4/3	0.808		
18:0	_	0.262	2 0		1		0.406	0.223		
20:0	_	0.202	- V		-		3.400	0.223		
22:0	_									
	g									

		<u>Ar</u>	nount in 100 g	rams of ed	ible portic	<u>on</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
Fatty acids, total monounsaturated	a	2.702		0	1		4.188	2.297	
14:1		2.702		· ·	-		4.100	2.231	
15:1									
16:1 undifferentiated		0.640		0	1		0.992	0.544	
17:1	-								
18:1 undifferentiated		1.524		0	1		2.362	1.295	
20:1	g	0.316		0	1		0.490	0.269	
22:1 undifferentiated	g	0.185		0	1		0.287	0.157	
24:1 c	g								
Fatty acids, total polyunsaturated		2.521		0	1		3.908	2.143	
18:2 undifferentiated		0.260		0	1		0.403	0.221	
18:3 undifferentiated	g	0.199		0	1		0.308	0.169	
18:4	g	0.150		0	1		0.233	0.128	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.169		0	1		0.262	0.144	
20:5 n-3	g	0.543		0	1		0.842	0.462	
22:5 n-3	g	0.294		0	1		0.456	0.250	
22:6 n-3	g	0.831		0	1		1.288	0.706	
Fatty acids, total trans	g								
Cholesterol	mg	57		0	1		88	48	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.306		0	1		0.474	0.260	
Threonine		1.200		0	1		1.860	1.020	
Isoleucine		1.261		0	1		1.955	1.072	
Leucine	-	2.224		0	1		3.447	1.890	
Lysine		2.513		0	1		3.895	2.136	
Methionine		0.810		0	1		1.256	0.689	
Cystine	-	0.293		0	1		0.454	0.249	
Phenylalanine		1.068		0	1		1.655	0.908	
Tyrosine		0.924		0	1		1.432	0.785	
Valine	_	1.410		0	1		2.186	1.199	
Arginine	-	1.637		0	1		2.537	1.391	
Histidine.	_	0.806		0	1		1.249	0.685	
Alanine		1.655		0	1		2.565	1.407	
Aspartic acid	-	2.802		0	1		4.343	2.382	
Glutamic acid	_	4.085		0	1		6.332	3.472	
Glycine	_	1.313		0	1		2.035	1.116	
Proline		0.968		0	1		1.500	0.823	
Serine		1.116		0	1		1.730	0.949	
Hydroxyproline	-	1.110		•	-		1.755	0.545	
113 at Oxyptonine									

Common Measures:

Measure 1 = 155g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15081 Fish, salmon, coho, wild, raw Oncorhynchus kisutch (Walbaum)

		<u>Aı</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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	72.66	0.162	178		1		143.87	61.76	
Energy	-	146	0.101	0	NC	4		289	124	
Energy		611		Ū	МС	4		1210	519	
Protein (N x 6.25)		21.62	0.044	178		1		42.81	18.38	
Total lipid (fat)		5.93	0.161	219		1		11.74	5.04	
Ash		1.21	0.004	178		1		2.40	1.03	
Carbohydrate, by difference		0.00	0.001	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		,		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	mg	36		1		1		71	31	
Iron, Fe	mg	0.56	0.077	3		1		1.11	0.48	
Magnesium, Mg		31	0.897	3		1		61	26	
Phosphorus, P	-	262	16.165	3		1		519	223	
Potassium, K		423	2.619	47		1		838	360	
Sodium, Na		46	1.105	47		1		91	39	
Zinc, Zn		0.41	0.017	74		1		0.81	0.35	
Copper, Cu		0.051		69		1		0.101	0.043	
Manganese, Mn		0.014	0.001	3		1		0.028	0.012	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0	0.239	4		1		2.0	0.9	
Thiamin		0.113		3		1		0.224	0.096	
Riboflavin		0.140		3		1		0.277	0.119	
Niacin		7.230		3		1		14.315	6.146	
Pantothenic acid	-	0.823		3		1		1.630	0.700	
Vitamin B-6		0.549	0.132	3		1		1.087	0.467	
Folate, total	_	9	3.215	3		1		18	8	
Folic acid		0		0	z	7		0	0	
Folate, food		9	3.215	3		1		18	8	
Folate, DFE	mcg DFE	9		0	NC	4		18	8	
Vitamin B-12		4.17	0.694	3		1		8.26	3.54	
Vitamin A, IU		100		0	NC	4		198	85	
Vitamin A, RAE		30		0	NC	4		59	26	
Retinol		30		0	NR	4		59	26	
Vitamin E (alpha-tocopherol)		0.65		0	NR	4		1.29	0.55	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.1	
Lipids:										
Fatty acids, total saturated	a	1.260	1	0		1		2.495	1.071	
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	-	5.000		J		-		0.000	0.000	
14:0	_	0.264	Į.	6		1		0.523	0.224	
15:0	_	0.204	•	J		-		0.323	0.224	
16:0	_	0.751		6		1		1.487	0.638	
17:0		0.751	•	5		-		1.40/	0.036	
18:0	_	0.207	,	6		1		0.410	0.176	
20:0	_	0.207		J		1		0.410	0.176	
22:0	_									
24:0	-									

		Amount in 1	00 grams		ole portio	o <u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 2.1:	34	0		1		4.225	1.814	
14:1									
15:1	g								
16:1 undifferentiated	g 0.50	16	6		1		1.002	0.430	
17:1	9								
18:1 undifferentiated	g 1.20	4	6		1		2.384	1.023	
20:1	g 0.2!	60	6		1		0.495	0.213	
22:1 undifferentiated	g 0.14	16	6		1		0.289	0.124	
24:1 c	9								
Fatty acids, total polyunsaturated	g 1.9	2	0		1		3.944	1.693	
18:2 undifferentiated	g 0.20	16	6		1		0.408	0.175	
18:3 undifferentiated	g 0.1!	57	6		1		0.311	0.133	
18:4	g 0.1:	.9	6		1		0.236	0.101	
20:2 n-6 c,c	9								
20:3 undifferentiated	g								
20:4 undifferentiated	g 0.13	13	6		1		0.263	0.113	
20:5 n-3	g 0.42	9	6		1		0.849	0.365	
22:5 n-3	g 0.2:	0.0	000 6		1		0.459	0.197	
22:6 n-3	g 0.69	66	6		1		1.299	0.558	
Fatty acids, total trans	g								
Cholesterol	mg 4 5	3.0	060 3		1		89	38	
Phytosterols	mg								
A A A									
Amino Acids:	-				_				
Tryptophan			0		1		0.479	0.206	
Threonine	=		0		1		1.877	0.806	
Isoleucine			0		1		1.972	0.847	
Leucine	=		0		1		3.479	1.493	
Lysine			0		1 1		3.930	1.687	
Methionine							1.267	0.544	
Cystine			0		1		0.459	0.197	
Phenylalanine			0		1 1		1.671	0.717	
Tyrosine	=		0		_		1.445	0.621	
Valine	-		0		1		2.206	0.947	
Arginine			0		1		2.562	1.100	
Histidine			0		1		1.259	0.541	
Alanine			0		1		2.588	1.111	
Aspartic acid			0		1		4.384	1.882	
Glutamic acid			0		1		6.389	2.743	
Glycine			0		1		2.055	0.882	
Proline	=		0		1		1.513	0.649	
Serine	=	32	0		1		1.746	0.750	
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		•	_	•		ŭ	v	
<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 = 198g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15081

Fish, salmon, coho, wild, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	grams	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımbe	r			<u>m</u>	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	а	68.81	0.743	28		1		312.40	58.49	
Energy	=	139		0	NC	4		631	118	
Energy		582		·	-1.0	4		2640	494	
Protein (N x 6.25)		19.78	0.164	25		1		89.80	16.81	
Total lipid (fat)		6.05	0.101	26		1		27.47	5.14	
Ash		2.60	0.046	25		1		11.80	2.21	
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		0.00		·	_	•		0.00	0.00	
Minerals:								_		
Calcium, Ca	_	213	12.474	25		1		967	181	
Iron, Fe.		0.84	0.044	25		1		3.81	0.71	
Magnesium, Mg		34	0.961	25		1		154	29	
Phosphorus, P	-	329	7.235	25		1		1494	280	
Potassium, K		326	7.284	25		1 1		1480	277	
Sodium, Na		554 0.92	16.815 0.028	25 25		1		2515 4.18	471 0.78	
Zinc, Zn Copper, Cu		0.92		25 25		1		4.18 0.463	0.78	
Manganese, Mn		0.102		0		4		0.463	0.017	
Selenium, Se		33.2	0.367	10	A	1		150.7	28.2	
Scientini, Sc	9	33.2	0.00.			_		2001.		
Vitamins:										
Vitamin C, total ascorbic acid		0.0	0.000	22		1		0.0	0.0	
Thiamin		0.023		36		1		0.104	0.020	
Riboflavin		0.186		36		1		0.844	0.158	
Niacin	-	6.536		25		1		29.673	5.556	
Pantothenic acid		0.550		0		4		2.497	0.468	
Vitamin B-6	_	0.300		0		4		1.362	0.255	
Folate, total		15 0	0.621	3 0	z	1 7		70 0	13	
Folic acid		15	0 601	3	z	1		70	0 13	
Folate, food	Ilicg	15 15	0.621	0	NC	4		70 70	13	
Folate, DFE		4.40		0	NC	4		70 19.98	13 3.74	
Vitamin B-12 Vitamin A, IU		4.40 57		0	NC	4		257	48	
Vitamin A, RAE		17		0	NC	4		77	14	
Retinol		17		0	NR NR	4		77	14	
Vitamin E (alpha-tocopherol)		0.64		2	A	1		2.88	0.54	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.00		2	A	1		0.00	0.00	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D		624.000)	0	т	4		2832.960	530.400	
Vitamin K (phylloquinone)		0.4		0	T	4		1.8	0.3	
	· ·									
<u>Lipids:</u>										
Fatty acids, total saturated		1.535		0		1		6.969	1.305	
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 1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	_	0.000	•	U		1		0.000	0.000	
13:0	_	0.048		1		1		0.218	0.041	
14:0 15:0	_	0.048	•	1		1		0.218	0.041	
16:0	_	1.350	1	1		1		6.129	1.148	
17:0	-	1.330	•	_		1		0.129	1.140	
18:0		0.135	•	1		1		0.613	0.115	
20:0	_	0.133	•	-		-		0.013	0.113	
22:0										
24:0	_									

		<u>A</u>	mount in 100 gran		ble portio	<u>on</u>		edible portion of easures of food	
Nutrients and L	Jnits	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed q	1.807	0		1		8.204	1.536	
14:1	g								
15:1	g	0.466	1		1		2.116	0.396	
17:1 18:1 undifferentiated	9	1.068			1		4.849	0.908	
20:1		0.272			1		1.235	0.231	
22:1 undifferentiated	•	0.018	2		1		0.082	0.015	
Fatty acids, total polyunsaturated		2.049	0		1		9.302	1.742	
18:2 undifferentiated	g	0.058	1		1		0.263	0.049	
18:3 undifferentiated	g	0.058	2		1		0.263	0.049	
18:4	_	0.135	1		1		0.613	0.115	
20:2 n-6 c,c	_								
20:3 undifferentiated	-				_				
20:4 undifferentiated	_	0.077			1		0.350	0.065	
20:5 n-3	_	0.845			1 1		3.836 0.218	0.718 0.041	
22:5 n-322:6 n-3	-	0.048			1		3.659	0.041	
Fatty acids, total trans		0.000	_		-		3.039	0.005	
Cholesterol		55	0		4		250	47	
Phytosterols	_								
-									
Amino Acids:	_				_				
Tryptophan		0.222			1 1		1.008	0.189	
Threonine	_	0.867 0.912			1		3.936 4.140	0.737 0.775	
Isoleucine	-	1.608			1		7.300	1.367	
Lysine	-	1.817			1		8.249	1.544	
Methionine		0.586			1		2.660	0.498	
Cystine		0.212			1		0.962	0.180	
Phenylalanine		0.772	0		1		3.505	0.656	
Tyrosine		0.668	0		1		3.033	0.568	
Valine	g	1.019	0		1		4.626	0.866	
Arginine	g	1.184	0		1		5.375	1.006	
Histidine	g	0.582	0		1		2.642	0.495	
Alanine		1.196			1		5.430	1.017	
Aspartic acid		2.026			1		9.198	1.722	
Glutamic acid	-	2.953			1		13.407	2.510	
Glycine		0.950			1		4.313	0.808	
Proline	-	0.699			1 1		3.173	0.594	
Serine		0.807	U		_		3.664	0.686	
Hydroxyproline	9								
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	-	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 = 454g: 1 can Measure 2 = 85g: 3 oz NDB No. 15084

Fish, salmon, pink, canned, solids with bone and liquid

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15181 Fish, salmon, pink, canned, without salt, solids with bone and liquid

		<u>Aı</u>	mount in 100 gr	ams of ed	lible portio	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	_
			of E	Data Deri	v Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure
_									
Proximates: Water	a	70.03		0	4		317.94	59.53	
Energy	-	139		0 N			631	118	
0,		582		U N	4		2640	494	
Energy			0.164	0.5	_				
Protein (N x 6.25)		19.78	0.164	25	1 1		89.80	16.81	
Total lipid (fat)		6.05		26	_		27.47	5.14	
Ash		1.38		0	4		6.27	1.17	
Carbohydrate, by difference		0.00		0 2			0.00	0.00	
Fiber, total dietary		0.0		0 2	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minopole									
Minerals: Calcium. Ca	ma	213	12.474	25	1		967	181	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.84		25 25	1		3.81	0.71	
,	• • • • • • • • • • • • • • • • • • • •	34		25 25	1		154	29	
Magnesium, Mg		329		25	1		1494	280	
Phosphorus, P	_	329		25 25	1		1494	277	
Potassium, K		326 75	7.284	0	4		341	64	
Sodium, Na	-	0.92	0.028	25	1		4.18	0.78	
Zinc, Zn				25 25	1			0.78	
Copper, Cu		0.102		0			0.463		
Manganese, Mn		0.020			4		0.091	0.017	
Selenium, Se	rricg	33.2	0.367	10 A	1		150.7	28.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0.000	22	1		0.0	0.0	
Thiamin		0.023	0.000	36	1		0.104	0.020	
Riboflavin	-	0.186		36	1		0.844	0.158	
Niacin		6.536		25	1		29.673	5.556	
Pantothenic acid	-	0.550		0	4		2.497	0.468	
Vitamin B-6		0.300		0	4		1.362	0.255	
Folate, total	-	15	0.621	3	1		70	13	
Folic acid		0	0.022	0 z	7		0	0	
Folate, food		15	0.621	3	1		70	13	
Folate, DFE	mca DFF	15	0.021	0 NO			70	13	
Vitamin B-12		4.40		0	4		19.98	3.74	
Vitamin A, IU		55	3.780	14	1		250	47	
		17		14	1		75	14	
Vitamin A, RAE		17			1				
Retinol		1/	1.135	14	1		75	14	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	1.535	•	0	1		6.969	1.305	
4:0		2.000		•	_		0.505	2.000	
6:0									
8:0	-								
10:0	-								
12:0									
13:0									
14:0		0.048		1	1		0.218	0.041	
		0.046		-	_		0.210	0.041	
15:0		1.350		1	1		6 100	1 140	
16:0		1.350	•	-	1		6.129	1.148	
17:0	-	0 10-		1	-		0 (12	0 115	
18:0	-	0.135	1	1	1		0.613	0.115	
20:0	-								
22:0	9								

		<u>Ar</u>	mount in 100	<u>0 grams</u> Number		le portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F. (1) (1)		1.825		0		1		0.006	1 551	
Fatty acids, total monounsaturated		1.825		U		1		8.286	1.551	
15:1										
16:1 undifferentiated		0.466		1		1		2.116	0.396	
17:1	-	0.400		-		-		2.110	0.550	
18:1 undifferentiated		1.068		1		1		4.849	0.908	
20:1		0.272		1		1		1.235	0.231	
22:1 undifferentiated	-	0.272		2		1		0.082	0.015	
24:1 c		0.016		_		_		0.082	0.015	
Fatty acids, total polyunsaturated		2.049		0		1		9.302	1.742	
18:2 undifferentiated		0.058		1		1		0.263	0.049	
18:3 undifferentiated	-	0.058		2		1		0.263	0.049	
18:4		0.135		1		1		0.203	0.115	
20:2 n-6 c.c		0.133		_		_		0.013	0.113	
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.077		1		1		0.350	0.065	
20:5 n-3	-	0.845		2		1		3.836	0.718	
	_	0.843		2		1		0.218	0.718	
22:5 n-3	-	0.048		1		1		3.659	0.685	
22:6 n-3		0.806		1		1		3.659	0.685	
Fatty acids, total trans	-	55		0		4		250	47	
Phytosterols	-	55		U		4		250	47	
Phytosterois										
Amino Acids:										
Tryptophan	g	0.222		0		1		1.008	0.189	
Threonine	g	0.867		0		1		3.936	0.737	
Isoleucine	g	0.912		0		1		4.140	0.775	
Leucine	g	1.608		0		1		7.300	1.367	
Lysine		1.817		0		1		8.249	1.544	
Methionine		0.586		0		1		2.660	0.498	
Cystine	g	0.212		0		1		0.962	0.180	
Phenylalanine		0.772		0		1		3.505	0.656	
Tyrosine		0.668		0		1		3.033	0.568	
Valine	-	1.019		0		1		4.626	0.866	
Arginine	_	1.184		0		1		5.375	1.006	
Histidine	-	0.582		0		1		2.642	0.495	
Alanine		1.196		0		1		5.430	1.017	
Aspartic acid	_	2.026		0		1		9.198	1.722	
Glutamic acid	-	2.953		0		1		13.407	2.510	
Glycine	-	0.950		0		1		4.313	0.808	
Proline		0.699		0		1		3.173	0.594	
Serine		0.807		0				3.664	0.686	
				U		1		3.004	0.000	

Common Measures:

Measure 1 = 454g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gran	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			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	g	69.68	0		1		86.40	59.23	
Energy	-	149	0	NC	4		185	127	
Energy		623			4		773	530	
Protein (N x 6.25)		25.56	0		1		31.69	21.73	
Total lipid (fat)		4.42	0		1		5.48	3.76	
Ash		1.56	0		1		1.93	1.33	
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		21	14	
Iron, Fe	_	0.99	0		1		1.23	0.84	
Magnesium, Mg		33	0		1		41	28	
Phosphorus, P	_	295	0		1		366	251	
Potassium, K		414	0		1 1		513 107	352	
Sodium, Na		86 0.71	0		1		0.88	73 0.60	
Zinc, Zn		0.71			1		0.88	0.84	
Copper, Cu Manganese, Mn		0.093			1		0.123	0.014	
Selenium, Se		57.2	, 0	BFSN	4		70.9	48.6	
Scientini, Sc	9	37.2	ŭ	2101	-		70.5	40.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin		0.196			1		0.243	0.167	
Riboflavin	mg	0.073	3 0		1		0.091	0.062	
Niacin	_	8.526			1		10.572	7.247	
Pantothenic acid		0.865			1		1.073	0.735	
Vitamin B-6	-	0.231			1		0.286	0.196	
Folate, total		5	0		1		6	4	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	5	0		1		6	4	
Folate, DFE		5	0	NC	4		6	4	
Vitamin B-12		3.46	0		1		4.29	2.94	
Vitamin A, IU		136	0		1		169	116	
Vitamin A, RAE		41	0		1 1		51	35	
Retinol		41	U		1		51	35	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
• • •									
<u>Lipids:</u>			_				_		
Fatty acids, total saturated		0.715	5 0		1		0.887	0.608	
4:0									
6:0									
8:0									
10:0									
12:0 13:0									
14:0	-	0.135	5 0		1		0.167	0.115	
		0.135	, 0		1		0.16/	0.115	
15:0		0.405	5 0		1		0.502	0.344	
16:0 17:0		0.403	, 0		1		0.502	0.344	
18:0	-	0.176	5 0		1		0.218	0.150	
20:0	-	0.176	. 0		-		0.210	0.130	
22:0	-								
44.V	9								

		<u>Aı</u>	mount in 100 g		ble portio	<u>n</u>		edible portion o	of common
				nber Data Doriv	Source	Confidence	<u></u>	<u> </u>	
Nutrients and Uni	its	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.197		0	1		1.484	1.017	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.199	ı	0	1		0.247	0.169	
17:1	g								
18:1 undifferentiated	g	0.699	ı	0	1		0.867	0.594	
20:1	g	0.159	ı	0	1		0.197	0.135	
22:1 undifferentiated	g	0.140	1	0	1		0.174	0.119	
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.733	1	0	1		2.149	1.473	
18:2 undifferentiated	g	0.064		0	1		0.079	0.054	
18:3 undifferentiated	g	0.044		0	1		0.055	0.037	
18:4	g	0.115	i	0	1		0.143	0.098	
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	g	0.100	ı	0	1		0.124	0.085	
20:5 n-3	g	0.537		0	1		0.666	0.456	
22:5 n-3		0.123		0	1		0.153	0.105	
22:6 n-3		0.751		0	1		0.931	0.638	
Fatty acids, total trans	g								
Cholesterol		67		0	1		83	57	
Phytosterols									
Amino Acids:									
Tryptophan	g	0.286	;	0	1		0.355	0.243	
Threonine	g	1.121		0	1		1.390	0.953	
Isoleucine	-	1.178		0	1		1.461	1.001	
Leucine	g	2.078		0	1		2.577	1.766	
Lysine		2.348		0	1		2.912	1.996	
Methionine		0.757		0	1		0.939	0.643	
Cystine		0.274		0	1		0.340	0.233	
Phenylalanine	-	0.998		0	1		1.238	0.848	
Tyrosine		0.863		0	1		1.070	0.734	
Valine	-	1.317		0	1		1.633	1.119	
Arginine	-	1.530		0	1		1.897	1.301	
Histidine	-	0.753		0	1		0.934	0.640	
Alanine	-	1.546		0	1		1.917	1.314	
Aspartic acid	-	2.618		0	1		3.246	2.225	
Glutamic acid		3.816		0	1		4.732	3.244	
Glycine		1.227		0	1		1.521	1.043	
Proline		0.904		0	1		1.121	0.768	
Serine	-	1.043		0	1		1.293	0.887	
Hydroxyproline	-	2.043		=	_		2.233	0.007	
11, aroxypromic									

Common Measures:

Measure 1 = 124g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15083 Fish, salmon, pink, raw Oncorhynchus gorbuscha (Walbaum)

		<u>Ar</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nui	mber				<u>m</u> e	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.35	0.160	141		1		121.40	64.90	
Energy	kcal	116		0	NC	4		184	99	
Energy	kj	485				4		772	413	
Protein (N x 6.25)	g	19.94	0.126	141		1		31.70	16.95	
Total lipid (fat)	g	3.45	0.141	144		1		5.49	2.93	
Ash	g	1.22	0.014	141		1		1.94	1.04	
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									
Ainerals:										
Calcium, Ca	mg	13		0		4		21	11	
Iron, Fe	-	0.77		0		4		1.22	0.65	
Magnesium, Mg	-	26		0		4		41	22	
Phosphorus, P		230		0		4		366	196	
Potassium, K	-	323	4.635	100		1		514	275	
Sodium, Na		67	1.516	101		1		107	57	
Zinc, Zn	mg	0.55	0.025	27		1		0.87	0.47	
Copper, Cu	mg	0.077	0.005	27		1		0.122	0.065	
Manganese, Mn	mg	0.015		0		1		0.024	0.013	
Selenium, Se	mcg	44.6		1	A	1		70.9	37.9	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.170		0	_	4		0.270	0.145	
Riboflavin	-	0.060		0		4		0.095	0.051	
Niacin		7.000		0		4		11.130	5.950	
Pantothenic acid.	-	0.750		0		4		1.193	0.638	
Vitamin B-6	-	0.200		0		4		0.318	0.170	
Folate, total	-	4		0		4		6	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		4		6	3	
Folate, DFE		4		0	NC	4		6	3	
Vitamin B-12		3.00		0		4		4.77	2.55	
Vitamin A, IU	IU	117		0	NC	4		185	99	
Vitamin A, RAE	mcg_RAE	35		0	NC	4		56	30	
Retinol	mcg	35		0	NR	4		56	30	
Vitamin E (alpha-tocopherol)	mg	0.64		2	A	1		1.01	0.54	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.00		2	A	1		0.00	0.00	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D					_					
Vitamin K (phylloquinone)	mcg	0.4		0	T	4		0.6	0.3	
ipids:										
Fatty acids, total saturated	g	0.558		0		1		0.887	0.474	
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	9	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.105		1		1		0.167	0.089	
15:0	g									
16:0	g	0.316		1		1		0.502	0.269	
17:0	-									
18:0	g	0.137		1		1		0.218	0.116	
20:0	g									
22:0	_									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	_
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				•						
Fatty acids, total monounsatura		0.934		0		1		1.485	0.794	
15:1	g									
16:1 undifferentiated		0.155		1		1		0.246	0.132	
17:1	-									
18:1 undifferentiated		0.546		1		1		0.868	0.464	
20:1	-	0.124		1		1		0.197	0.105	
22:1 undifferentiated	•	0.109		1		1		0.173	0.093	
24:1 c										
Fatty acids, total polyunsaturate		1.353		0		1		2.151	1.150	
18:2 undifferentiated		0.050		1		1		0.080	0.043	
18:3 undifferentiated		0.034		1		1		0.054	0.029	
18:4	-	0.090		1		1		0.143	0.077	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.078		1		1		0.124	0.066	
20:5 n-3	-	0.419		1		1		0.666	0.356	
22:5 n-3	-	0.096		1		1		0.153	0.082	
22:6 n-3		0.586		1		1		0.932	0.498	
Fatty acids, total trans	g									
Cholesterol	mg	52		0		4		83	44	
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.223		0		1		0.355	0.190	
Threonine		0.874		0		1		1.390	0.743	
Isoleucine	-	0.874		0		1		1.461	0.743	
Leucine	-	1.621		0		1		2.577	1.378	
Lysine		1.831		0		1		2.911	1.556	
Methionine		0.590		0		1		0.938	0.502	
Cystine		0.214		0		1		0.340	0.182	
Phenylalanine		0.214		0		1		1.237	0.661	
Tyrosine		0.778		0		1		1.070	0.572	
Valine	-	1.027		0		1		1.633	0.873	
Arginine	-	1.193		0		1		1.897	1.014	
Histidine	-	0.587		0		1		0.933	0.499	
Alanine		1.206		0		1		1.918	1.025	
	-	2.042		0		1		3.247	1.736	
Aspartic acid		2.976		0		1		4.732	2.530	
Glutamic acid	-	0.957		0		1		1.522	0.813	
Glycine				0		1				
Proline		0.705		0		1		1.121	0.599 0.691	
Serine		0.813		U		_		1.293	0.691	
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:	-									
	maa	^		^		-		0 000	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	
Cryptoxanthin, beta		•		0				0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iiica	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 159g: .5 fillet Measure 2 = 85g: 3 oz NDB No. 15083 Fish, salmon, pink, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DF Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RA Retinol mcg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU	Mean 68.72 153 640 20.47 7.31 2.70 0.00 0.00 0.00 239 1.06 29 326 377 538 1.02 0.084 0.036 35.4	0.213 0.086 0.145 0.062 6.835 4.988 20.580	0 44 0 45 1689 42 0 0 0 0 26 20 20 20 20 0 0	Deriv	Source Code 1 4 4 1 1 7 7 7 1 1 1 1 1 4 4 4	Confidence Code	Measure 1 253.58 565 2362 75.53 26.97 9.96 0.00 0.00 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111 130.6	58.41 130 544 17.40 6.21 2.30 0.00 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026 30.1	Measure 3
Proximates: Water. 9 Energy kcal Energy kj Protein (N x 6.25) 9 Total lipid (fat) 9 Ash. 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mcg Vitamins: wtotal ascorbic acid mg Vitaminin mg Niacin mg Patothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg <tr< th=""><th>68.72 153 640 20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4</th><th>0.213 0.086 0.145 0.062 6.835 4.988 20.580</th><th>0 44 0 45 1689 42 0 0 0 0 26 20 20 20 20 0 0</th><th>NC Z Z Z Z</th><th>Code 1 4 4 1 1 7 7 7 1 1 1 1 1 1 4</th><th></th><th>253.58 565 2362 75.53 26.97 9.96 0.00 0.00 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111</th><th>58.41 130 544 17.40 6.21 2.30 0.00 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026</th><th>Measure 3</th></tr<>	68.72 153 640 20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.213 0.086 0.145 0.062 6.835 4.988 20.580	0 44 0 45 1689 42 0 0 0 0 26 20 20 20 20 0 0	NC Z Z Z Z	Code 1 4 4 1 1 7 7 7 1 1 1 1 1 1 4		253.58 565 2362 75.53 26.97 9.96 0.00 0.00 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	58.41 130 544 17.40 6.21 2.30 0.00 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026	Measure 3
Proximates: Water. 9 Energy. kcal Energy. kj Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: vitamins: Vitamins: mg Vitamin Brothenic acid. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folate, food.<	68.72 153 640 20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.213 0.086 0.145 0.062 6.835 4.988 20.580	44 0 45 1689 42 0 0 0 0 26 20 20 43 23 20 20 0 0	NC Z Z Z	1 4 4 1 1 7 7 7 7	Code	253.58 565 2362 75.53 26.97 9.96 0.00 0.00 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	58.41 130 544 17.40 6.21 2.30 0.00 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026	Measure 3
Water. g Energy. kcal Energy. kj Protein (N x 6.25). g Total lipid (fat). g Ash. g Carbohydrate, by difference. g Fiber, total dietary. g Sugars, total. g Starch. g Minerals: 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. mcg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folate, food. </th <th>153 640 20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4</th> <th>0.086 0.145 0.062 6.835 4.988 20.580</th> <th>0 45 1689 42 0 0 0 26 20 20 43 23 20 20 0 0</th> <th>z z z</th> <th>4 4 1 1 7 7 7 7 1 1 1 1 1 1 1 1</th> <th></th> <th>565 2362 75.53 26.97 9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111</th> <th>130 544 17.40 6.21 2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026</th> <th></th>	153 640 20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.086 0.145 0.062 6.835 4.988 20.580	0 45 1689 42 0 0 0 26 20 20 43 23 20 20 0 0	z z z	4 4 1 1 7 7 7 7 1 1 1 1 1 1 1 1		565 2362 75.53 26.97 9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	130 544 17.40 6.21 2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026	
Energy kcal Energy kj Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se mcg Vitamins: Vitamins Vitamin C, total ascorbic acid mg Thiamin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg Vitamin A, IU IU	153 640 20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.086 0.145 0.062 6.835 4.988 20.580	0 45 1689 42 0 0 0 26 20 20 43 23 20 20 0 0	z z z	4 4 1 1 7 7 7 7 1 1 1 1 1 1 1 1		565 2362 75.53 26.97 9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	130 544 17.40 6.21 2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026	
Energy kj Protein (N x 6.25) g Total lipid (fat) g Ash g Carbohydrate, by difference g Fiber, total dietary g Sugars, total g Sugars, total g Starch g Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg mg Magnesium, Mg mg mg Potassium, K mg mg Sodium, Na mg mg Zinc, Zn mg mg Manganese, Mn mg mcg Vitamins mcg mcg Vitamins: Vitamin C, total ascorbic acid mg Vitamin mg min mg Thiamin mg mg Niacin mg mg Polate, total mcg mcg Folate, total mcg mcg Folate, food mcg <	20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.145 0.062 6.835 4.988 20.580	45 1689 42 0 0 0 26 20 20 43 23 20 20 0 0	z z z	4 1 1 7 7 7 7 1 1 1 1 1 1 1 1		2362 75.53 26.97 9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	544 17.40 6.21 2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071 0.026	
Protein (N x 6.25)	20.47 7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.145 0.062 6.835 4.988 20.580	1689 42 0 0 0 26 20 20 43 23 20 20 0 0	Z Z	1 1 7 7 7 7		75.53 26.97 9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	17.40 6.21 2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071	
Total lipid (fat)	7.31 2.70 0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.145 0.062 6.835 4.988 20.580	1689 42 0 0 0 26 20 20 43 23 20 20 0 0	Z Z	1 1 7 7 7 7		26.97 9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	6.21 2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071	
Ash	2.70 0.00 0.0 0.00 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	0.062 6.835 4.988 20.580 0.000 0.001	42 0 0 0 26 20 20 43 23 20 20 0 0	Z Z	1 7 7 7 1 1 1 1 1 1 1 1		9.96 0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	2.30 0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071	
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Minerals: 2 Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se mcg Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DF Vitamin B-12 mcg Vitamin A, RAE mcg_RA Retinol mg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D <td>0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4</td> <td>6.835 4.988 20.580 0.000 0.001</td> <td>0 0 0 26 20 20 43 23 20 20 0 0</td> <td>Z Z</td> <td>7 7 7 7 1 1 1 1 1 1 1 1 4</td> <td></td> <td>0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111</td> <td>0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071</td> <td></td>	0.00 0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	6.835 4.988 20.580 0.000 0.001	0 0 0 26 20 20 43 23 20 20 0 0	Z Z	7 7 7 7 1 1 1 1 1 1 1 1 4		0.00 0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	0.00 0.0 0.00 203 0.90 25 277 320 457 0.87 0.071	
Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Fe. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: wcg Vitaminin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folica cid. mcg Folate, food. mcg Folate, DFE. mcg_DF Vitamin B-12. mcg Vitamin A, RAE. mcg_RA Retinol. mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, gamma mg	0.0 0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	0 0 0 26 20 20 43 23 20 20 0 0	Z Z	7 7 1 1 1 1 1 1 1 4		0.0 0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	0.0 0.00 203 0.90 25 277 320 457 0.87 0.071	
Sugars, total. 9 Starch. 9 Minerals:	0.00 239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	26 20 20 43 23 20 20 0 0	Z	7 1 1 1 1 1 1 1 1		0.00 882 3.91 107 1203 1391 1985 3.76 0.310 0.111	0.00 203 0.90 25 277 320 457 0.87 0.071 0.026	
Starch g Minerals: Calcium, Ca	239 1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	26 20 20 43 23 20 20 0 0		1 1 1 1 1 1 1 1		882 3.91 107 1203 1391 1985 3.76 0.310 0.111	203 0.90 25 277 320 457 0.87 0.071	
Minerals: Calcium, Ca	1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	20 20 43 23 20 20 20 0 0	BFSN	1 1 1 1 1 1 4		3.91 107 1203 1391 1985 3.76 0.310 0.111	0.90 25 277 320 457 0.87 0.071	
Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: Vitamin Selenium, mg Vitamin N. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folica cid. mcg Folate, total. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, RAE. mcg_RA Retinol. mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU	1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	20 20 43 23 20 20 20 0 0	BFSN	1 1 1 1 1 1 4		3.91 107 1203 1391 1985 3.76 0.310 0.111	0.90 25 277 320 457 0.87 0.071	
Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folica, total. mcg Folica, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, RAE. mcg_RA Retinol. mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Tocopherol, delta. mg Vitamin D. IU	1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	20 20 43 23 20 20 20 0 0	BFSN	1 1 1 1 1 1 4		3.91 107 1203 1391 1985 3.76 0.310 0.111	0.90 25 277 320 457 0.87 0.071	
Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: wcg Vitaminn C, total ascorbic acid. mg Thiamin mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folica, total. mcg Folate, total. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12 mcg Vitamin A, RAE. mcg_RA Retinol. mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU	1.06 29 326 377 538 1.02 0.084 0.030 35.4	4.988 20.580 0.000 0.001	20 20 43 23 20 20 20 0 0	BFSN	1 1 1 1 1 1 4		3.91 107 1203 1391 1985 3.76 0.310 0.111	0.90 25 277 320 457 0.87 0.071	
Magnesium, Mg	29 326 377 538 1.02 0.084 0.030 35.4	20.580 0.000 0.001	20 43 23 20 20 20 0 0	BFSN	1 1 1 1 1 4		107 1203 1391 1985 3.76 0.310 0.111	25 277 320 457 0.87 0.071 0.026	
Phosphorus, P	326 377 538 1.02 0.084 0.030 35.4	20.580 0.000 0.001	43 23 20 20 20 0 0	BFSN	1 1 1 1 4		1203 1391 1985 3.76 0.310 0.111	277 320 457 0.87 0.071 0.026	
Potassium, K	377 538 1.02 0.084 0.030 35.4	20.580 0.000 0.001	23 20 20 20 0 0	BFSN	1 1 1 1		1391 1985 3.76 0.310 0.111	320 457 0.87 0.071 0.026	
Sodium, Na	538 1.02 0.084 0.030 35.4	0.000	20 20 20 0 0	BFSN	1 1 1 4		1985 3.76 0.310 0.111	457 0.87 0.071 0.026	
Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folic acid. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg_DF Vitamin B-12. mcg Vitamin A, RAE. mcg_RA Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma. mg Vitamin D. IU	1.02 0.084 0.030 35.4 0.0	0.000	20 20 0 0	BFSN	1 1 4		3.76 0.310 0.111	0.87 0.071 0.026	
Copper, Cu	0.084 0.030 35.4 0.0 0.016	0.000	20 0 0 11 19	BFSN	1 4		0.310 0.111	0.071 0.026	
Manganese, Mn. mg Selenium, Se. mcg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg mcg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE mcg_DF Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg_RA Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU IU	0.030 35.4 0.0 0.016	0.000	0 0 11 19	BFSN	4		0.111	0.026	
Vitamins: mcg Vitamins: mg Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folic acid mcg Folate, food mcg Folate, DFE mcg_DF Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RA Retinol mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU	35.4 0.0 0.016	0.000 6 0.001	0 11 19	BFSN					
Vitamins: Vitamins: mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folate, food. mcg Folate, DFE. mcg_DF Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg_RA Retinol. mg Tocopherol, gamma. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU	0.0 0.016	0.001	19						
Vitamin C, total ascorbic acid	0.016	0.001	19						
Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg_DF Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RA Retinol mcg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU	0.016	0.001	19						
Riboflavin					1		0.0	0.0	
Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folic acid mcg Folate, food mcg Folate, DFE mcg_DF Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RA Retinol mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU	0.193	0 000			1		0.059	0.014	
Pantothenic acid			19		1		0.712	0.164	
Vitamin B-6	5.480		20		1		20.221	4.658	
Folate, total mcg Folic acid mcg Folate, food mcg Folate, DFE mcg_DF Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RA Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU	0.550		0		4		2.030	0.468	
Folic acid	0.300		0		4		1.107	0.255	
Folate, food. mcg Folate, DFE. mcg_DF Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg_RA Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU	10	1.062	3		1		36	8	
Folate, DFE	0		0	Z	7		0	0	
Vitamin B-12	10	1.062	3		1		36	8	
Vitamin A, IU			0	NC	4		36	8	
Vitamin A, RAE	0.30		0		4		1.11	0.26	
Retinol	177		0	NC	4		652	150	
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU			0	NC	4		196	45	
Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg Vitamin DIU	53		0	NR	4		196	45	
Tocopherol, gammamg Tocopherol, deltamg Vitamin DIU	1.60		0	NR	4		5.90	1.36	
Tocopherol, deltamg Vitamin DIU									
Vitamin DIU									
Vitamin K (phylloquinone)mcg	0.1		0	т	4		0.4	0.1	
vitanini K (priyrioquinone)	V		ŭ	-	-		· · · ·	0.1	
Lipids:									
Fatty acids, total saturatedg	1.644	ļ	0		1		6.066	1.397	
4:0g	0.000		0		1		0.000	0.000	
6:0g	0.000)	0		1		0.000	0.000	
8:0g	0.000		0		1		0.000	0.000	
10:0g	0.000		0		1		0.000	0.000	
12:0g	0.000)	0		1		0.000	0.000	
13:0g									
14:0g	0.359)	2		1		1.325	0.305	
15:0g									
16:0g	1.079)	2		1		3.982	0.917	
17:0g									
18:0g		5	2		1		0.756	0.174	
20:0g	0.205								
22:0g 24:0g	0.205								

		<u>Aı</u>	mount in 10			ble portic	<u>on</u>		edible portion of easures of food	
				Number of Data		Source	Confidence	1111	easures or roou	<u> </u>
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	·dg	3.162		0		4		11.668	2.688	
14:1	-									
15:1										
16:1 undifferentiated	-	0.406	i	2		1		1.498	0.345	
17:1	-			•		_				
18:1 undifferentiated	-	1.451		2		1		5.354	1.233	
20:1		0.918		2		1		3.387	0.780	
22:1 undifferentiated 24:1 c	•	0.387		2		1		1.428	0.329	
Fatty acids, total polyunsaturated		1.888		0		4		6.967	1.605	
18:2 undifferentiated		0.085		2		1		0.314	0.072	
18:3 undifferentiated		0.090		2		1		0.332	0.077	
18:4		0.106		1		1		0.391	0.090	
20:2 n-6 c.c.	-									
20:3 undifferentiated										
20:4 undifferentiated		0.374		2		1		1.380	0.318	
20:5 n-3	g	0.492		2		1		1.815	0.418	
22:5 n-3	g	0.077		2		1		0.284	0.065	
22:6 n-3	g	0.664		2		1		2.450	0.564	
Fatty acids, total trans	g									
Cholesterol	mg	44	11.7	21 3		1		162	37	
Phytosterols	mg									
Amino Acids:										
	0	0.229	1	0		1		0.845	0.195	
Tryptophan Threonine		0.897		0		1		3.310	0.762	
Isoleucine	_	0.943		0		1		3.480	0.802	
Leucine		1.664		0		1		6.140	1.414	
Lysine	_	1.880		0		1		6.937	1.598	
Methionine		0.606		0		1		2.236	0.515	
Cystine		0.219	ı	0		1		0.808	0.186	
Phenylalanine		0.799	ı	0		1		2.948	0.679	
Tyrosine		0.691		0		1		2.550	0.587	
Valine	g	1.055	i	0		1		3.893	0.897	
Arginine	g	1.225	i	0		1		4.520	1.041	
Histidine	g	0.603	1	0		1		2.225	0.513	
Alanine	g	1.238		0		1		4.568	1.052	
Aspartic acid	g	2.096	i	0		1		7.734	1.782	
Glutamic acid		3.056	i	0		1		11.277	2.598	
Glycine	g	0.983	i	0		1		3.627	0.836	
Proline	g	0.724		0		1		2.672	0.615	
Serine	-	0.835	i	0		1		3.081	0.710	
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:										
	mo~	•		^	_	-		0.000	0 000	
Carotene, beta		0		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	
Lutelli + zeaxailtnin	g	U		U	4	,		0.000	0.000	

Common Measures:

Measure 1 = 369g: 1 can Measure 2 = 85g: 3 oz NDB No. 15087

Fish, salmon, sockeye, canned, drained solids with bone

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15182 Fish, salmon, sockeye, canned, without salt, drained solids with bone

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common				
			Nu	mber				<u>m</u>	easures of food	<u> </u>		
			of	Data	Deriv	Source	Confidence					
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	68.72	0.213	44		1		253.58	58.41			
	=	153	0.213	0	NC	4		565	130			
Energy		640		U	NC	4		2362	544			
Energy			0.006	45		=						
Protein (N x 6.25)		20.47	0.086	45		1		75.53	17.40			
Total lipid (fat)		7.31	0.145			1		26.97	6.21			
Ash		2.70	0.062	42	_	1		9.96	2.30			
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	ma	239	6.835	26		1		882	203			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.06	2.055	20		1		3.91	0.90			
Magnesium, Mg.	_	29		20		1		107	25			
Phosphorus, P		326	4.988	43		1		1203	277			
Potassium, K	•	377	4.500	23		1		1391	320			
Sodium, Na		75		0		1		277	64			
Zinc, Zn		1.02		20		1		3.76	0.87			
Copper, Cu		0.084		20		1		0.310	0.071			
Manganese, Mn		0.030		0		4		0.111	0.026			
Selenium, Se		35.4		0	BFSN	4		130.6	30.1			
Scientini, Sc	9	55.1		·	22 22.	-		200.0	30.1			
<u> Vitamins:</u>												
Vitamin C, total ascorbic acid	mg	0.0	0.000	11		1		0.0	0.0			
Thiamin	-	0.016		19		1		0.059	0.014			
Riboflavin	mg	0.193	0.008	19		1		0.712	0.164			
Niacin	-	5.480		20		1		20.221	4.658			
Pantothenic acid	mg	0.550		0		4		2.030	0.468			
Vitamin B-6	mg	0.300	1	0		4		1.107	0.255			
Folate, total	mcg	10	1.062	3		1		36	8			
Folic acid		0		0	Z	7		0	0			
Folate, food	mcg	10	1.062	3		1		36	8			
Folate, DFE	mcg_DFE	10		0	NC	4		36	8			
Vitamin B-12		0.30		0		4		1.11	0.26			
Vitamin A, IU	IU	176	10.422	32		1		649	150			
Vitamin A, RAE	mcg_RAE	53	3.130	32		1		195	45			
Retinol		53	3.130	32		1		195	45			
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta												
Tocopherol, gamma	mg											
Tocopherol, delta	mg											
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg											
inida												
Lipids:	~	1.644		0		1		6.066	1.397			
Fatty acids, total saturated		1.644		U		1		6.066	1.397			
4:0												
6:0												
8:0												
10:0												
12:0												
13:0		0.350	1	•		1		1 205	0 205			
14:0		0.359	ı	2		1		1.325	0.305			
15:0		1 050		•				2 222				
16:0		1.079	1	2		1		3.982	0.917			
17:0	_			_		_						
18:0	_	0.205	1	2		1		0.756	0.174			
20:0 22:0	_											

	<u>Ar</u>	nount in 100 grams		<u>on</u>		Amount in edible portion of commo			
		Number of Data		Confidence	<u></u>	easures or roou			
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	2.776	0	1		10.243	2.360			
14:1g									
15:1g									
16:1 undifferentiatedg	0.406	2	1		1.498	0.345			
17:1g									
18:1 undifferentiated	1.451	2	1		5.354	1.233			
20:1g	0.918	2	1		3.387	0.780			
22:1 undifferentiatedg 24:1 cg	0.387	2	1		1.428	0.329			
Fatty acids, total polyunsaturated9	2.277	0	1		8.402	1.935			
18:2 undifferentiatedg	0.085	2	1		0.314	0.072			
18:3 undifferentiatedg	0.090	2	1		0.332	0.077			
18:4g	0.106	1	1		0.391	0.090			
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.374	2	1		1.380	0.318			
20:5 n-3g	0.492	2	1		1.815	0.418			
22:5 n-3g	0.077	2	1		0.284	0.065			
22:6 n-3g	0.664	2	1		2.450	0.564			
Fatty acids, total trans									
Cholesterolmg	44	11.721 3	1		162	37			
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.229	0	1		0.845	0.195			
Threonineg	0.897	0	1		3.310	0.762			
Isoleucineg	0.943	0	1		3.480	0.802			
Leucineg	1.664	0	1		6.140	1.414			
Lysineg	1.880	0	1		6.937	1.598			
Methionineg	0.606	0	1		2.236	0.515			
Cystineg	0.219	0	1		0.808	0.186			
Phenylalanineg	0.799	0	1		2.948	0.679			
Tyrosineg	0.691	0	1		2.550	0.587			
Valineg	1.055	0	1		3.893	0.897			
Arginineg	1.225	0	1		4.520	1.041			
Histidineg	0.603	0	1		2.225	0.513			
Alanineg	1.238	0	1		4.568	1.052			
Aspartic acidg	2.096	0	1		7.734	1.782			
Glutamic acidg	3.056	0	1		11.277	2.598			
Glycine9	0.983	0	1		3.627	0.836			
Prolineg	0.724	0	1		2.672	0.615			
Serineg	0.835	0	1		3.081	0.710			
Hydroxyprolineg									

Common Measures:

Measure 1 = 369g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	rams o	of edik	le portio	<u>n</u>	Amount in edible portion of common				
			Nui	mber				<u>m</u>	easures of food	_		
			of	Data	Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	61.84		0		1		95.85	52.56			
Energy	kcal	216		0	NC	4		335	184			
Energy	kj	904				4		1401	768			
Protein (N x 6.25)	g	27.31		0		1		42.33	23.21			
Total lipid (fat)	g	10.97		0		1		17.00	9.32			
Ash	g	1.37	0.010	11		1		2.12	1.16			
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	7		^		4		11	•			
Calcium, Ca		7 0.55	0.020	0 11		1 1		11 0.85	6 0. 4 7			
Iron, Fe	-	31	0.020	0		1		0.85 48	26			
Phosphorus, P		276		0		1		48 428	26			
Potassium, K	-	276 375	18.500	11		1		428 581	235 319			
Sodium, Na		66	5.500	11		1		102	56			
Zinc, Zn	-	0.51	0.030	11		1		0.79	0.43			
Copper, Cu		0.067		0		1		0.104	0.057			
Manganese, Mn		0.020		0		4		0.031	0.017			
Selenium, Se		37.8	0.769	33	A	1		58.6	32.1			
	-											
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0			
Thiamin		0.215		11		1		0.333	0.183			
Riboflavin		0.171		11		1		0.265	0.145			
Niacin	-	6.670		11		1		10.339	5.670			
Pantothenic acid		0.700		0		4		1.085	0.595			
Vitamin B-6	-	0.219	,	0		1		0.339	0.186			
Folate, total		5 0		0	z	4 7		8 0	4 0			
Folic acid		5		0	Z	4		8	4			
Folate, food	med DEE	5		0	NC	4		8	4			
Vitamin B-12		5.80	1.020	11	NC	1		8.99	4.93			
Vitamin A, IU		209	1.020	0		1		324	178			
Vitamin A, RAE		63		0		1		97	53			
Retinol		63		0		1		97	53			
Vitamin E (alpha-tocopherol)				·		-			33			
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
T :: J												
Lipids:		1 015	-	•				0 071	1 600			
Fatty acids, total saturated		1.917	1	0		1		2.971	1.629			
4:0												
6:0 8:0	-											
10:0												
12:0												
13:0												
14:0		0.258	3	10		1		0.400	0.219			
15:0		0.250				-		3.400	0.219			
16:0		1.005	5	10		1		1.558	0.854			
17:0						_		1.550	0.034			
18:0	-	0.158	3	10		1		0.245	0.134			
20:0	-	0.130				-		3.243	0.134			
22:0	-											
24:0	-											

		<u>Ar</u>	nount in 100 gr		ble portion		Amount in edible portion of commo			
				nber Data Deriv	Source Co	nfidanca	<u></u>	<u> </u>		
Nutrients and Uni	ts	Mean	Std. Error Poi		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	5.290		0	1		8.200	4.497		
14:1										
15:1	-				_					
16:1 undifferentiated	-	0.321		10	1		0.498	0.273		
17:1					_					
18:1 undifferentiated		1.338		10	1		2.074	1.137		
20:1	_	0.922		10	1		1.429	0.784		
22:1 undifferentiated 24:1 c	-	0.664		10	1		1.029	0.564		
Fatty acids, total polyunsaturated	g	2.409		0	1		3.734	2.048		
18:2 undifferentiated	g	0.113		10	1		0.175	0.096		
18:3 undifferentiated	g	0.062		10	1		0.096	0.053		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.030		10	1		0.047	0.026		
20:5 n-3	g	0.530		10	1		0.822	0.451		
22:5 n-3	g	0.132		10	1		0.205	0.112		
22:6 n-3	-	0.700		10	1		1.085	0.595		
Fatty acids, total trans	-									
Cholesterol	_	87	4.340	11	1		135	74		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.306		0	1		0.474	0.260		
Threonine	g	1.197		0	1		1.855	1.017		
Isoleucine	g	1.258		0	1		1.950	1.069		
Leucine	g	2.219		0	1		3.439	1.886		
Lysine	g	2.508		0	1		3.887	2.132		
Methionine	g	0.808		0	1		1.252	0.687		
Cystine	g	0.293		0	1		0.454	0.249		
Phenylalanine	g	1.066		0	1		1.652	0.906		
Tyrosine	g	0.922		0	1		1.429	0.784		
Valine	g	1.407		0	1		2.181	1.196		
Arginine		1.634		0	1		2.533	1.389		
Histidine		0.804		0	1		1.246	0.683		
Alanine	_	1.651		0	1		2.559	1.403		
Aspartic acid		2.796		0	1		4.334	2.377		
Glutamic acid	_	4.076		0	1		6.318	3.465		
Glycine	_	1.311		0	1		2.032	1.114		
Proline		0.966		0	1		1.497	0.821		
Serine	_	1.114		0	1		1.727	0.947		
Hydroxyproline	g									

Common Measures:

Measure 1 = 155g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15085 Fish, salmon, sockeye, raw Oncorhynchus nerka (Walbaum)

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u> e	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	70.24	0.645	48		1		19.91	139.08	59.70	
Energy		168		0	NC	4		48	333	143	
Energy		703				4		199	1392	597	
Protein (N x 6.25)	-	21.30	0.209	45		1		6.04	42.17	18.11	
Total lipid (fat)		8.56	0.392	48		1		2.43	16.95	7.28	
Ash		1.18	0.010	45		1		0.33	2.34	1.00	
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											
Starch	g										
Ainerals:											
Calcium, Ca	mg	6		1		1		2	12	5	
Iron, Fe	_	0.47	0.030	11		1		0.13	0.93	0.40	
Magnesium, Mg	_	24		1		1		7	48	20	
Phosphorus, P	mg	215	4.060	17		1		61	426	183	
Potassium, K	mg	391	3.210	46		1		111	774	332	
Sodium, Na	mg	47	0.874	46		1		13	93	40	
Zinc, Zn		0.54	0.022	62		1		0.15	1.07	0.4	
Copper, Cu		0.052		61		1		0.015	0.103	0.0	
Manganese, Mn		0.014		1		1		0.004	0.028	0.0	
Selenium, Se	mcg	33.7	0.992	11	A	1		9.6	66.7	28.6	
itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	0.0	
Thiamin	_	0.203	0.007	11		1		0.058	0.402	0.1	
Riboflavin	_	0.149	0.006	11		1		0.042	0.295	0.1	
Niacin		5.780	0.183	11		1		1.639	11.444	4.9	
Pantothenic acid	mg	0.610	0.017	51		1		0.173	1.208	0.5	
Vitamin B-6	mg	0.190	0.013	41		1		0.054	0.376	0.1	
Folate, total	mcg	4		0		4		1	8	3	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		4		0		4		1	8	3	
Folate, DFE		4		0	NC	4		1	8	3	
Vitamin B-12		5.00		1		1		1.42	9.90	4.2	
Vitamin A, IU		192		1		1		54	380	163	
Vitamin A, RAE		58		1		1		16	114	49	
Retinol		58		1		1		16	114	49	
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitamin is (phynodumone)	9										
<u> ipids:</u>											
Fatty acids, total saturated		1.495		0		1		0.424	2.960	1.2	
4:0	-	0.000		0		1		0.000	0.000	0.0	
6:0	-	0.000		0		1		0.000	0.000	0.0	
8:0	-	0.000		0		1		0.000	0.000	0.0	
10:0	-	0.000		0		1		0.000	0.000	0.0	
12:0		0.000	1	0		1		0.000	0.000	0.0	
13:0	-	0.000		2		1		0.000	0 574	^ ^	
14:0		0.290	•	3		1		0.082	0.574	0.2	
15:0		1.011		3		1		0.287	2.002	0.8	
16:0		1.011		3		1		0.287	2.002	0.8	
17:0		0.155	•	3		1		0.044	0 207	0.1	
18:0		0.155	•	3		_		0.044	0.307	0.1	
20:0	-										
22:0 24:0	-										

	Amount in 100 grams of edible portion Number					edible portion of easures of food	
Nutrients and L	Jnits	Mean S	of Data D td. Error Points C	eriv Source Confidence code Code Code	Measure 1	Measure 2	Measure 3
				_			2 - 2 - 2
Fatty acids, total monounsaturate	g	4.125	0	1	1.169	8.168	3.506
15:1	g	0.523	3	1	0.148	1.036	0.445
17:1 18:1 undifferentiated		1.382	3	1	0.392	2.736	1.175
20:1		1.334	2	1	0.392	2.736	1.134
22:1 undifferentiated	-	0.848	2	1	0.378	1.679	0.721
24:1 c	-	0.040	2	1	0.240	1.079	0.721
Fatty acids, total polyunsaturated		1.879	0	1	0.533	3.720	1.597
18:2 undifferentiated	-	0.380	3	1	0.333	0.752	0.323
18:3 undifferentiated	-	0.092	3	1	0.108	0.182	0.078
18:4	_	0.102	2	1	0.020	0.202	0.087
20:2 n-6 c.c		0.102	_	±	0.023	0.202	0.007
20:3 undifferentiated	-						
20:4 undifferentiated	-	0.094	2	1	0.027	0.186	0.080
20:5 n-3	_	0.519	3	1	0.147	1.028	0.441
22:5 n-3		0.039	2	1	0.011	0.077	0.033
22:6 n-3	-	0.653	3	1	0.185	1.293	0.555
Fatty acids, total trans	• • • • • • • • • • • • • • • • • • • •	*****	_	_	0.200	1.200	
Cholesterol		62	3.400 11	1	18	123	53
Phytosterols							
Amino Acids:	_						
Tryptophan	g	0.239	0	1	0.068	0.473	0.203
Threonine	g	0.934	0	1	0.265	1.849	0.794
Isoleucine	g	0.982	0	1	0.278	1.944	0.835
Leucine	g	1.731	0	1	0.491	3.427	1.471
Lysine	g	1.956	0	1	0.555	3.873	1.663
Methionine	g	0.630	0	1	0.179	1.247	0.536
Cystine	g	0.228	0	1	0.065	0.451	0.194
Phenylalanine		0.832	0	1	0.236	1.647	0.707
Tyrosine	g	0.719	0	1	0.204	1.424	0.611
Valine	g	1.097	0	1	0.311	2.172	0.932
Arginine	g	1.275	0	1	0.361	2.525	1.084
Histidine	g	0.627	0	1	0.178	1.241	0.533
Alanine	g	1.288	0	1	0.365	2.550	1.095
Aspartic acid	g	2.181	0	1	0.618	4.318	1.854
Glutamic acid	g	3.180	0	1	0.902	6.296	2.703
Glycine	g	1.022	0	1	0.290	2.024	0.869
Proline	g	0.753	0	1	0.213	1.491	0.640
Serine	g	0.869	0	1	0.246	1.721	0.739
Hydroxyproline	g						
Others:							
Alcohol, ethyl		0.0	0	7	0.0	0.0	0.0
Caffeine	_						
Theobromine	mg						

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 198g: .5 fillet Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15088 Fish, sardine, Atlantic, canned in oil, drained solids with bone Clupea harengus harengus L.

		<u>Aı</u>	mount in 100 g	rams	of edik	ne 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	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatos											
Proximates: Water	q	59.61	0.643	13		1		88.82	16.90	9.54	
Energy	_	208		0	NC	4		310	59	33	
Energy		870				4		1297	247	139	
Protein (N x 6.25)		24.62	0.452	13		1		36.68	6.98	3.94	
Total lipid (fat)	g	11.45	0.310	13		1		17.06	3.25	1.83	
Ash	g	3.38	0.135	35		1		5.04	0.96	0.54	
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:											
Calcium, Ca	mg	382	14.917	22		1		569	108	61	
Iron, Fe	-	2.92	0.225	7		1		4.35	0.83	0.47	
Magnesium, Mg		39		2		1		58	11	6	
Phosphorus, P	-	490	15.351	22		1		730	139	78	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	397 505		1 1		1 1		592 752	113 143	64 81	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	1.31		2		1		1.95	143 0.37	0.21	
Zinc, Zn Copper, Cu		0.186	•	2		1		0.277	0.053	0.03	
Manganese, Mn		0.108		2		1		0.161	0.033	0.01	
Selenium, Se		52.7		0	BFSN	4		78.5	14.9	8.4	
Vitaming											
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0	
Thiamin	_	0.080	0.031	9	-	1		0.119	0.023	0.01	
Riboflavin	-	0.227		7		1		0.338	0.064	0.03	
Niacin	-	5.245		4		1		7.815	1.487	0.83	
Pantothenic acid		0.642	!	2		1		0.957	0.182	0.10	
Vitamin B-6	mg	0.167	0.022	3		1		0.249	0.047	0.02	
Folate, total	mcg	12		2		1		18	3	2	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		12		2		1		18	3	2	
Folate, DFE		12		0	NC	4		18	3	2	
Vitamin B-12		8.94		2 0	***	1		13.32	2.53	1.43	
Vitamin A, IU Vitamin A, RAE		108 32		0	NC NC	4 4		160 48	31 9	17 5	
Retinol		32		0	RA	4		48	9	5	
Vitamin E (alpha-tocopherol)		2.04		0	RA	4		3.05	0.58	0.33	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D		272.000)	0	T	4		405.280	77.112	43.52	
Vitamin K (phylloquinone)	mcg	2.6		0	RA	4		3.9	0.7	0.4	
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.528	1	0		1		2.277	0.433	0.24	
4:0		0.000	1	0		1		0.000	0.000	0.00	
6:0	g	0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0		0.000	,	0		1		0.000	0.000	0.00	
13:0		0 100	,	2		1		0.006	0.054	0.03	
14:0	_	0.192	:	2		1		0.286	0.054	0.03	
15:0 16:0	-	0.993		2		1		1.480	0.282	0.15	
17:0	-	0.993	•	_		_		1.400	0.202	0.15	
18:0	-	0.343	1	2		1		0.511	0.097	0.05	
20:0	-					•				2.30	
22:0	-										
24:0	-										

			nount in 100 grams	s of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	•	
					Source	Confidence				
Nutrients and L	Jnits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	ed q	3.869	0		1		5.765	1.097	0.619	
14:1 15:1	g									
16:1 undifferentiated	g	0.220	2		1		0.328	0.062	0.035	
18:1 undifferentiated	g	2.145	2		1		3.196	0.608	0.343	
20:1 22:1 undifferentiated	_	0.423 1.081	1 2		1 1		0.630 1.611	0.120 0.306	0.068 0.173	
24:1 c	•	1.081	2		1		1.611	0.306	0.173	
Fatty acids, total polyunsaturated		5.148	0		1		7.671	1.459	0.824	
18:2 undifferentiated	g	3.543	2		1		5.279	1.004	0.567	
18:3 undifferentiated	g	0.498	1		1		0.742	0.141	0.080	
18:4	g	0.125	2		1		0.186	0.035	0.020	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	0		1		0.000	0.000	0.000	
20:5 n-3	g	0.473	2		1		0.705	0.134	0.076	
22:5 n-3	g	0.000	0		1		0.000	0.000	0.000	
22:6 n-3	_	0.509	2		1		0.758	0.144	0.081	
Fatty acids, total trans	_									
Cholesterol		142	7.364 4		1		212	40	23	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.276	0		1		0.411	0.078	0.044	
Threonine	g	1.079	0		1		1.608	0.306	0.173	
Isoleucine	g	1.134	0		1		1.690	0.321	0.181	
Leucine	g	2.001	0		1		2.981	0.567	0.320	
Lysine	g	2.260	0		1		3.367	0.641	0.362	
Methionine		0.729	0		1		1.086	0.207	0.117	
Cystine	g	0.264	0		1		0.393	0.075	0.042	
Phenylalanine	g	0.961	0		1		1.432	0.272	0.154	
Tyrosine	g	0.831	0		1		1.238	0.236	0.133	
Valine	g	1.268	0		1		1.889	0.359	0.203	
Arginine	g	1.473	0		1		2.195	0.418	0.236	
Histidine	g	0.725	0		1		1.080	0.206	0.116	
Alanine	g	1.489	0		1		2.219	0.422	0.238	
Aspartic acid	g	2.520	0		1		3.755	0.714	0.403	
Glutamic acid	g	3.674	0		1		5.474	1.042	0.588	
Glycine	g	1.181	0		1		1.760	0.335	0.189	
Proline	g	0.870	0		1		1.296	0.247	0.139	
Serine	g	1.004	0		1		1.496	0.285	0.161	
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		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 = 149g: 1 cup, drained

Measure 2 = 28.35g: 1 oz Measure 3 = 16g: 1 cubic inch NDB No. 15088

Fish, sardine, Atlantic, canned in oil, drained solids with bone

Calories Factors: Protein 4.27 Fat 9 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone *Sardinops spp*.

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food		
Nutrients and Un	ite	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Weari	Ota. Error					Micasure 1	Wedsule 2	Weasure	
Proximates:											
Water		66.65		0	RA	4		59.32	246.61	25.33	
Energy		186		0	NC	4		166	689	71	
Energy	=	779		0	NC	4		693	2881	296	
Protein (N x 6.25)		20.86		0	RA	4		18.56	77.18	7.93	
Total lipid (fat)	-	10.46 1.88		0	RA	4 4		9.30 1.68	38.68	3.97	
Ash		0.74		0	RA RA	4		0.66	6.97 2.73	0.72 0.28	
Carbohydrate, by difference		0.74		0	RA RA	4		0.66	0.6	0.28	
Fiber, total dietary		0.1		0	RA RA	4		0.38	1.57	0.1	
Sugars, total		0.43		0	RA RA	4		0.38	0.10	0.16	
Sucrose		0.03		0	RA.	4		0.02	0.10	0.01	
Glucose (dextrose)	9	0.23		0	RA.	4		0.15	0.62	0.09	
Fructose	9	0.00		0	RA	4		0.13	0.00	0.00	
Lactose	9	0.00		0	RA RA	4		0.00	0.00	0.00	
MaltoseGalactose	9	0.00		0	RA	4		0.00	0.00	0.00	
Starch		0.00		Ū		•		0.00	0.00	0.00	
	9										
<u>Minerals:</u>											
Calcium, Ca		240	36.0			1		214	888	91	
Iron, Fe		2.30		2		1		2.05	8.51	0.87	
Magnesium, Mg		34		1		1		30	126	13	
Phosphorus, P	-	366	54.0			1		326	1354	139	
Potassium, K		341		1		1 1		303	1262	130	
Sodium, Na		414 1.40		1 2		1		368 1.25	1532 5.18	157 0.53	
Zinc, Zn Copper, Cu		0.272	,	2		1		0.242	1.006	0.53	
Manganese, Mn		0.272		2		1		0.183	0.762	0.10	
Selenium, Se		40.6	,	0	BFSN	4		36.1	150.2	15.4	
Vitamins:											
Vitamin C, total ascorbic acid	_	1.0		2		1		0.9	3.7	0.4	
Thiamin	_	0.044		4		1		0.039	0.163	0.01	
Riboflavin	-	0.233				1		0.207	0.862	0.08	
Niacin	-	4.200		2		1		3.738	15.540	1.59	
Pantothenic acid	_	0.730		1		1		0.650	2.701	0.27	
Vitamin B-6		0.123	3	1		1 1		0.109	0.455	0.04	
Folate, total		2 4 0		2 0	z	7		22 0	90 0	9 0	
Folic acidFolate, food	Ilicg	24		2	z	1		22	90	9	
Folate, DFE		24		0	NC	1		22	90	9	
Vitamin B-12		9.00		1	NC	1		8.01	33.30	3.42	
Vitamin A, IU		143		0	NC	4		127	527	54	
Vitamin A, RAE		34		0	NC	4		30	126	13	
Retinol		32		0	RA	4		29	120	12	
Vitamin E (alpha-tocopherol)		1.44		0	RA	4		1.28	5.34	0.55	
Tocopherol, beta		0.00		0	RA	4		0.00	0.01	0.00	
Tocopherol, gamma		0.01		0	RA	4		0.01	0.05	0.00	
Tocopherol, delta		0.00		0	RA	4		0.00	0.00	0.00	
Vitamin D		480.000)	0	T	4		427.200	1776.000	182.40	
Vitamin K (phylloquinone)		0.4		0	RA	4		0.4	1.5	0.2	
ipids:			_	_				<u>.</u>			
Fatty acids, total saturated		2.686		0	NC	4		2.390	9.938	1.02	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	_	0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0	_	0.000		0		1		0.000	0.000	0.00	
12:0	-	0.000	,	0		1		0.000	0.000	0.00	
13:0 14:0	_	0.703	1	1		1		0.625	2.600	0.26	
15:0	-	0.703	-	1		_		0.625	2.000	0.2	
1 J . V	ອ										

NDB No. 15089 Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

		<u>Aı</u>	mount in 10	00 grams		ole portic	<u>on</u>		Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
160		1 720		4		•		1 547	6 422	0.661		
16:0 17:0	-	1.739		1		1		1.547	6.433	0.661		
18:0		0.245		1		1		0.218	0.905	0.093		
20:0												
22:0 24:0												
Fatty acids, total monounsaturated		4.821		0	NC	4		4.290	17.836	1.832		
14:1	g											
15:1	-	0.634						0.564	0.245	0 041		
16:1 undifferentiated		0.634		1		1		0.564	2.345	0.241		
18:1 undifferentiated	-	1.851		1		1		1.647	6.848	0.703		
20:1	g	0.710		1		1		0.632	2.629	0.270		
22:1 undifferentiated		1.625		1		1		1.447	6.014	0.618		
24:1 c Fatty acids, total polyunsaturated		2.112		0	NC	4		1.880	7.815	0.803		
18:2 undifferentiated		0.123		1	NC	1		0.109	0.454	0.047		
18:3 undifferentiated		0.235		1		1		0.209	0.870	0.089		
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	-	0.297		1		1		0.264	1.098	0.113		
20:5 n-3	-	0.532		1		1		0.473	1.968	0.202		
22:5 n-3	-	0.061		1		1		0.054	0.225	0.023		
22:6 n-3	g	0.865		1		1		0.769	3.199	0.329		
Fatty acids, total trans						_			006			
CholesterolPhytosterols		61		2		1		54	226	23		
-	9											
Amino Acids:	~	0.157		2		1		0.140	0 501	0.000		
Tryptophan Threonine		0.157 0.795		2		1		0.140 0.708	0.581 2.942	0.060 0.302		
Isoleucine		0.795		2		1		0.708	2.942	0.302		
Leucine	-	1.358		2		1		1.209	5.025	0.516		
Lysine		1.400		2		1		1.246	5.180	0.532		
Methionine		0.476		2		1 1		0.424	1.761	0.181		
CystinePhenylalanine		0.139 0.793		2		1		0.124 0.706	0.514 2.934	0.053 0.301		
Tyrosine	-	0.735		2		1		0.556	2.313	0.238		
Valine		0.926		2		1		0.824	3.426	0.352		
Arginine	g	1.049		2		1		0.934	3.881	0.399		
Histidine	-	0.680		2		1		0.605	2.516	0.258		
Alanine		1.005 1.666		2 2		1 1		0.894 1.483	3.719 6.164	0.382 0.633		
Glutamic acid	-	2.307		2		1		2.053	8.536	0.877		
Glycine		0.827		2		1		0.736	3.060	0.314		
Proline	g	0.651		2		1		0.579	2.409	0.247		
Serine	-	0.727		2		1		0.647	2.690	0.276		
Hydroxyproline	9											
Others:												
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	0.0		
Caffeine Theobromine.		0		0	z z	7 7		0 0	0 0	0 0		
Carotenoids:	9	v		J	4	,		Ŭ	Ÿ	J		
Carotene, beta	mca	21		0	RA	4		18.586	77.268	7.936		
Carotene, alpha		0		0	RA RA	4		0.000	0.000	0.000		
Cryptoxanthin, beta		0		0	RA	4		0.000	0.000	0.000		
Lycopene	mcg	1515		0	RA	4		1348.558	5606.363	575.789		
Lutein + zeaxanthin	mcg	0		0	RA	4		0.000	0.000	0.000		

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

Common Measures:

Measure 1 = 89g: 1 cup Measure 2 = 370g: 1 can Measure 3 = 38g: 1 sardine

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.7

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	<u> </u>	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	68.42		0		1		34.21	58.16		
Energy	kcal	135		0	NC	4		68	115		
Energy		565				4		282	480		
Protein (N x 6.25)	g	24.21		0		1		12.11	20.58		
Total lipid (fat)	g	3.50		0		1		1.75	2.98		
Ash	g	1.55		0		1		0.78	1.32		
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	51		0		1		26	43		
Iron, Fe		0.68		0		1		0.34	0.58		
Magnesium, Mg		29		0		1		15	25		
Phosphorus, P		237		0		1		119	201		
Potassium, K		368		0		1		184	313		
Sodium, Na		54		0		1		27	46		
Zinc, Zn		0.62		0		1		0.31	0.53		
Copper, Cu	mg	0.065	5	0		1		0.033	0.055		
Manganese, Mn	<u>mg</u>	0.045	5	0		1		0.023	0.038		
Selenium, Se	mcg	46.8		0	BFSN	4		23.4	39.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.127	,	0	_	1		0.064	0.108		
Riboflavin	-	0.122		0		1		0.061	0.104		
Niacin		4.994		0		1		2.497	4.245		
Pantothenic acid		0.865		0		1		0.433	0.735		
Vitamin B-6		0.346	5	0		1		0.173	0.294		
Folate, total	_	17		0		1		9	14		
Folic acid		0		0	z	7		0	0		
Folate, food	mcg	17		0		1		9	14		
Folate, DFE	mcg_DFE	17		0	NC	4		9	14		
Vitamin B-12	mcg	1.62		0		1		0.81	1.38		
Vitamin A, IU	IU	104		0		1		52	88		
Vitamin A, RAE	mcg_RAE	31		0		1		16	27		
Retinol		31		0		1		16	27		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated.											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		67		0		1		34	57		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.271	L	0		1		0.136	0.230		
Threonine		1.061		0		1		0.531	0.902		
Isoleucine		1.115		0		1		0.558	0.948		
Leucine	_	1.967		0		1		0.984	1.672		
Lysine	-	2.223		0		1		1.112	1.890		
Methionine		0.716		0		1		0.358	0.609		
Cystine	•	0.259		0		1		0.130	0.220		

	Amount in	100 grams of ed	Amount in edible portion of common		
Nutrients and Units	Mean Std. Er	Number of Data Deri or Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2 Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9	0.945 0.817 1.247 1.448 0.713 1.464 2.479 3.613 1.162	0 0 0 0 0 0	1 1 1 1 1 1 1 1	0.473 0.409 0.624 0.724 0.357 0.732 1.240 1.807 0.581	0.803 0.694 1.060 1.231 0.606 1.244 2.107 3.071 0.988
Proline	0.856 0.988	0	1	0.428 0.494	0.728 0.840

Common Measures:

Measure 1 = 50g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>			e portion of common		
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>		
			of	Data	Deriv	Source	Confidence					
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	75.37	0.342	25		1		125.11	21.37	48.24		
Energy	kcal	105		0	NC	4		174	30	67		
Energy	kj	439				4		729	125	281		
Protein (N x 6.25)	g	18.88	0.110	25		1		31.34	5.35	12.08		
Total lipid (fat)		2.73	0.450	15		1		4.53	0.77	1.75		
Ash	g	1.21	0.020	26		1		2.01	0.34	0.77		
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												
<u>Minerals:</u>				_		_						
Calcium, Ca		40		1		1		66	11	26		
Iron, Fe	-	0.53		1		1		0.88	0.15	0.3		
Magnesium, Mg		23		1		1		38	7	15		
Phosphorus, P		185		0		4		307	52	118		
Potassium, K		287		1		1		476	81	184		
Sodium, Na		42		2		1		70	12	27		
Zinc, Zn	-	0.48	0.047	71		1		0.80	0.14	0.3		
Copper, Cu		0.051		70		1		0.085	0.014	0.0		
Manganese, Mn		0.035		0	G3 E37	4		0.058	0.010	0.0		
Selenium, Se	mcg	36.5		U	CAZN	4		60.6	10.3	23.4		
/itamins:												
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0		
Thiamin	mg	0.110		0		4		0.183	0.031	0.0		
Riboflavin	mg	0.100		0		4		0.166	0.028	0.0		
Niacin	mg	4.100		0		4		6.806	1.162	2.6		
Pantothenic acid	mg	0.750		0		4		1.245	0.213	0.4		
Vitamin B-6	mg	0.300		0		4		0.498	0.085	0.1		
Folate, total	mcg	15		0		4		25	4	10		
Folic acid	mcg	0		0	Z	7		0	0	0		
Folate, food	mcg	15		0		4		25	4	10		
Folate, DFE	mcg_DFE	15		0	NC	4		25	4	10		
Vitamin B-12	mcg	1.40		0		4		2.32	0.40	0.9		
Vitamin A, IU	IU	90		0	NC	4		149	26	58		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		45	8	17		
Retinol	mcg	27		0	NR	4		45	8	17		
Vitamin E (alpha-tocopherol)	mg	0.50		0	NR	4		0.83	0.14	0.3		
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.0	0.1		
ipids:												
Fatty acids, total saturated	a	0.640		0		4		1.062	0.181	0.4		
4:0		0.000		0		7		0.000	0.000	0.0		
6:0		0.000		0		7		0.000	0.000	0.0		
8:0	_	0.000		0		7		0.000	0.000	0.0		
10:0	-	0.000		0		7		0.000	0.000	0.0		
12:0		0.000		0		7		0.000	0.000	0.0		
13:0		2.200		-		•						
14:0	-	0.000		0		7		0.000	0.000	0.0		
15:0	-								-,	2.7		
16:0		0.000		0		7		0.000	0.000	0.0		
17:0				-								
18:0	_	0.000		0		7		0.000	0.000	0.0		
20:0	_			-								
22:0	_											
24:0	_											

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
				Number		_			easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated 0	0.560		0		4		0.930	0.159	0.358
14:1		0.000		•		-		0.550	0.133	0.000
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		7		0.000	0.000	0.000
17:1	• • • • • • • • • • • • • • • • • • • •	0.000		0		7		0.000	0.000	0.000
18:1 undifferentiated	_	0.000		0		7		0.000 0.000	0.000 0.000	0.000
20:1 22:1 undifferentiated		0.000		0		7		0.000	0.000	0.000
24:1 c	•	0.000		U		,		0.000	0.000	0.000
Fatty acids, total polyunsatura		1.030		0		4		1.710	0.292	0.659
18:2 undifferentiated		0.000		0		7		0.000	0.000	0.000
18:3 undifferentiated		0.000		0		7		0.000	0.000	0.000
18:4		0.000		0		7		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	_	0.000		0		7		0.000	0.000	0.000
20:5 n-3	_	0.000		0		7		0.000	0.000	0.000
22:5 n-3	_	0.000		0		7		0.000	0.000	0.000
22:6 n-3	_	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans	_	0.000		v		•		0.000	0.000	0.000
Cholesterol		52		0		4		86	15	33
Phytosterols				·		-				33
1 hy tosterois										
Amino Acids:										
Tryptophan	g	0.211		0		1		0.350	0.060	0.135
Threonine	g	0.827		0		1		1.373	0.234	0.529
Isoleucine	_	0.870		0		1		1.444	0.247	0.557
Leucine		1.534		0		1		2.546	0.435	0.982
Lysine		1.733		0		1		2.877	0.491	1.109
Methionine		0.559		0		1		0.928	0.158	0.358
Cystine		0.202		0		1		0.335	0.057	0.129
Phenylalanine		0.737		0		1		1.223	0.209	0.472
Tyrosine		0.637		0		1		1.057	0.181	0.408
Valine	_	0.972		0		1		1.614	0.276	0.622
Arginine		1.129		0		1		1.874	0.320	0.723
Histidine	=	0.556		0		1		0.923	0.158	0.356
Alanine		1.142		0		1		1.896	0.324	0.731
Aspartic acid	_	1.933		0		1		3.209	0.548	1.237
Glutamic acid		2.818		0		1		4.678	0.799	1.804
Glycine	g	0.906		0		1		1.504	0.257	0.580
Proline	g	0.667		0		1		1.107	0.189	0.427
Serine		0.770		0		1		1.278	0.218	0.493
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:										
		_		_	_	_				
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	ijcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 166g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 64g: 1 fillet

NDB No. 15090 Fish, scup, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			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	72.14		0		1		72.86	61.32		
Energy	kcal	124		0	NC	4		125	105		
Energy	kj	519				4		524	441		
Protein (N x 6.25)	g	23.63		0		1		23.87	20.09		
Total lipid (fat)	g	2.56		0		1		2.59	2.18		
Ash	g	1.40		0		1		1.41	1.19		
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	-										
Starcii	9										
<u> </u>											
Calcium, Ca	mg	13		0		1		13	11		
Iron, Fe	-	0.37		0		1		0.37	0.31		
Magnesium, Mg	-	53		0		1		54	45		
Phosphorus, P		248		0		1		250	211		
Potassium, K	_	328		0		1		331	279		
Sodium, Na	_	87		0		1		88	74		
Zinc, Zn	-	0.52		0		1		0.53	0.44		
Copper, Cu		0.024	1	0		1		0.024	0.020		
Manganese, Mn		0.020		0		4		0.020	0.017		
Selenium, Se		46.8		0	BFSN	4		47.3	39.8		
·											
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin		0.130)	0		4		0.131	0.111		
Riboflavin	mg	0.150)	0		4		0.152	0.128		
Niacin	mg	1.900)	0		4		1.919	1.615		
Pantothenic acid	mg	0.870)	0		4		0.879	0.740		
Vitamin B-6	mg	0.460)	0		4		0.465	0.391		
Folate, total	mcg	6		0		4		6	5		
Folic acid		0		0	Z	7		0	0		
Folate, food		6		0		4		6	5		
Folate, DFE		6		0	NC	4		6	5		
Vitamin B-12		0.30		0		4		0.30	0.26		
Vitamin A, IU		213		0		1		215	181		
Vitamin A, RAE		64		0		1		65	54		
Retinol		64		0		1		65	54		
Vitamin E (alpha-tocopherol)						_			• •		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitamin K (phynoquinone)	niog										
<u> ipids:</u>											
Fatty acids, total saturated	g	0.655	5	0		1		0.662	0.557		
4:0	g										
6:0	g										
8:0	g										
10:0	g										
12:0											
13:0	-										
14:0	-	0.063	3	0		1		0.064	0.054		
15:0	_										
16:0	_	0.413	3	0		1		0.417	0.351		
17:0		0.110	-	•		-		J. 41.	0.551		
18:0	_	0.177	7	0		1		0.179	0.150		
20:0	_	J.17		3		-		0.17	0.130		
22:0	_										
	g g										

Nutrients and Units Mean Std. Error Points Code Code Code Code Code Measure Measure			<u>Ar</u>	mount in 100 g		dible portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 2								<u></u>	<u> </u>		
141	Nutrients and Unit	s	Mean					Measure 1	Measure 2	Measure 3	
15-1	Fatty acids, total monounsaturated	g	0.544		0	1		0.549	0.462		
16 undifferentiated	14:1	g									
17-1											
18:1 undifferentiated 9 0.377 0 1 0.381 0.320 20:1 9 22:1 undifferentiated 9 0.953 0 1 0.963 0.810 18:2 undifferentiated 9 0.031 0 1 0.061 0.026 18:3 undifferentiated 9 0.059 0 1 0.060 0.050 18:4 9 0.059 0 1 0.060 0.050 20:2 n - 6 - c. 9 0.059 0 1 0.060 0.050 20:3 undifferentiated 9 0.097 0 1 0.088 0.175 20:5 n-3 9 0.097 0 1 0.098 0.082 22:6 n-3 9 0.566 0 1 0.562 0.473 Fatty acids, total trans 9 0.556 0 1 54 45 Cholesterol ng 53 0 1 0.268 0.225											

Common Measures:

Measure 1 = 101g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Fish, sea bass, mixed species, raw

Centropristes striata L. and Lateolabrax japonicus (Cuvier)

		<u>Ar</u>	nount 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	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	q	78.27	0.199	35		1		100.97	66.53		
Energy		97		0	NC	4		125	82		
Energy		406				4		524	345		
Protein (N x 6.25)	· · · · · · · · · · · · · · · · · · ·	18.43	0.108	33		1		23.77	15.67		
Total lipid (fat)		2.00	0.221	40		1		2.58	1.70		
Ash		1.09	0.022	34		1		1.41	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		0.00		0	z	7		0.00	0.00		
Starch											
Minerals:	···			_		_			•		
Calcium, Ca	-	10		1		1		13	9		
Iron, Fe		0.29 41		1 1		1 1		0.37 53	0.25 35		
Magnesium, Mg		194		1		1		250	35 165		
Phosphorus, P Potassium, K	-	194 256		1		1		250 330	165 218		
Sodium, Na		68		1		1		88	58		
Zinc, Zn		0.40		34		1		0.52	0.34		
Copper, Cu		0.019	0.002	34		1		0.025	0.016		
Manganese, Mn		0.015		1		1		0.019	0.013		
Selenium, Se		36.5		0	CAZN	4		47.1	31.0		
	-										
Vitamins:					_	_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.110		0		4 4		0.142 0.155	0.094		
Riboflavin		0.120 1.600		0		4		2.064	0.102 1.360		
Niacin Pantothenic acid	-	0.750		0		4		0.968	0.638		
Vitamin B-6		0.730		0		4		0.516	0.340		
Folate, total	-	5		0		4		6	4		
Folic acid		0		0	z	7		0	0		
Folate, food		5		0	_	4		6	4		
Folate, DFE	mca DFE	5		0	NC	4		6	4		
Vitamin B-12		0.30		0		4		0.39	0.26		
Vitamin A, IU		183		0	NC	4		236	156		
Vitamin A, RAE		55		0	NC	4		71	47		
Retinol		55		0	NR	4		71	47		
Vitamin E (alpha-tocopherol)		0.50		0	NR	4		0.65	0.43		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1	0.1		
Lipids:											
Fatty acids, total saturated	а	0.511		0		1		0.659	0.434		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	_	0.000		0		1		0.000	0.000		
13:0	-										
14:0	g	0.049		2		1		0.063	0.042		
15:0	g										
16:0	g	0.322		2		1		0.415	0.274		
17:0	g										
18:0	g	0.138		2		1		0.178	0.117		
20:0	g										
22:0	-										
24:0	g										

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and L	Jnits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.424		0		1		0.547	0.360		
14:1	-										
15:1				_							
16:1 undifferentiated	-	0.130		2		1		0.168	0.111		
17:1	-					_					
18:1 undifferentiated	_	0.294		2		1		0.379	0.250		
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		0.743		0		1		0.958	0.632		
18:2 undifferentiated		0.024		2		1		0.031	0.020		
18:3 undifferentiated	-	0.000		0		1		0.000	0.000		
18:4		0.046		1		1		0.059	0.039		
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	-	0.161		2		1		0.208	0.137		
22:5 n-3	g	0.076		2		1		0.098	0.065		
22:6 n-3	g	0.434		2		1		0.560	0.369		
Fatty acids, total trans	g										
Cholesterol	mg	41		2		1		53	35		
Phytosterols	mg										
Amino Acids:											
Tryptophan	0	0.206		0		1		0.266	0.175		
** *		0.808		0		1		1.042	0.175		
Threonine	_			0		1		1.042	0.887		
Isoleucine		0.849 1.498		0		1		1.095			
Leucine	_			0		1			1.273		
Lysine		1.693		0		1		2.184	1.439		
Methionine		0.546						0.704	0.464		
Cystine		0.198		0		1		0.255	0.168		
Phenylalanine		0.720		0		1		0.929	0.612		
Tyrosine	_	0.622		0		1		0.802	0.529		
Valine	_	0.950		0		1		1.226	0.808		
Arginine		1.103		0		1		1.423	0.938		
Histidine		0.543		0		1		0.700	0.462		
Alanine		1.115		0		1		1.438	0.948		
Aspartic acid	_	1.887		0		1		2.434	1.604		
Glutamic acid	-	2.751		0		1		3.549	2.338		
Glycine		0.885		0		1		1.142	0.752		
Proline		0.652		0		1		0.841	0.554		
Serine		0.752		0		1		0.970	0.639		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
Caffeine		0.0		0	Z	7		0.0	0.0		
	-	0		0	Z	7		0	0		
Theobromine	9	U		U	4	,		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	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 129g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15091

Fish, sea bass, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			I	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	71.91		0		1		133.75	61.12	
Energy	kcal	133		0	NC	4		247	113	
Energy	kj	556				4		1035	473	
Protein (N x 6.25)	g	21.46		0		1		39.92	18.24	
Total lipid (fat)	g	4.63		0		1		8.61	3.94	
Ash	g	1.62		0		1		3.01	1.38	
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	-									
Staren	9									
<u> Minerals:</u>										
Calcium, Ca	mg	22		0		1		41	19	
Iron, Fe	_	0.35		0		1		0.65	0.30	
Magnesium, Mg	mg	40		0		1		74	34	
Phosphorus, P	mg	321		0		1		597	273	
Potassium, K	mg	437		0		1		813	371	
Sodium, Na	mg	74		0		1		138	63	
Zinc, Zn	mg	0.58		0		1		1.08	0.49	
Copper, Cu	mg	0.038	3	0		1		0.071	0.032	
Manganese, Mn	mg	0.019	•	0		1		0.035	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		87.0	39.8	
/itamins:										
	ma	0.0		0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid	_	0.069		0	4	1		0.128	0.059	
Thiamin		0.003		0		1		0.128	0.039	
Riboflavin		2.923		0		1		5.437	2.485	
Niacin		0.865		0		1		1.609		
Pantothenic acid		0.863		0		1		0.859	0.735	
Vitamin B-6	-	6	4						0.393	
Folate, total		0		0	_	1 7		11 0	5	
Folic acid					Z				0	
Folate, food		6 6		0	NC	1 4		11 11	5	
Folate, DFE		3.46		0	NC			6.44	5 2.94	
Vitamin B-12		3.46 115		0		1 1		6.44 214		
Vitamin A, IU						_			98	
Vitamin A, RAE		35		0		1		64	29	
Retinol		35		0		1		64	29	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
Vitamin K (phylioquillone)	Illog									
<u> ipids:</u>										
Fatty acids, total saturated	g	1.293	3	0		1		2.405	1.099	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	-									
13:0	-									
14:0	g	0.095	5	0		1		0.177	0.081	
15:0	g									
16:0	g	0.820)	0		1		1.525	0.697	
17:0	g									
18:0	g	0.214	1	0		1		0.398	0.182	
20:0	g									
22:0	-									
24:0	a									

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food				
				Number	Caaa	Confidence	<u></u>	<u> </u>	
Nutrients and Units		Mean	Std. Error		 Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.133		0	1		2.107	0.963	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.464		0	1		0.863	0.394	
17:1	g								
18:1 undifferentiated	g	0.602		0	1		1.120	0.512	
20:1	g	0.064		0	1		0.119	0.054	
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.929		0	1		1.728	0.790	
18:2 undifferentiated	g	0.088		0	1		0.164	0.075	
18:3 undifferentiated	g	0.005		0	1		0.009	0.004	
18:4	g	0.010		0	1		0.019	0.009	
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated		0.247		0	1		0.459	0.210	
20:5 n-3	g	0.211		0	1		0.392	0.179	
22:5 n-3		0.097		0	1		0.180	0.082	
22:6 n-3	-	0.265		0	1		0.493	0.225	
Fatty acids, total trans	-								
Cholesterol	-	106		0	1		197	90	
Phytosterols									
Amino Acids:									
Tryptophan	g	0.240		0	1		0.446	0.204	
Threonine	g	0.941		0	1		1.750	0.800	
Isoleucine	g	0.989		0	1		1.840	0.841	
Leucine	g	1.744		0	1		3.244	1.482	
Lysine		1.971		0	1		3.666	1.675	
Methionine		0.635		0	1		1.181	0.540	
Cystine		0.230		0	1		0.428	0.196	
Phenylalanine	-	0.838		0	1		1.559	0.712	
Tyrosine		0.725		0	1		1.349	0.616	
Valine	-	1.106		0	1		2.057	0.940	
Arginine	-	1.284		0	1		2.388	1.091	
Histidine	-	0.632		0	1		1.176	0.537	
Alanine	_	1.298		0	1		2.414	1.103	
Aspartic acid		2.198		0	1		4.088	1.868	
Glutamic acid		3.204		0	1		5.959	2.723	
Glycine		1.030		0	1		1.916	0.876	
Proline	-	0.759		0	1		1.412	0.645	
Serine		0.876		0	1		1.629	0.745	
Hydroxyproline		0.070		Ū	-		023	0.745	
ттушолургонне	y				 				

Common Measures:

Measure 1 = 186g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15093 Fish, seatrout, mixed species, raw Cynoscion spp.

		Aı	mount in 100 g	rams mbei		ole portic	on		edible portion of	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		78.09	0.426	14		1		185.85	66.38	
Energy		104 435		0	NC	4 4		248 1036	88 370	
Energy		16.74	0.412	14		1		39.84	14.23	
Protein (N x 6.25) Total lipid (fat)		3.61	0.412	14		1		8.59	3.07	
Ash		1.26	0.058	15		1		3.00	1.07	
Carbohydrate, by difference		0.00	0.030	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	-	17	3.238	6		1		40	14	
Iron, Fe	-	0.27 31	0.036 0.849	6 6		1 1		0.64 74	0.23	
Magnesium, Mg	-					1		74 595	26	
Phosphorus, P Potassium, K	•	250 341	14.089	6 8		1		595 812	213 290	
Sodium, Na		58		8		1		138	49	
Zinc, Zn		0.45	0.012			1		1.07	0.38	
Copper, Cu		0.030		172		1		0.071	0.026	
Manganese, Mn		0.015	0.006	3		1		0.036	0.013	
Selenium, Se	-	36.5		0	CAZN	4		86.9	31.0	
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.060		0	4	4		0.143	0.051	
Riboflavin	-	0.170		0		4		0.405	0.145	
Niacin	-	2.400		0		4		5.712	2.040	
Pantothenic acid		0.750		0		4		1.785	0.638	
Vitamin B-6		0.400		0		4		0.952	0.340	
Folate, total		5		0		4		12	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		4		12	4	
Folate, DFE	mcg_DFE	5		0	NC	4		12	4	
Vitamin B-12		3.00		0		4		7.14	2.55	
Vitamin A, IU		100		0		4		238	85	
Vitamin A, RAE		30		0		4		71	26	
Retinol		30		0		4		71	26	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	a	1.009		0		1		2.401	0.858	
Fatty acids, total saturated		0.000		0		1		0.000	0.858	
4:0 6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0.		0.000		0		1		0.000	0.000	
13:0										
14:0	-	0.074		3		1		0.176	0.063	
15:0	g									
16:0	g	0.640		3		1		1.523	0.544	
17:0	g									
18:0		0.167		3		1		0.397	0.142	
20:0										
22:0	-									
24:0	9									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number of Data	r Deriv Source	Confidence	<u></u>	0404100 01 1004	•
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.884	. 0	1		2.104	0.751	
14:1g							
15:1g							
16:1 undifferentiatedg	0.362	3	1		0.862	0.308	
17:1g		_					
18:1 undifferentiatedg	0.470		1		1.119	0.400	
20:1g	0.050		1		0.119	0.043	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg			_				
Fatty acids, total polyunsaturatedg	0.725		1 1		1.726	0.616	
18:2 undifferentiatedg	0.069		_		0.164	0.059	
18:3 undifferentiated	0.004		1		0.010	0.003	
18:4g	0.008	1	1		0.019	0.007	
20:2 n-6 c,cg							
20:3 undifferentiatedg	0.193	2	1		0.450	0.164	
20:4 undifferentiatedg	0.193		1		0.459 0.393	0.164	
20:5 n-3g	0.165		1		0.393	0.140	
22:5 n-3g	0.076		1			0.065	
22:6 n-3	0.207	3	1		0.493	0.176	
Fatty acids, total trans	83	0	4		198	71	
Cholesterolmg Phytosterolsmg	0.5	U	4		190	/1	
Filytosterois							
Amino Acids:							
Tryptophang	0.188		1		0.447	0.160	
Threonineg	0.734		1		1.747	0.624	
Isoleucine	0.772		1		1.837	0.656	
Leucineg	1.361		1		3.239	1.157	
Lysine9	1.538		1		3.660	1.307	
Methionineg	0.496		1		1.180	0.422	
Cystineg	0.179		1		0.426	0.152	
Phenylalanineg	0.654		1		1.557	0.556	
Tyrosineg	0.565		1		1.345	0.480	
Valineg	0.863		1		2.054	0.734	
Arginineg	1.002		1		2.385	0.852	
Histidine	0.493		1		1.173	0.419	
Alanine	1.013		1		2.411	0.861	
Aspartic acidg	1.715		1		4.082	1.458	
Glutamic acid	2.500		1		5.950	2.125	
Glycine9	0.804		1		1.914	0.683	
Proline	0.592		1		1.409	0.503	
Serineg	0.683	0	1		1.626	0.581	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 238g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</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	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		59.22		0		1		85.28	50.34		
Energy	kcal	252		0	NC	4		363	214		
Energy	kj	1054				4		1518	896		
Protein (N x 6.25)		21.71		0		1		31.26	18.45		
Total lipid (fat)	g	17.65		0		1		25.42	15.00		
Ash		1.69		0		1		2.43	1.44		
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										
Minavalse											
Minerals: Calcium, Ca	ma	60		0		1		86	51		
Iron, Fe	_	1.24		0		1		1.79	1.05		
Magnesium, Mg	-	38		0		1		55	32		
Phosphorus, P		349		0		1		503	297		
Potassium, K	-	492		0		1		708	418		
Sodium, Na	-	65		0		1		94	55		
Zinc, Zn	-	0.47		0		1		0.68	0.40		
Copper, Cu	-	0.082	,	0		1		0.118	0.070		
Manganese, Mn		0.054		0		1		0.078	0.046		
Selenium, Se		46.8	•	0	BFSN	4		67.4	39.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin		0.183		0		1		0.264	0.156		
Riboflavin	mg	0.308	1	0		1		0.444	0.262		
Niacin	-	10.769)	0		1		15.507	9.154		
Pantothenic acid	mg	0.865		0		1		1.246	0.735		
Vitamin B-6	mg	0.462	!	0		1		0.665	0.393		
Folate, total		17		0		1		24	14		
Folic acid		0		0	Z	7		0	0		
Folate, food		17		0		1		24	14		
Folate, DFE	mcg_DFE	17		0	NC	4		24	14		
Vitamin B-12		0.14		0		1		0.20	0.12		
Vitamin A, IU		120		0		1		173	102		
Vitamin A, RAE		36		0		1		52	31		
Retinol		36		0		1		52	31		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a										
Fatty acids, total monounsaturated	-										
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		96		0		1		138	82		
Phytosterols				-		_			-		
-	-										
Amino Acids:	_			_		_			_		
Tryptophan		0.243		0		1		0.350	0.207		
Threonine		0.952		0		1		1.371	0.809		
Isoleucine	-	1.000		0		1		1.440	0.850		
Leucine	_	1.764		0		1		2.540	1.499		
Lysine		1.993		0		1		2.870	1.694		
Methionine	g	0.642	!	0		1		0.924	0.546		
Cystine	q	0.233	}	0		1		0.336	0.198		

	<u>Amount</u>	in 100 grams of ed	lible portion	Amount in edible portion of common		
		Number		<u>m</u>	easures of food	
Nutrients and Units	Mean Std. E	of Data Deri Frror Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.847 0.733	0	1	1.220 1.056	0.720 0.623	
Tyrosine	1.118 1.299	0	1	1.610 1.871	0.950 1.104	
Arginine.	0.639 1.313	0	1	0.920 1.891	0.543 1.116	
Aspartic acid	2.223 3.240	0	1	3.201 4.666	1.890 2.754	
Glycineg Prolineg	1.042	0	1 1	1.500	0.886 0.652	
Serine	0.886	0	1	1.276	0.753	

Common Measures:

Measure 1 = 144g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Nutrients and Unit Proximates: Water	g kcal	Mean			Deriv	Source	Confidence	<u>m</u> e	easures of food	1
Proximates: Water	g kcal	Mean	~ -			Source	Confidence			
Proximates: Water	g kcal	Mean	Std. Error Po	oints	Codo					
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash	kcal				Code	Code	Code	Measure 1	Measure 2	Measure 3
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash	kcal									
Energy Protein (N x 6.25) Total lipid (fat) Ash	kcal	68.19	0.802	13		1		125.47	57.96	
Energy Protein (N x 6.25) Total lipid (fat) Ash		197	0.002	0	NC	4		362	167	
Protein (N x 6.25) Total lipid (fat)	ki .	824		Ü	МС	4		1517	701	
Total lipid (fat)	=		0 601							
Ash	-	16.93	0.621	11		1		31.15	14.39	
		13.77	1.004	11		1		25.34	11.70	
		1.32	0.033	11	_	1		2.43	1.12	
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		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	47		1		1		86	40	
Iron, Fe	-	0.97		2		1		1.78	0.82	
Magnesium, Mg		30		1		1		55	26	
Phosphorus, P		272		1		1		500	231	
Potassium, K	-	384		2		1		707	326	
Sodium, Na		51		2		1		94	43	
Zine, Zn		0.37	0.010	60		1		0.68	0.31	
Copper, Cu		0.064		61		1		0.118	0.054	
Manganese, Mn		0.042		1		1		0.077	0.034	
Selenium, Se		36.5		0	CAZN	4		67.2	31.0	
Scientini, Sc	9	30.0		·	011211	-		· · · · =	02.0	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.150		0		4		0.276	0.128	
Riboflavin	mg	0.240		0		4		0.442	0.204	
Niacin	-	8.400		0		4		15.456	7.140	
Pantothenic acid	mg	0.750		0		4		1.380	0.638	
Vitamin B-6	mg	0.400		0		4		0.736	0.340	
Folate, total	mcg	15		0		4		28	13	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		28	13	
Folate, DFE	mcg_DFE	15		0	NC	4		28	13	
Vitamin B-12	mcg	0.15		0		4		0.28	0.13	
Vitamin A, IU		110		0	NC	4		202	94	
Vitamin A, RAE	mcg_RAE	33		0	NC	4		61	28	
Retinol	mcg	33		0	NR	4		61	28	
Vitamin E (alpha-tocopherol)	mg	1.00		0	NR	4		1.84	0.85	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.1	
Lipids:										
Fatty acids, total saturated	a	3.126		0		1		5.752	2.657	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
				0		4				
8:0 10:0		0.000		0		4		0.000	0.000	
	-			0		4		0.015	0.007 0.015	
12:0	-	0.018		U		4		0.033	0.015	
13:0	-	0.040		0		4		1 560	0.700	
14:0	-	0.849		U		4		1.562	0.722	
15:0	-	0.070		•				2 014	1 760	
16:0		2.073		0		4		3.814	1.762	
17:0	-	A 1		_				0 207	0 140	
18:0	-	0.167		0		4		0.307	0.142	
20:0	-									
22:0 24:0	-									

		<u>An</u>	nount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
Notation to an el III	14	•	Numl of Da Std. Error Poin	ta Deriv		Confidence Code			•	
Nutrients and U	nits	Mean	Std. Error Foli	is code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	d a	5.724		1	4		10.532	4.865		
14:1	g				_		10.001	1.000		
15:1 16:1 undifferentiated	g	0.953	()	4		1.754	0.810		
17:1 18:1 undifferentiated	-	2.323	()	4		4.274	1.975		
20:1	g	1.105	()	4		2.033	0.939		
22:1 undifferentiated	•	1.287	()	4		2.368	1.094		
24:1 c		2 260	,				6 012	0.770		
Fatty acids, total polyunsaturated		3.268	(4		6.013	2.778		
18:2 undifferentiated		0.199 0.158	(4		0.366 0.291	0.169 0.134		
18:3 undifferentiated 18:4	-	0.158	(4		0.291	0.134		
20:2 n-6 c.c		0.326	'	'	4		0.804	0.279		
20:2 n-6 c,c	-									
20:4 undifferentiated	-	0.092	(1	4		0.169	0.078		
20:5 n-3		1.086			4		1.998	0.923		
22:5 n-3	-	0.084	·		4		0.155	0.071		
22:6 n-3		1.321	,		4		2.431	1.123		
Fatty acids, total trans		1.521	· ·		•		2.431	1.123		
Cholesterol		75	()	4		138	64		
Phytosterols		, ,			-		200	• •		
1 ny tosterois										
Amino Acids:										
Tryptophan	g	0.190	(1		0.350	0.162		
Threonine	-	0.742	(1		1.365	0.631		
Isoleucine	g	0.780	(1		1.435	0.663		
Leucine	-	1.376	(1		2.532	1.170		
Lysine		1.555)	1		2.861	1.322		
Methionine	g	0.501)	1		0.922	0.426		
Cystine	g	0.182)	1		0.335	0.155		
Phenylalanine		0.661)	1		1.216	0.562		
Tyrosine	g	0.572)	1		1.052	0.486		
Valine		0.872	(1		1.604	0.741		
Arginine	_	1.013	(1		1.864	0.861		
Histidine	g	0.498)	1		0.916	0.423		
Alanine		1.024	(1		1.884	0.870		
Aspartic acid	-	1.734	(1		3.191	1.474		
Glutamic acid	_	2.527	(1		4.650	2.148		
Glycine	g	0.813	()	1		1.496	0.691		
Proline	g	0.599	(1		1.102	0.509		
Serine		0.691	()	1		1.271	0.587		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0	()	7		0.0	0.0		
Caffeine		0			7		0	0		
Theobromine		0			7		0	0		
Carotenoids:		-		-	•		-	•		
	***	•			_					
Carotene, beta		0	(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	iucg	0	(Z	7		0.000	0.000		

Common Measures:

Measure 1 = 184g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15094

Fish, shad, american, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	60.09		0		1		51.08			
Energy	kcal	228		0	NC	4		194			
Energy	kj	954				4		811			
Protein (N x 6.25)	g	18.62		0		1		15.83			
Total lipid (fat)	g	13.82		0		1		11.75			
Ash	g	1.25		0		1		1.06			
Carbohydrate, by difference	g	6.39		0	NC	4		5.43			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g										
Starch	g										
M:1											
Minerals:	ma	50		0		1		43			
Calcium, Ca	-	1.11		0		1		0.94			
Magnesium, Mg	-	43		0		1		37			
Phosphorus, P		194		0		1		165			
Potassium, K	_	155		0		1		132			
Sodium, Na	_	122		0		1		104			
Zinc, Zn	-	0.48		0		1		0.41			
Copper, Cu		0.042	2	0		1		0.036			
Manganese, Mn		0.050		0		4		0.043			
Selenium, Se		34.0		0	RA	4		28.9			
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0			
Thiamin		0.072		0		1		0.061			
Riboflavin		0.097		0		1		0.082			
Niacin		2.783		0		1		2.366			
Pantothenic acid		0.620		0		4		0.527			
Vitamin B-6	_	0.300)	0		4		0.255			
Folate, total		15		0	RA	4		13			
Folic acid		10		0	NC	4		8			
Folate, food		5		0		4		4			
Folate, DFE		22		0	NC	4		19			
Vitamin B-12		1.21		0		1 1		1.03			
Vitamin A, IU		180		0		_		153			
Vitamin A, RAERetinol		54 54		0 0		1 1		46 46			
	• • • • • • • • • • • • • • • • • • • •	54		U		1		46			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>		_	_			_					
Fatty acids, total saturated		3.205	•	0		1		2.724			
4:0	-										
6:0	_										
8:0											
10:0											
12:0 13:0											
14:0	-	0.102	,	0		1		0.087			
15:0	-	0.102	-	U		1		0.067			
16:0		2.008	2	0		1		1.707			
17:0		2.000	•	U		1		1.707			
18:0	_	1.092	,	0		1		0.928			
20:0	_	1.092	-	U		1		0.920			
22:0	_										
24:0	_										

	<u>Aı</u>	nount in 100 grar		Amount in edible portion of common measures of food				
		Numb		_		<u></u>	casares or roou	
Nutrients and Units	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.935	0		1		5.045		
14:1g								
15:1g								
16:1 undifferentiatedg	0.223	0		1		0.190		
17:1g								
18:1 undifferentiatedg	5.216	0		1		4.434		
20:1g	0.217	0		1		0.184		
22:1 undifferentiatedg	0.253	0		1		0.215		
24:1 cg								
Fatty acids, total polyunsaturated9	3.701	0		1		3.146		
18:2 undifferentiatedg	2.600	0		1		2.210		
18:3 undifferentiated	0.190	0		1		0.162		
18:4g	0.025	0		1		0.021		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.092	0		1		0.078		
20:5 n-3g	0.258	0		1		0.219		
22:5 n-3g	0.089	0		1		0.076		
22:6 n-3g	0.431	0		1		0.366		
Fatty acids, total transg								
Cholesterolmg	59	0		1		50		
Phytosterols mg								
Amino Acids:								
Tryptophang	0.212	0		1		0.180		
Threonineg	0.843	0		1		0.717		
Isoleucineg	0.867	0		1		0.737		
Leucineg	1.515	0		1		1.288		
Lysineg	1.634	0		1		1.389		
Methionineg	0.541	0		1		0.460		
Cystineg	0.212	0		1		0.180		
Phenylalanineg	0.750	0		1		0.638		
Tyrosineg	0.633	0		1		0.538		
Valineg	0.965	0		1		0.820		
Arginine9	1.094	0		1		0.930		
Histidineg	0.538	0		1		0.457		
Alanineg	1.097	0		1		0.932		
Aspartic acidg	1.850	0		1		1.573		
Glutamic acidg	2.970	0		1		2.525		
Glycine9	0.872	0		1		0.741		
Prolineg	0.744	0		1		0.632		
Serineg	0.789	0		1		0.671		
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		Aı	mount in 100 g	ırams		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:	_	50.50								
Water		73.58 130	0.283	29 0	NC	1 4				
Energy		544		U	NC	4				
Protein (N x 6.25)		20.98	0.256	16		1				
Total lipid (fat)		4.51	0.230	52		1				
Ash		1.39		15		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:	ma	24	1 000			1				
Calcium, Ca Iron, Fe	_	34 0.84	1.800	4 2		1				
Magnesium, Mg	-	49		2		1				
Phosphorus, P		210		3		1				
Potassium, K	-	160		2		1				
Sodium, Na		79		2		1				
Zinc, Zn		0.43	0.009	223		1				
Copper, Cu		0.033	0.001	211		1				
Manganese, Mn	<u>.</u> mg	0.015		0		1				
Selenium, Se	mcg	36.5		0	CAZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7				
Thiamin	-	0.042		5		1				
Riboflavin	mg	0.062	0.012	6		1				
Niacin	<u>.</u> mg	2.938		5		1				
Pantothenic acid		0.695		3		1				
Vitamin B-6		0.400		0		4				
Folate, total		3		0		4				
Folic acid		0		0	Z	7				
Folate, food		3		0	***	4				
Folate, DFE		3 1.49		0 6	NC	4 1				
Vitamin B-12 Vitamin A, IU		233		0	NC	4				
Vitamin A, RAE	mca RAF	70		0	NC	4				
Retinol		70		0	NR	4				
Vitamin E (alpha-tocopherol)		1.00		0	NR	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4				
Lipids:										
Fatty acids, total saturated	g	0.925		0		1				
4:0	g	0.000		0		1				
6:0	g	0.000		0		1				
8:0	g	0.000		0		1				
10:0	_	0.000		0		1				
12:0		0.000		0		1				
13:0						_				
14:0		0.080		4		1				
15:0		0.726		4		1				
16:0 17:0		0.720		*		_				
18:0		0.117		4		1				
20:0				-		_				
22:0										
24:0										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number of Data		Source	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	1.808		0		4					
14:1 15:1	-										
16:1 undifferentiated	_	0.253		4		1					
17:1	_	0.070				1					
18:1 undifferentiated 20:1	_	0.979 0.266		4 2		1					
22:1 undifferentiated		0.310		2		1					
24:1 c	•										
Fatty acids, total polyunsaturated	g	1.195		0		4					
18:2 undifferentiated		0.076		4		1					
18:3 undifferentiated		0.028		2 2		1 1					
18:4 20:2 n-6 c.c.	_	0.031		2		1					
20:3 undifferentiated											
20:4 undifferentiated		0.108		1		1					
20:5 n-3	-	0.316		4		1					
22:5 n-3	_	0.109		4		1					
22:6 n-3	g	0.527		4		1					
Fatty acids, total trans											
Cholesterol		51		5		1					
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.235		0		1					
Threonine	g	0.920		0		1					
Isoleucine	g	0.967		0		1					
Leucine	-	1.705		0		1					
Lysine		1.926		0		1					
Methionine		0.621		0		1					
Cystine		0.225		0 0		1 1					
Phenylalanine Tyrosine		0.819 0.708		0		1					
Valine	_	1.081		0		1					
Arginine	_	1.255		0		1					
Histidine		0.618		0		1					
Alanine		1.269		0		1					
Aspartic acid	g	2.148		0		1					
Glutamic acid	g	3.131		0		1					
Glycine		1.007		0		1					
Proline	g	0.742		0		1					
Serine		0.856		0		1					
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7					
Caffeine	-	0		0	Z	7					
Theobromine	mg	0		0	Z	7					
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	z	7					
Carotene, alpha		0		0	Z	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. 15095

Fish, shark, mixed species, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100) grams		edible portion				
			1	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	69.04		1		1		128.41	58.68	
Energy	kcal	126		0	NC	4		234	107	
Energy	kj	527				4		981	448	
Protein (N x 6.25)	g	26.02		1		1		48.40	22.12	
Total lipid (fat)	g	1.63		1		1		3.03	1.39	
Ash	g	1.44		1		1		2.68	1.22	
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	-									
Staren	9									
<u> Minerals:</u>										
Calcium, Ca	mg	37		1		1		69	31	
Iron, Fe	-	0.67		1		1		1.25	0.57	
Magnesium, Mg		35		1		1		65	30	
Phosphorus, P	mg	350		1		1		651	298	
Potassium, K	mg	512		1		1		952	435	
Sodium, Na	mg	73		1		1		136	62	
Zinc, Zn	<u>mg</u>	0.63		1		1		1.17	0.54	
Copper, Cu	mg	0.122	2	1		1		0.227	0.104	
Manganese, Mn	mg	0.021	L	1		1		0.039	0.018	
Selenium, Se	mcg	51.3		0	BFSN	4		95.4	43.6	
7.4										
<u>Vitamins:</u>	ma #4	0.0		•	_	-		0.0		
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.010		0		4		0.019	0.009	
Riboflavin		0.050		0		4		0.093	0.043	
Niacin		1.800		0		4		3.348	1.530	
Pantothenic acid		0.870		0		4		1.618	0.740	
Vitamin B-6	_	0.350)	0		4		0.651	0.298	
Folate, total		17		0		4		32	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0		4		32	15	
Folate, DFE		17		0	NC	4		32	15	
Vitamin B-12		2.30		0		4		4.28	1.96	
Vitamin A, IU		115		0		4		214	98	
Vitamin A, RAE		35		0		4		64	29	
Retinol		35		0		4		64	29	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	0.360	1	0		1		0.670	0.306	
4:0		0.500	•	·		-		0.070	0.500	
6:0										
8:0	_									
10:0	-									
12:0										
13:0	-									
14:0		0.044	1	1		1		0.082	0.037	
15:0	_	0.044	-	-		-		0.002	0.057	
16:0	_	0.227	7	1		1		0.422	0.193	
17:0		0.221	•	1		-		0.422	0.193	
	_	0.089	2	1		1		0.166	0.076	
18:0	_	0.089	•	_		_		0.100	0.076	
20:0	_									
22:0	g g									

	<u>A</u> 1	mount in 10		Amount in edible portion of common measures of food					
				Number	_		<u></u>	<u> </u>	
Nutrients and Uni	ts	Mean	Std. Error		 Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.350		0	1		0.651	0.298	
14:1	g								
15:1									
16:1 undifferentiated	-	0.107		1	1		0.199	0.091	
17:1									
18:1 undifferentiated		0.243		1	1		0.452	0.207	
20:1	g								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		0.382		0	1		0.711	0.325	
18:2 undifferentiated	g	0.042		1	1		0.078	0.036	
18:3 undifferentiated	g								
18:4	_								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	_	0.110		1	1		0.205	0.094	
20:5 n-3	g	0.083		1	1		0.154	0.071	
22:5 n-3	g	0.040		1	1		0.074	0.034	
22:6 n-3	g	0.107		1	1		0.199	0.091	
Fatty acids, total trans									
Cholesterol		64		0	4		119	54	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.291		0	1		0.541	0.247	
Threonine		1.141		0	1		2.122	0.970	
Isoleucine		1.199		0	1		2.230	1.019	
Leucine	g	2.115		0	1		3.934	1.798	
Lysine	g	2.390		0	1		4.445	2.032	
Methionine	g	0.770		0	1		1.432	0.655	
Cystine	g	0.279		0	1		0.519	0.237	
Phenylalanine	g	1.016		0	1		1.890	0.864	
Tyrosine	g	0.878		0	1		1.633	0.746	
Valine	g	1.340		0	1		2.492	1.139	
Arginine	g	1.557		0	1		2.896	1.323	
Histidine	g	0.766		0	1		1.425	0.651	
Alanine	g	1.574		0	1		2.928	1.338	
Aspartic acid	g	2.664		0	1		4.955	2.264	
Glutamic acid	g	3.884		0	1		7.224	3.301	
Glycine	g	1.249		0	1		2.323	1.062	
Proline	g	0.920		0	1		1.711	0.782	
Serine	g	1.062		0	1		1.975	0.903	
Hydroxyproline	g								

Common Measures:

Measure 1 = 186g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15097 Fish, sheepshead, raw Archosargus probatocephalus (Walbaum)

		<u>Ar</u>	mount in 100 gi		edible portion					
			Nur	mber				<u>me</u>	easures of food	<u>.</u>
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	77.97	0.731	5		1		185.57	66.27	
Energy	kcal	108		0	NC	4		257	92	
Energy	kj	452				4		1075	384	
Protein (N x 6.25)	g	20.21	2.337	5		1		48.10	17.18	
Total lipid (fat)	g	2.41	0.404	5		1		5.74	2.05	
Ash	g	1.09	0.073	5		1		2.59	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									
Starch	g									
Minorala.										
<u>Minerals:</u> Calcium, Ca	ma	21	7.900	3		1		50	18	
Iron. Fe	-	0.46	0.090	3		1		1.09	0.39	
Magnesium, Mg		32	1.840	3		1		76	27	
Phosphorus, P		313	25.350	3		1		745	266	
Potassium, K	-	404	63.321	4		1		962	343	
Sodium, Na	-	71	11.174	4		1		169	60	
Zinc, Zn	_	0.39	0.013	62		1		0.93	0.33	
Copper, Cu		0.031	0.002	63		1		0.074	0.026	
Manganese, Mn	mg	0.013	0.003	3		1		0.031	0.011	
Selenium, Se	mcg	36.5		0	CAZN	4		86.9	31.0	
Vitamins:										
	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	_	0.010		0	4	4		0.024	0.009	
Riboflavin		0.010		0		4		0.024	0.009	
Niacin		1.500		0		4		3.570	1.275	
Pantothenic acid		0.750		0		4		1.785	0.638	
Vitamin B-6	-	0.300		0		4		0.714	0.255	
Folate, total	-	15		0		4		36	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0	_	4		36	13	
Folate, DFE		15		0	NC	4		36	13	
Vitamin B-12		2.00		0		4		4.76	1.70	
Vitamin A, IU		100		0		4		238	85	
Vitamin A, RAE		30		0		4		71	26	
Retinol		30		0		4		71	26	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.609		0		1		1.449	0.518	
4:0										
6:0										
8:0	g									
10:0	g									
12:0	-									
13:0										
14:0	g	0.076		2		1		0.181	0.065	
15:0	g									
16:0	g	0.406		2		1		0.966	0.345	
17:0	g									
18:0	g	0.114		2		1		0.271	0.097	
20:0	-									
22:0	~									

	<u>Aı</u>	mount in 100	<u>0 grams</u> Number	Amount in edible portion of common measures of food						
Nutrients and Unit	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father and a total management of	a	0.728		0		1		1.733	0.619	
Fatty acids, total monounsaturated		0.728		U		1		1.733	0.619	
15:1										
16:1 undifferentiated		0.201		2		1		0.478	0.171	
17:1	-									
18:1 undifferentiated		0.458		2		1		1.090	0.389	
20:1	g	0.069		1		1		0.164	0.059	
22:1 undifferentiated	_									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.518		0		1		1.233	0.440	
18:2 undifferentiated	g	0.044		2		1		0.105	0.037	
18:3 undifferentiated	g	0.006		1		1		0.014	0.005	
18:4	g	0.027		1		1		0.064	0.023	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.106		2		1		0.252	0.090	
20:5 n-3	g	0.138		2		1		0.328	0.117	
22:5 n-3	g	0.074		2		1		0.176	0.063	
22:6 n-3		0.123		2		1		0.293	0.105	
Fatty acids, total trans	-									
Cholesterol	_	50		0		4		119	43	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.226		0		1		0.538	0.192	
Threonine	-	0.886		0		1		2.109	0.753	
Isoleucine	g	0.931		0		1		2.216	0.791	
Leucine	g	1.643		0		1		3.910	1.397	
Lysine	-	1.856		0		1		4.417	1.578	
Methionine	g	0.598		0		1		1.423	0.508	
Cystine	g	0.217		0		1		0.516	0.184	
Phenylalanine		0.789		0		1		1.878	0.671	
Tyrosine	g	0.682		0		1		1.623	0.580	
Valine	g	1.041		0		1		2.478	0.885	
Arginine	g	1.210		0		1		2.880	1.029	
Histidine	g	0.595		0		1		1.416	0.506	
Alanine	g	1.222		0		1		2.908	1.039	
Aspartic acid	g	2.070		0		1		4.927	1.760	
Glutamic acid	g	3.017		0		1		7.180	2.564	
Glycine	_	0.970		0		1		2.309	0.825	
Proline		0.715		0		1		1.702	0.608	
Serine	_	0.825		0		1		1.964	0.701	
Hydroxyproline	g									

Common Measures:

Measure 1 = 238g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100	grams	of edib	le portio	Amount in edible portion of common			
Nutrients and Uni	its	Mean				Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure
Nutrients and on	ito	Mean	ota: Error					Micasure 1	Measure 2	Measure
Proximates:										
Water	-	72.79		0		1		61.87		
Energy		124		0	NC	4		105		
Energy		519				4		441		
Protein (N x 6.25)		22.60		0		1		19.21		
Total lipid (fat)	g	3.10		0		1		2.64		
Ash	g	1.79		0		1		1.52		
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									
Starch	g									
Mr. 1										
Minerals:	ma	77		0		1		65		
Calcium, Ca		1.15		0		1		0.98		
· ·	-	38		0		1		32		
Magnesium, Mg Phosphorus, P		38 295		0		1		32 251		
Potassium, K		372		0		1		316		
Sodium, Na		77		0		1		65		
Zinc, Zn		2.12		0		1		1.80		
Copper, Cu		0.178	2	0		1		0.151		
Manganese, Mn		0.900		0		4		0.765		
Selenium, Se		46.8	•	0	BFSN	4		39.8		
Scientini, Sc	9	10.0		·		-		55.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0		
Thiamin		0.010		0		4		0.009		
Riboflavin		0.146		0		1		0.124		
Niacin	<u>mg</u>	1.766		0		1		1.501		
Pantothenic acid	-	0.740		0		4		0.629		
Vitamin B-6	-	0.170)	0		4		0.145		
Folate, total		5		0		4		4		
Folic acid		0		0	Z	7		0		
Folate, food		5		0		4		4		
Folate, DFE		5		0	NC	4		4		
Vitamin B-12	mcg	3.97		0		1		3.37		
Vitamin A, IU		58		0		4		49		
Vitamin A, RAE		17		0		4		15		
Retinol		17		0		4		15		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
Lipids:										
Fatty acids, total saturated	g	0.579	9	0		1		0.492		
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0		0.003	3	0		1		0.003		
13:0	-									
14:0		0.100)	0		1		0.085		
15:0	-									
16:0	-	0.421	L	0		1		0.358		
17:0	-		_							
18:0	-	0.053	3	0		1		0.045		
20:0	-									
22:0	Δ.									

	<u>Ar</u>	nount in 100 gram		Amount in edible portion of common				
		Numbe	=	0	measures of food			
Nutrients and Units	Mean	Std. Error Points	a Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.822	0	1		0.699			
14:1	0.255	0	1		0.217			
17:1g 18:1 undifferentiatedg	0.522	0	1		0.444			
20:1g	0.036	0	1		0.031			
22:1 undifferentiatedg 24:1 cg	0.001	0	1		0.001			
Fatty acids, total polyunsaturated9	1.135	0	1		0.965			
18:2 undifferentiatedg	0.058	0	1		0.049			
18:3 undifferentiatedg	0.063	0	1		0.054			
18:4g	0.032	0	1		0.027			
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.071	0	1		0.060			
20:5 n-3g	0.353	0	1		0.300			
22:5 n-3g	0.023	0	1		0.020			
22:6 n-3g	0.536	0	1		0.456			
Fatty acids, total transg								
Cholesterolmg	90	0	1		77			
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.253	0	1		0.215			
Threonineg	0.991	0	1		0.842			
Isoleucineg	1.041	0	1		0.885			
Leucineg	1.837	0	1		1.561			
Lysineg	2.076	0	1		1.765			
Methionineg	0.669	0	1		0.569			
Cystineg	0.242	0	1		0.206			
Phenylalanineg	0.882	0	1		0.750			
Tyrosineg	0.763	0	1		0.649			
Valineg	1.164	0	1		0.989			
Arginineg	1.352	0	1		1.149			
Histidineg	0.665	0	1		0.565			
Alanineg	1.367	0	1		1.162			
Aspartic acidg	2.314	0	1		1.967			
Glutamic acidg	3.374	0	1		2.868			
Glycine9	1.085	0	1		0.922			
Prolineg	0.799	0	1		0.679			
Serineg	0.922	0	1		0.784			
Hydroxyprolineg								

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	rams	of ear	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	78.77	0.229	47		1		66.95		
Energy	kcal	97		0	NC	4		82		
Energy	kj	406				4		345		
Protein (N x 6.25)		17.63	0.222	47		1		14.99		
Total lipid (fat)		2.42	0.107	52		1		2.06		
Ash	g	1.40	0.074	46		1		1.19		
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		60		1		1		51		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.90		1		1		0.77		
Magnesium, Mg		30		1		1		26		
Phosphorus, P		230		1		1		196		
Potassium, K		290		1		1		247		
Sodium, Na		60		1		1		51		
Zinc, Zn	_	1.65		2		1		1.40		
Copper, Cu		0.139		2		1		0.118		
Manganese, Mn		0.700)	1 0	C3 737	1 4		0.595		
Selenium, Se	nicg	36.5		U	CAZN	4		31.0		
Vitamins:	ma	0.0		0	z	7		0.0		
Vitamin C, total ascorbic acid		0.010	,	0	4	4		0.009		
ThiaminRiboflavin		0.010		1		1		0.102		
Niacin		1.450		1		1		1.233		
Pantothenic acid		0.638		1		1		0.542		
Vitamin B-6		0.150		0		4		0.128		
	-	4	,	0		4		3		
Folate, total		0		0	z	7		0		
Folic acid		4		0	4	4		3		
Folate, food		4		0	NC	4		3		
		3.44	0.728	4	NC	1		2.92		
Vitamin B-12 Vitamin A, IU		50	0.726	0	NC	4		43		
Vitamin A, RAE		15		0	NC	4		13		
Retinol		15		0	NC NR	4		13		
Vitamin E (alpha-tocopherol)		0.50		0	NR NR	4		0.43		
Tocopherol, beta	ma	0.30		U	NK	-		0.43		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	T	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.452	2	0		1		0.384		
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		0.002		1		1		0.002		
13:0										
14:0		0.078	0.005	12		1		0.066		
15:0	-									
16:0		0.328	0.018	12		1		0.279		
17:0										
18:0	-	0.041	0.005	12		1		0.035		
20:0	-		2.000			_				
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				lumber					easures of food	
Nutrients and	Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P	. 1	0.641		•						
Fatty acids, total monounsatura		0.641		0		1		0.545		
15:1	-									
16:1 undifferentiated	-	0.199	0.008	12		1		0.169		
17:1	-									
18:1 undifferentiated		0.407	0.019	12		1		0.346		
20:1		0.028	0.006			1		0.024		
22:1 undifferentiated		0.001	0.001			1		0.001		
24:1 c	•	0.002	0.002			_		0.002		
Fatty acids, total polyunsaturat		0.885		0		1		0.752		
18:2 undifferentiated		0.045	0.009			1		0.038		
18:3 undifferentiated		0.049				1		0.042		
18:4	=	0.025	0.003			1		0.042		
20:2 n-6 c.c	-	0.020	0.000			_		0.022		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.055	0.005	12		1		0.047		
20:5 n-3		0.275				1		0.234		
22:5 n-3	-	0.018	0.001			1		0.015		
22:6 n-3		0.418	0.023			1		0.355		
Fatty acids, total trans	-	0.120	0.020			_		0.555		
Cholesterol		70		1		1		60		
Phytosterols		. •		_		_				
1 Hytosterois										
Amino Acids:										
Tryptophan	g	0.197		0		1		0.167		
Threonine	g	0.773		0		1		0.657		
Isoleucine	g	0.812		0		1		0.690		
Leucine	g	1.433		0		1		1.218		
Lysine	g	1.619		0		1		1.376		
Methionine	g	0.522		0		1		0.444		
Cystine	g	0.189		0		1		0.161		
Phenylalanine	g	0.688		0		1		0.585		
Tyrosine	g	0.595		0		1		0.506		
Valine	g	0.908		0		1		0.772		
Arginine	g	1.055		0		1		0.897		
Histidine	g	0.519		0		1		0.441		
Alanine	g	1.066		0		1		0.906		
Aspartic acid	g	1.805		0		1		1.534		
Glutamic acid	g	2.632		0		1		2.237		
Glycine	g	0.846		0		1		0.719		
Proline		0.623		0		1		0.530		
Serine	g	0.719		0		1		0.611		
Hydroxyproline										
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000		
Carotene, alpha		0		Ö	z	7		0.000		
Cryptoxanthin, beta	-	0		ō	z	7		0.000		
		0		0	z	7		0.000		
Lycopene										

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15099

Fish, smelt, rainbow, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	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	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	70.35		0		1		119.60	59.80	
Energy	kcal	128		0	NC	4		218	109	
Energy	kj	536				4		910	455	
Protein (N x 6.25)	g	26.30		0		1		44.71	22.36	
Total lipid (fat)	g	1.72		0		1		2.92	1.46	
Ash	g	1.41		2		1		2.40	1.20	
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										
Staren	9									
<u> Minerals:</u>										
Calcium, Ca	-	40		0		1		68	34	
Iron, Fe		0.24		2		1		0.41	0.20	
Magnesium, Mg		37		2		1		63	31	
Phosphorus, P	mg	201		2		1		342	171	
Potassium, K	mg	522		2		1		887	444	
Sodium, Na	mg	57		2		1		97	48	
Zinc, Zn	mg	0.44		2		1		0.75	0.37	
Copper, Cu	mg	0.046	5	2		1		0.078	0.039	
Manganese, Mn	mg	0.017	7	2		1		0.029	0.014	
Selenium, Se	mcg	49.0		0	BFSN	4		83.3	41.7	
/itamins:										
	ma	1.6		0		4		2.7	1.4	
Vitamin C, total ascorbic acid	_	0.053		0		1		0.090	0.045	
Thiamin		0.004		0		1		0.090	0.045	
Riboflavin		0.004		0		1		0.588	0.003	
Niacin		0.346		0		4		1.479	0.294	
Pantothenic acid		0.870		0		4		0.782		
Vitamin B-6	-		,			=			0.391	
Folate, total		6 0		0	_	4 7		10	5	
Folic acid					Z			0	0	
Folate, food		6 6		0	***	4		10	5	
Folate, DFE				0	NC	4		10	5	
Vitamin B-12		3.50		0		4		5.95	2.98	
Vitamin A, IU		115		0		4		196	98	
Vitamin A, RAE		35		0		4		59	29	
Retinol		35		0		4		59	29	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u> </u>										
Fatty acids, total saturated	g	0.365	5	0		1		0.621	0.310	
4:0										
6:0	g									
8:0	g									
10:0										
12:0										
13:0	g									
14:0	g	0.053	3	2		1		0.090	0.045	
15:0	g									
16:0	g	0.190)	2		1		0.323	0.162	
17:0										
18:0	-	0.070)	2		1		0.119	0.060	
20:0	-									
22:0	-									
24:0	-									

		<u>Aı</u>	nount in 10		ole portio	<u>n</u>		edible portion o	of common
				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	g	0.322		0	1		0.547	0.274	
14:1									
15:1	-								
16:1 undifferentiated	-	0.048		2	1		0.082	0.041	
17:1				_					
18:1 undifferentiated		0.123		2	1		0.209	0.105	
20:1	-								
22:1 undifferentiated									
24:1 c	-	0 500		•	1		1 000	0 500	
Fatty acids, total polyunsaturated		0.588 0.025		0 2	1		1.000 0.043	0.500 0.021	
18:2 undifferentiated 18:3 undifferentiated	-	0.025		2	1		0.043	0.021	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.044		2	1		0.075	0.037	
20:5 n-3		0.048		2	1		0.082	0.041	
22:5 n-3		0.022		2	1		0.037	0.019	
22:6 n-3	_	0.273		2	1		0.464	0.232	
Fatty acids, total trans	-								
Cholesterol	-	47		0	4		80	40	
Phytosterols	_								
Amino Acids:									
Tryptophan	a	0.294		0	1		0.500	0.250	
Threonine		1.153		0	1		1.960	0.230	
Isoleucine		1.212		0	1		2.060	1.030	
Leucine		2.137		0	1		3.633	1.816	
Lysine	-	2.415		0	1		4.106	2.053	
Methionine		0.778		0	1		1.323	0.661	
Cystine		0.282		0	1		0.479	0.240	
Phenylalanine	-	1.027		0	1		1.746	0.873	
Tyrosine		0.888		0	1		1.510	0.755	
Valine	-	1.355		0	1		2.304	1.152	
Arginine	•	1.573		0	1		2.674	1.337	
Histidine		0.774		0	1		1.316	0.658	
Alanine	-	1.590		0	1		2.703	1.352	
Aspartic acid	-	2.692		0	1		4.576	2.288	
Glutamic acid		3.925		0	1		6.673	3.336	
Glycine	•	1.262		0	1		2.145	1.073	
Proline		0.930		0	1		1.581	0.791	
Serine		1.073		0	1		1.824	0.912	
Hydroxyproline									

Common Measures:

Measure 1 = 170g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15101 Fish, snapper, mixed species, raw *Lutjanidae*

		<u>Aı</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Number	r			<u>m</u>	easures of food	
			of Data		Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	76.87	60		1		167.58	65.34	
Energy	=	100	0	NC	4		218	85	
Energy		418			4		912	356	
Protein (N x 6.25)	· ·	20.51	59		1		44.71	17.43	
Total lipid (fat)		1.34	55		1		2.92	1.14	
Ash		1.31	52		1		2.86	1.11	
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	22		1		70	27	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.18	7		1		0.39	0.15	
Magnesium, Mg		32	0.636 6		1		70	27	
Phosphorus, P	-	198	28		1		432	168	
Potassium, K		417	16 19		1 1		909	354	
Sodium, Na		64 0.36	0.010 242		1		140 0.78	54 0.31	
Zinc, Zn		0.36			1		0.78	0.31	
Copper, Cu Manganese, Mn		0.028			1		0.028	0.024	
Selenium, Se		38.2	1	A	1		83.3	32.5	
Scientini, Sc	9	30.2	-		-		03.3	32.3	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	1.6	0		4		3.5	1.4	
Thiamin	-	0.046	5 1		1		0.100	0.039	
Riboflavin	mg	0.003	1		1		0.007	0.003	
Niacin	-	0.284	1		1		0.619	0.241	
Pantothenic acid		0.750			4		1.635	0.638	
Vitamin B-6	-	0.400	0		4		0.872	0.340	
Folate, total	mcg	5	0		4		11	4	
Folic acid		0	0	Z	7		0	0	
Folate, food		5	0		4		11	4	
Folate, DFE		5	0	NC	4		11	4	
Vitamin B-12		3.00	0		4		6.54	2.55	
Vitamin A, IU		100	0	NC	4		218	85	
Vitamin A, RAE		30	0	NC	4		65	26	
Retinol		30	0	NR	4		65	26	
Vitamin E (alpha-tocopherol)		0.50	0	NR	4		1.09	0.43	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)		0.1	0	т	4		0.2	0.1	
vitanini K (phynoquinone)	g	0.1	v	-	-		0.2	0.1	
Lipids:									
Fatty acids, total saturated	g	0.285			1		0.621	0.242	
4:0	g	0.000			1		0.000	0.000	
6:0	_	0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	-	0.000	0		1		0.000	0.000	
13:0	-	_			_				
14:0	_	0.036	16		1		0.078	0.031	
15:0	_								
16:0		0.162	! 16		1		0.353	0.138	
17:0	_						_		
18:0	_	0.081	. 16		1		0.177	0.069	
20:0	_								
22:0	-								
24:0	g								

		<u>Aı</u>	mount in 100		of edil	ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean		umber f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.251		0		1		0.547	0.213	
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.060		16		1		0.131	0.051	
17:1	-					_				
18:1 undifferentiated		0.165		16		1		0.360	0.140	
20:1	-	0.021		14		1		0.046	0.018	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.459		0		1		1.001	0.390	
18:2 undifferentiated		0.019		16		1		0.041	0.016	
18:3 undifferentiated		0.004		14		1		0.009	0.003	
18:4	_	0.009		14		1		0.020	0.008	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated	_	0.049		16		1		0.107	0.042	
20:5 n-3	-	0.051		16		1		0.111	0.043	
22:5 n-3		0.065		16		1		0.142	0.055	
22:6 n-3		0.260		16		1		0.567	0.221	
Fatty acids, total trans										
Cholesterol		37		0		4		81	31	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.230		0		1		0.501	0.196	
Threonine		0.899		0		1		1.960	0.764	
Isoleucine	-	0.945		0		1		2.060	0.803	
Leucine		1.667		0		1		3.634	1.417	
Lysine	-	1.883		0		1		4.105	1.601	
Methionine		0.607		0		1		1.323	0.516	
		0.220		0		1		0.480	0.187	
Cystine		0.801		0		1		1.746	0.187	
Phenylalanine Tyrosine		0.692		0		1		1.509	0.588	
3	-	1.056		0		1		2.302	0.898	
Valine	-	1.036		0		1				
Arginine		0.604		0		1		2.675	1.043	
Histidine						1		1.317	0.513	
Alanine		1.240		0		1		2.703	1.054	
Aspartic acid		2.100						4.578	1.785	
Glutamic acid		3.061		0		1		6.673	2.602	
Glycine		0.984				1		2.145	0.836	
Proline		0.725		0		1		1.581	0.616	
Serine	-	0.837		0		1		1.825	0.711	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		o	z	7		0	0	
Carotenoids:	5	-		-	-	•		-	•	
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 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15101

Fish, snapper, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	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	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	69.17		0		1		34.59	58.79	
Energy	kcal	158		0	NC	4		79	134	
Energy	kj	661				4		331	562	
Protein (N x 6.25)	g	23.73		0		1		11.87	20.17	
Total lipid (fat)	g	6.28		0		1		3.14	5.34	
Ash	g	1.36		0		1		0.68	1.16	
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	10		^		4		9	15	
Calcium, Ca	_	18 0.41		0		1 1		9 0.21	15 0.35	
Iron, Fe	_	0.41 54		0		1		27	0.35 46	
Magnesium, Mg Phosphorus, P		238		0		1		27 119	46 202	
Potassium, K	•	238 636		0		1		318	202 541	
Sodium, Na	-	37		0		1		19	31	
Zinc, Zn	_	0.65		0		1		0.33	0.55	
Copper, Cu		0.059	,	0		1		0.030	0.050	
Manganese, Mn		0.045		Ö		1		0.023	0.038	
Selenium, Se		46.8	,	0	BFSN	4		23.4	39.8	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0	_	0	Z	7		0.0	0.0	
Thiamin		0.185		0		1		0.093	0.157	
Riboflavin		0.268		0		1		0.134	0.228	
Niacin		8.526		0		1		4.263	7.247	
Pantothenic acid		0.865		0		1		0.433	0.735	
Vitamin B-6	-	0.462	2	0		1		0.231	0.393	
Folate, total		6 0		0	_	1 7		3	5	
Folic acid		6			Z	1		0 3	0 5	
Folate, food		6		0	NC	4		3	5	
Folate, DFE		3.46		0	NC	1		1.73	2.94	
Vitamin A, IU		115		0		1		1.73 58	98	
Vitamin A, RAE		35		0		1		17	98 29	
Retinol		35		0		1		17	29	
Vitamin E (alpha-tocopherol)		33		U		_		17	29	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	1.859		0		1		0.930	1.580	
Fatty acids, total saturated		1.859	,	U				0.930	1.580	
4:0 6:0										
8:0	-									
10:0	-									
12:0	-									
13:0	-									
14:0		0.141	L	0		1		0.071	0.120	
15:0	-			-					- · · · ·	
16:0	-	1.321	L	0		1		0.661	1.123	
17:0										
18:0	-	0.398	3	0		1		0.199	0.338	
20:0	-									
22:0	-									
24:0	-									

Nutrients and Units Nutrients Nutrients			<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3							_		<u></u>	casares or room	
141	Nutrients and Units		Mean	Std. Error					Measure 1	Measure 2	Measure 3
15.	Fatty acids, total monounsaturated	g	1.706		0		1		0.853	1.450	
161 undifferentiated.	14:1	g									
17-1											
18.1 undifferentiated 9 1.116 0 1 0.558 0.949 20:1 9 22:1 undifferentiated 9 1.398 0 1 0.699 1.188 18.2 undifferentiated 9 0.051 0 1 0.026 0.043 18.3 undifferentiated 9 0.026 0 1 0.013 0.022 18.4 9 0.205 0 1 0.103 0.174 20-2 n-6 c. 9 20-3 undifferentiated 9 0.154 0 1 0.077 0.131 20-5 n-3 9 0.262 0 1 0.077 0.131 0.240 22-5 n-3 9 0.262 0 1 0.077 0.131 0.246 Fatty acids, total trans 9 0.526 0 1 39 65 0.246 0 1 0.947 0.246 0 1 0.133 0.226 0 1 0.130 0.226 0 0 </td <td></td> <td>-</td> <td>0.590</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.295</td> <td>0.502</td> <td></td>		-	0.590		0		1		0.295	0.502	
221 undifferentiated											
22-1 undifferentiated. 9			1.116		0		1		0.558	0.949	
241 c. 9 1.398 0 1 0.699 1.188 182 undifferentiated. 9 0.051 0 1 0.026 0.043 183 undifferentiated. 9 0.026 0 1 0.013 0.022 184. 9 0.205 0 1 0.103 0.174 20-2 n-6 c. 9 9 0.282 0 1 0.077 0.131 20-2 undifferentiated. 9 0.154 0 1 0.077 0.131 20-5 n-3. 9 0.154 0 1 0.077 0.131 22-5 n-3. 9 0.526 0 1 0.263 0.447 Fatty acids, total rns. 9 0.526 0 1 0.263 0.447 Fatty acids, total rns. 9 0.526 0 1 0.263 0.447 Fatty acids, total rns. 9 0.526 0 1 0.263 0.447 Fatty acid acid acid acid a											
Fatty acids, total polyumsturated. G		-									
182 undifferentiated. g 0.051 0 1 0.026 0.043 183 undifferentiated. g 0.026 0 1 0.103 0.022 184. g 0.205 0 1 0.103 0.174 20-20 undifferentiated. g 0 1 0.077 0.131 20-5 n-3 g 0.282 0 1 0.077 0.131 20-5 n-3 g 0.266 0 1 0.077 0.131 22-5 n-3 g 0.526 0 1 0.263 0.447 Fatty acids, toltrans g 0 1 39 65 Phytostrols mg 77 0 1 39 65 Phytostrols mg 77 0 1 0.133 0.226 Tryptophan g 0.266 0 1 0.133 0.226 Threonine g 1.040 0 1 0.520 0.884 Isoleucine g 1.094 0 1 0.547 0.930											
18.3 undifferentiated 9 0.026 0 1 0.013 0.022 18.4 9 0.205 0 1 0.103 0.174 202 nodifferentiated 9 9 0.154 0 1 0.077 0.131 20.5 n-3 9 0.282 0 1 0.141 0.240 22.5 n-3 9 0.526 0 1 0.263 0.447 Fatty acids, total trans 9 0.526 0 1 0.263 0.447 Fatty acids, total trans 9 0.526 0 1 39 65 Phytosterols mg 7 0 1 39 65 Phytosterols mg 7 0 1 39 65 Phytosterols mg 7 0 1 0.263 0.447 Amino Acids: Trytophan 9 0.266 0 1 0.133 0.226 Thytophan 9 0.266 0 1 0.520 0.884 </td <td></td>											
18:4. 9 0.205 0 1 0.103 0.174 20:2 n-6 c.c. 9 20:3 undifferentiated. 9 9 0.154 0 1 0.077 0.131 20:5 n-3. 9 0.282 0 1 0.141 0.240 22:5 n-3. 9 0.154 0 1 0.263 0.447 Fatty acids, total trans. 9 Cholesterol. mg 77 0 1 39 65 Phytosterols. mg 77 0 1 39 65 Phytosterols. mg 77 0 1 39 65 Phytosterols. Walliama 9 0.266 0 1 0.133 0.226 Tryptophan 9 0.266 0 1 0.520 0.884 Isolationic. 9 1.040 0 1 0.520 0.884 Isolationic. 9 1.094 0 <td></td> <td>•</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		•									
20.2 n 6 c, c		-									
203 undifferentiated			0.205		0		1		0.103	0.174	
20.4 undifferentiated											
20.5 n-3											
22:5 n-3.		-									
22.6 n-3. 9 0.526 0 1 0.263 0.447 Faty acids, total trans 9 77 0 1 39 65 Cholesterol. mg 77 0 1 39 65 Phytosterols mg					-		_				
Fatty acids, total trans 9 Cholesterol mg 77 0 1 39 65 Phytosterols mg Amino Acids: Tryptophan 9 0.266 0 1 0.133 0.226 Threonine 9 1.040 0 1 0.520 0.884 Isoleucine 9 1.040 0 1 0.520 0.884 Isoleucine 9 1.040 0 1 0.520 0.884 Isoleucine 9 1.094 0 1 0.527 0.930 Leucine 9 1.092 0 1 0.965 1.640 Leysine 9 1.929 0 1 0.965 1.640 Lysine 9 0.702 0 1 0.127 0.216 Phenylalanine 9 0.9254 0 1 0.463 0.787 Tyrosine 9 <		-									
Cholesterol mg 77 0 1 39 65		-	0.526		0		1		0.263	0.447	
Phytosterols. mg Maino Acids:	2 2	-									
Amino Acids: Tryptophan 9 0.266 0 1 0.133 0.226 Threonine 9 1.040 0 1 0.520 0.884 Isoleucine 9 1.094 0 1 0.547 0.930 Leucine 9 1.929 0 1 0.965 1.640 Lysine 9 2.179 0 1 0.965 1.640 Lysine 9 0.702 0 1 0.965 1.640 Lysine 9 0.702 0 1 0.965 1.640 Lysine 9 0.702 0 1 0.957 0.597 Cystine 9 0.254 0 1 0.127 0.216 Phenylalanine 9 0.926 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.463 0.787 Tyrosine 9 1.223 0 1 0.612 1.040 Arginine 9 1.432 0			77		0		1		39	65	
Tryptophan 9 0.266 0 1 0.133 0.226 Threonine 9 1.040 0 1 0.520 0.884 Isoleucine 9 1.094 0 1 0.547 0.930 Leucine 9 1.094 0 1 0.547 0.930 Leucine 9 1.929 0 1 0.547 0.930 Leucine 9 1.929 0 1 0.965 1.640 Lysine 9 0.702 0 1 1.090 1.852 Methionine 9 0.702 0 1 0.351 0.597 Cystine 9 0.254 0 1 0.127 0.216 Phenylalanine 9 0.926 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.612 1.040 </td <td>Phytosterols</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterols	mg									
Threonine g 1.040 0 1 0.520 0.884 Isoleucine g 1.094 0 1 0.547 0.930 Leucine g 1.929 0 1 0.965 1.640 Lysine g 2.179 0 1 1.090 1.852 Methionine g 0.702 0 1 0.351 0.597 Cystine g 0.254 0 1 0.127 0.216 Phenylalanine g 0.926 0 1 0.463 0.787 Tyrosine g 0.801 0 1 0.463 0.787 Tyrosine g 0.801 0 1 0.401 0.681 Valine g 1.223 0 1 0.612 1.040 Arginine g 0.699 0 1 0.710 1.207 Histidine g 0.699 0 1 0.718 1.220 <td>Amino Acids:</td> <td></td>	Amino Acids:										
Isoleucine 9 1.094 0 1 0.547 0.930 Leucine 9 1.929 0 1 0.965 1.640 Lysine 9 2.179 0 1 1.090 1.852 Methionine 9 0.702 0 1 0.351 0.597 Cystine 9 0.254 0 1 0.127 0.216 Phenylalanine 9 0.926 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.401 0.681 Valine 9 1.223 0 1 0.612 1.040 Arginine 9 0.699 0 1 0.710 1.207	Tryptophan	g	0.266		0		1		0.133	0.226	
Leucine 9 1.929 0 1 0.965 1.640 Lysine 9 2.179 0 1 1.090 1.852 Methionine 9 0.702 0 1 0.351 0.597 Cystine 9 0.254 0 1 0.127 0.216 Phenylalanine 9 0.926 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.401 0.681 Valine 9 1.223 0 1 0.612 1.040 Arginine 9 1.420 0 1 0.710 1.207 Histidine 9 0.699 0 1 0.350 0.594 Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 1.139 0 1 0.570 0.96	Threonine	g	1.040		0		1		0.520	0.884	
Lysine 9 2.179 0 1 1.090 1.852 Methionine 9 0.702 0 1 0.351 0.597 Cystine 9 0.254 0 1 0.127 0.216 Phenylalanine 9 0.926 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.401 0.681 Valine 9 1.223 0 1 0.612 1.040 Arginine 9 1.420 0 1 0.710 1.207 Histidine 9 0.699 0 1 0.350 0.594 Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 0.839 0 1 0.570 0.968 Proline 9 0.968 0 1 0.420 0.71	Isoleucine	g	1.094		0		1		0.547	0.930	
Methionine g 0.702 0 1 0.351 0.597 Cystine g 0.254 0 1 0.127 0.216 Phenylalanine g 0.926 0 1 0.463 0.787 Tyrosine g 0.801 0 1 0.401 0.681 Valine g 1.223 0 1 0.612 1.040 Arginine g 1.420 0 1 0.710 1.207 Histidine g 0.699 0 1 0.350 0.594 Alanine g 1.435 0 1 0.718 1.220 Aspartic acid g 2.430 0 1 1.772 3.012 Glutamic acid g 3.543 0 1 1.772 3.012 Glycine g 1.139 0 1 0.570 0.968 Proline g 0.839 0 1 0.420 0.713 Serine g 0.968 0 1 0.484 0.82	Leucine	g	1.929		0		1		0.965	1.640	
Cystine. 9 0.254 0 1 0.127 0.216 Phenylalanine. 9 0.926 0 1 0.463 0.787 Tyrosine. 9 0.801 0 1 0.401 0.681 Valine. 9 1.223 0 1 0.612 1.040 Arginine. 9 1.420 0 1 0.710 1.207 Histdine. 9 0.699 0 1 0.350 0.594 Alanine. 9 1.435 0 1 0.718 1.220 Aspartic acid. 9 2.430 0 1 1.215 2.066 Glutamic acid. 9 3.543 0 1 1.772 3.012 Glycine. 9 1.139 0 1 0.570 0.968 Proline. 9 0.839 0 1 0.420 0.713 Serine. 9 0.968 0 1 0.484 0.823	Lysine	g	2.179		0		1		1.090	1.852	
Phenylalanine 9 0.926 0 1 0.463 0.787 Tyrosine 9 0.801 0 1 0.401 0.681 Valine 9 1.223 0 1 0.612 1.040 Arginine 9 1.420 0 1 0.710 1.207 Histidine 9 0.699 0 1 0.350 0.594 Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 1.139 0 1 0.570 0.968 Proline 9 0.839 0 1 0.420 0.713 Serine 9 0.968 0 1 0.484 0.823	Methionine	g	0.702		0		1		0.351	0.597	
Tyrosine	Cystine	g	0.254		0		1		0.127	0.216	
Valine 9 1.223 0 1 0.612 1.040 Arginine 9 1.420 0 1 0.710 1.207 Histidine 9 0.699 0 1 0.350 0.594 Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 1.139 0 1 0.570 0.968 Proline 9 0.839 0 1 0.420 0.713 Serine 9 0.968 0 1 0.484 0.823	Phenylalanine	g	0.926		0		1		0.463	0.787	
Arginine 9 1.420 0 1 0.710 1.207 Histidine 9 0.699 0 1 0.350 0.594 Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 1.139 0 1 0.570 0.968 Proline 9 0.839 0 1 0.420 0.713 Serine 9 0.968 0 1 0.484 0.823	Tyrosine	g	0.801		0		1		0.401	0.681	
Histidine 9 0.699 0 1 0.350 0.594 Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 1.139 0 1 0.570 0.968 Proline 9 0.839 0 1 0.420 0.713 Serine 9 0.968 0 1 0.484 0.823	Valine	g	1.223		0		1		0.612	1.040	
Alanine 9 1.435 0 1 0.718 1.220 Aspartic acid 9 2.430 0 1 1.215 2.066 Glutamic acid 9 3.543 0 1 1.772 3.012 Glycine 9 1.139 0 1 0.570 0.968 Proline 9 0.839 0 1 0.420 0.713 Serine 9 0.968 0 1 0.484 0.823	Arginine	g	1.420		0		1		0.710	1.207	
Aspartic acid. 9 2.430 0 1 1.215 2.066 Glutamic acid. 9 3.543 0 1 1.772 3.012 Glycine. 9 1.139 0 1 0.570 0.968 Proline. 9 0.839 0 1 0.420 0.713 Serine. 9 0.968 0 1 0.484 0.823	Histidine	g	0.699		0		1		0.350	0.594	
Aspartic acid	Alanine	g	1.435		0		1		0.718	1.220	
Glutamic acid. g 3.543 0 1 1.772 3.012 Glycine g 1.139 0 1 0.570 0.968 Proline g 0.839 0 1 0.420 0.713 Serine g 0.968 0 1 0.484 0.823			2.430		0		1		1.215	2.066	
Proline g 0.839 0 1 0.420 0.713 Serine g 0.968 0 1 0.484 0.823	-		3.543		0		1		1.772	3.012	
Proline g 0.839 0 1 0.420 0.713 Serine g 0.968 0 1 0.484 0.823	Glycine	g	1.139		0		1		0.570	0.968	
	2		0.839		0		1		0.420	0.713	
	Serine	g	0.968		0		1		0.484	0.823	

Common Measures:

Measure 1 = 50g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	75.95	3.586	10		1		48.61	64.56	
Energy	kcal	123		0	NC	4		79	105	
Energy	kj	515				4		329	437	
Protein (N x 6.25)	g	18.51	0.228	10		1		11.85	15.73	
Total lipid (fat)	g	4.90	2.928	10		1		3.14	4.17	
Ash	g	1.06	0.003	10		1		0.68	0.90	
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									
Min anala.										
Minerals:	ma	14		1		1		9	12	
Calcium, Ca	_	0.32		1		1		0.20	0.27	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	42		1		1		27	36	
Phosphorus, P		186		1		1		119	158	
Potassium, K	_	496		1		1		317	422	
Potassium, K Sodium, Na	_	496 29		1		1		19	422 25	
Zinc, Zn	-	0.51	0.013	52		1		0.33	0.43	
Copper, Cu		0.046		54		1		0.029	0.039	
Manganese, Mn		0.035		1		1		0.023	0.030	
Selenium, Se		36.5		0	CAZN	4		23.4	31.0	
Selemani, Se						_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.160		0		4		0.102	0.136	
Riboflavin		0.220		0		4		0.141	0.187	
Niacin		7.000		0		4		4.480	5.950	
Pantothenic acid		0.750		0		4		0.480	0.638	
Vitamin B-6	_	0.400		0		4		0.256	0.340	
Folate, total		5		0		4		3	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		4		3	4	
Folate, DFE		5		0	NC	4		3	4	
Vitamin B-12		3.00		0		4		1.92	2.55	
Vitamin A, IU		100		0		4		64	85	
Vitamin A, RAE		30		0		4		19	26	
Retinol		30		0		4		19	26	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	Illog									
<u> ipids:</u>										
Fatty acids, total saturated	g	1.450		0		1		0.928	1.233	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.110		1		1		0.070	0.094	
15:0	g									
16:0	g	1.030		1		1		0.659	0.876	
17:0	g									
18:0		0.310		1		1		0.198	0.264	
20:0	g									
22:0	g									
24:0	g									

		<u>Am</u>	ount in 100 grams Number		edible portion of easures of food			
Nutrients and U	nits	Mean S		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ł a	1.330	0	1		0.851	1.131	
14:1	g	1.330	Ü	-		0.851	1.131	
15:1 16:1 undifferentiated	g	0.460	1	1		0.294	0.391	
17:1	_							
18:1 undifferentiated		0.870	1	1		0.557	0.740	
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.	_	1.090	0	1		0.698	0.927	
18:2 undifferentiated	-	0.040	1	1		0.026	0.034	
18:3 undifferentiated	-	0.020	1	1		0.013	0.017	
18:4		0.160	1	1		0.102	0.136	
20:2 n-6 c,c	-							
20:3 undifferentiated	-		_	_				
20:4 undifferentiated	-	0.120	1	1		0.077	0.102	
20:5 n-3		0.220	1	1		0.141	0.187	
22:5 n-3	-	0.120	1	1		0.077	0.102	
22:6 n-3		0.410	1	1		0.262	0.349	
Fatty acids, total trans				_				
Cholesterol		60	0	4		38	51	
Phytosterols	nig							
Amino Acids:								
Tryptophan	g	0.207	0	1		0.132	0.176	
Threonine	g	0.812	0	1		0.520	0.690	
Isoleucine	g	0.853	0	1		0.546	0.725	
Leucine	g	1.505	0	1		0.963	1.279	
Lysine	g	1.700	0	1		1.088	1.445	
Methionine	g	0.548	0	1		0.351	0.466	
Cystine	g	0.198	0	1		0.127	0.168	
Phenylalanine		0.723	0	1		0.463	0.615	
Tyrosine	g	0.625	0	1		0.400	0.531	
Valine	g	0.954	0	1		0.611	0.811	
Arginine	g	1.108	0	1		0.709	0.942	
Histidine	g	0.545	0	1		0.349	0.463	
Alanine	g	1.120	0	1		0.717	0.952	
Aspartic acid	g	1.896	0	1		1.213	1.612	
Glutamic acid	g	2.764	0	1		1.769	2.349	
Glycine	g	0.889	0	1		0.569	0.756	
Proline	g	0.655	0	1		0.419	0.557	
Serine		0.755	0	1		0.483	0.642	
Hydroxyproline	g							
Others:								
Alcohol, ethyl	g	0.0	0	7		0.0	0.0	
Caffeine								
Theobromine	mg							

Common Measures:

Measure 1 = 64g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	umber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	o Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	69.94		0		1		95.12	19.83	13.29
Energy		135		0	NC	4		184	38	26
Energy		565		·		4		768	160	107
Protein (N x 6.25)	=	20.70		0		1		28.15	5.87	3.93
Total lipid (fat)		5.18		0		1		7.04	1.47	0.98
Ash		1.41		0		1		1.92	0.40	0.27
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
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	17		0		4		23	5	3
Iron, Fe	mg	0.90		0		4		1.22	0.26	0.1
Magnesium, Mg		45		0		4		61	13	9
Phosphorus, P	mg	271		0		4		369	77	51
Potassium, K	mg	364		0		1		495	103	69
Sodium, Na	mg	69		0		4		94	20	13
Zinc, Zn	mg	0.54		0		1		0.73	0.15	0.1
Copper, Cu	mg	0.053		0		1		0.072	0.015	0.0
Manganese, Mn	mg	0.030)	0		4		0.041	0.009	0.0
Selenium, Se	mcg	16.2		0	BFSN	4		22.0	4.6	3.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	-	0.080	1	0	_	4		0.109	0.023	0.0
Riboflavin		0.090		0		4		0.122	0.025	0.0
Niacin		10.100		0		4		13.736	2.863	1.9
Pantothenic acid	-	0.870		0		4		1.183	0.247	0.1
Vitamin B-6	-	0.230		0		4		0.313	0.065	0.0
Folate, total		17	,	0		4		24	5	3
Folic acid		0		0	z	7		0	0	0
Folate, food		17		0	_	4		24	5	3
Folate, DFE		17		0	NC	4		24	5	3
Vitamin B-12		2.50		0	NC	4		3.40	0.71	0.4
Vitamin A, IU	IIIOG	875		0	NC	4		1190	248	166
		263		0	NC	4		357	74	50
Vitamin A, RAE		263		0	BFYN	4		357	74 74	50
Retinol		0.63		0	BFYN	4		0.85	0.18	0.1
Vitamin E (alpha-tocopherol)	-	0.63		U	Brin	4		0.85	0.18	0.1
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	BFYN	4		0.2	0.0	0.0
vitamini K (pinyiloquilone)	9	V		•	22 221	-		V	0.0	0.0
<u>_ipids:</u>										
Fatty acids, total saturated	g	1.173	3	0		1		1.595	0.333	0.2
4:0	g	0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	g	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	g	0.000)	0		1		0.000	0.000	0.0
13:0	g									
14:0	g	0.197	7	0		1		0.268	0.056	0.0
15:0	g									
16:0	g	0.878	3	0		1		1.194	0.249	0.1
17:0	g									
18:0	g	0.097	7	0		1		0.132	0.027	0.0
20:0	g									
22:0	g									
24:0	a									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and	Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatural		2.486	i	0		1		3.381	0.705	0.472
14:1	_									
15:1	-	0.500		•				0 711	0 140	0.000
16:1 undifferentiated	-	0.523	•	0		1		0.711	0.148	0.099
18:1 undifferentiated		1.837		0		1		2.498	0.521	0.349
20:1	_	0.069		0		1		0.094	0.020	0.013
22:1 undifferentiated	-	0.029		0		1		0.034	0.020	0.013
24:1 c	•	0.029	•	U		1		0.039	0.006	0.006
Fatty acids, total polyunsaturate		0.885		0		1		1.204	0.251	0.168
		0.087		0		1		0.118	0.251	0.108
18:2 undifferentiated		0.128		0		1		0.118	0.025	0.017
18:3 undifferentiated 18:4	_	0.126		0		1		0.174	0.036	0.024
		0.164		U		1		0.223	0.046	0.031
20:2 n-6 c,c	_									
20:3 undifferentiated		0.079		0		1		0.107	0.022	0.015
	_	0.249		0		1		0.339	0.022	0.013
20:5 n-3	-			0		1		0.339		
22:5 n-3		0.058		0		1			0.016	0.011
22:6 n-3	_	0.119	,	U		1		0.162	0.034	0.023
Fatty acids, total trans		77		•				105	00	1.5
Cholesterol		//		0		4		105	22	15
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.232		0		1		0.316	0.066	0.044
Threonine	g	0.907		0		1		1.234	0.257	0.172
Isoleucine	g	0.954		0		1		1.297	0.270	0.181
Leucine	g	1.682		0		1		2.288	0.477	0.320
Lysine	g	1.901		0		1		2.585	0.539	0.361
Methionine		0.613	;	0		1		0.834	0.174	0.116
Cystine		0.222		0		1		0.302	0.063	0.042
Phenylalanine		0.808		0		1		1.099	0.229	0.154
Tyrosine		0.699)	0		1		0.951	0.198	0.133
Valine	=	1.066	;	0		1		1.450	0.302	0.203
Arginine		1.238		0		1		1.684	0.351	0.235
Histidine		0.609)	0		1		0.828	0.173	0.116
Alanine		1.252		0		1		1.703	0.355	0.238
Aspartic acid	-	2.119)	0		1		2.882	0.601	0.403
Glutamic acid		3.089)	0		1		4.201	0.876	0.587
Glycine	-	0.993		0		1		1.350	0.282	0.189
Proline		0.732		0		1		0.996	0.208	0.139
Serine		0.844		0		1		1.148	0.239	0.160
Hydroxyproline						_			***	
11) u 1011) p 10111 0										
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	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
Luteni + zeazantini	y	U		U	4	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 136g: 1 cup, cooked Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 19g: 1 oz with bone, cooked (yield after bone removed)

NDB No. 15105

Fish, sturgeon, mixed species, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15104 Fish, sturgeon, mixed species, raw Acipenser spp.

		<u>Aı</u>	mount in 100 gi	rams of	t edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nui	mber				me	easures of food	
				Data D)eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	76.55		2		1		65.07		
	-	105		0	NC	4		89		
Energy				U	NC					
Energy	=	439		_		4		373		
Protein (N x 6.25)		16.14		2		1		13.72		
Total lipid (fat)		4.04		7		1		3.43		
Ash	g	1.10		1		1		0.94		
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	-	13		0		4		11		
Iron, Fe	_	0.70		0		4		0.60		
Magnesium, Mg	mg	35		0		4		30		
Phosphorus, P	mg	211		0		4		179		
Potassium, K	mg	284		1		1		241		
Sodium, Na	mg	54		0		4		46		
Zinc, Zn	mg	0.42	0.032	10		1		0.36		
Copper, Cu	mg	0.041	0.007	10		1		0.035		
Manganese, Mn	mg	0.025	i	0		1		0.021		
Selenium, Se	mcg	12.6		0 1	BFZN	4		10.7		
Vitamins:										
	ma	0.0		0	z	7		0.0		
Vitamin C, total ascorbic acid					Z					
Thiamin		0.070		0		4		0.060		
Riboflavin		0.070		0		4		0.060		
Niacin		8.300		0		4		7.055		
Pantothenic acid		0.750		0		4		0.638		
Vitamin B-6	-	0.200)	0		4		0.170		
Folate, total		15		0		4		13		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	15		0		4		13		
Folate, DFE		15		0	NC	4		13		
Vitamin B-12		2.20		0		4		1.87		
Vitamin A, IU	IU	700		0	NC	4		595		
Vitamin A, RAE	mcg_RAE	210		0	NC	4		179		
Retinol		210		0	NR	4		179		
Vitamin E (alpha-tocopherol)	mg	0.50		0	NR	4		0.43		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1		
Lipids:				•		_				
Fatty acids, total saturated		0.915		0		1		0.778		
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	g	0.000	1	0		1		0.000		
13:0	g									
14:0	g	0.154	0.056	6		1		0.131		
15:0										
16:0		0.685	0.038	6		1		0.582		
17:0										
18:0	-	0.076	0.010	6		1		0.065		
20:0	-			-		=				
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100 g		<u>on</u>	Amount in edible portion of common measures of food			
			Nui	mber			<u></u>	easures or root	_
			of	Data Dei	riv Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints Co	de Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.939		0	1		1.648		
15:1	g								
16:1 undifferentiated	g	0.408	0.120	6	1		0.347		
17:1	g								
18:1 undifferentiated	g	1.433	0.233	6	1		1.218		
20:1	g	0.054	0.037	6	1		0.046		
22:1 undifferentiated	g	0.023		4	1		0.020		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.690		0	1		0.587		
18:2 undifferentiated		0.068	0.024	6	1		0.058		
18:3 undifferentiated	g	0.100	0.050	6	1		0.085		
18:4		0.128	0.020	3	1		0.109		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.062	0.014	6	1		0.053		
20:5 n-3	g	0.194	0.074	6	1		0.165		
22:5 n-3	g	0.045	0.019	5	1		0.038		
22:6 n-3	g	0.093	0.015	6	1		0.079		
Fatty acids, total trans	g								
Cholesterol	mg	60		0	4		51		
Phytosterols	<u>mg</u>								
A . A . 1									
Amino Acids:	_			•	_				
Tryptophan		0.181		0	1		0.154		
Threonine	-	0.708		0	1		0.602		
Isoleucine		0.744		0	1		0.632		
Leucine	-	1.312		0	1		1.115		
Lysine		1.483		0	1		1.261		
Methionine		0.478		0	1		0.406		
Cystine		0.173		0	1		0.147		
Phenylalanine		0.630		0	1		0.536		
Tyrosine	-	0.545		0	1		0.463		
Valine		0.832		0	1		0.707		
Arginine		0.966		0	1		0.821		
Histidine		0.475		0	1		0.404		
Alanine		0.976		0	1		0.830		
Aspartic acid	-	1.653		0	1		1.405		
Glutamic acid	-	2.410		0	1		2.049		
Glycine		0.775		0	1		0.659		
Proline	g	0.571		0	1		0.485		
Serine		0.659		0	1		0.560		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0		0	7		0.0		
Caffeine		0.0			z 7		0.0		
Theobromine		0			z 7		0		
		· ·		J	_ ,		U		
Carotenoids:									
Carotene, beta		0			z 7		0.000		
Carotene, alpha	mcg	0			z 7		0.000		
Cryptoxanthin, beta		0			z 7		0.000		
Lycopene	mcg	0			z 7		0.000		
Lutein + zeaxanthin	mcg	0		0	z 7		0.000		

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15104

Fish, sturgeon, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	<u> </u>
			C	of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.50		1		1		17.72	53.13	
Energy	kcal	173		0	NC	4		49	147	
Energy	kj	724				4		205	615	
Protein (N x 6.25)	g	31.20		1		1		8.85	26.52	
Total lipid (fat)	g	4.40		1		1		1.25	3.74	
Ash		1.90		1		1		0.54	1.62	
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	17		0		4		5	14	
Iron, Fe	-	0.93		0		4		0.26	0.79	
Magnesium, Mg	-	47		0		4		13	40	
Phosphorus, P		281		0		4		80	239	
Potassium, K	•	379		Ö		4		107	322	
Sodium, Na		739		0		4		210	628	
Zinc, Zn	mg	0.56		0		4		0.16	0.48	
Copper, Cu	mg	0.050)	0		4		0.014	0.043	
Manganese, Mn	mg	0.030)	0		4		0.009	0.026	
Selenium, Se	mcg	20.1		0	BFSN	4		5.7	17.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.090	1	0	-	4		0.026	0.077	
Riboflavin	-	0.090		0		4		0.026	0.077	
Niacin	=	11.100		0		4		3.147	9.435	
Pantothenic acid	-	1.000		0		4		0.284	0.850	
Vitamin B-6	=	0.270		0		4		0.077	0.230	
Folate, total	-	20		0		4		6	17	
Folic acid		0		0	z	7		0	0	
Folate, food		20		0		4		6	17	
Folate, DFE		20		0	NC	4		6	17	
Vitamin B-12		2.90		0		4		0.82	2.47	
Vitamin A, IU	IU -	933		0	NC	4		265	793	
Vitamin A, RAE		280		0	NC	4		79	238	
Retinol	mcg	280		0	NR	4		79	238	
Vitamin E (alpha-tocopherol)	mg	0.50		0	NR	4		0.14	0.43	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•	_					
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.0	0.1	
Lipids:										
Fatty acids, total saturated	g	1.037	7	0		1		0.294	0.881	
4:0		0.000)	0		7		0.000	0.000	
6:0	g	0.000)	0		7		0.000	0.000	
8:0	g	0.000)	0		7		0.000	0.000	
10:0		0.000)	0		7		0.000	0.000	
12:0		0.000)	0		7		0.000	0.000	
13:0										
14:0	g	0.177	,	1		1		0.050	0.150	
15:0										
16:0	g	0.761	L	1		1		0.216	0.647	
17:0	-									
18:0	-	0.099	•	1		1		0.028	0.084	
20:0	-									
22:0	-									
24:0	g									

	<u> 4</u>	Amount in 1			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Number of Data	Deriv	Source	Confidence	<u>111'</u>	easures or roou	•	
Nutrients and Units	Mean	Std. Erroi	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g 2.35	6	0		1		0.668	2.003		
14:1	-									
15:1	-	•	_		_					
16:1 undifferentiated	-	O	1		1		0.125	0.374		
17:1 18:1 undifferentiated.	=	Ω	1		1		0.527	1.579		
20:1			1		1		0.009	0.028		
22:1 undifferentiated	-		0		7		0.000	0.000		
24:1 c	•	•	•		•		0.000	0.000		
Fatty acids, total polyunsaturated		6	0		1		0.124	0.371		
18:2 undifferentiated		2	1		1		0.018	0.053		
18:3 undifferentiated		5	1		1		0.033	0.098		
18:4		0	0		7		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated			1		1		0.015	0.045		
20:5 n-3	-		1		1		0.023	0.070		
22:5 n-3			1		1		0.008	0.025		
22:6 n-3		5	1		1		0.027	0.081		
Fatty acids, total trans										
Cholesterol			0		4		23	68		
Phytosterols	mg									
Amino Acids:										
Tryptophan	.g 0.34	9	0		1		0.099	0.297		
Threonine	g 1.36	8	0		1		0.388	1.163		
Isoleucine	g 1.43	8	0		1		0.408	1.222		
Leucine	g 2.53	6	0		1		0.719	2.156		
Lysine		5	0		1		0.812	2.435		
Methionine	g 0.92	4	0		1		0.262	0.785		
Cystine			0		1		0.095	0.284		
Phenylalanine			0		1		0.345	1.035		
Tyrosine	-		0		1		0.299	0.895		
Valine	-		0		1		0.456	1.366		
Arginine			0		1		0.529	1.587		
Histidine			0		1		0.261	0.781		
Alanine			0 0		1 1		0.535 0.906	1.604		
Aspartic acidGlutamic acid			0		1		1.321	2.716 3.959		
Glycine			0		1		0.425	1.273		
Proline			0		1		0.313	0.938		
Serine	-		0		1		0.361	1.082		
Hydroxyproline		3			-		0.301	1.002		
3 31	5									
Others:										
Alcohol, ethyl			0		7		0.0	0.0		
Caffeine			0	z	7		0	0		
Theobromine	mg 0		0	Z	7		0	0		
<u>Carotenoids:</u>										
Carotene, betar	mcg 0		0	Z	7		0.000	0.000		
Carotene, alphar	mcg 0		0	Z	7		0.000	0.000		
Cryptoxanthin, betar	-		0	Z	7		0.000	0.000		
Lycopener			0	Z	7		0.000	0.000		
Lutein + zeaxanthinr	mcg 0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz NDB No. 15106

Fish, sturgeon, mixed species, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100) grams	of edib	ole portio	<u>n</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.99		0		1		91.75	62.89	
Energy	kcal	119		0	NC	4		148	101	
Energy	kj	498				4		617	423	
Protein (N x 6.25)	g	21.49		0		1		26.65	18.27	
Total lipid (fat)	g	2.97		0		1		3.68	2.52	
Ash		1.87		0		1		2.32	1.59	
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	-									
Staren	9									
<u> Minerals:</u>										
Calcium, Ca	mg	90		0		1		112	77	
Iron, Fe	_	1.67		0		1		2.07	1.42	
Magnesium, Mg	mg	38		0		1		47	32	
Phosphorus, P	mg	269		0		1		334	229	
Potassium, K	mg	487		0		1		604	414	
Sodium, Na	mg	51		0		1		63	43	
Zinc, Zn	mg	0.96		0		1		1.19	0.82	
Copper, Cu	mg	0.250)	0		1		0.310	0.213	
Manganese, Mn	mg	0.769	9	0		1		0.954	0.654	
Selenium, Se	mcg	16.2		0	BFSN	4		20.1	13.8	
itamins:										
	ma	0.0		0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid	_	0.012	,	0	4	1		0.015	0.010	
Thiamin		0.012		0		1		0.105	0.010	
Riboflavin		1.462		0		1		1.813	1.243	
Niacin		0.865		0		1		1.813	0.735	
Pantothenic acid		0.863		0		1		0.286		
Vitamin B-6	-		<u> </u>						0.196	
Folate, total		17 0		0 0	_	1 7		21 0	14	
Folic acid					Z				0	
Foliate, food		17 17		0 0	NC	1 4		21 21	14	
Folate, DFE		2.31			NC			2.86	14	
Vitamin B-12		196		0 0		1 1		2.86	1.96	
Vitamin A, IU						_			167	
Vitamin A, RAE		59		0		1		73	50	
Retinol		59		0		1		73	50	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u>lipids:</u>										
Fatty acids, total saturated	g	0.579	9	0		1		0.718	0.492	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.062	2	0		1		0.077	0.053	
15:0	g									
16:0	g	0.427	7	0		1		0.529	0.363	
17:0										
18:0	-	0.085	5	0		1		0.105	0.072	
20:0	-									
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100 g		<u>n</u>	Amount in edible portion of common measures of food			
			ımber	riv Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.905		0	1		1.122	0.769	
14:1g								
15:1g								
16:1 undifferentiatedg	0.490		0	1		0.608	0.417	
17:1g								
18:1 undifferentiatedg	0.388		0	1		0.481	0.330	
20:1g	0.018		0	1		0.022	0.015	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.035		0	1		1.283	0.880	
18:2 undifferentiatedg	0.087		0	1		0.108	0.074	
18:3 undifferentiatedg	0.067		0	1		0.083	0.057	
18:4g	0.041		0	1		0.051	0.035	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.132		0	1		0.164	0.112	
20:5 n-3g	0.244		0	1		0.303	0.207	
22:5 n-3g	0.094		0	1		0.117	0.080	
22:6 n-3g	0.371		0	1		0.460	0.315	
Fatty acids, total transg								
Cholesterolmg	53		0	1		66	45	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.241		0	1		0.299	0.205	
Threonineg	0.942		0	1		1.168	0.801	
Isoleucineg	0.990		0	1		1.228	0.842	
Leucineg	1.746		0	1		2.165	1.484	
Lysineg	1.973		0	1		2.447	1.677	
Methionineg	0.636		0	1		0.789	0.541	
Cystineg	0.230		0	1		0.285	0.196	
Phenylalanineg	0.839		0	1		1.040	0.713	
Tyrosineg	0.725		0	1		0.899	0.616	
Valineg	1.107		0	1		1.373	0.941	
Arginineg	1.286		0	1		1.595	1.093	
Histidineg	0.633		0	1		0.785	0.538	
Alanineg	1.300		0	1		1.612	1.105	
Aspartic acidg	2.200		0	1		2.728	1.870	
Glutamic acidg	3.208		0	1		3.978	2.727	
Glycineg	1.031		0	1		1.278	0.876	
Prolineg	0.760		0	1		0.942	0.646	
Serineg	0.877		0	1		1.087	0.745	
Hydroxyprolineg								

Common Measures:

Measure 1 = 124g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15107 Fish, sucker, white, raw Catostomus commersoni (Lacepede)

	<u>Al</u>	mount in 100 g	grams	of ear	ne portio	<u>n</u>			
		Nι	ımbeı	r			<u>m</u>	easures of food	_
		of	Data	Deriv	Source	Confidence			
s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
g	79.71	0.147	148		1		126.74	67.75	
kcal	92		0	NC	4		146	78	
kj	385				4		612	327	
g	16.76	0.270	18		1		26.65	14.25	
g	2.32	0.069	157		1		3.69	1.97	
g	1.46	0.179	16		1		2.32	1.24	
g	0.00		0	Z	7		0.00	0.00	
g	0.0		0	Z	7		0.0	0.0	
g									
g									
ma	70		1		1		111	60	
_									
_									
-									
-									
-		0.258							
					1				
			1		1		0.954	0.510	
	12.6		0	BFZN	4		20.0	10.7	
_									
				_	_				
_				z					
					_				
			-		_				
-			-		_				
-		1			=				
				4					
				NC					
				МС					
			-		_				
					=				
					4				
mcg									
a	0 452		n		1		0 719	0 384	
	0.432		J		-		3.,13	0.504	
-									
-									
-									
-	0.048	0.002	18		1		0.076	0.041	
-									
-	0.333	0.007	18		1		0.529	0.283	
g	0.066	0.004	18		1		0.105	0.056	
g									
	g	Mean S Mean	Mean Std. Error Posts Mean Std. Error Posts	Sample Std. Error Std. Error Points	Number	Number of Data Deriv Source	S Mean Std. Error Points Code Code Code Code Code Code Code Code	Number	Number

		<u>Ar</u>	nount in 100		<u>on</u>	Amount in edible portion of common measures of food			
				umber			<u> </u>	easures or roou	
Nutrients and Uni	ts	Mean	Std. Error P		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	0.706		0	1		1.123	0.600	
14:1 15:1									
		0.382	0.012	18	1		0.607	0.325	
16:1 undifferentiated		0.362	0.012	10	1		0.607	0.325	
18:1 undifferentiated	-	0.303	0.008	18	1		0.482	0.258	
20:1		0.014		18	1		0.482	0.238	
22:1 undifferentiated	-	0.014	0.002	10	1		0.022	0.012	
24:1 c	•								
Fatty acids, total polyunsaturated	•	0.807		0	1		1.283	0.686	
18:2 undifferentiated	-	0.068		18	1		0.108	0.058	
18:3 undifferentiated	-	0.052		18	1		0.108	0.038	
18:4		0.032			1		0.051	0.044	
20:2 n-6 c,c	-	0.032	0.002		-		0.031	0.027	
20:3 undifferentiated									
20:4 undifferentiated		0.103	0.004	18	1		0.164	0.088	
20:5 n-3	-	0.190		18	1		0.302	0.162	
22:5 n-3		0.073		18	1		0.116	0.062	
22:6 n-3		0.289		18	1		0.460	0.246	
Fatty acids, total trans		0.203	0.003	-0	-		0.400	0.240	
Cholesterol	-	41	5.877	5	1		65	35	
Phytosterols	-		3.077		-		05	33	
1 Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.188		0	1		0.299	0.160	
Threonine	g	0.735		0	1		1.169	0.625	
Isoleucine	g	0.772		0	1		1.227	0.656	
Leucine	g	1.362		0	1		2.166	1.158	
Lysine	g	1.539		0	1		2.447	1.308	
Methionine	g	0.496		0	1		0.789	0.422	
Cystine	g	0.180		0	1		0.286	0.153	
Phenylalanine	g	0.654		0	1		1.040	0.556	
Tyrosine	g	0.566		0	1		0.900	0.481	
Valine	g	0.863		0	1		1.372	0.734	
Arginine	g	1.003		0	1		1.595	0.853	
Histidine	g	0.493		0	1		0.784	0.419	
Alanine	g	1.013		0	1		1.611	0.861	
Aspartic acid		1.716		0	1		2.728	1.459	
Glutamic acid		2.501		0	1		3.977	2.126	
Glycine	g	0.804		0	1		1.278	0.683	
Proline	g	0.593		0	1		0.943	0.504	
Serine	g	0.684		0	1		1.088	0.581	
Hydroxyproline	g								

Common Measures:

Measure 1 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</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	73.72		0		1		27.28	62.66	
Energy	kcal	114		0	NC	4		42	97	
Energy	kj	477				4		176	405	
Protein (N x 6.25)	g	24.87		0		1		9.20	21.14	
Total lipid (fat)	g	0.90		0		1		0.33	0.77	
Ash	g	1.41		0		1		0.52	1.20	
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									
Ainerals:										
Calcium, Ca	ma	103		0		1		38	88	
Iron. Fe.	-	1.54		0		1		0.57	1.31	
Magnesium, Mg	•	38		0		1		14	32	
Phosphorus, P		231		0		1		85	196	
Potassium, K	•	449		0		1		166	382	
Sodium, Na	-	103		0		1		38	88	
Zine, Zn	-	1.99		0		1		0.74	1.69	
Copper, Cu		0.385	5	0		1		0.142	0.327	
Manganese, Mn		0.897	7	0		1		0.332	0.762	
Selenium, Se		16.2		0	BFSN	4		6.0	13.8	
7itamina.										
<u>/itamins:</u>	ma #4	1.0		•				0.4		
Vitamin C, total ascorbic acid	-	1.0		0		1 1		0.4	0.9	
Thiamin		0.092		0 0		1		0.034	0.078	
Riboflavin		0.085		0		1		0.031	0.072	
Niacin		1.462 0.865		0		1		0.541	1.243	
Pantothenic acid		0.865		0		1		0.320 0.051	0.735 0.117	
Vitamin B-6	-	17	•	0		1		6	14	
Folic acid		0		0	z	7		0	0	
Folate, food		17		0	2	1		6	14	
Folate, DFE		17		0	NC	4		6	14	
Vitamin B-12		2.31		0	мс	1		0.85	1.96	
Vitamin A, IU		58		0		1		21	49	
Vitamin A, RAE		17		0		1		6	15	
Retinol		17		0		1		6	15	
Vitamin E (alpha-tocopherol)				·		_		· ·	13	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
Lipids:	a	0.178	.	0		1		0.066	0.151	
Fatty acids, total saturated		0.176	•	U		_		0.066	0.151	
4:0 6:0										
8:0	-									
10:0	-									
12:0	-									
13:0	-									
14:0		0.015	5	0		1		0.006	0.013	
15:0	-	= -		-				2		
16:0	-	0.127	7	0		1		0.047	0.108	
17:0										
18:0	-	0.036	5	0		1		0.013	0.031	
20:0	-			-						
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food				
				Number	_		<u> </u>	easures or roou	
Nutrients and Unit	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		0.150		0	1				
Fatty acids, total monounsaturated	-	0.150	,	U	1		0.056	0.128	
15:1									
16:1 undifferentiated		0.054	ļ	0	1		0.020	0.046	
17:1									
18:1 undifferentiated	-	0.090)	0	1		0.033	0.077	
20:1		0.006	5	0	1		0.002	0.005	
22:1 undifferentiated	-								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.315	i	0	1		0.117	0.268	
18:2 undifferentiated	g	0.019)	0	1		0.007	0.016	
18:3 undifferentiated	g	0.013	3	0	1		0.005	0.011	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.101	-	0	1		0.037	0.086	
20:5 n-3	g	0.047	,	0	1		0.017	0.040	
22:5 n-3	g	0.042	?	0	1		0.016	0.036	
22:6 n-3	g	0.092	?	0	1		0.034	0.078	
Fatty acids, total trans	g								
Cholesterol		86		0	1		32	73	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.279)	0	1		0.103	0.237	
Threonine	-	1.090)	0	1		0.403	0.927	
Isoleucine		1.146	5	0	1		0.424	0.974	
Leucine		2.022	2	0	1		0.748	1.719	
Lysine	-	2.284	Į	0	1		0.845	1.941	
Methionine	_	0.736	5	0	1		0.272	0.626	
Cystine	g	0.267	•	0	1		0.099	0.227	
Phenylalanine	g	0.971	_	0	1		0.359	0.825	
Tyrosine	g	0.840)	0	1		0.311	0.714	
Valine	g	1.281	_	0	1		0.474	1.089	
Arginine	g	1.488	3	0	1		0.551	1.265	
Histidine	g	0.732	2	0	1		0.271	0.622	
Alanine	g	1.504	Į.	0	1		0.556	1.278	
Aspartic acid	g	2.547	,	0	1		0.942	2.165	
Glutamic acid		3.713	3	0	1		1.374	3.156	
Glycine	g	1.194	Į.	0	1		0.442	1.015	
Proline	g	0.879)	0	1		0.325	0.747	
Serine	9	1.015	5	0	1		0.376	0.863	
Hydroxyproline	g								

Common Measures:

Measure 1 = 37g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15108 Fish, sunfish, pumpkin seed, raw Lepomis gibbosus (L.)

		<u>A</u> 1	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	_
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	а	79.50	0.212	8		1		38.16	67.58	
Energy	-	89	0.212	0	NC	4		43	76	
Energy		372		U	NC	4		179	317	
0,7	=	19.40	0.141	8		1		9.31	16.49	
Protein (N x 6.25)		0.70	0.141	8		1		0.34	0.60	
Total lipid (fat)						1		0.54		
Ash		1.10	0.035	8	_				0.94	
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	ma	80		1		1		38	68	
Iron, Fe	_	1.20		1		1		0.58	1.02	
Magnesium, Mg	_	30		1		1		14	26	
Phosphorus, P		180		1		1		86	153	
Potassium, K	_	350		1		1		168	298	
Sodium, Na		80		1		1		38	68	
Zinc, Zn	-	1.55		2		1		0.74	1.32	
Copper, Cu		0.300)	1		1		0.144	0.255	
Manganese, Mn		0.700		1		1		0.336	0.595	
Selenium, Se		12.6		0	BFZN	4		6.0	10.7	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.0		0		4		0.5	0.9	
Thiamin		0.080		0		4		0.038	0.068	
Riboflavin	mg	0.070)	0		4		0.034	0.060	
Niacin	-	1.200)	0		4		0.576	1.020	
Pantothenic acid	mg	0.750)	0		4		0.360	0.638	
Vitamin B-6	mg	0.120)	0		4		0.058	0.102	
Folate, total	mcg	15		0		4		7	13	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		7	13	
Folate, DFE	mcg_DFE	15		0	NC	4		7	13	
Vitamin B-12	mcg	2.00		0		4		0.96	1.70	
Vitamin A, IU		50		0		4		24	43	
Vitamin A, RAE	mcg_RAE	15		0		4		7	13	
Retinol	mcg	15		0		4		7	13	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	0.139	2	0		1		0.067	0.118	
Fatty acids, total saturated		0.133	•	U		_		0.007	0.116	
4:0 6:0										
8:0										
10:0										
12:0										
13:0										
14:0	-	0.012	0.001	8		1		0.006	0.010	
		0.012	0.001	0		-		0.006	0.010	
15:0		0.099	0.002	8		1		0.048	0.084	
16:0		0.099	0.002	0		-		0.048	0.084	
17:0	-	0.028	0.001	8		1		0.013	0.024	
18:0	-	0.028	, 0.001	0		1		0.013	0.024	
20:0	-									
22:0	y									

	<u>Ar</u>	nount in 100 g			<u>n</u>	Amount in edible portion of common measures of food			
			mber		Caaa	Confidence	<u></u>		
Nutrients and Units	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.117		0		1		0.056	0.099	
14:1g									
15:1g									
16:1 undifferentiatedg	0.042	0.005	8		1		0.020	0.036	
17:1g									
18:1 undifferentiatedg	0.070	0.006	8		1		0.034	0.060	
20:1g	0.005	0.000	8		1		0.002	0.004	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.246		0		1		0.118	0.209	
18:2 undifferentiatedg	0.015	0.001	8		1		0.007	0.013	
18:3 undifferentiatedg	0.010	0.002	8		1		0.005	0.009	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.070	0.006	•						
20:4 undifferentiatedg	0.079	0.006	8 8		1 1		0.038	0.067	
20:5 n-3g	0.037	0.003			1		0.018	0.031	
22:5 n-3g	0.033	0.001	8		1		0.016	0.028	
22:6 n-3	0.072	0.005	8		1		0.035	0.061	
Fatty acids, total trans	67		1		1		32	57	
Cholesterol mg	67		_		1		32	57	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.217		0		1		0.104	0.184	
Threonineg	0.850		0		1		0.408	0.723	
Isoleucineg	0.894		0		1		0.429	0.760	
Leucineg	1.577		0		1		0.757	1.340	
Lysineg	1.782		0		1		0.855	1.515	
Methionineg	0.574		0		1		0.276	0.488	
Cystineg	0.208		0		1		0.100	0.177	
Phenylalanineg	0.757		0		1		0.363	0.643	
Tyrosineg	0.655		0		1		0.314	0.557	
Valineg	0.999		0		1		0.480	0.849	
Arginineg	1.161		0		1		0.557	0.987	
Histidineg	0.571		0		1		0.274	0.485	
Alanineg	1.173		0		1		0.563	0.997	
Aspartic acidg	1.987		0		1		0.954	1.689	
Glutamic acidg	2.896		0		1		1.390	2.462	
Glycineg	0.931		0		1		0.447	0.791	
Prolineg	0.686		0		1		0.329	0.583	
Serine9	0.792		0		1		0.380	0.673	
Hydroxyprolineg									

Common Measures:

Measure 1 = 48g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gr	rams		edible portion				
			Nur	mber				<u>m</u> e	easures of food	<u> </u>
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.34	1.288	3		1		21.64	64.89	
Energy	kcal	99		0	NC	4		28	84	
Energy	kj	414				4		117	352	
Protein (N x 6.25)	g	15.18	0.548	3		1		4.30	12.90	
Total lipid (fat)	g	0.90	0.144	3		1		0.26	0.77	
Ash	g	0.72	0.040	3		1		0.20	0.61	
Carbohydrate, by difference	g	6.85		0	NC	4		1.94	5.82	
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									
K * 1										
Minerals:	ma	9	0 000	2		4		2	0	
Calcium, Ca	-	9 0.26	2.829 0.087	3 3		1 1		3 0.07	8 0.22	
Iron, Fe	-	0.26 43	0.087	0		4		12	0.22 37	
Magnesium, Mg Phosphorus, P		43 282		0		4		80	37 240	
Potassium, K	-	112		2		1		32	240 95	
Sodium, Na		143	16.166	3		1		41	122	
Zinc, Zn	-	0.33	10.100	0		4		0.09	0.28	
Copper, Cu		0.032		0		4		0.009	0.027	
Manganese, Mn		0.032		0		4		0.003	0.009	
Selenium, Se		28.1		0	BFSN	4		8.0	23.9	
						_				
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.020		3		1		0.006	0.017	
Riboflavin		0.021		3		1		0.006	0.018	
Niacin		0.220		3		1		0.062	0.187	
Pantothenic acid	_	0.070		0		4		0.020	0.060	
Vitamin B-6	_	0.030		0		4		0.009	0.026	
Folate, total		2		0		4		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		4		0	1	
Folate, DFE		2		0	NC	4		0	1	
Vitamin B-12		1.60		0		4		0.45	1.36	
Vitamin A, IU		67		0	NC	4		19	57	
Vitamin A, RAE		20		0	NC	4		6	17	
Retinol		20		0	NR	4		6	17	
Vitamin E (alpha-tocopherol)		0.63		0	NR	4		0.18	0.54	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.1		0	NR	4		0.0	0.1	
vitamin k (phynodumone)	9	0.1		·		-		0.0	0.1	
<u>ipids:</u>										
Fatty acids, total saturated		0.191		0	NC	4		0.054	0.163	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0						_			_	
14:0		0.012		11		1		0.003	0.010	
15:0						_		_		
16:0		0.147		11		1		0.042	0.125	
17:0	_							_		
18:0	_	0.032		11		1		0.009	0.027	
20:0	_									
22:0	q									

Nutrients and Units Numary Std. Error Points Code Code Code Code Code Code Neasure 1 Neasure 2 Neasure 3 Neasure 3 Neasure 3 Neasure 4 Neasure 5 Neasure 6 Neasure 6 Neasure 6 Neasure 7 Neasure 7 Neasure 8 Neasu	mmon
Patty acids, total monounsaturated	<u></u>
14-1	easure 3
14-1	
1 1 1 1 1 1 1 1 1 1	
17:1	
18.1 undifferentiated. g	
20:1	
22:1 undifferentiated	
24:1 c. 9 Fatty acids, total polyunsaturated. 9 0.443 0 NC 4 0.125 0.376 18:2 undifferentiated. 9 0.007 11 1 0.002 0.006 18:4. 9 0.000 0 1 0.002 0.006 18:4. 9 0.000 0 1 0.002 0.006 18:4. 9 0.000 0 1 0.000 0.000 20:20:6 c. 9 9 20:30 undifferentiated. 9 0 0.014 11 1 0.004 0.012 20:5 n-3 9 0.157 11 1 0.045 0.134 22:5 n-3 9 0.014 11 1 0.004 0.012 20:5 n-3 9 0.014 11 1 0.004 0.012 20:5 n-3 9 0.024 1 1 0.068 0.205 1 20:5 n-3 9 0.241 11 1 0.068 0.205 1 <	
Fatty acids, total polyunsaturated 9 0.443 0 NC 4 0.125 0.376 18.2 undifferentiated 9 0.007 11 1 0.003 0.009 18.3 undifferentiated 9 0.000 0 1 0.002 0.006 18.4 9 0.000 0 1 0.000 0.000 20.2 n-6 c,c 9 9 0.012 0.000 0 0 0 0.001 0.012 0.002 0.012 0.004 0.012 0.004 0.012 0.004 0.012 0.004 0.012 0.005 0.004 0.006 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.006 0.005 0.005	
18.2 undifferentiated. g	
18:3 undifferentiated 9 0.007 11 1 0.002 0.006 18:4 9 0.000 0 1 0.000 0.000 20:2 n-6 c. 9 20:3 undifferentiated 9 0.012 1 0.004 0.012 20:5 n-3 9 0.157 11 1 0.045 0.134 22:5 n-3 9 0.014 11 1 0.068 0.205 Fatty acids total trans 9 0.241 11 1 0.068 0.205 Fatty acids total trans 9 1.848 3 1 9 26 Cholesterol. mg 30 1.848 3 1 9 26 Typtosterols mg 3 1.848 3 1 9 26 Typtosterols mg 3 1.848 3 1 9 26 Typtosterols mg 0 0.992 1 1 0.026	
18:4. 9 0.000 0 1 0.000 0.000 20:2 n-6 c,c. 9 9 0.000 0 1 0.000 0.000 20:3 undifferentiated 9 0.014 11 1 0.004 0.012 20:5 n-3. 9 0.157 11 1 0.045 0.134 22:5 n-3. 9 0.014 11 1 0.068 0.205 Fatty acids, total trans 9 0.241 11 1 0.068 0.205 Fatty acids, total trans 9 0.241 11 1 9 26 Phytosterols mg 30 1.848 3 1 9 26 Phytosterols mg 0 1.848 3 1 9 26 Phytosterols mg 0 1.848 3 1 9 26 Phytosterols mg 0 0.92 1 1 0.026 0.078 T	
20:2 n-6 c,c	
20:3 undifferentiated. 9	
20:4 undifferentiated	
20:5 n-3 9 0.157 11 1 0.045 0.134 22:5 n-3 9 0.014 11 1 0.004 0.012 22:6 n-3 9 0.241 11 1 0.068 0.205 Fatty acids, total trans 9 9 26 Phytosterols mg 30 1.848 3 1 0.026 0.078 Trytosterols mg 0.092 1 1 0.026 0.078 Trytosterols 9 0.734 3 1 0.202 0.624 Isological colspan="4">Isological colspan="4">Isological colspan="4">Isological colspan="4">Isological colspan="4">Isological colspan="4">Isological colspan="4">Isological colspa	
22:5 n-3 9 0.014 11 1 0.004 0.012 22:6 n-3 9 0.241 11 1 0.068 0.205 Fatty acids, total trans. 9 Cholesterol. mg 30 1.848 3 1 9 26 Phytosterols. mg Amino Acids: Tryptophan. 9 0.092 1 1 0.026 0.078 Threonine. 9 0.734 3 1 0.208 0.624 Isoleucine. 9 0.734 3 1 0.201 0.603 Leucine. 9 1.202 3 1 0.341 1.022 Lysine. 9 1.387 3 1 0.393 1.179 Methionine. 9 0.515 3 1 0.146 0.438 Cystine. 9 0.163 0 1 0.169 <t< td=""><td></td></t<>	
Fatty acids, total trans 9 Cholesterol mg 30 1.848 3 1 9 26 Phytosterols mg Amino Acids: Tryptophan 9 0.092 1 1 0.026 0.078 Threonine 9 0.734 3 1 0.208 0.624 Isoleucine 9 0.709 3 1 0.201 0.603 Leucine 9 1.202 3 1 0.341 1.022 Lysine 9 1.387 3 1 0.341 1.022 Lysine 9 0.515 3 1 0.146 0.438 Cystine 9 0.163 0 1 0.046 0.139 Phenylalanine 9 0.595 3 1 0.169 0.506 Tyrosine 9 0.612 3 1 0.174 0.520 Valine 9 0.7	
Fatty acids, total trans	
Phytosterols. mg Amino Acids: Tryptophan g 0.092 1 1 0.026 0.078 Threonine g 0.734 3 1 0.208 0.624 Isoleucine g 0.709 3 1 0.201 0.603 Leucine g 1.202 3 1 0.341 1.022 Lysine g 1.387 3 1 0.393 1.179 Methionine g 0.515 3 1 0.146 0.438 Cystine g 0.163 0 1 0.046 0.139 Phenylalanine g 0.595 3 1 0.169 0.506 Tyrosine g 0.612 3 1 0.174 0.520 Valine g 0.770 3 1 0.218 0.655 Arginine g 0.350 3 1 0.286 0.857	
Amino Acids: Tryptophan g 0.092 1 1 0.026 0.078 Threonine g 0.734 3 1 0.208 0.624 Isoleucine g 0.709 3 1 0.201 0.603 Leucine g 1.202 3 1 0.341 1.022 Lysine g 1.387 3 1 0.393 1.179 Methionine g 0.515 3 1 0.146 0.438 Cystine g 0.163 0 1 0.046 0.139 Phenylalanine g 0.595 3 1 0.169 0.506 Tyrosine g 0.612 3 1 0.174 0.520 Valine g 0.770 3 1 0.218 0.655 Arginine g 0.350 3 1 0.286 0.887 Histidine g 0.350 3 1 0.099 0.298 Alanine g 0.891 3 1 0.253 0.757 Aspartic acid g 1.518 3 1 0.430 1.290	
Tryptophan. g 0.092 1 1 0.026 0.078 Threonine. g 0.734 3 1 0.208 0.624 Isoleucine. g 0.709 3 1 0.201 0.603 Leucine. g 1.202 3 1 0.341 1.022 Lysine. g 1.387 3 1 0.393 1.179 Methionine. g 0.515 3 1 0.146 0.438 Cystine. g 0.163 0 1 0.046 0.139 Phenylalanine. g 0.595 3 1 0.169 0.506 Tyrosine. g 0.612 3 1 0.169 0.506 Tyrosine. g 0.612 3 1 0.174 0.520 Valine. g 0.770 3 1 0.218 0.655 Arginine. g 0.350 3 1 0.296	
Tryptophan. g 0.092 1 1 0.026 0.078 Threonine. g 0.734 3 1 0.208 0.624 Isoleucine. g 0.709 3 1 0.201 0.603 Leucine. g 1.202 3 1 0.341 1.022 Lysine. g 1.387 3 1 0.393 1.179 Methionine. g 0.515 3 1 0.146 0.438 Cystine. g 0.163 0 1 0.046 0.139 Phenylalanine. g 0.595 3 1 0.169 0.506 Tyrosine. g 0.612 3 1 0.169 0.506 Tyrosine. g 0.612 3 1 0.174 0.520 Valine. g 0.770 3 1 0.218 0.655 Arginine. g 0.350 3 1 0.296	
Threonine 9 0.734 3 1 0.208 0.624 Isoleucine 9 0.709 3 1 0.201 0.603 Leucine 9 1.202 3 1 0.341 1.022 Lysine 9 1.387 3 1 0.393 1.179 Methionine 9 0.515 3 1 0.146 0.438 Cystine 9 0.163 0 1 0.046 0.139 Phenylalanine 9 0.595 3 1 0.169 0.506 Tyrosine 9 0.612 3 1 0.174 0.520 Valine 9 0.612 3 1 0.218 0.655 Arginine 9 1.008 3 1 0.218 0.655 Histidine 9 0.350 3 1 0.099 0.298 Alanine 9 0.891 3 1 0.253 0.757 <td></td>	
Isoleucine 9 0.709 3 1 0.201 0.603 Leucine 9 1.202 3 1 0.341 1.022 Lysine 9 1.387 3 1 0.393 1.179 Methionine 9 0.515 3 1 0.146 0.438 Cystine 9 0.163 0 1 0.046 0.139 Phenylalanine 9 0.595 3 1 0.169 0.506 Tyrosine 9 0.612 3 1 0.174 0.520 Valine 9 0.770 3 1 0.218 0.655 Arginine 9 1.008 3 1 0.218 0.655 Histidine 9 0.350 3 1 0.296 0.857 Hanine 9 0.891 3 1 0.253 0.757 Aspartic acid 9 1.518 3 1 0.430 1.290	
Leucine 9 1.202 3 1 0.341 1.022 Lysine 9 1.387 3 1 0.393 1.179 Methionine 9 0.515 3 1 0.146 0.438 Cystine 9 0.163 0 1 0.046 0.139 Phenylalanine 9 0.595 3 1 0.169 0.506 Tyrosine 9 0.612 3 1 0.174 0.520 Valine 9 0.770 3 1 0.218 0.655 Arginine 9 1.008 3 1 0.286 0.857 Histidine 9 0.350 3 1 0.099 0.298 Alanine 9 0.891 3 1 0.253 0.757 Aspartic acid 9 1.518 3 1 0.430 1.290	
Lysine 9 1.387 3 1 0.393 1.179 Methionine 9 0.515 3 1 0.146 0.438 Cystine 9 0.163 0 1 0.046 0.139 Phenylalanine 9 0.595 3 1 0.169 0.506 Tyrosine 9 0.612 3 1 0.174 0.520 Valine 9 0.770 3 1 0.218 0.655 Arginine 9 1.008 3 1 0.286 0.857 Histidine 9 0.350 3 1 0.099 0.298 Alanine 9 0.891 3 1 0.253 0.757 Aspartic acid 9 1.518 3 1 0.430 1.290	
Methionine g 0.515 3 1 0.146 0.438 Cystine g 0.163 0 1 0.046 0.139 Phenylalanine g 0.595 3 1 0.169 0.506 Tyrosine g 0.612 3 1 0.174 0.520 Valine g 0.770 3 1 0.218 0.655 Arginine g 1.008 3 1 0.286 0.857 Histidine g 0.350 3 1 0.099 0.298 Alanine g 0.891 3 1 0.253 0.757 Aspartic acid g 1.518 3 1 0.430 1.290	
Cystine. g 0.163 0 1 0.046 0.139 Phenylalanine g 0.595 3 1 0.169 0.506 Tyrosine g 0.612 3 1 0.174 0.520 Valine g 0.770 3 1 0.218 0.655 Arginine g 1.008 3 1 0.286 0.857 Histidine g 0.350 3 1 0.099 0.298 Alanine g 0.891 3 1 0.253 0.757 Aspartic acid g 1.518 3 1 0.430 1.290	
Phenylalanine g 0.595 3 1 0.169 0.506 Tyrosine g 0.612 3 1 0.174 0.520 Valine g 0.770 3 1 0.218 0.655 Arginine g 1.008 3 1 0.286 0.857 Histidine g 0.350 3 1 0.099 0.298 Alanine g 0.891 3 1 0.253 0.757 Aspartic acid g 1.518 3 1 0.430 1.290	
Tyrosine 9 0.612 3 1 0.174 0.520 Valine 9 0.770 3 1 0.218 0.655 Arginine 9 1.008 3 1 0.286 0.857 Histidine 9 0.350 3 1 0.099 0.298 Alanine 9 0.891 3 1 0.253 0.757 Aspartic acid 9 1.518 3 1 0.430 1.290	
Arginine 9 1.008 3 1 0.286 0.857 Histidine 9 0.350 3 1 0.099 0.298 Alanine 9 0.891 3 1 0.253 0.757 Aspartic acid 9 1.518 3 1 0.430 1.290	
Histidine g 0.350 3 1 0.099 0.298 Alanine g 0.891 3 1 0.253 0.757 Aspartic acid g 1.518 3 1 0.430 1.290	
Alanine	
Aspartic acid	
· · · · · · · · · · · · · · · · · · ·	
Glutamic acidg 2.397 3 1 0.680 2.037	
Glycine	
Prolineg 0.566 3 1 0.160 0.481	
Serine	
Hydroxyprolineg	
Others:	
Alcohol, ethyl	
Caffeinemg 0 0 z 7 0 0	
Theobromine	
Carotenoids:	
Carotene, beta	
Carotene, alpha	
Cryptoxanthin, beta	
Lycopene	
Lutein + zeaxanthin	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz NDB No. 15109 Fish, surimi

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		Amount in 100 grams of edible portion				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	68.75		0		1		72.88	58.44	
Energy	kcal	155		0	NC	4		164	132	
Energy	kj	649				4		687	551	
Protein (N x 6.25)	g	25.39		0		1		26.91	21.58	
Total lipid (fat)	g	5.14		0		1		5.45	4.37	
Ash	g	1.89		0		1		2.00	1.61	
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	-	6		0		1		6	5	
Iron, Fe	-	1.04		0		1		1.10	0.88	
Magnesium, Mg		34		0		1		36	29	
Phosphorus, P	-	337		0		1		357	286	
Potassium, K	-	369		0		1		391	314	
Sodium, Na	-	115		0		4		122	98	
Zinc, Zn		1.47		0		1		1.56	1.25	
Copper, Cu		0.162		0		1		0.172	0.138	
Manganese, Mn		0.020)	0		4		0.021	0.017	
Selenium, Se	mcg	61.7		0	BFSN	4		65.4	52.4	
itamins:										
Vitamin C, total ascorbic acid	mα	1.1		0		1		1.2	0.9	
Thiamin	-	0.043	1	0		1		0.046	0.037	
Riboflavin		0.116		0		1		0.123	0.099	
Niacin		11.790		0		1		12.497	10.022	
Pantothenic acid		0.380		0		4		0.403	0.323	
Vitamin B-6		0.381		0		1		0.404	0.324	
Folate, total	-	2		0		4		2	2	
Folic acid		0		0	z	7		0	0	
Folate, food		2		0		4		2	2	
Folate, DFE		2		0	NC	4		2	2	
Vitamin B-12		2.02		0	мс	1		2.14	1.72	
Vitamin A, IU		137		0		1		145	116	
Vitamin A, RAE		41		0		1		44	35	
Retinol		41		0		1		44	35	
Vitamin E (alpha-tocopherol)				Ū		-		**	33	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini ik (phynoquinone)	9									
<u> ipids:</u>										
Fatty acids, total saturated	g	1.406	i	0		1		1.490	1.195	
4:0	g									
6:0	g									
8:0	-									
10:0	-									
12:0	-									
13:0	-	_								
14:0	-	0.138		0		1		0.146	0.117	
15:0	-									
16:0		0.965	i	0		1		1.023	0.820	
17:0	-									
18:0	-	0.271		0		1		0.287	0.230	
20:0	-									
22:0	~									

	<u>Aı</u>	mount in 100 gram		Amount in edible portion of common measures of food			
		Numbe		0	<u></u>	0000100 01 1000	
Nutrients and Units	Mean	Std. Error Points	a Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.981	0	1		2.100	1.684	
14:1g							
15:1g							
16:1 undifferentiatedg	0.322	0	1		0.341	0.274	
17:1g							
18:1 undifferentiated	1.392	0	1		1.476	1.183	
20:1g	0.156	0	1		0.165	0.133	
22:1 undifferentiatedg	0.110	0	1		0.117	0.094	
24:1 cg							
Fatty acids, total polyunsaturated	1.182	0	1		1.253	1.005	
18:2 undifferentiatedg	0.037	0	1		0.039	0.031	
18:3 undifferentiatedg	0.238	0	1		0.252	0.202	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.087	0	1		0.092	0.074	
20:5 n-3g	0.138	0	1		0.146	0.117	
22:5 n-3g							
22:6 n-3g	0.681	0	1		0.722	0.579	
Fatty acids, total trans							
Cholesterolmg	50	0	1		53	43	
Phytosterolsmg							
Amina Asids							
Amino Acids:	0.284	0	1		0.301	0.041	
Tryptophan	1.113		1		1.180	0.241	
Threonine	1.113		1		1.180	0.946	
Isoleucineg			1			0.995	
Leucine	2.063		=		2.187	1.754	
Lysineg	2.332		1 1		2.472	1.982	
Methionine	0.751		=		0.796	0.638	
Cystineg	0.272		1 1		0.288	0.231	
Phenylalanine	0.991	-	-		1.050	0.842	
Tyrosineg	0.857		1		0.908	0.728	
Valineg	1.308		1		1.386	1.112	
Arginine	1.519		1		1.610	1.291	
Histidine	0.747		1 1		0.792	0.635	
Alanine	1.535				1.627	1.305	
Aspartic acid	2.600		1		2.756	2.210	
Glutamic acid	3.790		1		4.017	3.222	
Glycineg	1.219		1		1.292	1.036	
Proline	0.898		1		0.952	0.763	
Serine9	1.036	0	1		1.098	0.881	
Hydroxyprolineg							

Common Measures:

Measure 1 = 106g: 1 piece Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gra	ams of ed	Amount in edible portion of common				
			Num	ber			m	easures of food	<u> </u>
				ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water	-	75.62	0.859	6	1		102.84	64.28	
Energy	kcal	121		0 NC	4		165	103	
Energy	kj	506			4		689	430	
Protein (N x 6.25)	g	19.80	0.356	6	1		26.93	16.83	
Total lipid (fat)	g	4.01	0.946	7	1		5.45	3.41	
Ash	g	1.48	0.246	4	1		2.01	1.26	
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								
	_								
<u>Minerals:</u>				_			_		
Calcium, Ca		4		2	1		5	3	
Iron, Fe	_	0.81		1	1		1.10	0.69	
Magnesium, Mg		27		2	1		37	23	
Phosphorus, P	_	263		2	1		358	224	
Potassium, K		288		2	1		392	245	
Sodium, Na		90		0	4		122	77	
Zinc, Zn		1.15		2	1		1.56	0.98	
Copper, Cu		0.126		2	1		0.171	0.107	
Manganese, Mn		0.019		2	1		0.026	0.016	
Selenium, Se	mcg	48.1	9.805	4 A	1		65.4	40.9	
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.1		2	1		1.5	0.9	
Thiamin		0.037		2	1		0.050	0.031	
Riboflavin	_	0.095	i	2	1		0.129	0.081	
Niacin		9.680	ı	2	1		13.165	8.228	
Pantothenic acid	_	0.412		2	1		0.560	0.350	
Vitamin B-6		0.330	ı	2	1		0.449	0.281	
Folate, total	-	2		0	4		3	2	
Folic acid		0		0 z	7		0	0	
Folate, food		2		0	4		3	2	
Folate, DFE	mcg DFE	2		0 NC	4		3	2	
Vitamin B-12		1.75		2	1		2.38	1.49	
Vitamin A, IU		120		0 NC	4		163	102	
Vitamin A, RAE		36		0 NC	4		49	31	
Retinol		36		0 NR	4		49	31	
Vitamin E (alpha-tocopherol)		0.50		0 NR	4		0.68	0.43	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.1		0 т	4		0.1	0.1	
inide:									
_ipids: Fatty acids, total saturated	а	1.097		0	1		1.492	0.932	
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		•	1		0.000	0.000	
14:0	-	0.108		1	1		0.147	0.092	
15:0	-	0.100		-	-		0.147	0.032	
16:0	-	0.753		1	1		1.024	0.640	
17:0		0.733		-	1		1.024	0.040	
18:0	-	0.211		1	1		0.287	0.179	
20:0	-	0.211		-	_		0.207	0.179	
	-								
22:0									

		<u>A</u>	mount in 100 g		edible portio	<u>on</u>		Amount in edible portion of common measures of food		
			of			Confidence	<u>m</u>	easures of food		
Nutrients and	l Units	Mean	Std. Error Po	ints Co	de Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	1.545	i	0	1		2.101	1.313		
14:1	=									
15:1 16:1 undifferentiated	-	0.251	i	1	1		0.341	0.213		
17:1 18:1 undifferentiated	-	1.086		1	1		1.477	0.923		
20:1	-	0.122		1	1		0.166	0.923		
22:1 undifferentiated		0.086		1	1		0.117	0.073		
24:1 c	•									
Fatty acids, total polyunsatura	tedg	0.922	!	0	1		1.254	0.784		
18:2 undifferentiated	g	0.029	1	1	1		0.039	0.025		
18:3 undifferentiated	g	0.186	i	1	1		0.253	0.158		
18:4	g	0.000	1	0	1		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.068		1	1		0.092	0.058		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.108		1	1		0.147	0.092		
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	1		0.000	0.000		
22:6 n-3		0.531		1	1		0.722	0.451		
Fatty acids, total trans										
Cholesterol	-	39		2	1		53	33		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.222	!	0	1		0.302	0.189		
Threonine		0.868	1	0	1		1.180	0.738		
Isoleucine	-	0.912	!	0	1		1.240	0.775		
Leucine	_	1.609	1	0	1		2.188	1.368		
Lysine	g	1.818	1	0	1		2.472	1.545		
Methionine		0.586	i	0	1		0.797	0.498		
Cystine	g	0.212	!	0	1		0.288	0.180		
Phenylalanine	g	0.773	1	0	1		1.051	0.657		
Tyrosine	g	0.668	1	0	1		0.908	0.568		
Valine	g	1.020)	0	1		1.387	0.867		
Arginine	g	1.185	i	0	1		1.612	1.007		
Histidine	g	0.583	1	0	1		0.793	0.496		
Alanine	g	1.198	1	0	1		1.629	1.018		
Aspartic acid	g	2.028	:	0	1		2.758	1.724		
Glutamic acid	g	2.956	i	0	1		4.020	2.513		
Glycine	g	0.950	1	0	1		1.292	0.808		
Proline	g	0.700	1	0	1		0.952	0.595		
Serine	g	0.808	:	0	1		1.099	0.687		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	ď	0.0		0	7		0.0	0.0		
Caffeine		0.0			z 7		0.0	0.0		
Theobromine		0			z 7		0	0		
Carotenoids:	9	ŭ		•	- '		·	J		
Carotene, beta	-	0		0	z 7		0.000	0.000		
Carotene, alpha		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 = 136g: 1 piece $(4-1/2" \times 2-1/8" \times 7/8")$

Measure 2 = 85g: 3 oz

NDB No. 15110 Fish, swordfish, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100) grams	of edib	ole portio	<u>n</u>		edible portion	
			1	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	70.24		1		1		105.36	59.70	
Energy	kcal	147		0	NC	4		221	125	
Energy	kj	615				4		923	523	
Protein (N x 6.25)	g	24.49		1		1		36.74	20.82	
Total lipid (fat)	g	4.69		1		1		7.04	3.99	
Ash	g	1.36		1		1		2.04	1.16	
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	-	26		1		1		39	22	
Iron, Fe		0.31		1		1		0.47	0.26	
Magnesium, Mg		33		1		1		50	28	
Phosphorus, P	-	236		1		1		354	201	
Potassium, K	-	512		1		1		768	435	
Sodium, Na	-	59		1		1		89	50	
Zinc, Zn		0.53		1		1		0.80	0.45	
Copper, Cu		0.052		1		1		0.078	0.044	
Manganese, Mn		0.015	5	1		1		0.023	0.013	
Selenium, Se	mcg	51.5		0	BFSN	4		77.3	43.8	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.140	1	0	_	4		0.210	0.119	
Riboflavin		0.190		0		4		0.285	0.162	
Niacin		3.500		0		4		5.250	2.975	
Pantothenic acid		0.870		0		4		1.305	0.740	
Vitamin B-6		0.300		0		4		0.450	0.255	
Folate, total	-	17	•	0		4		26	15	
Folic acid		0		0	z	7		0	0	
Folate, food		17		0		4		26	15	
Folate, DFE		17		0	NC	4		26	15	
Vitamin B-12		2.50		0	МС	4		3.75	2.13	
Vitamin A, IU		69		0		4		104	59	
Vitamin A, RAE		21		0		4		31	18	
Retinol		21		0		4		31	18	
Vitamin E (alpha-tocopherol)		2.1		Ū		-		31	10	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitamini K (piryiloquiilolic)	9									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.868	3	0		1		1.302	0.738	
4:0	g									
6:0	g									
8:0	-									
10:0										
12:0	-									
13:0										
14:0	-	0.135	5	1		1		0.203	0.115	
15:0	g									
16:0	g	0.526	5	1		1		0.789	0.447	
17:0	g									
18:0	g	0.181	L	1		1		0.272	0.154	
20:0	g									
22:0	g									
24:0	a									

		<u>Aı</u>	mount in 100	<u>0 grams</u> Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Bu il a l	-	1 220		•		-					
Fatty acids, total monounsaturated		1.332		0		1		1.998	1.132		
15:1											
16:1 undifferentiated		0.333		1		1		0.500	0.283		
17:1	-	0.555		-		-		0.500	0.203		
18:1 undifferentiated		0.944		1		1		1.416	0.802		
20:1		0.511		_		_		1.410	0.002		
22:1 undifferentiated	-	0.055		1		1		0.083	0.047		
24:1 c	-	3.300		=		_		2.000	0.0.,		
Fatty acids, total polyunsaturated	•	1.246		0		1		1.869	1.059		
18:2 undifferentiated	-	0.048		1		1		0.072	0.041		
18:3 undifferentiated	-										
18:4	-										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.150		1		1		0.225	0.128		
20:5 n-3	g	0.172		1		1		0.258	0.146		
22:5 n-3	g	0.143		1		1		0.215	0.122		
22:6 n-3	g	0.733		1		1		1.100	0.623		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	64		0		4		96	54		
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	а	0.274		0		1		0.411	0.233		
Threonine	-	1.074		0		1		1.611	0.913		
Isoleucine	_	1.128		0		1		1.692	0.959		
Leucine		1.990		0		1		2.985	1.692		
Lysine	_	2.249		0		1		3.374	1.912		
Methionine	g	0.725		0		1		1.088	0.616		
Cystine	_	0.263		0		1		0.395	0.224		
Phenylalanine		0.956		0		1		1.434	0.813		
Tyrosine	g	0.827		0		1		1.241	0.703		
Valine	g	1.262		0		1		1.893	1.073		
Arginine	g	1.465		0		1		2.198	1.245		
Histidine	g	0.721		0		1		1.082	0.613		
Alanine	g	1.481		0		1		2.222	1.259		
Aspartic acid	g	2.508		0		1		3.762	2.132		
Glutamic acid	g	3.655		0		1		5.483	3.107		
Glycine	g	1.175		0		1		1.763	0.999		
Proline	g	0.866		0		1		1.299	0.736		
Serine	_	0.999		0		1		1.499	0.849		
Hydroxyproline	g										

Common Measures:

Measure 1 = 150g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	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	<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	78.90	2		1		152.28	67.07	
Energy	-	96	0	NC	4		185	82	
Energy		402			4		775	341	
Protein (N x 6.25)		17.50	2		1		33.78	14.88	
Total lipid (fat)		2.31	2		1		4.46	1.96	
Ash		1.14	2		1		2.20	0.97	
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									
Starch	-								
<u>Minerals:</u>					_				
Calcium, Ca		26	2		1		50	22	
Iron, Fe	_	0.25	2		1		0.48	0.21	
Magnesium, Mg		28	2		1		54	24	
Phosphorus, P	•	187	2 2		1 1		361 936	159 369	
Potassium, K		433 53	2		1		836 102	368 45	
Sodium, NaZinc, Zn		0.37	2		1		0.71	0.31	
Copper, Cu		0.041			1		0.71	0.035	
Manganese, Mn.		0.010			1		0.019	0.009	
Selenium, Se		36.5	0	CAZN	4		70.4	31.0	
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.120			4		0.232	0.102	
Riboflavin		0.160			4		0.309	0.136	
Niacin	_	2.900			4		5.597	2.465	
Pantothenic acid		0.750			4		1.448	0.638	
Vitamin B-6	-	0.260	0 0		4		0.502 29	0.221	
Folate, total		15 0	0	z	4 7		0	13 0	
Folic acidFolate, food		15	0	4	4		29	13	
Folate, DFE	mcg DEE	15	0	NC	4		29	13	
Vitamin B-12		2.20	0	NC	4		4.25	1.87	
Vitamin A, IU		60	0		4		116	51	
Vitamin A, RAE		18	0		4		35	15	
Retinol		18	0		4		35	15	
Vitamin E (alpha-tocopherol)			·		-		33	10	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
inide.									
Lipids:	0	0.441	•		1		0.851	0.375	
Fatty acids, total saturated		0.441			1		0.851	0.373	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0		0.000			1		0.000	0.000	
13:0	-	0.000	•		-		3.000	0.000	
14:0	-	0.073	3 2		1		0.141	0.062	
15:0	-		_		-		2	0.002	
16:0	-	0.285	5 2		1		0.550	0.242	
17:0			-		_				
18:0		0.082	2 2		1		0.158	0.070	
20:0									
	g								

		<u>Aı</u>	mount in 100 gram		e portio	<u>n</u>	Amount in edible portion of common measures of food			
				Deriv	Source	Confidence		000000000000000000000000000000000000000		
Nutrients and Ur	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	0.571	. 0		1		1.102	0.485		
14:1	g									
15:1										
16:1 undifferentiated		0.134	2		1		0.259	0.114		
17:1	-	0.388	2		1		0.749	0.330		
18:1 undifferentiated 20:1		0.388			1		0.749			
		0.000			1		0.000	0.000 0.042		
22:1 undifferentiated	_	0.049	2		1		0.095	0.042		
24:1 c		0.599	0		1		1.156	0.509		
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.599			1		0.071	0.509		
18:3 undifferentiated	_	0.037	-		1		0.071	0.031		
	-	0.000			1		0.000	0.000		
18:4	_	0.000	U		1		0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated		0.066	2		1		0.127	0.056		
20:5 n-3	-	0.085			1		0.127	0.036		
20:5 n-3		0.066			1		0.164	0.056		
22:6 n-3	_	0.345			1		0.127	0.036		
Fatty acids, total trans		0.545	2		_		0.666	0.293		
Cholesterol		50	0		4		97	43		
Phytosterols		30	· ·		•		3,	45		
-										
Amino Acids:					_					
Tryptophan		0.196			1		0.378	0.167		
Threonine	_	0.767			1		1.480	0.652		
Isoleucine		0.806			1		1.556	0.685		
Leucine		1.422			1		2.744	1.209		
Lysine		1.607			1		3.102	1.366		
Methionine		0.518			1		1.000	0.440		
Cystine		0.188			1		0.363	0.160		
Phenylalanine		0.683			1		1.318	0.581		
Tyrosine	-	0.591			1		1.141	0.502		
Valine		0.902			1		1.741	0.767		
Arginine		1.047			1		2.021	0.890		
Histidine		0.515			1		0.994	0.438		
Alanine	_	1.058			1		2.042	0.899		
Aspartic acid		1.792			1		3.459	1.523		
Glutamic acid		2.612			1		5.041	2.220		
Glycine	-	0.840			1		1.621	0.714		
Proline	_	0.619			1		1.195	0.526		
Serine	-	0.714	0		1		1.378	0.607		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0	0		7		0.0	0.0		
Caffeine										
Theobromine	mg									

Common Measures:

Measure 1 = 193g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	63.36		0		1		39.28	53.86	
Energy	kcal	190		0	NC	4		118	162	
Energy	kj	795				4		493	676	
Protein (N x 6.25)	g	26.63		0		1		16.51	22.64	
Total lipid (fat)	g	8.47		0		1		5.25	7.20	
Ash	g	1.50		0		1		0.93	1.28	
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	-									
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	mg	55		0		1		34	47	
Iron, Fe	_	1.92		0		1		1.19	1.63	
Magnesium, Mg	mg	28		0		1		17	24	
Phosphorus, P	mg	314		0		1		195	267	
Potassium, K	mg	463		0		1		287	394	
Sodium, Na	mg	67		0		1		42	57	
Zinc, Zn	mg	0.85		0		1		0.53	0.72	
Copper, Cu	mg	0.241	L	0		1		0.149	0.205	
Manganese, Mn	mg	1.091	L	0		1		0.676	0.927	
Selenium, Se	mcg	16.2		0	BFSN	4		10.0	13.8	
/itamins:										
	ma	0.5		0		1		0.3	0.4	
Vitamin C, total ascorbic acid	_	0.426	•	0		1		0.264	0.4	
Thiamin		0.420		0		1		0.262	0.362	
Riboflavin		5.769		0		1		3.577	4.904	
Niacin		2.238		0		1		1.388	1.904	
Pantothenic acid		0.231		0		1		0.143		
Vitamin B-6	-		L					0.143 9	0.196	
Folate, total		15 0		0 0	_	1 7		0	13	
Folic acid					Z			9	0	
Folate, food		15 15		0 0	NC	1 4		9	13	
Folate, DFE		7.49		0	NC			4.64	13	
Vitamin B-12		63		0		1 1		4.64 39	6.37	
Vitamin A, IU						_			54	
Vitamin A, RAE		19		0		1		12	16	
Retinol		19		0		1		12	16	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u> ipids:</u>										
Fatty acids, total saturated	g	1.474	1	0		1		0.914	1.253	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.237	7	0		1		0.147	0.201	
15:0	g									
16:0	g	1.045	5	0		1		0.648	0.888	
17:0										
18:0	-	0.190)	0		1		0.118	0.162	
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100 gr		ble portic	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	а	4.172		0	1		2.587	3.546	
14:1				-	_		2.007	0.010	
15:1									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.899		0	1		0.557	0.764	
17:1	-								
18:1 undifferentiated		1.847		0	1		1.145	1.570	
20:1	-	0.359		0	1		0.223	0.305	
22:1 undifferentiated.		1.064		0	1		0.660	0.904	
24:1 c		2.001		-	-		2.230	3.301	
Fatty acids, total polyunsaturated	• • • • • • • • • • • • • • • • • • • •	1.922		0	1		1.192	1.634	
18:2 undifferentiated		0.224		0	1		0.139	0.190	
18:3 undifferentiated		0.199		0	1		0.123	0.169	
18:4		0.082		0	1		0.051	0.070	
20:2 n-6 c,c	-	0.002		· ·	-		0.031	0.070	
20:3 undifferentiated									
20:4 undifferentiated		0.242		0	1		0.150	0.206	
20:5 n-3	_	0.259		0	1		0.161	0.220	
20.5 n-3		0.235		0	1		0.146	0.220	
22:6 n-3		0.233		0	1		0.420	0.200	
Fatty acids, total trans	-	0.077		O .	_		0.420	0.575	
*		74		0	1		46	63	
Cholesterol.		74		U	1		40	63	
Phytosterols	III								
Amino Acids:									
Tryptophan	g	0.298		0	1		0.185	0.253	
Threonine		1.167		0	1		0.724	0.992	
Isoleucine	-	1.227		0	1		0.761	1.043	
Leucine		2.164		0	1		1.342	1.839	
Lysine		2.446		0	1		1.517	2.079	
Methionine		0.788		0	1		0.489	0.670	
Cystine	_	0.285		0	1		0.177	0.242	
Phenylalanine	_	1.040		0	1		0.645	0.884	
Tyrosine		0.899		0	1		0.557	0.764	
Valine	_	1.372		0	1		0.851	1.166	
Arginine	-	1.593		0	1		0.988	1.354	
Histidine	_	0.784		0	1		0.486	0.666	
Alanine	_	1.610		0	1		0.998	1.369	
Aspartic acid	-	2.727		0	1		1.691	2.318	
Glutamic acid		3.975		0	1		2.465	3.379	
Glycine		1.278		0	1		0.792	1.086	
Proline		0.942		0	1		0.792	0.801	
Serine	_	1.086		0	1		0.673	0.923	
Hydroxyproline	-	1.000		·	1		0.073	0.923	
11yaroxypromie	9								

Common Measures:

Measure 1 = 62g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

of Data Deriv Source Confidence Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3			Aı	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
Marer 9	Nutrients and Uni	its	Mean	of	Data	Deriv					
Early See Se	Proximates:										
Finding No. Sign				0.615							
Protein IN No.255	23				0	NC					
Total Ipred (fin)				2 075							
Substitution				3.875			_				
Carbolydrae, by difference.				0.000							
Fiber, fordal dictary				0.023		_					
Segres, 1061 9	, , ,	-									
Namerals					-						
Mincrahs: Calcium, Ca.	<u> </u>		0.00		0	Z	7		0.00	0.00	
Takenum, Ca.	Starch	g									
Takenum, Ca.	Minerals:										
Iron, Fe.		mg	43		15		1		34	37	
Phosphoros P.		_	1.50		3		1		1.19	1.28	
Potassium K	· · · · · · · · · · · · · · · · · · ·	-	22	1.296	19		1		17	19	
Sedium Na.	Phosphorus, P	mg	245		3		1		194	208	
Zinc, Zn.	Potassium, K	mg	361	11.057	20		1		285	307	
Copper, Cu	Sodium, Na	mg	52	3.843	25		1		41	44	
Manganese, Mn. mg 0.851 2 1 0.672 0.723 Vitamins. Vitamin C, total ascorbic acid. mg 0.5 1 1 0.4 0.4 Planding. 0.350 1 1 0.277 0.298 Riboflavin. mg 0.350 1 1 0.261 0.281 Niscin. mg 0.350 1 1 1 0.261 0.298 Riboflavin. mg 0.350 1 1 1 0.261 0.298 Riboflavin. mg 0.350 1 1 1 0.261 0.298 Riboflavin. mg 4.500 0 4 3.555 3.825 9 Pantothenic acid. mg 1.940 1 1 1 1.533 1.649 Vitamin B-6. mg 0.200 0 2.7 0 0 1.7 Folate, food. mg 7.79 1 1	Zinc, Zn	mg	0.66		18		1		0.52	0.56	
Schmium, Sc. mcg 12.6 0 BFZN 4 10.0 10.7	Copper, Cu	mg	0.188				1		0.149	0.160	
Vitamins: Vitamin C, total ascorbic acid. mg 0.5 1 1 0.4 0.4 Thiamin. mg 0.350 1 1 0.277 0.288 Riboflavin. mg 0.330 1 1 0.261 0.281 Niacin. mg 4.500 0 4 3.555 3.825 Pantothenic acid. mg 1.940 1 1 1.533 1.649 Vitamin B-6. mg 0.200 0 4 0.158 0.170 Folate, foed. mcg 13 1 1 11 11 Folate, foed. mcg 0 0 z 7 0 0 Folate, foed. mcg 13 1 1 1 11 11 Folate, foed. mcg 7.79 1 1 6.15 6.62 Vitamin A, IU. U.U 57 0 NC 4 45 48 Vitamin B (alpha-tocopher											
Vitamin C, Iotal ascorbic acid. mg	Selenium, Se	mcg	12.6		0	BFZN	4		10.0	10.7	
Vitamin C, Iotal ascorbic acid. mg	Vitamins:										
Thiamin		ma	0.5		1		1		0.4	0.4	
Riboflavin		-		ı							
Niacin		-									
Pantohenic acid.		-			0		4				
Vitamin B-6. mg 0.200 0 4 0.158 0.170 Folate, total. mcg 13 1 1 12 12			1.940	1	1		1		1.533	1.649	
Folate, total			0.200	1	0		4		0.158	0.170	
Folia exid			13		1		1		11	11	
Folate, food. mcg 13 1 1 1 1 11 11 Folate, DFE. mcg_DFE 13 0 Nc 4 11 11 11 Folate, DFE. mcg 7 7.79 1 1 1 6.15 6.62 Vitamin A; IU. IU 57 0 Nc 4 45 48 Vitamin A; IU. IU 57 0 Nc 4 13 14 Folate, Mcg_RAE 17 Folate, Mcg_RAE 18 Folate, Mcg_RAE 19 Folate, Mcg_RAE 1			0		0	Z	7		0	0	
Folate, DFE.			13		1		1		11	11	
Vitamin B-12. mcg 7,79 1 1 1 6.15 6.62 Vitamin A, IU. JU 57 0 NC 4 45 48 Vitamin A, RAE. mcg RAE 17 0 NR 4 13 14 Retinol. mcg 17 0 NR 4 13 14 Vitamin E (alpha-tocopherol). mcg 0.20 0 NR 4 13 14 Vitamin D. mcg 0.20 0 NR 4 0.16 0.17 Vitamin D. mcg 0.1 0 T 4 0.1 0.1 Vitamin D. mcg 0.1 0 T 4 0.1 0.1 Lipids: ***********************************			13		0	NC	4		11	11	
Vitamin A, RAE mcg_RAE 17 0 NC 4 13 14 Retinol mcg 17 0 NR 4 13 14 Vitamin E (alpha-tocopherol) mg 0.20 0 NR 4 0.16 0.17 Tocopherol, beta mg 7 0 NR 4 0.16 0.17 Tocopherol, beta mg 7 0 NR 4 0.16 0.17 Tocopherol, gamma mg 0 T 4 0.1 0.1 Vitamin D UI 0 T 4 0.1 0.1 Vitamin K (phylloquinone) mcg 0.1 0 T 4 0.1 0.1 Lipids: Fatty acids, total saturated 9 0.144 0 1 0.908 0.977 4:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.			7.79		1		1		6.15	6.62	
Retinol. mcg 17 0 NR 4 13 14 Vitamin E (alpha-tocopherol). mg 0.20 0 NR 4 0.16 0.17 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. UU Vitamin K (phylloquinone). mcg 0.1 T 4 0.1 0.1 Lipids: Fatty acids, total saturated. g 1.149 0 1 0.908 0.977 4:0. g 0.000 0 1 0.908 0.977 4:0. g 0.000 0 1 0.908 0.977 4:0. 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 0.185 17 <td>Vitamin A, IU</td> <td>IU</td> <td>57</td> <td></td> <td>0</td> <td>NC</td> <td>4</td> <td></td> <td>45</td> <td>48</td> <td></td>	Vitamin A, IU	IU	57		0	NC	4		45	48	
Retinol. mcg 17 0 NR 4 13 14 Vitamin E (alpha-tocopherol). mg 0.20 0 NR 4 0.16 0.17 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. UU Vitamin K (phylloquinone). mcg 0.1 T 4 0.1 0.1 Lipids: Fatty acids, total saturated. g 1.149 0 1 0.908 0.977 4:0. g 0.000 0 1 0.908 0.977 4:0. g 0.000 0 1 0.908 0.977 4:0. 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 0.185 17 <td>Vitamin A, RAE</td> <td>mcg_RAE</td> <td>17</td> <td></td> <td>0</td> <td>NC</td> <td>4</td> <td></td> <td>13</td> <td>14</td> <td></td>	Vitamin A, RAE	mcg_RAE	17		0	NC	4		13	14	
Tocopherol, beta			17		0	NR	4		13	14	
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.16	0.17	
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D. IU Vitamin K (phylloquinone). mcg 0.1 T 4 0.1 0.1 Lipids: Eatty acids, total saturated. g 1.149 0 1 0.908 0.977 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 13:0. g 0.185 17 1 0.146 0.157 15:0. g 0.815 18 1 0.644 0.693 17:0. g 0.146 0.177 0.126 20:0. g 0.148 17 1 0.117 0.126 20:0. g 22:0. g	Tocopherol, gamma	mg									
Vitamin K (phylloquinone) mcg 0.1 0 T 4 0.1 0.1 Lipids: Fatty acids, total saturated g 1.149 0 1 0.908 0.977 4:0. g 0.000 0 1 0.000 0.000 6:0. g 0.000 0 1 0.000 0.000 8:0. g 0.000 0 1 0.000 0.000 10:0. g 0.000 0 1 0.000 0.000 12:0. g 0.000 0 1 0.000 0.000 13:0. g 0.185 17 1 0.146 0.157 15:0. g 0.815 18 1 0.644 0.693 17:0. g 0.148 17 1 0.117 0.126 20:0. g 0.148 17 1 0.117 0.126											
Lipids: Fatty acids, total saturated 9 1.149 0 1 0.908 0.977 4:0 9 0.000 0 1 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 10:0 9 0.000 0 1 0.000 0.000 12:0 9 0.000 0 1 0.000 0.000 13:0 9 0.185 17 1 0.146 0.157 15:0 9 16:0 9 0.815 18 1 0.644 0.693 17:0 9 18:0 9 0.148 17 1 0.117 0.126 20:0 9 22:0 9											
Fatty acids, total saturated 9 1.149 0 1 0.908 0.977 4:0 9 0.000 0 1 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 10:0 9 0.000 0 1 0.000 0.000 12:0 9 0.000 0 1 0.000 0.000 13:0 9 0.185 17 1 0.146 0.157 15:0 9 0.815 18 1 0.644 0.693 17:0 9 18:0 9 0.148 17 1 0.117 0.126 20:0 9 22:0 9	Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1	0.1	
Fatty acids, total saturated 9 1.149 0 1 0.908 0.977 4:0 9 0.000 0 1 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 10:0 9 0.000 0 1 0.000 0.000 12:0 9 0.000 0 1 0.000 0.000 13:0 9 0.185 17 1 0.146 0.157 15:0 9 0.815 18 1 0.644 0.693 17:0 9 18:0 9 0.148 17 1 0.117 0.126 20:0 9 22:0 9	Lipids:										
4:0. 9 0.000 0 1 0.000 0.000 6:0. 9 0.000 0 1 0.000 0.000 8:0. 9 0.000 0 1 0.000 0.000 10:0. 9 0.000 0 1 0.000 0.000 12:0. 9 0.000 0 1 0.000 0.000 13:0. 9 0.185 17 1 0.146 0.157 15:0. 9 0.815 18 1 0.644 0.693 17:0. 9 18:0. 9 0.148 17 1 0.117 0.126 20:0. 9 22:0. 9	· 	g	1.149	ı	0		1		0.908	0.977	
6:0. 9 0.000 0 1 0.000 0.000 8:0. 9 0.000 0 1 0.000 0.000 10:0. 9 0.000 0 1 0.000 0.000 12:0. 9 0.000 0 1 0.000 0.000 13:0. 9 0.185 17 1 0.146 0.157 15:0. 9 0.815 18 1 0.644 0.693 17:0. 9 0.148 17 1 0.117 0.126 20:0. 9 0.148 17 1 0.117 0.126											
8:0. 9 0.000 0 1 0.000 0.000 10:0. 9 0.000 0 1 0.000 0.000 12:0. 9 0.000 0 1 0.000 0.000 13:0. 9 0.185 17 1 0.146 0.157 15:0. 9 0.815 18 1 0.644 0.693 17:0. 9 0.148 17 1 0.117 0.126 20:0. 9 0.148 17 1 0.117 0.126					0		1				
10:0					0		1				
12:0. g 0.000 0 1 0.000 0.000 13:0. g 14:0. g 0.185 17 1 0.146 0.157 15:0. g 16:0. g 0.815 18 1 0.644 0.693 17:0. g 18:0. g 0.148 17 1 0.117 0.126 20:0. g 22:0. g		-			0		1				
13:0. 9 14:0. 9 0.185 17 1 0.146 0.157 15:0. 9 16:0. 9 0.815 18 1 0.644 0.693 17:0. 9 18:0. 9 0.148 17 1 0.117 0.126 20:0. 9 22:0. 9		-			0		1				
14:0. g 0.185 17 1 0.146 0.157 15:0. g 16:0. g 0.815 18 1 0.644 0.693 17:0. g 18:0. g 0.148 17 1 0.117 0.126 20:0. g 22:0. g		-									
15:0		-	0.185	i	17		1		0.146	0.157	
16:0	15:0	g									
17:0			0.815	i	18		1		0.644	0.693	
18:0											
22:0g			0.148		17		1		0.117	0.126	
22:0g	20:0	g									
24:0g											
	24:0	g									

		<u>Ar</u>				Amount in 100 grams of edible portion Number								
								1115	easures of food	•				
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturated.	a	3.254		0		1		2.571	2.766					
14:1	g	3.234		Ū		-		2.571	2.700					
15:1	-	0 501						0.554						
16:1 undifferentiated	-	0.701		18		1		0.554	0.596					
17:1	-	1.440		10		1		1 120	1 004					
18:1 undifferentiated	_			18 9		1		1.138	1.224					
20:1	-	0.280		1		1		0.221	0.238					
22:1 undifferentiated 24:1 c	•	0.830		1		_		0.656	0.706					
Fatty acids, total polyunsaturated		1.499		0		1		1.184	1.274					
		0.175		18		1		0.138	0.149					
18:2 undifferentiated 18:3 undifferentiated		0.175		17		1		0.138	0.149					
18:4	-	0.155		17		1		0.122	0.132					
20:2 n-6 c.c		0.064		1,		1		0.051	0.034					
20:3 undifferentiated	-													
20:4 undifferentiated	-	0.189		17		1		0.149	0.161					
20:5 n-3		0.202		17		1		0.149	0.172					
20.5 n-3	-	0.183		17		1		0.145	0.172					
		0.183		18		1		0.145	0.136					
22:6 n-3 Fatty acids, total trans		0.328		10		_		0.417	0.449					
Cholesterol		58		6		1		46	49					
Phytosterols		30		·		-		40	43					
Filytosterois														
Amino Acids:														
Tryptophan	g	0.233		0		1		0.184	0.198					
Threonine	g	0.911		0		1		0.720	0.774					
Isoleucine	g	0.957		0		1		0.756	0.813					
Leucine	g	1.688		0		1		1.334	1.435					
Lysine		1.907		0		1		1.507	1.621					
Methionine	g	0.615		0		1		0.486	0.523					
Cystine	g	0.223		0		1		0.176	0.190					
Phenylalanine	g	0.811		0		1		0.641	0.689					
Tyrosine	g	0.701		0		1		0.554	0.596					
Valine	g	1.070		0		1		0.845	0.910					
Arginine	g	1.243		0		1		0.982	1.057					
Histidine	g	0.611		0		1		0.483	0.519					
Alanine	g	1.256		0		1		0.992	1.068					
Aspartic acid	g	2.127		0		1		1.680	1.808					
Glutamic acid	g	3.100		0		1		2.449	2.635					
Glycine	g	0.997		0		1		0.788	0.847					
Proline	g	0.734		0		1		0.580	0.624					
Serine	g	0.847		0		1		0.669	0.720					
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		o	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					
, p		-		-	z									

Common Measures:

Measure 1 = 79g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15114

Fish, trout, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gr	rams	of edib	le portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u> </u>
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.53	0.523	3		1		47.95	57.40	
Energy	kcal	169		0	NC	4		120	144	
Energy	kj	707				4		502	601	
Protein (N x 6.25)	g	24.27	0.266	3		1		17.23	20.63	
Total lipid (fat)	g	7.20	0.503	3		1		5.11	6.12	
Ash	g	1.60	0.058	3		1		1.14	1.36	
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									
Ainerals:										
Calcium, Ca	ma	86		0	BFZN	4		61	73	
Iron, Fe	-	0.33	0.010	3	4H	1		0.23	0.28	
Magnesium, Mg	-	32	0.177	3		1		23	27	
Phosphorus, P		266	31.763	3		1		189	226	
Potassium, K	_	441	4.134	3		1		313	375	
Sodium, Na	-	42	0.935	3		1		30	36	
Zinc, Zn	mg	0.49	0.013	3		1		0.35	0.42	
Copper, Cu	mg	0.061	0.002	3		1		0.043	0.052	
Manganese, Mn	mg	0.020	0.004	3		1		0.014	0.017	
Selenium, Se	mcg	15.0		0	BFSN	4		10.7	12.8	
/itamins:										
Vitamin C, total ascorbic acid	ma	3.3	0.351	3		1		2.3	2.8	
Thiamin	-	0.237		3		1		0.168	0.201	
Riboflavin	-	0.080		3		1		0.057	0.068	
Niacin		8.790		3		1		6.241	7.472	
Pantothenic acid	-	1.310		3		1		0.930	1.114	
Vitamin B-6	_	0.396	0.068	3		1		0.281	0.337	
Folate, total	_	24		1		1		17	20	
Folic acid		0		0	Z	7		0	0	
Folate, food		24		1		1		17	20	
Folate, DFE		24		0	NC	4		17	20	
Vitamin B-12		4.97	0.167	3		1		3.53	4.22	
Vitamin A, IU	IU	287	41.766	3		1		204	244	
Vitamin A, RAE	mcg_RAE	86	12.542	3		1		61	73	
Retinol	mcg	86	12.542	3		1		61	73	
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	2.105		0		1		1.495	1.789	
4:0	g									
6:0	g									
8:0	-									
10:0	_									
12:0	-									
13:0	-			_		_				
14:0	_	0.260		3		1		0.185	0.221	
15:0	_			•		_				
16:0		1.321		3		1		0.938	1.123	
17:0	_			•		_				
18:0	_	0.377		3		1		0.268	0.320	
20:0	_									
22:0	g g									

		<u>Ar</u>	nount in 100		ible portion			edible portion o	f common
Nutrients and Ur	nite	Mean		umber f Data Deriv oints Code		onfidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	iits	Weali	Stu. Ellol ·				Wedsure i	Wedsule 2	Wiedsule 3
Fatty acids, total monounsaturated	a	2.096		0	1		1.488	1.782	
14:1		2.050		Ü	-		1.400	1.702	
15:1									
16:1 undifferentiated	-	0.319		3	1		0.226	0.271	
17:1	-	0.020		•	-		0.220	V	
18:1 undifferentiated		1.427		3	1		1.013	1.213	
20:1		0.326		3	1		0.231	0.277	
22:1 undifferentiated	_	3.520		-	=		3.231	0.2.7	
24:1 c									
Fatty acids, total polyunsaturated	•	2.330		0	1		1.654	1.981	
18:2 undifferentiated	-	0.949		3	1		0.674	0.807	
18:3 undifferentiated		0.082		3	1		0.058	0.070	
18:4		0.068		3	1		0.048	0.058	
20:2 n-6 c.c.	_						*****		
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.036		3	1		0.026	0.031	
20:5 n-3	-	0.334		3	1		0.237	0.284	
22:5 n-3	_								
22:6 n-3		0.820		3	1		0.582	0.697	
Fatty acids, total trans	_								
Cholesterol	-	68	0.548	3	1		48	58	
Phytosterols	-								
,									
Amino Acids:	~	0.070		•			0.100	2 221	
Tryptophan	_	0.272		0	1		0.193	0.231	
Threonine		1.064		0	1 1		0.755	0.904	
Isoleucine		1.118		0	=		0.794	0.950	
Leucine		1.972		0	1		1.400	1.676	
Lysine	-	2.229		0	1 1		1.583	1.895	
Methionine	-	0.718		0	=		0.510	0.610	
Cystine		0.260		0	1		0.185	0.221	
Phenylalanine		0.947		0	1		0.672	0.805	
Tyrosine	-	0.819		0	1		0.581	0.696	
Valine		1.250		0	1		0.888	1.063	
Arginine		1.452		0	1		1.031	1.234	
Histidine		0.714		0	1		0.507	0.607	
Alanine		1.468		0	1		1.042	1.248	
Aspartic acid		2.485		0	1		1.764	2.112	
Glutamic acid	-	3.623		0	1		2.572	3.080	
Glycine	-	1.165		0	1		0.827	0.990	
Proline		0.858		0	1		0.609	0.729	
Serine		0.990		0	1		0.703	0.842	
Hydroxyproline	g								

Common Measures:

Measure 1 = 71g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15240 Fish, trout, rainbow, farmed, raw Salmo gairdneri Richardson

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	O	72.73	0.327	3		1		57.46	61.82	
	_	138	0.527	0	NC	4		109	117	
Energy		577		U	NC	4		456		
Energy				_		_			491	
Protein (N x 6.25)		20.87	0.376	3		1		16.49	17.74	
Total lipid (fat)		5.40	0.306	3		1		4.27	4.59	
Ash		1.43	0.033	3		1		1.13	1.22	
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									
Minovolse										
Minerals: Calcium, Ca	ma	67		0		4		53	57	
Iron, Fe	-	0.27	0.016	3		1		0.21	0.23	
· ·	_	32	0.016	3		1		25	27	
Magnesium, Mg		282	16.414	3		1		223	240	
Phosphorus, P	_	282 451	8.108	3		1		356	383	
Potassium, K		451 35	0.797	3		1		28	30	
Sodium, Na		0.41	0.797	3		1		0.32	0.35	
Zinc, Zn				3		1		0.32	0.33	
Copper, Cu		0.046								
Manganese, Mn		0.018	0.001	3		1		0.014	0.015	
Selenium, Se	filicg	12.6		0	BFZN	4		10.0	10.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.9	0.285	3		1		2.3	2.5	
Thiamin	mg	0.203	0.020	3		1		0.160	0.173	
Riboflavin	mg	0.073	0.003	3		1		0.058	0.062	
Niacin	mg	8.223	0.205	3		1		6.496	6.990	
Pantothenic acid	mg	1.440	0.081	3		1		1.138	1.224	
Vitamin B-6		0.619	0.030	3		1		0.489	0.526	
Folate, total	-	11	0.005	3		1		9	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		11	0.005	3		1		9	9	
Folate, DFE	mca DFE	11		0	NC	4		9	9	
Vitamin B-12		3.77	0.233	3		1		2.98	3.20	
Vitamin A, IU		280	0.200	0	NC	4		221	238	
Vitamin A, RAE		84		0	NC	4		66	71	
Retinol		84		0	NR	4		66	71	
		0.03		0	NR.	4		0.02	0.03	
Vitamin E (alpha-tocopherol)		0.03		U	ME	*		0.02	0.03	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	т	4		0.1	0.1	
vitanini K (priyrioquinone)	11109	0.1		Ü	-	-		0.1	0.1	
<u> Lipids:</u>										
Fatty acids, total saturated	g	1.554		0		1		1.228	1.321	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	-	0.189		3		1		0.149	0.161	
15:0	g									
16:0	-	0.975		3		1		0.770	0.829	
17:0										
18:0	-	0.276		3		1		0.218	0.235	
20:0	-								- · · - -	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion e	
Nutrients and U	nito	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and U	mis	wean	Sta. Error	Tollits	0000	Oode	Oode	weasure 1	Measure 2	weasure 3
Fatty acids, total monounsaturate	d Q	1.539		0		1		1.216	1.308	
14:1	g									
15:1 16:1 undifferentiated	-	0.227		3		1		0.179	0.193	
17:1	-									
18:1 undifferentiated	-	1.057		3		1		0.835	0.898	
20:1 22:1 undifferentiated	-	0.240 0.000		3 0		1 1		0.190 0.000	0.204 0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturated		1.805		0		1		1.426	1.534	
18:2 undifferentiated		0.710		3		1		0.561	0.604	
18:3 undifferentiated		0.058		3		1		0.046	0.049	
18:4	g	0.050		3		1		0.040	0.043	
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	-	0.025		3		1		0.020	0.021	
20:5 n-3	-	0.260		3		1		0.205	0.221	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.668		3		1		0.528	0.568	
Fatty acids, total trans		59	3.4	83 3		1		47	50	
CholesterolPhytosterols		39	3.4	:03 3		1		47	50	
1 Hytosterois	g									
Amino Acids:										
Tryptophan		0.234		0		1		0.185	0.199	
Threonine	-	0.915		0		1		0.723	0.778	
Isoleucine		0.962		0		1		0.760	0.818	
Leucine		1.696		0		1		1.340	1.442	
Lysine		1.916 0.618		0		1 1		1.514	1.629 0.525	
Methionine		0.224		0		1		0.488 0.177	0.323	
Cystine		0.224		0		1		0.177	0.190	
Phenylalanine Tyrosine		0.704		0		1		0.556	0.598	
Valine	-	1.075		0		1		0.849	0.914	
Arginine	-	1.249		0		1		0.987	1.062	
Histidine		0.614		0		1		0.485	0.522	
Alanine		1.262		0		1		0.997	1.073	
Aspartic acid		2.137		0		1		1.688	1.816	
Glutamic acid	g	3.115		0		1		2.461	2.648	
Glycine	g	1.002		0		1		0.792	0.852	
Proline	g	0.738		0		1		0.583	0.627	
Serine		0.851		0		1		0.672	0.723	
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		ō		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 = 79g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15240

Fish, trout, rainbow, farmed, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 gra	ams of ed	lible portion	<u>on</u>	Amount in edible portion of common			
			Num	nber			<u>m</u>	easures of food	<u> </u>	
			of D	ata Deri	v Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	70.50	0.837	4	1		100.82	59.93		
Energy	kcal	150		0 N	2 4		215	128		
Energy	kj	628			4		897	533		
Protein (N x 6.25)	g	22.92	0.375	4	1		32.78	19.48		
Total lipid (fat)	g	5.82	0.937	4	1		8.32	4.95		
Ash	g	1.60	0.091	4	1		2.29	1.36		
Carbohydrate, by difference	g	0.00		0 2	7		0.00	0.00		
Fiber, total dietary	g	0.0		0 2	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:	ma	0.6		0			100	70		
Calcium, Ca	_	86 0.38	0.061	0 4	4 1		123 0.54	73 0.32		
Iron, Fe	_	0.38 31	0.061	4	1		0.54 44	0.32 26		
Magnesium, Mg Phosphorus, P		269	9.221	4	1		385	20		
• .	_	448	6.590	4	1		641	381		
Potassium, K Sodium. Na		56	2.211	4	1		80	48		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.51	0.006	4	1		0.73	0.43		
Copper, Cu		0.058		4	1		0.083	0.049		
Manganese, Mn		0.021		4	1		0.030	0.018		
Selenium, Se	-	13.2	0.002	0 BFS			18.9	11.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	2.0	0.265	4	1		2.9	1.7		
Thiamin	-	0.152		4	1		0.217	0.129		
Riboflavin	-	0.097		4	1		0.139	0.082		
Niacin	_	5.770		4	1		8.251	4.905		
Pantothenic acid	-	1.065		4	1		1.523	0.905		
Vitamin B-6	-	0.346	0.015	4	1		0.495	0.294		
Folate, total		19		1	1		27	16		
Folic acid		0		0 z	7		0	0		
Folate, food		19		1	1		27	16		
Folate, DFE		19		0 NO			27	16		
Vitamin B-12		6.30	0.777	4	1		9.01	5.36		
Vitamin A, IU		50	0.000	4	1		72	43		
Vitamin A, RAE		15	0.000	4	1		21	13		
Retinol		15	0.000	4	1		21	13		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.619	1	0	1		2.315	1.376		
4:0	_									
6:0	_									
8:0										
10:0	-									
12:0 13:0	-									
14:0	_	0.204	ı	4	1		0.292	0.173		
15:0		0.204	•	-	1		0.292	0.1/3		
16:0	-	0.918	1	4	1		1.313	0.780		
17:0		0.510	•	-	-		1.313	0.780		
18:0	-	0.265	•	4	1		0.379	0.225		
20:0	-	0.203	•	-	-		3.373	0.223		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Numbe		Confidence	<u></u>	easures or roou		
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.746	0	1		2.497	1.484		
14:1g								
15:1g								
16:1 undifferentiatedg	0.675	4	1		0.965	0.574		
17:1g								
18:1 undifferentiatedg	0.918	4	1		1.313	0.780		
20:1g	0.051	4	1		0.073	0.043		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.831	0	1		2.618	1.556		
18:2 undifferentiated	0.288	4	1		0.412	0.245		
18:3 undifferentiatedg	0.187	4	1		0.267	0.159		
18:4g	0.230	4	1		0.329	0.196		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.120	4	1		0.172	0.102		
20:5 n-3g	0.468	4	1		0.669	0.398		
22:5 n-3g								
22:6 n-3g	0.520	4	1		0.744	0.442		
Fatty acids, total transg								
Cholesterolmg	69	1.709 4	1		99	59		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.257	0	1		0.368	0.218		
Threonine	1.005	0	1		1.437	0.854		
Isoleucine	1.056		1		1.510	0.898		
Leucine	1.863		1		2.664	1.584		
Lysineg	2.105	-	1		3.010	1.789		
Methionine	0.679		1		0.971	0.577		
Cystineg	0.246	0	1		0.352	0.209		
Phenylalanineg	0.895		1		1.280	0.761		
Tyrosineg	0.774		1		1.107	0.658		
Valineg	1.181		1		1.689	1.004		
Arginine	1.372		1		1.962	1.166		
Histidine 9	0.675		1		0.965	0.574		
Alanineg	1.387		1		1.983	1.179		
Aspartic acid	2.348		1		3.358	1.996		
Glutamic acid	3.422		1		4.893	2.909		
Glycine	1.100		1		1.573	0.935		
Proline	0.811		1		1.160	0.689		
Serine	0.935		1		1.337	0.795		
Hydroxyproline		v	-		2.007	05		

Common Measures:

Measure 1 = 143g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15115 Fish, trout, rainbow, wild, raw Salmo gairdneri Richardson

		<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	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	71 07	0.003	20		1		114 07	61 00	
Water	_	71.87	0.823	30		1		114.27	61.09	
Energy		119		0	NC	4		189	101	
Energy		498				4		792	423	
Protein (N x 6.25)		20.48	0.309	28		1		32.56	17.41	
Total lipid (fat)	g	3.46	0.226	50		1		5.50	2.94	
Ash	g	1.31	0.019	27		1		2.08	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									
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	67		2		1		107	57	
Iron, Fe		0.70	0.311	5		1		1.11	0.60	
Magnesium, Mg		31	0.416	22		1		49	26	
Phosphorus, P	mg	271	8.117	5		1		431	230	
Potassium, K	mg	481	7.777	22		1		765	409	
Sodium, Na	mg	31	2.185	22		1		49	26	
Zinc, Zn	mg	1.08	0.044	172		1		1.72	0.92	
Copper, Cu	mg	0.109	0.025	169		1		0.173	0.093	
Manganese, Mn	mg	0.158	0.136	5		1		0.251	0.134	
Selenium, Se	mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.4	0.534	6		1		3.8	2.0	
Thiamin		0.123		5		1		0.196	0.105	
Riboflavin	_	0.105		5		1		0.167	0.089	
Niacin		5.384		5		1		8.561	4.576	
Pantothenic acid	_	0.928		5		1		1.476	0.789	
Vitamin B-6		0.406		5		1		0.646	0.789	
	-	12	2.147	3		1		19	10	
Folate, total		0	2.14/	0	z	7		0	0	
Folic acid			0 147		Z					
Folate, food	IIICG	12	2.147	3		1		19	10	
Folate, DFE		12		0	NC	4		19	10	
Vitamin B-12		4.45	0.561	5		1		7.08	3.78	
Vitamin A, IU		62	7.244	22		1		99	53	
Vitamin A, RAE		19	2.175	22		1		30	16	
Retinol		19	2.175	22		1		30	16	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.722	?	0		1		1.148	0.614	
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	0.011		20		1		0.017	0.009	
13:0	-									
14:0	-	0.079)	20		1		0.126	0.067	
15:0				-		=		3.223	0.007	
16:0	-	0.421	_	20		1		0.669	0.358	
17:0	-	0.421	-	_0		-		3.003	0.550	
18:0		0.139)	20		1		0.221	0.118	
20:0		0.139	•	_0		-		J. ZZI	0.110	
	-									
22:0 24:0										

		<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
			Number		0 51	<u></u>	<u>easures or 1000</u>	•	
Nutrients and Ur	nits	Mean	Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.129	0	1		1.795	0.960		
14:1	g	1.123	· ·	-		1.793	0.300		
15:1 16:1 undifferentiated 17:1	g	0.203	20	1		0.323	0.173		
18:1 undifferentiated	-	0.614	20	1		0.976	0.522		
20:1		0.112	20	1		0.178	0.095		
22:1 undifferentiated		0.112	20	1		0.178	0.033		
24:1 c	-	0.136	20	_		0.219	0.117		
Fatty acids, total polyunsaturated		1.237	0	1		1.967	1.051		
18:2 undifferentiated		0.239	20	1		0.380	0.203		
18:3 undifferentiated	-	0.119	20	1		0.189	0.101		
18:4	_	0.066	20	1		0.105	0.056		
20:2 n-6 c.c	-	0.000	20	-		0.103	0.050		
20:3 undifferentiated	-								
20:4 undifferentiated		0.109	20	1		0.173	0.093		
20:5 n-3	_	0.167	20	1		0.266	0.142		
22:5 n-3		0.106	0.000 20	1		0.169	0.090		
22:6 n-3	-	0.420	20	1		0.668	0.357		
Fatty acids, total trans		0.420	20	-		0.000	0.557		
Cholesterol		59	2.954 7	1		94	50		
Phytosterols				_					
Amino Acids:	············· 3								
Tryptophan	а	0.229	0	1		0.364	0.195		
Threonine		0.898	0	1		1.428	0.763		
Isoleucine	-	0.944	0	1		1.501	0.802		
Leucine		1.664	0	1		2.646	1.414		
Lysine		1.881	0	1		2.991	1.599		
Methionine		0.606	0	1		0.964	0.515		
Cystine		0.220	0	1		0.350	0.187		
Phenylalanine		0.799	0	1		1.270	0.679		
Tyrosine		0.691	0	1		1.099	0.587		
Valine	_	1.055	0	1		1.677	0.897		
Arginine		1.225	0	1		1.948	1.041		
Histidine		0.603	0	1		0.959	0.513		
Alanine		1.239	0	1		1.970	1.053		
Aspartic acid	-	2.097	0	1		3.334	1.782		
Glutamic acid		3.057	0	1		4.861	2.598		
Glycine		0.983	0	1		1.563	0.836		
Proline	-	0.724	0	1		1.151	0.615		
Serine	-	0.836	0	1		1.329	0.711		
Hydroxyproline	_	0.000	· ·	-			· · · - ·		
Others:									
Alcohol, ethyl	g	0.0	0	7		0.0	0.0		
Caffeine									
Theobromine	-								

Common Measures:

Measure 1 = 159g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u> e	easures of food	_
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	63.16		0		1		129.48	53.69	
Energy	kcal	187		0	NC	4		383	159	
Energy	kj	782				4		1604	665	
Protein (N x 6.25)	g	16.04		0		1		32.88	13.63	
Total lipid (fat)	g	9.26		0		1		18.98	7.87	
Ash	g	2.14		0		1		4.39	1.82	
Carbohydrate, by difference	g	9.41		0	NC	4		19.29	8.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
M:										
Minerals: Calcium, Ca	ma	17		0		1		35	14	
Iron, Fe	-	1.00		0		4		2.05	0.85	
Magnesium, Mg	_	19		0		4		39	16	
Phosphorus, P		178		0		1		365	151	
Potassium, K		178		0		4		365	151	
Sodium, Na		402		0		4		824	342	
Zine, Zn		0.56		0		4		1.15	0.48	
Copper, Cu		0.145	5	0		1		0.297	0.123	
Manganese, Mn		0.040		0		4		0.082	0.034	
Selenium, Se		41.2		0	RA	4		84.5	35.0	
•										
Vitamins:										
Vitamin C, total ascorbic acid	-	2.2	_	0		1		4.5	1.9	
Thiamin		0.031		0		1		0.064	0.026	
Riboflavin		0.070		0		4		0.144	0.060	
Niacin		6.700		0		4		13.735	5.695	
Pantothenic acid	_	0.260		0		4		0.533	0.221	
Vitamin B-6	-	0.081	L	0		1		0.166	0.069	
Folate, total		8		0	RA.	4		16	7	
Folic acid		0		0	Z	7		0	0 7	
Folate, food		8		0	RA	4		16		
Folate, DFE		8		0	NC	4		16	7	
Vitamin B-12	mcg	1.20 97		0 0		4 1		2.46	1.02	
Vitamin A, IU				-	NG	_		199	82	
Vitamin A, RAE		24 22		0 0	NC	4 4		48	20	
Retinol		22		U	NC	4		45	19	
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.544	1	0		1		3.165	1.312	
4:0										
6:0										
8:0										
10:0										
12:0										
13:0		0.01	4	^		4		0.000	0.010	
14:0		0.014	±	0		1		0.029	0.012	
15:0		1 000	,	^		4		0.60.	1 000	
16:0		1.280	,	0		1		2.624	1.088	
17:0	_	0.046		^		4		0 510	0 010	
18:0	_	0.249	,	0		1		0.510	0.212	
20:0 22:0	_									
	ri .									

		<u>Ar</u>	mount in 100 g		ible 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	
Fatty acids, total monounsaturated	g	2.887		0	1		5.918	2.454		
14:1										
15:1	g									
16:1 undifferentiated	g	0.045		0	1		0.092	0.038		
17:1	g									
18:1 undifferentiated	g	2.828		0	1		5.797	2.404		
20:1	g	0.014		0	1		0.029	0.012		
22:1 undifferentiated										
24:1 c	g									
Fatty acids, total polyunsaturated	g	4.122		0	1		8.450	3.504		
18:2 undifferentiated		3.722		0	1		7.630	3.164		
18:3 undifferentiated		0.332		0	1		0.681	0.282		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	-	0.014		0	1		0.029	0.012		
22:5 n-3	q									
22:6 n-3	-	0.055		0	1		0.113	0.047		
Fatty acids, total trans										
Cholesterol		13		0	1		27	11		
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
Amino Acids:										
Tryptophan	g	0.180		0	1		0.369	0.153		
Threonine		0.701		0	1		1.437	0.596		
Isoleucine		0.739		0	1		1.515	0.628		
Leucine		1.293		0	1		2.651	1.099		
Lysine	-	1.457		0	1		2.987	1.238		
Methionine	_	0.470		0	1		0.964	0.400		
Cystine		0.172		0	1		0.353	0.146		
Phenylalanine	-	0.626		0	1		1.283	0.532		
Tyrosine		0.539		0	1		1.105	0.458		
Valine	_	0.824		0	1		1.689	0.700		
Arginine	_	0.967		0	1		1.982	0.822		
Histidine		0.467		0	1		0.957	0.397		
Alanine		0.962		0	1		1.972	0.818		
Aspartic acid	-	1.632		0	1		3.346	1.387		
Glutamic acid		2.402		0	1		4.924	2.042		
Glycine	•	0.767		0	1		1.572	0.652		
Proline		0.565		0	1		1.158	0.480		
Serine		0.657		0	1		1.347	0.558		
	_	0.057		J	1		1.34/	0.556		
Hydroxyproline	9									

Common Measures:

Measure 1 = 205g: 1 cup Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	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	59.09		0		1		50.23			
Energy	kcal	184		0	NC	4		156			
Energy	kj	770				4		654			
Protein (N x 6.25)		29.91		0		1		25.42			
Total lipid (fat)	g	6.28		0		1		5.34			
Ash	g	1.51		0		1		1.28			
Carbohydrate, by difference		0.00		0	Z	7		0.00			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total											
Starch											
Survii	9										
<u>Minerals:</u>											
Calcium, Ca	_	10		0		4		9			
Iron, Fe	_	1.31		0		1		1.11			
Magnesium, Mg	mg	64		0		4		54			
Phosphorus, P	-	326		0		4		277			
Potassium, K	mg	323		0		1		275			
Sodium, Na	_	50		0		1		43			
Zinc, Zn		0.77		0		1		0.65			
Copper, Cu	mg	0.110		0		1		0.094			
Manganese, Mn	<u>mg</u>	0.020)	0		4		0.017			
Selenium, Se	mcg	46.8		0	BFSN	4		39.8			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0			
Thiamin	_	0.278	,	0	2	1		0.236			
Riboflavin		0.306		0		1		0.260			
Niacin		10.540		0		1		8.959			
Pantothenic acid		1.370		0		4		1.165			
Vitamin B-6		0.525		0		1		0.446			
	-	2	,	0		4		2			
Folate, total		0		0	z	7		0			
Folic acid		2		0	4	4		2			
Folate, food		2		0	NC	4		2			
		10.88		0	NC	1		9.25			
Vitamin B-12 Vitamin A, IU		2520		0		1		2142			
		757		0		1		643			
Vitamin A, RAE		757 757		0		1		643			
Retinol		757		U		1		043			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitaiiiii K (piiyiioquiiioile)											
<u> ipids:</u>											
Fatty acids, total saturated	g	1.612	2	0		1		1.370			
4:0	g										
6:0	g										
8:0	g										
10:0	g										
12:0											
13:0	-										
14:0		0.178	3	0		1		0.151			
15:0	g										
16:0		1.038	3	0		1		0.882			
17:0	g										
18:0	g	0.394	Į.	0		1		0.335			
20:0	g										
22:0	~										

	<u>Aı</u>	mount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.053		0		1		1.745		
14:1 15:1										
		0.208		0		1		0.177		
16:1 undifferentiated	-	0.208		U		_		0.177		
17:1 18:1 undifferentiated		1.185		0		1		1.007		
	-	0.355		0		1				
20:1	_			0		1		0.302		
22:1 undifferentiated		0.304		U		T		0.258		
24:1 c Fatty acids, total polyunsaturated		1.844		0		1		1.567		
18:2 undifferentiated		0.068		0		1		0.058		
18:3 undifferentiated	-	0.066		U		_		0.056		
18:4	-	0.050		0		1		0.043		
	-	0.050		U		_		0.043		
20:2 n-6 c,c 20:3 undifferentiated	_									
20:4 undifferentiated	_	0.055		0		1		0.047		
20:5 n-3	-	0.363		0		1		0.309		
20.5 n-3	-	0.160		0		1		0.309		
		1.141		0		1		0.136		
22:6 n-3 Fatty acids, total trans		1.141		U		_		0.970		
Cholesterol	-	49		0		1		42		
Phytosterols	_	43		Ū		-		42		
Filytosterois										
Amino Acids:										
Tryptophan	g	0.335		0		1		0.285		
Threonine	g	1.311		0		1		1.114		
Isoleucine	g	1.378		0		1		1.171		
Leucine	g	2.431		0		1		2.066		
Lysine	g	2.747		0		1		2.335		
Methionine	g	0.885		0		1		0.752		
Cystine	g	0.321		0		1		0.273		
Phenylalanine	g	1.168		0		1		0.993		
Tyrosine		1.010		0		1		0.859		
Valine	g	1.541		0		1		1.310		
Arginine	g	1.790		0		1		1.522		
Histidine	g	0.880		0		1		0.748		
Alanine	g	1.809		0		1		1.538		
Aspartic acid	g	3.062		0		1		2.603		
Glutamic acid	g	4.464		0		1		3.794		
Glycine	g	1.436		0		1		1.221		
Proline	g	1.057		0		1		0.898		
Serine	g	1.220		0		1		1.037		
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15117 Fish, tuna, fresh, bluefin, raw Thunnus thynnus (L.)

		<u>Aı</u>	mount in 100 g	rams	ot edik	ne 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			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	68.09	0.781	26		1		57.88		
Energy		144		0	NC	4		122		
Energy		602				4		512		
Protein (N x 6.25)		23.33	0.377	18		1		19.83		
Total lipid (fat)		4.90	0.971	7		1 1		4.17		
Ash		1.18	0.020	25 0	Z	7		1.00 0.00		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary Sugars, total		0.00		0	Z	7		0.00		
Starch	-	0.00		U	2	,		0.00		
Starcii	9									
Minerals:										
Calcium, Ca	_	8		0		4		7		
Iron, Fe	_	1.02	0.034	5		1		0.87		
Magnesium, Mg		50		0		4		43		
Phosphorus, P		254	41 605	0		4		216		
Potassium, K	-	252 39	41.695	4 1		1 1		214 33		
Sodium, NaZinc, Zn	-	0.60	0.039	10		1		0.51		
Copper, Cu		0.086		16		1		0.073		
Manganese, Mn	_	0.015		0		1		0.013		
Selenium, Se		36.5		0	CAZN	4		31.0		
·										
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0		
Thiamin	_	0.241		11 17		1 1		0.205		
Riboflavin	_	0.251 8.654		16		1		0.213 7.356		
Niacin Pantothenic acid	_	1.054		17		1		0.896		
Vitamin B-6		0.455		2		1		0.387		
Folate, total		2		0		4		2		
Folic acid		0		0	z	7		0		
Folate, food		2		0		4		2		
Folate, DFE		2		0	NC	4		2		
Vitamin B-12		9.43	2.381	18		1		8.01		
Vitamin A, IU		2183		0	NC	4		1856		
Vitamin A, RAE	mcg_RAE	655		0	NC	4		557		
Retinol	mcg	655		0	NR	4		557		
Vitamin E (alpha-tocopherol)		1.00		0	NR	4		0.85		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•				0.0		
Vitamin K (phylloquinone)	nicg	0.0		0	T	4		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.257		0		1		1.068		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0				_		_		<u>.</u>		
14:0	-	0.139		2		1		0.118		
15:0		0.010		•		4		2		
16:0		0.810		2		1		0.689		
17:0	-	0 207		2		1		0 261		
18:0 20:0	-	0.307		2		1		0.261		
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common	
				Number		_		measures of food			
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Estheraide total management		1.600		0		4		1 260			
Fatty acids, total monounsatur		1.600		U		4		1.360			
15:1	g										
16:1 undifferentiated	g	0.162		2		1		0.138			
17:1	g										
18:1 undifferentiated	g	0.924		2		1		0.785			
20:1	g	0.277		1		1		0.235			
22:1 undifferentiated	g	0.237		2		1		0.201			
24:1 c	g										
Fatty acids, total polyunsatura	tedg	1.433		0		4		1.218			
18:2 undifferentiated	g	0.053		2		1		0.045			
18:3 undifferentiated		0.000		0		1		0.000			
18:4	g	0.039		1		1		0.033			
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.043		1		1		0.037			
20:5 n-3	g	0.283		3		1		0.241			
22:5 n-3	g	0.125		3		1		0.106			
22:6 n-3	g	0.890		2		1		0.757			
Fatty acids, total trans	g										
Cholesterol	mg	38	2.9	87 3		1		32			
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.261		0		1		0.222			
Threonine	-	1.023		0		1		0.870			
Isoleucine	-	1.075		0		1		0.914			
Leucine		1.896		0		1		1.612			
Lysine		2.142		0		1		1.821			
Methionine		0.690		0		1		0.587			
Cystine		0.250		0		1		0.213			
Phenylalanine		0.911		0		1		0.774			
Tyrosine		0.787		0		1		0.669			
Valine	-	1.202		0		1		1.022			
Arginine	-	1.396		0		1		1.187			
Histidine	-	0.687		0		1		0.584			
Alanine		1.411		0		1		1.199			
Aspartic acid		2.388		0		1		2.030			
Glutamic acid		3.482		0		1		2.960			
Glycine	g	1.120		0		1		0.952			
Proline	g	0.825		0		1		0.701			
Serine		0.952		0		1		0.809			
Hydroxyproline	g										
Others:											
	α.	0.0		0		7		0.0			
Alcohol, ethyl				0	7	7					
Caffeine		0		0	z z	7		0			
Theobromine	mg	U		U	Z	,		U			
Carotenoids:											
Carotene, beta	mcg	0		0	Z	7		0.000			
Carotene, alpha	mcg	0		0	Z	7		0.000			
Cryptoxanthin, beta	mcg	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: 3 oz

NDB No. 15117

Fish, tuna, fresh, bluefin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15123 Fish, tuna, fresh, skipjack, raw Euthynnus pelamis (L.)

		<u>Ar</u>	mount in 100 g	rams c	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	_	
			of	Data I	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	70.58	0.429	15		1		139.75	59.99		
Energy	_	103	***	0	NC	4		204	88		
Energy		431		·	110	4		853	366		
		22.00	1.245	9		1		43.56			
Protein (N x 6.25)		1.01	0.060	5		1		2.00	18.70		
Total lipid (fat)		1.30	0.060	1		1		2.57	0.86 1.11		
Ash		0.00		0	z	7		0.00			
Carbohydrate, by difference				0	Z	7			0.00		
Fiber, total dietary		0.0		U	z	,		0.0	0.0		
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	29	5.534	3		1		57	25		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.25	0.024	24		1		2.48	1.06		
Magnesium, Mg		34	4.241	3		1		67	29		
Phosphorus, P		222	6.657	8		1		440	189		
Potassium, K	-	407		1		1		806	346		
Sodium, Na		37	5.234	4		1		73	31		
Zinc, Zn		0.82	0.064	70		1		1.62	0.70		
Copper, Cu	mg	0.086	0.004	93		1		0.170	0.073		
Manganese, Mn	mg	0.015	i	0		1		0.030	0.013		
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.0		0		4		2.0	0.9		
Thiamin		0.033		1		1		0.065	0.028		
Riboflavin	-	0.100		0		4		0.198	0.025		
Niacin		15.400		0		4		30.492	13.090		
Pantothenic acid	-	0.420		0		4		0.832	0.357		
Vitamin B-6		0.850		2		1		1.683	0.723		
Folate, total	-	9		0		4		18	8		
Folic acid		ō		0	z	7		0	0		
Folate, food		9		0	_	4		18	8		
Folate, DFE	mca DFF	9		0	NC	4		18	8		
Vitamin B-12		1.90		0	110	4		3.76	1.62		
Vitamin A, IU		52	22.716	3		1		103	44		
Vitamin A, RAE		16	6.822	3		1		31	13		
Retinol		16	6.822	3		1		31	13		
Vitamin E (alpha-tocopherol)				_		_					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
Lipids:	~	2 222		•				0.640	0.070		
Fatty acids, total saturated		0.328		0		1		0.649	0.279		
4:0											
6:0	-										
8:0	-										
10:0 12:0											
13:0											
14:0		0.040		2		1		0.079	0.034		
		0.040		~		_		0.079	0.034		
15:0		0.233		2		1		0.461	0.198		
16:0		0.233		_		_		0.461	0.198		
17:0 18:0	-	0.055		2		1		0.109	0.047		
20:0	-	0.055		_		1		0.109	0.04/		
22:0	-										
44.U	y										

	<u>Aı</u>	grams of edi		Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data Deriv Points Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.190	0	1		0.376	0.162	
14:1g							
15:1g							
16:1 undifferentiated	0.036	2	1		0.071	0.031	
17:1							
18:1 undifferentiatedg	0.131	2	1		0.259	0.111	
20:1g	0.017	1	1		0.034	0.014	
22:1 undifferentiatedg	0.006	1	1		0.012	0.005	
24:1 c	2.000	-	-		0.022	0.000	
Fatty acids, total polyunsaturated9	0.315	0	1		0.624	0.268	
18:2 undifferentiatedg	0.016	2	1		0.032	0.014	
18:3 undifferentiated	0.010	-	-		0.032	0.014	
18:4g	0.004	1	1		0.008	0.003	
	0.004	-	-		0.008	0.003	
20:2 n-6 c,cg 20:3 undifferentiatedg							
	0.026	1	1		0.051	0.022	
20:4 undifferentiated	0.026		1		0.031	0.022	
20:5 n-3g		2	_				
22:5 n-3g	0.013		1		0.026	0.011	
22:6 n-3g	0.185	2	1		0.366	0.157	
Fatty acids, total trans		_	_				
Cholesterol mg	47	2	1		93	40	
Phytosterolsmg							
Amino Acids:		_					
Tryptophan9	0.246	0	1		0.487	0.209	
Threonineg	0.964	0	1		1.909	0.819	
Isoleucineg	1.014	0	1		2.008	0.862	
Leucineg	1.788	0	1		3.540	1.520	
Lysineg	2.020	0	1		4.000	1.717	
Methionineg	0.651	0	1		1.289	0.553	
Cystineg	0.236	0	1		0.467	0.201	
Phenylalanineg	0.859	0	1		1.701	0.730	
Tyrosineg	0.743	0	1		1.471	0.632	
Valineg	1.133	0	1		2.243	0.963	
Arginineg	1.316	0	1		2.606	1.119	
Histidineg	0.648	0	1		1.283	0.551	
Alanineg	1.331	0	1		2.635	1.131	
Aspartic acidg	2.253	0	1		4.461	1.915	
Glutamic acid	3.284	0	1		6.502	2.791	
Glycine	1.056	0	1		2.091	0.898	
Proline	0.778	0	1		1.540	0.661	
Serine	0.898	0	1		1.778	0.763	
Hydroxyproline	3.330	-	-		25	0.703	
ттуш охургонне9							

Common Measures:

Measure 1 = 198g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15127 Fish, tuna, fresh, yellowfin, raw Thunnus albacares (Bonnaterre)

		AI	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 Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	70.99	0.338	24		1		20.13	11.36	60.34
Energy	_	108		0	NC	4		31	17	92
Energy		452				4		128	72	384
Protein (N x 6.25)		23.38		2		1		6.63	3.74	19.87
Total lipid (fat)		0.95	0.282	7		1		0.27	0.15	0.81
Ash		1.34		1		1		0.38	0.21	1.14
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	-									
Minerals:										
Calcium, Ca	mg	16		1		1		5	3	14
Iron, Fe		0.73	0.023			1		0.21	0.12	0.62
Magnesium, Mg		50		0		4		14	8	43
Phosphorus, P	-	191		1		1		54	31	162
Potassium, K	• • • • • • • • • • • • • • • • • • • •	444		0		4		126	71	377
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	37		1		1		10	6	31
Zinc, Zn		0.52	0.033	100		1		0.15	0.08	0.44
Copper, Cu		0.064		110		1 1		0.018	0.010	0.05
Manganese, Mn Selenium, Se		0.015 36.5		0	CAZN	4		0.004 10.3	0.002 5.8	0.01 31.0
,		30.3		Ü	CAZIN	-		10.5	3.0	31.0
Vitamins: Vitamin C, total ascorbic acid	ma	1.0		0		4		0.3	0.2	0.9
Thiamin	-	0.434		1		1		0.123	0.2	0.36
Riboflavin	-	0.047		1		1		0.013	0.008	0.04
Niacin	_	9.800		1		1		2.778	1.568	8.33
Pantothenic acid		0.750		0		4		0.213	0.120	0.63
Vitamin B-6		0.900		0		4		0.255	0.144	0.76
Folate, total		2		0		4		1	0	2
Folic acid		0		0	z	7		0	0	0
Folate, food		2		0		4		1	0	2
Folate, DFE		2		0	NC	4		1	0	2
Vitamin B-12		0.52		0		4		0.15	0.08	0.44
Vitamin A, IU		60		0	NC	4		17	10	51
Vitamin A, RAE	mcg_RAE	18		0	NC	4		5	3	15
Retinol		18		0	NR	4		5	3	15
Vitamin E (alpha-tocopherol)		0.50		0	NR	4		0.14	0.08	0.43
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	т	4		0.0	0.0	0.1
										V
Lipids: Fatty acids, total saturated	g	0.235		0		1		0.067	0.038	0.20
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	0.009		1		1		0.003	0.001	0.00
13:0										
14:0	g	0.011	0.005	3		1		0.003	0.002	0.00
15:0	g									
16:0	g	0.156	0.055	3		1		0.044	0.025	0.13
17:0	g									
18:0	_	0.051	0.014	3		1		0.014	0.008	0.04
20:0	_									
22:0										

		<u>Aı</u>	mount in 100 g		of edik	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	l Units	Mean		mber Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur		0.154		0		1		0.044	0.025	0.131	
14:1	_										
15:1	_			_		_					
16:1 undifferentiated	_	0.025	0.010	3		1		0.007	0.004	0.021	
17:1	_	0.100	0.000	2						0.000	
18:1 undifferentiated	_	0.108		3		1		0.031	0.017	0.092	
20:1		0.007		2		1		0.002	0.001	0.006	
22:1 undifferentiated	_	0.014		1		1		0.004	0.002	0.012	
24:1 c		0.004		•		1			2 245	0.041	
Fatty acids, total polyunsatura		0.284		0				0.081	0.045	0.241	
18:2 undifferentiated		0.008		3		1 1		0.002	0.001	0.007	
18:3 undifferentiated		0.012		1				0.003	0.002	0.010	
18:4	_	0.005		1		1		0.001	0.001	0.004	
20:2 n-6 c,c											
20:3 undifferentiated	_			_		_					
20:4 undifferentiated	_	0.028		3		1		0.008	0.004	0.024	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.037		3		1		0.010	0.006	0.031	
22:5 n-3	_	0.013		3		1		0.004	0.002	0.011	
22:6 n-3		0.181	0.042	3		1		0.051	0.029	0.154	
Fatty acids, total trans											
Cholesterol	_	45		2		1		13	7	38	
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.262		0		1		0.074	0.042	0.223	
Threonine		1.025		0		1		0.291	0.164	0.871	
Isoleucine	_	1.077		0		1		0.305	0.172	0.915	
Leucine	_	1.900		0		1		0.539	0.304	1.615	
Lysine	_	2.147		0		1		0.609	0.344	1.825	
Methionine		0.692		0		1		0.196	0.111	0.588	
Cystine		0.251		0		1		0.071	0.040	0.213	
•		0.231		0		1		0.259	0.146	0.213	
Phenylalanine Tyrosine		0.789		0		1		0.224	0.146	0.776	
Valine	_	1.204		0		1		0.341	0.120	1.023	
Arginine	-	1.399		0		1		0.341	0.224	1.189	
Histidine		0.688		0		1		0.195			
	•			0		1			0.110 0.226	0.585 1.202	
Alanine		1.414 2.394		0		1		0.401 0.679			
Aspartic acid				0		1			0.383	2.035	
Glutamic acid	-	3.489		0		1		0.989	0.558	2.966	
Glycine		1.122		-		_		0.318	0.180	0.954	
Proline	_	0.827		0		1		0.234	0.132	0.703	
Serine		0.954		0		1		0.270	0.153	0.811	
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:	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 = 28.35g: 1 oz, boneless Measure 2 = 16g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

NDB No. 15127

Fish, tuna, fresh, yellowfin, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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 Units		Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.83	0.557	9		1		87.35	16.96	102.31
Energy	kcal	198		0	NC	4		289	56	339
Energy	kj	828				4		1210	235	1417
Protein (N x 6.25)	g	29.13	0.365	6		1		42.53	8.26	49.81
Total lipid (fat)	g	8.21	0.139	7		1		11.99	2.33	14.04
Ash	g	2.76	0.295	9		1		4.03	0.78	4.72
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	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Min analas										
<u>Ainerals:</u> Calcium. Ca	ma	13	2.415	9		1		19	4	22
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.39	2.415 0.081	8		1		2.03	0.39	2.38
Magnesium, Mg		31	1.591	8		1		2.03 45	9	53
Phosphorus, P		311	18.785	9		1		45 454	88	532
Potassium, K	_	207	10.703	0		1		302	59	354
Sodium. Na		354		0		1		517	100	605
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.90	0.106	8		1		1.31	0.26	1.5
Copper, Cu		0.071		0		1		0.104	0.020	0.1
Manganese, Mn		0.015		8		1		0.022	0.004	0.0
Selenium, Se		76.0	0.820	44	A	1		111.0	21.5	130.0
•	-									
<u>/itamins:</u>					_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	0.0
Thiamin		0.038		1		1		0.055	0.011	0.0
Riboflavin		0.120		0		4		0.175	0.034	0.20
Niacin	_	12.400		0		4		18.104	3.515	21.2
Pantothenic acid	-	0.370		0		4		0.540	0.105	0.6
Vitamin B-6	-	0.110		1		1		0.161	0.031	0.1
Folate, total		5 0	1.445	3	_	1 7		8 0	2	9
Folic acid		5	1 445	0 3	Z	1		8	0 2	0 9
Folate, food		5 5	1.445	0	NC	4		8	2	9
Folate, DFE		2.20		0	NC	4		3.21	0.62	9 3.7
Vitamin A, IU		77		0	NC	4		3.21 112	22	
Vitamin A, IU	mca DAE	23		0	NC	4		34	7	131 39
Retinol		23		0	NR NR	4		34	7	39
		0.87	0.017	3	A	1		1.28	0.25	1.4
Vitamin E (alpha-tocopherol)		0.02	0.017	3	A	1		0.02	0.25	0.0
Tocopherol, gamma		3.96	0.740	3	A	1		5.78	1.12	6.7
Tocopherol, delta		1.24	0.277	3	A	1		1.82	0.35	2.1
Vitamin D		236.000		0	T	4		344.560	66.906	403.5
Vitamin K (phylloquinone)		44.0		2	A	1		64.2	12.5	75.2
				_		-		01.12		
<u>ipids:</u>										
Fatty acids, total saturated		1.534		0		1		2.240	0.435	2.6
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0		0.000		0		1		0.000	0.000	0.0
10:0	_	0.000		0		1		0.000	0.000	0.0
12:0	-	0.000		0		1		0.000	0.000	0.0
13:0				_		_				<u> </u>
14:0	-	0.027		1		1		0.039	0.008	0.0
15:0	-					_				
16:0	-	1.415	1	1		1		2.066	0.401	2.4
17:0	-	2 222						0 104	0.000	2 -
18:0	-	0.092		1		1		0.134	0.026	0.1
20:0	-									
22:0 24:0	-									

Faty acids, total monounsaturated 9 2.949 0 1 4.306 0.836 5 144 9 151 9 151 9 151 9 161 undifferentiated 9 0.003 1 1 0.121 0.024 0 172 173 181 undifferentiated 9 0.003 1 1 0.121 0.024 0 181 undifferentiated 9 0.002 1 1 0.009 0.008 0 1 0.009 0.008 0 1 0.009 0.008 0 1 0.009 0.009 0 0 1 0.009 0.009 0 0 1 0.009 0.009 0 0 0.009 0 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0 0.009 0 0.009 0 0 0.009 0 0.0			<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units					Number	•			<u>m</u>	easures of 1000		
Fatty acids, total monourosturated							Source	Confidence				
14-1	Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
141	Fatty saids total manayingstyres	tod (I	2 946	.	0		1		4 306	0.936	5.043	
161 undifferentiated	14:1	g	2.343	,	Ū		•		4.306	0.836	3.043	
18.1 undifferentiated	16:1 undifferentiated	9	0.083	3	1		1		0.121	0.024	0.142	
22-1 undifferentiated		-	2.839)	1		1		4.145	0.805	4.85	
24-1 c	20:1	g	0.027	7	1		1		0.039	0.008	0.04	
Fatly acids, total polymanturated. 9		-	0.000)	0		1		0.000	0.000	0.00	
182 untifferentiated			2.885	5	0		1		4 212	0.818	4.93	
183 and differentiated											4.58	
18-4											0.12	
20.2 n 6 c c											0.000	
20.3 undifferentiated. 9 0.000 0 1 0.000		_	0.000	•	·		-		0.000	0.000	0.000	
204 undifferentiated	,	_										
20.5 h 3.		-	0.000)	0		1		0.000	0.000	0.00	
22.5 n-3.		_									0.04	
22.6 n-3		_					1				0.00	
Fatty acids, total trans		-									0.17	
Cholesterol mg 18 1 1 26 5 31 Phytosterols mg Annino Acides Tryptophan 9 0.326 0 1 0.476 0.092 0 Threonine 9 1.277 0 1 1.864 0.362 2 Isoleucine 9 1.342 0 1 1.959 0.380 2 Isoleucine 9 2.368 0 1 1.959 0.300 2 Leuine 9 2.665 0 1 3.457 0.671 4 Lysine 9 0.862 0 1 1.259 0.244 1 Lysine 9 0.312 0 1 1.259 0.244 1 Lysine 9 0.312 0 1 1.660 0.322 1 Lysine 9 0.312 0 1 1.650 0.322				-	_		_		0.22.	0.025		
Phytosterols	•		18		1		1		26	5	31	
Anino Acids: Tryptophan		-			_		_			-		
Tryptophan	•											
Threonine. 9 1.277 0 1 1.864 0.362 2 2 2 2 2 2 2 2 2												
Soleucine	** *										0.557	
Leucine		=					_				2.184	
Lysine		-					_				2.29	
Methionine 9 0.862 0 1 1.259 0.244 1 Cystine 9 0.312 0 1 0.456 0.088 0 Phenylalanine 9 0.312 0 1 1.660 0.322 1 Tyrosine 9 0.983 0 1 1.435 0.279 1 Valine 9 0.983 0 1 1.435 0.279 1 Valine 9 1.501 0 1 2.191 0.426 2 Valine 9 1.763 0 1 2.191 0.426 2 Arginine 9 1.743 0 1 2.545 0.449 2 Arginine 9 0.858 0 1 1.253 0.243 1 Histidine 9 0.858 0 1 2.573 0.500 3 Aspartic acid 9 1.762 0 1 4.355		-					_				4.049	
Cystine 9 0.312 0 1 0.456 0.088 0 Phenylalanine 9 1.137 0 1 1.660 0.322 1 Tyrosine 9 0.983 0 1 1.435 0.279 1 Tyrosine 9 0.983 0 1 1.435 0.279 1 Valine 9 1.501 0 1 2.191 0.426 2 Arginine 9 1.743 0 1 2.545 0.494 2 Histidine 9 0.858 0 1 1.253 0.243 1 Alsainie 9 0.858 0 1 1.253 0.243 1 Alsainie 9 0.858 0 1 1.253 0.243 1 Alsainie 9 1.762 0 1 4.355 0.846 5 Glutamic acid 9 1.398 0 1 2.041 <td>2</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>4.57</td>	2										4.57	
Phenylalanine											1.474	
Tyrosine. 9 0.983 0 1 1.435 0.279 1 Valine. 9 1.501 0 1 2.191 0.426 2 Arginine. 9 1.743 0 1 2.545 0.494 2 Histidine. 9 0.858 0 1 1.253 0.243 1 Alanine. 9 1.762 0 1 2.573 0.500 3 Alanine. 9 1.762 0 1 2.573 0.500 3 Aspartic acid. 9 2.983 0 1 4.355 0.846 5 Glutamic acid. 9 4.349 0 1 6.350 1.233 7 Glycine. 9 1.398 0 1 1.504 0.292 1 Proline. 9 1.030 0 1 1.504 0.292 1 Serine. 9 1.189 0 7 0 </td <td>•</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.53</td>	•										0.53	
Valine 9 1.501 0 1 2.191 0.426 2 Arginine 9 1.743 0 1 2.545 0.494 2 Histidine 9 0.858 0 1 1.253 0.243 1 Alainin 9 1.762 0 1 2.573 0.500 3 Aspartic acid 9 2.983 0 1 4.355 0.846 5 Glutamic acid 9 2.983 0 1 6.350 1.233 7 Glycine 9 1.398 0 1 2.041 0.396 2 Proline 9 1.030 0 1 1.504 0.292 1 Serine 9 1.030 0 1 1.736 0.337 2 Hydroxyproline 9 0 0 7 0.0 0 0 Carfèrine mg 0 0 2 7	•										1.94	
Arginine 9 1.743 0 1 2.545 0.494 2 Histidine 9 0.858 0 1 1.253 0.243 1 Alanine 9 1.762 0 1 2.573 0.500 3 Aspartic acid 9 2.983 0 1 4.355 0.846 5 Glutamic acid 9 4.349 0 1 6.350 1.233 7 Glycine 9 1.398 0 1 2.041 0.396 2 Proline 9 1.030 0 1 1.504 0.292 1 Serine 9 1.189 0 1 1.736 0.337 2 Hydroxproline 9 0 0 7 0 0 0.337 2 Others: Serine mg 0 0 7 0 0 0 0 0 0 0	,	-									1.681	
Histidine		-									2.56	
Alanine g 1.762 0 1 2.573 0.500 3 Aspartic acid g 2.983 0 1 4.355 0.846 5 Glutamic acid g 4.349 0 1 6.350 1.233 7 Glycine g 1.398 0 1 2.041 0.396 2 Proline g 1.030 0 1 1.504 0.292 1 Serine g 1.189 0 1 1.736 0.337 2 Hydroxyproline g 1.189 0 1 1.736 0.337 2 Others: Alcohol, ethyl g 0.0 0 7 0.0 0 0 0 Caffeine mg 0 0 2 7 0 0 0 0 0 Theobromine mg 0 0 2 7 0 0 0 0 Carotenei, beta mcg 0 0 <	0										2.981	
Aspartic acid		-									1.46	
Glutamic acid. g 4.349 0 1 6.350 1.233 7 Glycine g 1.398 0 1 2.041 0.396 2 Proline g 1.030 0 1 1.504 0.292 1 Serine g 1.189 0 1 1.736 0.337 2 Hydroxyproline g 0 0 7 0.0 0.337 2 Hydroxyproline g 0 0 7 0.0 0 0.337 2 Hydroxyproline g 0 0 7 0.0 0 0.037 0											3.013	
Glycine	*										5.101	
Proline g 1.030 0 1 1.504 0.292 1 Serine g 1.189 0 1 1.736 0.337 2 Hydroxyproline g Others: Alcohol, ethyl g 0.00 0 7 0.0 0.0 0 Caffeine mg 0 0 0 z 7 0 0.0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 0 z 7 0.000 0.000 0		=			-		_				7.43	
Serine g 1.189 0 1 1.736 0.337 2 Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0 0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 0 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 0 z 7 0.000 0.000 0	•				-		_				2.391	
Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 0 z 7 0.000 0.000 0		-									1.761	
Others: Alcohol, ethyl. g 0.0 0 7 0.0 0.0 0 Caffeine. mg 0 0 z 7 0 0 0 0 Theobromine. mg 0 0 z 7 0 0 0 0 Carotene, beta. mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha. mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 0.000 0 Lycopene. mcg 0 0 z 7 0.000 0.000 0			1.189)	0		1		1.736	0.337	2.033	
Alcohol, ethyl. g 0.0 0 7 0.0 0.0 0 Caffeine. mg 0 0 z 7 0 0 0 0 Theobromine. mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta. mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha. mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 0.000 0 Lycopene. mcg 0 0 z 7 0.000 0.000 0	Hydroxyproline	g										
Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 z 7 0.000 0.000 0	Others:											
Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotene, beta mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta mcg 0 z 7 0.000 0.000 0 Lycopene mcg 0 z 7 0.000 0.000 0	Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Theobromine mg 0 0 z 7 0 0 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 0 z 7 0.000 0.000 0			0		0	Z	7		0	0	0	
Carotenoids: Carotene, beta			0		0		7		0	0	0	
Carotene, beta. mcg 0 0 z 7 0.000 0.000 0 Carotene, alpha. mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 0.000 0 Lycopene. mcg 0 0 z 7 0.000 0.000 0												
Carotene, alpha mcg 0 0 z 7 0.000 0.000 0 Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 0 z 7 0.000 0.000 0		mca	0		n	7.	7		0.000	0.000	0.000	
Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000 0 Lycopene mcg 0 0 z 7 0.000 0.000 0			-								0.000	
Lycopenemcg			-		-						0.000	
			•		-						0.000	
Lutein + zeaxanthin	-		Ö		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 146g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz Measure 3 = 171g: 1 can NDB No. 15119

Fish, tuna, light, canned in oil, drained solids

Calories Factors: Protein 4.27 Fat 9 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15183 Fish, tuna, light, canned in oil, without salt, drained solids

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nui	mber				<u>m</u>	easures of food	_
			of	Data I	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
_										
Proximates: Water	a	59.83	0.557	9		1		102.31	50.86	
Energy	-	198	0.557	0	NC	4		339	168	
Energy		828		U	NC	4		1417	704	
		29.13	0.365	6		1		49.81	704 24.76	
Protein (N x 6.25)		8.21	0.363	7		1		14.04	6.98	
Total lipid (fat)		2.76	0.139	9		1		4.72	2.35	
Ash		0.00	0.295	0	z	7		0.00		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	13	2.415	9		1		22	11	
Iron, Fe	mg	1.39	0.081	8		1		2.38	1.18	
Magnesium, Mg	mg	31	1.591	8		1		53	26	
Phosphorus, P		311	18.785	9		1		532	264	
Potassium, K	mg	207		0		1		354	176	
Sodium, Na	mg	50		0		1		86	43	
Zinc, Zn	<u>mg</u>	0.90	0.106	8		1		1.54	0.77	
Copper, Cu	mg	0.071		0		1		0.121	0.060	
Manganese, Mn	mg	0.015	0.002	8		1		0.026	0.013	
Selenium, Se	mcg	76.0	0.820	44	A	1		130.0	64.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.038		1		1		0.065	0.032	
Riboflavin		0.038		0		4		0.205	0.102	
Niacin		12.400		0		4		21.204	10.540	
Pantothenic acid	_	0.370		0		4		0.633	0.315	
Vitamin B-6		0.110		1		1		0.188	0.094	
Folate, total	-	5	1.445	3		1		9	5	
Folic acid		0	1.110	0	z	7		0	0	
Folate, food		5	1.445	3	_	1		9	5	
Folate, DFE	mca DFF	5	1.110	0	NC	4		9	5	
Vitamin B-12		2.20		0	110	4		3.76	1.87	
Vitamin A, IU		78	1.352	6		1		133	66	
Vitamin A, RAE		23	0.406	6		1		40	20	
Retinol		23	0.406	6		1		40	20	
Vitamin E (alpha-tocopherol)				-		_				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	_									
<u>Lipids:</u>	_	4				_				
Fatty acids, total saturated		1.534		0		1		2.623	1.304	
4:0										
6:0	-									
8:0	-									
10:0 12:0										
13:0										
14:0		0.027		1		1		0.046	0.023	
15:0		0.027		-		-		0.040	0.023	
16:0		1.415		1		1		2.420	1.203	
17:0		1.413		-		1		2.420	1.203	
18:0	-	0.092		1		1		0.157	0.078	
20:0	-	0.092		-		1		0.137	0.078	
22:0	-									
44.U	y									

		<u>Ar</u>	mount in 10			Amount in edible portion of common measures of food				
				Number		0	Canfidanaa	<u> </u>	easures or 100u	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.949		0		1		5.043	2.507	
14:1										
15:1	-	0.000						0 140	0 071	
16:1 undifferentiated	-	0.083		1		1		0.142	0.071	
17:1		2.839		1		1		4.855	0.410	
		0.027		1		1			2.413	
20:1	_	0.027		1		1		0.046	0.023	
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	•	2.885		0		1		4.933	2.452	
18:2 undifferentiated	-	2.683		1		1		4.588	2.281	
18:3 undifferentiated		0.074		1		1		0.127	0.063	
18:4		0.074		-		-		0.127	0.005	
20:2 n-6 c,c	-									
20:3 undifferentiated.										
20:4 undifferentiated										
20:5 n-3		0.027		1		1		0.046	0.023	
22:5 n-3										
22:6 n-3		0.101		1		1		0.173	0.086	
Fatty acids, total trans	-									
Cholesterol	-	18		1		1		31	15	
Phytosterols	-									
Amino Acids:										
Tryptophan	ď	0.326		0		1		0.557	0.277	
Threonine		1.277		0		1		2.184	1.085	
Isoleucine		1.342		0		1		2.295	1.141	
Leucine		2.368		0		1		4.049	2.013	
Lysine	-	2.675		0		1		4.574	2.274	
Methionine		0.862		0		1		1.474	0.733	
Cystine	-	0.312		0		1		0.534	0.265	
Phenylalanine	-	1.137		0		1		1.944	0.966	
Tyrosine		0.983		0		1		1.681	0.836	
Valine	-	1.501		0		1		2.567	1.276	
Arginine	•	1.743		0		1		2.981	1.482	
Histidine		0.858		0		1		1.467	0.729	
Alanine	-	1.762		0		1		3.013	1.498	
Aspartic acid		2.983		0		1		5.101	2.536	
Glutamic acid		4.349		0		1		7.437	3.697	
Glycine	•	1.398		0		1		2.391	1.188	
Proline		1.030		0		1		1.761	0.876	
Serine	-	1.189		0		1		2.033	1.011	
Hydroxyproline										

Common Measures:

Measure 1 = 171g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9 Carbohydrate 3.87

NDB No. 15121 Fish, tuna, light, canned in water, drained solids

Refuse: 0%

Carbohydrate, by difference g 0.00 0 z 7 0. Fiber, total dietary g 0.0 0 z 7 0. Sugars, total g 0.00 0 z 7 0. Starch g Minerals: Calcium, Ca mg 11 0.564 30 1 17 Iron, Fe mg 1.53 0.079 30 1 2. Magnesium, Mg mg 27 0.569 33 1 42 Phosphorus, P mg 163 3.070 29 1 251 Potassium, K mg 237 5.967 33 1 365 Sodium, Na mg 338 19.913 32 1 521 Zinc, Zn mg 0.77 0.033 32 1 1 Copper, Cu mg 0.051 0.004 31 1 0	75 21.12 33 138	Measure 3
Nutrients and Units Mean Std. Error Points Code Code Code Measu	75 21.12 33 138	
Proximates: Water. g 74.51 0.569 11 1 114. Energy. kcal 116 0 NC 4 179 Energy. kj 485 4 747 Protein (N x 6.25) g 2.551 1.466 6 1 39. Total lipid (fat). g 0.82 0.082 11 1 1 1. Ash. g 1.48 0.146 5 1 2. Carbohydrate, by difference. g 0.00 0 z 7 0. O. 2 7 0. Sugars, total. g 0.00 0 z 7 0. Sugars, total. g 1 1 1 1 1	75 21.12 33 138	
Water .g 74.51 0.569 11 1 114. Energy kcal 116 0 NC 4 179 Energy kj 485 4 747 Protein (N x 6.25) .g 25.51 1.466 6 1 39. Total lipid (fat) .g 0.82 0.082 11 1 1 1. Ash .g 1.48 0.146 5 1 2. 2 Carbohydrate, by difference .g 0.00 0 z 7 0. 0 2 7 0. 0 2 7 0. 0 2 7 0. 0 2 7 0. 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 0 2 7 0	33 138	
Water g 74.51 0.569 11 1 114. Energy kcal 116 0 NC 4 179 Energy kj 485 4 747 Protein (N x 6.25) g 25.51 1.466 6 1 39. Total lipid (fat) g 0.82 0.082 11 1 1 1 Ash g 1.48 0.146 5 1 2. 1 2 2 7 0. 0 Z 7 0 0 2 7 0 0 Z 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 2 7 0 0 0 2 7 0 0 0 2	33 138	
Energy	33 138	122.94
Energy	138	191
Protein (N x 6.25) g 25.51 1.466 6 1 39. Total lipid (fat) g 0.82 0.082 11 1 1. Ash		801
Total lipid (fat) g 0.82 0.082 11 1 1. Ash g 1.48 0.146 5 1 2. Carbohydrate, by difference g 0.00 0 z 7 0. Fiber, total dietary g 0.0 0 z 7 0. Sugars, total g 0.00 0 z 7 0. Starch g 0 0 0 z 7 0. Minerals: Calcium, Ca g 11 0.564 30 1 17 Iron, Fe mg 1.53 0.079 30 1 2. Magnesium, Mg mg 27 0.569 33 1 42 Phosphorus, P mg 163 3.070 29 1 251 Potassium, K mg 237 5.967 33 1 365 Sodium, Na mg 338 <td< td=""><td>29 7.23</td><td>42.09</td></td<>	29 7.23	42.09
Ash		1.35
Carbohydrate, by difference. 9 0.00 0 z 7 0. Fiber, total dietary. 9 0.0 0 z 7 0. Sugars, total. 9 0.00 0 z 7 0. Starch. 9 Minerals: Calcium, Ca. mg 11 0.564 30 1 17 Iron, Fe. mg 1.53 0.079 30 1 2. Magnesium, Mg. mg 27 0.569 33 1 42 Phosphorus, P. mg 163 3.070 29 1 251 Potassium, K. mg 237 5.967 33 1 365 Sodium, Na. mg 338 19.913 32 1 521 Zinc, Zn. mg 0.77 0.033 32 1 1 Copper, Cu. mg 0.051 0.004 31 1 0 Manganese, Mn. mg 0.011 0.001 27 1 0 </td <td>28 0.42</td> <td>2.44</td>	28 0.42	2.44
Fiber, total dietary		0.00
Sugars, total. g 0.00 z 7 0. Starch. g Minerals: Calcium, Ca. mg 11 0.564 30 1 17 Iron, Fe. mg 1.53 0.079 30 1 2. Magnesium, Mg. mg 27 0.569 33 1 42 Phosphorus, P. mg 163 3.070 29 1 251 Potassium, K. mg 237 5.967 33 1 365 Sodium, Na. mg 338 19.913 32 1 521 Zinc, Zn. mg 0.77 0.033 32 1 1 Copper, Cu. mg 0.051 0.004 31 1 0 Manganese, Mn. mg 0.011 0.001 27 1 0 Selenium, Se. mcg 80.4 0.754 45 A 1 123		0.0
Starch Minerals: Calcium, Ca. mg 11 0.564 30 1 17 Iron, Fe. mg 1.53 0.079 30 1 2. Magnesium, Mg. mg 27 0.569 33 1 42 Phosphorus, P. mg 163 3.070 29 1 251 Potassium, K. mg 237 5.967 33 1 365 Sodium, Na. mg 338 19.913 32 1 521 Zinc, Zn. mg 0.77 0.033 32 1 1 Copper, Cu. mg 0.051 0.004 31 1 0 Manganese, Mn. mg 0.011 0.001 27 1 0 Selenium, Se. mcg 80.4 0.754 45 A 1 123		0.00
Minerals: Calcium, Ca	0.00	0.00
Calcium, Ca. mg 11 0.564 30 1 17 Iron, Fe. mg 1.53 0.079 30 1 2. Magnesium, Mg. mg 27 0.569 33 1 42 Phosphorus, P. mg 163 3.070 29 1 251 Potassium, K. mg 237 5.967 33 1 365 Sodium, Na. mg 338 19.913 32 1 521 Zinc, Zn. mg 0.77 0.033 32 1 1 Copper, Cu. mg 0.051 0.004 31 1 0 Manganese, Mn. mg 0.011 0.001 27 1 0 Selenium, Se. mcg 80.4 0.754 45 A 1 123		
Iron, Fe. mg 1.53 0.079 30 1 2. Magnesium, Mg. mg 27 0.569 33 1 42 Phosphorus, P. mg 163 3.070 29 1 251 Potassium, K. mg 237 5.967 33 1 365 Sodium, Na. mg 338 19.913 32 1 521 Zinc, Zn. mg 0.77 0.033 32 1 1 Copper, Cu. mg 0.051 0.004 31 1 0 Manganese, Mn. mg 0.011 0.001 27 1 0 Selenium, Se. mcg 80.4 0.754 45 A 1 123 Vitamins:		
Magnesium, Mg mg 27 0.569 33 1 42 Phosphorus, P mg 163 3.070 29 1 251 Potassium, K mg 237 5.967 33 1 365 Sodium, Na mg 338 19.913 32 1 521 Zinc, Zn mg 0.77 0.033 32 1 1 Copper, Cu mg 0.051 0.004 31 1 0 Manganese, Mn mg 0.011 0.001 27 1 0 Selenium, Se mcg 80.4 0.754 45 A 1 123 Vitamins:	3	18
Phosphorus, P. mg 163 3.070 29 1 251 Potassium, K. mg 237 5.967 33 1 365 Sodium, Na. mg 338 19.913 32 1 521 Zinc, Zn. mg 0.77 0.033 32 1 1. Copper, Cu. mg 0.051 0.004 31 1 0. Manganese, Mn. mg 0.011 0.001 27 1 0. Selenium, Se. mcg 80.4 0.754 45 A 1 123. Vitamins:	.36 0.43	2.52
Potassium, K mg 237 5.967 33 1 365 Sodium, Na	8	45
Sodium, Na mg 338 19.913 32 1 521 Zinc, Zn mg 0.77 0.033 32 1 1. Copper, Cu mg 0.051 0.004 31 1 1 0. Manganese, Mn mg 0.011 0.001 27 1 0. Selenium, Se mcg 80.4 0.754 45 A 1 123. Vitamins:	46	269
Zinc, Zn	67	391
Copper, Cu	96	558
Manganese, Mn	.19 0.22	1.27
Selenium, Se	.079 0.014	0.08
Vitamins:	.017 0.003	0.01
	.8 22.8	132.7
Vitamin C, total ascorbic acidmg 0.0 0.000 5 1 0.		
	0.0	0.0
Thiaminmg 0.032 0.006 5 1 0.	0.009	0.05
	114 0.021	0.12
	451 3.765	21.91
	330 0.061	0.35
	539 0.099	0.57
Folate, total	1	7
Folic acid mcg	0	0
Folate, food	1	7
Folate, DFEmcg_DFE 4 0 NC 4 6	1	7
	60 0.85	4.93
Vitamin A, IU	16	93
Vitamin A, RAE	5	28
Retinol	5	28
	52 0.09	0.55
	0.00	0.00
	0.00	0.00
	0.00	0.00
Vitamin DIU		
Vitamin K (phylloquinone)mcg 0.2 2 A 1 0.	3 0.0	0.3
Lipids:		
Fatty acids, total saturatedg 0.234 0 1 0.	360 0.066	0.38
	0.000	0.00
6:0g 0.000 0 1 0.	0.000	0.00
8:0g 0.000 0 1 0.	0.000	0.00
10:0g 0.000 0 1 0.	0.000	0.00
12:0g 0.000 0 1 0.	0.000	0.00
13:0g		
14:0g 0.018 5 1 0.	0.005	0.03
15:0g		
	240 0.044	0.25
17:0g		
18:0g 0.060 5 1 0.	092 0.017	0.09
20:0g		
22:0g		
24:0g		

		<u>Aı</u>	mount in 10	0 grams Number		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and L	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed Q	0.159		0		1		0.245	0.045	0.262
14:1										
15:1										
16:1 undifferentiated	-	0.026		5		1		0.040	0.007	0.043
17:1	-	0.000		-						0 150
18:1 undifferentiated 20:1	-	0.093		5 5		1 1		0.143	0.026	0.153
20:1 undifferentiated		0.011 0.029		5 5		1		0.017 0.045	0.003 0.008	0.018 0.048
24:1 c	•	0.029		5		1		0.045	0.008	0.048
Fatty acids, total polyunsaturated		0.337		0		1		0.519	0.096	0.556
18:2 undifferentiated		0.009		5		1		0.014	0.003	0.015
18:3 undifferentiated		0.002		5		1		0.003	0.001	0.003
18:4	=	0.013		5		1		0.020	0.004	0.021
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.034		5		1		0.052	0.010	0.056
20:5 n-3	g	0.047		5		1		0.072	0.013	0.078
22:5 n-3	g	0.009	0.00	00 5		1		0.014	0.003	0.015
22:6 n-3	g	0.223		5		1		0.343	0.063	0.368
Fatty acids, total trans	g									
Cholesterol	mg	30	5.98	33 3		1		46	9	50
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.286		0		1		0.440	0.081	0.472
Threonine		1.118		0		1		1.722	0.317	1.845
Isoleucine	-	1.175		0		1		1.810	0.333	1.939
Leucine		2.073		0		1		3.192	0.588	3.420
Lysine	-	2.343		0		1		3.608	0.664	3.866
Methionine		0.755		0		1		1.163	0.214	1.246
Cystine		0.273		0		1		0.420	0.077	0.450
Phenylalanine		0.996		0		1		1.534	0.282	1.643
Tyrosine		0.861		0		1		1.326	0.244	1.421
Valine	g	1.314		0		1		2.024	0.373	2.168
Arginine	g	1.527		0		1		2.352	0.433	2.520
Histidine	g	0.751		0		1		1.157	0.213	1.239
Alanine	g	1.543		0		1		2.376	0.437	2.546
Aspartic acid	g	2.612		0		1		4.022	0.741	4.310
Glutamic acid	g	3.808		0		1		5.864	1.080	6.283
Glycine	g	1.224		0		1		1.885	0.347	2.020
Proline	g	0.902		0		1		1.389	0.256	1.488
Serine	g	1.041		0		1		1.603	0.295	1.718
Hydroxyproline	g									
Others:										
Alcohol, ethyl	ď	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:		-		_	_	•		· ·	·	· ·
<u> </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	inca	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 154g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz Measure 3 = 165g: 1 can NDB No. 15121

Fish, tuna, light, canned in water, drained solids

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15184 Fish, tuna, light, canned in water, without salt, drained solids

		<u>A</u> 1	mount in 100 gr	ams of edi	ble portion	<u>on</u>	Amount in edible portion of common		
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
			of E	Data Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	75.21		0 BFA	N 4		124.10	63.93	
Energy		116		0 NC	4		191	99	
Energy		485			4		801	413	
Protein (N x 6.25)		25.51		0 A	1		42.09	21.68	
Total lipid (fat)		0.82		0 A	1		1.35	0.70	
Ash		0.78		0 BFA	N 4		1.29	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	g	0.00		0 z	7		0.00	0.00	
Starch									
Minerals:	ma	11		0 7	4		10	•	
Calcium, Ca	_	11 1.53		0 A 0 A	1 1		18 2.52	9 1.30	
Iron, Fe		27		0 A	1		2.52 45	23	
Phosphorus, P		163		0 A	1		45 269	23 139	
Potassium, K	•	237		0 A	1		391	201	
Sodium, Na		50		0 BFZN			83	43	
Zinc, Zn		0.77		0 A	1		1.27	0.65	
Copper, Cu		0.051		0 A	1		0.084	0.043	
Manganese, Mn		0.011		0 A	1		0.018	0.009	
Selenium, Se		80.4	0.754	45 A	1		132.7	68.3	
Vitamina									
<u>Vitamins:</u>		0.0					0.0		
Vitamin C, total ascorbic acid		0.0 0.032	•	0 A	1 1		0.0 0.053	0.0 0.027	
ThiaminRiboflavin		0.032		0 A	1		0.053	0.027	
Niacin		13.280		0 A	1		21.912	11.288	
Pantothenic acid	-	0.214		0 A	1		0.353	0.182	
Vitamin B-6		0.350		0 A	1		0.578	0.298	
Folate, total	_	4	,	0 A	1		7	3	
Folic acid		0		0 z	7		0	0	
Folate, food		4		0 A	1		7	3	
Folate, DFE	mcg DFE	4		0 NC	4		7	3	
Vitamin B-12		2.99		0 A	1		4.93	2.54	
Vitamin A, IU		56		0 A	1		92	48	
Vitamin A, RAE		17		0 A	1		28	14	
Retinol		17		0 A	1		28	14	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	0.234	Į	0 A	1		0.386	0.199	
4:0		0.000)	0 A	1		0.000	0.000	
6:0	g	0.000)	0 A	1		0.000	0.000	
8:0	g	0.000)	0 A	1		0.000	0.000	
10:0	g	0.000)	0 A	1		0.000	0.000	
12:0	_	0.000)	0 A	1		0.000	0.000	
13:0	_								
14:0		0.018	3	0 A	1		0.030	0.015	
15:0	_	_					_	_	
16:0	_	0.156	Ď	0 A	1		0.257	0.133	
17:0					_				
18:0		0.060	,	0 A	1		0.099	0.051	
20:0	_								
22:0	y								

	<u>Ar</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			Number of Data	Deriv		Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.159		0	A	1		0.262	0.135	
14:1g									
15:1g									
16:1 undifferentiatedg	0.026		0	A	1		0.043	0.022	
17:1g									
18:1 undifferentiatedg	0.093		0	A	1		0.153	0.079	
20:1g	0.011		0	A	1		0.018	0.009	
22:1 undifferentiatedg	0.029		0	A	1		0.048	0.025	
24:1 cg			•	_	_				
Fatty acids, total polyunsaturated	0.337		0	A	1		0.556	0.286	
18:2 undifferentiatedg	0.009		0	A	1		0.015	0.008	
18:3 undifferentiatedg	0.000		0	A	1		0.000	0.000	
18:4g	0.013		0	A	1		0.021	0.011	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.034		0	A	1		0.056	0.029	
20:5 n-3g	0.047		0	A	1		0.078	0.040	
22:5 n-3g	0.009		0	A	1		0.015	0.008	
22:6 n-3g	0.223		0	A	1		0.368	0.190	
Fatty acids, total transg									
Cholesterol mg	30		0	A	1		50	26	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.286		0	A	1		0.472	0.243	
Threonine	1.118		0	A	1		1.845	0.950	
Isoleucineg	1.175		0	A	1		1.939	0.999	
Leucineg	2.073		0	A	1		3.420	1.762	
Lysineg	2.343		0	A	1		3.866	1.992	
Methionineg	0.755		0	A	1		1.246	0.642	
Cystineg	0.273		0	A	1		0.450	0.232	
Phenylalanineg	0.996		0	A	1		1.643	0.847	
Tyrosineg	0.861		0	A	1		1.421	0.732	
Valineg	1.314		0	A	1		2.168	1.117	
Arginineg	1.527		0	A	1		2.520	1.298	
Histidineg	0.751		0	A	1		1.239	0.638	
Alanineg	1.543		0	A	1		2.546	1.312	
Aspartic acidg	2.612		0	A	1		4.310	2.220	
Glutamic acid9	3.808		0	A	1		6.283	3.237	
Glycine9	1.224		0	A	1		2.020	1.040	
Prolineg	0.902		0	A	1		1.488	0.767	
Serineg	1.041		0	A	1		1.718	0.885	
Hydroxyprolineg									

Common Measures:

Measure 1 = 165g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100) grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	62.28		0		1		95.91	52.94	
Energy	kcal	132		0	NC	4		203	112	
Energy	kj	552				4		851	469	
Protein (N x 6.25)	g	28.21		0		1		43.44	23.98	
Total lipid (fat)	g	1.29		0		1		1.99	1.10	
Ash	g	1.67		0		1		2.57	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	g									
Starch	g									
<i>r</i> : 1										
Minerals:	ma	27		^		4		E 7	21	
Calcium, Ca	-	37 1.60		0 0		1 1		57 2.46	31 1.36	
Iron, Fe	-	44		0		1		2.46 68	37	
Magnesium, Mg		285		0		1		439	242	
Potassium, K	-	522		0		1		804	444	
Sodium, Na	-	47		0		1		72	40	
Zinc, Zn	-	1.05		0		1		1.62	0.89	
Copper, Cu		0.110)	0		1		0.169	0.094	
Manganese, Mn.		0.019		0		1		0.029	0.016	
Selenium, Se		46.8		0	BFSN	4		72.1	39.8	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	1.0		0		1		1.5	0.9	
Thiamin		0.038		0		1		0.059	0.032	
Riboflavin		0.122		0		1		0.188	0.104	
Niacin		18.756		0		1		28.884	15.943	
Pantothenic acid		0.485		0		1		0.747	0.412	
Vitamin B-6	-	0.981	L	0		1		1.511	0.834	
Folate, total		10		0	_	1		15	9	
Folic acid		0		0	Z	7		0	0	
Foliate, food		10		0	***	1		15	9	
Folate, DFE		10		0	NC	4		15	9	
Vitamin B-12		2.19 60		0 0		1 1		3.37 92	1.86	
Vitamin A, IU						_			51	
Vitamin A, RAE		18 18		0 0		1 1		28 28	15	
Retinol		18		U		1		28	15	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated		0.420)	0		1		0.647	0.357	
4:0										
6:0	-									
8:0	-									
10:0	-									
13:0	-									
14:0		0.051	L	0		1		0.079	0.043	
15:0	-	0.031	-	Ü		-		0.075	0.043	
16:0	-	0.298	3	0		1		0.459	0.253	
17:0		3.230		•		_		0.433	0.233	
18:0	-	0.070)	0		1		0.108	0.060	
20:0	-	0.070	-	3		-		0.100	0.000	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10		of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty saids total management and		0.243		0		1		0.374	0.207		
Fatty acids, total monounsaturated		0.243		U		1		0.374	0.207		
15:1											
16:1 undifferentiated	-	0.046		0		1		0.071	0.039		
17:1	-	0.040		Ū		-		0.071	0.033		
18:1 undifferentiated	_	0.168		0		1		0.259	0.143		
20:1		0.100		0		1		0.239	0.019		
22:1 undifferentiated		0.022		0		1		0.012	0.019		
24:1 c		0.008		U		1		0.012	0.007		
Fatty acids, total polyunsaturated	-	0.403		0		1		0.621	0.343		
18:2 undifferentiated		0.403		0		1		0.621	0.343		
18:3 undifferentiated	-	0.020		U		1		0.031	0.017		
	-	0.005		0		1		0.008	0.004		
18:4		0.005		U		1		0.008	0.004		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	-	0.033		0		1		0.051	0.028		
20:4 undifferentiated	-	0.033		0		1		0.031	0.028		
20:5 n-3	_	0.091		0		1					
22:5 n-3				0		1		0.026	0.014		
22:6 n-3	-	0.237		U		1		0.365	0.201		
Fatty acids, total trans	-	60		0		1		92	51		
Cholesterol	-	60		U		1		92	51		
Phytosterols	Ilig										
Amino Acids:											
Tryptophan	g	0.316		0		1		0.487	0.269		
Threonine		1.237		0		1		1.905	1.051		
Isoleucine	g	1.300		0		1		2.002	1.105		
Leucine		2.293		0		1		3.531	1.949		
Lysine	-	2.590		0		1		3.989	2.202		
Methionine	-	0.835		0		1		1.286	0.710		
Cystine		0.302		0		1		0.465	0.257		
Phenylalanine	-	1.101		0		1		1.696	0.936		
Tyrosine	-	0.952		0		1		1.466	0.809		
Valine	-	1.453		0		1		2.238	1.235		
Arginine.	-	1.688		0		1		2.600	1.435		
Histidine	-	0.830		0		1		1.278	0.706		
Alanine		1.706		0		1		2.627	1.450		
Aspartic acid		2.888		0		1		4.448	2.455		
Glutamic acid	-	4.210		0		1		6.483	3.579		
Glycine		1.354		0		1		2.085	1.151		
Proline	-	0.997		0		1		1.535	0.847		
Serine	-	1.151		0		1		1.773	0.978		
Hydroxyproline	-	1.151		v		-		1.775	0.576		
ттуш охургонне	9										

Common Measures:

Measure 1 = 154g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			N	lumber	•			<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	64.02		1		1		113.96	54.42	
Energy	kcal	186		0	NC	4		331	158	
Energy	kj	778				4		1385	661	
Protein (N x 6.25)	g	26.53		1		1		47.22	22.55	
Total lipid (fat)	g	8.08		1		1		14.38	6.87	
Ash	g	2.18		1		1		3.88	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									
Minerals:										
Vilnerals: Calcium, Ca	ma	4		0		1		7	3	
Iron, Fe	-	0.65		0		1		1.16	0.55	
Magnesium, Mg	-	34		0		1		61	29	
Phosphorus, P		267		0		1		475	227	
Potassium, K	•	333		0		1		593	283	
Sodium. Na.	-	396		0		1		705	337	
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	0.47		0		1		0.84	0.40	
Copper, Cu		0.130	1	0		1		0.231	0.111	
Manganese, Mn		0.016		0		4		0.028	0.014	
Selenium, Se		60.1	6.743	3 7	A	1		107.0	51.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.017		0		1		0.030	0.014	
Riboflavin	=	0.079		0		1		0.141	0.067	
Niacin	-	11.698		0		1		20.822	9.943	
Pantothenic acid	_	0.370		0		4		0.659	0.315	
Vitamin B-6	_	0.430		0		4		0.765	0.366	
Folate, total		5	0.670		_	1		8	4	
Folic acid		0	0.674	0	Z	7		0	0	
Folate, food		5	0.670	-		1		8	4	
Folate, DFE		5		0	NC	4		8	4	
Vitamin B-12		2.20		0		4		3.92	1.87	
Vitamin A, IU		16		-	NC	4		28 9	14	
Vitamin A, RAE		5 5		0 0	NC	4 4		9	4	
Retinol				0	RA			-	4	
Vitamin E (alpha-tocopherol)		2.30 0.00		0	RA DA	4		4.09 0.00	1.96	
Tocopherol, beta				0	RA RA	4			0.00	
Tocopherol, gamma		0.02 0.02		0	RA RA	4		0.04	0.02	
Tocopherol, delta Vitamin D		0.02		U	KA	4		0.03	0.01	
Vitamin K (phylloquinone)		6.9		0	RA	4		12.4	5.9	
vitanini K (phynoquinone)	IIIO9	0.5		Ū	IV.	-		12.4	3.9	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.280)	0	NC	4		2.279	1.088	
4:0	_	0.000)	0	RA	4		0.000	0.000	
6:0		0.000)	0	RA	4		0.000	0.000	
8:0		0.000		0	RA	4		0.000	0.000	
10:0	_	0.000		0	RA	4		0.000	0.000	
12:0		0.000)	0	RA	4		0.000	0.000	
13:0	_									
14:0	_	0.030)	0	RA	4		0.054	0.026	
15:0	_	_				_			_	
16:0	_	0.862		0	RA	4		1.535	0.733	
17:0	_			-	_			_	_	
18:0	-	0.388		0	RA	4		0.690	0.330	
20:0	_									
22:0	a									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and U	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed	3.262		0	NC	4		5.807	2.773	
14:1	g									
15:1 16:1 undifferentiated	_	0.069		0	RA	4		0.123	0.059	
17:1										
18:1 undifferentiated	-	3.159		0	RA	4		5.622	2.685	
20:1	-	0.022		0	RA	4		0.039	0.019	
22:1 undifferentiated	•	0.012		0	RA	4		0.022	0.011	
24:1 c		2.972		0	NC	4		5.289	0.506	
Fatty acids, total polyunsaturated 18:2 undifferentiated		2.489		0	RA.	4		4.430	2.526 2.116	
18:3 undifferentiated		0.204		0	RA	4		0.364	0.174	
18:4		0.014		0	RA	4		0.026	0.012	
20:2 n-6 c.c.						_		****	****	
20:3 undifferentiated										
20:4 undifferentiated	_	0.014		0	RA	4		0.026	0.012	
20:5 n-3	g	0.066		0	RA	4		0.118	0.056	
22:5 n-3	g	0.005		0	RA	4		0.009	0.004	
22:6 n-3	g	0.178		0	RA	4		0.317	0.152	
Fatty acids, total trans	g									
Cholesterol	-	31	3.4	93 6		1		55	26	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.297		0		1		0.529	0.252	
Threonine	g	1.163		0		1		2.070	0.989	
Isoleucine	g	1.223		0		1		2.177	1.040	
Leucine	g	2.156		0		1		3.838	1.833	
Lysine	g	2.437		0		1		4.338	2.071	
Methionine	g	0.785		0		1		1.397	0.667	
Cystine		0.284		0		1		0.506	0.241	
Phenylalanine		1.036		0		1		1.844	0.881	
Tyrosine	-	0.896		0		1		1.595	0.762	
Valine	-	1.367		0		1		2.433	1.162	
Arginine		1.588 0.781		0 0		1 1		2.827	1.350	
Histidine	-			0		1		1.390 2.857	0.664 1.364	
Alanine		1.605 2.717		0		1		4.836	2.309	
Glutamic acid		3.961		0		1		7.051	3.367	
Glycine	-	1.274		0		1		2.268	1.083	
Proline		0.938		0		1		1.670	0.797	
Serine	-	1.082		0		1		1.926	0.920	
Hydroxyproline										
Others:	-									
Alcohol, ethyl	a	0.0		0	RA	4		0.0	0.0	
Caffeine		0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	g	ŭ		•	-	-		-	•	
	mc~	•		^	_	-		0.000	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 Lycopene		0		0	z Z	7		0.000	0.000	
	HICH	U		U	- 4				0.000	

Common Measures:

Measure 1 = 178g: 1 can

Measure 2 = 85g: 3 oz

NDB No. 15124

Fish, tuna, white, canned in oil, drained solids

Calories Factors: Protein 4.27 Fat 9 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15185 Fish, tuna, white, canned in oil, without salt, drained solids

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portion	<u>1</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.02		1		1		113.96	54.42	
Energy		186		0	NC	4		331	158	
Energy	kj	778				4		1385	661	
Protein (N x 6.25)		26.53		1		1		47.22	22.55	
Total lipid (fat)	g	8.08		1		1		14.38	6.87	
Ash		2.18		1		1		3.88	1.85	
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	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		7	3	
Iron, Fe	-	0.65		0		1		1.16	0.55	
Magnesium, Mg	-	34		0		1		61	29	
Phosphorus, P	mg	267		0		1		475	227	
Potassium, K	mg	333		0		1		593	283	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	50		0		1		89	43	
Zinc, Zn		0.47		0		1		0.84	0.40	
Copper, Cu		0.130		0		1		0.231	0.111	
Manganese, Mn		0.016		0		4		0.028	0.014	
Selenium, Se	mcg	60.1	6.7	43 7	A	1		107.0	51.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.017	,	0		1		0.030	0.014	
Riboflavin		0.079)	0		1		0.141	0.067	
Niacin		11.698	3	0		1		20.822	9.943	
Pantothenic acid		0.370)	0		4		0.659	0.315	
Vitamin B-6	mg	0.430)	0		4		0.765	0.366	
Folate, total	mcg	5	0.6	70 3		1		8	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5	0.6	70 3		1		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12		2.20		0		4		3.92	1.87	
Vitamin A, IU		80		0		4		142	68	
Vitamin A, RAE		24		0		4		43	20	
Retinol		24		0		4		43	20	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
Lipids:										
Fatty acids, total saturated	g	1.650)	0		4		2.937	1.403	
Fatty acids, total monounsaturated	g	2.480		0		4		4.414	2.108	
Fatty acids, total polyunsaturated	g	3.380)	0		4		6.016	2.873	
Fatty acids, total trans										
Cholesterol	-	31	3.4	93 6		1		55	26	
Phytosterols	_{mg}									
Amino Acids:										
Tryptophan	q	0.297	,	0		1		0.529	0.252	
Threonine		1.163		0		1		2.070	0.989	
Isoleucine	-	1.223		0		1		2.177	1.040	
Leucine	-	2.156		0		1		3.838	1.833	
Lysine		2.437		0		1		4.338	2.071	
Methionine		0.785	5	0		1		1.397	0.667	
Cystine		0.284	Į.	0		1		0.506	0.241	

	Amount in 100 grams of edible portion									
Nutrients and Units	Mean Std. E	Number of Data Deri rror Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3				
Phonulologina	1.036	0	1	1.844	0.881					
Phenylalanine	0.896	0	1	1.595	0.881					
Tyrosineg Valineg	1.367	0	1	2.433	1.162					
Arginineg	1.588	0	1	2.827	1.350					
Histidine	0.781	0	1	1.390	0.664					
Alanineg	1.605	0	1	2.857	1.364					
Aspartic acidg	2.717	0	1	4.836	2.309					
Glutamic acidg	3.961	0	1	7.051	3.367					
Glycineg	1.274	0	1	2.268	1.083					
Prolineg	0.938	0	1	1.670	0.797					
Serineg	1.082	0	1	1.926	0.920					
Hydroxyprolineg										

Common Measures:

Measure 1 = 178g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9 Carbohydrate 3.87

		<u>Aı</u>	nount in 100 g	rams	of edil	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
Proximates:										
Water	g	73.19	1.109	5		1		125.89	62.21	
Energy	kcal	128		0	NC	4		220	109	
Energy	kj	536				4		921	455	
Protein (N x 6.25)	g	23.62	1.534	3		1		40.63	20.08	
Total lipid (fat)	g	2.97	0.419	4		1		5.11	2.52	
Ash	g	1.46	0.074	3		1		2.51	1.24	
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	14		2		1		24	12	
Iron, Fe	_	0.97	0.033	5		1		1.67	0.82	
Magnesium, Mg	_	33	1.779	5		1		57	28	
Phosphorus, P		217		2		1		373	184	
Potassium, K	_	237	35.011	6		1		408	201	
Sodium, Na		377	40.239	7		1		648	320	
Zine, Zn	mg	0.48	0.016	5		1		0.83	0.41	
Copper, Cu	mg	0.039	0.003	5		1		0.067	0.033	
Manganese, Mn	mg	0.019	0.003	5		1		0.033	0.016	
Selenium, Se	mcg	65.7		2	A	1		113.0	55.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.008		2	_	1		0.014	0.007	
Riboflavin	_	0.044		2		1		0.076	0.037	
Niacin	-	5.799		0		1		9.974	4.929	
Pantothenic acid	_	0.124		2		1		0.213	0.105	
Vitamin B-6	-	0.217		2		1		0.373	0.184	
Folate, total	-	2	0.033	3		1		3	2	
Folic acid		0		0	z	7		0	0	
Folate, food		2	0.033	3		1		3	2	
Folate, DFE		2		0	NC	4		3	2	
Vitamin B-12		1.17	0.121	4		1		2.01	0.99	
Vitamin A, IU	IU	20		0	NC	4		34	17	
Vitamin A, RAE		6		0	NC	4		10	5	
Retinol	mcg	6		0	NR	4		10	5	
Vitamin E (alpha-tocopherol)	mg	0.85		1	A	1		1.46	0.72	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.03		1	A	1		0.05	0.03	
Tocopherol, delta		0.02		1	A	1		0.03	0.02	
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.5		1	A	1		4.3	2.1	
Lipids:										
Fatty acids, total saturated	a	0.792		0		1		1.362	0.673	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0	-	0.082		0		1		0.141	0.070	
15:0	-									
16:0	-	0.592		0		1		1.018	0.503	
17:0	-									
18:0	g	0.118		0		1		0.203	0.100	
20:0	g									
22:0	-									
24:0	q									

	<u>Ar</u>	mount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe				<u> </u>	easures or roou		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9		0		1		1.348	0.666		
14:19									
15:1g									
16:1 undifferentiated9		0		1		0.248	0.122		
17:19		_		_					
18:1 undifferentiated9				1		0.891	0.440		
20:19				1		0.134	0.066		
22:1 undifferentiated9		0		1		0.076	0.037		
24:1 c9		_							
Fatty acids, total polyunsaturated9				1		1.907	0.943		
18:2 undifferentiated				1		0.095	0.047		
18:3 undifferentiated9				1		0.122	0.060		
18:49		0		1		0.088	0.043		
20:2 n-6 c,c9									
20:3 undifferentiated9		_							
20:4 undifferentiated9				1		0.088	0.043		
20:5 n-39				1		0.401	0.198		
22:5 n-39				1		0.031	0.015		
22:6 n-39		0		1		1.082	0.535		
Fatty acids, total trans9									
Cholesteroln		0		1		72	36		
Phytosterolsn	ng								
Amino Acids:									
Tryptophan9	0.265	0		1		0.456	0.225		
Threonine	•			1		1.780	0.880		
Isoleucine 9				1		1.871	0.925		
Leucine				1		3.302	1.632		
Lysine9				1		3.731	1.844		
Methionine	•			1		1.202	0.594		
Cystine				1		0.435	0.215		
				1		1.586	0.784		
Phenylalanine 9 Tyrosine 9				1		1.371	0.784		
-				1		2.093	1.034		
Valine	•			1					
Arginine				1		2.430 1.195	1.201		
Histidine	•			1			0.591		
Alanine				1		2.456	1.214		
Aspartic acid						4.161	2.056		
Glutamic acid				1		6.065	2.997		
Glycine9				1		1.950	0.964		
Proline				1		1.436	0.710		
Serine		0		1		1.658	0.819		
Hydroxyproline9									
Others:									
Alcohol, ethyl	0.0	0		7		0.0	0.0		
Caffeine mg		0	z	7		0	0		
Theobromine mg	•	0	z	7		0	0		
Carotenoids:	-	·	_	•		-	•		
Carotene, beta mo		0	Z	7		0.000	0.000		
Carotene, alpha mo		0	Z	7		0.000	0.000		
Cryptoxanthin, beta mo		0	Z	7		0.000	0.000		
Lycopenemo		0	Z	7		0.000	0.000		
Lutein + zeaxanthin mo	og 0	0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 172g: 1 can

Measure 2 = 85g: 3 oz

NDB No. 15126

Fish, tuna, white, canned in water, drained solids

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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		
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:	a	74.02		0	BFAN	4		127.31	60.00		
Water	=	128		0	BFAN	4		220	62.92		
Energy		536		U		4		921	109 455		
Energy		23.62	1.534	3		1		40.63			
Protein (N x 6.25)		23.62	0.419	4		1		5.11	20.08 2.52		
Total lipid (fat)		0.63	0.419	0	BFAN	4		1.08	0.54		
Ash		0.00		0	DFAN	7		0.00	0.54		
Carbohydrate, by difference		0.00		0		7		0.00	0.00		
Fiber, total dietary		0.0		U		,		0.0	0.0		
Sugars, total											
Starch	g										
<u> Minerals:</u>											
Calcium, Ca	mg	14		2		1		24	12		
Iron, Fe	mg	0.97	0.033	5		1		1.67	0.82		
Magnesium, Mg	mg	33	1.779	5		1		57	28		
Phosphorus, P	mg	217		2		1		373	184		
Potassium, K	mg	237	35.011	6		1		408	201		
Sodium, Na	mg	50		0		4		86	43		
Zinc, Zn		0.48	0.016	5		1		0.83	0.41		
Copper, Cu		0.039		5		1		0.067	0.033		
Manganese, Mn		0.019	0.003	5		1		0.033	0.016		
Selenium, Se	mcg	65.7		2	A	1		113.0	55.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.008		2	_	1		0.014	0.007		
Riboflavin		0.044		2		1		0.076	0.037		
Niacin		5.799		0		1		9.974	4.929		
Pantothenic acid		0.124		2		1		0.213	0.105		
Vitamin B-6	_	0.217		2		1		0.373	0.184		
Folate, total	_	2	0.033	3		1		3	2		
Folic acid		0	0.000	0	Z	7		0	0		
Folate, food		2	0.033	3	_	1		3	2		
Folate, DFE		2	0.000	0	NC	4		3	2		
Vitamin B-12		1.17	0.121	4		1		2.01	0.99		
Vitamin A, IU	IU	19		2		1		33	16		
Vitamin A, RAE		6		2		1		10	5		
Retinol		6		2		1		10	5		
Vitamin E (alpha-tocopherol)									-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
Lipids:	a	0 700		0		4		1 200	0 (7)		
Fatty acids, total saturated		0.792		0		1		1.362	0.673		
4:0											
6:0											
8:0 10:0	-										
12:0											
13:0											
14:0		0.082		0		1		0.141	0.070		
15:0		0.002		·		-		V.141	0.070		
16:0		0.592		0		1		1.018	0.503		
17:0		0.392		·		-		1.010	0.303		
18:0	-	0.118		0		1		0.203	0.100		
20:0	-	0.110		v		1		0.203	0.100		
22:0	-										
44 U	ч										

	<u>A</u> 1	mount in 100 grams		<u>ion</u>	Amount in edible portion of common measures of food		
		Number of Data	r Deriv Sourc	e Confidence	<u></u>	0404100 01 1004	•
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.784	0	1		1.348	0.666	
14:1g							
15:1g							
16:1 undifferentiatedg	0.144	0	1		0.248	0.122	
17:1g	0.54	0	_				
18:1 undifferentiatedg	0.518		1		0.891	0.440	
20:1g	0.078		1		0.134	0.066	
22:1 undifferentiatedg	0.044	0	1		0.076	0.037	
24:1 c	1.109	0	1		1 007	0.040	
Fatty acids, total polyunsaturatedg			1		1.907	0.943	
18:2 undifferentiated	0.055 0.071		1		0.095	0.047	
18:3 undifferentiated			1		0.122 0.088	0.060	
18:4g	0.051	U	1		0.088	0.043	
20:2 n-6 c,c							
20:4 undifferentiatedg	0.051	0	1		0.088	0.043	
	0.031		1		0.401	0.198	
20:5 n-3	0.233		1		0.401	0.198	
22:5 n-3	0.629		1		1.082	0.535	
	0.023	U	_		1.062	0.555	
Fatty acids, total trans	42	0	1		72	36	
Phytosterolsmg	72	v	-		72	30	
T ilytostcrois							
Amino Acids:							
Tryptophang	0.265		1		0.456	0.225	
Threonineg	1.035		1		1.780	0.880	
Isoleucineg	1.088		1		1.871	0.925	
Leucineg	1.920		1		3.302	1.632	
Lysineg	2.169		1		3.731	1.844	
Methionineg	0.699		1		1.202	0.594	
Cystineg	0.253		1		0.435	0.215	
Phenylalanineg	0.922		1		1.586	0.784	
Tyrosineg	0.797		1		1.371	0.677	
Valineg	1.217		1		2.093	1.034	
Arginineg	1.413		1		2.430	1.201	
Histidineg	0.695		1		1.195	0.591	
Alanine	1.428		1		2.456	1.214	
Aspartic acidg	2.419		1		4.161	2.056	
Glutamic acid	3.526		1		6.065	2.997	
Glycine9	1.134		1		1.950	0.964	
Prolineg	0.835		1		1.436	0.710	
Serineg	0.964	0	1		1.658	0.819	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 172g: 1 can Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean				Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u> </u> Measure
Proximates: Water	a	62.81		0		1		53.39		
Energy	-	139		0	NC	4		118		
Energy		582		U	NC	4		494		
		29.97		0		1		25.47		
Protein (N x 6.25) Total lipid (fat)		1.22		0		1		1.04		
		1.72		0		1		1.46		
Ash Carbohydrate, by difference		0.00		0	z	7		0.00		
Fiber, total dietary		0.00		0	Z	7		0.00		
		0.0		U	4	,		0.0		
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	21		0		1		18		
Iron, Fe	mg	0.94		0		1		0.80		
Magnesium, Mg	mg	64		0		1		54		
Phosphorus, P	mg	245		0		1		208		
Potassium, K	mg	569		0		1		484		
Sodium, Na	mg	47		0		1		40		
Zinc, Zn	mg	0.67		0		1		0.57		
Copper, Cu	mg	0.082	2	0		1		0.070		
Manganese, Mn	mg	0.019	9	0		1		0.016		
Selenium, Se	mcg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		0		1		0.9		
Thiamin	_	0.501	i	0		1		0.426		
Riboflavin		0.057		0		1		0.048		
Niacin		11.936		0		1		10.146		
Pantothenic acid		0.865		0		1		0.735		
Vitamin B-6	_	1.038		0		1		0.882		
Folate, total	-	2	•	0		1		2		
Folic acid		0		0	z	7		0		
Folate, food		2		0	_	1		2		
Folate, DFE		2		0	NC	4		2		
Vitamin B-12		0.60		0	110	1		0.51		
Vitamin A, IU	IU	68		0		1		58		
Vitamin A, RAE		20		0		1		17		
Retinol		20		0		1		17		
Vitamin E (alpha-tocopherol)		20		·		-				
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.301	L	0		1		0.256		
4:0										
6:0										
8:0	-									
10:0		0.010		^				0.010		
12:0		0.012	4	0		1		0.010		
13:0	-			_		_				
14:0	_	0.014	4	0		1		0.012		
15:0	-			_		_				
16:0	-	0.200	J	0		1		0.170		
17:0	-		_	_		_				
18:0	-	0.065	•	0		1		0.055		
20:0	-									
22:0	g									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
			Std. Error		Deriv	Source Code	Confidence Code			•
Nutrients and Uni	ts	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
E-14id4-4-1	a	0.197		0		1		0.167		
Fatty acids, total monounsaturated		0.197		U		1		0.167		
15:1										
16:1 undifferentiated		0.032		0		1		0.027		
17:1	_									
18:1 undifferentiated		0.138		0		1		0.117		
20:1	g	0.009		0		1		0.008		
22:1 undifferentiated	-	0.018		0		1		0.015		
24:1 c	g									
Fatty acids, total polyunsaturated		0.364		0		1		0.309		
18:2 undifferentiated	g	0.010		0		1		0.009		
18:3 undifferentiated	g	0.015		0		1		0.013		
18:4	g	0.006		0		1		0.005		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g	0.036		0		1		0.031		
20:5 n-3	g	0.047		0		1		0.040		
22:5 n-3	-	0.017		0		1		0.014		
22:6 n-3		0.232		0		1		0.197		
Fatty acids, total trans	_									
Cholesterol	_	58		0		1		49		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.336		0		1		0.286		
Threonine		1.314		0		1		1.117		
Isoleucine	g	1.381		0		1		1.174		
Leucine	-	2.436		0		1		2.071		
Lysine		2.753		0		1		2.340		
Methionine		0.887		0		1		0.754		
Cystine	g	0.321		0		1		0.273		
Phenylalanine		1.170		0		1		0.995		
Tyrosine		1.012		0		1		0.860		
Valine	g	1.544		0		1		1.312		
Arginine	g	1.794		0		1		1.525		
Histidine	g	0.882		0		1		0.750		
Alanine	g	1.813		0		1		1.541		
Aspartic acid	g	3.069		0		1		2.609		
Glutamic acid	g	4.475		0		1		3.804		
Glycine		1.439		0		1		1.223		
Proline		1.060		0		1		0.901		
Serine	-	1.223		0		1		1.040		
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		70.45		0		1		112.02	59.88		
Energy	kcal	122		0	NC	4		194	104		
Energy	kj	510				4		812	434		
Protein (N x 6.25)		20.58		0		1		32.72	17.49		
Total lipid (fat)	g	3.78		0		1		6.01	3.21		
Ash		2.69		0		1		4.28	2.29		
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	23		0		1		37	20		
Iron, Fe	_	0.46		0		1		0.73	0.39		
Magnesium, Mg	-	65		0		1		103	55		
Phosphorus, P		165		0		1		262	140		
Potassium, K	•	305		0		1		485	259		
Sodium, Na		192		0		1		305	163		
Zinc, Zn	-	0.28		0		1		0.45	0.24		
Copper, Cu	-	0.047	,	0		1		0.075	0.040		
Manganese, Mn		0.022		0		1		0.035	0.019		
Selenium, Se		46.8		0	BFSN	4		74.4	39.8		
Vitamins:											
Vitamin C, total ascorbic acid	_	1.7		0		1		2.7	1.4		
Thiamin		0.076		0		1		0.121	0.065		
Riboflavin		0.097		0		1		0.154	0.082		
Niacin	-	2.679		0		1		4.260	2.277		
Pantothenic acid		0.658		0		1		1.046	0.559		
Vitamin B-6	-	0.242	!	0		1		0.385	0.206		
Folate, total		9		0	_	1		14	8		
Folic acid		0		0	Z	7		0	0		
Folate, food		9		0		1		14	8		
Folate, DFE		9		0	NC	4		14	8		
Vitamin B-12		2.54		0		1		4.04	2.16		
Vitamin A, IU		40		0		1		64	34		
Vitamin A, RAE		12		0		1		19	10		
Retinol		12		0		1		19	10		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v namm K (phynoqumone)	mog										
<u>Lipids:</u>											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated	g										
Fatty acids, total polyunsaturated	g										
Fatty acids, total trans	g										
Cholesterol		62		0		1		99	53		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.230)	0		1		0.366	0.196		
Threonine		0.902		0		1		1.434	0.767		
Isoleucine		0.948		0		1		1.507	0.806		
Leucine	-	1.672		0		1		2.658	1.421		
Lysine	_	1.890		0		1		3.005	1.607		
Methionine		0.609		0		1		0.968	0.518		
Cystine	-	0.221		0		1		0.351	0.188		

	Amount	in 100 grams of e	dible portion	Amount in	edible portion of	of common
Nutrients and Units	Mean Std. E	Number of Data Der error Points Cod	iv Source Confidence le Code Code		easures of food Measure 2	Measure 3
Phenylalanineg	0.803	0	1	1.277	0.683	
Tyrosine9	0.695	0	1	1.105	0.591	
Valineg	1.060	0	1	1.685	0.901	
Arginine9	1.231	0	1	1.957	1.046	
Histidine	0.606	0	1	0.964	0.515	
Alanineg	1.244	0	1	1.978	1.057	
Aspartic acidg	2.107	0	1	3.350	1.791	
Glutamic acidg	3.072	0	1	4.884	2.611	
Glycineg	0.988	0	1	1.571	0.840	
Prolineg	0.728	0	1	1.158	0.619	
Serineg	0.840	0	1	1.336	0.714	
Hydroxyprolineg						

Common Measures:

Measure 1 = 159g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15129 Fish, turbot, european, raw Scophthalmus maximus (L.)

		<u>A</u>	mount in 100	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	76.95		2		1		156.98	65.41		
Energy	-	95		0	NC	4		194	81		
Energy		397				4		811	338		
Protein (N x 6.25)		16.05		2		1		32.74	13.64		
Total lipid (fat)		2.95		2		1		6.02	2.51		
Ash	=	2.10		2		1		4.28	1.79		
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	• • • • • • • • • • • • • • • • • • • •	18		1		1		37	15		
Iron, Fe	-	0.36		0		4		0.73	0.31		
Magnesium, Mg		51		1		1		104	43		
Phosphorus, P	-	129		1		1		263	110		
Potassium, K	-	238		2		1		486	202		
Sodium, Na	-	150		1 2		1 1		306	128		
Zinc, Zn		0.22 0.037	,	2		1		0.45 0.075	0.19 0.031		
Copper, Cu Manganese, Mn		0.037		0		4		0.075	0.014		
Selenium, Se		36.5	'	0	CAZN	4		74.5	31.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.7		0		4		3.5	1.4		
Thiamin	mg	0.066	5	1		1		0.135	0.056		
Riboflavin	mg	0.080)	1		1		0.163	0.068		
Niacin	<u>mg</u>	2.200)	1		1		4.488	1.870		
Pantothenic acid	mg	0.570)	1		1		1.163	0.485		
Vitamin B-6	mg	0.210)	0		4		0.428	0.179		
Folate, total		8		0		4		16	7		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0		4		16	7		
Folate, DFE		8		0	NC	4		16	7		
Vitamin B-12		2.20		1		1		4.49	1.87		
Vitamin A, IU	IU	35		2		1		71	30		
Vitamin A, RAE		11 11		2 2		1 1		21 21	9 9		
Retinol Vitamin E (alpha-tocopherol)	-	11		2		_		21	9		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated		0.750		0		4		1.530	0.638		
Fatty acids, total monounsaturated		0.610		0		4		1.244	0.519		
Fatty acids, total polyunsaturated		0.880)	0		4		1.795	0.748		
Fatty acids, total trans		40		_				0.0	4-		
CholesterolPhytosterols		48		0		4		98	41		
Amino Acids:	-										
Tryptophan	g	0.180)	0		1		0.367	0.153		
Threonine		0.704		0		1		1.436	0.598		
Isoleucine		0.740		0		1		1.510	0.629		
Leucine	-	1.305		0		1		2.662	1.109		
Lysine		1.474		0		1		3.007	1.253		
Methionine		0.475		0		1		0.969	0.404		
Cystine		0.172	2	0		1		0.351	0.146		

	Amount in	100 grams of ed	lible portion	Amount in	edible portion of	common
Nutrients and Units	Mean Std. Er	Number of Data Deri ror Points Cod	v Source Confidence e Code Code		easures of food Measure 2	Measure 3
Phenylalanineg	0.627	0	1	1.279	0.533	
Tyrosineg	0.542 0.827	0	1	1.106 1.687	0.461	
Valine	0.960	0	1	1.958	0.703 0.816	
Histidineg Alanineg	0.473 0.971	0 0	1 1	0.965 1.981	0.402 0.825	
Aspartic acid	1.644 2.396	0	1 1	3.354 4.888	1.397 2.037	
Glycineg	0.770	0	1	1.571	0.655	
Proline 9 Serine 9 Hydroxyproline 9	0.568 0.655	0	1	1.159 1.336	0.483 0.557	

Common Measures:

Measure 1 = 204g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			I	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	65.09		0		1		100.24	55.33		
Energy	kcal	172		0	NC	4		265	146		
Energy	kj	720				4		1108	612		
Protein (N x 6.25)	g	24.47		0		1		37.68	20.80		
Total lipid (fat)	g	7.51		0		1		11.57	6.38		
Ash	g	1.44		0		1		2.22	1.22		
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	-										
Staren	9										
<u> Minerals:</u>											
Calcium, Ca	-	33		0		1		51	28		
Iron, Fe		0.47		0		1		0.72	0.40		
Magnesium, Mg	mg	42		0		1		65	36		
Phosphorus, P	mg	346		0		1		533	294		
Potassium, K	mg	406		0		1		625	345		
Sodium, Na	mg	65		0		1		100	55		
Zinc, Zn	mg	1.27		0		1		1.96	1.08		
Copper, Cu	mg	0.092	2	0		1		0.142	0.078		
Manganese, Mn	mg	0.086	5	0		1		0.132	0.073		
Selenium, Se	mcg	16.2		0	BFSN	4		24.9	13.8		
/itamins:											
	ma	0.0		0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid	_	0.0		0	4	1		0.263	0.0		
Thiamin		0.171		0		1		0.283	0.145		
Riboflavin		3.846		0		1		5.923	3.269		
Niacin		0.865		0		1		1.332	0.735		
Pantothenic acid		0.865		0		1		0.533			
Vitamin B-6	-		•						0.294		
Folate, total		17 0		0 0	_	1 7		26	14		
Folic acid					Z			0	0		
Folate, food		17 17		0	***	1 4		26 26	14		
Folate, DFE				0	NC				14		
Vitamin B-12		0.96		0		1		1.48	0.82		
Vitamin A, IU		131		0		1		202	111		
Vitamin A, RAE		39		0		1		61	33		
Retinol		39		0		1		61	33		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicg										
<u> ipids:</u>											
Fatty acids, total saturated	g	1.162	2	0		1		1.789	0.988		
4:0											
6:0	g										
8:0	g										
10:0	g										
12:0	g										
13:0	g										
14:0	g	0.140)	0		1		0.216	0.119		
15:0	g										
16:0	-	0.768	3	0		1		1.183	0.653		
17:0											
18:0	-	0.254	1	0		1		0.391	0.216		
20:0	-										
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Numbe of Data	='	Confidence	1111	easures or roou		
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.559	0	1		3.941	2.175		
14:1g								
15:1g			_		4 000	0.565		
16:1 undifferentiated	0.667	0	1		1.027	0.567		
17:1	1.727	0	1		2.660	1.468		
	0.133	0	1					
20:1		0	1		0.205	0.113		
22:1 undifferentiatedg 24:1 cg	0.032	U	1		0.049	0.027		
Fatty acids, total polyunsaturated9	2.755	0	1		4.243	2.342		
18:2 undifferentiated	0.349	0	1		0.537	0.297		
18:3 undifferentiated	0.235	0	1		0.362	0.200		
18:4g	0.064	0	1		0.099	0.054		
20:2 n-6 c.c								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.286	0	1		0.440	0.243		
20:5 n-3g	0.406	0	1		0.625	0.345		
22:5 n-3g	0.209	0	1		0.322	0.178		
22:6 n-3g	1.206	0	1		1.857	1.025		
Fatty acids, total trans								
Cholesterol mg	77	0	1		119	65		
Phytosterolsmg	J							
Amino Acids:								
Tryptophang	0.274	0	1		0.422	0.233		
Threonineg	1.073	0	1		1.652	0.912		
Isoleucineg	1.128	0	1		1.737	0.959		
Leucineg	1.989	0	1		3.063	1.691		
Lysineg	2.248	0	1		3.462	1.911		
Methionineg	0.724	0	1		1.115	0.615		
Cystineg	0.262	0	1		0.403	0.223		
Phenylalanine	0.955	0	1		1.471	0.812		
Tyrosineg	0.826	0	1		1.272	0.702		
Valineg	1.261	0	1		1.942	1.072		
Arginineg	1.465	0	1		2.256	1.245		
Histidineg	0.721	0	1		1.110	0.613		
Alanineg	1.480	0	1		2.279	1.258		
Aspartic acidg	2.506	0	1		3.859	2.130		
Glutamic acidg	3.654	0	1		5.627	3.106		
Glycine9	1.175	0	1		1.810	0.999		
Prolineg	0.865	0	1		1.332	0.735		
Serineg	0.999	0	1		1.538	0.849		
Hydroxyprolineg								

Common Measures:

Measure 1 = 154g: 1 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15130 Fish, whitefish, mixed species, raw Coregonus spp.

		Al	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	:s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	72.77	0.642	37		1		144.08	61.85		
Energy	_	134	0.012	0	NC	4		265	114		
Energy		561		Ü	140	4		1110	477		
0.0		19.09	0.239	42		1		37.80	16.23		
Protein (N x 6.25)		5.86	0.239	68		1		11.60	4.98		
Total lipid (fat)				34		1		2.22			
Ash		1.12	0.014		_				0.95		
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	26		0		4		51	22		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.37		0		4		0.73	0.31		
Magnesium, Mg	•	33		1		1		65	28		
Phosphorus, P		270		0		4		535	230		
Potassium, K	•	317		1		1		628	269		
Sodium, Na		51	1.004	17		1		101	43		
Zine, Zn		0.99	0.319	3		1		1.96	0.84		
Copper, Cu		0.072		2		1		0.143	0.061		
Manganese, Mn		0.067		0		4		0.133	0.057		
Selenium, Se		12.6		0	BFZN	4		24.9	10.7		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin	-	0.140		0		4		0.277	0.119		
Riboflavin		0.120		0		4		0.238	0.102		
Niacin	-	3.000		0		4		5.940	2.550		
Pantothenic acid		0.750		0		4		1.485	0.638		
Vitamin B-6	_	0.300)	0		4		0.594	0.255		
Folate, total	mcg	15		0		4		30	13		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	15		0		4		30	13		
Folate, DFE	mcg_DFE	15		0	NC	4		30	13		
Vitamin B-12	mcg	1.00		0		4		1.98	0.85		
Vitamin A, IU		120		0	NC	4		238	102		
Vitamin A, RAE	mcg_RAE	36		0	NC	4		71	31		
Retinol	mcg	36		0	NR	4		71	31		
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.40	0.17		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.2	0.1		
inide											
Lipids:	a	0.906	:	0		1		1.794	0.770		
Fatty acids, total saturated		0.900		0		1		0.000	0.770		
4:0		0.000		0		1					
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000 0.000		
8:0 10:0		0.000		0		1		0.000			
		0.000		0		1		0.000	0.000 0.000		
12:0	-	0.000	•	U		1		0.000	0.000		
13:0 14:0.	-	0 100		1		1		0.016	0.000		
		0.109	•	_		1		0.216	0.093		
15:0	-	0 500		1		4		1 100	0 500		
	y	0.599	•	1		1		1.186	0.509		
16:0	~										
17:0	-			_		_					
17:0 18:0	g	0.198		1		1		0.392	0.168		
17:0	g g	0.198		1		1		0.392	0.168		

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
				Number of Data		Source	Confidence	<u></u>	casares or room	•
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ig	1.996		0		1		3.952	1.697	
14:1	-									
15:1	_			_		_				
16:1 undifferentiated	_	0.520		1		1		1.030	0.442	
17:1 18:1 undifferentiated	-	1.347		1		1		2.667	1.145	
20:1		0.104		1		1		0.206	0.088	
22:1 undifferentiated		0.104		1		1		0.206	0.088	
24:1 c	•	0.023		_		_		0.030	0.021	
Fatty acids, total polyunsaturated.		2.149		0		1		4.255	1.827	
18:2 undifferentiated		0.272		1		1		0.539	0.231	
18:3 undifferentiated		0.183		1		1		0.362	0.156	
18:4		0.050		1		1		0.099	0.043	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.223		1		1		0.442	0.190	
20:5 n-3	g	0.317		1		1		0.628	0.269	
22:5 n-3	g	0.163		1		1		0.323	0.139	
22:6 n-3	g	0.941		1		1		1.863	0.800	
Fatty acids, total trans	g									
Cholesterol	mg	60	1.18	86 24		1		119	51	
Phytosterols	mg									
Amino Acids:										
	a	0.214		0		1		0.424	0.182	
Tryptophan Threonine		0.837		0		1		1.657	0.711	
Isoleucine	-	0.880		0		1		1.742	0.711	
Leucine		1.551		0		1		3.071	1.318	
Lysine	-	1.753		0		1		3.471	1.490	
Methionine		0.565		0		1		1.119	0.480	
Cystine		0.205		0		1		0.406	0.174	
Phenylalanine		0.745		0		1		1.475	0.633	
Tyrosine		0.644		0		1		1.275	0.547	
Valine	-	0.983		0		1		1.946	0.836	
Arginine	_	1.142		0		1		2.261	0.971	
Histidine		0.562		0		1		1.113	0.478	
Alanine		1.154		0		1		2.285	0.981	
Aspartic acid		1.955		0		1		3.871	1.662	
Glutamic acid		2.849		0		1		5.641	2.422	
Glycine	g	0.916		0		1		1.814	0.779	
Proline		0.675		0		1		1.337	0.574	
Serine	g	0.779		0		1		1.542	0.662	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	g	•		•	_	•		·	Ť	
<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 z	7		0.000	0.000	
Lutein + zeaxanthin	iind	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 198g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15130

Fish, whitefish, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100 g	rams c	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of Std. Error Po	Data I pints (Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	70.83		2		1		96.33	20.08	12.04
Energy	_	108		0	NC	4		147	31	18
Energy		452		Ü	140	4		615	128	77
Protein (N x 6.25)		23.40		2		1		31.82	6.63	3.98
Total lipid (fat)		0.93		2		1		1.26	0.26	0.16
Ash		5.06		2		1		6.88	1.43	0.86
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary		0.0		0	z	7		0.0	0.00	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		U	2	,		0.00	0.00	0.00
Starcn	g									
Minerals:										
Calcium, Ca	mg	18		2		1		24	5	3
Iron, Fe		0.50		2		1		0.68	0.14	0.0
Magnesium, Mg	mg	23		2		1		31	7	4
Phosphorus, P		132		2		1		180	37	22
Potassium, K		423		2		1		575	120	72
Sodium, Na		1019		2		1		1386	289	173
Zinc, Zn		0.49		2		1		0.67	0.14	0.0
Copper, Cu	-	0.315	5	2		1		0.428	0.089	0.0
Manganese, Mn		0.034	Į	2		1		0.046	0.010	0.0
Selenium, Se		13.5		0	BFSN	4		18.4	3.8	2.3
· ·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	0.0
Thiamin		0.032	2	2		1		0.044	0.009	0.0
Riboflavin	mg	0.101	L	2		1		0.137	0.029	0.0
Niacin	mg	2.400)	2		1		3.264	0.680	0.4
Pantothenic acid	mg	0.104	1	2		1		0.141	0.029	0.0
Vitamin B-6	mg	0.389)	2		1		0.529	0.110	0.0
Folate, total	mcg	7		2		1		10	2	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		7		2		1		10	2	1
Folate, DFE	mcg_DFE	7		0	NC	4		10	2	1
Vitamin B-12		3.26		2		1		4.43	0.92	0.5
Vitamin A, IU	IU	190		0	NC	4		258	54	32
Vitamin A, RAE		57		0	NC	4		78	16	10
Retinol		57		0	NR	4		78	16	10
Vitamin E (alpha-tocopherol)		0.20		0	NR	4		0.27	0.06	0.0
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	T	4		0.1	0.0	0.0
<u> ipids:</u>										
Fatty acids, total saturated	g	0.228		0		1		0.310	0.065	0.0
4:0	g	0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	g	0.000)	0		1		0.000	0.000	0.0
10:0	g	0.000)	0		1		0.000	0.000	0.0
12:0	g	0.000)	0		1		0.000	0.000	0.0
13:0	g									
14:0	g	0.007	7	2		1		0.010	0.002	0.0
15:0	g									
16:0		0.177	,	2		1		0.241	0.050	0.0
17:0										
18:0	-	0.044	Į	2		1		0.060	0.012	0.0
20:0	-									
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 10	Amount in edible portion of common measures of food						
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura 14:1		0.278		0		1		0.378	0.079	0.047
15:1 16:1 undifferentiated	g	0.026		2		1		0.035	0.007	0.004
17:1	g	0.205		2		1		0.279	0.058	0.035
20:1 22:1 undifferentiated	g	0.023 0.024		2 2		1 1		0.031 0.033	0.007 0.007	0.004 0.004
Fatty acids, total polyunsaturate	edg	0.293		0 2		1 1		0.398	0.083	0.050
18:2 undifferentiated	g	0.084 0.000 0.000		0		1		0.114 0.000 0.000	0.024 0.000 0.000	0.014 0.000 0.000
20:2 n-6 c,c	g	0.000		Ū		-		0.000	0.000	0.000
20:4 undifferentiated	g	0.000 0.048		0 2		1 1		0.000 0.065	0.000 0.014	0.000
22:5 n-3 22:6 n-3	g	0.005 0.156	i	2 2		1 1		0.007 0.212	0.001	0.001 0.027
Fatty acids, total trans		33		2		1		45	9	6
Phytosterols Amino Acids:	mg									
Tryptophan	q	0.262		0		1		0.356	0.074	0.045
Threonine		1.026	i	0		1		1.395	0.291	0.174
Isoleucine	g	1.078		0		1		1.466	0.306	0.183
Leucine	g	1.902		0		1		2.587	0.539	0.323
Lysine	g	2.149	1	0		1		2.923	0.609	0.365
Methionine	g	0.693	i .	0		1		0.942	0.196	0.118
Cystine	g	0.251		0		1		0.341	0.071	0.043
Phenylalanine	g	0.914		0		1		1.243	0.259	0.155
Tyrosine	g	0.790		0		1		1.074	0.224	0.134
Valine	g	1.206		0		1		1.640	0.342	0.205
Arginine	g	1.400		0		1		1.904	0.397	0.238
Histidine	g	0.689	1	0		1		0.937	0.195	0.117
Alanine	g	1.415		0		1		1.924	0.401	0.241
Aspartic acid	g	2.396	i	0		1		3.259	0.679	0.407
Glutamic acid	g	3.493	i	0		1		4.750	0.990	0.594
Glycine	g	1.123		0		1		1.527	0.318	0.191
Proline	g	0.827		0		1		1.125	0.234	0.141
Serine	g	0.955	i	0		1		1.299	0.271	0.162
Hydroxyproline	g									
Others: Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0.0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:		v		v		,		U	V	V
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 = 136g: 1 cup, cooked Measure 2 = 28.35g: 1 oz, boneless Measure 3 = 17g: 1 cubic inch, boneless NDB No. 15131

Fish, whitefish, mixed species, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	nount in 100 g	rams		edible portion				
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	74.71		0		1		53.79	63.50	
Energy	kcal	116		0	NC	4		84	99	
Energy	kj	485				4		349	413	
Protein (N x 6.25)	g	23.48		0		1		16.91	19.96	
Total lipid (fat)	g	1.69		0		1		1.22	1.44	
Ash	g	1.46	0.030	11		1		1.05	1.24	
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									
Nin and Inc										
Minerals:	ma	62		0		1		45	53	
Calcium, Ca	_	0.42	0.040	11		1		0.30	0.36	
Magnesium, Mg	_	27	0.040	0		1		19	23	
Phosphorus, P		285		0		1		205	242	
Potassium, K	_	434	9.800	11		1		312	369	
Sodium, Na		132	9.190	11		1		95	112	
Zine, Zn	_	0.53	0.020	11		1		0.38	0.45	
Copper, Cu		0.040		0		1		0.029	0.034	
Manganese, Mn		0.130		0		1		0.094	0.111	
Selenium, Se	mcg	41.1		0	BFSN	4		29.6	34.9	
7:tamina										
<u>Vitamins:</u>	ma a	0.0		0	_	7		0.0		
Vitamin C, total ascorbic acid	_	0.0	0.010	11	Z	1		0.0 0.049	0.0	
Thiamin		0.068 0.060		11		1		0.049	0.058	
Riboflavin						1			0.051	
Niacin		1.670 0.250		11 0		1		1.202	1.420	
Pantothenic acid Vitamin B-6	-	0.250		0		1		0.180 0.130	0.213 0.153	
	-	15		0		1		11	13	
Foliae, total		0		0	z	7		0	0	
Folic acid		15		0	4	1		11	13	
Folate, foodFolate, DFE		15		0	NC	4		11	13	
Vitamin B-12		2.60	0.200	11	NC	1		1.87	2.21	
Vitamin A, IU		113	0.200	0	NC	4		82	96	
Vitamin A, RAE		34		0	NC	4		24	29	
Retinol		34		0	NR	4		24	29	
Vitamin E (alpha-tocopherol)		0.30		0	NR	4		0.22	0.26	
Tocopherol, beta		0.50		·		-		V	0.20	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1	0.1	
<u>ipids:</u>	_					_				
Fatty acids, total saturated		0.400		0		1 1		0.288	0.340	
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		0		1		0.000 0.000	0.000 0.000	
12:0 13:0		0.000		J		1		0.000	0.000	
14:0		0.068		11		1		0.049	0.058	
15:0		0.000				1		0.049	0.058	
16:0		0.285		11		1		0.205	0.242	
17:0		0.265				1		0.205	0.242	
18:0	-	0.047		11		1		0.034	0.040	
20:0	-	0.047				1		0.034	0.040	
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 100 gran	Amount in edible portion of common					
			Numb of Dat	er a Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	Units	Mean	Std. Error Points	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.445	0		1		0.320	0.378	
14:1	_								
15:1	_				_				
16:1 undifferentiated	_	0.121	. 11		1		0.087	0.103	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.277	11		1		0.199	0.235	
20:1	_	0.027			1		0.019	0.023	
22:1 undifferentiated		0.020			1		0.014	0.017	
24:1 c	•								
Fatty acids, total polyunsaturat		0.587	0		1		0.423	0.499	
18:2 undifferentiated	g	0.020	11		1		0.014	0.017	
18:3 undifferentiated		0.013	11		1		0.009	0.011	
18:4	g	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.020			1		0.014	0.017	
20:5 n-3		0.283			1		0.204	0.241	
22:5 n-3		0.017			1		0.012	0.014	
22:6 n-3	_	0.235	11		1		0.169	0.200	
Fatty acids, total trans Cholesterol		84	3.700 11		1		60	71	
Phytosterols		04	3.700 11		1		60	/1	
1 Hytosterois	9								
Amino Acids:									
Tryptophan		0.263			1		0.189	0.224	
Threonine	_	1.029			1		0.741	0.875	
Isoleucine	_	1.082			1		0.779	0.920	
Leucine	_	1.908			1		1.374	1.622	
Lysine		2.156			1 1		1.552	1.833	
Methionine		0.695 0.252			1		0.500 0.181	0.591	
Cystine		0.232			1		0.181	0.214 0.779	
Phenylalanine Tyrosine		0.793			1		0.571	0.674	
Valine	_	1.210			1		0.871	1.029	
Arginine	-	1.405			1		1.012	1.194	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.691			1		0.498	0.587	
Alanine		1.420			1		1.022	1.207	
Aspartic acid	_	2.404	0		1		1.731	2.043	
Glutamic acid		3.505	0		1		2.524	2.979	
Glycine	g	1.127	0		1		0.811	0.958	
Proline	g	0.830	0		1		0.598	0.706	
Serine	g	0.958	0		1		0.690	0.814	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine		0	0	z	, 7		0	0.0	
Theobromine		0	0	Z	7		0	0	
Carotenoids:	.	-	v	=	•		-	•	
	ma	•	_	_	_				
Carotene, beta		0	0	Z	7 7		0.000	0.000	
Carotene, alpha		0	0	z z	7 7		0.000	0.000	
Cryptoxanthin, beta		0	0	z z	7		0.000 0.000	0.000 0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		U	<u> </u>	4	,		0.000	0.000	

Common Measures:

Measure 1 = 72g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15133

Fish, whiting, mixed species, cooked, dry heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15132 Fish, whiting, mixed species, raw *Gadidae*

		<u>Aı</u>	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in	in edible portion of common		
			N	lumbei	r			<u>m</u>	easures of food		
			c	of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatas											
Proximates: Water	a	80.27		61		1		73.85	68.23		
Energy		90		0	NC	4		83	77		
Energy		377				4		346	320		
Protein (N x 6.25)		18.31		77		1		16.85	15.56		
Total lipid (fat)		1.31		185		1		1.21	1.11		
Ash		1.30		57		1		1.20	1.11		
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	-	48		12		1		44	41		
Iron, Fe		0.34	0.030			1		0.31	0.29		
Magnesium, Mg		21		2		1		19	18		
Phosphorus, P	•	222	11.000			1		204	189		
Potassium, K	-	249	10.668			1		229	212		
Sodium, Na		72		34		1		66	61		
Zinc, Zn		0.88	0.045			1		0.81	0.75		
Copper, Cu		0.031				1		0.029	0.026		
Manganese, Mn		0.104		2	_	1		0.096	0.088		
Selenium, Se	mcg	32.1	2.079	15	A	1		29.5	27.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin		0.056	0.008	3 11		1		0.052	0.048		
Riboflavin		0.046				1		0.042	0.039		
Niacin		1.300	0.090) 11		1		1.196	1.105		
Pantothenic acid		0.216	i	2		1		0.199	0.184		
Vitamin B-6		0.156	i	2		1		0.144	0.133		
Folate, total		13		2		1		12	11		
Folic acid		0		0	Z	7		0	0		
Folate, food		13		2		1		12	11		
Folate, DFE	mcg_DFE	13		0	NC	4		12	11		
Vitamin B-12		2.30	0.330	11		1		2.12	1.96		
Vitamin A, IU		100		0	NC	4		92	85		
Vitamin A, RAE		30		0	NC	4		28	26		
Retinol		30		0	NR	4		28	26		
Vitamin E (alpha-tocopherol)		0.30		0	NR	4		0.28	0.26		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1	0.1		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.247		0		1		0.227	0.210		
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	ı	0		1		0.000	0.000		
12:0	-	0.000	ı	0		1		0.000	0.000		
13:0	-										
14:0	g	0.045	i	6		1		0.041	0.038		
15:0	g										
16:0	g	0.158		6		1		0.145	0.134		
17:0	g										
18:0	g	0.032		6		1		0.029	0.027		
20:0	g										
22:0	g										
24:0	a										

		<u>A</u> 1	mount in 10		Amount in edible portion of common					
				Number of Data	Deriv		Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	measures of food Measure 2 0.237 0.070 0.138 0.026 0.003 0.359 0.017 0.029 0.035 0.066 0.079 0.015 0.111 57 0.174 0.683 0.717 1.265 1.430 0.461 0.167 0.608 0.525 0.802 0.932 0.458 0.942 1.594 2.324 0.747 0.551 0.635 0.00 0.000 0.000 0.0000	Measure 3
Fatty acids, total monounsaturated	d9	0.279	ı	0		1		0.257	0.237	
14:1	_									
15:1	_									
16:1 undifferentiated	_	0.082		6		1		0.075	0.070	
17:1	_	0 160						0 140	0 100	
18:1 undifferentiated 20:1	_	0.162		6 6		1 1		0.149		
20:1 undifferentiated		0.030 0.004		6		1		0.028 0.004		
24:1 c	•	0.004		•		_		0.004	0.003	
Fatty acids, total polyunsaturated		0.422		0		1		0.388	0 359	
18:2 undifferentiated		0.020		6		1		0.018		
18:3 undifferentiated		0.034		6		1		0.031		
18:4		0.041		5		1		0.038		
20:2 n-6 c.c.	_									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.078		6		1		0.072	0.066	
20:5 n-3	g	0.093		6		1		0.086	0.079	
22:5 n-3	g	0.018		6		1		0.017	0.015	
22:6 n-3	g	0.131		6		1		0.121	0.111	
Fatty acids, total trans	g									
Cholesterol	mg	67	2.9	40 11		1		62	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.205		0		1		0.189	0.174	
Threonine		0.803		0		1		0.739		
Isoleucine	_	0.844		0		1		0.776		
Leucine		1.488		0		1		1.369		
Lysine	g	1.682		0		1		1.547	1.430	
Methionine		0.542		0		1		0.499	0.461	
Cystine		0.196	;	0		1		0.180	0.167	
Phenylalanine	g	0.715	i	0		1		0.658	0.608	
Tyrosine	g	0.618		0		1		0.569	0.525	
Valine	g	0.943		0		1		0.868	0.802	
Arginine	g	1.096	i	0		1		1.008	0.932	
Histidine	g	0.539	1	0		1		0.496	0.458	
Alanine	g	1.108		0		1		1.019	0.942	
Aspartic acid		1.875		0		1		1.725		
Glutamic acid		2.734		0		1		2.515		
Glycine		0.879		0		1		0.809		
Proline	_	0.648		0		1		0.596		
Serine	-	0.747		0		1		0.687	0.635	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0		
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
	mo~	•		^	_	-		0.000	0.000	
Carotene, beta		0		0	Z	7 7		0.000		
Carotene, alpha		0		0	z z	7		0.000 0.000		
Cryptoxanthin, beta		0		0	z Z	7		0.000		
Lycopene		0		0	z Z	7		0.000		
Lutein + zeaxanthin	g	U		U	4	,		0.000	0.000	

Common Measures:

Measure 1 = 92g: 1 fillet Measure 2 = 85g: 3 oz NDB No. 15132

Fish, whiting, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.23	0		1		88.33	63.10	
Energy	kcal	123	0	NC	4		146	105	
Energy		515			4		612	437	
Protein (N x 6.25)	g	22.44	0		1		26.70	19.07	
Total lipid (fat)	g	3.06	0		1		3.64	2.60	
Ash	g	1.49	0		1		1.77	1.27	
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								
Minavala									
Minerals: Calcium, Ca	ma	8	0		1		10	7	
Iron, Fe	_	0.12	0		1		0.14	0.10	
Magnesium, Mg		38	0		1		45	32	
Phosphorus, P		256	0		1		305	218	
Potassium, K	•	385	0		1		458	327	
Sodium, Na		109	0		1		130	93	
Zinc, Zn		1.00	0		1		1.19	0.85	
Copper, Cu		0.037	0		1		0.044	0.031	
Manganese, Mn	mg	0.019	0		1		0.023	0.016	
Selenium, Se	mcg	46.8	0	BFSN	4		55.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.208		_	1		0.248	0.177	
Riboflavin		0.097			1		0.115	0.082	
Niacin		2.598			1		3.092	2.208	
Pantothenic acid	-	0.658			1		0.783	0.559	
Vitamin B-6		0.462	2 0		1		0.550	0.393	
Folate, total	mcg	6	0		1		7	5	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	6	0		1		7	5	
Folate, DFE	mcg_DFE	6	0	NC	4		7	5	
Vitamin B-12	mcg	2.35	0		1		2.80	2.00	
Vitamin A, IU		433	0		1		515	368	
Vitamin A, RAE		130	0		1		155	111	
Retinol		130	0		1		155	111	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini k (phynoquinone)	niog								
Lipids:									
Fatty acids, total saturated	g	0.468	0		1		0.557	0.398	
4:0									
6:0									
8:0									
10:0									
12:0 13:0									
14:0		0.085	5 0		1		0.101	0.072	
15:0		0.000	. 0		-		0.101	0.072	
16:0		0.324	. 0		1		0.386	0.275	
17:0		0.02	· ·		-		3.300	0.273	
18:0	_	0.059	0		1		0.070	0.050	
20:0	_		·		•				
22:0	_								
24:0	_								

Nutrients and Units Nutrients Nutrients			<u>Ar</u>	mount in 100 g		dible portio	o <u>n</u>	Amount in edible portion of common measures of food			
141	Nutrients and Uni	its	Mean	of	f Data Der						
141	Fotty saids total managements	a	1 072		0	1		1 276	0.011		
15-1			1.072		U	-		1.276	0.911		
161 undifferentiated. 9											
17-			0.242		0	1		0.288	0.206		
18.1 undifferentiated. 9 0.661 0 1 0.787 0.562 20:1 9 0.146 0 1 0.174 0.124 22:1 undifferentiated. 9 0.023 0 1 0.027 0.020 24:1 c. 9 1.083 0 1 1.289 0.921 182 undifferentiated. 9 0.022 0 1 0.031 0.022 183 undifferentiated. 9 0.012 0 1 0.034 0.010 184 d. 9 0.078 0 1 0.093 0.066 20-2 n e6 c. 9 0.078 0 1 0.093 0.066 20-2 n e6 c. 9 0.014 0 1 0.136 0.097 20-3 undifferentiated. 9 0.0114 0 1 0.136 0.097 20-3 undifferentiated. 9 0.055 0 1 0.136 0.334 22-5 n-3 9 0.055		-									
22:1 undifferentiated			0.661		0	1		0.787	0.562		
22-1 undifferentiated	20:1	g	0.146		0	1		0.174	0.124		
Fatty acids, total polyunsaturated. 9 1.083 0 1 1.289 0.921 I 8.2 undifferentiated. 9 0.026 0 1 0.031 0.022 I 8.3 undifferentiated. 9 0.078 0 1 0.093 0.066 20-2 n-6 c. 9 20-2 n-6 c. 9 0.055 0 1 0.136 0.097 20-3 undifferentiated. 9 0.393 0 1 0.468 0.334 20-5 n-3. 9 0.055 0 1 0.462 0.344 22-6 n-3. 9 0.405 0 1 0.482 0.344 Fatty acids, total trans. 9 0 1 0.482 0.344 Fatty acids, total trans. 9 0 1 70 50 Phytosterols. mg 5 1 70 50 Phytosterols. mg 9 0.251 1 0.299 0.213 Thytosterols. mg 1<		-	0.023		0	1		0.027	0.020		
Fatty acids, total polyunsaturated. 9 1.083 0 1 1.289 0.921 I 8.2 undifferentiated. 9 0.026 0 1 0.031 0.022 I 8.3 undifferentiated. 9 0.078 0 1 0.093 0.066 20-2 n-6 c. 9 20-2 n-6 c. 9 0.055 0 1 0.136 0.097 20-3 undifferentiated. 9 0.393 0 1 0.468 0.334 20-5 n-3. 9 0.055 0 1 0.462 0.344 22-6 n-3. 9 0.405 0 1 0.482 0.344 Fatty acids, total trans. 9 0 1 0.482 0.344 Fatty acids, total trans. 9 0 1 70 50 Phytosterols. mg 5 1 70 50 Phytosterols. mg 9 0.251 1 0.299 0.213 Thytosterols. mg 1<											
18.2 undifferentiated g 0.026 0 1 0.031 0.022 18.3 undifferentiated g 0.012 0 1 0.093 0.066 18.4 g 0.078 0 1 0.093 0.066 20.2 undifferentiated g 0 1.14 0 1 0.136 0.097 20.5 n-3 g 0.393 0 1 0.468 0.334 22.5 n-3 g 0.055 0 1 0.462 0.344 Fatty acids, total rans. g 0 1 70 50 Phytosterols mg 5 0 1 70 50 Phytosterols mg 5 0 1 70 50 Phytosterols mg 0 1 70 50 Phytosterols mg 0 1 0 20 2 2 0 1 0 2 0 1			1.083		0	1		1.289	0.921		
18.4 9 0.078 0 1 0.093 0.066 20.2 n-6 c. 9 9 9 9 9 0.0136 0.097 0.097 0.097 0.0136 0.097 0.097 0.055 0 1 0.468 0.334 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.065 0.047 0.064 0.066 0.065 0.047 0.064 0.064 0.066			0.026		0	1		0.031	0.022		
20.2 n-6 c, c.	18:3 undifferentiated	g	0.012		0	1		0.014	0.010		
20.3 undifferentiated	18:4	g	0.078		0	1		0.093	0.066		
20.4 undifferentiated	20:2 n-6 c,c	g									
20:5 n-3 9 0.393 0 1 0.468 0.334 22:5 n-3 9 0.055 0 1 0.065 0.047 22:6 n-3 9 0.405 0 1 0.482 0.344 Fatty acids, total trans 9 0.405 0 1 0.482 0.344 Phytosterolos mg 5 0 1 0.462 0.344 Phytosterolos mg 5 0 1 0.462 0.241 Phytosterolos mg 0 1 0.299 0.213 Phytosterolos mg 0 1 0.299 0.213 Phytosterolos 9 0.984 0 1 0.299 0.213 Threonine 9 0.984 0 1 1.171 0.836 Isologica 9 1.034 0 1 1.230 0.879 Leucine 9 <	20:3 undifferentiated	g									
22:5 n-3 g 0.055 0 1 0.065 0.047 22:6 n-3 g 0.405 0 1 0.482 0.344 Fatty acids, total trans g Cholesterol	20:4 undifferentiated	g	0.114		0	1		0.136	0.097		
22:6 n-3 g 0.405 0 1 0.482 0.344 Fatty acids, total trans g 70 50 Phytosterols mg 59 0 1 70 50 Phytosterols Amino Acids: Tryptophan g 0.251 0 1 0.299 0.213 Threonine g 0.984 0 1 1.171 0.836 Isoleucine g 1.034 0 1 1.230 0.879 Leucine g 1.824 0 1 1.233 0.879 Leucine g 1.824 0 1 2.171 1.550 Lysine g 2.061 0 1 2.453 1.752 Methionine g 0.664 0 1 0.287 0.205 Phenylalanine g 0.876 0 1 0.287 0.205 Phenylalanine	20:5 n-3	g	0.393		0	1		0.468	0.334		
Fatty acids, total trans 9 Cholesterol. mg 59 0 1 70 50 Phytosterols. Amino Acids: Tryptophan. 9 0.251 0 1 0.299 0.213 Threonine. 9 0.984 0 1 1.171 0.836 Isoleucine. 9 1.034 0 1 1.230 0.879 Isoleucine. 9 1.824 0 1 1.230 0.879 Lysine. 9 2.061 0 1 2.171 1.550 Lysine. 9 2.061 0 1 2.453 1.752 Lysine. 9 0.664 0 1 0.790 0.564 Cystine. 9 0.864 0 1 0.287 0.205 Phenylalanine. 9 0.876 0 1 0.942 0.745 Tyrosine. 9 0.156 0	22:5 n-3	g	0.055		0	1		0.065	0.047		
Cholesterol. mg 59 0 1 70 50 Phytosterols. mg Amino Acids: Trypophan. 9 0.251 0 1 0.299 0.213 Threonine. 9 0.984 0 1 1.171 0.836 Isoleucine. 9 1.034 0 1 1.230 0.879 Leuine. 9 1.824 0 1 2.171 1.550 Lysine. 9 2.061 0 1 2.453 1.752 Methionine. 9 0.664 0 1 0.287 0.205 Phenylalanine. 9 0.664 0 1 0.287 0.205 Phenylalanine. 9 0.876 0 1 1.042 0.745 Tyrosine. 9 1.156 0 1 1.376 0.983 Arginine. 9 1.343 0 1 1.598 <th< td=""><td>22:6 n-3</td><td>g</td><td>0.405</td><td></td><td>0</td><td>1</td><td></td><td>0.482</td><td>0.344</td><td></td></th<>	22:6 n-3	g	0.405		0	1		0.482	0.344		
Phytosterols	Fatty acids, total trans	g									
Amino Acids: Tryptophan 9 0.251 0 1 0.299 0.213 Threonine 9 0.984 0 1 1.171 0.836 Isoleucine 9 1.034 0 1 1.230 0.879 Leucine 9 1.824 0 1 2.171 1.550 Lysine 9 2.061 0 1 2.453 1.752 Methionine 9 0.664 0 1 0.790 0.564 Cystine 9 0.241 0 1 0.287 0.205 Phenylalanine 9 0.876 0 1 0.287 0.205 Phenylalanine 9 0.757 0 1 0.901 0.643 Valine 9 0.757 0 1 0.901 0.643 Valine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1	Cholesterol	mg	59		0	1		70	50		
Tryptophan g 0.251 0 1 0.299 0.213 Threonine .g 0.984 0 1 1.171 0.836 Isoleucine .g 1.034 0 1 1.230 0.879 Leucine .g 1.824 0 1 2.171 1.550 Lysine .g 2.061 0 1 2.453 1.752 Methionine .g 0.664 0 1 0.790 0.564 Cystine .g 0.241 0 1 0.287 0.205 Phenylalanine .g 0.876 0 1 1.042 0.745 Tyrosine .g 0.757 0 1 0.901 0.643 Valine .g 1.343 0 1 1.598 1.142 Histidine .g 0.661 0 1 0.787 0.562 Alanine .g 1.357 0 1 2.733	Phytosterols	mg									
Tryptophan g 0.251 0 1 0.299 0.213 Threonine .g 0.984 0 1 1.171 0.836 Isoleucine .g 1.034 0 1 1.230 0.879 Leucine .g 1.824 0 1 2.171 1.550 Lysine .g 2.061 0 1 2.453 1.752 Methionine .g 0.664 0 1 0.790 0.564 Cystine .g 0.241 0 1 0.287 0.205 Phenylalanine .g 0.876 0 1 1.042 0.745 Tyrosine .g 0.757 0 1 0.901 0.643 Valine .g 1.343 0 1 1.598 1.142 Histidine .g 0.661 0 1 0.787 0.562 Alanine .g 1.357 0 1 2.733	Amino Acids:										
Threonine		a	0 251		0	1		0 200	0 213		
Soleucine											
Leucine 9 1.824 0 1 2.171 1.550 Lysine 9 2.061 0 1 2.453 1.752 Methionine 9 0.664 0 1 0.790 0.564 Cystine 9 0.241 0 1 0.287 0.205 Phenylalanine 9 0.876 0 1 1.042 0.745 Tyrosine 9 0.757 0 1 0.901 0.643 Valine 9 1.156 0 1 1.376 0.983 Arginine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 0.793 0 1 0.944 0.67					-	-					
Lysine 9 2.061 0 1 2.453 1.752 Methionine 9 0.664 0 1 0.790 0.564 Cystine 9 0.241 0 1 0.287 0.205 Phenylalanine 9 0.876 0 1 1.042 0.745 Tyrosine 9 0.757 0 1 0.901 0.643 Valine 9 1.156 0 1 1.376 0.983 Arginine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.67		-			-	_					
Methionine 9 0.664 0 1 0.790 0.564 Cystine 9 0.241 0 1 0.287 0.205 Phenylalanine 9 0.876 0 1 1.042 0.745 Tyrosine 9 0.757 0 1 0.901 0.643 Valine 9 1.156 0 1 1.376 0.983 Arginine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.77											
Cystine 9 0.241 0 1 0.287 0.205 Phenylalanine 9 0.876 0 1 1.042 0.745 Tyrosine 9 0.757 0 1 0.901 0.643 Valine 9 1.156 0 1 1.376 0.983 Arginine 9 1.343 0 1 1.598 1.142 Histdine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.2297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.778	-					_					
Phenylalanine g 0.876 0 1 1.042 0.745 Tyrosine g 0.757 0 1 0.901 0.643 Valine g 1.156 0 1 1.376 0.983 Arginine g 1.343 0 1 1.598 1.142 Histidine g 0.661 0 1 0.787 0.562 Alanine g 1.357 0 1 1.615 1.153 Aspartic acid g 2.297 0 1 2.733 1.952 Glutamic acid g 3.349 0 1 3.985 2.847 Glycine g 1.077 0 1 1.282 0.915 Proline g 0.793 0 1 0.944 0.674 Serine g 0.915 0 1 1.089 0.778		-				_					
Tyrosine 9 0.757 0 1 0.901 0.643 Valine 9 1.156 0 1 1.376 0.983 Arginine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.778	2										
Valine 9 1.156 0 1 1.376 0.983 Arginine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.778	-				-	_					
Arginine 9 1.343 0 1 1.598 1.142 Histidine 9 0.661 0 1 0.787 0.562 Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.778	2	_			-	_					
Histidine		-			-						
Alanine 9 1.357 0 1 1.615 1.153 Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.778	C	_			-	_					
Aspartic acid 9 2.297 0 1 2.733 1.952 Glutamic acid 9 3.349 0 1 3.985 2.847 Glycine 9 1.077 0 1 1.282 0.915 Proline 9 0.793 0 1 0.944 0.674 Serine 9 0.915 0 1 1.089 0.778											
Glutamic acid g 3.349 0 1 3.985 2.847 Glycine g 1.077 0 1 1.282 0.915 Proline g 0.793 0 1 0.944 0.674 Serine g 0.915 0 1 1.089 0.778		-									
Glycine g 1.077 0 1 1.282 0.915 Proline g 0.793 0 1 0.944 0.674 Serine g 0.915 0 1 1.089 0.778		_			-	_					
Proline g 0.793 0 1 0.944 0.674 Serine g 0.915 0 1 1.089 0.778		_				_					
Serine											
· · · · · · · · · · · · · · · · · · ·						_					
		-	0.515		•	-		2.000	31.70		

Common Measures:

Measure 1 = 119g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15134 Fish, wolffish, Atlantic, raw Anarhichas lupus (L.)

		<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	_	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory											
Proximates: Water	a	79.90	0.764	9		1		122.25	67.92		
Energy	-	96	0	0	NC	4		147	82		
Energy		402		•	2.0	4		615	341		
Protein (N x 6.25)		17.50		2		1		26.78	14.88		
Total lipid (fat)		2.39	0.542	4		1		3.66	2.03		
Ash		1.16	0.012	1		1		1.77	0.99		
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		6		0		4		9	5		
Iron, Fe	_	0.09		0		4		0.14	0.08		
Magnesium, Mg		30		0		4		46	26		
Phosphorus, P	_	200		0		4		306	170		
Potassium, K		300		0		4		459	255		
Sodium, Na		85		0		4		130	72		
Zinc, Zn		0.78	0.033	60		1		1.19	0.66		
Copper, Cu		0.029		58		1		0.044	0.025		
Manganese, Mn		0.015	•	0	~~ m·	1		0.023	0.013		
Selenium, Se	filicg	36.5		0	CAZN	4		55.8	31.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin	mg	0.180	0.021	3		1		0.275	0.153		
Riboflavin		0.080	0.006	3		1		0.122	0.068		
Niacin		2.133	0.203	3		1		3.263	1.813		
Pantothenic acid	mg	0.570	0.040	3		1		0.872	0.485		
Vitamin B-6	mg	0.400	1	0		4		0.612	0.340		
Folate, total	mcg	5		0		4		8	4		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	5		0		4		8	4		
Folate, DFE	mcg_DFE	5		0	NC	4		8	4		
Vitamin B-12		2.03	0.145	3		1		3.11	1.73		
Vitamin A, IU	IU	375		2		1		574	319		
Vitamin A, RAE	mcg_RAE	113		2		1		172	96		
Retinol		113		2		1		172	96		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.365	i	0		1		0.558	0.310		
4:0											
6:0											
8:0											
10:0											
12:0											
13:0											
14:0	g	0.066	i	1		1		0.101	0.056		
15:0											
16:0		0.253	1	1		1		0.387	0.215		
17:0											
18:0	-	0.046	i	1		1		0.070	0.039		
20:0	-										
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 10	<u>0 grams</u> Number	Amount in edible portion of common measures of food						
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	0.837		0		1		1.281	0.711	
14:1		0.00.		·		_		1.201	0.711	
15:1	-									
16:1 undifferentiated		0.189		1		1		0.289	0.161	
17:1	-	0.200		_		_		0.200	0.101	
18:1 undifferentiated		0.516		1		1		0.789	0.439	
20:1	_	0.114		1		1		0.174	0.097	
22:1 undifferentiated		0.018		1		1		0.028	0.015	
24:1 c		0.010		-		-		0.020	0.013	
Fatty acids, total polyunsaturated		0.845		0		1		1.293	0.718	
18:2 undifferentiated		0.020		1		1		0.031	0.017	
18:3 undifferentiated		0.009		1		1		0.014	0.008	
18:4		0.061		1		1		0.014	0.052	
20:2 n-6 c,c	_	0.001		-		-		0.055	0.032	
20:3 undifferentiated										
20:4 undifferentiated		0.089		1		1		0.136	0.076	
20:5 n-3	-	0.307		1		1		0.470	0.261	
20.5 n-3		0.043		1		1		0.066	0.037	
22:6 n-3		0.043		1		1		0.483	0.269	
Fatty acids, total trans	-	0.510		-		-		0.403	0.209	
Cholesterol		46		0		4		70	39	
Phytosterols		40		U		-		70	39	
Phytosterois										
Amino Acids:										
Tryptophan	g	0.196		0		1		0.300	0.167	
Threonine	g	0.767		0		1		1.174	0.652	
Isoleucine	g	0.806		0		1		1.233	0.685	
Leucine	g	1.422		0		1		2.176	1.209	
Lysine		1.607		0		1		2.459	1.366	
Methionine		0.518		0		1		0.793	0.440	
Cystine	g	0.188		0		1		0.288	0.160	
Phenylalanine	-	0.683		0		1		1.045	0.581	
Tyrosine		0.591		0		1		0.904	0.502	
Valine	-	0.902		0		1		1.380	0.767	
Arginine	_	1.047		0		1		1.602	0.890	
Histidine	-	0.515		0		1		0.788	0.438	
Alanine	-	1.058		0		1		1.619	0.899	
Aspartic acid	-	1.792		0		1		2.742	1.523	
Glutamic acid		2.612		0		1		3.996	2.220	
Glycine		0.840		0		1		1.285	0.714	
Proline		0.619		0		1		0.947	0.526	
Serine	-	0.714		0		1		1.092	0.607	
Hydroxyproline	-			-		_				

Common Measures:

Measure 1 = 153g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber				<u>m</u> e	easures of food	_	
Nutrients and Un	its	Mean	o Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	67.33		0		1		98.30	57.23		
Energy	kcal	187		0	NC	4		273	159		
Energy	kj	782				4		1142	665		
Protein (N x 6.25)	g	29.67		0		1		43.32	25.22		
Total lipid (fat)	g	6.72		0		1		9.81	5.71		
Ash	g	1.40		0		1		2.04	1.19		
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										
Minerals:											
Calcium, Ca	ma	29		0		1		42	25		
Iron, Fe.		0.63		0		1		0.92	0.54		
Magnesium, Mg		38		0		1		55	32		
Phosphorus, P		201		0		1		293	171		
Potassium, K		538		0		1		785	457		
Sodium, Na		50		0		1		73	43		
Zinc, Zn	mg	0.67		0		1		0.98	0.57		
Copper, Cu	mg	0.058	3	0		1		0.085	0.049		
Manganese, Mn	mg	0.019)	0		1		0.028	0.016		
Selenium, Se	mcg	46.8		0	BFSN	4		68.3	39.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.9		0		1		4.2	2.5		
Thiamin	_	0.175	;	0		1		0.256	0.149		
Riboflavin	-	0.051		0		1		0.074	0.043		
Niacin		8.718		0		1		12.728	7.410		
Pantothenic acid		0.681		0		1		0.994	0.579		
Vitamin B-6		0.185	;	0		1		0.270	0.157		
Folate, total	_	4		0		1		6	3		
Folic acid		0		0	z	7		0	0		
Folate, food	mcg	4		0		1		6	3		
Folate, DFE	mcg_DFE	4		0	NC	4		6	3		
Vitamin B-12	mcg	1.25		0		1		1.83	1.06		
Vitamin A, IU	IU	104		0		1		152	88		
Vitamin A, RAE	mcg_RAE	31		0		1		46	27		
Retinol		31		0		1		46	27		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated.	g										
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	-	71		0		1		104	60		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.332	!	0		1		0.485	0.282		
Threonine		1.301		0		1		1.899	1.106		
Isoleucine		1.367	,	0		1		1.996	1.162		
Leucine	-	2.411		0		1		3.520	2.049		
Lysine	-	2.725		0		1		3.979	2.316		
Methionine		0.878		0		1		1.282	0.746		
	g	0.318		0				0.464			

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common				
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
		_	_				
Phenylalanineg	1.158		1		1.691	0.984	
Tyrosine9	1.002		1		1.463	0.852	
Valineg	1.528		1		2.231	1.299	
Arginineg	1.775	0	1		2.592	1.509	
Histidineg	0.873	0	1		1.275	0.742	
Alanineg	1.794	0	1		2.619	1.525	
Aspartic acidg	3.038	0	1		4.435	2.582	
Glutamic acidg	4.429	0	1		6.466	3.765	
Glycineg	1.424	0	1		2.079	1.210	
Prolineg	1.049	0	1		1.532	0.892	
Serineg	1.210	0	1		1.767	1.029	
Hydroxyprolineg							

Common Measures:

Measure 1 = 146g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15135 Fish, yellowtail, mixed species, raw Seriola spp.

Cystine....g

0.248

Refuse: 0%

		<u>A</u> :	mount in 100 g	grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				ımber				<u>m</u>	easures of food	<u>l</u>	
Nutrients and Units	S	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	74.52		32		1		139.35	63.34		
Energy		146		0	NC	4		273	124		
Energy		611				4		1142	519		
Protein (N x 6.25)		23.14	0.217	29		1		43.27	19.67		
Total lipid (fat)		5.24	0.295	39		1		9.80	4.45		
Ash		1.09		1		1		2.04	0.93		
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											
Starch	9										
Minerals:											
Calcium, Ca		23		0		4		43	20		
Iron, Fe	mg	0.49		1		1		0.92	0.42		
Magnesium, Mg		30		0		4		56	26		
Phosphorus, P		157		1		1		294	133		
Potassium, K	-	420		0		4		785	357		
Sodium, Na	-	39		1		1		73	33		
Zinc, Zn		0.52	0.068	26		1		0.97	0.44		
Copper, Cu		0.045		26		1		0.084	0.038		
Manganese, Mn.		0.015 36.5)	0	CAZN	1 4		0.028 68.3	0.013 31.0		
Selenium, Se	IIICG	30.5		U	CAZN	4		68.3	31.0		
Vitamins:		0.0				-		5.0			
Vitamin C, total ascorbic acid	_	2.8	•	1		1		5.2	2.4		
Thiamin		0.144		1 1		1 1		0.269	0.122		
Riboflavin	-	0.040		1		1		0.075	0.034 5.780		
Niacin		6.800 0.590		3		1		12.716 1.103	0.502		
Pantothenic acidVitamin B-6	-	0.160		2		1		0.299	0.502		
Folate, total		4	1.292	3		1		7	3		
Folic acid		0	1.232	0	Z	7		0	0		
Folate, food		4	1.292	3	-	1		7	3		
Folate, DFE		4	1.232	0	NC	4		, 7	3		
Vitamin B-12		1.30		1	110	1		2.43	1.11		
Vitamin A, IU		95		1		1		178	81		
Vitamin A, RAE	mca RAE	29		1		1		53	24		
Retinol		29		1		1		53	24		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	<u>m</u> cg	0.1		0	T	4		0.2	0.1		
Lipids:											
Fatty acids, total saturated	g	1.280)	0		4		2.394	1.088		
Fatty acids, total monounsaturated		1.990		0		4		3.721	1.692		
Fatty acids, total polyunsaturated		1.420		0		4		2.655	1.207		
Fatty acids, total trans											
Cholesterol	-	55		0		4		103	47		
Phytosterols	<u>mg</u>										
Amino Acids:	9	2 25		•				0.404	0.000		
Tryptophan		0.259		0		1		0.484	0.220		
Threonine	-	1.015		0		1 1		1.898	0.863		
Isoleucine		1.066		0		1		1.993	0.906		
Leucine		1.881		0		1		3.517	1.599		
Lysine		2.126		0		1		3.976	1.807		
Methionine	9 a	0.685 0.248		0		1		1.281 0.464	0.582 0.211		
Cysune	u	0.248)	U				0.464	0.211		

0.464

0.211

		<u>Ar</u>	nount in 100) grams	<u>n</u>	Amount in edible portion of common				
Nutrients and	l Units	Mean			Deriv		Confidence Code	me Measure 1	Measure 2	Measure 3
Phenylalanine	g	0.904		0		1		1.690	0.768	
Tyrosine	g	0.781		0		1		1.460	0.664	
Valine	g	1.192		0		1		2.229	1.013	
Arginine	g	1.385		0		1		2.590	1.177	
Histidine	g	0.681		0		1		1.273	0.579	
Alanine	g	1.400		0		1		2.618	1.190	
Aspartic acid	g	2.370		0		1		4.432	2.015	
Glutamic acid	g	3.455		0		1		6.461	2.937	
Glycine	g	1.111		0		1		2.078	0.944	
Proline	g	0.818		0		1		1.530	0.695	
Serine	g	0.944		0		1		1.765	0.802	
Hydroxyproline	g									

Common Measures:

Measure 1 = 187g: .5 fillet Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Refuse:

		<u>A</u>	mount in 10	00 grams Number		Amount in edible portion of common measures of food				
Nutrients and Un	iits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.90				1				
Energy	kcal	73				1				
Energy	kj	305				1				
Protein	g	16.40				1				
Total lipid (fat)	g	0.30				1				
Ash		1.40		0	NR	4				
Carbohydrate, by difference		0.00			Z	7				
Fiber, total dietary	g	0.0				7				
Sugars, total		0.00		0	z	7				
Starch										
Minavalse										
Minerals: Calcium, Ca	ma	18				1				
Iron, Fe	-	1.50				1				
Magnesium, Mg	-	20				4				
Phosphorus, P		147				1				
Potassium, K		285				1				
Sodium, Na		58				1				
Zinc, Zn		1.00				4				
Copper, Cu	-	0.250)			4				
Manganese, Mn										
Selenium, Se	_	14.1		0	BFSN	4				
¥7*4 *	_									
Vitamins:					_	_				
Vitamin C, total ascorbic acid	-	0.0			Z	7				
Thiamin		0.140				1				
Riboflavin		0.250				1				
Niacin		1.200)			1				
Pantothenic acid		0 100								
Vitamin B-6		0.120	,			4				
Folate, totalFolic acid		15 0		0	z	7				
		15		0	NR	4				
Folate, food Folate, DFE		15		0	NC	4				
Vitamin B-12		0.40		U	NC	4				
Vitamin A, IU		50		0	NC	4				
Vitamin A, RAE	mca RAF	15		0	NC	4				
Retinol		15		0	NR	4				
Vitamin E (alpha-tocopherol)		1.00		0	NR	4				
Tocopherol, beta		1.00		Ū	****	•				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	T	4				
I inide:										
Lipids:	a	0.076	:			4				
Fatty acids, total saturated		0.000				4				
6:0		0.000				- <u></u> Λ				
8:0		0.000				4				
10:0		0.000				4				
12:0	_	0.000				4				
13:0	_	3.000				-				
14:0	-	0.001	-			4				
15:0	-	0.001	-			-				
16:0	-	0.054	<u> </u>			4				
17:0		0.004				-				
18:0	-	0.021	-			4				
20:0		0.023				-				
22:0										
24:0										
=										

	<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	0.053				4				
Fatty acids, total monounsaturatedg 14:1g	0.053				4				
14.1g 15:1g									
16:1 undifferentiatedg	0.009				4				
17:1g	0.003				•				
18:1 undifferentiated	0.044				4				
20:1g	0.000				4				
22:1 undifferentiated	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated9	0.102				4				
18:2 undifferentiatedg	0.020				4				
18:3 undifferentiatedg	0.010				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.031				4				
20:5 n-3g	0.014				4				
22:5 n-3g	0.007				4				
22:6 n-3g	0.020				4				
Fatty acids, total transg									
Cholesterolmg	50				1				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	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

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edik	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			Code	Code	Measure 1	Measure 2	Measure
roximates:	a	68.00				1		39.44		
Energy	_	36				1		21		
Energy		151				1		87		
Protein		5.50				4		3.19		
Total lipid (fat)	-	1.40				1		0.81		
Ash		25.10		0	NR	4		14.56		
Carbohydrate, by difference		0.00			Z	7		0.00		
Fiber, total dietary		0.0				7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	2				1		1		
Iron, Fe	-	2.27				1		1.32		
Magnesium, Mg		2				1		1		
Phosphorus, P	-	20				4		12		
Potassium, K		3				4 1		2		
Sodium, Na		9690 0. 4 2				1		5620 0.24		
Zinc, Zn Copper, Cu		0.42				1		0.24		
Manganese, Mn		0.140	•			_		0.081		
Selenium, Se		42.2		0	BFSN	4		24.5		
Scientini, Sc	g			·	22 521	-		21.0		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		0.0				7		0.0		
Thiamin		0.010				4		0.006		
Riboflavin		0.010				4		0.006		
Niacin		0.200	1			4		0.116		
Pantothenic acid										
Vitamin B-6		0.010	1			4		0.006		
Folate, total		1 0		•	_	4		1		
Folic acid		1		0 0	Z	7		0 1		
Foliate, food		1		0	NR	4 4		1		
Folate, DFE	IIICG_DFE	0.02		U	NC			0.01		
Vitamin B-12		7		0	***	4 4		0.01 4		
Vitamin A, IU Vitamin A, RAE		2		0	NC NC	4		1		
		2		0	NR NR	4		1		
Retinol		0.02		0	NR NR	4		0.01		
Vitamin E (alpha-tocopherol)		0.02		U	NK	4		0.01		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	T	4		0.0		
	······ •									
<u> Lipids:</u>	_					_				
Fatty acids, total saturated		0.273				4		0.158		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	_	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0	_	0.000	•			4		0.000		
13:0	-	0.010	1			4		0.011		
14:0	-	0.019	•			4		0.011		
15:0	-	0.190				4		0 110		
16:0		0.190	•			4		0.110		
17:0		0.063				4		0 027		
18:0		0.063	•			4		0.037		
20:0	_									
22:0 24:0	-									

	<u>An</u>	ount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.202				4		0.117		
14:1g	0.202				-		0.117		
15:1									
16:1 undifferentiated	0.033				4		0.019		
17:1g									
18:1 undifferentiated	0.127				4		0.074		
20:1g	0.031				4		0.018		
22:1 undifferentiatedg	0.007				4		0.004		
24:1 cg									
Fatty acids, total polyunsaturated9	0.475				4		0.276		
18:2 undifferentiatedg	0.011				4		0.006		
18:3 undifferentiatedg	0.002				4		0.001		
18:4g	0.002				4		0.001		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.046				4		0.027		
20:5 n-3g	0.007				4		0.004		
22:5 n-3g	0.021				4		0.012		
22:6 n-3g	0.250				4		0.145		
Fatty acids, total transg									
Cholesterolmg	5				4		3		
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		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	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	60.10		0		1		51.09			
Energy	kcal	189		0	NC	4		161			
Energy	kj	791				4		672			
Protein (N x 6.23)	g	19.63		0		1		16.69			
Total lipid (fat)	g	6.78		0		1		5.76			
Ash	g	1.77		0		1		1.50			
Carbohydrate, by difference	g	11.05		0	NC	4		9.39			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	-	37		0		1		31			
Iron, Fe	-	3.80		0		1		3.23			
Magnesium, Mg		56		0		1		48			
Phosphorus, P	-	217		0		4		184			
Potassium, K	-	284		0		4		241			
Sodium, Na	-	591		0		1		502			
Zinc, Zn		0.95		0		1		0.81			
Copper, Cu		0.228		0		1		0.194			
Manganese, Mn		0.070)	0		4		0.060			
Selenium, Se	mcg	51.8		0	RA	4		44.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.8		0		4		1.5			
Thiamin	-	0.220)	0		4		0.187			
Riboflavin		0.130)	0		4		0.111			
Niacin		1.900)	0		4		1.615			
Pantothenic acid		2.870)	0		4		2.440			
Vitamin B-6		0.150)	0		4		0.128			
Folate, total	-	14		0	RA	4		12			
Folic acid		9		0	NC	4		7			
Folate, food		5		0		1		5			
Folate, DFE		20		0	NC	4		17			
Vitamin B-12		0.69		0		4		0.59			
Vitamin A, IU		5		0		4		4			
Vitamin A, RAE		2		0		4		1			
Retinol		2		0		4		1			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>lipids:</u>											
Fatty acids, total saturated	a	1.646	:	0		1		1.399			
4:0		1.010	•	·		-		1.555			
6:0	-										
8:0	-										
10:0											
12:0											
13:0											
14:0	-	0.049	•	0		1		0.042			
15:0	-										
16:0		0.953	3	0		1		0.810			
17:0											
18:0	-	0.648	3	0		1		0.551			
20:0	-										
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.741		0		1		2.330		
14:1										
15:1										
16:1 undifferentiated	_	0.022		0		1		0.019		
17:1	_									
18:1 undifferentiated	-	2.721		0		1		2.313		
20:1	-									
22:1 undifferentiated	-									
24:1 c	_									
Fatty acids, total polyunsaturated		1.676		0		1		1.425		
18:2 undifferentiated	•	1.474		0		1		1.253		
18:3 undifferentiated		0.095		0		1		0.081		
18:4	_	0.007		0		1		0.006		
20:2 n-6 c,c	-									
20:3 undifferentiated	_									
20:4 undifferentiated										
20:5 n-3	_	0.054		0		1		0.046		
22:5 n-3		0.046		0		1		0.039		
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	-	94		0		1		80		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.224		0		1		0.190		
Threonine		0.838		0		1		0.712		
Isoleucine	_	0.854		0		1		0.726		
Leucine		1.386		0		1		1.178		
Lysine	-	1.433		0		1		1.218		
3	-	0.441		0		1		0.375		
Methionine		0.261		0		1		0.222		
Cystine		0.261		0		1		0.222		
Phenylalanine	-	0.713		0		1		0.533		
Tyrosine				0		1				
Valine		0.860 1.411		0		1		0.731 1.199		
Arginine	-	0.378		0		1		0.321		
Histidine	-			0		1		0.321		
Alanine		1.169		0		1				
Aspartic acid		1.862				1		1.583		
Glutamic acid	_	2.819		0		1		2.396		
Glycine		1.213		0		_		1.031		
Proline	_	0.851		0		1		0.723		
Serine	-	0.885		0		1		0.752		
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 4.12

Haliotis spp.

		AI	mount in 100 g		Amount in edible portion of common measures of food					
				mber				<u>m</u>	easures of 1000	<u>.</u>
Nutrients and Unit	s	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	74.56		12		1		63.38		
Water Energy	-	105		0	NC	4		89		
Energy		439		U	NC	4		373		
Protein (N x 6.25)		17.10	0.400	3		1		14.54		
Total lipid (fat)		0.76	0.100	7		1		0.65		
Ash		1.57	0.090	9		1		1.33		
Carbohydrate, by difference		6.01		0	NC	4		5.11		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	31	11.170	6		1		26		
Iron, Fe	-	3.19		7		1		2.71		
Magnesium, Mg	mg	48	21.192	6		1		41		
Phosphorus, P		190		0		4		162		
Potassium, K		250		0		4		213		
Sodium, Na		301	27.817	6		1		256		
Zinc, Zn		0.82		11		1		0.70		
Copper, Cu	-	0.196 0.040		13 0		1 1		0.167 0.034		
Manganese, Mn		44.8	,	0	CAZN	4		38.1		
Vitamins: Vitamin C, total ascorbic acid	ma	2.0		0		4		1.7		
Thiamin		0.190)	0		4		0.162		
Riboflavin		0.100		0		4		0.085		
Niacin		1.500)	0		4		1.275		
Pantothenic acid		3.000)	1		1		2.550		
Vitamin B-6	mg	0.150)	0		4		0.128		
Folate, total	mcg	5		1		1		4		
Folic acid	-	0		0	Z	7		0		
Folate, food		5		1		1		4		
Folate, DFE		5		0	NC	4		4		
Vitamin B-12		0.73 7		0	NC	4 4		0.62 6		
Vitamin A, IU Vitamin A, RAE		2		0	NC	4		2		
Retinol		2		0	NR	4		2		
Vitamin E (alpha-tocopherol)		4.00		0	NR	4		3.40		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	23.0		0	T	4		19.6		
<u>Lipids:</u>										
Fatty acids, total saturated		0.149		0		1		0.127		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0 12:0	-	0.000		0		1 1		0.000 0.000		
13:0	-	0.000	•	U		1		0.000		
14:0		0.023	3	2		1		0.020		
15:0		0.023		_		-		3.020		
16:0		0.103	3	2		1		0.088		
17:0										
18:0	-	0.021		2		1		0.018		
	a									
20:0	9									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.107		0		1		0.091		
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.020		2		1		0.017		
17:1	_									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.087		2		1		0.074		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.104		0		1		0.088		
18:2 undifferentiated		0.007		2		1		0.006		
18:3 undifferentiated	g	0.000		0		1		0.000		
18:4	g	0.006		1		1		0.005		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.049		2		1		0.042		
22:5 n-3	g	0.041		2		1		0.035		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	85		1		1		72		
Phytosterols	mg									
A A.:3										
Amino Acids:	_			40		_				
Tryptophan		0.192		43		1		0.163		
Threonine	-	0.736		54		1		0.626		
Isoleucine		0.744		54		1		0.632		
Leucine		1.204		54		1		1.023		
Lysine		1.278		66		1		1.086		
Methionine		0.386		54		1		0.328		
Cystine		0.224		49		1		0.190		
Phenylalanine		0.613		54		1		0.521		
Tyrosine	-	0.547		54		1		0.465		
Valine		0.747		54		1		0.635		
Arginine		1.248		54		1		1.061		
Histidine		0.328		54		1		0.279		
Alanine		1.034		54		1		0.879		
Aspartic acid		1.650		54		1		1.403		
Glutamic acid	_	2.326		54		1		1.977		
Glycine		1.070		54		1		0.910		
Proline	g	0.698		54		1		0.593		
Serine	_	0.766		54		1		0.651		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0		
Caffeine		0.0		0	z	7		0.0		
Theobromine		0		0	z	7		0		
	9	U		U	4	,		U		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	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 = 85g: 3 oz

NDB No. 15155

Mollusks, abalone, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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	<u>[</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	63.64	0		1		101.82	54.09	
Energy	kcal	148	0	NC	4		237	126	
Energy		619			4		991	526	
Protein (N x 6.25)	g	25.55	0		1		40.88	21.72	
Total lipid (fat)	g	1.95	0		1		3.12	1.66	
Ash		3.74	0		1		5.98	3.18	
Carbohydrate, by difference	g	5.13	0	NC	4		8.21	4.36	
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								
MC 1									
Minerals:	ma	92	0		1		147	78	
Calcium, Ca Iron, Fe	-	92 27.96	0		4		147 44.74	78 23.77	
Magnesium, Mg		18	0		1		44.74 29	23.77 15	
Phosphorus, P		338	0		1		541	287	
Potassium, K	-	628	0		1		1005	534	
Sodium, Na		112	0		1		179	95	
Zinc, Zn		2.73	0		1		4.37	2.32	
Copper, Cu		0.688	3 0		4		1.101	0.585	
Manganese, Mn		1.000	0		4		1.600	0.850	
Selenium, Se		48.6	11.978 6	A	1		77.8	41.3	
Vitamina									
Vitamins:	ma	22.1	•				35.4	10.0	
Vitamin C, total ascorbic acid		0.150	0		4 4		0.240	18.8 0.128	
ThiaminRiboflavin		0.130			1		0.682	0.128	
Niacin		3.354			1		5.366	2.851	
Pantothenic acid	-	0.680			4		1.088	0.578	
Vitamin B-6		0.110			4		0.176	0.094	
Folate, total	-	29	0		4		46	24	
Folic acid		0	0	z	7		0	0	
Folate, food		29	0		4		46	24	
Folate, DFE	mcg DFE	29	0	NC	4		46	24	
Vitamin B-12		98.89	0		1		158.22	84.05	
Vitamin A, IU		603	0	NC	4		965	513	
Vitamin A, RAE		181	0	NC	4		289	154	
Retinol		181	0	BFFN	4		289	154	
Vitamin E (alpha-tocopherol)	mg	0.62	0	BFFN	4		1.00	0.53	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.4	0	BFFN	4		0.6	0.3	
Lipids:									
Fatty acids, total saturated	g	0.188	0		1		0.301	0.160	
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	-	0.000	0		1		0.000	0.000	
13:0	-								
14:0	-	0.026	0		1		0.042	0.022	
15:0	-								
16:0		0.120	0		1		0.192	0.102	
17:0	-				_				
18:0	-	0.036	0		1		0.058	0.031	
20:0	-								
22:0									

		<u>Ar</u>	mount in 100			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units		Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.172		0		1		0.275	0.146	
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.044		0		1		0.070	0.037	
17:1	-									
18:1 undifferentiated	-	0.068		0		1		0.109	0.058	
20:1	-	0.036		0		1		0.058	0.031	
22:1 undifferentiated	•	0.012		0		1		0.019	0.010	
24:1 c										
Fatty acids, total polyunsaturated		0.552		0		1		0.883	0.469	
18:2 undifferentiated		0.032		0		1		0.051	0.027	
18:3 undifferentiated		0.008		0		1		0.013	0.007	
18:4	-	0.032		0		1		0.051	0.027	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.082		0		1		0.131	0.070	
20:5 n-3	-	0.138		0		1		0.221	0.117	
22:5 n-3		0.104		0		1		0.166	0.088	
22:6 n-3		0.146		0		1		0.234	0.124	
Fatty acids, total trans										
Cholesterol		67		0		1		107	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.286		0		1		0.458	0.243	
Threonine		1.099		0		1		1.758	0.934	
Isoleucine	-	1.112		0		1		1.779	0.945	
Leucine		1.798		0		1		2.877	1.528	
Lysine	-	1.909		0		1		3.054	1.623	
Methionine		0.576		0		1		0.922	0.490	
Cystine		0.335		0		1		0.522	0.285	
Phenylalanine		0.915		0		1		1.464	0.778	
Tyrosine		0.817		0		1		1.307	0.694	
Valine	-	1.116		0		1		1.786	0.949	
Arginine	-	1.864		0		1		2.982	1.584	
Histidine		0.490		0		1		0.784	0.417	
Alanine		1.545		0		1		2.472	1.313	
		2.464		0		1		3.942	2.094	
Aspartic acid		3.474		0		1		5.558	2.094	
Glutamic acid		1.598		0		1				
Glycine								2.557	1.358	
Proline	-	1.042		0 0		1 1		1.667	0.886	
Serine	-	1.144		U		1		1.830	0.972	
Hydroxyproline	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 = 160g: 1 cup Measure 2 = 85g: 3 oz NDB No. 15160

Mollusks, clam, mixed species, canned, drained solids

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Proximates: Water			<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u> </u>
Presimates:					of Data	Deriv	Source	Confidence			
Water	Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Eargy	ximates:										
Energy	ter	g	97.70		1		1		234.48	83.05	
Protein (N > 6.25)	ergy	kcal	2		0	NC	4		5	2	
Toral lipid (an)	ergy	kj	8				4		20	7	
Ash. 9 1.80 1 1 1 1 4.32 1.53 Carbohydrace 9 9 0.10 0 NC 4 0.24 0.99 Fiber, total dietary 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 2 7 0.00 0.00 Sugars, total 9 0.00 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	tein (N x 6.25)	g	0.40		1		1		0.96	0.34	
Car-bay-date, by difference 9	al lipid (fat)	g	0.02		1		1		0.05	0.02	
Fiber, total dietary.	1	g	1.80		1		1		4.32	1.53	
Sagars, total	bohydrate, by difference	g	0.10		0	NC	4		0.24	0.09	
Sharch S	er, total dietary	g	0.0		0	Z	7		0.0	0.0	
	gars, total	g	0.00		0	Z	7		0.00	0.00	
Calcium, Ca.											
Calcium, Ca.											
Iron, Fc.		ma	10		_				21		
Magnesium, Mg. mg 11 1 1 26 9 Phosphous, P. mg 114 0 4 274 97 Polassium, K. mg 149 0 4 358 127 Sodium, Na. mg 215 1 1 0.24 0.99 Coper, Cu. mg 0.389 1 1 0.934 0.331 Manganese, Mn. mg 0.074 1 1 0.178 0.052 Selenium, Sc. mcg 4.1 0 BFSN 4 9.8 3.5 **Hamins. mg 0.074 1 1 0.134 0.93 **Hamins. mg 0.070 4 2.4 9.8 3.5 **Hamins. mg 0.010 0 4 2.4 0.93 Thiamin. mg 0.010 0 4 2.4 0.93 Thiamin. mg 0.010 0 4 0.024 <td>*</td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	*	-									
Phosphorus P. mg	*	-					_				
Potassium K mg 149 0 4 358 127 Sodium, Na mg 215 1 1 516 183 Zinc, Zn mg 0.10 0 1 0.24 0.09 Copper, Cu mg 0.389 1 1 0.934 0.331 Manganese, Mn mg 0.074 1 1 0.934 0.33 Selenium, Sc mcg 4.1 0 BFSN 4 9.8 3.5 Itamines "Williamic Cotal ascorbic acid mg 1.0 0 4 0.024 0.09 Thainnin mg 0.010 0 4 0.024 0.09 Thainnin mg 0.010 0 4 0.024 0.09 Thainnin mg 0.010 0 4 0.04 0.00 Ribolium mg 0.100 0 4 0.02 0.05 Thainnin mg 0.010	=						_				
Sodium, Na.	•	-					_				
Zinc, Zn. mg 0.10 0 1 0.24 0.09 Copper, Cu. mg 0.389 1 1 0.934 0.331 Manganese, Mn. mg 0.074 1 1 0.178 0.055 Selenium, Sc. mcg 4.1 0 BFSN 4 9.8 3.5 Vitamine, Sc. mg 1.0 0 4 2.4 0.9 Thairnin. mg 0.010 0 4 0.024 0.00 Riborlavin. mg 0.010 0 4 0.042 0.00 Niacin. mg 0.180 0 4 0.432 0.13 Niacin. mg 0.040 0 4 0.096 0.03 Vitamin B-G. mg 0.010 0 4 0.096 0.03 Folica cid. mg 0.010 0 4 0.096 0.03 Folica cid. mcg 2 0 0											
Copper, Cu. mg 0.389 1 1 0.934 0.331 Manganese, Mn. mg 0.074 1 1 0.178 0.062 Sclenium, Se. mcg 4.1 0 BFSN 4 9.8 3.5 Vitamins: Vitamin C, total ascorbic acid mg 1.0 0 4 0.024 0.09 Riboflavin mg 0.010 0 4 0.048 0.017 Niacin. mg 0.020 0 4 0.048 0.015 Pantothenic acid. mg 0.040 0 4 0.0432 0.05 Pantothenic acid. mg 0.040 0 4 0.024 0.05 Folate, total. mg 0.010 0 4 5 2 Folate, food. mcg 2 0 4 5 2 Folate, food. mcg 2 0 NC 4 12 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<>	,										
Manganese, Mn. mg 0.074 1 1 0.078 3.5 Fitamins: Vitamin C, total ascorbic acid. mg 1.0 0 4 2.4 0.9 Thiamin. mg 0.020 0 4 0.024 0.00 Ribollavin. mg 0.020 0 4 0.432 0.15 Niacin. mg 0.020 0 4 0.432 0.15 Pantothenic acid. mg 0.180 0 4 0.034 0.05 Polate, coid. mg 0.010 0 4 0.024 0.005 Folate, coid. mg 0.010 0 4 5 2 Folate, food. mg 0 0 2 7 0 0 Folate, food. mg 2 0 NC 4 5 2 Vitamin B-12. mg 5 0 NC 4 12 0 Vita											
Selenium, Se.	•										
Hamins:	9 ,			ŀ							
Vitamin C, total ascorbic acid. mg 1.0 0 4 2.4 0.924 Thiamin. mg 0.010 0 4 0.024 0.004 Riboflavin. mg 0.020 0 4 0.048 0.01 Niacin. mg 0.180 0 4 0.032 0.15 Pantothenic acid. mg 0.040 0 4 0.096 0.03 Vitamin B-6. mg 0.010 0 4 0.024 0.00 Folate, fotal. meg 2 0 4 5 2 Folic acid. meg 0 0 Z 7 0 0 0 Folate, food. meg 2 0 NC 4 12.00 4 22 2 10 NC 4 12.00 4 22 8 12.00 4 22 8 12.00 4 22 8 8 8 12.00 NC <td< td=""><td>enium, Se</td><td>mcg</td><td>4.1</td><td></td><td>0</td><td>BFSN</td><td>4</td><td></td><td>9.8</td><td>3.5</td><td></td></td<>	enium, Se	mcg	4.1		0	BFSN	4		9.8	3.5	
Thiamin	mins:										
Thiamin mg 0.010 0 4 0.024 0.008	amin C. total ascorbic acid	mg	1.0		0		4		2.4	0.9	
Riboflavin mg 0.020 0 4 0.048 0.017 Niacin mg 0.180 0 4 0.432 0.152 Pantothenic acid mg 0.040 0 4 0.096 0.034 Vitamin B-6 mg 0.010 0 4 0.024 0.002 Folate, total mcg 0 0 2 7 0 0 Foliac, total mcg 0 0 2 7 0 0 0 Foliac, food mcg 0 0 2 7 0 0 0 6 6 5 2 2 0 NC 4 5 2 2 0 NC 4 12,00 4 25 2 2 6 7 1 4 12,00 4 22 8 8 1 4 1 2,00 4 1 2 2 6 1 4	*	-	0.010)	0		4		0.024	0.009	
Niacin. mg 0.180 0 4 0.432 0.152 Pantohenic acid. mg 0.040 0 4 0.096 0.034 Vitamin B-6 mg 0.010 0 4 0.024 0.002 Folate, total mcg 2 0 4 5 2 Folate, food. mcg 2 0 4 5 2 Folate, food. mcg 2 0 NC 4 5 2 Folate, food. mcg 2 0 NC 4 5 2 Folate, food. mcg 5.00 0 NC 4 5 2 Folate, food. mcg 5.00 0 NC 4 5 2 Vitamin B-12 mcg 5.00 NC 4 22 8 Retinol. mcg 9 0 NC 4 22 8 Vitamin E (alpha-tocopherol). mg		-			0		4			0.017	
Pantothenic acid. mg 0.040 0 4 0.096 0.034 Vitamin B-6 mg 0.010 0 4 0.024 0.05 Folate, fold meg 2 0 4 5 2 Folic acid. meg 0 0 z 7 0 0 Folita, food. meg 2 0 NC 4 5 2 Folate, food. meg 2 0 NC 4 5 2 Folate, food. meg DFE meg_DFE 2 0 NC 4 5 2 Vitamin A, IU. IU 30 NC 4 12.00 4.25 Vitamin A, RAE meg_RAE 9 0 NC 4 22 8 Retinol. mcg 9 0 NC 4 22 8 Retinol. mg 0.31 1 A 1 0.00 0.00					0		4			0.153	
Vitamin B-6. mg 0.010 0 4 0.024 0.005 Folate, total meg 2 0 4 5 2 Folate, total meg 0 2 7 0 0 Folate, food meg 2 0 NC 4 5 2 Folate, DFE meg_DFE 2 0 NC 4 5 2 Vitamin B-12 meg 5.00 0 NC 4 72 26 Vitamin A, IU U 30 NC 4 22 8 Retinol meg_RAE 9 0 NC 4 22 8 Retinol meg 9 0.31 1 A 1 0.74 0.26 Tocopherol, beta mg 0.00 1 A 1 0.00 0.00 Tocopherol, gamma mg 0.00 1 A 1 0.00 0.00					0		4			0.034	
Folate, total					0		4				
Folic acid		-					4				
Folate, food.						Z					
Folate, DFE.						_					
Vitamin B-12 mcg 5.00 0 4 12.00 4.25 Vitamin A, IU IU 30 0 NC 4 72 26 Vitamin A, RAE mcg_RAE 9 0 NC 4 22 8 Retinol mcg 9 0 NC 4 22 8 Retinol mcg 9 0 NC 4 22 8 Retinol mcg 9 0 NC 4 22 8 Vitamin E (alpha-tocopherol) mg 0.31 1 A 1 0.00 0.00 Tocopherol, beta mg 0.00 1 A 1 0.00 0.00 Tocopherol, delta mg 0.01 1 A 1 0.00 0.00 Vitamin K (phylloquinone) mcg 0.2 0 T 4 0.5 0.2 ibids: Setty saids, total saturated g 0.0002 0						NC					
Vitamin A, IU. IU 30 0 NC 4 72 26 Vitamin A, RAE mcg_RAE 9 0 NC 4 22 8 Retinol mcg 0 31 1 A 1 0.74 0.26 Tocopherol, beta mg 0 00 1 A 1 0.00 0.00 Tocopherol, gamma mg 0 00 1 A 1 0.00 0.00 Tocopherol, gamma mg 0 0 1 A 1 0.00 0.00 Tocopherol, gamma mg 0 0 T 4 1 0.00 0.00 Vitamin K (phyloquinore)											
Vitamin A, RAE mcg_RAE 9 0 NC 4 22 8 Retinol mcg 9 0 NC 4 22 8 Retinol mcg 9 0 NC 4 22 8 Retinol mcg 0.31 1 A 1 0.74 0.26 Tocopherol, beta mg 0.00 1 A 1 0.00 0.00 Tocopherol, gamma mg 0.00 1 A 1 0.00 0.00 Tocopherol, delta mg 0.01 1 A 1 0.00 0.00 Vitamin D U U U U 0.00						NC	_				
Retinol mcg 9 0 NC 4 22 8 Vitamin E (alpha-tocopherol) mg 0.31 1 A 1 0.74 0.26 Tocopherol, beta mg 0.00 1 A 1 0.00 0.00 Tocopherol, gamma mg 0.00 1 A 1 0.00 0.00 Tocopherol, delta mg 0.01 1 A 1 0.00 0.00 Vitamin D IU U U U U V 0.00 T 4 0.5 0.2 0.01 Vitamin K (phylloquinone) mcg 0.2 0 T 4 0.5 0.2 0.02 0.02 0 T 4 0.5 0.2 0.02 0 4 0.05 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00					-		_				
Vitamin E (alpha-tocopherol) mg 0.31 1 A 1 0.74 0.26 Tocopherol, beta mg 0.00 1 A 1 0.00 0.00 Tocopherol, gamma mg 0.00 1 A 1 0.00 0.00 Tocopherol, delta mg 0.01 1 A 1 0.00 0.00 Vitamin D. IU IU V V V V 0.02 0.01 V 0.02 0.01 V 0.05 0.2 0.01 0.00											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta mg 0.01 1 A 1 0.02 0.01 Vitamin D. IU Vitamin K (phylloquinone). mcg 0.2 0 T 4 0.5 0.2 Aipids: Fatty acids, total saturated g 0.002 0 4 0.005 0.003 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 0.000 0 4 0.000 0.000 13:0. g 0.000 0 4 0.000 0.000 15:0. g 0.001 0 4 0.002 0.000 17:0. g 0.000 0 4 0.000 0.000 18:0.	-										
Vitamin D. U Vitamin K (phylloquinone) mcg 0.2 0 T 4 0.5 0.2											
Vitamin K (phylloquinone) .mcg 0.2 T 4 0.5 0.2 Lipids: Fatty acids, total saturated g 0.002 0 4 0.005 0.002 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 0.000 0 4 0.000 0.000 13:0 g 0.000 0 4 0.000 0.000 15:0 g 0.001 0 4 0.002 0.000 17:0 g 0.001 0 4 0.002 0.000 18:0 g 0.000 0 4 0.000 0.000			0.01		_	A	_		0.02	0.01	
ipids: Fatty acids, total saturated g 0.002 0 4 0.005 0.002 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 0.000 0 4 0.000 0.000 13:0 g 0.000 0 4 0.000 0.000 15:0 g 0.001 0 4 0.002 0.000 17:0 g 0.001 0 4 0.002 0.000 18:0 g 0.000 0 4 0.000 0.000			0.2		0	т	4		0.5	0.2	
Fatty acids, total saturated. g 0.002 0 4 0.005 0.002 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 0.000 0 4 0.000 0.000 13:0 g 0.000 0 4 0.000 0.000 15:0 g 0.001 0 4 0.000 0.000 17:0 g 0.001 0 4 0.002 0.000 18:0 g 0.000 0 4 0.000 0.000	annii K (phynoquinone)	Illog	0.2		Ū	-	-		0.5	0.2	
4:0	ds:										
6:0. g 0.000 0 4 0.000 0.000 8:0. g 0.000 0 4 0.000 0.000 10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.000 0 4 0.000 0.000 13:0. g 0.000 0 4 0.000 0.000 15:0. g 0.001 0 4 0.002 0.002 17:0. g 0.000 0 4 0.000 0.000 18:0. g 0.000 0 4 0.000 0.000	ty acids, total saturated	g	0.002	2	0		4		0.005	0.002	
8:0	4:0	g	0.000)	0		4		0.000	0.000	
10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.000 0 4 0.000 0.000 13:0. g 14:0. g 0.000 0 4 0.000 0.000 15:0. g 0.001 0 4 0.002 0.002 17:0. g 18:0. g 0.000 0 4 0.000 0.000	6:0	g	0.000)	0		4		0.000	0.000	
12:0. g 0.000 0 4 0.000 0.000 13:0. g 14:0. g 0.000 0 4 0.000 0.000 15:0. g 0.001 0 4 0.002 0.002 16:0. g 0.001 0 4 0.002 0.003 17:0. g 18:0. g 0.000 0 4 0.000 0.000	8:0	g	0.000)	0		4		0.000	0.000	
13:0. 9 14:0. 9 0.000 0 4 0.000 0.000 15:0. 9 16:0. 9 0.001 0 4 0.002 0.000 17:0. 9 18:0. 9 0.000 0 4 0.000 0.000	10:0	g	0.000)	0		4		0.000	0.000	
14:0 g 0.000 0 4 0.000 0.000 15:0 .g 16:0 .g 0.001 0 4 0.002 0.001 17:0 .g 18:0 .g 0.000 0 4 0.000 0.000	12:0	g	0.000)	0		4		0.000	0.000	
15:0	13:0	g									
16:0g 0.001 0 4 0.002 0.003 17:0g 9 18:0g 0.000 0 4 0.000 0.000	14:0	g	0.000)	0		4		0.000	0.000	
17:0g 18:0g 0.000 0 4 0.000 0.000	15:0	g									
18:0g 0.000 0 4 0.000 0.000	16:0	g	0.001	L	0		4		0.002	0.001	
•											
20:0	18:0	g	0.000)	0		4		0.000	0.000	
40.V	20:0	g									
22:0		-									

	<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>		edible portion of easures of food	
		Number of Data	a Deriv	Source Code	Confidence Code			•
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.002	0		4		0.005	0.002	
14:1g								
15:1g								
16:1 undifferentiatedg		0		4		0.000	0.000	
17:1g								
18:1 undifferentiatedg				4		0.002	0.001	
20:1g				4		0.000	0.000	
22:1 undifferentiatedg		0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9				4		0.014	0.005	
18:2 undifferentiatedg				4		0.000	0.000	
18:3 undifferentiatedg				4		0.000	0.000	
18:4g		0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg				4		0.002	0.001	
20:5 n-3g				4		0.002	0.001	
22:5 n-3g				4		0.002	0.001	
22:6 n-3g		0		4		0.005	0.002	
Fatty acids, total trans								
Cholesteroln		0		4		7	3	
Phytosterolsn	ng							
Amino Acids:								
Tryptophan								
Threonine		1		1		0.000	0.000	
Isoleucine				1		0.000	0.000	
Leucine				1		0.000	0.000	
Lysine				1		0.000	0.000	
Methionine		_		_			0.000	
Cystine								
Phenylalanine		1		1		0.000	0.000	
Tyrosine				1		0.000	0.000	
Valine				1		0.000	0.000	
Arginine				1		0.002	0.001	
Histidine				1		0.000	0.000	
Alanine				1		0.012	0.004	
Aspartic acid				1		0.002	0.001	
Glutamic acid				1		0.046	0.016	
Glycine				1		0.002	0.001	
Proline		-		-		0.002	0.001	
Serine		1		1		0.002	0.001	
Hydroxyproline		_		_		0.002	0.001	
Trydroxypronne9								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	g 0	0	Z	7		0	0	
Carotenoids:								
	ca 0	0	z	7		0.000	0.000	
Caratana alaha mo	5	0	Z	7		0.000	0.000	
Carotene, alpha mo	.5	0	Z	7		0.000	0.000	
Cryptoxanthin, beta	-3	0	Z	7		0.000	0.000	
Lycopene mo	5	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mo	y U	U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 85g: 3 oz NDB No. 15162

Mollusks, clam, mixed species, canned, liquid

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	61.55	0		1		52.32	115.71	
Energy		202	0	NC	4		172	380	
Energy		845			4		718	1589	
Protein (N x 6.2)	g	14.24	0		1		12.10	26.77	
Total lipid (fat)		11.15	0		1		9.48	20.96	
Ash	g	2.16	0		1		1.84	4.06	
Carbohydrate, by difference	g	10.33	0	NC	4		8.78	19.42	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
N									
Minerals:	ma	63	0		1		54	118	
Calcium, CaIron, Fe	-	63 13.91	0		1		54 11.82	26.15	
Magnesium, Mg		13.91	0		1		12	26.13	
Phosphorus, P		188	0		1		160	353	
Potassium, K	•	326	0		1		277	613	
Sodium, Na		364	0		1		309	684	
Zinc, Zn		1.46	0		1		1.24	2.74	
Copper, Cu		0.356	5 0		1		0.303	0.669	
Manganese, Mn		0.540	0		4		0.459	1.015	
Selenium, Se	mcg	28.9	0	RA	4		24.6	54.3	
Vitamins:									
	ma	10.0	0		4		8.5	18.8	
Vitamin C, total ascorbic acid Thiamin		0.100			4		0.085	0.188	
Riboflavin		0.100			1		0.003	0.459	
Niacin		2.064			1		1.754	3.880	
Pantothenic acid	-	0.430			4		0.366	0.808	
Vitamin B-6		0.060			4		0.051	0.113	
Folate, total	-	36	0	RA	4		31	68	
Folic acid		18	0	NC	4		15	33	
Folate, food		18	0		4		15	34	
Folate, DFE	mcg_DFE	48	0	NC	4		41	91	
Vitamin B-12		40.27	0		1		34.23	75.71	
Vitamin A, IU	IU	302	0		1		257	568	
Vitamin A, RAE	mcg_RAE	91	0		1		77	170	
Retinol	mcg	91	0		1		77	170	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nicg								
Lipids:									
Fatty acids, total saturated	g	2.683	0		1		2.281	5.044	
4:0									
6:0									
8:0									
10:0									
12:0									
13:0		0 0=0						2 122	
14:0		0.058	0		1		0.049	0.109	
15:0		1.551	0		1		1 210	0.016	
16:0		1.551	. 0		1		1.318	2.916	
17:0 18:0	-	1.070	0		1		0.910	2.012	
20:0	-	1.070	. 0		_		0.910	2.012	
22:0	-								
44.U	9								

		<u>A</u> 1	mount in 100		of edible port	ion	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean				e Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	4.545		0	1		3.863	8.545		
14:1	-	4.545	•	U	1		3.863	8.343		
15:1										
16:1 undifferentiated	-	0.042	•	0	1		0.036	0.079		
17:1	-	0.012	_	•	-		0.050	0.073		
18:1 undifferentiated		4.472	•	0	1		3.801	8.407		
20:1		0.017		0	1		0.014	0.032		
22:1 undifferentiated	-	0.006		0	1		0.005	0.011		
24:1 c		0.000		·	-		0.005	0.011		
Fatty acids, total polyunsaturated		2.870)	0	1		2.440	5.396		
18:2 undifferentiated		2.455		0	1		2.087	4.615		
18:3 undifferentiated	-	0.160		0	1		0.136	0.301		
18:4		0.015		0	1		0.013	0.028		
20:2 n-6 c.c.	-	0.020	•	·	_		0.025	0.020		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.044	Į	0	1		0.037	0.083		
20:5 n-3	-	0.066		0	1		0.056	0.124		
22:5 n-3	_	0.050		0	1		0.043	0.094		
22:6 n-3	-	0.070		0	1		0.060	0.132		
Fatty acids, total trans		0.0.0		•	_		0.000	0.132		
Cholesterol		61		0	1		52	115		
Phytosterols	-									
-										
Amino Acids:										
Tryptophan		0.168		0	1		0.143	0.316		
Threonine		0.602		0	1		0.512	1.132		
Isoleucine	g	0.636		0	1		0.541	1.196		
Leucine	-	1.024		0	1		0.870	1.925		
Lysine		0.992		0	1		0.843	1.865		
Methionine	g	0.324		0	1		0.275	0.609		
Cystine	g	0.204		0	1		0.173	0.384		
Phenylalanine	g	0.549		0	1		0.467	1.032		
Tyrosine	g	0.464	Į.	0	1		0.394	0.872		
Valine	_	0.650		0	1		0.553	1.222		
Arginine	-	0.985		0	1		0.837	1.852		
Histidine	-	0.280		0	1		0.238	0.526		
Alanine		0.824		0	1		0.700	1.549		
Aspartic acid	_	1.311		0	1		1.114	2.465		
Glutamic acid		2.239		0	1		1.903	4.209		
Glycine		0.836		0	1		0.711	1.572		
Proline		0.691		0	1		0.587	1.299		
Serine	_	0.673	3	0	1		0.572	1.265		
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 188g: 20 small

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 4.12

		<u>A</u> 1	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	63.64		0		1		54.09	120.92		
Energy	kcal	148		0	NC	4		126	281		
Energy	kj	619				4		526	1177		
Protein (N x 6.25)	g	25.55		0		1		21.72	48.55		
Total lipid (fat)	g	1.95		0		1		1.66	3.71		
Ash	g	3.74		0		1		3.18	7.11		
Carbohydrate, by difference	g	5.13		0	NC	4		4.36	9.75		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minavals.											
Minerals:	ma	92		0		1		78	175		
Calcium, Ca	-	27.96		0		1		78 23.77	53.12		
Magnesium, Mg		18		0		1		23.77 15	34		
Phosphorus, P		338		0		1		287	34 642		
Potassium, K	•	538 628		0		1		287 534	642 1193		
Potassium, K Sodium, Na	-	112		0		1		95	213		
Zinc, Zn	_	2.73		0		1		2.32	5.19		
Copper, Cu		0.688	2	0		1		0.585	1.307		
Manganese, Mn		1.000		0		4		0.850	1.900		
Selenium, Se		64.0	,	0	BFSN	4		54.4	121.6		
Scientini, Sc	9	04.0		·	21 511	-		51.1	121.0		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	22.1		0		4		18.8	42.0		
Thiamin		0.150)	0		4		0.128	0.285		
Riboflavin	mg	0.426	5	0		1		0.362	0.809		
Niacin	mg	3.354	1	0		1		2.851	6.373		
Pantothenic acid	mg	0.680)	0		4		0.578	1.292		
Vitamin B-6	mg	0.110)	0		4		0.094	0.209		
Folate, total	mcg	29		0		4		24	55		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		29		0		4		24	55		
Folate, DFE	mcg_DFE	29		0	NC	4		24	55		
Vitamin B-12		98.89		0		1		84.05	187.89		
Vitamin A, IU	IU	570		0		1		485	1083		
Vitamin A, RAE	mcg_RAE	171		0		1		145	325		
Retinol	mcg	171		0		1		145	325		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	n	0.188	2	0		1		0.160	0.357		
4:0		0.100	•	·		-		0.100	0.337		
6:0											
8:0	-										
10:0	-										
12:0	-										
13:0	-										
14:0		0.026	5	0		1		0.022	0.049		
15:0	-			-							
16:0	-	0.120)	0		1		0.102	0.228		
17:0				-		•					
18:0	-	0.036	5	0		1		0.031	0.068		
20:0	-			-		_					
22:0	-										
24:0	-										

		<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 Units		Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Bu il il i		0.172		0		1		0.446			
Fatty acids, total monounsaturated		0.172		U		1		0.146	0.327		
14:1	-										
15:1		0.044		0		1		0 027	0.004		
16:1 undifferentiated	-	0.044		U		1		0.037	0.084		
17:1		0.000		•							
18:1 undifferentiated	-	0.068		0		1		0.058	0.129		
20:1		0.036		0		1		0.031	0.068		
22:1 undifferentiated		0.012		0		1		0.010	0.023		
24:1 c				_		_					
Fatty acids, total polyunsaturated		0.552		0		1		0.469	1.049		
18:2 undifferentiated		0.032		0		1		0.027	0.061		
18:3 undifferentiated		0.008		0		1		0.007	0.015		
18:4	-	0.032		0		1		0.027	0.061		
20:2 n-6 c,c											
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.082		0		1		0.070	0.156		
20:5 n-3	g	0.138		0		1		0.117	0.262		
22:5 n-3	g	0.104		0		1		0.088	0.198		
22:6 n-3	g	0.146		0		1		0.124	0.277		
Fatty acids, total trans	g										
Cholesterol	mg	67		0		1		57	127		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.286		0		1		0.243	0.543		
		1.099		0		1		0.934			
Threonine	-	1.112		0		1		0.945	2.088 2.113		
Isoleucine		1.112		0		1		1.528			
Leucine				-		1			3.416		
Lysine		1.909		0		1		1.623	3.627		
Methionine		0.576		-		_		0.490	1.094		
Cystine	-	0.335		0		1		0.285	0.637		
Phenylalanine		0.915		0		1		0.778	1.739		
Tyrosine	-	0.817		0		1		0.694	1.552		
Valine	-	1.116		0		1		0.949	2.120		
Arginine	-	1.864		0		1		1.584	3.542		
Histidine	-	0.490		0		1		0.417	0.931		
Alanine	-	1.545		0		1		1.313	2.936		
Aspartic acid		2.464		0		1		2.094	4.682		
Glutamic acid		3.474		0		1		2.953	6.601		
Glycine		1.598		0		1		1.358	3.036		
Proline	g	1.042		0		1		0.886	1.980		
Serine	g	1.144		0		1		0.972	2.174		
Hydroxyproline	g										

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 190g: 20 small

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15157 Mollusks, clam, mixed species, raw Lamellibranchia

		<u>Ar</u>	nount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	measures of food					
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	81.82		99		1		185.73	16.36	55.64
Energy	kcal	74		0	NC	4		168	15	50
Energy	kj	310				4		703	62	211
Protein (N x 6.25)	g	12.77		79		1		28.99	2.55	8.68
Total lipid (fat)	g	0.97		47		1		2.20	0.19	0.66
Ash	g	1.87		74		1		4.24	0.37	1.27
Carbohydrate, by difference	g	2.57		0	NC	4		5.83	0.51	1.75
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:										
Calcium. Ca	ma	46	2.311	89		1		104	9	31
Iron, Fe		13.98		207		1		31.73	2.80	9.51
Magnesium, Mg	_	9		1		1		20	2	6
Phosphorus, P		169	3.797	86		1		384	34	115
Potassium, K	_	314		1		1		713	63	214
Sodium, Na		56		1		1		127	11	38
Zinc, Zn	mg	1.37		568		1		3.11	0.27	0.93
Copper, Cu	mg	0.344		578		1		0.781	0.069	0.23
Manganese, Mn	mg	0.500		1		1		1.135	0.100	0.34
Selenium, Se	mcg	24.3		0	BFSN	4		55.2	4.9	16.5
/itamins:										
Vitamin C, total ascorbic acid	ma	13.0		0		4		29.5	2.6	8.8
Thiamin	-	0.080		0		4		0.182	0.016	0.05
Riboflavin	-	0.213		14		1		0.484	0.043	0.14
Niacin		1.765		14		1		4.007	0.353	1.20
Pantothenic acid	_	0.362		14		1		0.822	0.072	0.24
Vitamin B-6	-	0.060		0		4		0.136	0.012	0.04
Folate, total	mcg	16		0		4		36	3	11
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	16		0		4		36	3	11
Folate, DFE		16		0	NC	4		36	3	11
Vitamin B-12		49.44	3.138	34		1		112.24	9.89	33.62
Vitamin A, IU		300		0	NC	4		681	60	204
Vitamin A, RAE		90		0	NC	4		204	18	61
Retinol		90		0	NC	4		204	18	61
Vitamin E (alpha-tocopherol)		0.31		1	A	1		0.70	0.06	0.21
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta		0.01		1	A	1		0.02	0.00	0.01
Vitamin D		4.000		0	T	4		9.080	0.800	2.72
Vitamin K (phylloquinone)	mcg	0.2		0	T	4		0.5	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.094		0		1		0.213	0.019	0.06
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0	g	0.000		0		1		0.000	0.000	0.00
12:0	g	0.000		0		1		0.000	0.000	0.00
13:0	-									
14:0	g	0.013		15		1		0.030	0.003	0.00
15:0	-									
16:0	-	0.060		15		1		0.136	0.012	0.04
17:0	-									
18:0	-	0.018		15		1		0.041	0.004	0.03
20:0	-									
22:0	~									

		<u>Aı</u>	mount in 10	0 grams	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 saids total manaymeeting	tad (I	0.080		0		1		0.182	0.016	0.054
Fatty acids, total monounsatura		0.000		Ü		-		0.102	0.010	0.05-
15:1	g									
16:1 undifferentiated	g	0.022		15		1		0.050	0.004	0.015
17:1	_									
18:1 undifferentiated		0.034		15		1		0.077	0.007	0.023
20:1		0.018		15		1		0.041	0.004	0.012
22:1 undifferentiated	•	0.006		6		1		0.014	0.001	0.004
24:1 c										
Fatty acids, total polyunsaturate		0.282		0		1		0.640	0.056	0.192
18:2 undifferentiated		0.016		15		1		0.036	0.003	0.01
18:3 undifferentiated		0.004		15		1		0.009	0.001	0.003
18:4	_	0.016		15		1		0.036	0.003	0.011
20:2 n-6 c,c										
20:3 undifferentiated	_	0.041		1.5						
20:4 undifferentiated	_	0.041		15		1		0.093	0.008	0.028
20:5 n-3	_	0.069		15		1		0.157	0.014	0.047
22:5 n-3		0.052		15		1		0.118	0.010	0.035
22:6 n-3	_	0.073		15		1		0.166	0.015	0.05
Fatty acids, total trans		34	4.0	01 10		1		77	7	23
Cholesterol		34	4.0	21 13		1		//	,	23
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.143		0		1		0.325	0.029	0.097
Threonine	g	0.550		0		1		1.249	0.110	0.374
Isoleucine	g	0.556		0		1		1.262	0.111	0.378
Leucine	g	0.899		0		1		2.041	0.180	0.61
Lysine	g	0.954		0		1		2.166	0.191	0.649
Methionine	g	0.288		0		1		0.654	0.058	0.19
Cystine	g	0.168		0		1		0.381	0.034	0.114
Phenylalanine	g	0.458		0		1		1.040	0.092	0.311
Tyrosine	g	0.409		0		1		0.928	0.082	0.278
Valine	g	0.558		0		1		1.267	0.112	0.379
Arginine	g	0.932		0		1		2.116	0.186	0.634
Histidine	g	0.245		0		1		0.556	0.049	0.16
Alanine	g	0.772		0		1		1.752	0.154	0.52
Aspartic acid	g	1.232		0		1		2.797	0.246	0.83
Glutamic acid		1.737		0		1		3.943	0.347	1.18
Glycine	g	0.799		0		1		1.814	0.160	0.543
Proline	g	0.521		0		1		1.183	0.104	0.35
Serine	g	0.572		0		1		1.298	0.114	0.38
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
, ,	<u>-</u>	0.0		0	z	7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Carotenoids:		•		Ū		,		J	J	J
	moa	0		^		7		0.000	0 000	0 000
Carotene, beta	-	0		0 0	z z	7 7		0.000 0.000	0.000 0.000	0.000
Carotene, alpha 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		U		U	4	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 227g: 1 cup (with liquid and clams)

Measure 2 = 20g: 1 large

Measure 3 = 68.0g: 1 lb (with shell), yield after shell removed

NDB No. 15157

Mollusks, clam, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	grams	of edib	Amount in edible portion of common				
			N	lumber	measures of food					
			C	of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.40		0		4		88.14	11.80	
Energy	kcal	130		0		4		165	22	
Energy	kj	544		0		4		691	92	
Protein (N x 6.25)	g	26.30		0		4		33.40	4.47	
Total lipid (fat)	g	1.20		0		4		1.52	0.20	
Ash	g	1.40		0	NR	4		1.78	0.24	
Carbohydrate, by difference	g	1.70		0		4		2.16	0.29	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minopole										
Minerals:	ma	98		0		4		124	17	
Calcium, Ca Iron, Fe	_	98 1.41		0		4		1.79	0.24	
Magnesium, Mg	_	238		0		4		302	40	
Phosphorus, P		236		0		4		276	40 37	
Potassium, K	_	163		0		4		207	28	
Sodium. Na		153		0		4		194	26	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.71		0		4		2.17	0.29	
Copper, Cu		0.435	5	0		4		0.552	0.074	
Manganese, Mn		0.450	•	·		•		0.552	0.071	
Selenium, Se		40.3		0	BFSN	4		51.2	6.9	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.060		0		4		0.076	0.010	
Riboflavin	<u>-</u>	0.080		0		4		0.102	0.014	
Niacin	_	1.040)	0		4		1.321	0.177	
Pantothenic acid	_									
Vitamin B-6	-	0.060)	0		4		0.076	0.010	
Folate, total		179		0		4		227	30	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	179		0	NR	4		227	30	
Folate, DFE		179		0	NC	4		227	30	
Vitamin B-12		5.25		0		4		6.67	0.89	
Vitamin A, IU		23		0	NC	4		30	4	
Vitamin A, RAE		7		0	NC	4		9	1	
Retinol		7		0	NR	4		9	1	
Vitamin E (alpha-tocopherol)		6.33		U	NR	4		8.03	1.08	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.2		0	BFYN	4		0.2	0.0	
vitamin K (phynoquinone)	g	0.2		·	2111	•		0.2	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.370)	0		4		0.470	0.063	
4:0		0.000		0		7		0.000	0.000	
6:0		0.000		0		7		0.000	0.000	
8:0	-	0.000		0		7		0.000	0.000	
10:0	-	0.000		0		7		0.000	0.000	
12:0	-	0.000)	0		7		0.000	0.000	
13:0			_					_		
14:0		0.024	l	0		4		0.030	0.004	
15:0										
16:0		0.239	•	0		4		0.304	0.041	
17:0										
18:0		0.107	1	0		4		0.136	0.018	
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 100 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.334	0		4		0.424	0.057	
14:1g	0.554	v		•		0.424	0.037	
15:1								
16:1 undifferentiated	0.060	0		4		0.076	0.010	
17:1g								
18:1 undifferentiated	0.072	0		4		0.091	0.012	
20:1g	0.095	0		4		0.121	0.016	
22:1 undifferentiatedg	0.107	0		4		0.136	0.018	
24:1 cg								
Fatty acids, total polyunsaturated	0.274	0		4		0.348	0.047	
18:2 undifferentiatedg	0.048	0		4		0.061	0.008	
18:3 undifferentiatedg	0.000	0		7		0.000	0.000	
18:4g	0.000	0		7		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.107	0		4		0.136	0.018	
20:5 n-3g	0.048	0		4		0.061	0.008	
22:5 n-3g	0.000	0		7		0.000	0.000	
22:6 n-3g	0.072	0		4		0.091	0.012	
Fatty acids, total trans9								
Cholesterol mg	65	0		4		83	11	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	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 1 = 127g: 1 cup, sliced Measure 2 = 17g: 1 oz cooked, yield

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	<u>0 grams</u>	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	61.12		0		1		51.95		
Energy	kcal	158		0	NC	4		134		
Energy	kj	661				4		562		
Protein (N x 6.25)	g	32.48		0		1		27.61		
Total lipid (fat)	g	1.40		0		1		1.19		
Ash	g	3.36		0		1		2.86		
Carbohydrate, by difference	g	1.64		0	NC	4		1.39		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minopole										
Minerals:	ma	180		0		1		153		
Calcium, Ca	_	10.84		0		1		9.21		
Magnesium, Mg	_	60		0		1		9.21 51		
Phosphorus, P		580		0		1		493		
Potassium, K	-	637		0		1		541		
Sodium, Na	-	744		0		1		632		
Zinc, Zn	_	3.46		0		1		2.94		
Copper, Cu		0.998	3	0		1		0.848		
Manganese, Mn		0.209		0		1		0.178		
Selenium, Se		89.6		0	BFSN	4		76.2		
· ·	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	8.5	_	0		1		7.2		
Thiamin	_	0.017		0		1		0.014		
Riboflavin		1.729		0		1		1.470		
Niacin		2.189		0		1		1.861		
Pantothenic acid	-	0.900		0		1		0.765		
Vitamin B-6	-	0.270)	0		1		0.230		
Folate, total		24		0	_	1		20		
Folic acid		0		0	Z	7		0		
Folate, food		24		0		1		20		
Folate, DFE		24		0	NC	4		20		
Vitamin B-12		5.40		0		1 1		4.59		
Vitamin A, IU		675		0		_		574		
Vitamin A, RAE		203 203		0		1 1		172 172		
Retinol		203		U		_		1/2		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.236	5	0		1		0.201		
4:0										
6:0	-									
8:0										
10:0										
12:0 13:0										
14:0	-	0.024	1	0		1		0.020		
15:0	-	0.024	-	U		-		0.020		
16:0		0.122	,	0		1		0.104		
17:0		0.122	-	·		-		0.104		
18:0	-	0.088	3	0		1		0.075		
20:0	-	0.000	-	·		-		3.073		
22:0	-									
24:0	-									

		<u>A</u>	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	g	0.162	2	0		1		0.138		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.024	l	0		1		0.020		
17:1	g									
18:1 undifferentiated	g	0.062	2	0		1		0.053		
20:1	g	0.072	2	0		1		0.061		
22:1 undifferentiated		0.002	2	0		1		0.002		
24:1 c	•									
Fatty acids, total polyunsaturated		0.268	3	0		1		0.228		
18:2 undifferentiated		0.004	ı	0		1		0.003		
18:3 undifferentiated		0.002	2	0		1		0.002		
18:4		0.004		0		1		0.003		
20:2 n-6 c.c.	-		-	-		_				
20:3 undifferentiated	-									
20:4 undifferentiated		0.026	5	0		1		0.022		
20:5 n-3	_	0.078		0		1		0.066		
22:5 n-3		0.012		0		1		0.010		
22:6 n-3		0.132		0		1		0.112		
Fatty acids, total trans	-	0.132	-	Ū		-		0.112		
		224		0		1		190		
Cholesterol		224		U		1		190		
Phytosterols	iiig									
Amino Acids:										
Tryptophan	g	0.364	Į	0		1		0.309		
Threonine		1.398	3	0		1		1.188		
Isoleucine	-	1.414		0		1		1.202		
Leucine		2.287		0		1		1.944		
Lysine		2.42	,	0		1		2.063		
Methionine		0.733		0		1		0.623		
Cystine	_	0.426		0		1		0.362		
Phenylalanine	_	1.164		0		1		0.989		
Tyrosine		1.039		0		1		0.883		
Valine	_	1.419		0		1		1.206		
Arginine	-	2.370		0		1		2.015		
Histidine		0.624		0		1		0.530		
	_	1.964		0		1		1.669		
Alanine	_	3.134		0		1		2.664		
Aspartic acid				0		1				
Glutamic acid	_	4.417		-		_		3.754		
Glycine		2.032		0		1		1.727		
Proline	_	1.325		0		1		1.126		
Serine	-	1.455	•	0		1		1.237		
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>Aı</u>	mount in 100	grams	Amount in edible portion of common					
			N	umber	measures of food					
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	80.56	0.545	16		1		68.48		
Energy	kcal	79		0	NC	4		67		
Energy	kj	331				4		281		
Protein (N x 6.25)	g	16.24		14		1		13.80		
Total lipid (fat)	g	0.70		16		1		0.60		
Ash		1.68		14		1		1.43		
Carbohydrate, by difference	g	0.82		0	NC	4		0.70		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	90		13		1		77		
Iron, Fe	_	6.02		5		1		5.12		
Magnesium, Mg	_	30		0		4		26		
Phosphorus, P		387		13		1		329		
Potassium, K	mg	354		2		1		301		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	372		1		1		316		
Zinc, Zn		1.73		27		1		1.47		
Copper, Cu		0.587				1		0.499		
Manganese, Mn		0.110		0		4		0.094		
Selenium, Se	mcg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.3		1		1		4.5		
Thiamin	mg	0.009	ı	1		1		0.008		
Riboflavin	mg	0.910	ı	1		1		0.774		
Niacin	mg	1.216	i	1		1		1.034		
Pantothenic acid	mg	0.500	1	0		4		0.425		
Vitamin B-6	mg	0.150	1	0		4		0.128		
Folate, total		16		0		4		14		
Folic acid		0		0	Z	7		0		
Folate, food		16		0		4		14		
Folate, DFE		16		0	NC	4		14		
Vitamin B-12		3.00		1		1		2.55		
Vitamin A, IU		375		0		4		319		
Vitamin A, RAE		113		0		4		96		
Retinol		113		0		4		96		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.118		0		1		0.100		
4:0	-									
6:0	-									
8:0	-									
10:0 12:0										
13:0										
14:0	-	0.012		1		1		0.010		
15:0	-			-		_		3.020		
16:0		0.061		1		1		0.052		
17:0										
18:0	-	0.044		1		1		0.037		
20:0	-									
22:0	g									
24:0	a									

	Amount in 100 grams of edible portion Number							edible portion o	f common
			Number				<u>m</u> :	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.081		0		1		0.069		
14:1g									
15:1g									
16:1 undifferentiatedg	0.012		1		1		0.010		
17:1g									
18:1 undifferentiatedg	0.031		1		1		0.026		
20:1g	0.036		1		1		0.031		
22:1 undifferentiatedg 24:1 cg	0.001		1		1		0.001		
Fatty acids, total polyunsaturated	0.134		0		1		0.114		
18:2 undifferentiatedg	0.002		1		1		0.002		
18:3 undifferentiated 9	0.001		1		1		0.001		
18:4g	0.002		1		1		0.002		
20:2 n-6 c.cg			_		_		****		
20:3 undifferentiatedg									
20:4 undifferentiated	0.013		1		1		0.011		
20:5 n-3g	0.039		1		1		0.033		
22:5 n-3g	0.006		1		1		0.005		
22:6 n-3	0.066		1		1		0.056		
Fatty acids, total trans							0.000		
Cholesterolmg	112		1		1		95		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.182		0		1		0.155		
Threonineg	0.699		0		1		0.594		
Isoleucineg	0.707		0		1		0.601		
Leucineg	1.143		0		1		0.972		
Lysineg	1.213		0		1		1.031		
Methionineg	0.366		0		1		0.311		
Cystineg	0.213		0		1		0.181		
Phenylalanineg	0.582		0		1		0.495		
Tyrosineg	0.520		0		1		0.442		
Valineg	0.709		0		1		0.603		
Arginineg	1.185		0		1		1.007		
Histidine	0.312		0		1		0.265		
Alanineg	0.982		0		1		0.835		
Aspartic acidg	1.567		0		1		1.332		
Glutamic acidg	2.208		0		1		1.877		
Glycine9	1.016		0		1		0.864		
Prolineg	0.662		0		1		0.563		
Serineg	0.727		0		1		0.618		
Hydroxyprolineg									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>Ar</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
				umber f Data		Source	Confidence	<u>m</u> (easures of food	<u>.</u>
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	61.15		0		1		51.98		
Energy	kcal	172		0	NC	4		146		
Energy	kj	720				4		612		
Protein (N x 6.25)		23.80		0		1		20.23		
Total lipid (fat)	g	4.48		0		1		3.81		
Ash		3.18		0		1		2.70		
Carbohydrate, by difference		7.39		0	NC	4		6.28		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	33	1.905	18		1		28		
Iron, Fe	_	6.72	0.233	18		1		5.71		
Magnesium, Mg.		37	1.268	18		1		31		
Phosphorus, P		285	3.535	27		1		242		
Potassium, K		268	10.371	18		1		228		
Sodium, Na		369	18.253	18		1		314		
Zinc, Zn	mg	2.67	0.116	18		1		2.27		
Copper, Cu	mg	0.149	0.009	18		1		0.127		
Manganese, Mn	mg	6.800)	0		4		5.780		
Selenium, Se	mcg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	13.6		0		4		11.6		
Thiamin	-	0.300	1	0		4		0.255		
Riboflavin		0.420		0		4		0.357		
Niacin		3.000		0		4		2.550		
Pantothenic acid		0.950		0		4		0.808		
Vitamin B-6	_	0.100		0		4		0.085		
Folate, total	-	76		0		4		64		
Folic acid		0		0	Z	7		0		
Folate, food		76		0		4		64		
Folate, DFE	mcg_DFE	76		0	NC	4		64		
Vitamin B-12		24.00		0		4		20.40		
Vitamin A, IU	IU	304		0		4		258		
Vitamin A, RAE	mcg_RAE	91		0		4		78		
Retinol	mcg	91		0		4		78		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.850	1	0		1		0.723		
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0										
13:0						_		_		
14:0		0.118	ı	0		1		0.100		
15:0				_		_				
16:0		0.588	ı	0		1		0.500		
17:0	-			_		_				
18:0	-	0.136	1	0		1		0.116		
20:0	-									
22:0										

		<u>Aı</u>	mount in 100		of edib	<u>on</u>	Amount in edible portion of common measures of food			
				Number	Doriv	Course	Confidence	<u></u>	<u> </u>	
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.014		0		1		0.862		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.276		0		1		0.235		
17:1	g									
18:1 undifferentiated	g	0.410		0		1		0.349		
20:1	g	0.276		0		1		0.235		
22:1 undifferentiated	g	0.052		0		1		0.044		
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.212		0		1		1.030		
18:2 undifferentiated	g	0.036		0		1		0.031		
18:3 undifferentiated		0.040		0		1		0.034		
18:4	g	0.070		0		1		0.060		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.140		0		1		0.119		
20:5 n-3	g	0.276		0		1		0.235		
22:5 n-3		0.044		0		1		0.037		
22:6 n-3		0.506		0		1		0.430		
Fatty acids, total trans	g									
Cholesterol		56		0		1		48		
Phytosterols										
Amino Acids:										
Tryptophan	а	0.267		0		1		0.227		
Threonine		1.025		0		1		0.871		
Isoleucine	_	1.036		0		1		0.881		
Leucine		1.676		0		1		1.425		
Lysine		1.779		0		1		1.512		
Methionine		0.537		0		1		0.456		
Cystine	-	0.337		0		1		0.265		
3	-	0.853		0		1		0.725		
Phenylalanine Tyrosine		0.762		0		1		0.725		
Valine	-	1.040		0		1		0.884		
Arginine	_	1.737		0		1		1.476		
Histidine		0.457		0		1		0.388		
Alanine	-	1.440		0		1		1.224		
Aspartic acid	-	2.297		0		1		1.952		
Glutamic acid		3.238		0		1		2.752		
Glycine	-	1.489		0		1		1.266		
Proline		0.971		0		1		0.825		
Serine	-	1.067		0		1		0.907		
Hydroxyproline	-	1.067		U		_		0.507		
rryuroxypronne	9									

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15164 Mollusks, mussel, blue, raw Mytilus edulis L.

		<u>Ar</u>	nount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	80.58	0.618	16		1		120.87	22.84	16.12	
Energy		86	0.020	0	NC	4		129	24	17	
Energy		360		v	140	4		540	102	72	
		11.90	0.072	12		1		17.85	3.37	2.38	
Protein (N x 6.25)		2.24	0.072	23		1		3.36	0.64	0.45	
Ash	=	1.59	0.061	19		1		2.39	0.45	0.32	
		3.69	0.001	0	NC	4		5.54	1.05	0.32	
Carbohydrate, by difference		0.0		0	Z	7		0.0	0.0	0.74	
Fiber, total dietary				0	z	7					
Sugars, total		0.00		U	Z	,		0.00	0.00	0.00	
Starch	9										
<u> Minerals:</u>											
Calcium, Ca	_	26	2.303	6		1		39	7	5	
Iron, Fe	_	3.95	0.153	6		1		5.93	1.12	0.79	
Magnesium, Mg		34	0.768	6		1		51	10	7	
Phosphorus, P	-	197	1.253	9		1		296	56	39	
Potassium, K		320	6.908	6		1		480	91	64	
Sodium, Na	-	286	2.303	6		1		429	81	57	
Zinc, Zn		1.60	0.031	6		1		2.40	0.45	0.3	
Copper, Cu		0.094	0.006	6		1		0.141	0.027	0.0	
Manganese, Mn		3.400		0		4		5.100	0.964	0.6	
Selenium, Se	mcg	44.8		0	CAZN	4		67.2	12.7	9.0	
'itamins:											
Vitamin C, total ascorbic acid	mg	8.0		0		4		12.0	2.3	1.6	
Thiamin	mg	0.160		0		4		0.240	0.045	0.03	
Riboflavin	mg	0.210		0		4		0.315	0.060	0.04	
Niacin	mg	1.600		0		4		2.400	0.454	0.3	
Pantothenic acid	<u>mg</u>	0.500		0		4		0.750	0.142	0.1	
Vitamin B-6	-	0.050		0		4		0.075	0.014	0.0	
Folate, total		42		0		4		63	12	8	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		42		0		4		63	12	8	
Folate, DFE		42		0	NC	4		63	12	8	
Vitamin B-12		12.00		0		4		18.00	3.40	2.40	
Vitamin A, IU		160		0	NC	4		240	45	32	
Vitamin A, RAE		48		0	NC	4		72	14	10	
Retinol		48		0	NR	4		72	14	10	
Vitamin E (alpha-tocopherol)	mg	0.55		1	A	1		0.83	0.16	0.1	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.02		1	A	1		0.03	0.01	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.0	
Vitamin D		0.1		^				0.1		0.0	
Vitamin K (phylloquinone)	nicg	0.1		0	T	4		0.1	0.0	0.0	
ipids:	a	0 405		0		1		0.630	0 100	0.00	
Fatty acids, total saturated	-	0.425 0.000		0		1		0.638	0.120	0.0	
4:0				0		1		0.000 0.000	0.000		
6:0		0.000		0		1			0.000	0.0	
8:0				0		1		0.000 0.000	0.000		
10:0	=	0.000		0		1			0.000	0.0	
12:0		0.000		U		1		0.000	0.000	0.0	
13:0	-	0.059		1		1		0 000	0.017	0.0	
14:0	=	0.059		1		1		0.089	0.017	0.0	
15:0	-	0.294		1		1		0.441	0.083	0.0	
16:0 17:0	-	0.294		1		1		0.441	0.083	0.0	
18:0	-	0.068		1		1		0.102	0.019	0.0	
	-	0.068		_		_		0.102	0.019	0.0	
20:0	-										
22:0 24:0	-										

	<u>A</u>	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 monounsaturated		7	0		1		0.761	0.144	0.101
15:1	.g 0.138	3	1		1		0.207	0.039	0.028
17:1 18:1 undifferentiated 20:1	.g 0.205		1 1		1 1		0.308 0.207	0.058 0.039	0.041 0.028
22:1 undifferentiated	.g 0.026		1		1		0.039	0.007	0.005
Fatty acids, total polyunsaturated	.g 0.606		0 1		1 1		0.909 0.027	0.172 0.005	0.121 0.004
18:3 undifferentiated	g 0.035		1 1		1 1		0.030 0.053	0.006 0.010	0.00 4 0.007
20:2 n-6 c,c 20:3 undifferentiated 20:4 undifferentiated	.g	•	1		1		0.105	0.020	0.014
20:5 n-3	.g 0.188	3	1		1		0.282 0.033	0.020 0.053 0.006	0.014 0.038 0.004
22:6 n-3Fatty acids, total trans	.g 0.253		1		1		0.380	0.072	0.051
CholesterolPhytosterols		2.9	14 6		1		42	8	6
Amino Acids:	q 0.133	.	0		1		0.200	0.038	0.027
TryptophanThreonine	.g 0.512	2	0		1		0.768	0.145	0.102
Isoleucine Leucine Lysine	.g 0.838	3	0 0 0		1 1		0.777 1.257 1.334	0.147 0.238 0.252	0.104 0.168 0.178
Methionine	g 0.268	3	0		1		0.402	0.076 0.044	0.054 0.031
PhenylalanineTyrosine	.g 0.426		0 0		1 1		0.639 0.572	0.121 0.108	0.085 0.076
ValineArginine	g 0.868	3	0		1 1		0.780 1.302	0.147 0.246	0.104 0.174
Histidine	.g 0.720)	0 0 0		1 1 1		0.342 1.080 1.722	0.065 0.204 0.325	0.046 0.144 0.230
Aspartic acid	.g 1.618	3	0		1		2.427 1.116	0.459 0.211	0.230 0.324 0.149
Proline	.g 0.486	5	0		1 1		0.729 0.800	0.138 0.151	0.097 0.107
Hydroxyproline Others:	g								
Alcohol, ethyl			0	z	7 7		0.0	0.0	0.0
Theobromine! Carotenoids:	0		0	Z	7		0	0	0
Carotene, beta			0	Z	7		0.000	0.000	0.000
Carotene, alpha	ncg 0		0 0 0	z z z	7 7 7		0.000 0.000 0.000	0.000 0.000 0.000	0.000 0.000 0.000
Lutein + zeaxanthin			0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 150g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 20g: 1 large NDB No. 15164

Mollusks, mussel, blue, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	60.50		0		1		51.43		
Energy	kcal	164		0	NC	4		139		
Energy	kj	686				4		583		
Protein (N x 6.25)	g	29.82		0		1		25.35		
Total lipid (fat)	g	2.08		0		1		1.77		
Ash	g	3.20		0		1		2.72		
Carbohydrate, by difference	g	4.40		0	NC	4		3.74		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
<i>x</i> :)										
Minerals:	ma	106		^		4		0.0		
Calcium, Ca	-	106 9.54		0 0		1 1		90 8.11		
Iron, Fe		9.54 60		0		1		8.11 51		
Magnesium, Mg Phosphorus, P		279		0		1		237		
Potassium, K	-	630		0		1		536		
Sodium, Na	-	460		0		1		391		
Zinc, Zn	_	3.36		0		1		2.86		
Copper, Cu		0.739		0		1		0.628		
Manganese, Mn	_	0.733		0		1		0.040		
Selenium, Se		89.6		0	BFSN	4		76.2		
•						_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_	8.0		0		1		6.8		
Thiamin	_	0.057		0		1		0.048		
Riboflavin		0.076		0		1		0.065		
Niacin	_	3.780		0		1		3.213		
Pantothenic acid	-	0.900		0		1		0.765		
Vitamin B-6	-	0.648		0		1		0.551		
Folate, total		24		0		1		20		
Folic acid		0		0	Z	7		0		
Folate, food		24		0		1		20		
Folate, DFE		24		0	NC	4		20		
Vitamin B-12		36.00		0		1		30.60		
Vitamin A, IU		300		0	NC	4		255		
Vitamin A, RAE		90		0	NC	4		77		
Retinol		90		0	BFYN	4		77		
Vitamin E (alpha-tocopherol)		1.20		0	NR	4		1.02		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.1		0	BFYN	4		0.1		
viamini k (phynodumone)	9	0.1		·	22 234	-		V		
<u> ipids:</u>										
Fatty acids, total saturated		0.453		0		1		0.385		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0	-	2 252		^				0 040		
14:0		0.050		0		1		0.043		
15:0		2 222		^				0 050		
16:0		0.296	1	0		1		0.252		
17:0	-	0 100		^		4		0.005		
18:0	-	0.100		0		1		0.085		
20:0	-									
22:0	u									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u> :	easures of food	
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.324		0		1		0.275		
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.132		0		1		0.112		
17:1	-									
18:1 undifferentiated	-	0.124		0		1		0.105		
20:1		0.048		0		1		0.041		
22:1 undifferentiated	-	0.020		0		1		0.017		
24:1 c										
Fatty acids, total polyunsaturated		0.477		0		1		0.405		
18:2 undifferentiated		0.018		0		1		0.015		
18:3 undifferentiated		0.000		0		1		0.000		
18:4		0.056		0		1		0.048		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-			_		_				
20:4 undifferentiated		0.078		0		1		0.066		
20:5 n-3	-	0.152		0		1		0.129		
22:5 n-3		0.012		0		1		0.010		
22:6 n-3		0.162		0		1		0.138		
Fatty acids, total trans				_						
Cholesterol	-	96		0		1		82		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.334		0		1		0.284		
Threonine		1.283		0		1		1.091		
Isoleucine	-	1.298		0		1		1.103		
Leucine	-	2.099		0		1		1.784		
Lysine	-	2.228		0		1		1.894		
Methionine		0.673		0		1		0.572		
Cystine		0.391		0		1		0.332		
Phenylalanine		1.069		0		1		0.909		
Tyrosine		0.954		0		1		0.811		
Valine	-	1.303		0		1		1.108		
Arginine	-	2.176		0		1		1.850		
Histidine	-	0.573		0		1		0.487		
Alanine	-	1.804		0		1		1.533		
Aspartic acid		2.877		0		1		2.445		
Glutamic acid.		4.056		0		1		3.448		
Glycine		1.866		0		1		1.586		
Proline		1.217		0		1		1.034		
Serine	-	1.336		0		1		1.136		
Hydroxyproline				_		_				
	g									
Others:										
Alcohol, ethyl	-	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	<u>mg</u>	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000		
Carotene, alpha		o o		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: 3 oz

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15166 Mollusks, octopus, common, raw Octopus vulgaris Lamarck

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	=	80.25	0.625	19		1		68.21		
Energy		82		0	NC	4		70		
Energy		343				4		292		
Protein (N x 6.25)		14.91	0.699	18		1		12.67		
Total lipid (fat)		1.04	0.066	17		1		0.88		
Ash		1.60	0.086	14		1		1.36		
Carbohydrate, by difference		2.20 0.0		0	NC Z	4 7		1.87 0.0		
Fiber, total dietary Sugars, total		0.00		0	Z	7		0.00		
Starch	_	0.00		U	2	,		0.00		
Starcii	9									
Minerals:										
Calcium, Ca	-	53	11.706	13		1		45		
Iron, Fe	-	5.30		1		1		4.51		
Magnesium, Mg		30	4.6 0.00-	0		4		26		
Phosphorus, P	_	186 350	16.071	15 0		1 4		158 298		
Potassium, K	_	350 230		0		4		298 196		
Zinc, Zn	_	1.68	0.280	11		1		1.43		
Copper, Cu		0.435		14		1		0.370		
Manganese, Mn	_	0.025		1		1		0.021		
Selenium, Se		44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0		4		4.3		
Thiamin		0.030		1		1		0.026		
Riboflavin	mg	0.040		1		1		0.034		
Niacin	mg	2.100		1		1		1.785		
Pantothenic acid		0.500		0		4		0.425		
Vitamin B-6		0.360		0		4		0.306		
Folate, total		16		0		4		14		
Folic acid		0		0	Z	7		0		
Folate, food		16 16		0	NG	4 4		14 14		
Folate, DFE		20.00		0	NC	4		14 17.00		
Vitamin B-12 Vitamin A, IU		150		0	NC	4		128		
Vitamin A, RAE	mca RAF	45		0	NC	4		38		
Retinol		45		0	NR	4		38		
Vitamin E (alpha-tocopherol)		1.20		0	NR	4		1.02		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1		
Lipids:										
Fatty acids, total saturated		0.227		0		1		0.193		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1 1		0.000		
12:0		0.000		U		1		0.000		
13:0		0.025		2		1		0.021		
14:0		0.025		2		_		0.021		
15:0 16:0		0.148		2		1		0.126		
17:0		0.140		-		-		0.120		
18:0	_	0.050		2		1		0.043		
20:0	_	0.000		_		-		3.0.0		
22:0	_									
24:0	_									

		<u>Aı</u>	nount in 10	0 grams	Amount in edible portion of common measures of food					
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted9	0.162		0		1		0.138		
14:1										
15:1	g									
16:1 undifferentiated	-	0.066		2		1		0.056		
17:1										
18:1 undifferentiated	-	0.062		2		1		0.053		
20:1		0.024		1		1		0.020		
22:1 undifferentiated	•	0.010		1		1		0.009		
24:1 c		0.000		•						
Fatty acids, total polyunsaturate		0.239		0 2		1 1		0.203		
18:2 undifferentiated		0.009		0		1		0.008		
18:3 undifferentiated		0.000		0 1		1		0.000		
18:4		0.028		T		1		0.024		
20:2 n-6 c,c 20:3 undifferentiated	-									
20:3 undifferentiated	-	0.039		1		1		0.033		
		0.039		2		1		0.033		
20:5 n-3	-	0.076		2		1		0.065		
22:5 n-3		0.006		2		1				
22:6 n-3		0.081		2		1		0.069		
Fatty acids, total trans		48		1		1		41		
Cholesterol		48		1		1		41		
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.167		0		1		0.142		
Threonine	g	0.642		0		1		0.546		
Isoleucine	g	0.649		0		1		0.552		
Leucine	g	1.049		0		1		0.892		
Lysine	g	1.114		0		1		0.947		
Methionine	g	0.336		0		1		0.286		
Cystine	g	0.196		0		1		0.167		
Phenylalanine	g	0.534		0		1		0.454		
Tyrosine	g	0.477		0		1		0.405		
Valine	g	0.651		0		1		0.553		
Arginine	g	1.088		0		1		0.925		
Histidine	g	0.286		0		1		0.243		
Alanine	g	0.902		0		1		0.767		
Aspartic acid	g	1.438		0		1		1.222		
Glutamic acid	g	2.027		0		1		1.723		
Glycine	g	0.933		0		1		0.793		
Proline	g	0.608		0		1		0.517		
Serine	g	0.668		0		1		0.568		
Hydroxyproline	g									
Others:	_			_		_				
Alcohol, ethyl		0.0		0	_	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	g	0		0	Z	7		0		
<u>Carotenoids:</u>										
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	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15166

Mollusks, octopus, common, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u></u>
			of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	a	64.12	0		1		16.03	54.50	
Energy		163	0	NC	4		41	139	
Energy		682	· ·	0	4		170	580	
Protein (N x 6.25)		18.90	0		1		4.73	16.07	
Total lipid (fat)	-	4.60	0		1		1.15	3.91	
Ash		2.46	0		1		0.62	2.09	
Carbohydrate, by difference		9.90	0	NC	4		2.48	8.42	
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	v		•		0.00	0.00	
Staten	9								
Minerals:									
Calcium, Ca	-	16	0		1		4	14	
Iron, Fe		9.20	0		1		2.30	7.82	
Magnesium, Mg		44	0		1		11	37	
Phosphorus, P	_	243	0		1		61	207	
Potassium, K		302	0		1		76	257	
Sodium, Na		212	0		1		53	180	
Zinc, Zn		33.24	0		1		8.31	28.25	
Copper, Cu		2.679			1		0.670	2.277	
Manganese, Mn		1.222			1		0.306	1.039	
Selenium, Se	mcg	154.0	0	BFSN	4		38.5	130.9	
Vitamins:									
Vitamin C, total ascorbic acid	mg	12.8	0		1		3.2	10.9	
Thiamin		0.127	0		1		0.032	0.108	
Riboflavin		0.443	0		1		0.111	0.377	
Niacin		3.618	0		1		0.905	3.075	
Pantothenic acid	mg	0.900	0		1		0.225	0.765	
Vitamin B-6	mg	0.090	0		1		0.023	0.077	
Folate, total	mcg	15	0		1		4	13	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	15	0		1		4	13	
Folate, DFE	mcg_DFE	15	0	NC	4		4	13	
Vitamin B-12		28.80	0		1		7.20	24.48	
Vitamin A, IU	IU	487	0	NC	4		122	414	
Vitamin A, RAE	mcg_RAE	146	0	NC	4		37	124	
Retinol		146	0	NC	4		37	124	
Vitamin E (alpha-tocopherol)	mg	0.85	0	BFZN	4		0.21	0.72	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.1	0	BFZN	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated	q	1.020	0	NC	4		0.255	0.867	
4:0		0.000		BFZN	4		0.000	0.000	
6:0		0.000		BFZN	4		0.000	0.000	
8:0		0.000		BFZN	4		0.000	0.000	
10:0	-	0.000		BFZN	4		0.000	0.000	
12:0	-	0.000		BFZN	4		0.000	0.000	
13:0	-								
14:0		0.164	0		1		0.041	0.139	
15:0	-								
16:0	-	0.714	. 0		1		0.179	0.607	
17:0									
18:0	-	0.142	2 0		1		0.036	0.121	
20:0	-								
22:0	-								
24:0									

		<u>An</u>	nount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated O	0.776		0	NC	4		0.194	0.660	
14:1										
15:1	g									
16:1 undifferentiated	g	0.228		0		1		0.057	0.194	
17:1	-									
18:1 undifferentiated	-	0.382		0		1		0.096	0.325	
20:1		0.060		0	BFZN	4		0.015	0.051	
22:1 undifferentiated	•	0.106		0		1		0.027	0.090	
24:1 c										
Fatty acids, total polyunsatura		1.788		0	NC	4		0.447	1.520	
18:2 undifferentiated		0.064		0		1		0.016	0.054	
18:3 undifferentiated		0.064		0		1		0.016	0.054	
18:4		0.168		0		1		0.042	0.143	
20:2 n-6 c,c	=									
20:3 undifferentiated	-			_		_				
20:4 undifferentiated		0.076		0		1		0.019	0.065	
20:5 n-3	-	0.876		0		1		0.219	0.745	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.040		0		1		0.010	0.034	
22:6 n-3	=	0.500		0		1		0.125	0.425	
Fatty acids, total trans		100				_		0.5	25	
Cholesterol		100		0		1		25	85	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.212		0		1		0.053	0.180	
Threonine		0.813		0		1		0.203	0.691	
Isoleucine	g	0.823		0		1		0.206	0.700	
Leucine	g	1.331		0		1		0.333	1.131	
Lysine	g	1.412		0		1		0.353	1.200	
Methionine	g	0.426		0		1		0.107	0.362	
Cystine	g	0.248		0		1		0.062	0.211	
Phenylalanine	g	0.677		0		1		0.169	0.575	
Tyrosine	g	0.605		0		1		0.151	0.514	
Valine	g	0.826		0		1		0.207	0.702	
Arginine	g	1.379		0		1		0.345	1.172	
Histidine	g	0.363		0		1		0.091	0.309	
Alanine	g	1.143		0		1		0.286	0.972	
Aspartic acid	g	1.823		0		1		0.456	1.550	
Glutamic acid	g	2.570		0		1		0.643	2.185	
Glycine	g	1.182		0		1		0.296	1.005	
Proline		0.771		0		1		0.193	0.655	
Serine	g	0.847		0		1		0.212	0.720	
Hydroxyproline	g									
Others:	_				_	_				
Alcohol, ethyl	=	0.0		0	z	7 7		0.0	0.0	
Caffeine		0		0	z z	7		0	0	
Theobromine	mg	0		0	Z	,		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		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 25g: 1 medium Measure 2 = 85g: 3 oz NDB No. 15231

Mollusks, oyster, Pacific, cooked, moist heat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 15171 Mollusks, oyster, Pacific, raw Crassostrea gigas (Thunberg)

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion	
				mber		_	_	<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:	•	82.06	0.674	27		1		41.03	60.75	
Water		82.06	0.674	0	NC	4		41.03 41	69.75 69	
Energy		339		U	NC	4		169	288	
Energy Protein (N x 6.25)		9.45	0.360	14		1		4.73	8.03	
Total lipid (fat)		2.30	0.209	13		1		1.15	1.96	
Ash		1.23	0.203	7		1		0.62	1.05	
Carbohydrate, by difference		4.95	0.002	0	NC	4		2.48	4.21	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		2		1		4	7	
Iron, Fe		5.11	0.546	23		1		2.56	4.34	
Magnesium, Mg		22		2		1		11	19	
Phosphorus, P		162 168		2		1 1		81 84	138 143	
Potassium, K Sodium, Na		106		2		1		84 53	90	
Zinc, Zn		16.62	1.432			1		8.31	14.13	
Copper, Cu		1.576				1		0.788	1.340	
Manganese, Mn		0.643		2		1		0.322	0.547	
Selenium, Se		77.0		0	BFSN	4		38.5	65.5	
Vitamins:										
Vitamin C, total ascorbic acid		8.0		0		4		4.0	6.8	
Thiamin	-	0.067		3		1		0.034	0.057	
Riboflavin	_	0.233		3		1		0.117	0.198	
Niacin		2.010		3		1 4		1.005	1.709	
Pantothenic acid		0.500		0		4		0.250 0.025	0.425 0.043	
Vitamin B-6	-	10		0		4		5	9	
Folic acid		0		0	z	7		0	0	
Folate, food	-	10		0	_	4		5	9	
Folate, DFE		10		0	NC	4		5	9	
Vitamin B-12		16.00		0		4		8.00	13.60	
Vitamin A, IU		270		0		4		135	230	
Vitamin A, RAE		81		0		4		41	69	
Retinol		81		0		4		41	69	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	0.510	1	0		1		0.255	0.434	
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	-	0.000	•	2		1		0 041	0.070	
14:0		0.082		2		1		0.041	0.070	
15:0 16:0	-	0.357	,	2		1		0.179	0.303	
17:0	-	0.357		~		1		0.1/9	0.303	
18:0		0.071		2		1		0.036	0.060	
20:0		0.072		-		_		2.030	0.000	
22:0										
24:0										

		<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
			Number			<u></u>	<u>easures or 1000</u>	_	
Nutrients and Uni	ts	Mean	Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.358	0	1		0.179	0.304		
14:1	g	0.555	·	_		0.173	0.301		
15:1 16:1 undifferentiated 17:1	g	0.114	2	1		0.057	0.097		
18:1 undifferentiated	-	0.191	2	1		0.096	0.162		
20:1		0.000	0	1		0.000	0.000		
22:1 undifferentiated		0.053	1	1		0.027	0.045		
24:1 c	-	0.033	-	-		0.027	0.045		
Fatty acids, total polyunsaturated		0.894	0	1		0.447	0.760		
18:2 undifferentiated		0.032		1		0.016	0.027		
18:3 undifferentiated	-	0.032	1	1		0.016	0.027		
18:4	-	0.084	2	1		0.042	0.071		
20:2 n-6 c.c.	-	0.001	-	-		0.012	0.071		
20:3 undifferentiated	-								
20:4 undifferentiated		0.038	1	1		0.019	0.032		
20:5 n-3	-	0.438	2	1		0.219	0.372		
22:5 n-3		0.020	1	1		0.010	0.017		
22:6 n-3	-	0.250	2	1		0.125	0.213		
Fatty acids, total trans		0.200	_	_		0.123	0.213		
Cholesterol		50	0	4		25	43		
Phytosterols									
Amino Acids:									
		0.106	0	1		0.053	0.090		
Tryptophan		0.407	0	1		0.204			
Threonine	_	0.407	0	1		0.204	0.346		
Isoleucine		0.411	0	1		0.206	0.349 0.565		
Leucine		0.706	-	1		0.353	0.565		
Lysine		0.706		1					
Methionine			0	1		0.107 0.062	0.181		
Cystine		0.124 0.339		1		0.062	0.105 0.288		
Phenylalanine		0.339		1		0.170			
Tyrosine	_	0.302		1		0.131	0.257		
Valine		0.413		1		0.207	0.351		
Arginine		0.689		1			0.586		
Histidine				1		0.091	0.154		
Alanine	-	0.572 0.912		1		0.286 0.456	0.486		
Aspartic acid		1.285		1		0.456	0.775 1.092		
Glutamic acid		1.285 0.591	0	1		0.643	0.502		
Glycine	-	0.591		1		0.296 0.193	0.502		
Proline	-	0.386	0	1		0.193	0.328		
Serine	-	0.423	U	1		0.212	0.360		
Others:									
	a	0.0	0	7		0.0	0.0		
Alcohol, ethyl		0.0	U	,		0.0	0.0		
Caffeine	mg								

Common Measures:

Measure 1 = 50g: 1 medium Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>[</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	85.14		0		1		137.93	211.15	19.58	
Energy	kcal	69		0	NC	4		112	171	16	
Energy	kj	289				4		468	716	66	
Protein (N x 6.25)	g	7.06		0		1		11.44	17.51	1.62	
Total lipid (fat)	g	2.47		0		1		4.00	6.13	0.57	
Ash	g	1.42		0		1		2.30	3.52	0.33	
Carbohydrate, by difference	g	3.91		0	NC	4		6.33	9.70	0.90	
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											
	_										
<u>Minerals:</u>											
Calcium, Ca	_	45		0		1		73	112	10	
Iron, Fe	_	6.70		0		1		10.85	16.62	1.5	
Magnesium, Mg		54		0		1		87	134	12	
Phosphorus, P	-	139		0		1		225	345	32	
Potassium, K		229		0		1		371	568	53	
Sodium, Na	-	112		0		1		181	278	26	
Zinc, Zn		90.95		0		1		147.34	225.56	20.9	
Copper, Cu		4.461		0		1		7.227	11.063	1.0	
Manganese, Mn		0.450		0		4		0.729	1.116	0.1	
Selenium, Se	mcg	35.8		0	BFSN	4		58.0	88.8	8.2	
itamins:											
Vitamin C, total ascorbic acid	ma	5.0		0		4		8.1	12.4	1.2	
Thiamin	_	0.150	ı	0		4		0.243	0.372	0.0	
Riboflavin	-	0.166	;	0		1		0.269	0.412	0.0	
Niacin		1.244		0		1		2.015	3.085	0.2	
Pantothenic acid	-	0.180		0		4		0.292	0.446	0.0	
Vitamin B-6		0.095		0		1		0.154	0.236	0.0	
Folate, total	-	9		0		1		14	22	2	
Folic acid		0		0	z	7		0	0	0	
Folate, food		9		0		1		14	22	2	
Folate, DFE		9		0	NC	4		14	22	2	
Vitamin B-12		19.13		0		1		31.00	47.45	4.4	
Vitamin A, IU		300		0	NC	4		486	744	69	
Vitamin A, RAE		90		0	NC	4		146	223	21	
Retinol		90		0	NC	4		146	223	21	
Vitamin E (alpha-tocopherol)		0.85		0	NR	4		1.38	2.11	0.20	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.1		0	T	4		0.2	0.2	0.0	
ipids:											
	0	0.631		0		1		1.022	1.565	0.1	
Fatty acids, total saturated		0.000		0 0		1		0.000	0.000	0.1	
6:0		0.000		0		1		0.000	0.000	0.0	
				0		1					
8:0	-	0.000		0		1		0.000 0.000	0.000 0.000	0.0	
10:0	-	0.000		0		1		0.000	0.000	0.0	
12:0		0.000		U		1		0.000	0.000	0.0	
13:0		0 100		0		1		0 177	0.070		
14:0		0.109	•	U		1		0.177	0.270	0.0	
15:0		0.435		0		1		0.705	1 070	0.1	
16:0	=	0.435	1	U		1		0.705	1.079	0.1	
17:0	-	0.000		^		4		0 007	0 140	0 0	
18:0	-	0.060		0		1		0.097	0.149	0.0	
20:0	-										
22:0 24:0	-										

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv	Source Code	Confidence Code				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atedg	0.250		0		1		0.405	0.620	0.058	
14:1	g										
15:1 16:1 undifferentiated	_	0.074		0		1		0.120	0.184	0.017	
17:1	_	0.074		Ū		-		0.120	0.104	0.017	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.097		0		1		0.157	0.241	0.022	
20:1	g	0.060		0		1		0.097	0.149	0.014	
22:1 undifferentiated	g	0.009		0		1		0.015	0.022	0.002	
24:1 c	g										
Fatty acids, total polyunsaturat		0.739		0		1		1.197	1.833	0.170	
18:2 undifferentiated		0.049		0		1		0.079	0.122	0.011	
18:3 undifferentiated		0.037		0		1		0.060	0.092	0.009	
18:4	_	0.096		0		1		0.156	0.238	0.022	
20:2 n-6 c,c	_										
20:3 undifferentiated	_	0.068		0		1		0.110	0.169	0.016	
20:5 n-3	_	0.211		0		1		0.110	0.169	0.016	
20.5 n-3	•••••••••••••••••••••••••••••••••••••••	0.050		0		1		0.342	0.124	0.049	
22:6 n-3	-	0.228		0		1		0.369	0.565	0.052	
Fatty acids, total trans		0.220		·		-		0.303	0.505	0.002	
Cholesterol		55		0		1		89	136	13	
Phytosterols	_										
Amino Asida											
Amino Acids:	a	0.070		0		1		0.128	0 106	0.010	
Tryptophan		0.079 0.304		0		1		0.128	0.196 0.754	0.018 0.070	
Threonine	-	0.304		0		1		0.492	0.754	0.070	
Leucine	-	0.497		0		1		0.805	1.233	0.071	
Lysine	-	0.528		0		1		0.855	1.309	0.111	
Methionine		0.159		0		1		0.258	0.394	0.037	
Cystine		0.093		0		1		0.151	0.231	0.021	
Phenylalanine		0.253		0		1		0.410	0.627	0.058	
Tyrosine		0.226		0		1		0.366	0.560	0.052	
Valine	-	0.308		0		1		0.499	0.764	0.071	
Arginine	g	0.515		0		1		0.834	1.277	0.118	
Histidine	g	0.136		0		1		0.220	0.337	0.031	
Alanine	g	0.427		0		1		0.692	1.059	0.098	
Aspartic acid	g	0.681		0		1		1.103	1.689	0.157	
Glutamic acid	g	0.961		0		1		1.557	2.383	0.221	
Glycine	g	0.442		0		1		0.716	1.096	0.102	
Proline	g	0.288		0		1		0.467	0.714	0.066	
Serine	g	0.316		0		1		0.512	0.784	0.073	
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 = 162g: 1 cup, drained Measure 2 = 248g: 1 cup, undrained Measure 3 = 23g: 1 oz, drained NDB No. 15170

Mollusks, oyster, eastern, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<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										
Proximates: Water	а	64.72	0		1		55.01	56.95		
Energy	-	197	0	NC	4		167	173		
Energy		824	·		4		701	725		
Protein (N x 6.18)		8.77	0		1		7.45	7.72		
Total lipid (fat)		12.58	0		1		10.69	11.07		
Ash		1.72	0		1		1.46	1.51		
Carbohydrate, by difference		11.62	0	NC	4		9.88	10.23		
Fiber, total dietary		11.02	Ŭ	110	•		3.00	10.25		
Sugars, total										
Starch	-									
Starcii	9									
Minerals:										
Calcium, Ca	_	62	0		1		53	55		
Iron, Fe	_	6.95	0		1		5.91	6.12		
Magnesium, Mg		58	0		1		49	51		
Phosphorus, P	_	159	0		1		135	140		
Potassium, K		244	0		1		207	215		
Sodium, Na		417	0		1		354	367		
Zinc, Zn		87.13	0		1		74.06	76.67		
Copper, Cu		4.294			1		3.650	3.779		
Manganese, Mn		0.490 66.5	0	RA	4 4		0.417 56.5	0.431 58.5		
Selenium, Se	Ilicy	66.5	U	RA	4		56.5	38.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0		4		3.2	3.3		
Thiamin	mg	0.150	0		4		0.128	0.132		
Riboflavin	mg	0.202	2 0		1		0.172	0.178		
Niacin	mg	1.650	0		1		1.403	1.452		
Pantothenic acid	mg	0.270	0		4		0.230	0.238		
Vitamin B-6	mg	0.064	0		1		0.054	0.056		
Folate, total	mcg	31	0	RA	4		26	27		
Folic acid		17	0	NC	4		15	15		
Folate, food	mcg	14	0		1		12	12		
Folate, DFE		43	0	NC	4		37	38		
Vitamin B-12		15.63	0		1		13.28	13.75		
Vitamin A, IU		302	0		4		257	266		
Vitamin A, RAE		91	0		4		77	80		
Retinol		91	0		4		77	80		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
viamini K (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.197	0		1		2.717	2.813		
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0		0 150			4		0 100	0 100		
14:0		0.150	0		1		0.128	0.132		
15:0		1 017			4		1 604	1 60-		
16:0		1.910	0		1		1.624	1.681		
17:0	-	1 11/	0		1		0.944	0 077		
18:0	-	1.110	, 0		1		0.944	0.977		
20:0 22:0	-									

		<u>A</u> 1	mount in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
				•						
Fatty acids, total monounsaturated	-	4.702		0	1		3.997	4.138		
14:1 15:1										
16:1 undifferentiated	-	0.092		0	1		0.078	0.081		
	-	0.092		U	_		0.076	0.081		
17:1		4.440		0	1		3.774	3.907		
		0.057		0	1					
20:1	-			0	1		0.048	0.050		
22:1 undifferentiated 24:1 c		0.009	ı	U	1		0.008	0.008		
		3.313		0	1		0.016	0.015		
Fatty acids, total polyunsaturated		2.440		0	1		2.816 2.074	2.915 2.147		
18:2 undifferentiated	-	0.156		0	1		0.133	0.137		
18:3 undifferentiated				0	1		0.133			
18:4	-	0.092		U	1		0.078	0.081		
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.070		0	1		0.000	0.000		
20:4 undifferentiated	-			0	1		0.060	0.062		
20:5 n-3	_	0.202		-	_		0.172	0.178		
22:5 n-3	-	0.048		0	1		0.041	0.042		
22:6 n-3		0.218		0	1		0.185	0.192		
Fatty acids, total trans	-			•	_					
Cholesterol	-	81		0	1		69	71		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.105	i	0	1		0.089	0.092		
Threonine		0.365	i	0	1		0.310	0.321		
Isoleucine		0.396	;	0	1		0.337	0.348		
Leucine	-	0.638		0	1		0.542	0.561		
Lysine	-	0.582		0	1		0.495	0.512		
Methionine		0.199		0	1		0.169	0.175		
Cystine	_	0.131		0	1		0.111	0.115		
Phenylalanine		0.352		0	1		0.299	0.310		
Tyrosine		0.290		0	1		0.247	0.255		
Valine	-	0.409		0	1		0.348	0.360		
Arginine	_	0.585		0	1		0.497	0.515		
Histidine	-	0.175		0	1		0.149	0.154		
Alanine	-	0.491		0	1		0.417	0.432		
Aspartic acid		0.782		0	1		0.665	0.688		
Glutamic acid	_	1.495		0	1		1.271	1.316		
Glycine		0.493		0	1		0.419	0.434		
Proline		0.470		0	1		0.400	0.414		
Serine		0.429		0	1		0.365	0.378		
Hydroxyproline	_	0.123		-	-		2.000	0.0.3		
11yaroxypromic	∌									

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 88g: 6 medium

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.12

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	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	81.95	1.580	4		1		69.66	48.35		
Energy	_	79	1.500	0	NC	4		67	47		
0.		331		U	NC	4		281	195		
Energy			0.050			=					
Protein (N x 6.25)		7.00	0.258	4		1		5.95	4.13		
Total lipid (fat)		2.12	0.364	4		1		1.80	1.25		
Ash		1.65	0.087	4		1		1.40	0.97		
Carbohydrate, by difference		7.28		0	NC	4		6.19	4.30		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minorals:											
<u>Minerals:</u> Calcium. Ca	ma	56		0		4		48	33		
,		7.77	2.621	4		1		6.60	4.58		
Iron, Fe	_	33	2.621	4		1		28	4.58 19		
Magnesium, Mg						1					
Phosphorus, P	_	115	16.044	4		1		98	68 90		
Potassium, K		152	20.318	4		1		129 139			
Sodium, Na		163	8.607	4					96		
Zinc, Zn		45.15	5.353	4		1		38.38	26.64		
Copper, Cu		1.434		4		1		1.219	0.846		
Manganese, Mn		0.425	0.118	4		1		0.361	0.251		
Selenium, Se	mcg	77.5		0	BFSN	4		65.9	45.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	6.0	0.999	4		1		5.1	3.5		
Thiamin		0.130		4		1		0.111	0.077		
Riboflavin		0.055		4		1		0.047	0.032		
Niacin		1.792		4		1		1.523	1.057		
Pantothenic acid	_	0.195		4		1		0.166	0.115		
		0.193		4		1		0.166			
Vitamin B-6	-								0.045		
Folate, total		24	3.838	4	_	1		20	14		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	24	3.838	4		1		20	14		
Folate, DFE		24		0	NC	4		20	14		
Vitamin B-12		24.30	1.079	4		1		20.66	14.34		
Vitamin A, IU		63	31.458	4		1		54	37		
Vitamin A, RAE		19	9.447	4		1		16	11		
Retinol		19	9.447	4		1		16	11		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
inida											
Lipids:	~	0.000	•	0				0 501	0 400		
Fatty acids, total saturated		0.683	3	0		1		0.581	0.403		
4:0											
6:0	-										
8:0											
10:0											
12:0											
13:0						_		_			
14:0		0.053	3	4		1		0.045	0.031		
15:0											
16:0	g	0.489)	4		1		0.416	0.289		
17:0	g										
18:0	g	0.070)	4		1		0.060	0.041		
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 100 gr	ams of edi	Amount in edible portion of common				
			Nun	nber			<u>m</u>	easures of food	
			of E	ata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.230		0	1		0.196	0.136	
14:1									
15:1									
16:1 undifferentiated	-	0.059		4	1		0.050	0.035	
17:1									
18:1 undifferentiated		0.111		4	1		0.094	0.065	
20:1	-	0.049		4	1		0.042	0.029	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		0.713		0	1		0.606	0.421	
18:2 undifferentiated	-	0.043		4	1		0.037	0.025	
18:3 undifferentiated	-	0.063		4	1		0.054	0.037	
18:4		0.118		4	1		0.100	0.070	
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.044		4	1		0.037	0.026	
20:5 n-3	-	0.229		4	1		0.195	0.135	
22:5 n-3									
22:6 n-3		0.211		4	1		0.179	0.124	
Fatty acids, total trans	-								
Cholesterol	-	38	3.202	4	1		32	22	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.078		0	1		0.066	0.046	
Threonine	g	0.301		0	1		0.256	0.178	
Isoleucine	g	0.305		0	1		0.259	0.180	
Leucine	g	0.493		0	1		0.419	0.291	
Lysine	g	0.523		0	1		0.445	0.309	
Methionine	g	0.158		0	1		0.134	0.093	
Cystine	g	0.092		0	1		0.078	0.054	
Phenylalanine	g	0.251		0	1		0.213	0.148	
Tyrosine	g	0.224		0	1		0.190	0.132	
Valine	g	0.306		0	1		0.260	0.181	
Arginine	g	0.511		0	1		0.434	0.301	
Histidine		0.134		0	1		0.114	0.079	
Alanine	g	0.423		0	1		0.360	0.250	
Aspartic acid		0.675		0	1		0.574	0.398	
Glutamic acid		0.952		0	1		0.809	0.562	
Glycine	_	0.438		0	1		0.372	0.258	
Proline	-	0.286		0	1		0.243	0.169	
Serine	-	0.314		0	1		0.267	0.185	
Hydroxyproline									
,, p. vv									

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 59g: 6 medium

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15245 Mollusks, oyster, eastern, farmed, raw

Crassostrea virginica (Gmelin)

		<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	_	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	86.20	1.521	4		1		73.27	72.41		
Energy	_	59	1.321	0	NC	4		50	72.41 50		
63		247		U	NC	4		210	207		
Energy	=		0.245			=					
Protein (N x 6.25)		5.22	0.345	4		1 1		4.44	4.38		
Total lipid (fat)		1.55	0.250	4		_		1.32	1.30		
Ash		1.50	0.108	4		1		1.28	1.26		
Carbohydrate, by difference		5.53		0	NC	4		4.70	4.65		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium. Ca	mg	44		0	BFZN	4		37	37		
Iron, Fe		5.78	1.340	4		1		4.91	4.86		
Magnesium, Mg	-	33	2.352	4		1		28	28		
Phosphorus, P		93	10.351	4		1		79	78		
Potassium, K	-	124	15.201	4		1		105	104		
Sodium, Na		178	8.319	4		1		151	150		
Zinc, Zn	-	37.92	3.558	4		1		32.23	31.85		
Copper, Cu		0.738		4		1		0.627	0.620		
Manganese, Mn		0.394		4		1		0.335	0.331		
Selenium, Se		63.7	0.113	6	A	1		54.1	53.5		
ŕ				-		_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		4.7	0.556	4		1		4.0	3.9		
Thiamin		0.105		4		1		0.089	0.088		
Riboflavin	mg	0.065	0.021	4		1		0.055	0.055		
Niacin	-	1.267		4		1		1.077	1.064		
Pantothenic acid	mg	0.157		4		1		0.133	0.132		
Vitamin B-6	mg	0.060	0.008	4		1		0.051	0.050		
Folate, total	mcg	18	4.031	4		1		15	15		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	18	4.031	4		1		15	15		
Folate, DFE	mcg_DFE	18		0	NC	4		15	15		
Vitamin B-12		16.20	1.143	4		1		13.77	13.61		
Vitamin A, IU	IU	25	14.434	4		1		21	21		
Vitamin A, RAE	mcg_RAE	8	4.335	4		1		6	6		
Retinol		8	4.335	4		1		6	6		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
inida											
Lipids:	~	0.443		^				0 277	0.270		
Fatty acids, total saturated		0.443	3	0		1		0.377	0.372		
4:0											
6:0	_										
8:0											
10:0											
12:0											
13:0		0 005				1		0.000	0.000		
14:0		0.035	,	4		1		0.030	0.029		
15:0		2 21 1	•			-					
16:0		0.314	1	4		1		0.267	0.264		
17:0	_					_					
18:0	_	0.045	Ď	4		1		0.038	0.038		
20:0	a										
22:0	_										

	<u>A</u>	mount in 100 gram	s of edible p	Amount in 100 grams of edible portion								
		Numbe	er		<u>m</u>	easures of food						
Nutrients and Units	Mean	of Data Std. Error Points		urce Confidence ode Code	Measure 1	Measure 2	Measure 3					
Fatty acids, total monounsaturatedg	0.152	. 0		1	0.129	0.128						
14:1g	0.132			-	0.129	0.128						
15:1												
16:1 undifferentiated	0.038	4		1	0.032	0.032						
17:1g												
18:1 undifferentiated	0.074	4		1	0.063	0.062						
20:1g	0.033	4		1	0.028	0.028						
22:1 undifferentiatedg												
24:1 cg												
Fatty acids, total polyunsaturatedg	0.591	. 0		1	0.502	0.496						
18:2 undifferentiatedg	0.028	4		1	0.024	0.024						
18:3 undifferentiatedg	0.044	4		1	0.037	0.037						
18:4g	0.092	4		1	0.078	0.077						
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.033	4		1	0.028	0.028						
20:5 n-3g	0.188	4		1	0.160	0.158						
22:5 n-3g												
22:6 n-3g	0.203	4		1	0.173	0.171						
Fatty acids, total transg												
Cholesterol mg	25	1.273 4		1	21	21						
Phytosterols mg												
Amino Acids:												
Tryptophang	0.059	0		1	0.050	0.050						
Threonineg	0.225	0		1	0.191	0.189						
Isoleucineg	0.227	0		1	0.193	0.191						
Leucineg	0.368	0		1	0.313	0.309						
Lysineg	0.390			1	0.332	0.328						
Methionineg	0.118			1	0.100	0.099						
Cystineg	0.069			1	0.059	0.058						
Phenylalanineg	0.187			1	0.159	0.157						
Tyrosineg	0.167	0		1	0.142	0.140						
Valineg	0.228			1	0.194	0.192						
Arginineg	0.381			1	0.324	0.320						
Histidineg	0.100			1	0.085	0.084						
Alanineg	0.316			1	0.269	0.265						
Aspartic acidg	0.504			1	0.428	0.423						
Glutamic acidg	0.711			1	0.604	0.597						
Glycineg	0.327			1	0.278	0.275						
Prolineg	0.213			1	0.181	0.179						
Serine9	0.234	0		1	0.199	0.197						
Hydroxyprolineg												

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 84g: 6 medium

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			N	umber	•			<u>m</u>	easures of food	<u> </u>
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.30		2		1		70.81	49.15	
Energy	kcal	72		0	NC	4		61	42	
Energy	kj	301				4		256	178	
Protein (N x 6.25)	g	8.25		2		1		7.01	4.87	
Total lipid (fat)	g	1.90		2		1		1.62	1.12	
Ash	g	1.75		2		1		1.49	1.03	
Carbohydrate, by difference	g	4.80		0	NC	4		4.08	2.83	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_		_				
Calcium, Ca	-	45		0	BFZN	4		38	27	
Iron, Fe	-	4.33		2		1		3.68	2.55	
Magnesium, Mg		46		2		1		39	27	
Phosphorus, P	-	136		2		1		116	80	
Potassium, K		168		2		1		143	99	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	244		2		1		207	144	
Zinc, Zn		73.60	_	2		1		62.56	43.42	
Copper, Cu		3.455		2		1		2.937	2.038	
Manganese, Mn		0.288	3	2		1		0.245	0.170	
Selenium, Se	mcg	71.7		0	BFSN	4		60.9	42.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.1		2		1		3.5	2.4	
Thiamin	mg	0.085	5	2		1		0.072	0.050	
Riboflavin	mg	0.080)	2		1		0.068	0.047	
Niacin	mg	1.675	5	2		1		1.424	0.988	
Pantothenic acid	mg	0.225	5	2		1		0.191	0.133	
Vitamin B-6	mg	0.096	5	2		1		0.082	0.057	
Folate, total	mcg	18		2		1		15	11	
Folic acid		0		0	Z	7		0	0	
Folate, food		18		2		1		15	11	
Folate, DFE	mcg_DFE	18		0	NC	4		15	11	
Vitamin B-12		27.80		2		1		23.63	16.40	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	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	a	0.550)	0		1		0.468	0.325	
4:0				-		_			*****	
6:0	-									
8:0	-									
10:0										
12:0	-									
13:0	-									
14:0	g	0.047	7	2		1		0.040	0.028	
15:0	g									
16:0	g	0.394	1	2		1		0.335	0.232	
17:0										
18:0	g	0.049	•	2		1		0.042	0.029	
20:0	g									
22:0	g									
24:0	ď									

	<u>A</u> 1	mount in 100 gra	Amount in edible portion of common					
		Num	er			<u>m</u> :	easures of food	
Nutrients and Units	Mean	of Da Std. Error Poin			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.230	,	1	1		0.196	0.136	
14:1g	0.230		•	-		0.190	0.130	
15:1								
16:1 undifferentiated	0.061		1	1		0.052	0.036	
17:1g								
18:1 undifferentiatedg	0.089)	1	1		0.076	0.053	
20:1g	0.063		:	1		0.054	0.037	
22:1 undifferentiatedg						0.001	0.007	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.809	,)	1		0.688	0.477	
18:2 undifferentiated	0.032		•	1		0.027	0.019	
18:3 undifferentiated	0.050		· !	1		0.043	0.030	
18:4g	0.087			1		0.074	0.051	
20:2 n-6 c,cg	0.00.	•	•	_		0.074	0.031	
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.053	:	,	1		0.045	0.031	
20:5 n-3g	0.260			1		0.221	0.153	
22:5 n-3g	0.200	•	•	_		0.221	0.155	
22:6 n-3g	0.291		,	1		0.247	0.172	
Fatty acids, total trans	0.231		•	-		0.247	0.172	
Cholesterolg	49	:	•	1		42	29	
Phytosterols mg	43	•	•	-		72	23	
Filytosterois								
Amino Acids:								
Tryptophang	0.092	!)	1		0.078	0.054	
Threonineg	0.355	i ()	1		0.302	0.209	
Isoleucineg	0.359))	1		0.305	0.212	
Leucineg	0.581)	1		0.494	0.343	
Lysineg	0.616	;)	1		0.524	0.363	
Methionineg	0.186	;)	1		0.158	0.110	
Cystineg	0.108	:)	1		0.092	0.064	
Phenylalanineg	0.296	;)	1		0.252	0.175	
Tyrosine	0.264)	1		0.224	0.156	
Valineg	0.360))	1		0.306	0.212	
Arginine	0.602)	1		0.512	0.355	
Histidine 9	0.158)	1		0.134	0.093	
Alanine	0.499)	1		0.424	0.294	
Aspartic acidg	0.796)	1		0.677	0.470	
Glutamic acid	1.122)	1		0.954	0.662	
Glycine	0.516		·)	1		0.439	0.304	
Prolineg	0.337)	1		0.286	0.199	
Serine	0.370			1		0.315	0.218	

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 59g: 6 medium

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u> </u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	70.32		0	1		59.77	29.53		
Energy	=	137		0 NC	4		116	58		
Energy		573			4		487	241		
Protein (N x 6.25)		14.10		0	1		11.99	5.92		
Total lipid (fat)		4.91		0	1		4.17	2.06		
Ash		2.84		0	1		2.41	1.19		
Carbohydrate, by difference		7.82		0 NC	4		6.65	3.28		
Fiber, total dietary		0.0		0 z	7		0.0	0.0		
Sugars, total										
Starch	_									
Minerals:				_						
Calcium, Ca	-	90		0	1		77	38		
Iron, Fe	-	11.99		0	1		10.19	5.04		
Magnesium, Mg		95		0	1		81	40		
Phosphorus, P	-	203		0	1 1		173	85		
Potassium, K	-	281)	1		239	118		
Sodium, Na		422 181.61))	1		359 154.37	177 76.28		
Zinc, Zn		7.569)	1		6.434	76.28 3.179		
Copper, Cu Manganese, Mn		0.697)	1		0.592	0.293		
Selenium, Se		71.6		4 A	1		60.9	30.1		
Scientini, Sc	9	71.0	10.125		•		00.5	30.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		6.0)	1		5.1	2.5		
Thiamin		0.190))	1		0.162	0.080		
Riboflavin	mg	0.181	L)	1		0.154	0.076		
Niacin	-	2.484)	1		2.111	1.043		
Pantothenic acid		0.351)	1		0.298	0.147		
Vitamin B-6	-	0.118)	1		0.100	0.050		
Folate, total		14)	1		12	6		
Folic acid		0) <u>z</u>	7		0	0		
Folate, food	mcg	14)	1		12	6		
Folate, DFE		14) NC	4		12	6		
Vitamin B-12		35.02		0	1		29.77	14.71		
Vitamin A, IU		180		0	1		153	76		
Vitamin A, RAE		54))	1 1		46	23		
Retinol		54		J	_		46	23		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	.									
<u>Lipids:</u>										
Fatty acids, total saturated		1.544	<u>l</u>	0	1		1.312	0.648		
4:0										
6:0										
8:0										
10:0										
12:0										
13:0 14:0		0.249	1	0	1		0.212	0.105		
		0.245	•		1		0.212	0.105		
15:0		1.070)	0	1		0.910	0.449		
16:0		1.070	•	•	1		0.910	0.449		
17:0 18:0	-	0.146	;	0	1		0.124	0.061		
20:0	-	0.146	,	•	1		0.124	0.061		
22:0	-									
44.U	9									

	<u>Aı</u>	mount in 100	<u>0 grams</u> Number	Amount in edible portion of common measures of food						
Nutrients and Units		Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.628		0		1		0.534	0.264	
14:1		0.020		·		-		0.554	0.204	
15:1										
16:1 undifferentiated		0.181		0		1		0.154	0.076	
17:1	-									
18:1 undifferentiated		0.244		0		1		0.207	0.102	
20:1	g	0.150		0		1		0.128	0.063	
22:1 undifferentiated	g	0.022		0		1		0.019	0.009	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.936		0		1		1.646	0.813	
18:2 undifferentiated	g	0.117		0		1		0.099	0.049	
18:3 undifferentiated	g	0.100		0		1		0.085	0.042	
18:4	g	0.233		0		1		0.198	0.098	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.160		0		1		0.136	0.067	
20:5 n-3	g	0.536		0		1		0.456	0.225	
22:5 n-3	g	0.125		0		1		0.106	0.053	
22:6 n-3	g	0.584		0		1		0.496	0.245	
Fatty acids, total trans	-									
Cholesterol	-	105		0		1		89	44	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.158		0		1		0.134	0.066	
Threonine		0.607		0		1		0.516	0.255	
Isoleucine		0.614		0		1		0.522	0.258	
Leucine	-	0.993		0		1		0.844	0.417	
Lysine		1.053		0		1		0.895	0.442	
Methionine		0.318		0		1		0.270	0.134	
Cystine	_	0.185		0		1		0.157	0.078	
Phenylalanine		0.505		0		1		0.429	0.212	
Tyrosine		0.451		0		1		0.383	0.189	
Valine	-	0.616		0		1		0.524	0.259	
Arginine	-	1.029		0		1		0.875	0.432	
Histidine	g	0.271		0		1		0.230	0.114	
Alanine	g	0.853		0		1		0.725	0.358	
Aspartic acid	-	1.360		0		1		1.156	0.571	
Glutamic acid	g	1.917		0		1		1.629	0.805	
Glycine	g	0.882		0		1		0.750	0.370	
Proline		0.575		0		1		0.489	0.242	
Serine	g	0.632		0		1		0.537	0.265	
Hydroxyproline	g									

Common Measures:

Measure 1 = 85g: 3 oz Measure 2 = 42g: 6 medium

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

NDB No. 15167 Mollusks, oyster, eastern, wild, raw Crassostrea virginica (Gmelin)

		Amount in 100 grams of edible portion							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			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	85.16	0.197	254		1		211.20	71.53		
Energy	kcal	68		0	NC	4		169	57		
Energy		285				4		706	239		
Protein (N x 6.25)		7.05	0.097	212		1		17.48	5.92		
Total lipid (fat)	_	2.46	0.099	195		1		6.10	2.07		
Ash		1.42	0.050	160		1		3.52	1.19		
Carbohydrate, by difference		3.91		0	NC	4		9.70	3.28		
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	-	45	2.757	37		1		112	38		
Iron, Fe	-	6.66	0.407	102		1		16.52	5.59		
Magnesium, Mg		47	3.697	3		1		117	39		
Phosphorus, P	_	135 156	5.372 36.748	29 3		1 1		335 387	113 131		
Potassium, KSodium. Na	-	211	58.810	3		1		523	177		
Zinc, Zn	•	90.81	3.557	586		1		225.21	76.28		
Copper, Cu		4.452		490		1		11.041	3.740		
Manganese, Mn		0.367		3		1		0.910	0.308		
Selenium, Se	-	63.7	8.557	6	A	1		158.0	53.5		
Scientini, Sci						_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	3.7	0.636	3		1		9.2	3.1		
Thiamin	-	0.100		3		1		0.248	0.084		
Riboflavin		0.095		3		1		0.236	0.080		
Niacin	-	1.380		3		1		3.422	1.159		
Pantothenic acid	-	0.185		3		1		0.459	0.155		
Vitamin B-6	_	0.062		3		1		0.154	0.052		
Folate, total		10	1.103	5		1		25	8		
Folic acid		0		0	Z	7		0	0		
Folate, food		10	1.103	5		1		25	8		
Folate, DFE		10		0	NC	4		25	8		
Vitamin B-12		19.46	1.121	14		1		48.26	16.35		
Vitamin A, IU		100		0	NC	4		248	84		
Vitamin A, RAE		30		0	NC	4		74	25		
Retinol		30 0.85		0	NC NR	4 4		74 2.11	25 0.71		
Vitamin E (alpha-tocopherol)		0.85		U	NR	4		2.11	0.71		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		320.000	1	0	т	4		793.600	268.800		
Vitamin K (phylloquinone)		0.1		0	T	4		0.2	0.1		
<u>Lipids:</u>											
Fatty acids, total saturated		0.772		0		1		1.915	0.648		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0		0.000	1	0		1		0.000	0.000		
13:0		0 10-		1.4					2 42-		
14:0		0.125	•	14		1		0.310	0.105		
15:0	_	0 505		1.4				1 207	2 442		
16:0	_	0.535	•	14		1		1.327	0.449		
17:0	_	0 070	,	1 4		1		0 101	2 22		
18:0	-	0.073	•	14		1		0.181	0.061		
20:0	-										
22:0	g g										

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food					
Nutrionto and Unite	Maan	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code			
Nutrients and Units	Mean	Sta. Error Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.314	0		1		0.779	0.264	
14:1g							0.201	
15:1g	0.000	1.4				0.000	0.076	
16:1 undifferentiated	0.090	14		1		0.223	0.076	
18:1 undifferentiated	0.122	14		1		0.303	0.102	
20:1	0.075	14		1		0.303	0.063	
22:1 undifferentiated	0.011	14		1		0.027	0.009	
24:1 cg				_			*****	
Fatty acids, total polyunsaturatedg	0.968	0		1		2.401	0.813	
18:2 undifferentiatedg	0.058	14		1		0.144	0.049	
18:3 undifferentiatedg	0.050	14		1		0.124	0.042	
18:4g	0.117	14		1		0.290	0.098	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.080	14		1		0.198	0.067	
20:5 n-3g	0.268	14		1		0.665	0.225	
22:5 n-3g	0.062	0.000 14		1		0.154	0.052	
22:6 n-3g	0.292	14		1		0.724	0.245	
Fatty acids, total trans9								
Cholesterol mg	53	7.258 19		1		131	45	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.079	0		1		0.196	0.066	
Threonineg	0.303	0		1		0.751	0.255	
Isoleucine	0.307	0		1		0.761	0.258	
Leucineg	0.496	0		1		1.230	0.417	
Lysineg	0.527	0		1		1.307	0.443	
Methionine	0.159	0		1		0.394	0.134	
Cystineg	0.092	0		1		0.228	0.077	
Phenylalanine	0.253	0		1		0.627	0.213	
Tyrosineg	0.226	0		1		0.560	0.190	
Valineg	0.308	0		1		0.764	0.259	
Arginineg	0.514	0		1		1.275	0.432	
Histidineg	0.135	0		1		0.335	0.113	
Alanineg	0.426	0		1		1.056	0.358	
Aspartic acidg	0.680	0		1		1.686	0.571	
Glutamic acidg	0.959	0		1		2.378	0.806	
Glycine9	0.441	0		1		1.094	0.370	
Prolineg	0.288	0		1		0.714	0.242	
Serineg	0.316	0		1		0.784	0.265	
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:						-	-	
	•	•	_	-		0.000	0.000	
Carotene, beta mcg	0	0	Z Z	7 7		0.000	0.000	
Carotene, alpha mcg	0	0	z Z	7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta	0	0	Z	7		0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	
Lutchi + Zeaxantinii	U	0	4	,		0.000	0.000	

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 84g: 6 medium

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	73.10				1				
Energy	kcal	112				1				
Energy		469				1				
Protein	-	23.20				1				
Total lipid (fat)		1.40				1				
Ash		3.06		0	BFYN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	ma	115				1				
Iron, Fe	_	3.00				1				
Magnesium, Mg		55				4				
Phosphorus, P		338				1				
Potassium, K		476				1				
Sodium, Na		265				1				
Zinc, Zn		3.00				4				
Copper, Cu	mg	0.300)			4				
Manganese, Mn	mg									
Selenium, Se	mcg	27.9		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0			z	7				
Thiamin		0.100)			1				
Riboflavin	-	0.060				1				
Niacin	_	1.300)			1				
Pantothenic acid										
Vitamin B-6		0.100)			4				
Folate, total	mcg	12				4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	12		0	NR	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Vitamin B-12	mcg	1.30				4				
Vitamin A, IU	IU	100		0	NC	4				
Vitamin A, RAE	mcg_RAE	30		0	NC	4				
Retinol	mcg	30		0	BFYN	4				
Vitamin E (alpha-tocopherol)		1.50		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	0.2		0	BFYN	4				
Lipids:										
Fatty acids, total saturated	g	0.146	5			4				
4:0		0.000)			4				
6:0		0.000)			4				
8:0	g	0.000)			4				
10:0	g	0.000)			4				
12:0	g	0.000)			4				
13:0	g									
14:0	g	0.020)			4				
15:0	g									
16:0	g	0.099)			4				
17:0	g									
18:0	g	0.020)			4				
20:0	g									
22:0	g									
24:0	a									

Fatty acids, total monounsaturated		Amount in 100 grams of edible portion					Amount in edible portion of common			
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3			Numbe	r			<u>m</u>			
14:1	Nutrients and Units	Mean St					Measure 1	Measure 2	Measure 3	
14:1 9 15:1 9 16:1 undifferentiated 9 0.020 4 17:1 9 18:1 undifferentiated 9 0.031 4 20:1 9 0.011 4 22:1 undifferentiated 9 0.000 4 24:1 c 9 Fatty acids, total polyunsaturated 9 0.481 4 18:2 undifferentiated 9 0.007 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.022 4 20:2 n-6 c,c 9 20:3 undifferentiated 9	Fatty acids total monounsaturated Q	0.068			4					
16:1 undifferentiated 9 0.020 4 17:1 9 18:1 undifferentiated 9 0.031 4 20:1 9 0.011 4 22:1 undifferentiated 9 0.000 4 24:1 c 9 Fatty acids, total polyunsaturated 9 0.007 4 18:2 undifferentiated 9 0.000 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.002 4 20:2 n-6 c,c 9 20:3 undifferentiated 9										
17:1	15:1g									
18:1 undifferentiated 9 0.031 4 20:1 9 0.011 4 22:1 undifferentiated 9 0.000 4 24:1 c 9 Fatty acids, total polyunsaturated 9 0.481 4 18:2 undifferentiated 9 0.007 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.022 4 20:2 n-6 c,c 9 20:3 undifferentiated 9		0.020			4					
20:1 9 0.011 4 22:1 undifferentiated 9 0.000 4 24:1 c 9 0.481 4 18:2 undifferentiated 9 0.007 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.022 4 20:2 n-6 c,c 9 20:3 undifferentiated 9 9	17:1g									
22:1 undifferentiated 9 0.000 4 24:1 c 9 Fatty acids, total polyunsaturated 9 0.481 4 18:2 undifferentiated 9 0.007 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.002 4 20:2 n-6 c,c 9 20:3 undifferentiated 9	18:1 undifferentiatedg	0.031			4					
24:1 c 9 Fatty acids, total polyunsaturated 9 0.481 4 18:2 undifferentiated 9 0.007 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.022 4 20:2 n-6 c,c 9 20:3 undifferentiated 9	20:1g	0.011			4					
Fatty acids, total polyunsaturated	22:1 undifferentiatedg	0.000			4					
18:2 undifferentiated 9 0.007 4 18:3 undifferentiated 9 0.000 4 18:4 9 0.022 4 20:2 n-6 c,c 9 20:3 undifferentiated 9	24:1 cg									
18:3 undifferentiated g 0.000 4 18:4 g 0.022 4 20:2 n-6 c,c g 20:3 undifferentiated g		0.481			4					
18:4		0.007			4					
20:2 n-6 c,cg 20:3 undifferentiatedg	=	0.000			4					
20:3 undifferentiatedg		0.022			4					
	· · · · · · · · · · · · · · · · · · ·									
20:4 undifferentiated					4					
20:5 n-3g 0.166 4					4					
22:5 n-3g 0.031 4					4					
22:6 n-3	=	0.199			4					
Fatty acids, total trans										
Cholesterolmg 53 1		53			1					
Phytosterolsmg	Phytosterolsmg									
Others:	Others:									
Alcohol, ethyl	Alcohol, ethyl	0.0			7					
Caffeine mq 0 0 z 7	, ,	0	0	z	7					
Theobromine	Theobromine mg	0	0	z	7					
Carotenoids:	arotenoids:									
Carotene, beta	Carotene heta MCG	0	0	7.	7					
Carotene, alpha	· · · · · · · · · · · · · · · · · · ·		-							
Cryptoxanthin, beta			0		=					
Lycopene mcg 0 z 7		0	0	z	7					
Lutein + zeaxanthin. mcg 0 0 z 7		0	0	z	7					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gra	Amount in edible portion of common					
			Num	measures of food					
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	58.44		0	1		18.12		
Energy	kcal	215		0 NC	4		67		
Energy		900			4		279		
Protein (N x 6.21)		18.07		0	1		5.60		
Total lipid (fat)		10.94		0	1		3.39		
Ash		1.83		0	1		0.57		
Carbohydrate, by difference		10.13		0 NC	4		3.14		
Fiber, total dietary									
Sugars, total									
Starch									
Minerals:				_	_				
Calcium, Ca	_	42		0	1		13		
Iron, Fe	-	0.82		0	1 1		0.25		
Magnesium, Mg		59		0	_		18		
Phosphorus, P	-	236 333		0 0	1 1		73 103		
Potassium, K	-	333 464		0	1		144		
Sodium, NaZinc, Zn		1.06		0	1		0.33		
Copper, Cu		0.078	2	0	1		0.024		
Manganese, Mn		0.140		0	4		0.024		
Selenium, Se		26.9		0 RA	4		8.3		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		2.3		0	4		0.7		
Thiamin		0.042		0	1		0.013		
Riboflavin		0.110		0	1		0.034		
Niacin		1.505		0	1		0.467		
Pantothenic acid		0.200		0	4		0.062		
Vitamin B-6	-	0.140)	0	4		0.043		
Folate, total		37		0 RA	4		11		
Folic acid		19		0 NC	4 4		6 6		
Folate, food	IIICG	18 50		0 0 NC	4		16		
Folate, DFE		1.32		0 NC	1		0.41		
Vitamin B-12 Vitamin A, IU		75		0	4		23		
Vitamin A, RAE		23		0	4		7		
Retinol		23		0	4		7		
Vitamin E (alpha-tocopherol)		23		•	•		•		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	-								
<u>Lipids:</u>	_			•	_				
Fatty acids, total saturated		2.669	,	0	1		0.827		
4:0									
6:0 8:0									
10:0	-								
12:0									
13:0									
14:0	-	0.056	5	0	1		0.017		
15:0		0.050	-	-	-		3.017		
16:0		1.546	5	0	1		0.479		
17:0		1.540	-	-	-		0.413		
18:0	-	1.063	3	0	1		0.330		
20:0	-	1.00.	-	-	-		3.330		
22:0	-								
24:0	-								

		<u>Aı</u>	mount in 10	0 grams	of edil	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.498		0		1		1.394		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.031		0		1		0.010		
17:1										
18:1 undifferentiated		4.456		0		1		1.381		
20:1	-	0.006		0		1		0.002		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	-	2.856		0		1		0.885		
18:2 undifferentiated		2.443		0		1		0.757		
18:3 undifferentiated		0.156		0		1		0.048		
18:4	-	0.011		0		1		0.003		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.027		0		1		0.008		
20:5 n-3	-	0.086		0		1		0.027		
22:5 n-3		0.016		0		1		0.005		
22:6 n-3	-	0.103		0		1		0.032		
Fatty acids, total trans	-					_				
Cholesterol	_	61		0		1		19		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.210		0		1		0.065		
Threonine	g	0.768		0		1		0.238		
Isoleucine	g	0.800		0		1		0.248		
Leucine	g	1.295		0		1		0.401		
Lysine	g	1.280		0		1		0.397		
Methionine	g	0.407		0		1		0.126		
Cystine	g	0.250		0		1		0.078		
Phenylalanine	g	0.687		0		1		0.213		
Tyrosine	g	0.588		0		1		0.182		
Valine	g	0.818		0		1		0.254		
Arginine	g	1.266		0		1		0.392		
Histidine	g	0.355		0		1		0.110		
Alanine	g	1.059		0		1		0.328		
Aspartic acid	g	1.679		0		1		0.520		
Glutamic acid	g	2.765		0		1		0.857		
Glycine	g	1.074		0		1		0.333		
Proline	g	0.850		0		1		0.264		
Serine	g	0.847		0		1		0.263		
Hydroxyproline	g									

Common Measures:

Measure 1 = 31g: 2 large

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 4.12

NDB No. 15174 Mollusks, scallop, mixed species, imitation, made from surimi

		<u>A</u> ı	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
			N	umbe	r			<u>m</u>	easures of food	<u>[</u>
			c	f Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	73.82	1.184			1		62.75		
Energy		99		0	NC	4		84		
Energy		414				4		352		
Protein (N x 6.25)		12.77	0.629			1		10.85		
Total lipid (fat)	_	0.41	0.064			1		0.35		
Ash		2.37	0.173			1		2.01		
Carbohydrate, by difference		10.62		0	NC	4		9.03		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mq	8	0.635	3		1		7		
Iron, Fe	-	0.31	0.040			1		0.26		
Magnesium, Mg	-	43		0		4		37		
Phosphorus, P		282		0		4		240		
Potassium, K	-	103	10.393	3		1		88		
Sodium, Na	mg	795	23.627	3		1		676		
Zinc, Zn	mg	0.33		0		4		0.28		
Copper, Cu	mg	0.032		0		4		0.027		
Manganese, Mn	mg	0.011		0		4		0.009		
Selenium, Se	mcg	23.6		0	BFPN	4		20.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	-	0.010	1	2	-	1		0.009		
Riboflavin		0.016				1		0.014		
Niacin		0.310				1		0.264		
Pantothenic acid	-	0.070		0		4		0.060		
Vitamin B-6		0.030		0		4		0.026		
Folate, total		2		0		4		1		
Folic acid		0		0	z	7		0		
Folate, food		2		0		4		1		
Folate, DFE		2		0	NC	4		1		
Vitamin B-12		1.60		0		4		1.36		
Vitamin A, IU		66		0		4		56		
Vitamin A, RAE		20		0		4		17		
Retinol		20		0		4		17		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.080)	0		4		0.068		
Fatty acids, total monounsaturated	-	0.060		0		4		0.051		
Fatty acids, total polyunsaturated		0.210		0		4		0.179		
Fatty acids, total trans				-						
Cholesterol		22	12.400	3		1		19		
Phytosterols	-			-				-		
-	-									
Amino Acids:		0 05-		_		-		0.000		
Tryptophan		0.078		0		1		0.066		
Threonine		0.617		0		1		0.524		
Isoleucine	_	0.597		0		1		0.507		
Leucine		1.011		0		1		0.859		
Lysine		1.167		0		1		0.992		
Methionine		0.433		0		1		0.368		
Cystine	g	0.137		0		1		0.116		

		<u>n</u>		edible portion						
Nutrients and	Units	Mean	Std. Error		Deriv		Confidence Code	Measure 1	easures of food Measure 2	Measure 3
N. III.	_	0.501		•		-		0.406		
Phenylalanine		0.501		0		1		0.426		
Tyrosine		0.515		0		1		0.438		
Valine		0.648		0		1		0.551		
Arginine		0.848		0		1		0.721		
Histidine	=	0.294		0		1		0.250		
Alanine		0.750		0		1		0.638		
Aspartic acid	g	1.277		0		1		1.085		
Glutamic acid	g	2.016		0		1		1.714		
Glycine	g	0.494		0		1		0.420		
Proline	g	0.476		0		1		0.405		
Serine	g	0.558		0		1		0.474		
Hydroxyproline										

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 15172 Mollusks, scallop, mixed species, raw

Pectinidae

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nι	ımber				m	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	78.57	0.172	137		1		23.57	66.78	
Energy		88	0.172	0	NC	4		26	75	
Energy		368		·	110	4		110	313	
Protein (N x 6.25)		16.78	0.153	132		1		5.03	14.26	
Total lipid (fat)		0.76	0.025	114		1		0.23	0.65	
Ash		1.53	0.025	132		1		0.46	1.30	
Carbohydrate, by difference		2.36		0	NC	4		0.71	2.01	
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	
Starcii	9									
Minerals:										
Calcium, Ca	-	24	1.355	55		1		7	20	
Iron, Fe		0.29	0.058	3		1		0.09	0.25	
Magnesium, Mg		56		1		1		17	48	
Phosphorus, P	•	219	7.590	58		1		66	186	
Potassium, K		322		6		1		97	274	
Sodium, Na		161	21.372	4		1		48	137	
Zinc, Zn		0.95	0.041			1		0.29	0.81	
Copper, Cu		0.053		77		1		0.016	0.045	
Manganese, Mn		0.090 22.2	2.007	1 7	A	1 1		0.027 6.7	0.077 18.9	
Selenium, Se	nicg	22.2	2.007	′	A	_		6.7	10.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		0.9	2.6	
Thiamin	mg	0.012	0.001	3		1		0.004	0.010	
Riboflavin	mg	0.065	i	1		1		0.020	0.055	
Niacin	mg	1.150)	1		1		0.345	0.978	
Pantothenic acid	mg	0.143	1	1		1		0.043	0.122	
Vitamin B-6		0.150	1	0		4		0.045	0.128	
Folate, total		16		0		4		5	14	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	16		0		4		5	14	
Folate, DFE		16		0	NC	4		5	14	
Vitamin B-12		1.53	0.084	19		1		0.46	1.30	
Vitamin A, IU		50		0	NC	4		15	43	
Vitamin A, RAE		15		0	NC	4		5	13	
Retinol		15		0	NR	4		5	13	
Vitamin E (alpha-tocopherol)		0.00		1	A	1		0.00	0.00	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.00		1 1	A A	1 1		0.00	0.00	
Tocopherol, delta		0.00		1	A	_		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.1		0	T	4		0.0	0.1	
Lipids:	~	0 070		•				0.004	0.067	
Fatty acids, total saturated		0.079 0.000		0		1 1		0.02 4 0.000	0.067	
6:0		0.000		0		1		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		0.000	0.000	
13:0		2.200		•		-		3.000	0.000	
14:0		0.011		16		1		0.003	0.009	
15:0		0.011				-		0.005	0.003	
16:0	-	0.054		16		1		0.016	0.046	
17:0	-	0.001				-		3.010	3.040	
	q	0.011		16		1		0.003	0.009	
18:0	=	0.011		16		1		0.003	0.009	
	9	0.011		16		1		0.003	0.009	

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number		_			easures of food		
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F. (1) (4)	. 1	0.037		0		1		0.011	0.001		
Fatty acids, total monounsatura		0.037		0		1		0.011	0.031		
15:1	g										
16:1 undifferentiated	g	0.011		16		1		0.003	0.009		
17:1	g										
18:1 undifferentiated	g	0.017		16		1		0.005	0.014		
20:1	g	0.006		16		1		0.002	0.005		
22:1 undifferentiated	g	0.000		7		1		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturat	tedg	0.261		0		1		0.078	0.222		
18:2 undifferentiated	g	0.004		16		1		0.001	0.003		
18:3 undifferentiated	g	0.000		16		1		0.000	0.000		
18:4	g	0.012		16		1		0.004	0.010		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.023		16		1		0.007	0.020		
20:5 n-3	g	0.090		16		1		0.027	0.077		
22:5 n-3	g	0.017		16		1		0.005	0.014		
22:6 n-3	g	0.108		16		1		0.032	0.092		
Fatty acids, total trans	g										
Cholesterol	mg	33	1.7	68 32		1		10	28		
Phytosterols	mg										
A A											
Amino Acids:	~	0 100		•				0.056	0.160		
Tryptophan		0.188		0		1		0.056	0.160		
Threonine	_	0.722		0		1		0.217	0.614		
Isoleucine	_	0.730		0		1		0.219	0.621		
Leucine		1.181		0		1		0.354	1.004		
Lysine		1.254		0		1		0.376	1.066		
Methionine		0.379		0		1		0.114	0.322		
Cystine		0.220		0		1		0.066	0.187		
Phenylalanine		0.601		0		1		0.180	0.511		
Tyrosine		0.537		0		1		0.161	0.456		
Valine	_	0.733		0		1		0.220	0.623		
Arginine		1.224		0		1		0.367	1.040		
Histidine	=	0.322		0		1		0.097	0.274		
Alanine		1.015		0		1		0.305	0.863		
Aspartic acid		1.619		0		1		0.486	1.376		
Glutamic acid		2.282		0		1		0.685	1.940		
Glycine	9	1.050		0		1		0.315	0.893		
Proline	g	0.685		0		1		0.206	0.582		
Serine		0.752		0		1		0.226	0.639		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
		0		0	Z	, 7		0	0.0		
Caffeine		0		0	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	mcg	0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mca	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 30g: 1 unit 2 large or 5 small

Measure 2 = 85g: 3 oz

NDB No. 15172

Mollusks, scallop, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	-	79.20				1				
Energy	kcal	90				1				
Energy	kj	377				1				
Protein		16.10				1				
Total lipid (fat)	g	1.40				1				
Ash	g	1.30		0	NR	4				
Carbohydrate, by difference	g	2.00			NC	4				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	ma	10				1				
Iron, Fe	-	3.50				1				
Magnesium, Mg		250				4				
Phosphorus, P		272				1				
Potassium, K		382				1				
Sodium, Na		70				1				
Zine, Zn	-	1.00				4				
Copper, Cu		0.400)			4				
Manganese, Mn										
Selenium, Se		27.4		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0			z	7				
Thiamin		0.010)		_	1				
Riboflavin		0.120				1				
Niacin		1.400				1				
Pantothenic acid	-	1.400	•			-				
Vitamin B-6	-	0.130)			4				
Folate, total	-	6				4				
Folic acid		0		0	z	7				
Folate, food	-	6		0	NR	4				
Folate, DFE		6		0	NC	4				
Vitamin B-12		0.50				4				
Vitamin A, IU		100		0	NC	4				
Vitamin A, RAE	mcg RAE	30		0	NC	4				
Retinol		30		0	NR	4				
Vitamin E (alpha-tocopherol)		5.00		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	T	4				
Lipids:										
Fatty acids, total saturated	g	0.361	<u>-</u>			4				
4:0		0.000)			4				
6:0		0.000				4				
8:0		0.000)			4				
10:0	-	0.000				4				
12:0	-	0.000)			4				
13:0	g									
14:0		0.056	i			4				
15:0										
16:0		0.249)			4				
17:0										
18:0		0.051	<u>-</u>			4				
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.259				4					
14:1g										
15:1	0.040				4					
	0.048				4					
17:1	0.211				4					
20:1g	0.000				4					
20:1	0.000				4					
24:1 cg	0.000				4					
Fatty acids, total polyunsaturatedg	0.252				4					
18:2 undifferentiatedg	0.232				4					
18:3 undifferentiatedg	0.000				4					
18:4g	0.015				4					
20:2 n-6 c.cg	0.013				-					
20:3 undifferentiatedg										
20:4 undifferentiated	0.000				4					
20:5 n-3g	0.119				4					
22:5 n-3	0.099				4					
22:6 n-3	0.000				4					
Fatty acids, total trans					_					
Cholesterolmg	50				1					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7					
Caffeineg	0		0	Z	7					
Theobrominemg	0		0	Z	7					
Carotenoids:										
Carotene, betamcg	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

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>n</u>		edible portion	
			1	Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.54		0		1		54.86		
Energy	kcal	175		0	NC	4		149		
Energy	kj	732				4		622		
Protein (N x 6.25)	g	17.94		0		1		15.25		
Total lipid (fat)	g	7.48		0		1		6.36		
Ash	g	1.59		0		1		1.35		
Carbohydrate, by difference	g	7.79		0	NC	4		6.62		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minorals										
Minerals:	ma	39		0		1		33		
Calcium, Ca	-	1.01		0		1		0.86		
Magnesium, Mg	-	38		0		1		32		
Phosphorus, P		251		0		1		213		
Potassium, K	•	279		0		1		237		
Sodium, Na	-	306		0		1		260		
Zinc, Zn	-	1.74		0		1		1.48		
Copper, Cu		2.114	1	0		1		1.797		
Manganese, Mn		0.070		0		4		0.060		
Selenium, Se		51.8		0	RA	4		44.0		
ŕ										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	4.2	_	0		1		3.6		
Thiamin		0.056		0		1		0.048		
Riboflavin		0.458		0		1		0.389		
Niacin		2.602		0		1		2.212		
Pantothenic acid		0.510		0		4		0.434		
Vitamin B-6	-	0.058	3	0		1		0.049		
Folate, total		14		0	RA	4		12		
Folic acid		9		0	NC	4		7		
Folate, food		5		0	***	4		5		
Folate, DFE		20		0	NC	4		17		
Vitamin B-12		1.23 35		0 0		1 4		1.04		
Vitamin A, IU						_		30		
Vitamin A, RAE		11 11		0 0		4 4		9 9		
Retinol		11		U		4		9		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_			_		_				
Fatty acids, total saturated		1.878	5	0		1		1.596		
4:0	-									
6:0										
8:0										
10:0 12:0										
13:0										
14:0	-	0.064	1	0		1		0.054		
15:0	-	0.004	•	U		1		0.034		
16:0		1.131		0		1		0.961		
17:0		1.131	-	Ü		-		0.901		
18:0	-	0.689	9	0		1		0.586		
20:0	-	0.003	•	U		1		0.500		
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated 14:1		2.749		0		1		2.337			
15:1											
16:1 undifferentiated		0.009		0		1		0.008			
17:1	-	0.009		U		_		0.008			
18:1 undifferentiated		2.675		0		1		2.274			
20:1	_	0.049		0		1		0.042			
22:1 undifferentiated	_	0.049		0		1		0.042			
24:1 c		0.008		U		1		0.007			
Fatty acids, total polyunsaturated		2.136		0		1		1.816			
18:2 undifferentiated		1.468		0		1		1.248			
18:3 undifferentiated	_	0.100		0		1		0.085			
18:4		0.007		0		1		0.006			
20:2 n-6 c.c.		0.007		Ū		-		0.000			
20:3 undifferentiated											
20:4 undifferentiated		0.010		0		1		0.009			
20:5 n-3	_	0.162		0		1		0.138			
22:5 n-3	-	0.004		0		1		0.003			
22:6 n-3	_	0.380		0		1		0.323			
Fatty acids, total trans		0.500		v		-		0.323			
Cholesterol	-	260		0		1		221			
Phytosterols	_			·		_					
-											
Amino Acids:											
Tryptophan	g	0.202		0		1		0.172			
Threonine	g	0.763		0		1		0.649			
Isoleucine	-	0.780		0		1		0.663			
Leucine	g	1.267		0		1		1.077			
Lysine		1.310		0		1		1.114			
Methionine	g	0.403		0		1		0.343			
Cystine	g	0.242		0		1		0.206			
Phenylalanine	g	0.656		0		1		0.558			
Tyrosine	_	0.576		0		1		0.490			
Valine	-	0.786		0		1		0.668			
Arginine		1.290		0		1		1.097			
Histidine		0.348		0		1		0.296			
Alanine	-	1.068		0		1		0.908			
Aspartic acid	_	1.699		0		1		1.444			
Glutamic acid	_	2.588		0		1		2.200			
Glycine		1.108		0		1		0.942			
Proline		0.783		0		1		0.666			
Serine	-	0.812		0		1		0.690			
Hydroxyproline	g										

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 4.12

NDB No. 15175 Mollusks, squid, mixed species, raw Loligoidae and Ommastrephidae

		<u>Aı</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> </u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	ts Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	а	78.55	0.601 8	3	1		22.27	66.77	
Energy	=	92	0.002		4		26	78	
Energy		385	·	, 1.0	4		109	327	
Protein (N x 6.25)	=	15.58	0.857 1	1	1		4.42	13.24	
Total lipid (fat)		1.38	0.256 1		1		0.39	1.17	
Ash		1.41	0.242		1		0.40	1.20	
Carbohydrate, by difference		3.08	(4		0.87	2.62	
Fiber, total dietary		0.0	(7		0.0	0.0	
Sugars, total		0.00			7		0.00	0.00	
Starch	_	0.00	·	, -	•		0.00	0.00	
Starcii	9								
<u> Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	32	2		1		9	27	
Iron, Fe		0.68	2		1		0.19	0.58	
Magnesium, Mg		33	1		1		9	28	
Phosphorus, P	-	221	2		1		63	188	
Potassium, K		246	2		1		70	209	
Sodium, Na		44			1		12	37	
Zinc, Zn		1.53	0.066 15		1		0.43	1.30	
Copper, Cu		1.891			1		0.536	1.607	
Manganese, Mn		0.035			1		0.010	0.030	
Selenium, Se	mcg	44.8	C	CAZN	1 4		12.7	38.1	
Vitamins:									
Vitamin C, total ascorbic acid	mg	4.7	1		1		1.3	4.0	
Thiamin		0.020	3	3	1		0.006	0.017	
Riboflavin		0.412	: 3	3	1		0.117	0.350	
Niacin		2.175	3	3	1		0.617	1.849	
Pantothenic acid	-	0.500)	4		0.142	0.425	
Vitamin B-6		0.056	. 1		1		0.016	0.048	
Folate, total	-	5	C)	4		1	4	
Folic acid		0	C	Z	7		0	0	
Folate, food		5	C)	4		1	4	
Folate, DFE	mcg DFE	5	C	NC NC	4		1	4	
Vitamin B-12		1.30	6	i	1		0.37	1.10	
Vitamin A, IU		33	C	NC NC	4		9	28	
Vitamin A, RAE		10	C	NC NC	4		3	9	
Retinol		10	C	NR.	4		3	9	
Vitamin E (alpha-tocopherol)		1.20	C	NR.	4		0.34	1.02	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.0	C	T	4		0.0	0.0	
inide									
Lipids:	a	0.358	C	1	1		0.101	0.304	
Fatty acids, total saturated		0.338			1		0.101	0.304	
6:0		0.000			1		0.000	0.000	
8:0	-	0.000			1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0	-	0.000			1		0.000	0.000	
13:0	-	0.000	•	•	_		0.000	0.000	
14:0		0.036	. 2	<u>!</u>	1		0.010	0.031	
15:0	-	0.030		-	-		0.010	0.031	
16:0	-	0.263	3	1	1		0.075	0.224	
17:0		0.203	-	•	-		0.073	0.224	
18:0	-	0.058	3	1	1		0.016	0.049	
20:0	-	0.056		•	1		0.010	0.049	
22:0	-								
44.V									

		<u>Aı</u>	mount in 10			ole portio	<u>on</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	0.107		0		1		0.030	0.091		
14:1											
15:1	g										
16:1 undifferentiated	_	0.008		3		1		0.002	0.007		
17:1	-			_		_					
18:1 undifferentiated		0.046		3		1		0.013	0.039		
20:1	_	0.044		3		1		0.012	0.037		
22:1 undifferentiated	•	0.007		2		1		0.002	0.006		
24:1 c		0.524		0		1		0 140	0 445		
Fatty acids, total polyunsaturated		0.524		3		1		0.149 0.001	0.445 0.002		
18:2 undifferentiated 18:3 undifferentiated		0.002		3		1		0.001	0.002		
18:4	-	0.004		2		1		0.001	0.003		
18:4 20:2 n-6 c.c	-	0.006		2		1		0.002	0.005		
20:2 n-6 c,c 20:3 undifferentiated	-										
20:4 undifferentiated		0.009		3		1		0.003	0.008		
20:5 n-3	-	0.146		3		1		0.003	0.124		
20.5 n-3	_	0.004		3		1		0.041	0.124		
22:6 n-3		0.342		3		1		0.001	0.003		
Fatty acids, total trans		0.342		3		_		0.097	0.291		
Cholesterol		233	16.5	97 7		1		66	198		
Phytosterols	_	233	10.5	, ,		-		00	130		
1 hytosterois											
Amino Acids:											
Tryptophan	g	0.174		0		1		0.049	0.148		
Threonine	g	0.670		0		1		0.190	0.570		
Isoleucine	g	0.678		0		1		0.192	0.576		
Leucine	g	1.096		0		1		0.311	0.932		
Lysine		1.164		0		1		0.330	0.989		
Methionine	g	0.351		0		1		0.100	0.298		
Cystine	g	0.204		0		1		0.058	0.173		
Phenylalanine		0.558		0		1		0.158	0.474		
Tyrosine	_	0.498		0		1		0.141	0.423		
Valine	g	0.680		0		1		0.193	0.578		
Arginine		1.136		0		1		0.322	0.966		
Histidine	g	0.299		0		1		0.085	0.254		
Alanine		0.942		0		1		0.267	0.801		
Aspartic acid		1.503		0		1		0.426	1.278		
Glutamic acid	-	2.118		0		1		0.600	1.800		
Glycine		0.974		0		1		0.276	0.828		
Proline		0.635		0		1		0.180	0.540		
Serine		0.698		0		1		0.198	0.593		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	а	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0.0		
Theobromine		0		0	z	7		0	0		
Carotenoids:		•		ū	_	•		-	•		
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 = 28.35g: 1 oz, boneless

Measure 2 = 85g: 3 oz

NDB No. 15175

Mollusks, squid, mixed species, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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	<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	32.00		0		1		27.20		
Energy	kcal	275		0	NC	4		234		
Energy	kj	1151				4		978		
Protein (N x 6.25)	g	47.68		0		1		40.53		
Total lipid (fat)		0.80		0		1		0.68		
Ash		4.00		0		1		3.40		
Carbohydrate, by difference		15.52		0	NC	4		13.19		
Fiber, total dietary		0.0		0	Z	7		0.0		
		0.0		· ·		,		0.0		
Sugars, total										
Starch	g									
Ainerals:										
Calcium, Ca	mg	113		0		1		96		
Iron, Fe	-	10.06		0		1		8.55		
Magnesium, Mg	-	172		0		1		146		
Phosphorus, P		282		0		1		240		
Potassium, K	-	694		0		1		590		
Sodium, Na	-	412		0		1		350		
Zinc, Zn	-	3.26		0		1		2.77		
Copper, Cu		2.060	1	0		1		1.751		
Manganese, Mn		0.890		0		4		0.757		
Selenium, Se		89.6	,	0	BFSN	4		76.2		
Selemum, Se	110g	05.0		Ū	DI SI	-		70.2		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	6.8		0		4		5.8		
Thiamin	mg	0.049)	0		1		0.042		
Riboflavin	mg	0.214	l	0		1		0.182		
Niacin		1.995	5	0		1		1.696		
Pantothenic acid		0.400)	0		4		0.340		
Vitamin B-6	-	0.650)	0		1		0.553		
Folate, total	-	11		0		1		10		
Folic acid		0		0	z	7		0		
Folate, food		11		0	_	1		10		
Folate, DFE		11		0	NC	4		10		
Vitamin B-12		18.14		0	110	1		15.42		
Vitamin A, IU		162		0		1		138		
Vitamin A, RAE		49		0		1		41		
		49		0		1		41		
Retinol	-	49		U		1		41		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> </u>										
Fatty acids, total saturated	a	0.062	•	0		1		0.053		
4:0		0.002	-	•		_		0.000		
6:0										
8:0	_									
10:0										
12:0										
13:0										
14:0	-	0.004	ı	0		1		0.003		
	-	0.004	-	U		1		0.003		
15:0		0.040	1	0		1		0.034		
16:0		0.040	,	U		1		0.034		
17:0	_	0.00	,	_				0 01-		
18:0	_	0.018	•	0		1		0.015		
20:0	_									
22:0	g									

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			measures of food			
Nutrients and Un	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44id4-4-1	a	0.056		0		1		0.040			
Fatty acids, total monounsaturated.	-	0.056		U		1		0.048			
15:1											
16:1 undifferentiated		0.010		0		1		0.009			
17:1											
18:1 undifferentiated	g	0.012		0		1		0.010			
20:1	g	0.016		0		1		0.014			
22:1 undifferentiated	g	0.018		0		1		0.015			
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.046		0		1		0.039			
18:2 undifferentiated	g	0.008		0		1		0.007			
18:3 undifferentiated	g										
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.018		0		1		0.015			
20:5 n-3	-	0.008		0		1		0.007			
22:5 n-3											
22:6 n-3	-	0.012		0		1		0.010			
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	130		0		1		111			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.618		0		1		0.525			
Threonine		2.136		0		1		1.816			
Isoleucine	g	1.655		0		1		1.407			
Leucine	g	3.807		0		1		3.236			
Lysine	g	2.930		0		1		2.491			
Methionine	g	1.205		0		1		1.024			
Cystine	g	0.374		0		1		0.318			
Phenylalanine	g	1.648		0		1		1.401			
Tyrosine	g	1.518		0		1		1.290			
Valine	g	2.075		0		1		1.764			
Arginine	g	4.936		0		1		4.196			
Histidine	g	0.977		0		1		0.830			
Alanine	-	3.113		0		1		2.646			
Aspartic acid	g	5.127		0		1		4.358			
Glutamic acid	g	7.339		0		1		6.238			
Glycine		2.991		0		1		2.542			
Proline	g	2.365		0		1		2.010			
Serine		2.220		0		1		1.887			
Hydroxyproline	g										

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

		<u>A</u> :	mount in 10	0 grams	of edib	Amount in edible portion of common							
		Number							measures of food				
				of Data	Deriv	Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	g	66.00		2		1		56.10					
Energy	kcal	137		0	NC	4		116					
Energy	kj	573				4		487					
Protein (N x 6.25)	g	23.84		2		1		20.26					
Total lipid (fat)	g	0.40		2		1		0.34					
Ash	g	2.00		2		1		1.70					
Carbohydrate, by difference		7.76		0	NC	4		6.60					
Fiber, total dietary		0.0		0	Z	7		0.0					
Sugars, total		0.00		0	z	7		0.00					
Starch													
Starcii	9												
<u> Minerals:</u>													
Calcium, Ca	-	57		2		1		48					
Iron, Fe		5.03		2		1		4.28					
Magnesium, Mg		86		2		1		73					
Phosphorus, P	mg	141		2		1		120					
Potassium, K	mg	347		2		1		295					
Sodium, Na	mg	206		2		1		175					
Zinc, Zn	mg	1.63		2		1		1.39					
Copper, Cu	mg	1.030)	2		1		0.876					
Manganese, Mn	mg	0.447	7	2		1		0.380					
Selenium, Se	mcg	44.8		0	CAZN	4		38.1					
/itamins:													
Vitamin C, total ascorbic acid	ma	4.0		0		4		3.4					
Thiamin	_	0.026		2		1		0.022					
Riboflavin	-	0.107		2		1		0.022					
Niacin		1.050		2		1		0.893					
Pantothenic acid	_	0.208		2		1		0.893					
Vitamin B-6	-	0.200		2		1		0.177					
	-	6	-	2		1		5					
Foliate, total		0		0	z	7		0					
Folic acid		6		2	4	1		5					
Folate, food		6		0	NC	4		5					
Folate, DFE		9.07		2	NC	1		5 7.71					
Vitamin B-12		9.07 87		0	NC	4		7.71 74					
Vitamin A, IU		26		0		4		22					
Vitamin A, RAE					NC								
Retinol		26		0	NR	4		22					
Vitamin E (alpha-tocopherol)		0.13		0	NR	4		0.11					
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D		0.1		0	т	4		0.1					
Vitamin K (phylloquinone)	nicg	0.1		U	1	*		0.1					
<u> ipids:</u>													
Fatty acids, total saturated	g	0.031	L	0		1		0.026					
4:0		0.000)	0		1		0.000					
6:0	g	0.000)	0		1		0.000					
8:0	g	0.000)	0		1		0.000					
10:0	g	0.000)	0		1		0.000					
12:0	g	0.000)	0		1		0.000					
13:0													
14:0	-	0.002	2	2		1		0.002					
15:0													
16:0		0.020)	2		1		0.017					
17:0													
18:0	-	0.009	•	2		1		0.008					
20:0	-												
22:0	-												
24:0	-												

		<u>A</u> 1	mount in 10	0 grams	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	ted9	0.028		0		1		0.024		
14:1										
15:1	g									
16:1 undifferentiated	-	0.005		2		1		0.004		
17:1	-			_						
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.006		2		1		0.005		
20:1		0.008		2		1		0.007		
22:1 undifferentiated	•	0.009		2		1		0.008		
24:1 c		0.023		0		1		0.000		
Fatty acids, total polyunsaturate		0.023		2		1		0.020 0.003		
18:2 undifferentiated		0.004		0		1		0.003		
18:4		0.000		0		1		0.000		
20:2 n-6 c.c	-	0.000		U		1		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.009		2		1		0.008		
20:5 n-3		0.004		2		1		0.003		
22:5 n-3	-	0.000		2		1		0.000		
22:6 n-3		0.006		2		1		0.005		
Fatty acids, total trans				_		_		0.000		
Cholesterol		65		2		1		55		
Phytosterols										
•										
Amino Acids:										
Tryptophan		0.309		2		1		0.263		
Threonine	-	1.068		2		1		0.908		
Isoleucine	•••••••••••••••••••••••••••••••••••••••	0.828		2		1		0.704		
Leucine		1.903		2		1		1.618		
Lysine		1.465		2		1		1.245		
Methionine		0.603		2		1		0.513		
Cystine		0.187		2		1		0.159		
Phenylalanine		0.824		2		1 1		0.700		
Tyrosine	=	0.759		2		1		0.645		
Valine		1.037		2 2		1		0.881		
Arginine		2.468		1		1		2.098 0.415		
Histidine		0.488 1.556		2		1		1.323		
Alanine		2.563		2		1		2.179		
Glutamic acid		3.669		2		1		3.119		
Glycine	-	1.495		2		1		1.271		
Proline		1.182		2		1		1.005		
Serine		1.110		2		1		0.944		
Hydroxyproline	-	1.110		_		-		0.511		
11ydroxyprome	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	z	7		0		
Carotenoids:										
Carotene, beta	mca	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: 3 oz

NDB No. 15177

Mollusks, whelk, unspecified, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	g	78.50				1					
Energy	kcal	89				1					
Energy		372				1					
Protein	-	19.80				1					
Total lipid (fat)		0.50				1					
Ash		1.20		0	NR	4					
Carbohydrate, by difference	g	0.00			Z	7					
Fiber, total dietary	g	0.0				7					
Sugars, total	g	0.00		0	Z	7					
Starch	g										
Minerals:											
Calcium, Ca	mg	118				1					
Iron, Fe	_	1.40				1					
Magnesium, Mg		20				4					
Phosphorus, P		180				1					
Potassium, K		230				1					
Sodium, Na		68				1					
Zinc, Zn	mg	1.00				4					
Copper, Cu	mg	0.250)			4					
Manganese, Mn	mg										
Selenium, Se	mcg	16.8		0	BFSN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mα	0.0			z	7					
Thiamin		0.120)		_	1					
Riboflavin	-	0.150				1					
Niacin	_	1.100				1					
Pantothenic acid											
Vitamin B-6		0.120)			4					
Folate, total		15				4					
Folic acid		0		0	Z	7					
Folate, food		15		0	NR	4					
Folate, DFE		15		0	NC	4					
Vitamin B-12		1.00				4					
Vitamin A, IU		100		0	NC	4					
Vitamin A, RAE	mcg_RAE	30		0	NC	4					
Retinol		30		0	NR	4					
Vitamin E (alpha-tocopherol)		0.50		0	NR	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.1		0	T	4					
Lipids:											
Fatty acids, total saturated	g	0.127	,			4					
4:0		0.000				4					
6:0		0.000				4					
8:0	_	0.000				4					
10:0	q	0.000)			4					
12:0		0.000				4					
13:0	-										
14:0		0.002	2			4					
15:0	_										
16:0		0.090)			4					
17:0											
18:0		0.035	i			4					
20:0											
22:0	_										
24:0	-										

Nutrients and Units			<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units					Number				<u>m</u> :	easures of food	
14:1	Nutrients and Units		Mean	Std. Error					Measure 1	Measure 2	Measure 3
14:1	Fatty acids total monounsaturated	a	0.088	3			4				
15:1	-						-				
February											
18:1 undifferentiated			0.01	5			4				
20:1	17:1	g									
22:1 undifferentiated	18:1 undifferentiated	g	0.073	3			4				
24:1 c 9 0.170 4 Fatty acids, total polyunsaturated 9 0.033 4 18:2 undifferentiated 9 0.017 4 18:4 9 0.000 4 20:2 n-6 c,c 9 9 20:3 undifferentiated 9 0.052 4 20:5 n-3 9 0.023 4 20:5 n-3 9 0.012 4 22:5 n-3 9 0.012 4 22:6 n-3 9 0.033 4 Fatty acids, total trans. 9 0 1 Phytosterols. mg 5 1 Phytosterols. mg 0 7 Cafeine. mg 0 2 7 Cafeine. mg 0 2 7 Carotenoids: 2 7 7 Carotene, beta. mcg 0 0 2 7 Carotene, beta. mcg 0 0 2 7 Cryptoxanthin, beta. mcg 0 0 2	20:1	g	0.000	ס			4				
Fatty acids, total polyunsaturated	22:1 undifferentiated	g	0.000	ס			4				
18:2 undifferentiated	24:1 c	g									
18:3 undifferentiated 9 0.017 4 18:4 9 0.000 4 20:2 n-6 c,c 9 9 20:3 undifferentiated 9 0.052 4 20:5 n-3 9 0.023 4 22:5 n-3 9 0.012 4 22:6 n-3 9 0.033 4 Fatty acids, total trans 9 1 Cholesterol mg 50 1 Phytosterols mg 7 Caffeine mg 0 2 7 Theobromine mg 0 2 7 Theobromine mg 0 2 7 Carotene, beta mcg 0 0 2 7 Carotene, alpha mcg 0 0 2 7 Cryptoxanthin, beta mcg 0 0 2 7 Lycopene mcg 0 0 2 7 Corotene, beta mcg 0 0 2 7 Cyptopace mcg			0.170)			4				
18:4 9 0.000 4 20:2 n-6 c,c 9 9 20:3 undifferentiated 9 0.052 4 20:5 n-3 9 0.023 4 22:5 n-3 9 0.012 4 22:6 n-3 9 0.033 4 Fatty acids, total trans 9 50 1 Cholesterol mg 50 1 Phytosterols mg 5 1 Others: Alcohol, ethyl 9 0.0 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotene, beta mcg 0 0 z 7 Carotene, etala mcg 0 0 z 7 Cryptoxanthin, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7 Cyptoxanthin, beta mcg 0 0 z 7 Cyptoxanthin, beta	18:2 undifferentiated	g	0.033	3			4				
20:2 n-6 c,c	18:3 undifferentiated	g	0.01	7			4				
20:3 undifferentiated 9 0 0.052 4 4 20:5 n-3 9 0.023 4 22:5 n-3 9 0.012 4 22:5 n-3 9 0.033 4 4 22:5 n-3 9 0.033 4 4 22:6 n-3 9 0.033 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4			0.000	כ			4				
20:4 undifferentiated	,	-									
20:5 n-3 9 0.023 4 22:5 n-3 9 0.012 4 22:6 n-3 9 0.033 4 Fatty acids, total trans 9 50 1 Cholesterol mg 50 1 Phytosterols mg 1 1 Phytosterols mg 0 7 Caffeine mg 0 0 2 7 Theobromine mg 0 0 2 7 Carotenoids: Carotene, beta mg 0 0 2 7 Carotene, alpha mcg 0 0 2 7 Cryptoxanthin, beta mcg 0 0 2 7 Lycopene mcg 0 0 2 7		-									
22:5 n-3 g 0.012 4 22:6 n-3 g 0.033 4 Fatty acids, total trans g Cholesterol mg 50 1 Phytosterols mg Others: Alcohol, ethyl g 0.0 7 Caffeine mg 0 0 z 7 Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7 Cryptoxanthin, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7		-					4				
22:6 n-3 g 0.033 4 Fatty acids, total trans g 1 Cholesterol mg 50 1 Phytosterols mg 0 1 Others: Alcohol, ethyl g 0.0 7 Caffeine mg 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, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7		-					4				
Fatty acids, total trans		-					4				
Cholesterol mg 50 1 Phytosterols 1 Others: Alcohol, ethyl g 0.0 7 Caffeine mg 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, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7		_	0.033	3			4				
Phytosterols											
Others: Alcohol, ethyl			50				1				
Alcohol, ethyl. g 0.0 7 Caffeine. mg 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, beta. mcg 0 0 z 7 Lycopene. mcg 0 0 z 7	Phytosterols	mg									
Alcohol, ethyl. g 0.0 7 Caffeine. mg 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, beta. mcg 0 0 z 7 Lycopene. mcg 0 0 z 7	Others:										
Caffeine		q	0.0				7				
Theobromine mg 0 0 z 7 Carotenoids: Carotene, beta mcg 0 0 z 7 Carotene, alpha mcg 0 0 z 7 Cryptoxanthin, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7	, ,	-	0		0	z	7				
Carotenoids: Carotene, beta			0		0	z	7				
Carotene, alpha mcg 0 0 z 7 Cryptoxanthin, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7		0									
Carotene, alpha mcg 0 0 z 7 Cryptoxanthin, beta mcg 0 0 z 7 Lycopene mcg 0 0 z 7	Carotana hata	mca	0		0	7.	7				
Cryptoxanthin, beta mcg 0 0 z 7 Lycopene mcg 0 z 7	*	-			-						
Lycopene mcg 0 z 7			-		•						
2)**P**********************************			-		-	_	•				
Liliein + zeaxaninin incq U U Z /	Lutein + zeaxanthin		0		0	z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of food	<u>!</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Duovimatas										
Proximates: Water	q	60.38		1	A	1				
Energy	-	212		0	NC	4				
Energy		887		•		4				
Protein (N x 6.25)		12.69		1	A	1				
Total lipid (fat)	-	11.72		1	A	1				
Ash		1.25		1	A	1				
Carbohydrate, by difference		13.96		0	NC	4				
Fiber, total dietary		0.0		1	A	1				
Sugars, total		0.0		-		-				
Starch										
Starcn	g									
<u>Minerals:</u>										
Calcium, Ca	mg	8		1	A	1				
Iron, Fe	-	1.24		1	A	1				
Magnesium, Mg	mg	20		1	A	1				
Phosphorus, P	mg	176		1	A	1				
Potassium, K	mg	165		1	A	1				
Sodium, Na	mg	173		1	A	1				
Zinc, Zn	mg	0.52		1	A	1				
Copper, Cu	mg	0.077	7	0	FLA	4				
Manganese, Mn	mg	0.118	3	0	FLA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1				
Thiamin	-	0.0	,	1	A	1				
Riboflavin	-	0.207		1	A	1				
		4.527		1	A	1				
Niacin		0.523		1	A	1				
Pantothenic acid	-	0.323		1	A	1				
Vitamin B-6		9	4	0	RA	4				
Folate, total		3		0	NC	4				
Folic acid		6		0	NC	4				
Folate, food		11		0	NC	4				
Folate, DFE		2.07		1		1				
Vitamin B-12		43		1	A A	1				
Vitamin A, IU										
Vitamin A, RAE		7 6		0 0	NC	4 4				
Retinol		6		U	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	9									
<u> Lipids:</u>										
Fatty acids, total saturated	g	1.570)	1	A	1				
4:0	g	0.000)	1	A	1				
6:0	g	0.000)	1	A	1				
8:0	g	0.009	•	1	A	1				
10:0	g	0.000)	1	A	1				
12:0	g	0.000)	1	A	1				
13:0	g									
14:0	g	0.066	5	1	A	1				
15:0	g									
16:0	g	0.964	l	1	A	1				
17:0	g									
18:0	g	0.357	7	1	A	1				
20:0	g									
22:0										
24:0	g									

	<u>Aı</u>	mount in 100 gr	ams of ed	ible portio	<u>on</u>	Amount in edible portion of common		
		Num		measures of food				
Nutrients and Units	Mean	of D Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.625		1 A	1				
14:1	1.025			•				
15:1								
16:1 undifferentiated 9	0.074		1 A	1				
17:1								
18:1 undifferentiatedg	4.318		1 A	1				
20:1g	0.209		1 A	1				
22:1 undifferentiatedg	0.012		1 A	1				
24:1 cg								
Fatty acids, total polyunsaturatedg	3.028		1 A	1				
18:2 undifferentiatedg	2.372		1 A	1				
18:3 undifferentiatedg	0.129		1 A	1				
18:4g	0.000		1 A	1				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.014		1 A	1				
20:5 n-3g	0.055		1 A	1				
22:5 n-3g	0.000		1 A	1				
22:6 n-3g	0.441		1 A	1				
Fatty acids, total transg								
Cholesterolm	•		1 A	1				
Phytosterolsm	g							
Others:								
Alcohol, ethylg	0.0		0 z	7				
Caffeine mg								
Theobromine mg								

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common					
		Number							measures of food				
				of Data	Deriv	Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3			
Proximates:													
Water	g	64.57		1	A	1							
Energy	kcal	189		0	NC	4							
Energy	kj	791				4							
Protein (N x 6.25)	g	11.97		1	A	1							
Total lipid (fat)	g	10.43		1	A	1							
Ash		1.19		1	A	1							
Carbohydrate, by difference	g	11.85		0	NC	4							
Fiber, total dietary	g	0.0		1	A	1							
Sugars, total													
Starch	g												
Minerals:													
Calcium, Ca	mq	9		1	A	1							
Iron, Fe.	-	1.46		1	A	1							
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	20		1	A	1							
Phosphorus, P		173		1	A	1							
Potassium, K	mg	161		1	A	1							
Sodium, Na	mg	167		1	A	1							
Zinc, Zn		0.46		1	A	1							
Copper, Cu		0.069		0	BFSN	4							
Manganese, Mn		0.106	i	0	BFSN	4							
Selenium, Se	mcg												
Vitamins:													
Vitamin C, total ascorbic acid	mg	0.0		1	A	1							
Thiamin	-	0.195	i	0	FLA	4							
Riboflavin	-	0.140	1	0	FLA	4							
Niacin		5.948	:	1	A	1							
Pantothenic acid		0.520)	0	FLA	4							
Vitamin B-6	mg	0.220)	0	FLA	4							
Folate, total	mcg	9		0	RA	4							
Folic acid	mcg	3		0	NC	4							
Folate, food		6		0		4							
Folate, DFE		11		0	NC	4							
Vitamin B-12		2.18		0	FLA	4							
Vitamin A, IU		42		1	A	1							
Vitamin A, RAE		7		0	NC	4							
Retinol		6		0	NC	4							
Vitamin E (alpha-tocopherol)													
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, deltaVitamin D													
Vitamin K (phylloquinone)													
	9												
<u>Lipids:</u>													
Fatty acids, total saturated		1.497		1	A	1							
4:0		0.000		1	A	1							
6:0		0.000		1	A	1							
8:0	-	0.011		1	A	1 1							
10:0	-	0.000		1 1	A A	1							
12:0		0.002	•	1	A	1							
13:0 14:0		0.060	1	1	A	1							
15:0		0.060	•	Ŧ	A	1							
16:0		0.921		1	A	1							
17:0		0.521	•	-		-							
18:0		0.339)	1	A	1							
20:0				=		-							
22:0													
24:0													

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Unit		Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
		moun	Otal 21101					mododio i	mododio 2	indudure e
F. (1) (1)		4.330		1						
Fatty acids, total monounsaturated	-	4.330		1	A	1				
14:1										
15:1		0.068		1	A	1				
17:1		0.068		1	A	1				
18:1 undifferentiated		4.044		1	A	1				
20:1	-	0.191		1	A	1				
22:1 undifferentiated		0.131		1	A	1				
24:1 c	•	0.012		-	-	-				
Fatty acids, total polyunsaturated		2.863		1	A	1				
18:2 undifferentiated		2.237		1	A	1				
18:3 undifferentiated		0.122		1	A	1				
18:4		0.000		1	A	1				
20:2 n-6 c.c.	-	0.000		_		_				
20:3 undifferentiated	-									
20:4 undifferentiated		0.012		1	A	1				
20:5 n-3	q	0.050		1	A	1				
22:5 n-3	-	0.000		1	A	1				
22:6 n-3		0.413		1	A	1				
Fatty acids, total trans	-									
Cholesterol		27		1	A	1				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine	mg									
Theobromine	mg									

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4