NDB No. 19146
Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits

M&M/Mars Inc.

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	2.42		0	MC	9		274.43	0.34		
Energy		498 2084		0	MC	9 9		56473 236284	71		
Energy	=	4.78		0	мс	9		542.05	296		
Protein	-	23.34		0	MC MC	9		2646.76	0.68		
Total lipid (fat)		23.34		0	MC	9		244.94	3.31 0.31		
Ash		67.30		0	MC	9		7631.82	9.56		
Carbohydrate, by difference		2.7		0	MC	9		306.2	9.56 0.4		
Fiber, total dietary		61.58		0	MC	9		6983.17			
Sugars, total		61.58		U	MC	9		6983.17	8.74		
Starch	9										
Minerals:											
Calcium, Ca	mg	116		0	MC	9		13154	16		
Iron, Fe	mg	1.23		0	MC	9		139.48	0.17		
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	-										
Sodium, Na		68		0	MC	9		7711	10		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		68.0	0.1		
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6											
Folate, total											
Folic acid											
Folate, food											
Folate, DFE											
Vitamin B-12		224		0	мс	9		25402	32		
Vitamin A, IU Vitamin A, RAE		224		U	MC	9		25402	32		
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma	=										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Linida											
Lipids:	a	14.452	.	0	MC	9		1638.857	2.052		
Fatty acids, total saturated4:0	-	14.452	2	U	MC	9		1030.057	2.052		
6:0											
8:0	-										
10:0											
12:0											
13:0											
14:0											
15:0	-										
16:0											
17:0											
18:0	g										
20:0											
22:0											
24:0	g										

		Amount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Number				m	easures of food	•
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9									
14:1g									
15:1g									
16:1 undifferentiatedg									
17:1g									
18:1 undifferentiated9									
20:1g									
22:1 undifferentiated9									
24:1 cg									
Fatty acids, total polyunsaturated9									
18:2 undifferentiated9									
18:3 undifferentiatedg									
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated9									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans9									
Cholesteroln	•		0	MC	9		1701	2	
Phytosterolsn	ng								
Others:									
Alcohol, ethylg									
Caffeine mg	•								
Theobromine mg	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 = 11340g: 1 package Measure 2 = 14.2g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19139 Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits $M\&M/Mars\ Inc.$

	<u>A</u>	inount in 10	<u>u granis</u>	or ear	ole portio	<u>on</u>			
ts	Mean		of Data	Deriv	Source Code	Confidence Code	_		Measure 3
	····ou···	Otal Ello					mododio i		mododio e
g	1.27		0	MC	9		0.18	144.02	0.18
	518		0	MC	9		73	58741	74
kj	2167				9			245773	308
									0.63
									3.73
									0.29
g	65.96		0	MC			9.23	7479.86	9.37
g	6.7			MC	9		0.9	759.8	1.0
g	53.19		0	MC	9		7.45	6031.75	7.55
g									
-	34		0	MC	9		5	3856	5
			0	MC				334.53	0.42
									15
									17
									48
									0
		-							0.21
									0.10
	0.736)	U	F LIM	4		0.103	63.462	0.10
ma	0.0		0	мс	9		0.0	0.0	0.0
									0.00
									0.01
									0.05
			0	FLM	4		0.014		0.01
	0.046	5	0	FLM	4		0.006	5.216	0.00
-	28		0	FLM	4		4	3175	4
	0		0	Z	7		0	0	0
mcg	28		0	FLM	4		4	3175	4
mcg_DFE	28		0	NC	4		4	3175	4
	0.00		0	FLM	4		0.00	0.00	0.00
	73		0	MC	9		10	8278	10
mcg_RAE	4		0	NC	4		1	414	1
	0		0	Z	7		0	0	0
a	15 655	;	0	MC	۵		2 102	1775 277	2.22
									0.00
									0.00
			0		4				0.00
			0		4				0.00
_			0		4				0.00
_			•		-				0.00
-	0.044	I	0	FLM	4		0.006	4.990	0.00
_			-	_			,,		
-	7.171	L	0	FLM	4		1.004	813.191	1.01
-			-	_				- · · - -	
	8.243	3	0	FLM	4		1.154	934.756	1.17
g									
	g	g 1.27 kcal 518 kj 2167 g 4.42 g 9 26.29 g 26.29 g 65.96 g 6.7 g 53.19 g mg 34 mg 2.95 mg 106 mg 122 mg 336 mg 3 mg 1.49 mg 0.736 mg 0.736 mg 0.00 mg 0.051 mg 0.097 mg 0.096 mg 0.097 mg 0.046 mg 0.393 mg 0.097 mg 0.046 mg 0.097 mg 0.046 mg 0.097 mg 0.046 mg 0.097 mg 0.000 g 0.000	## Mean Std. Error g	Std. Error Std. Error Points	Std. Error Std	State	Mean Std. Error Points Code Code	Number Of Data Deriv Source Code Code Measure 1	Number Of Data Device Code Code Code Measure Meas

NDB No. 19139
Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits

	<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 8.789)	0	FLM	4		1.230	996.673	1.248
14:1	g								
15:1	=								
16:1 undifferentiated	.g 0.000)	0	FLM	4		0.000	0.000	0.000
17:1									
18:1 undifferentiated	. •		0	FLM	4		1.230	996.673	1.248
20:1)	0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated	.g 0.000)	0	FLM	4		0.000	0.000	0.000
24:1 c	g								
Fatty acids, total polyunsaturated			0	FLM	4		0.118	95.483	0.120
18:2 undifferentiated	.g 0.842	!	0	FLM	4		0.118	95.483	0.120
18:3 undifferentiated	.g 0.000)	0	FLM	4		0.000	0.000	0.000
18:4	g 0.000)	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	.g 0.000)	0	FLM	4		0.000	0.000	0.000
20:5 n-3	g 0.000)	0	FLM	4		0.000	0.000	0.000
22:5 n-3	g 0.000	1	0	FLM	4		0.000	0.000	0.000
22:6 n-3	g 0.000)	0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans	g								
Cholesterol	mg 3		0	MC	9		0	340	0
Phytosterols	mg								
Others:									
Alcohol, ethyl			0	Z	7		0.0	0.0	0.0
Caffeine	ng								
Theobromine	ng								

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Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 11340g: 1 package Measure 3 = 14.2g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>on</u>		edible portion	
			N	umber	•			<u>m</u>	easures of food	<u>l</u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	1.59		2	A	1		0.32		
Energy	_	426		0	NC	4		85		
Energy		1782				4		356		
Protein (N x 6.25)		3.64		2	A	1		0.73		
Total lipid (fat)	_	15.59		2	A	1		3.12		
Ash		1.34		2	A	1		0.27		
Carbohydrate, by difference		77.41		0	NC	4		15.48		
Fiber, total dietary		4.0	0.152		AI	13		0.8		
Sugars, total		69.40	0.132	0	FLA	4		13.88		
Starch		05.40		Ū	LIM	-		13.00		
Starcn	9									
<u>Minerals:</u>										
Calcium, Ca	mg	34		2	A	1		7		
Iron, Fe	mg	2.18		2	A	1		0.44		
Magnesium, Mg	mg	95		2	A	1		19		
Phosphorus, P	mg	142		2	A	1		28		
Potassium, K	mg	397		2	A	1		79		
Sodium, Na	mg	3		2	A	1		1		
Zinc, Zn	mg	1.26		2	A	1		0.25		
Copper, Cu	mg	0.670)	2	A	1		0.134		
Manganese, Mn	mg	0.449)	2	A	1		0.090		
Selenium, Se	mcg	1.8		0	FLA	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		2	A	1		0.0		
Thiamin	_	0.057	,	2	A	1		0.011		
Riboflavin	-	0.105		2	A	1		0.011		
Niacin		1.829		2	A	1		0.366		
Pantothenic acid		0.180		2	A	1		0.036		
Vitamin B-6	-	0.130		2	A	1		0.036		
	-	5	•	0	FLA	4		1		
Folate, total		0		0	FLA	4		0		
Folic acid		5		0	FLA	4		1		
Folate, food		5		0	NC	4		1		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol				0	FLA					
Vitamin E (alpha-tocopherol)		0.36		U	FLA	4		0.07		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.2		0	FLA	4		0.4		
vitamin K (phynoquinone)	nicg	2.2		Ū	FLIA	-		0.4		
<u> ipids:</u>										
Fatty acids, total saturated	g	8.606	i	2	A	1		1.721		
4:0	g	0.000)	2	A	1		0.000		
6:0	g	0.000)	2	A	1		0.000		
8:0	g	0.000)	2	A	1		0.000		
10:0	g	0.000)	2	A	1		0.000		
12:0	g	0.000)	2	A	1		0.000		
13:0										
14:0		0.010)	2	A	1		0.002		
15:0										
16:0		3.628	3	2	A	1		0.726		
17:0										
18:0	-	4.705	5	2	A	1		0.941		
20:0	-									
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams Number		ole portic	<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	5.044		2	A	1		1.009		
14:1g	3.044		2	•	-		1.009		
15:1g									
16:1 undifferentiatedg	0.037		2	A	1		0.007		
17:1g	0.037		-		-		0.007		
18:1 undifferentiated	5.007		2	A	1		1.001		
20:1g	0.000		2	A	1		0.000		
22:1 undifferentiatedg	0.000		2	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.162		2	A	1		0.232		
18:2 undifferentiatedg	0.942		2	A	1		0.188		
18:3 undifferentiatedg	0.072		2	A	1		0.014		
18:4g	0.000		2	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.148		2	A	1		0.030		
20:5 n-3g	0.000		2	A	1		0.000		
22:5 n-3g	0.000		2	A	1		0.000		
22:6 n-3g	0.000		2	A	1		0.000		
Fatty acids, total trans9									
Cholesterolmg	0		2	A	1		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	14		0	FLA	4		3		
Theobrominemg	231		0	FLA	4		46		
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.013		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.052		
Lycopene mcg	0		0	FLA	4		0.006		
Lutein + zeaxanthin mcg	7		0	FLA	4		1.451		

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Common Measures:

Measure 1 = 20g: 1 tablet

Calories Factors: Protein 2 Fat 8.4 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.90		1		1		0.26		
Energy	kcal	472		0		4		134		
Energy	kj	1975				4		560		
Protein (N x 5.63)	g	12.10		1		1		3.43		
Total lipid (fat)	g	47.70		1		1		13.52		
Ash	g	3.10		1		1		0.88		
Carbohydrate, by difference	g	33.90		0	NC	4		9.61		
Fiber, total dietary	g	18.1		0	FLA	4		5.1		
Sugars, total	g	0.00		0	LC	8		0.00		
Starch	g									
Minerals:	ma	E A		1		1		1 5		
Calcium, Ca	-	54 4.15		1 1		1		15 1.18		
Iron, Fe	-	265		1		1		1.18 75		
Magnesium, Mg Phosphorus, P		340		1		1		75 96		
Potassium, K	_	1166		1		1		331		
Sodium, Na	_	12		1		1		3		
Zinc, Zn	-	3.68		1		1		1.04		
Copper, Cu		1.910)	1		1		0.541		
Manganese, Mn.		1.650		1		1		0.468		
Selenium, Se		7.9		0	FLA	4		2.2		
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	FLA	4		0.0		
Thiamin		0.050		1		1		0.014		
Riboflavin		0.279		0	FLA	4		0.079		
Niacin		2.100		1		1		0.595		
Pantothenic acid	-	0.154		0	FLA	4		0.044		
Vitamin B-6	_	0.072	2	0	FLA	4		0.020		
Folate, total		19		0	FLA	4		5		
Folic acid		0		0	Z	7		0		
Folate, food		19		0	FLA	4		5 5		
Folate, DFE		19		0	NC	4				
Vitamin B-12		0.00		0 0	FLA	4 4		0.00		
Vitamin A, IU		12		-	FLA	_		3		
Vitamin A, RAE		1 0		0 0	NC Z	4 7		0		
Retinol		U		U	Z	,		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		25.290)	0		1		7.170		
4:0				_		_				
6:0	-	0.130		1		1		0.037		
8:0		1.590		1		1		0.451		
10:0	_	1.270		1 1		1 1		0.360		
12:0	_	9.450	,	1		1		2.679		
13:0	_	2 620	1	1		1		1 020		
14:0	_	3.630	,	T		T		1.029		
15:0 16:0	-	6.060	1	1		1		1.718		
	_	6.060	•	1		1		1./18		
17:0 18:0		3.160	1	1		1		0.896		
		3.160	•	1		1		0.090		
20:0 22:0										
24:0										

		<u>An</u>	nount in 100	grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				umber f Data	Deriv	Source	Confidence	<u>m</u> (easures of food		
Nutrients and Un	iits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Fatty acids, total monounsaturated.	a	9.230		0		1		2.617			
14:1	g										
15:1 undifferentiated	g	0.050		1		1		0.014			
18:1 undifferentiated 20:1	g	9.180		1		1		2.603			
22:1 undifferentiated 24:1 c	g										
Fatty acids, total polyunsaturated 18:2 undifferentiated	9	10.700 10.100		0 1		1 1		3.033 2.863			
18:3 undifferentiated	g	0.600		1		1		0.170			
20:2 n-6 c,c	g										
20:4 undifferentiated 20:5 n-3	g										
22:5 n-3	g										
Fatty acids, total trans		0		0	FLA	4		0			
Phytosterols	mg										
mino Acids:	2	0 100		•		-		0.050			
Tryptophan		0.182		0		1		0.052			
Threonine		0.481		0		1		0.136			
Isoleucine		0.471		0		1		0.134			
Leucine	g	0.737		0		1		0.209			
Lysine	g	0.609		0		1		0.173			
Methionine	g	0.125		0		1		0.035			
Cystine	g	0.148		0		1		0.042			
Phenylalanine	g	0.584		0		1		0.166			
Tyrosine	g	0.456		0		1		0.129			
Valine	g	0.730		0		1		0.207			
Arginine		0.689		0		1		0.195			
Histidine		0.210		0		1		0.060			
Alanine	-	0.561		0		1		0.159			
		1.211		0		1		0.343			
Aspartic acid						1					
Glutamic acid		1.828		0				0.518			
Glycine		0.545		0		1		0.155			
Proline	=	0.520		0		1		0.147			
Serine	_	0.525		0		1		0.149			
Others:											
	~										
Alcohol, ethyl	_	47		0	FLA	4		13			
Theobromine	• • • • • • • • • • • • • • • • • • • •	1597		0	FLA	4		453			

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 1.83 Fat 8.4 Carbohydrate 1.33

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 gr	ams of ed	ible portic	<u>on</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u>!</u>	
			of I	Data Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	1.34	0.092	3 A	1		1.77	0.39		
Energy	kcal	501		0 NC	4		662	145		
Energy		2097		0 NC	4		2768	608		
Protein (N x 5.63)		12.90		0 NF	4		17.03	3.74		
Adjusted Protein (N x 4.74)	g	10.86		0 NR	4		14.34	3.15		
Total lipid (fat)	g	52.31	0.337	3 A	1		69.05	15.17		
Ash		3.60	0.146	3 A	1		4.76	1.04		
Carbohydrate, by difference	g	29.84		0 NF	4		39.39	8.65		
Fiber, total dietary	g	16.6		3 A	1		21.9	4.8		
Sugars, total	g	0.91	0.177	3 A	1		1.21	0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	101	7.206	3 A	1		134	29		
Iron, Fe	mg	17.40	2.854	3 A	1		22.97	5.05		
Magnesium, Mg	mg	327	7.767	3 A	1		432	95		
Phosphorus, P	mg	400	25.115	3 A	1		528	116		
Potassium, K	mg	830	41.914	3 A	1		1096	241		
Sodium, Na		24	2.671	3 A	1		31	7		
Zinc, Zn		9.63	1.011	3 A	1		12.72	2.79		
Copper, Cu		3.233		3 A	1		4.268	0.938		
Manganese, Mn		4.167	0.186	3 A	1		5.500	1.208		
Selenium, Se	mcg	8.1		2 A	1		10.7	2.4		
Vitamins:		0.0					2 2	2.2		
Vitamin C, total ascorbic acid		0.0 0.147		1 A 2 A	1 1		0.0 0.194	0.0		
Thiamin	-	0.147		2 A	1		0.194	0.043 0.029		
Riboflavin	-	1.355		2 A	1		1.789	0.029		
Niacin Pantothenic acid		0.168		2 A	1		0.222	0.049		
Vitamin B-6		0.100		2 A	1		0.036	0.008		
Folate, total		28		2 A	1		37	8		
Folic acid		0		0 z	7		0	0		
Folate, food		28		2 A	1		37	8		
Folate, DFE		28		0 NC	4		37	8		
Vitamin B-12		0.00		0 Z	7		0.00	0.00		
Vitamin A. IU		0		0 AS	1		0	0		
Vitamin A, RAE		0		0 AS	1		0	0		
Retinol		0		0 z	7		0	0		
Vitamin E (alpha-tocopherol)		0.40		1 A	1		0.53	0.12		
Tocopherol, beta		0.00		1 A	1		0.00	0.00		
Tocopherol, gamma		5.83		1 A	1		7.70	1.69		
Tocopherol, delta	mg	0.00		1 A	1		0.00	0.00		
Vitamin D										
Vitamin K (phylloquinone)	mcg	9.7		2 A	1		12.8	2.8		
Lipids:										
Fatty acids, total saturated	g	32.351		0 NC	4		42.704	9.382		
4:0		0.000	0.000	3 A	1		0.000	0.000		
6:0	g	0.000	0.000	3 A	1		0.000	0.000		
8:0	-	0.000		3 A	1		0.000	0.000		
10:0	-	0.000		3 A	1		0.000	0.000		
12:0	-	0.000		3 A	1		0.000	0.000		
13:0	•	0.000		3 A	1		0.000	0.000		
14:0		0.033		3 A	1		0.044	0.010		
15:0		0.000		3 A	1		0.000	0.000		
16:0		13.340		3 A	1		17.608	3.868		
17:0	-	0.100		3 A	1		0.132	0.029		
18:0	-	18.274		3 A	1		24.122	5.299		
20:0	-	0.554		3 A	1		0.731	0.161		
22:0	g	0.050	0.029	3 A	1		0.067	0.015		

		<u>Ar</u>	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
				Numbei				<u>m</u>	easures of food	
Nutrients and Units		Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0	g	0.000	0.00	0 3	A	1		0.000	0.000	
Fatty acids, total monounsaturated		16.106		0	NC	4		21.259	4.671	
14:1		0.000	0.00	0 3	A	1		0.000	0.000	
15:1	g	0.000	0.00	0 3	A	1		0.000	0.000	
16:1 undifferentiated	•	0.100			A	1		0.132	0.029	
17:1		0.000			A	1		0.000	0.000	
18:1 undifferentiated		16.006		0	A	1		21.128	4.642	
18:1 c		16.006 0.000			A A	1 1		21.128 0.000	4.642 0.000	
18:1 t 20:1		0.000			A	1		0.000	0.000	
22:1 undifferentiated	-	0.000			A	1		0.000	0.000	
24:1 c	-	0.000			A	1		0.000	0.000	
Fatty acids, total polyunsaturated	-	1.555		0	NC	4		2.052	0.451	
18:2 undifferentiated		1.438	0.00	8 3	A	1		1.898	0.417	
18:3 undifferentiated	g	0.117		0	A	1		0.154	0.034	
18:3 n-6 c,c,c	g	0.000	0.00	0 3	A	1		0.000	0.000	
18:3i	g									
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	-	0.000			A	1		0.000	0.000	
20:3 undifferentiated		0.000	0.00	0 3	A	1		0.000	0.000	
20:3 n-3										
20:3 n-6		0.000	0.00	0 0		1		0.000	0.000	
20:4 undifferentiated	-	0.000	0.00	0 3	A	1		0.000	0.000	
20:4 n-3 20:4 n-6										
20:5 n-3		0.000	0.00	0 3	A	1		0.000	0.000	
22:5 n-3		0.000		0	z	7		0.000	0.000	
22:6 n-3		0.000			A	1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Stigmasterol	mg	38		2	A	1		50	11	
Campesterol	mg	13		2	A	1		18	4	
Beta-sitosterol	mg	85		2	A	1		112	25	
Amino Acids:										
Tryptophan		0.130		2	A	1		0.172	0.038	
Threonine		0.370		2	A	1		0.488	0.107	
Isoleucine		0.410		2 2	A A	1 1		0.541	0.119	
Leucine	-	0.695 0.470		2	A	1		0.917 0.620	0.202 0.136	
Lysine Methionine		0.140		2	A	1		0.620	0.136	
Cystine		0.140		2	A	1		0.297	0.041	
Phenylalanine		0.525		2	A	1		0.693	0.152	
Tyrosine		0.425		2	A	1		0.561	0.123	
Valine		0.655		2	A	1		0.865	0.190	
Arginine	-	0.815		2	A	1		1.076	0.236	
Histidine		0.215		2	A	1		0.284	0.062	
Alanine	-	0.475		2	A	1		0.627	0.138	
Aspartic acid	g	1.270		2	A	1		1.676	0.368	
Glutamic acid		1.870		2	A	1		2.468	0.542	
Glycine	g	0.505		2	A	1		0.667	0.146	
Proline	g	0.880		2	A	1		1.162	0.255	
Serine	-	0.530		2	A	1		0.700	0.154	
Hydroxyproline	g	0.000		2	A	1		0.000	0.000	
Others:										
Alcohol, ethyl	.g	0.0		0	z	7		0.0	0.0	
Caffeine		80	0.00	0 3	A	1		106	23	
Theobromine		1297	34.80	1 3	A	1		1712	376	
Carotenoids:										
Carotene, beta	mcg	0		2	A	1		0.000	0.000	
Carotene, alpha		0		2	A	1		0.000	0.000	
Cryptoxanthin, beta	mcg	0		2	A	1		0.000	0.000	
Lycopene	mcg	0		2	A	1		0.000	0.000	

Baking chocolate, unsweetened, squares

	Δ	mount in 10	00 grams Number		ole portio	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthinmcg	38		0	NR	4		50.589	11.114	

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Common Measures:

Measure 1 = 132g: 1 cup, grated Measure 2 = 29g: 1 square

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 1.33

Food Group: 19 Sweets

NDB No. 19248 Candies, ALMOND JOY BITES

Refuse: 0%

		<u>A</u> 1	mount in 100) grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			,	Number	,				easures of food	
				of Data		Source	Confidence			•
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.26		1	MC	9		0.50		
Energy	kcal	545		1	MC	9		218		
Energy	kj	2282		0	MC	9		913		
Protein (N x 6.25)	g	5.58		1	MC	9		2.23		
Total lipid (fat)	g	34.50		1	MC	9		13.80		
Ash	g	1.12		1	MC	9		0.45		
Carbohydrate, by difference	g	57.48		1	MC	9		22.99		
Fiber, total dietary	g	4.3		1	MC	9		1.7		
Sugars, total	g	51.71		1	MC	9		20.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	109		1	MC	9		44		
Iron, Fe.	_	1.33		1	MC	9		0.53		
Magnesium, Mg	mg	38		1	MC	9		15		
Phosphorus, P	mg	129		1	MC	9		52		
Potassium, K	mg	306		1	MC	9		123		
Sodium, Na	mg	39		1	MC	9		16		
Zinc, Zn	mg	0.79		1	MC	9		0.32		
Copper, Cu	mg	0.180)	1	MC	9		0.072		
Manganese, Mn	<u>mg</u>	0.000)	1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1	MC	9		0.4		
Thiamin	mg	0.040)	1	MC	9		0.016		
Riboflavin	mg	0.160)	1	MC	9		0.064		
Niacin	mg	0.330)	1	MC	9		0.132		
Pantothenic acid	mg	0.250)	1	MC	9		0.100		
Vitamin B-6	mg	0.060)	1	MC	9		0.024		
Folate, total	mcg	8		1	MC	9		3		
Folic acid	mcg									
Folate, food										
Folate, DFE										
Vitamin B-12	-									
Vitamin A, IU		117		1	MC	9		47		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	.									
Lipids: Fatty acids, total saturated	a	20.600	1	1	MC	9		8.240		
Fatty acids, total monounsaturated		8.850		1	MC	9		3.540		
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated		1.460		1	MC	9		0.584		
Fatty acids, total polyunsaturated		1.400	•	1	м	9		0.564		
Cholesterol	-	11		1	MC	9		5		
Phytosterols				-	AC	,		J		
-										
Others:	a	0.0		-	wa	0		0.0		
Alcohol, ethyl		0.0		1	MC	9		0.0		
Caffeine Theobromine										

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NDB No. 19248 Candies, ALMOND JOY BITES

Common Measures:

Measure 1 = 40g: 18 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19098 Candies, 5TH AVENUE Candy Bar

Hershey Food Corp.

		A	mount in 100 g		of edik	ole portic	o <u>n</u>		edible portion o	of common
Nutrients and Un	its	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	2.30		1	MC	9		1.29	0.37	
Energy		482		1	MC	9		270	77	
Energy		2017		0	MC	9		1130	323	
Protein	_	8.78		1	MC	9		4.92	1.40	
Total lipid (fat)		23.98		1	MC	9		13.43	3.84	
Ash		1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference		62.68		1	MC	9		35.10	10.03	
Fiber, total dietary		3.1		1 1	MC	9		1.7	0.5	
Sugars, total		47.19		1	MC	9		26.43	7.55	
Starch	9									
Minerals:										
Calcium, Ca		73		1	MC	9		41	12	
Iron, Fe		1.20		1	MC	9		0.67	0.19	
Magnesium, Mg		62		1	MC	9		35	10	
Phosphorus, P	•	141		1	MC	9		79	23	
Potassium, K		347		1	MC	9		195	56	
Sodium, Na		225 1.12		1 1	MC MC	9 9		126 0.63	36 0.18	
Zinc, Zn Copper, Cu		0.210	1	1	MC	9		0.63	0.18	
Manganese, Mn		0.050		1	MC	9		0.028	0.008	
Selenium, Se		0.6		1	MC	9		0.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.4		1	MC	9		0.2	0.1	
Thiamin	-	0.140		1	MC	9		0.078	0.022	
Riboflavin Niacin	• • • • • • • • • • • • • • • • • • • •	0.090 3.900		1 1	MC MC	9 9		0.050 2.184	0.014 0.624	
Pantothenic acid	-	0.540		1	MC	9		0.302	0.024	
Vitamin B-6		0.110		1	MC	9		0.062	0.018	
Folate, total		36		0	FLM	4		20	6	
Folic acid		0		0	FLM	4		0	0	
Folate, food		36		0	FLM	4		20	6	
Folate, DFE		36		0	NC	4		20	6	
Vitamin B-12	mcg	0.18		0	FLM	4		0.10	0.03	
Vitamin A, IU	IU	51		0	FLM	4		28	8	
Vitamin A, RAE	mcg_RAE	14		0	FLM	4		8	2	
Retinol	mcg	14		0	FLM	4		8	2	
Vitamin E (alpha-tocopherol)		2.70		0	FLM	4		1.51	0.43	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		2.7		0	FLM	4		1.5	0.4	
<u>Lipids:</u>										
Fatty acids, total saturated		6.650		1	MC	9		3.724	1.064	
4:0		0.128		0	FLM	4		0.072	0.020	
6:0		0.045		0	FLM	4		0.025	0.007	
8:0 10:0		0.028		0	FLM FLM	4 4		0.015 0.030	0.004 0.009	
12:0		0.058		0	FLM	4		0.030	0.009	
13:0		0.000		0	FLM	4		0.000	0.009	
14:0		0.213		0	FLM	4		0.119	0.034	
15:0	-	0.016		0	FLM	4		0.009	0.003	
16:0		3.532		0	FLM	4		1.978	0.565	
17:0		0.015	i	0	FLM	4		0.008	0.002	
18:0		1.974	l	0	FLM	4		1.106	0.316	
20:0	g	0.040		0	FLM	4		0.022	0.006	
22:0	g	0.004	ļ	0	FLM	4		0.002	0.001	

	Ar	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
24:0g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturatedg	10.600		1	MC	9		5.936	1.696	
14:1g	0.014		0	FLM	4		0.008	0.002	
15:1g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiatedg	0.054		0	FLM	4		0.030	0.009	
17:1g	0.004		0	FLM	4		0.002	0.001	
18:1 undifferentiatedg	8.355		0	FLM	4		4.679	1.337	
20:1g	0.145		0	FLM	4		0.081	0.023	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated	3.390		0	FLM	4		1.898	0.542	
18:2 undifferentiatedg	3.305		0	FLM	4		1.851	0.529	
18:3 undifferentiatedg	0.084		0	FLM	4		0.047	0.014	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	6		1	MC	9		3	1	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		1	MC	9		0.0	0.0	
Caffeine mg	5		0	FLM	4		3	1	
Theobromine mg	79		0	FLM	4		44	13	
Carotenoids:									
Carotene, betamcg	1		0	FLM	4		0.298	0.085	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000	
Lycopene mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLM	4		0.264	0.075	

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Common Measures:

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		8.20		1	MC	9		4.02	1.56	
Energy	kcal	479		1	MC	9		235	91	
Energy	kj	2003		0	MC	9		981	380	
Protein	g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat)	g	26.93		1	MC	9		13.20	5.12	
Ash	g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference	g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary	g	5.0		1	MC	9		2.5	1.0	
Sugars, total	g	48.34		1	MC	9		23.69	9.18	
Starch	g									
<u> finerals:</u>										
Calcium, Ca		64		1	MC	9		31	12	
Iron, Fe		1.27		1	MC	9		0.62	0.24	
Magnesium, Mg										
Phosphorus, P		112		1	MC	9		55	21	
Potassium, K		254		1	MC	9		124	48	
Sodium, Na	-	142		1	MC	9		70	27	
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn										
Selenium, Se	nicg									
'itamins:										
Vitamin C, total ascorbic acid		0.7		1	MC	9		0.3	0.1	
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12	mca_Di L									
Vitamin A, IU	III	42		1	MC	9		21	8	
Vitamin A, RAE	mca RAF			-	110				Ū	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated		17.590)	1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated	g	5.260)	1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated		1.180)	1	MC	9		0.578	0.224	
Fatty acids, total trans	g									
Cholesterol		4		1	MC	9		2	1	
Phytosterols	mg									

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Common Measures:

Measure 1 = 49g: 1 package 1.76 oz Measure 2 = 19g: 1 bar snack size

Candies, ALMOND JOY Candy Bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	Number				<u>m</u>	easures of food	
							Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		6.79		1	MC	9		2.38	3.06	2.92
Energy	kcal	462		1	MC	9		162	208	199
Energy	kj	1932		0	MC	9		676	869	831
Protein	g	6.19		1	MC	9		2.17	2.79	2.66
Total lipid (fat)	g	21.19		1	MC	9		7.42	9.54	9.11
Ash	g	1.46		1	MC	9		0.51	0.66	0.63
Carbohydrate, by difference	g	63.81		1	MC	9		22.33	28.71	27.44
Fiber, total dietary	g	1.2		1	MC	9		0.4	0.5	0.5
Sugars, total	g	56.92		1	MC	9		19.92	25.61	24.48
Starch	g									
Minerals:										
Calcium, Ca	mg	213		1	MC	9		74	96	92
Iron, Fe	mg	1.09		1	MC	9		0.38	0.49	0.47
Magnesium, Mg	mg									
Phosphorus, P		150		1	MC	9		53	68	65
Potassium, K	•	341		1	MC	9		119	154	147
Sodium, Na	mg	122		1	MC	9		43	55	52
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1	MC	9		0.6	0.8	0.7
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		303		1	MC	9		106	136	130
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma	_									
Tocopherol, delta	_									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:			_							
Fatty acids, total saturated		12.720		1	MC	9		4.452	5.724	5.470
Fatty acids, total monounsaturated		5.290		1	MC	9		1.852	2.381	2.275
Fatty acids, total polyunsaturated		0.630)	1	MC	9		0.221	0.284	0.271
Fatty acids, total trans								_		
	ma	27		1	MC	9		9	12	11

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Common Measures:

Measure 1 = 35g: 1 bar 1.25 oz Measure 2 = 45g: 1 bar 1.6 oz Measure 3 = 43g: 6 blocks

Candies, CARAMELLO Candy Bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Candies, E.J. BRACH'S, BRACH'S STAR BRITES Peppermint Mints

E.J. Brach's Corp.

Refuse: 0%

		<u>A</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	1.90		1	A	1		0.29		
Energy	kcal	393		0	NC	4		59		
Energy	kj	1643				4		246		
Protein	g	0.00		1	A	1		0.00		
Total lipid (fat)	g	0.20		1	A	1		0.03		
Ash	g	0.20		1	A	1		0.03		
Carbohydrate, by difference	g	97.70		0	NC	4		14.66		
Fiber, total dietary										
Sugars, total	g	62.90		1	A	1		9.44		
Starch	-									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	<u>mg</u>									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	40		1	A	1		6		
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									

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Common Measures:

Measure 1 = 15.0g: 3 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19243 Candies, HEATH BITES

Hershey Food Corp.

Refuse: 0%

		<u>A</u> 1	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			,	Number					easures of food	
				of Data		Source	Confidence			•
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.86		1	MC	9		0.34		
Energy	kcal	530		1	MC	9		207		
Energy	kj	2217		0	MC	9		864		
Protein (N x 6.25)	g	3.94		1	MC	9		1.54		
Total lipid (fat)	g	30.38		1	MC	9		11.85		
Ash	g	1.16		1	MC	9		0.45		
Carbohydrate, by difference	g	63.39		1	MC	9		24.72		
Fiber, total dietary	g	2.0		1	MC	9		0.8		
Sugars, total	g	60.02		1	MC	9		23.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		1	MC	9		34		
Iron. Fe.	_	0.78		1	MC	9		0.30		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	6		1	MC	9		2		
Phosphorus, P		71		1	MC	9		28		
Potassium, K	mg	210		1	MC	9		82		
Sodium, Na		245		1	MC	9		96		
Zinc, Zn	mg	0.11		1	MC	9		0.04		
Copper, Cu	mg	0.030)	1	MC	9		0.012		
Manganese, Mn	mg	0.000)	1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3		
Thiamin	_	0.020)	1	MC	9		0.008		
Riboflavin		0.110)	1	MC	9		0.043		
Niacin	mg	0.090)	1	MC	9		0.035		
Pantothenic acid	mg	0.010)	1	MC	9		0.004		
Vitamin B-6	mg	0.000)	1	MC	9		0.000		
Folate, total	mcg	1		1	MC	9		1		
Folic acid	mcg									
Folate, food										
Folate, DFE	mcg_DFE									
Vitamin B-12	-									
Vitamin A, IU		232		1	MC	9		91		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	g									
<u>Lipids:</u>	~	4		_		•		6 222		
Fatty acids, total saturated		15.620		1	MC	9		6.092		
Fatty acids, total monounsaturated		8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated		2.550	,	1	MC	9		0.995		
Fatty acids, total trans	-	19		1	MC	9		7		
CholesterolPhytosterols		19		1	MC	9		7		
-										
Others:				_		_				
Alcohol, ethyl		0.0		1	MC	9		0.0		
Caffeine	ma	0		1	MC	9		0		

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NDB No. 19243 Candies, HEATH BITES

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19084 Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water										
Energy		570		0	NC	4		234		
Energy	kj	2384		0	NC	4		977		
Protein (N x 6.25)	g	11.97		1	MC	9		4.91		
Total lipid (fat)	g	37.13		1	MC	9		15.22		
Ash	g									
Carbohydrate, by difference	g	46.91		1	MC	9		19.23		
Fiber, total dietary		4.4		1	MC	9		1.8		
Sugars, total		37.13		1	MC	9		15.22		
Starch										
Minerals:										
Calcium, Ca	mg	203		1	MC	9		83		
Iron, Fe	-	2.50		1	MC	9		1.03		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	mg									
Sodium, Na	mg	52		1	MC	9		21		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1	MC	9		0.0		
Thiamin	-									
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	15.230)	1	MC	9		6.244		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	13		1	MC	9		5		
Phytosterols	ma									

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Common Measures:

Measure 1 = 41g: 13 pieces

Calories Factors: Protein Fat Carbohydrate

Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Food Group: 19 Sweets

NDB No. 19236 Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Refuse: 0%

		<u>A</u> 1	mount in 100	grams)	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			-
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.19		1	MC	9		0.46		
Energy		550		1	MC	9		214		
Energy		2300		0	MC	9		897		
Protein (N x 6.25)		9.76		1	MC	9		3.81		
Total lipid (fat)		35.73		1	MC	9		13.93		
Ash		1.59		1	MC	9		0.62		
Carbohydrate, by difference	g	51.00		1	MC	9		19.89		
Fiber, total dietary		3.6		1	MC	9		1.4		
Sugars, total	g	44.59		1	MC	9		17.39		
Starch	g									
Minerals:										
Calcium, Ca	mg	220		1	MC	9		86		
Iron. Fe.	_	1.50		1	MC	9		0.59		
Magnesium, Mg		59		1	MC	9		23		
Phosphorus, P		227		1	MC	9		88		
Potassium, K	mg	471		1	MC	9		184		
Sodium, Na	mg	74		1	MC	9		29		
Zinc, Zn	mg	1.34		1	MC	9		0.52		
Copper, Cu	mg	0.200)	1	MC	9		0.078		
Manganese, Mn	mg	0.010)	1	MC	9		0.004		
Selenium, Se	mcg	3.4		1	MC	9		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8		1	MC	9		0.7		
Thiamin	_	0.070)	1	MC	9		0.027		
Riboflavin		0.380		1	MC	9		0.148		
Niacin		0.620)	1	MC	9		0.242		
Pantothenic acid		0.470)	1	MC	9		0.183		
Vitamin B-6		0.070)	1	MC	9		0.027		
Folate, total		16		1	MC	9		6		
Folic acid										
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		177		1	MC	9		69		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated		17.390		1	MC	9		6.782		
Fatty acids, total monounsaturated		14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated		2.420		1	MC	9		0.944		
Fatty acids, total trans		0.150)	1	MC	9		0.059		
Cholesterol		19		1	MC	9		7		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine										
Theobromine										

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Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Common Measures:

Measure 1 = 39g: 17 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19130 Candies, HERSHEY'S POT OF GOLD Almond Bar

Hershey Food Corp.

Refuse: 0%

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					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	_									
Energy		577		1	MC	9		450		
Energy	kj	2414		0	MC	9		1883		
Protein	g	12.82		1	MC	9		10.00		
Total lipid (fat)	g	38.46		1	MC	9		30.00		
Ash	g									
Carbohydrate, by difference	g	46.15		1	MC	9		36.00		
Fiber, total dietary	g	3.8		1	MC	9		3.0		
Sugars, total	g	38.46		1	MC	9		30.00		
Starch										
Minerals:										
Calcium, Ca	mg	192		1	MC	9		150		
Iron, Fe	mg	1.85		1	MC	9		1.44		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	64		1	MC	9		50		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>			_							
Fatty acids, total saturated		16.667	7	1	MC	9		13.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	13		1	MC	9		10		
Phytosterols	mg									

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Common Measures:

Measure 1 = 78g: 1 bar 2.8 oz

Calories Factors: Protein Fat Carbohydrate

Candies, HERSHEY'S POT OF GOLD Almond Bar

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				me	easures of food	1
						Source	Confidence			_
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.88		1	MC	9				
Energy		443		1	MC	9				
Energy		1855		0	MC	9				
Protein (N x 6.25)	-	6.46		1	MC	9				
Total lipid (fat)	g	15.86		1	MC	9				
Ash	g	2.71		1	MC	9				
Carbohydrate, by difference	g	71.00		1	MC	9				
Fiber, total dietary	g	2.1		1	MC	9				
Sugars, total	g	32.45		1	MC	9				
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	344		1	MC	9				
Iron, Fe	_	5.17		1	MC	9				
Magnesium, Mg	_	28		1	MC	9				
Phosphorus, P		102		1	MC	9				
Potassium, K	•	185		1	MC	9				
Sodium, Na	_	406		1	MC	9				
Zine, Zn		0.49		1	MC	9				
Copper, Cu		0.110)	1	MC	9				
Manganese, Mn		0.000)	1	MC	9				
Selenium, Se		0.0		1	MC	9				
¥7:4										
<u>Vitamins:</u>	ma	14.9		1	MC	9				
Vitamin C, total ascorbic acid	_	0.430	,	1	MC	9				
Thiamin Riboflavin		0.450		1	MC	9				
Niacin		6.900		1	MC	9				
Pantothenic acid		0.210		1	MC	9				
Vitamin B-6		0.530		1	MC	9				
Folate, total		119	•	1	MC	9				
Folic acid				_		•				
Folate, food		119		1	MC	9				
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1248		1	MC	9				
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.280)	1	MC	9				
Fatty acids, total monounsaturated		6.020)	1	MC	9				
Fatty acids, total polyunsaturated		2.970)	1	MC	9				
Fatty acids, total trans		0.000)	1	MC	9				
Cholesterol	mg	3		1	MC	9				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9				
Caffeine	mg	0		1	MC	9				
Theobromine	mg									

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Candies, HERSHEY, Crispy Rice Snacks Peanut Butter

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19250 Candies, HERSHEY, KIT KAT BIG KAT Bar

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	umber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.10		1	MC	9		0.61	0.87	
Energy	kcal	520		1	MC	9		286	411	
Energy	kj	2175		0	MC	9		1196	1718	
Protein (N x 6.25)	g	6.24		1	MC	9		3.43	4.93	
Total lipid (fat)	g	27.84		1	MC	9		15.31	21.99	
Ash	g	0.96		1	MC	9		0.53	0.76	
Carbohydrate, by difference	g	63.64		1	MC	9		35.00	50.28	
Fiber, total dietary	g	1.9		1	MC	9		1.0	1.5	
Sugars, total	g	53.96		1	MC	9		29.68	42.63	
Starch	g									
Minerals:										
Calcium, Ca	mg	138		1	MC	9		76	109	
Iron, Fe	-	0.84		1	MC	9		0.46	0.66	
Magnesium, Mg	-	2		1	MC	9		1	2	
Phosphorus, P	•	112		1	MC	9		62	89	
Potassium, K	-	294		1	MC	9		162	233	
Sodium, Na	-	64		1	MC	9		35	51	
Zinc, Zn		0.07		1	MC	9		0.04	0.06	
Copper, Cu		0.010		1	MC	9		0.006	0.008	
Manganese, Mn		0.000)	1	MC	9		0.000	0.000	
Selenium, Se	nicg	0.0		1	MC	9		0.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.3	_	1	MC	9		0.7	1.1	
Thiamin	-	0.050		1	MC	9		0.028	0.040	
Riboflavin	-	0.170		1	MC	9		0.094	0.134	
Niacin		0.180		1 1	MC MC	9 9		0.099	0.142	
Pantothenic acid Vitamin B-6		0.040		1	MC	9		0.022 0.000	0.032 0.000	
Folate, total	_	3	,	1	MC	9		2	2	
Folic acid	_	3		_	MC	9		2	2	
Folate, food		3		1	MC	9		2	2	
Folate, DFE		3		-	110			-	_	
Vitamin B-12										
Vitamin A, IU		92		1	MC	9		50	72	
Vitamin A, RAE	mcg RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:	a	17.990	1	1	мс	9		9.895	14.212	
Fatty acids, total saturatedFatty acids, total monounsaturated.		4.910		1	MC MC	9		9.895 2.701	14.212 3.879	
Fatty acids, total monounsaturated		0.510		1	MC	9		0.281	0.403	
Fatty acids, total polyunsaturated		0.000		1	MC	9		0.281	0.403	
Cholesterol		9	-	1	MC	9		5	7	
Phytosterols	•	9		1	PIC	9		J	,	
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0	0.0	
Caffeine	mg	0		1	MC	9		0	0	
Theobromine	ma									

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

Candies, HERSHEY, KIT KAT BIG KAT Bar

Common Measures:

Measure 1 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19249
Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate
Hershey Food Corp.

		<u>A</u> :	mount in 10			ole portio	<u>on</u>		edible portion	
				Number		_		<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	te	Mean	Std. Error			Source	Confidence Code	Measure 1	Measure 2	Measure
Nutrients and on		Wican	Ota. Error					Micasure 1	Wedsule 2	Wedsure
Proximates:										
Water		1.60		1	MC	9		0.67		
Energy	kcal	521		1	MC	9		219		
Energy	kj	2181		0	MC	9		916		
Protein (N x 6.25)	g	9.53		1	MC	9		4.00		
Total lipid (fat)	g	31.34		1	MC	9		13.16		
Ash	g	2.00		1	MC	9		0.84		
Carbohydrate, by difference	g	55.38		1	MC	9		23.26		
Fiber, total dietary	g	3.3		1	MC	9		1.4		
Sugars, total	g	40.33		1	MC	9		16.94		
Starch	g									
Minerals:										
Calcium, Ca	-	70		1	MC	9		30		
Iron, Fe		1.30		1	MC	9		0.55		
Magnesium, Mg		49		1	MC	9		21		
Phosphorus, P		144		1	MC	9		60		
Potassium, K		295		1	MC	9		124		
Sodium, Na	_	264		1	MC	9		111		
Zinc, Zn		0.99		1	MC	9		0.42		
Copper, Cu		0.200		1 1	MC	9		0.084		
Manganese, Mn Selenium, Se		0.000	,	1	MC MC	9 9		0.000 0.3		
,	9	0.,		-	110			0.5		
Vitamins:	ma	0.6		1	MC	9		0.2		
Vitamin C, total ascorbic acid		0.130		1	MC	9		0.2		
ThiaminRiboflavin		0.130		1	MC	9		0.042		
Niacin	-	3.640		1	MC	9		1.529		
Pantothenic acid	_	0.440		1	MC	9		0.185		
Vitamin B-6	-	0.080		1	MC	9		0.034		
Folate, total		40		1	MC	9		17		
Folic acid		0		0	FLC	4		0		
Folate, food	-	40		1	MC	9		17		
Folate, DFE		40		0	NC	4		17		
Vitamin B-12		0.15		0	FLC	4		0.06		
Vitamin A, IU		58		1	MC	9		24		
Vitamin A, RAE		14		0	NC	4		6		
Retinol		14		0	0	4		6		
Vitamin E (alpha-tocopherol)		2.77		0	FLC	4		1.16		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	5.9		0	FLC	4		2.5		
<u> Lipids:</u>										
Fatty acids, total saturated		13.210		1	MC	9		5.548		
4:0		0.119		0	FLC	4		0.050		
6:0	-	0.044		0	FLC	4		0.018		
8:0	-	0.040		0	FLC	4		0.017		
10:0	-	0.060		0	FLC	4		0.025		
12:0		0.222		0	FLC	4		0.093		
13:0		0.000		0	FLC	4		0.000		
14:0		0.236		0	FLC	4		0.099		
15:0	-	0.016		0	FLC	4		0.007		
16:0	-	6.006		0	FLC	4		2.523		
17:0	-	0.015		0	FLC	4		0.006		
18:0	-	6.155		0	FLC	4		2.585		
20:0	g	0.040		0	FLC	4		0.017		
22:0		0.004		0	FLC	4		0.002		

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number						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	10.820		1	MC	9		4.544				
14:1	g	0.013		0	FLC	4		0.005				
15:1	g	0.000		0	FLC	4		0.000				
16:1 undifferentiated	g	0.053		0	FLC	4		0.022				
17:1	g	0.004		0	FLC	4		0.002				
18:1 undifferentiated	g	9.323		0	FLC	4		3.915				
20:1	g	0.113		0	FLC	4		0.048				
22:1 undifferentiated	g	0.000		0	FLC	4		0.000				
24:1 c	g	0.000		0	FLC	4		0.000				
Fatty acids, total polyunsaturated	g	4.680		1	MC	9		1.966				
18:2 undifferentiated	g	4.593		0	FLC	4		1.929				
18:3 undifferentiated	g	0.049		0	FLC	4		0.020				
18:4	g	0.000		0	FLC	4		0.000				
20:2 n-6 c,c	g	0.000		0	FLC	4		0.000				
20:3 undifferentiated	g	0.000		0	FLC	4		0.000				
20:4 undifferentiated	g	0.000		0	FLC	4		0.000				
20:5 n-3	g	0.000		0	FLC	4		0.000				
22:5 n-3		0.000		0	FLC	4		0.000				
22:6 n-3	g	0.000		0	FLC	4		0.000				
Fatty acids, total trans	g											
Cholesterol		6		1	MC	9		2				
Phytosterols	mg											
Others:												
Alcohol, ethyl		0.0		1	MC	9		0.0				
Caffeine		0		1	MC	9		0				
Theobromine	mg	48		0	FLC	4		20				
Carotenoids:												
Carotene, beta	mcg	4		0	NR	4		1.680				
Carotene, alpha		0		0	FLC	4		0.000				
Cryptoxanthin, beta	mcg	0		0	FLC	4		0.000				
Lycopene		0		0	FLC	4		0.000				
Lutein + zeaxanthin	mcg	45		0	FLC	4		18.727				

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Common Measures:

Measure 1 = 42g: 1 serving 1.5 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19237 Candies, KIT KAT BITES

Hershey Food Corp.

Refuse: 0%

		Amount in 100 grams of edible portion						Amount in edible portion of common			
				Number					easures of food		
				of Data		Source	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.00		1	MC	9		0.39			
Energy	kcal	511		1	MC	9		199			
Energy	kj	2139		0	MC	9		834			
Protein (N x 6.25)	g	6.50		1	MC	9		2.54			
Total lipid (fat)	g	26.41		1	MC	9		10.30			
Ash	g	0.87		1	MC	9		0.34			
Carbohydrate, by difference	g	64.55		1	MC	9		25.17			
Fiber, total dietary	g	2.2		1	MC	9		0.8			
Sugars, total	g	49.47		1	MC	9		19.29			
Starch	g										
Minerals:											
Calcium, Ca	mg	131		1	MC	9		51			
Iron. Fe	_	0.88		1	MC	9		0.34			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0		1	MC	9		0			
Phosphorus, P		94		1	MC	9		37			
Potassium, K	•	297		1	MC	9		116			
Sodium, Na	_	67		1	MC	9		26			
Zinc, Zn		0.00		1	MC	9		0.00			
Copper, Cu	mg	0.000)	1	MC	9		0.000			
Manganese, Mn	mg	0.000)	1	MC	9		0.000			
Selenium, Se	mcg	0.0		1	MC	9		0.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.2		1	MC	9		0.5			
Thiamin	_	0.030)	1	MC	9		0.012			
Riboflavin		0.160)	1	MC	9		0.062			
Niacin		0.060)	1	MC	9		0.023			
Pantothenic acid	mg	0.000)	1	MC	9		0.000			
Vitamin B-6	mg	0.000)	1	MC	9		0.000			
Folate, total	mcg	1		1	MC	9		0			
Folic acid	mcg										
Folate, food											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		84		1	MC	9		33			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
	-5										
Lipids:	a	17.100	1	1	MC	9		6.669			
Fatty acids, total saturated Fatty acids, total monounsaturated		4.500		1	MC	9		1.755			
Fatty acids, total polyunsaturated		0.430		1	MC	9		0.168			
Fatty acids, total polyunsaturated Fatty acids, total trans		0.430	,	_	MC	9		0.100			
Cholesterol	_	8		1	MC	9		3			
Phytosterols		J		1	II.	,		3			
-											
Others:						^		0.0			
Alcohol, ethyl		0.0		1	MC	9		0.0			
Caffeine Theobromine											

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

NDB No. 19237 Candies, KIT KAT BITES

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19109 Candies, KIT KAT Wafer Bar

Hershey Food Corp.

		<u>A</u>	mount in 100 gr	ams of ed	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	1
				ota Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:	_								0.75
Water	=	1.63		1 A			0.68	0.16	0.75
Energy		518 2169		0 NC			218 911	52	238 998
Energy	-							217	
Protein (N x 6.25)		6.51 25.99		1 A			2.73	0.65	2.99
Total lipid (fat)		1.28		1 A			10.92 0.54	2.60	11.96 0.59
Ashdiff		64.59		0 NC			27.13	0.13	29.71
Carbohydrate, by difference		1.0		1 A			0.4	6.46 0.1	0.5
Fiber, total dietary									
Sugars, total		48.68 40.04		1 A			20.45 16.82	4.87	22.39 18.42
Sucrose	9							4.00	
Glucose (dextrose)		0.16		1 A			0.07	0.02	0.07
Fructose		0.20			1		0.08	0.02	0.09
Lactose	9	8.21 0.07		1 A			3.45	0.82	3.78 0.03
Maltose	9	0.07		1 A			0.03 0.00	0.01	0.03
Galactose	9							0.00	
Starch	9	10.60		1 A	1		4.45	1.06	4.88
Minerals:									
Calcium, Ca	mg	125		1 A	1		53	13	58
Iron, Fe	mg	1.00		1 A	1		0.42	0.10	0.46
Magnesium, Mg	mg	37		1 A	1		16	4	17
Phosphorus, P	mg	135		1 A	1		57	14	62
Potassium, K	mg	231		1 A	1		97	23	106
Sodium, Na		54		1 A	1		23	5	25
Zinc, Zn		0.09		1 MC	9		0.04	0.01	0.04
Copper, Cu		0.220		1 A	1		0.092	0.022	0.10
Manganese, Mn		0.100	0	1 A	1		0.042	0.010	0.04
Selenium, Se	mcg	5.0		1 A	1		2.1	0.5	2.3
Vitamins:	ma	0.0		1 A	1		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin		0.11	7	1 A	1		0.049	0.012	0.05
Riboflavin	-	0.21		1 A	1		0.049	0.012	0.09
Niacin	-	0.500		1 A	1		0.210	0.050	0.23
Pantothenic acid	_	0.640		1 A	1		0.269	0.064	0.29
Vitamin B-6	-	0.020		1 A	1		0.008	0.004	0.00
Folate, total		14		1 A	1		6	1	6
Folic acid		6		1 A	1		3	1	3
Folate, food	mcq	8		1 AS	1		3	1	4
Folate, DFE	mcg DFE	18		0 NC	4		8	2	8
Vitamin B-12		0.56		1 A	1		0.24	0.06	0.26
Vitamin A, IU		81		0 AS	1		34	8	37
Vitamin A, RAE		24		0 AS	1		10	2	11
Retinol		24		1 A	1		10	2	11
Vitamin E (alpha-tocopherol)		0.34		1 A	1		0.14	0.03	0.16
Tocopherol, beta		0.00		1 A	1		0.00	0.00	0.00
Tocopherol, gamma		4.13		1 A	1		1.73	0.41	1.90
Tocopherol, delta	_	0.22		1 A	1		0.09	0.02	0.10
Vitamin D									
Vitamin K (phylloquinone)	mcg	5.2		1 A	1		2.2	0.5	2.4
Lipids:									
Fatty acids, total saturated		17.953		0 NC	4		7.540	1.795	8.25
4:0		0.13		1 A	1		0.057	0.014	0.06
6:0	-	0.11		1 A	1		0.049	0.012	0.05
8:0	g	0.502		1 A	1		0.211	0.050	0.23
10:0	-	0.508		1 A	1		0.213	0.051	0.23
12:0	g	4.913		1 A	1		2.064	0.491	2.26
13:0	-	0.000		1 A	1		0.000	0.000	0.00
14:0	g	1.748	8	1 A	1		0.734	0.175	0.80
15:0	g	0.049	9	1 A	1				0.02

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion o	of common
				Number	,				easures of food	
						Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
15:0	g	0.04	9		A	1		0.021	0.005	
16:0	g	4.97	3	1	A	1		2.091	0.498	2.290
17:0		0.05	ס	1	A	1		0.021	0.005	0.023
18:0		4.80		1	A	1		2.017	0.480	2.209
20:0	-	0.15		1	A	1		0.063	0.015	0.069
22:0	-	0.00		1	A	1		0.000	0.000	0.000
24:0		0.00		1 0	A	1 4		0.000	0.000	0.000
Fatty acids, total monounsaturated	-	5.84 0.00		1	NC A	1		2.455 0.000	0.58 4 0.000	2.688 0.000
15:1		0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated		0.14		1	A	1		0.062	0.005	0.068
17:1	_	0.00		1	A	1		0.002	0.000	0.000
18:1 undifferentiated	-	5.69		0	AS	1		2.392	0.570	2.620
18:1 c		5.59		1	A	1		2.350	0.560	2.574
18:1 t		0.09	9	1	A	1		0.042	0.010	0.046
20:1	g	0.00)	1	A	1		0.000	0.000	0.000
22:1 undifferentiated		0.00)	1	A	1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated	g	0.89	5	0	NC	4		0.376	0.090	0.412
18:2 undifferentiated	g	0.82	L	1	A	1		0.345	0.082	0.377
18:3 undifferentiated	g	0.07	5	0	AS	1		0.031	0.007	0.034
18:3 n-6 c,c,c	g	0.00	כ	1	A	1		0.000	0.000	0.000
18:3i	g									
18:4	g	0.000)	0	0	4		0.000	0.000	0.000
20:2 n-6 c,c		0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated		0.000)	1	A	1		0.000	0.000	0.000
20:3 n-3										
20:3 n-6			_							
20:4 undifferentiated		0.00)	1	A	1		0.000	0.000	0.000
20:4 n-3	-									
20:4 n-6	-	0.00						0.000	0.000	0.000
20:5 n-3 22:5 n-3	-	0.00		1 0	A O	1 4		0.000 0.000	0.000 0.000	0.000 0.000
22:6 n-3	-	0.00		1	A	1		0.000	0.000	0.000
Fatty acids, total trans		0.00		0	NC	4		0.042	0.010	0.000
Fatty acids, total trans-monoenoic		0.09		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-monochoic		0.03.		·	110	•		0.042	0.010	0.010
Cholesterol	-	11		1	A	1		4	1	5
Phytosterols	-			_		_		-	-	· ·
Amino Acids:	3									
Tryptophan	g	0.09)	1	A	1		0.038	0.009	0.041
Threonine		0.19)	1	A	1		0.080	0.019	0.087
Isoleucine		0.28)	1	A	1		0.118	0.028	0.129
Leucine	g	0.52)	1	A	1		0.218	0.052	0.239
Lysine	g	0.28	ס	1	A	1		0.118	0.028	0.129
Methionine	g	0.16)	1	A	1		0.067	0.016	0.074
Cystine	g	0.12)	1	A	1		0.050	0.012	0.055
Phenylalanine	g	0.27)	1	A	1		0.113	0.027	0.124
Tyrosine	g	0.15	כ	1	A	1		0.063	0.015	0.069
Valine	g	0.36	ס	1	A	1		0.151	0.036	0.166
Arginine	g	0.20)	1	A	1		0.084	0.020	0.092
Histidine	-	0.110		1	A	1		0.046	0.011	0.051
Alanine	g	0.20		1	A	1		0.084	0.020	0.092
Aspartic acid		0.47		1	A	1		0.197	0.047	0.216
Glutamic acid		1.52		1	A	1		0.638	0.152	0.699
Glycine		0.16		1	A	1		0.067	0.016	0.074
Proline	-	0.65		1	A	1		0.273	0.065	0.299
Serine		0.32		1	A	1		0.134	0.032	0.147
Hydroxyproline	g	0.00	J	1	A	1		0.000	0.000	0.000
Others: Alcohol, ethyl	g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine		14		1	A	1		6	1	6
Theobromine		116		1	A	1		49	12	53

NDB No. 19109

Candies, KIT KAT Wafer Bar

		<u>n</u>	Amount in edible portion of common measures of food						
Nutrients a	nd Units	Mean	Numb of Da Std. Error Point	a Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Carotenoids:									
Carotene, beta	mcg	0	1	A	1		0.000	0.000	0.000
Carotene, alpha		0	1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta	mcg	0	1	A	1		0.000	0.000	0.000
Lycopene	mcg	0	1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin		23	0	NR	4		9.702	2.310	10.626

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 = 42g: 1 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19110 Candies, KRACKEL Chocolate Bar

Hershey Food Corp.

Refuse: 0%

		<u>A</u> :	mount in 100	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of food		
				of Data		Source	Confidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		1.17		1	MC	9		0.48	0.66	0.43	
Energy		512		1	MC	9		210	287	189	
Energy	-	2143		0	MC	9		878	1200	793	
Protein		6.62		1	MC	9		2.71	3.71	2.45	
Total lipid (fat)		26.58		1	MC	9		10.90	14.88	9.83	
Ash		1.29		1	MC	9		0.53	0.72	0.48	
Carbohydrate, by difference		63.96		1	MC	9		26.22	35.82	23.67	
Fiber, total dietary		2.2		1	MC	9		0.9	1.3	0.8	
Sugars, total		52.53		1	MC	9		21.54	29.42	19.44	
Starch	9										
Minerals:											
Calcium, Ca	mg	158		1	MC	9		65	88	58	
Iron, Fe	mg	1.06		1	MC	9		0.43	0.59	0.39	
Magnesium, Mg	mg	13		1	MC	9		5	7	5	
Phosphorus, P	mg	123		1	MC	9		51	69	46	
Potassium, K		325		1	MC	9		133	182	120	
Sodium, Na	_	196		1	MC	9		80	110	72	
Zinc, Zn		0.49		1	MC	9		0.20	0.27	0.18	
Copper, Cu	-	0.020		1	MC	9		0.008	0.011	0.007	
Manganese, Mn		0.000)	1	MC	9		0.000	0.000	0.000	
Selenium, Se	riicg	3.5		1	MC	9		1.4	1.9	1.3	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.3	0.4	0.3	
Thiamin	mg	0.050)	1	MC	9		0.021	0.028	0.019	
Riboflavin	mg	0.190)	1	MC	9		0.078	0.106	0.070	
Niacin	mg	0.260)	1	MC	9		0.107	0.146	0.096	
Pantothenic acid		0.420)	1	MC	9		0.172	0.235	0.155	
Vitamin B-6	mg	0.040)	1	MC	9		0.016	0.022	0.015	
Folate, total	_	6		1	MC	9		2	3	2	
Folic acid	_										
Folate, food											
Folate, DFE											
Vitamin B-12		102		1	wa	9		40		20	
Vitamin A, IU		102			MC	9		42	57	38	
Vitamin A, RAERetinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Tinia											
<u>Lipids:</u>	~	15 000		1	wa	•		6 507	0.015	F 000	
Fatty acids, total managesturated		15.920 6.250		1 1	MC MC	9 9		6.527 2.563	8.915 3.500	5.890 2.313	
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated		0.570		1	MC	9		0.234	0.319	0.211	
Fatty acids, total polyunsaturated Fatty acids, total trans	-	0.570	•	1	MC	9		0.234	0.319	0.211	
Cholesterol		11		1	MC	9		4	6	4	
Phytosterols	-	-11		_	PIC	9		-	O	4	
1 Hy (USICIOIS	9										
Others:											
Alcohol, ethyl	g	0.0		1	MC	9		0.0	0.0	0.0	
Caffeine	mg										
Theobromine	<u>mg</u>										

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

NDB No. 19110

Candies, KRACKEL Chocolate Bar

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz Measure 2 = 56g: 1 bar 2 oz Measure 3 = 37g: 3 blocks

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42227 Candies, M&M MARS, "M&M'S" Almond Chocolate Candies M&M/Mars Inc.

		<u>A</u>	mount in 100	grams	of edit	ie portio	<u>on</u>	Amount in edible portion of common		
			N	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	1.60		0		4		3.12	0.05	
Energy		526		0		4		1026	18	
Energy		2201		0	NC	4		4292	75	
Protein	-	8.30		0		4		16.19	0.28	
Total lipid (fat)		27.80		0	FLC	4 4		54.21	0.95	
Ash		1.79		0	FLC	4		3.50	0.06	
Carbohydrate, by difference		60.60 3.2		0		4		118.17 6.2	2.06 0.1	
Fiber, total dietary		48.47		0	FLC	4		94.51	1.65	
Sugars, total	=	40.47		U	FLC	•		94.31	1.65	
Ainerals:										
Calcium, Ca	mg	141		0		4		275	5	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.96		0		4		3.82	0.07	
Magnesium, Mg	-	115		0		4		224	4	
Phosphorus, P	•	250		0		4		488	9	
Potassium, K		379		0		4		739	13	
Sodium, Na		107		0		4		209	4	
Zinc, Zn		1.52		0		4		2.96	0.05	
Copper, Cu		0.490)	0		4		0.956	0.017	
Manganese, Mn		3.9		0	DEGN	4		7.6	0.1	
Selenium, Se	Thicg	3.9		U	BFZN	4		7.6	0.1	
/itamins: Vitamin C, total ascorbic acid	ma	1.0		0		4		2.0	0.0	
Thiamin		0.040)	0		4		0.078	0.001	
Riboflavin		0.360		0		4		0.702	0.012	
Niacin		1.260		0		4		2.457	0.043	
Pantothenic acid										
Vitamin B-6	-	0.050)	0		4		0.098	0.002	
Folate, total	mcg	15		0		4		29	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food		15		0		4		29	1	
Folate, DFE		15		0	NC	4		29	1	
Vitamin B-12		0.13		0		4		0.25	0.00	
Vitamin A, IU		112		0	FLC	4		218	4	
Vitamin A, RAE		31		0	FLC	4		61	1	
Retinol		31		0	FLC	4		60	1	
Vitamin E (alpha-tocopherol)		6.77		0	FLC	4		13.19	0.23	
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)		3.6		0	FLC	4		7.1	0.1	
Lipids:										
Fatty acids, total saturated	g	9.574	1	0		4		18.669	0.326	
4:0		0.081		0		4		0.158	0.003	
6:0	_	0.022		0		4		0.043	0.001	
8:0	_	0.025		0		4		0.049	0.001	
10:0	_	0.055		0		4		0.107	0.002	
12:0	-	0.058	3	0		4		0.113	0.002	
13:0				_						
14:0		0.352	2	0		4		0.686	0.012	
15:0		4 530	.	0		4		0.007	0 150	
16:0		4.578	•	U		4		8.927	0.156	
17:0		4.403	2	0		4		0 506	0 150	
18:0 20:0		4.403	,	U		4		8.586	0.150	
22:0	_									
24:0	_									

	<u>Am</u>	nount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	13.518	0		4		26.360	0.460	
14:1g								
15:1g								
16:1 undifferentiatedg	0.215	0		4		0.419	0.007	
17:1g								
18:1 undifferentiatedg	13.290	0		4		25.916	0.452	
20:1g	0.013	0		4		0.025	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	3.314	0		4		6.462	0.113	
18:2 undifferentiatedg	3.183	0		4		6.207	0.108	
18:3 undifferentiatedg	0.131	0		4		0.255	0.004	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total trans9								
Cholesterol mg	7	0		4		14	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	11	0	BFZN	4		21	0	
Theobromine mg	76	0	BFZN	4		148	3	
Carotenoids:								
Carotene, beta mcg	1	0	FLC	4		1.120	0.020	
Carotene, alphamcg	0	0	FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	FLC	4		0.000	0.000	
Lycopenemcg	0	0	FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	FLC	4		0.551	0.010	

Common Measures:

Measure 1 = 195g: 1 cup Measure 2 = 3.4g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42148 Candies, M&M MARS, "M&M'S" Peanut Butter Chocolate Candies M&M/Mars Inc.

		<u>A</u> 1	mount in 100	grams	ot edib	ne portic	<u>on</u>	Amount in edible portion of common			
			N	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	2.00				4		4.06	0.42	0.04	
Energy	kcal	513				4		1041	108	11	
Energy	kj	2146				4		4357	451	47	
Protein	g	9.80				4		19.89	2.06	0.22	
Total lipid (fat)	g	25.50				4		51.77	5.36	0.56	
Ash		1.78		0	FLC	4		3.62	0.37	0.04	
Carbohydrate, by difference		61.00				4		123.83	12.81	1.34	
Fiber, total dietary		2.7				4		5.5	0.6	0.1	
Sugars, total	-	48.92		0	FLC	4		99.30	10.27	1.08	
Starch	g										
Minerals:											
Calcium, Ca	-	108				4		219	23	2	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.24				4		2.52	0.26	0.03	
Magnesium, Mg		82				4		166	17	2	
Phosphorus, P		274				4		556	58	6	
Potassium, K		390				4		792	82 26	9 3	
Sodium, NaZinc, Zn		126 1.52				4		256 3.09	0.32	0.03	
Copper, Cu		0.410	1			4		0.832	0.32	0.03	
Manganese, Mn		0.410	,			-		0.032	0.000	0.00	
Selenium, Se		4.5		0	BFZN	4		9.1	0.9	0.1	
Vitamina											
Vitamins: Vitamin C, total ascorbic acid	ma	1.0				4		2.0	0.2	0.0	
Thiamin		0.050	1			4		0.102	0.011	0.00	
Riboflavin		0.160				4		0.325	0.034	0.00	
Niacin		3.710				4		7.531	0.779	0.08	
Pantothenic acid	_										
Vitamin B-6	mg	0.180)			4		0.365	0.038	0.00	
Folate, total	mcg	49		0	FLC	4		100	10	1	
Folic acid	mcg	0		0	FLC	4		0	0	0	
Folate, food		49		0	FLC	4		100	10	1	
Folate, DFE		49		0	NC	4		100	10	1	
Vitamin B-12		0.35		_		4		0.71	0.07	0.01	
Vitamin A, IU		55 15		0 0	FLC FLC	4 4		111 31	11	1 0	
Vitamin A, RAERetinol		15		0	FLC	4		31	3 3	0	
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	3.01		0	FLC	4		6.11	0.63	0.07	
Tocopherol, beta		3.02		·		-		0.11	0.03	0.07	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	3.1		0	FLC	4		6.4	0.7	0.1	
Lipids:											
Fatty acids, total saturated	g	8.766	5			4		17.795	1.841	0.19	
4:0		0.000				4		0.000	0.000	0.00	
6:0	g	0.000)			4		0.000	0.000	0.00	
8:0	g	0.000)			4		0.000	0.000	0.00	
10:0	-	0.000				4		0.000	0.000	0.00	
12:0		0.007	7			4		0.014	0.001	0.00	
13:0						_					
14:0		0.269	,			4		0.546	0.056	0.00	
15:0		4.524	,			4		0 104	0.050	0.10	
16:0 17:0		4.524	•			*		9.184	0.950	0.10	
18:0		3.330)			4		6.760	0.699	0.07	
20:0	-	3.330	•			-		3.700	0.033	0.07	
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10	00 grams	of edib	Amount in edible portion of common				
				Number	Danis	C	Confidence	m	easures of food	
Nutrients and Units	3	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Pw il ad		10.647				4		01 (12	0.006	0.234
Fatty acids, total monounsaturated		10.647				4		21.613	2.236	0.234
15:1	-									
16:1 undifferentiated		0.000				4		0.000	0.000	0.000
17:1	_									
18:1 undifferentiated	-	10.449				4		21.211	2.194	0.230
20:1	g	0.198				4		0.402	0.042	0.004
22:1 undifferentiated	g	0.000				4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	4.886				4		9.919	1.026	0.107
18:2 undifferentiated	g	4.801				4		9.746	1.008	0.106
18:3 undifferentiated	g	0.025				4		0.051	0.005	0.001
18:4	g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	-	0.060				4		0.122	0.013	0.001
20:5 n-3	g	0.000				4		0.000	0.000	0.000
22:5 n-3		0.000				4		0.000	0.000	0.000
22:6 n-3		0.000				4		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol		13				4		26	3	0
Phytosterols	_. mg									
Others:										
Alcohol, ethyl	g	0.0				4		0.0	0.0	0.0
Caffeine	mg	10		0	BFZN	4		20	2	0
Theobromine	mg	66		0	BFZN	4		134	14	1
Carotenoids:										
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha	-	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	0.000
Lycopene		0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	FLC	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 203g: 1 cup

Measure 2 = 21g: 1 bar, fun size

Measure 3 = 2.2g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19141 Candies, M&M MARS, "M&M's" Milk Chocolate Candies M&M/Mars Inc.

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrionto and Ha	:40	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code		Manager 2	_
Nutrients and Un	its	Mean	Sid. Error	1 011113	Oode	Oode	Ooue	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	1.68		1		1		3.49	0.71	175.27
Energy	kcal	492		0	MC	9		1023	207	51330
Energy		2059				9		4282	865	214766
Protein		4.33		0	MC	9		9.01	1.82	451.75
Total lipid (fat)		21.13		0	MC	9		43.95	8.87	2204.49
Ash		1.63		0	MC	9		3.39	0.68	170.06
Carbohydrate, by difference		71.21		0	MC	9		148.12	29.91	7429.34
Fiber, total dietary		2.5		0	MC	9		5.2	1.1	260.8
Sugars, total		63.66		0	MC	9		132.41	26.74	6641.65
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0	MC	9		218	44	10955
Iron, Fe	mg	1.11		0	MC	9		2.31	0.47	115.81
Magnesium, Mg		34		0	FLM	4		71	14	3572
Phosphorus, P		114		0	FLM	4		237	48	11901
Potassium, K		203		0	FLM	4		423	85	21201
Sodium, Na		61		0	MC	9		127	26	6364
Zinc, Zn		1.10		0	FLM	4		2.28	0.46	114.39
Copper, Cu		0.272		0	FLM	4		0.566	0.114	28.414
Manganese, Mn		0.266 2.9)	0	FLM FLM	4 4		0.553	0.112 1.2	27.758
Selenium, Se	nicg	2.9		U	F.TW	4		6.0	1.2	298.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	MC	9		1.0	0.2	52.2
Thiamin	mg	0.061	-	0	FLM	4		0.126	0.025	6.328
Riboflavin	mg	0.169)	0	FLM	4		0.352	0.071	17.646
Niacin		0.209		0	FLM	4		0.436	0.088	21.857
Pantothenic acid		0.257		0	FLM	4		0.535	0.108	26.845
Vitamin B-6	_	0.019		0	FLM	4		0.040	0.008	2.022
Folate, total		6		0	FLM	4		13	3	666
Folic acid		0		0	FLM	4		0	0	0
Folate, food		6		0	FLM	4		13	3	666
Folate, DFE		6		0	NC	4		13	3	666
Vitamin B-12		0.34 95		0	FLM	4		0.70	0.14	35.10
Vitamin A, IU		95 27		0	FLM	4 4		197	40	9868
Vitamin A, RAE		26		0	FLM FLM	4		55 54	11 11	2768 2730
Retinol Vitamin E (alpha-tocopherol)		1.10		0	FLM	4		2.28	0.46	114.44
Tocopherol, beta		1.10		U	FIM	-		2.20	0.40	114.44
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.1		0	FLM	4		6.5	1.3	324.5

Lipids:		12.000		•		•		07.006	F 404	1264 626
Fatty acids, total saturated		13.080		0 0	MC FLM	9 4		27.206	5.494	1364.636
4:0 6:0		0.442 0.160		0	FLM FLM	4		0.920 0.332	0.186 0.067	46.133 16.672
8:0		0.160		0	FLM	4		0.332	0.067	9.537
10:0	-	0.091		0	FLM	4		0.190	0.038	18.090
12:0	_	0.190		0	FLM	4		0.396	0.073	19.853
13:0		0.000		0	FLM	4		0.000	0.000	0.000
14:0		0.583		0	FLM	4		1.213	0.245	60.849
15:0		0.060		0	FLM	4		0.125	0.025	6.281
16:0	-	5.234		0	FLM	4		10.887	2.198	546.091
17:0	_	0.057		0	FLM	4		0.120	0.024	5.999
18:0	_	5.367		0	FLM	4		11.164	2.254	559.958
20:0	-	0.151		0	FLM	4		0.313	0.063	15.716
22:0		0.016		0	FLM	4		0.034	0.007	1.682
24:0		0.000		0	FLM	4		0.000	0.000	0.000

	<u>Ar</u>	mount in 10	0 grams Number		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	3.535		0	FLM	4		7.352	1.485	368.777
14:1g	0.034		0	FLM	4		0.071	0.014	3.577
15:1g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiatedg	0.065		0	FLM	4		0.136	0.027	6.807
17:1g	0.010		0	FLM	4		0.020	0.004	1.009
18:1 undifferentiatedg	3.426		0	FLM	4		7.125	1.439	357.384
20:1g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
24:1 cg	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	0.385		0	FLM	4		0.801	0.162	40.190
18:2 undifferentiatedg	0.385		0	FLM	4		0.801	0.162	40.190
18:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
18:4g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	14		0	MC	9		29	6	1461
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	11		0	FLM	4		23	5	1133
Theobromine mg	111		0	FLM	4		232	47	11628
Carotenoids:									
Carotene, betamcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000	0.000
Lycopenemcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	FLM	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 208g: 1 cup

Measure 2 = 42g: 1 box (1.48 oz) Measure 3 = 10433g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19157 Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies M&M/Mars Inc.

Proximates:			<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion	
Pervirantes:				0	f Data	Deriv	Source	Confidence	<u>m</u>	easures of 1000	
Water	Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Faregry											
Energy											
Protein						MC					
Total Injudi (fan	23										
Ash. 9 1.40 3.32 Carbolydrage, by difference 9 67.12 0 MC 9 1.6 3.8 Fiber, total dictary 9 2.7 0 MC 9 1.6 3.8 Fiber total dictary 9 2.7 0 MC 9 1.6 3.8 Fiber total dictary 9 5 2.7 0 MC 9 1.6 3.8 Fiber total dictary 9 5 2.7 0 MC 9 1.6 3.8 Fiber total dictary 9 5 2.7 0 MC 9 1.6 3.8 Fiber total dictary 9 5 2.7 0 MC 9 0 70 1.65 Fiber total dictary 9 70 1.65 Fiber total accorbic acid 9 70 MC 9 1.4 0.9 Fiber total accorbic acid 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.34 3.18 Fiber total dictary 9 70 MC 9 1.66 Fiber 1 70 MC 9 MC 9 70 MC 9 MC 9 MC 9 70 MC 9 MC					-						
Carbolydran, by difference											
Fiber, total dictary											
Sugars, total					-						
Ninerals:			2.7		U	MC	9		1.6	3.8	
Minorals:	2										
Talcium, Ca.	Starch	9									
Talcium, Ca.	Minerals:										
Iron, Fc.		mg	116		0	MC	9		70	165	
Phosphorus P.	,	-	1.23		0	MC	9		0.74	1.75	
Foldasistam K.	Magnesium, Mg	mg									
Sodium, Na.	Phosphorus, P	mg									
Zinc, Zn.	Potassium, K	mg									
Copper, Cu. mg Manganese M. mg Sclenium, Se. mog Vitamits: Vitamit (, total ascorbic acid. mg 0.6 0 MC 9 0.4 0.9 Thiamin. mg Rebofavia. Mg Name Particulant (and total acid. Mg Partical celd. mg Partica celd. Mg Partica celd. Partica celd. Mg Partica celd. Partica celd. Partica celd. Partica celd. Mg Partica celd. Partica celd. Mg Partica celd.	Sodium, Na	mg	68		0	MC	9		41	97	
Manganese, Mm. mg Sclenium, Sc. mcg Vitamin C, total ascorbic acid. mg 0 .6 0 MC 9 0.4 0.9 Thiamin. mg 17 mg 18 mg <td>*</td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	*	_									
Selenium, Se. mcg Mc S	• • •	_									
Vitamins: Vitamin C, total ascorbic acid. mg 0.6 0 MC 9 0.4 0.9 Thiamin. mg mg </td <td></td>											
Vitamin A, RAE	Selenium, Se	mcg									
Thiamin mg Riboflavin mg Riboflavin mg Pantothenic acid mg Pantothenic acid mg Vitamin B-6 mg Folate, total meg Folate, total meg Folate, food meg Folate, DFE meg Vitamin A, IU IU 224 0 Mc 9 134 318 Vitamin A, IU IU 224 0 Mc 9 134 318 Vitamin A, IU IU mg Vitamin A, RAE meg_RAE Retirol mg Tocopherol, beta mg T	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.4	0.9	
Niacin	Thiamin	mg									
Pantohenic acid.		_									
Vitamin B-6.											
Folate, total											
Folia cid.											
Folate, food.			0		•	-	7		0	•	
Folate, DFE. mcg DFE 5 0 NC 4 3 7 Vitamin B-12. mcg Vitamin A, IU. IU 224 0 MC 9 134 318 Vitamin A, RAE. mcg_RAE Retinol. mcg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone). mcg Liptids: Fatty acids, total saturated 9 14.452 0 MC 9 8.671 20.522 4-0. 9 6-0. 9 8-0. 9 10-0. 9 11-0. 9 12-0. 9 13-0. 9 14-0. 9 15-0. 9 16-0. 9 11-			U		U	Z	,		U	U	
Vitamin A I.2.			_		0	NC	4		•	7	
Vitamin A, IU.			5		U	NC	4		3	,	
Vitamin A, RAE			224		0	мс	9		134	31.8	
Retinol. mcg Vitamin E (alpha-locopherol) mg Tocopherol, beta mg Tocopherol, gamma. mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated. 9 14.452 0 MC 9 8.671 20.522 4'0. 9 6:0. 9 8:0. 9 10:0. 9 11:	Vitamin A. P.A.E.	mca RAF			·	110			131	310	
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	•										
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated. g 14.452 0 MC 9 8.671 20.522 4:0. g 6:0. g 8:0. g 10:0. g 12:0. g 13:0. g 14:0. g 15:0. g 16:0. g 18:0. g 20:0. g 22:0. g											
Lipids: Fatty acids, total saturated. g 14.452 0 MC 9 8.671 20.522 4:0	Vitamin D	IU									
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg									
4:0	Lipids:										
6:0	Fatty acids, total saturated	g	14.45	2	0	MC	9		8.671	20.522	
8:0	4:0	g									
10:0	6:0	g									
12:0	8:0	g									
13:0											
14:0											
15:0											
16:0											
17:0											
18:0g 20:0g 22:0g											
20:0g 22:0g											
22:0g											
		-									
	24:0	_									

		Amount in 100 grams of edible portion							Amount in edible portion of common		
				Number				me	easures of food	<u> </u>	
Nutrients and Units	S	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated											
15:1	g										
18:1 undifferentiated	g g										
24:1 c Fatty acids, total polyunsaturated 18:2 undifferentiated	g g										
18:3 undifferentiated	9										
20:3 undifferentiated	g										
22:5 n-3	9										
CholesterolPhytosterols	mg	15		0	MC	9		9	21		
Others:											
Alcohol, ethyl	mg										

Common Measures:

Measure 1 = 60g: 1 bar 2.13 oz

Measure 2 = 142g: 1 package (net weight, 5 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19140 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies *M&M/Mars Inc.*

		<u>A</u> 1	mount in 100 gr	ams of ed	ble portion	<u>on</u>	Amount in edible portion of common		
			Nur	nber			m	easures of food	
				Data Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Nutrients and On	ils	Weari	Sta. Ellor 1 o		Jouc	Oode	WedSure i	WedSure 2	Weasure
roximates:									
Water	g	1.78		0 MC	9		3.03	0.37	0.8
Energy	kcal	516		0 MC	9		877	108	243
Energy	kj	2159			9		3670	453	1015
Protein	g	9.47		0 MC	9		16.10	1.99	4.4
Total lipid (fat)	g	26.24		0 MC	9		44.61	5.51	12.3
Ash		2.05		0 MC	9		3.49	0.43	0.9
Carbohydrate, by difference		60.46		0 MC	9		102.78	12.70	28.4
Fiber, total dietary		3.4		0 MC	9		5.8	0.7	1.6
Sugars, total		50.76		0 MC	9		86.29	10.66	23.8
Starch	-								
<u>inerals:</u>									
Calcium, Ca	-	101		0 MC	9		172	21	47
fron, Fe	_	1.15		0 MC	9		1.96	0.24	0.
Magnesium, Mg		76		0 FLM	4		129	16	36
Phosphorus, P	mg	233		0 FLM	4		396	49	109
Potassium, K	mg	347		0 FLM			591	73	163
Sodium, Na	mg	48		0 MC	9		82	10	23
Zinc, Zn	mg	2.41		0 FLM	4		4.10	0.51	1.
Copper, Cu	mg	0.532		0 FLM	4		0.904	0.112	0.
Manganese, Mn	mg	0.698	3	0 FLM	4		1.186	0.147	0.
Selenium, Se	mcg	3.9		0 FLM	4		6.7	0.8	1.
itamins:									
Vitamin C, total ascorbic acid	mg	0.5		0 MC	9		0.9	0.1	0.
Thiamin	mg	0.102	2	0 FLM	4		0.174	0.022	0.
Riboflavin	mg	0.158	3	0 FLM	4		0.269	0.033	0.
Niacin	mg	4.090)	0 FLM	4		6.953	0.859	1.
Pantothenic acid	mg	0.559)	0 FLM	4		0.950	0.117	0.
Vitamin B-6	mg	0.088	3	0 FLM	4		0.149	0.018	0.
Folate, total	mcg	38		0 FLM	4		65	8	18
Folic acid	mcg	0		0 FLM	4		0	0	0
Folate, food	mcg	38		0 FLM	4		65	8	18
Folate, DFE	mcg_DFE	38		0 NC	4		65	8	18
Vitamin B-12		0.16		0 FLM	4		0.27	0.03	0.
Vitamin A, IU	IU	93		0 MC	9		158	20	44
Vitamin A, RAE		26		0 FLM	4		44	5	12
Retinol		26		0 FLM	4		44	5	12
Vitamin E (alpha-tocopherol)		2.56		0 FLM	4		4.36	0.54	1.
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		3.1		0 FLM	4		5.2	0.6	1.
ipids:									
Fatty acids, total saturated	g	10.331	L	0 MC	9		17.563	2.170	4.
4:0		0.080		0 FLM	4		0.137	0.017	0.
6:0		0.031		0 FLM	4		0.053	0.007	0.
8:0		0.022		0 FLM	4		0.038	0.005	0.
10:0		0.165		0 FLM	4		0.281	0.035	0.
12:0		0.478		0 FLM			0.813	0.100	0.
13:0	-	0.170			-		3.020	0.200	٠.
14:0	-	0.428	3	0 FLM	4		0.727	0.090	0.
15:0	-	0.420		, <u>1</u> 111	•		J. 121	0.050	٥.
	-	5.129	a	0 FLM	4		8.719	1.077	2.
16:0		3.129	•	A LTW	4		0./19	1.077	۷.
17:0	-	3.744	1	0 FLM	4		6.364	0.786	1.
18:0	-	3.744	•	O R.TW	4		0.304	0.786	1.
20:0	-								
22:0 24:0	-								

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
			Number		Sauraa	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	11.000		0	MC	9		18.700	2.310	5.170
14:1g									
15:1g	0.070		0				0.124	0.015	0.004
16:1 undifferentiatedg 17:1g	0.073		U	FLM	4		0.124	0.015	0.034
17:1	10.653		0	FLM	4		18.111	2.237	5.007
20:1g	0.186		0	FLM	4		0.316	0.039	0.087
22:1 undifferentiated	0.180		0	FLM	4		0.316	0.000	0.000
24:1 c	0.000		U	FIM	-		0.000	0.000	0.000
Fatty acids, total polyunsaturated	4.200		0	MC	9		7.140	0.882	1.974
18:2 undifferentiated	4.163		0	FLM	4		7.077	0.874	1.957
18:3 undifferentiated	0.037		0	FLM	4		0.063	0.008	0.017
18:4g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	9		0	MC	9		15	2	4
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine mg	11		0	FLM	4		18	2	5
Theobromine mg	69		0	FLM	4		118	15	33
Carotenoids:									
Carotene, betamcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	FLM	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 21g: 1 package, fun size Measure 3 = 47g: 1 package (1.67 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19159 Candies, M&M MARS, 3 MUSKETEERS Bar

		<u>Aı</u>	mount in 100 gr	rams c	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	5.80	0.171	7		1		1.33	2.96	0.99
Energy	=	416		0		4		96	212	71
Energy		1741				4		400	888	296
Protein (N x 6.1)		3.20	0.054	7		1		0.74	1.63	0.54
Total lipid (fat)	_	12.90	0.500	7		1		2.97	6.58	2.19
Ash		1.20	0.069	7		1		0.28	0.61	0.20
Carbohydrate, by difference		76.80		0	NC	4		17.66	39.17	13.06
Fiber, total dietary		1.8		0	FLC	4		0.4	0.9	0.3
Sugars, total		66.23		0	LC	8		15.23	33.78	11.26
Starch	g									
Minerals:										
Calcium, Ca	mg	84	8.563	3		1		19	43	14
Iron, Fe	mg	0.73	0.046	3		1		0.17	0.37	0.12
Magnesium, Mg	mg	29		2		1		7	15	5
Phosphorus, P		91		1		1		21	46	15
Potassium, K		133	51.928	3		1		31	68	23
Sodium, Na		194	14.063	4		1		45	99	33
Zinc, Zn		0.55		2		1		0.13	0.28	0.09
Copper, Cu		0.155		2		1		0.036	0.079	0.026
Manganese, Mn		0.160)	1	== 0	1		0.037	0.082	0.027
Selenium, Se	mcg	2.5		0	FLC	4		0.6	1.3	0.4
Vitamins:	ma	0.4		1		1		0.1	0.0	0.1
Vitamin C, total ascorbic acid		0.4	0.000	3		1		0.1	0.2 0.017	0.1
ThiaminRiboflavin		0.034 0.140		3		1		0.008 0.032		
Niacin	_	0.140		3		1		0.032	0.071 0.117	0.024
Pantothenic acid		0.230		1		1		0.053	0.117	0.039
Vitamin B-6		0.231		1		1		0.003	0.008	0.003
Folate, total		0.013	,	1		1		0.005	0.008	0.002
Folic acid.		0		0	FLC	4		Ö	0	0
Folate, food		0		1		1		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.19		0	FLC	4		0.04	0.10	0.03
Vitamin A, IU		54		0	FLC	4		12	27	9
Vitamin A, RAE	mcg RAE	15		0	FLC	4		3	8	3
Retinol		15		0	FLC	4		3	8	3
Vitamin E (alpha-tocopherol)	mg	0.93		0	FLC	4		0.21	0.47	0.16
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.8		0	FLC	4		0.6	1.4	0.5
Lipids:				_						
Fatty acids, total saturated		6.500		0		1		1.495	3.315	1.105
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0	-	0.010		2		1 1		0.002	0.005	0.002
10:0	_	0.010 0.160		2		1		0.002 0.037	0.005 0.082	0.002
12:0 13:0		0.160	•	_		1		0.037	0.082	0.02
14:0		0.270)	2		1		0.062	0.138	0.046
15:0	_	0.270	•	-		-		0.062	0.138	0.046
16:0		2.900)	2		1		0.667	1.479	0.493
17:0		2.900	•	-		1		0.007	1.4/9	0.493
18:0	-	3.150)	2		1		0.725	1.607	0.536
20:0	-	3.150	•	-		1		0.723	1.007	0.55
22:0	-									
24:0	-									

	<u>Am</u>	ount in 100 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
		Number of Data		Source	Confidence		easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.290	0		1		0.987	2.188	0.729
14:1	1.230	·		-		0.307	2.100	0.723
15:1g								
16:1 undifferentiatedg	0.080	2		1		0.018	0.041	0.014
17:1g								
18:1 undifferentiatedg	4.130	2		1		0.950	2.106	0.702
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.450	0		1		0.104	0.230	0.077
18:2 undifferentiatedg	0.360	2		1		0.083	0.184	0.061
18:3 undifferentiatedg	0.090	2		1		0.021	0.046	0.015
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	11	2		1		3	6	2
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	8	0	FLC	4		2	4	1
Theobromine mg	132	0	FLC	4		30	68	23
Carotenoids:								
Carotene, beta mcg	0	0	FLC	4		0.000	0.000	0.000
Carotene, alpha mcg	0	0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLC	4		0.000	0.000	0.000
Lycopene mcg	0	0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	1	0	FLC	4		0.228	0.506	0.169

Common Measures:

Measure 1 = 23g: 1 bar (.8 oz) Measure 2 = 51g: 1 bar (1.813 oz) Measure 3 = 17g: 1 bar, fun size

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.8

Food Group: 19 Sweets

NDB No. 19115 Candies, M&M MARS, MARS Almond Bar

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure 3	
Proximates:	_					_					
Water	-	4.50		2		1		2.25			
Energy		467		0	NC	4		234 977			
Energy		1954		•		4					
Protein (N x 5.6)		8.10		2 2		1 1		4.05			
Total lipid (fat)		23.00 1.60		2		1		11.50 0.80			
Ash		62.70		0	NC	4		31.35			
Carbohydrate, by difference		2.0		0	FLA	4		1.0			
Fiber, total dietary		52.10		1	LC	8		26.05			
Sugars, total		52.10		1	LC	8		26.05			
Starch	g										
Minerals:											
Calcium, Ca	mg	168		2		1		84			
Iron, Fe	mg	1.10		2		1		0.55			
Magnesium, Mg	mg	72		1		1		36			
Phosphorus, P	mg	234		0	FLA	4		117			
Potassium, K		325		2		1		163			
Sodium, Na		170		1		1		85			
Zinc, Zn		1.11	_	1		1		0.56			
Copper, Cu		0.250		1		1		0.125			
Manganese, Mn		0.367	/	0	FLA	4		0.184			
Selenium, Se	fricg	1.6		0	FLA	4		0.8			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		0	FLA	4		0.4			
Thiamin		0.041	L	2		1		0.021			
Riboflavin	mg	0.312	2	2		1		0.156			
Niacin	mg	0.945	5	2		1		0.473			
Pantothenic acid	mg	0.404	1	0	FLA	4		0.202			
Vitamin B-6	mg	0.060)	0	FLA	4		0.030			
Folate, total	mcg	9		0	FLC	4		5			
Folic acid		0		0	FLC	4		0			
Folate, food		9		0	FLC	4		5			
Folate, DFE		9		0	NC	4		5			
Vitamin B-12		0.36		0	FLA	4		0.18			
Vitamin A, IU		55		0	FLC	4		27			
Vitamin A, RAE		15		0	FLC	4		8			
Retinol		15		0	FLC	4		7			
Vitamin E (alpha-tocopherol)		7.75		0	FLC	4		3.88			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		10.9		0	FLC	4		5.4			
vitanini K (phynodunone)	9			·		-		0			
Lipids:											
Fatty acids, total saturated	g	7.268	3	0	FLA	4		3.634			
4:0		0.165		0	FLA	4		0.083			
6:0		0.081		0	FLA	4		0.041			
8:0	-	0.054		0	FLA	4		0.027			
10:0	-	0.164		0	FLA	4		0.082			
12:0	-	0.294	1	0	FLA	4		0.147			
13:0			_	_		_					
14:0	-	0.637	1	0	FLA	4		0.319			
15:0		<u> </u>	-	_		_					
16:0		3.516	•	0	FLA	4		1.758			
17:0	-			_							
18:0	-	2.192	2	0	FLA	4		1.096			
20:0	g										
22:0	~										

	Ar	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.693		0	FLA	4		5.347		
14:1g									
15:1g									
16:1 undifferentiatedg	0.215		0	FLA	4		0.108		
17:1g									
18:1 undifferentiatedg	10.315		0	FLA	4		5.158		
20:1g	0.009		0	FLA	4		0.005		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	3.980		0	FLA	4		1.990		
18:2 undifferentiatedg	3.700		0	FLA	4		1.850		
18:3 undifferentiatedg	0.261		0	FLA	4		0.131		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterolmg	17		0	FLA	4		9		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	4		0	FLA	4		2		
Theobromine mg	29		0	FLA	4		15		
<u>Carotenoids:</u>									
Carotene, beta mcg	1		0	FLC	4		0.574		
Carotene, alphamcg	0		0	FLC	4		0.000		
Cryptoxanthin, betamcg	0		0	FLC	4		0.000		
Lycopenemcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.166		

Common Measures:

Measure 1 = 50g: 1 bar (1.76 oz)

Calories Factors: Protein 3.7 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

NDB No. 19135 Candies, M&M MARS, MARS MILKY WAY Bar

		<u>A</u>	mount in 100 gr	ams of	<u>edible</u>	Amount in 100 grams of edible portion							
			Nun	nber				<u>m</u>	easures of food	[
					riv S	ource	Confidence						
Nutrients and Uni	its	Mean	Std. Error Poi		_	Code	Code	Measure 1	Measure 2	Measure 3			
Proximates: Water	g	6.30	0.113	5		1		1.45	3.40	3.78			
Energy	kcal	423		0		4		97	228	254			
Energy	kj	1770		0		4		407	956	1062			
Protein (N x 6.2)	g	4.50	0.110	4		1		1.04	2.43	2.70			
Total lipid (fat)	g	16.10	1.139	5		1		3.70	8.69	9.66			
Ash	g	1.30	0.028	4		1		0.30	0.70	0.78			
Carbohydrate, by difference	g	71.70		0		4		16.49	38.72	43.02			
Fiber, total dietary	g	1.7		0	FLA	4		0.4	0.9	1.0			
Sugars, total	g	60.66		0	LC	8		13.95	32.76	36.40			
Starch	g												
Minerals:													
Calcium, Ca	-	130		2		1		30	70	78			
Iron, Fe	-	0.76		2		1		0.17	0.41	0.46			
Magnesium, Mg		34		2		1		8	18	20			
Phosphorus, P	•	144			LA	4		33	78	86			
Potassium, K		241		2		1		55	130	145			
Sodium, Na		240		1		1		55	130	144			
Zinc, Zn		0.71		1		1 1		0.16	0.38	0.43 0.090			
Copper, Cu		0.150 0.235			LA	4		0.035 0.054	0.081 0.127	0.090			
Manganese, Mn Selenium, Se		5.6	,		LA	4		1.3	3.0	3.4			
·													
Vitamins: Vitamin C, total ascorbic acid	ma	1.0		0		4		0.2	0.5	0.6			
Thiamin		0.035	5	2		1		0.008	0.019	0.021			
Riboflavin		0.222		2		1		0.051	0.120	0.133			
Niacin	-	0.350		2		1		0.081	0.189	0.210			
Pantothenic acid		0.300			LA	4		0.069	0.162	0.180			
Vitamin B-6		0.050)	0 I	LA	4		0.012	0.027	0.030			
Folate, total		6		0 в	FLC	4		1	3	3			
Folic acid		0		0 E	TLC	4		0	0	0			
Folate, food	mcg	6		0 I	FLC	4		1	3	3			
Folate, DFE		6		0	NC	4		1	3	3			
Vitamin B-12		0.32		0 I	LA	4		0.07	0.17	0.19			
Vitamin A, IU	IU	64		0 I	FLC	4		15	35	39			
Vitamin A, RAE		18		0 I	FLC	4		4	10	11			
Retinol		18			FLC	4		4	10	11			
Vitamin E (alpha-tocopherol)	mg	1.25		0 I	FLC	4		0.29	0.67	0.75			
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D Vitamin K (phylloquinone)		3.8		0 в	FLC	4		0.9	2.0	2.3			
						-							
Lipids: Fatty acids, total saturated	a	7.790)	0		4		1.792	4.207	4.674			
4:0		0.000		0		1		0.000	0.000	0.000			
6:0		0.050		5		1		0.012	0.027	0.030			
8:0		0.020		5		1		0.005	0.011	0.012			
10:0	-	0.070		5		1		0.016	0.038	0.042			
12:0	-	0.070		5		1		0.016	0.038	0.042			
13:0													
14:0		0.370)	5		1		0.085	0.200	0.222			
15:0	g												
16:0		3.490)	5		1		0.803	1.885	2.094			
17:0													
18:0	g	3.580)	5		1		0.823	1.933	2.148			
20:0	g												
22:0	g												
24:0	g												

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common					
Nutrients and Units	Mean S	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
		_						
Fatty acids, total monounsaturatedg	6.020	0		4		1.385	3.251	3.612
14:1g								
15:1g	0.000	-		1		0.010	0.040	0.040
16:1 undifferentiatedg	0.080	5		1		0.018	0.043	0.048
17:1	5.940	5		1		1 266	3.208	3.564
	0.000	0		1		1.366		0.000
20:1g		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	U		1		0.000	0.000	0.000
24:1 c	0.600	0		4		0.138	0.324	0.360
Fatty acids, total polyunsaturatedg	0.560	5		1		0.138	0.324	0.386
18:2 undifferentiated	0.560	5		1		0.129	0.302	0.336
18:4g	0.040	0		1		0.009	0.022	0.024
20:2 n-6 c,cg	0.000	U		1		0.000	0.000	0.000
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
20.5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans	0.000	v		-		0.000	0.000	0.000
Cholesterolg	14	1		1		3	8	8
Phytosterolsmg	14	1		_		3	•	8
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	8	0	FLA	4		2	4	5
Theobrominemg	92	0	FLA	4		21	50	55
Carotenoids:								
Carotene, beta mcg	1	0	FLC	4		0.251	0.590	0.656
Carotene, alphamcg	0	0	FLC	4		0.000	0.001	0.001
Cryptoxanthin, beta mcg	0	0	FLC	4		0.000	0.001	0.001
Lycopenemcg	0	0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	4	0	FLC	4		0.938	2.202	2.446

Common Measures:

Measure 1 = 23g: 1 bar (.8 oz) Measure 2 = 54g: 1 bar (1.9 oz) Measure 3 = 60g: 1 bar (2.1 oz)

Calories Factors: Protein 3.9 Fat 8.7 Carbohydrate 3.7

Food Group: 19 Sweets

NDB No. 42196 Candies, M&M MARS, MILKY WAY Dark Bar

		<u>A</u> 1	mount in 100 gran	ns of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			m	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	7.20	0		4		3.60	1.30	
Energy	kcal	448	0		4		224	81	
Energy		1874	0		4		937	337	
Protein	g	2.80	0		4		1.40	0.50	
Total lipid (fat)	g	16.30	0		4		8.15	2.93	
Ash	g	1.02	0	FLC	4		0.51	0.18	
Carbohydrate, by difference	g	72.40	0		4		36.20	13.03	
Fiber, total dietary	g	2.2	0		4		1.1	0.4	
Sugars, total	g	60.12	0	FLC	4		30.06	10.82	
Starch	g								
Minerals:									
Calcium, Ca	ma	56	0		4		28	10	
Iron, Fe	-	0.91	0		4		0.46	0.16	
Magnesium, Mg		51	0		4		26	9	
Phosphorus, P		143	0		4		72	26	
Potassium, K	mg	287	0		4		144	52	
Sodium, Na		228	0		4		114	41	
Zinc, Zn	mg	0.91	0		4		0.46	0.16	
Copper, Cu	mg	0.256	0		4		0.128	0.046	
Manganese, Mn									
Selenium, Se	mcg	5.6	0	FLM	4		2.8	1.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.6	0		4		0.3	0.1	
Thiamin		0.010			4		0.005	0.002	
Riboflavin		0.100			4		0.050	0.018	
Niacin		0.210			4		0.105	0.038	
Pantothenic acid									
Vitamin B-6		0.050	0		4		0.025	0.009	
Folate, total		3	0	FLC	4		1	0	
Folic acid	mcg	0	0	FLC	4		0	0	
Folate, food	mcg	3	0	FLC	4		1	0	
Folate, DFE	mcg_DFE	3	0	NC	4		1	0	
Vitamin B-12		0.05	0		4		0.03	0.01	
Vitamin A, IU	IU	68	0	FLC	4		34	12	
Vitamin A, RAE		19	0	FLC	4		9	3	
Retinol		18	0	FLC	4		9	3	
Vitamin E (alpha-tocopherol)	mg	0.31	0	FLC	4		0.15	0.06	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		2.9	0	FLC	4		1.4	0.5	
Vitamin K (pnylloquinone)	Incg	2.9	U	FLC	4		1.4	0.5	
Lipids:									
Fatty acids, total saturated	g	8.461	. 0		4		4.231	1.523	
4:0		0.000	0		4		0.000	0.000	
6:0		0.000			4		0.000	0.000	
8:0	-	0.011			4		0.006	0.002	
10:0		0.000			4		0.000	0.000	
12:0		0.064	0		4		0.032	0.012	
13:0	-	2 -							
14:0		0.493	0		4		0.247	0.089	
15:0	_	4 10-	,						
16:0	_	4.107	0		4		2.054	0.739	
17:0	_	2 704	5 0		4		1 000	0 600	
18:0		3.796	. 0		4		1.898	0.683	
20:0 22:0	_								
	u								

	Ar	nount in 100 gra	ms of edi	ble portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Num of D Std. Error Poin	ata Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.866		0	4		2.933	1.056	
14:1g								
15:1g								
16:1 undifferentiatedg	0.150		0	4		0.075	0.027	
17:1g								
18:1 undifferentiatedg	5.716		0	4		2.858	1.029	
20:1g	0.000		0	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.568		0	4		0.284	0.102	
18:2 undifferentiatedg	0.568		0	4		0.284	0.102	
18:3 undifferentiatedg	0.000		0	4		0.000	0.000	
18:4g	0.000		0	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	4		0.000	0.000	
20:5 n-3g	0.000		0	4		0.000	0.000	
22:5 n-3g	0.000		0	4		0.000	0.000	
22:6 n-3g	0.000		0	4		0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	14		0	4		7	3	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeinemg	17		0 FLM	4		9	3	
Theobrominemg	174		0 FLM	4		87	31	
Carotenoids:								
Carotene, betamcg	4		0 FLC	4		1.971	0.710	
Carotene, alphamcg	0		0 FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0 FLC	4		0.000	0.000	
Lycopene mcg	0		0 FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	7		0 FLC	4		3.597	1.295	

Common Measures:

Measure 1 = 50g: 1 bar 1.76 oz (1.76 oz)

Measure 2 = 18g: 1 bar fun size

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19370 Candies, M&M MARS, SKITTLES Original Bite Size Candies M&M/Mars Inc.

		<u>A</u>	mount in 100	grams	ot edik	ole portio	<u>on</u>	Amount in edible portion of common			
			N	umber				<u>m</u>	easures of food		
			0	f Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
· .											
Proximates: Water	a	3.83		0	MC	9		7.85	382.20	2.18	
Energy	-	405		0	MC	9		830	40415	231	
Energy		1695		Ū	мс	9		3474	169096	966	
Protein		0.19		0	MC	9		0.39	18.96	0.11	
Total lipid (fat)	-	4.37		0	MC	9		8.96	436.08	2.49	
Ash		0.97		0	MC	9		1.99	96.80	0.55	
Carbohydrate, by difference		90.64		0	MC	9		185.81	9044.97	51.66	
Fiber, total dietary		0.0		0	FLC	4		0.1	3.5	0.0	
Sugars, total		76.02		0	MC	9		155.84	7586.04	43.33	
Starch	-	70.02		Ū	мс	,		155.04	7500.04	43.33	
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca		0		0	MC	9		0	0	0	
Iron, Fe	-	0.01		0	MC	9		0.02	1.00	0.01	
Magnesium, Mg		1		0	FLC	4		3	130	1	
Phosphorus, P		2		0	FLC	4		5	225	1	
Potassium, K		9		0	FLC	4		18	855	5	
Sodium, Na		16		0	MC	9		33	1597	9	
Zinc, Zn		0.01	_	0	FLC	4		0.02	1.05	0.01	
Copper, Cu		0.076		0	FLC	4		0.156	7.582	0.04	
Manganese, Mn		0.027	1	0	FLC	4		0.055	2.676	0.01	
Selenium, Se	mcg	1.9		0	FLC	4		3.9	187.7	1.1	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	66.9		0	MC	9		137.1	6676.0	38.1	
Thiamin	mg	0.002	2	0	FLC	4		0.004	0.206	0.00	
Riboflavin	mg	0.023	3	0	FLC	4		0.048	2.345	0.01	
Niacin	mg	0.015	5	0	FLC	4		0.031	1.524	0.00	
Pantothenic acid	mg	0.007	7	0	FLC	4		0.014	0.660	0.00	
Vitamin B-6	mg	0.003	3	0	FLC	4		0.007	0.331	0.00	
Folate, total	mcg	0		0	FLM	4		0	0	0	
Folic acid	mcg	0		0	FLC	4		0	0	0	
Folate, food		0		0	FLM	4		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin A, IU		0		0	MC	9		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0	0	0	
Retinol		0		0	FLC	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.44		0	FLC	4		0.90	43.70	0.25	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	9.4		0	FLC	4		19.3	939.4	5.4	
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.868	3	0	MC	9		1.779	86.618	0.49	
4:0		0.000		0	FLM	4		0.000	0.000	0.00	
6:0		0.000		0	FLM	4		0.000	0.000	0.00	
8:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
10:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
12:0	g	0.000)	0	FLM	4		0.000	0.000	0.00	
13:0											
14:0		0.007	7	0	FLM	4		0.014	0.699	0.0	
15:0											
16:0		0.622	2	0	FLM	4		1.275	62.069	0.3	
17:0	-										
18:0	-	0.228	3	0	FLM	4		0.467	22.752	0.1	
20:0	-			-	-				· - -	- / =	
22:0	-										
24:0	-										

	<u>Am</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 Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.960		0	MC	9		6.068	295.378	1.687
14:1g	2.300		v	мс	,		0.000	293.376	1.007
15:1g									
16:1 undifferentiatedg	0.026		0	FLM	4		0.053	2.595	0.015
17:1g									
18:1 undifferentiated	2.896		0	FLM	4		5.937	288.992	1.651
20:1g	0.026		0	FLM	4		0.053	2.595	0.015
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated9	0.120		0	MC	9		0.246	11.975	0.068
18:2 undifferentiatedg	0.014		0	FLM	4		0.029	1.397	0.008
18:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
18:4g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobromine mg	0		0	FLC	4		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	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	0.000
Eurom - Zouvantinii			•		•		0.000	0.000	0.000

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 9979g: 1 package

Measure 3 = 57g: 1 package (2 oz, 54 pieces)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19155 Candies, M&M MARS, SNICKERS Bar

		<u>A</u>	mount in 100 gra	ıms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
				ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poil			Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	5.55		1 A	1		3.16	0.83	6.27	
Energy	_	467		0 NC	4		266	70	528	
Energy		1955		0 NC	4		1114	293	2209	
Protein (N x 6.25)		9.11		1 A	1		5.19	1.37	10.29	
Total lipid (fat)		19.15		1 A	1		10.92	2.87	21.64	
Ash		1.57		1 A	1		0.89	0.24	1.77	
Carbohydrate, by difference		64.62		0 NC	4		36.83	9.69	73.02	
Fiber, total dietary		2.5		1 A	1		1.5	0.4	2.9	
Sugars, total		49.88		1 A	1		28.43	7.48	56.36	
Sucrose		31.48		1 A	1		17.94	4.72	35.57	
Glucose (dextrose)	5 a	5.85		1 A	1		3.33	0.88	6.61	
Fructose		0.18		1 A	1		0.10	0.03	0.20	
Lactose		6.73		1 A	1		3.84	1.01	7.60	
Maltose	9 a	5.64		1 A	1		3.21	0.85	6.37	
Galactose	3 a	0.00		1 A	1		0.00	0.00	0.00	
Starch	g	1.20		1 A	1		0.68	0.18	1.36	

Minerals:										
Calcium, Ca		105		1 A	1		60	16	119	
Iron, Fe		1.20		1 A	1		0.68	0.18	1.36	
Magnesium, Mg		72		1 A	1		41	11	81	
Phosphorus, P		190 323		1 A	1 1		108	29	215	
Potassium, K		228		1 A	1		184 130	48 34	365 258	
Sodium, NaZinc, Zn		2.50		1 A	1		1.43	0.38	2.83	
Copper, Cu		0.270		1 A	1		0.154	0.041	0.30	
Manganese, Mn		0.350		1 A	1		0.199	0.052	0.39	
Selenium, Se		7.8		1 A	1		4.4	1.2	8.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1 A	1		0.0	0.0	0.0	
Thiamin	-	0.060		1 A	1		0.034	0.009	0.06	
Riboflavin	-	0.130		1 A	1		0.074	0.019	0.14	
Niacin	-	3.600		1 A	1		2.052	0.540	4.06	
Pantothenic acid	-	0.590		1 A	1		0.336	0.088	0.66	
Vitamin B-6		0.090		1 A	1		0.051	0.014	0.10	
Folate, total		27		1 A	1		15	4	31	
Folic acid	mcg	6 21		1 A 1 AS	1 1		3 12	1	7	
Folate, food								3	24	
Folate, DFEVitamin B-12		31 0.16		0 NC 1 A	4 1		18 0.09	5 0.02	35 0.18	
Vitamin A, IU		130		0 AS	1		74	20	147	
Vitamin A, RAE		39		0 AS	1		22	6	44	
Retinol		39		1 A	1		22	6	44	
Vitamin E (alpha-tocopherol)		1.50		1 A	1		0.86	0.23	1.70	
Tocopherol, beta		0.03		1 A	1		0.02	0.00	0.03	
Tocopherol, gamma		3.95		1 A	1		2.25	0.59	4.46	
Tocopherol, delta		0.42		1 A	1		0.24	0.06	0.47	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		1 A	1		1.1	0.3	2.1	
<u>Lipids:</u>	a	7 25	•	0 170			4 105	1 104	0 21	
Fatty acids, total saturated		7.359		0 NC	4		4.195	1.104	8.31	
4:0 6:0		0.15		1 A 1 A	1 1		0.086	0.023	0.17 0.09	
	-	0.086		1 A	1		0.049	0.013		
8:0		0.053					0.030	0.008	0.06	
10:0	_	0.10° 0.12¢		1 A 1 A	1 1		0.061 0.072	0.016	0.12 0.14	
12:0	-	0.120		1 A	1		0.072	0.019 0.000	0.14	
	_	0.363		1 A	1					
14:0	9	0.36		1 A	1		0.207	0.054	0.41 0.04	

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
						Source	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
15:0	g	0.036	5		A	1		0.021	0.005		
16:0	g	3.540)	1	A	1		2.018	0.531	4.000	
17:0	g	0.037	7	1	A	1		0.021	0.005	0.041	
18:0		2.695	5	1	A	1		1.536	0.404	3.045	
20:0	g	0.166		1	A	1		0.094	0.025	0.187	
22:0	-	0.000		1	A	1		0.000	0.000	0.000	
24:0		0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total monounsaturated	_	8.229		0	NC	4		4.691	1.234	9.299	
14:1 15:1		0.000		1 1	A A	1 1		0.000 0.000	0.000 0.000	0.000	
16:1 undifferentiated		0.109		1	A	1		0.062	0.000	0.124	
17:1	_	0.000		1	A	1		0.002	0.000	0.000	
18:1 undifferentiated	-	7.917		0	AS	1		4.513	1.188	8.946	
18:1 c		7.624		1	A	1		4.346	1.144	8.615	
18:1 t		0.293		1	A	1		0.167	0.044	0.331	
20:1	-	0.000)	1	A	1		0.000	0.000	0.000	
22:1 undifferentiated		0.203	3	1	A	1		0.116	0.030	0.229	
24:1 c											
Fatty acids, total polyunsaturated		2.693	3	0	NC	4		1.535	0.404	3.043	
18:2 undifferentiated	g	2.620)	1	A	1		1.493	0.393	2.960	
18:3 undifferentiated	g	0.073	3	0	AS	1		0.042	0.011	0.083	
18:3 n-6 c,c,c	g	0.000)	1	A	1		0.000	0.000	0.000	
18:3i	g										
18:4	g	0.000)	0	Z	7		0.000	0.000	0.000	
20:2 n-6 c,c	g	0.000)	1	A	1		0.000	0.000	0.000	
20:3 undifferentiated		0.000)	1	A	1		0.000	0.000	0.000	
20:3 n-3											
20:3 n-6											
20:4 undifferentiated		0.000)	1	A	1		0.000	0.000	0.000	
20:4 n-3	-										
20:4 n-6	-	0.000				1		0.000	0.000	0.000	
20:5 n-3	-	0.000		1 0	A Z	1 7		0.000 0.000	0.000 0.000	0.000 0.000	
22:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total trans		0.000		0	NC	4		0.167	0.044	0.331	
Fatty acids, total trans-monoenoic		0.293		0	NC	4		0.167	0.044	0.331	
Fatty acids, total trans-polyenoic		0.233	,	Ū	МС	-		0.107	0.044	0.551	
Cholesterol	-	14		1	A	1		8	2	16	
Phytosterols	-			-		_		· ·	_		
Amino Acids:	3										
Tryptophan	g	0.190)	1	A	1		0.108	0.028	0.215	
Threonine	g	0.210)	1	A	1		0.120	0.031	0.237	
Isoleucine	g	0.310)	1	A	1		0.177	0.047	0.350	
Leucine	g	0.600)	1	A	1		0.342	0.090	0.678	
Lysine	g	0.320)	1	A	1		0.182	0.048	0.361	
Methionine	g	0.130)	1	A	1		0.074	0.019	0.147	
Cystine	g	0.150)	1	A	1		0.086	0.023	0.170	
Phenylalanine	g	0.400)	1	A	1		0.228	0.060	0.452	
Tyrosine	g	0.230)	1	A	1		0.131	0.035	0.260	
Valine	g	0.400		1	A	1		0.228	0.060	0.452	
Arginine		0.730		1	A	1		0.416	0.110	0.825	
Histidine	-	0.160		1	A	1		0.091	0.024	0.181	
Alanine		0.330		1	A	1		0.188	0.050	0.373	
Aspartic acid		0.940		1	A	1		0.536	0.141	1.062	
Glutamic acid		1.680		1	A	1		0.958	0.252	1.898	
Glycine		0.380		1	A	1		0.217	0.057	0.429	
Proline	-	0.650		1	A	1		0.370	0.097	0.734	
Serine		0.420		1 1	A A	1 1		0.239	0.063	0.474	
Hydroxyproline	y	0.000	,	1	A	1		0.000	0.000	0.000	
Others: Alcohol, ethyl	g	0.0		0	FLM	4		0.0	0.0	0.0	
Caffeine		8		1	A	1		4	1	9	
Theobromine	mg	51		1	A	1		29	8	58	

	<u>A</u>	mount in 100 grams	grams of edible portion			Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Carotenoids:								
Carotene, betamcg	0	1	A	1		0.000	0.000	0.000
Carotene, alphamcg	0	1	A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	1	A	1		0.000	0.000	0.000
Lycopenemcg	0	1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin mcg	16	0	NR	4		8.892	2.340	17.628

Common Measures:

Measure 1 = 57g: 1 bar (2 oz)
Measure 2 = 15.0g: 1 bar, fun size
Measure 3 = 113g: 1 bar, king size (4 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19156 Candies, M&M MARS, STARBURST Fruit Chews

Nutrients and Units	cal i ng ng ng ng ng	6.70 396 1657 0.40 8.30 0.10 84.50 0.0 66.67	Std. Error	Number of Data Points 2 0 0 2 2 2 0 0 0 0	Deriv	1 4 4 1 1 1 4	Confidence Code	2.81 166 696 0.17 3.49 0.04	3.95 234 978 0.24 4.90 0.06	0.34 20 83 0.02 0.42
Proximates: Water	cal i ng ng ng ng ng	6.70 396 1657 0.40 8.30 0.10 84.50 0.0 66.67	Std. Error	Points 2 0 0 2 2 2 2 0 0 0	NC NC LC	1 4 4 1 1 1 4		2.81 166 696 0.17 3.49	3.95 234 978 0.24 4.90	0.34 20 83 0.02
Proximates: Water	cal i ng ng ng ng ng	6.70 396 1657 0.40 8.30 0.10 84.50 0.0 66.67	Std. Error	2 0 0 2 2 2 2 0	NC NC LC	1 4 4 1 1 1	Code	2.81 166 696 0.17 3.49	3.95 234 978 0.24 4.90	0.34 20 83 0.02
Water	cal i ng ng ng ng ng	396 1657 0.40 8.30 0.10 84.50 0.0 66.67		0 0 2 2 2 2 0	NC LC	4 4 1 1 4		166 696 0.17 3.49	234 978 0.24 4.90	20 83 0.02
Water 9 Energy ko Energy ko Energy ko Protein (N x 5.6) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m m Magnesium, Mg m m Phosphorus, P m m Potassium, K m m Sodium, Na m m Zinc, Zn m m Copper, Cu m m Manganese, Mn m m Selenium, Se m m Vitamins: vitamin C, total ascorbic acid m Thiamin m m Pantothenic acid m m Vitamin B-6 m m Folic acid m	cal i ng ng ng ng ng	396 1657 0.40 8.30 0.10 84.50 0.0 66.67		0 0 2 2 2 2 0	NC LC	4 4 1 1 4		166 696 0.17 3.49	234 978 0.24 4.90	20 83 0.02
Energy	cal i ng ng ng ng ng	396 1657 0.40 8.30 0.10 84.50 0.0 66.67		0 0 2 2 2 2 0	NC LC	4 4 1 1 4		166 696 0.17 3.49	234 978 0.24 4.90	20 83 0.02
Energy	i 19 19 19 19	0.40 8.30 0.10 84.50 0.0 66.67		0 2 2 2 0 0	NC LC	4 1 1 4		696 0.17 3.49	978 0.24 4.90	83 0.02
Protein (N x 5.6) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m Vitamins: vitamin C, total ascorbic acid m Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m Folate, total m Folate, food m	ng 19 19 19	0.40 8.30 0.10 84.50 0.0 66.67		2 2 2 0 0	LC	1 1 1 4		0.17 3.49	0.24 4.90	0.02
Total lipid (fat)	ng 19 19 19	8.30 0.10 84.50 0.0 66.67		2 2 0 0	LC	1 1 4		3.49	4.90	
Ash	ng 19 19 19	0.10 84.50 0.0 66.67		2 0 0	LC	1 4				
Carbohydrate, by difference	ng 19 19 19	84.50 0.0 66.67 4 0.13		0 0	LC	4		0.02	u un	0.01
Fiber, total dietary	ng 19 19 19	0.0 66.67 4 0.13		0	LC			35.49	49.86	4.23
Sugars, total	ng 19 19 19	66.67 4 0.13				8		0.0	0.0	0.0
Starch	ng ng ng	4 0.13		Ū		8		28.00	39.34	3.33
Minerals: Calcium, Ca	ng ng ng ng ng	0.13				Ü		20.00	39.34	3.33
Calcium, Ca	ng ng ng ng ng	0.13								
Iron, Fe	ng ng ng ng ng	0.13		2		1		2	2	0
Magnesium, Mg	ng ng ng ng			2		1		0.05	0.08	0.01
Phosphorus, P	ng ng ng	_		2		1		0.03	1	0.01
Potassium, K	ng ng	7		1		1		3	4	0
Sodium, Na	ng	2		2		1		1	1	0
Zinc, Zn		56		1		1		24	33	3
Copper, Cu		0.00		2		1		0.00	0.00	0.00
Selenium, Se	ng	0.012	2	2		1		0.005	0.007	0.00
Vitamins: m Vitamin C, total ascorbic acid m Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m Folate, total m Folic acid m Folate, food m	ng	0.015	i	1		1		0.006	0.009	0.00
Vitamin C, total ascorbic acid. m Thiamin. m Riboflavin. m Niacin. m Pantothenic acid. m Vitamin B-6. m Folate, total m Folic acid. m Folate, food m	ncg	0.8		0	FLA	4		0.3	0.5	0.0
Thiamin										
Riboflavin	ng	52.9		1		1		22.2	31.2	2.6
Niacin	ng	0.001	-	2		1		0.000	0.001	0.00
Pantothenic acid	ng	0.002	?	1		1		0.001	0.001	0.00
Vitamin B-6. m Folate, total m Folic acid. m Folate, food m		0.005		2		1		0.002	0.003	0.00
Folate, total		0.035		1		1		0.015	0.021	0.00
Folic acidm Folate, foodm	-	0.000)	1		1		0.000	0.000	0.00
Folate, foodm		0		1		1		0	0	0
		0		0	FLC	4		0	0	0
		0		1		1		0	0	0
Folate, DFEm		0		0	NC	4		0	0	0
Vitamin B-12 m		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IUIL		0		0	FLA	4		0	0	0
Vitamin A, RAEm		0 0		0 0	NC FLC	4 4		0	0 0	0
Retinol		0.70		0	FLC	4		0.30	0.41	0.04
Vitamin E (alpha-tocopherol)m Tocopherol, betam	ig na	0.70		U	FLC	4		0.30	0.41	0.04
Tocopherol, gammam										
Tocopherol, deltam										
Vitamin D										
Vitamin K (phylloquinone)m		2.1		0	FLC	4		0.9	1.2	0.1
Lipids:										
Fatty acids, total saturated9		1.237	1	0		4		0.520	0.730	0.06
4:0		0.000		0		4		0.000	0.000	0.00
6:0g		0.000)	0		4		0.000	0.000	0.00
8:0g		0.000)	0		4		0.000	0.000	0.00
10:0g		0.000)	0		4		0.000	0.000	0.00
12:0g		0.000)	0		4		0.000	0.000	0.00
13:0g										
14:0g		0.008	3	0		4		0.003	0.005	0.00
15:0g										
16:0g		0.813	3	0		4		0.341	0.480	0.0
17:0g										
18:0g		0.415	i	0		4		0.174	0.245	0.0
20:0g										
22:0g										

	<u>Am</u>	ount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	3.569	0		4		1.499	2.106	0.178	
14:1g									
15:1g									
16:1 undifferentiatedg	0.033	0		4		0.014	0.019	0.002	
17:1g									
18:1 undifferentiatedg	3.528	0		4		1.482	2.082	0.176	
20:1g	0.000	0		4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	3.121	0		4		1.311	1.841	0.156	
18:2 undifferentiatedg	2.897	0		4		1.217	1.709	0.145	
18:3 undifferentiatedg	0.216	0		4		0.091	0.127	0.011	
18:4g	0.000	0		4		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0	0	FLC	4		0	0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	0.0	
Caffeine mg	0	0	FLC	4		0	0	0	
Theobromine mg	0	0	FLC	4		0	0	0	
Carotenoids:									
Carotene, beta mcg	0	0	z	7		0.000	0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	0.000	
Lycopene mcg	0	0	FLC	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 42g: 1 package, fun size

Measure 2 = 59g: 1 package 2.07 oz (2.07 oz)

Measure 3 = 5.0g: 1 piece

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.8

Food Group: 19 Sweets

NDB No. 19160 Candies, M&M MARS, TWIX Caramel Cookie Bars

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			ı	Number				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.23		0	MC	9		2.41	2.45	4.02	
Energy	kcal	499		0	MC	9		284	289	474	
Energy	kj	2088				9		1190	1211	1983	
Protein	g	4.60		0	MC	9		2.62	2.67	4.37	
Total lipid (fat)		24.39		0	MC	9		13.90	14.15	23.17	
Ash		1.21		0	MC	9		0.69	0.70	1.15	
Carbohydrate, by difference		65.58		0	MC	9		37.38	38.04	62.30	
Fiber, total dietary		1.1		0	MC	9		0.6	0.6	1.0	
Sugars, total	-	48.02		0	MC	9		27.37	27.85	45.62	
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	90		0	MC	9		51	52	86	
Iron, Fe	_	0.81		0	MC	9		0.46	0.47	0.77	
Magnesium, Mg		32		0	FLM	4		18	19	30	
Phosphorus, P		109		0	FLM	4		62	63	104	
Potassium, K		189 193		0 0	FLM MC	4 9		108 110	110 112	180 183	
Sodium, NaZinc, Zn		1.00		0	FLM	4		0.57	0.58	0.95	
Copper, Cu		0.245	5	0	FLM	4		0.140	0.142	0.23	
Manganese, Mn		0.302		0	FLM	4		0.172	0.175	0.28	
Selenium, Se		5.9	_	0	FLM	4		3.4	3.4	5.6	
·	_										
<u>Vitamins:</u>	ma	0.4		0		9		0.2	0.0	0.4	
Vitamin C, total ascorbic acid Thiamin		0.4	,	0	MC FLM	4		0.2	0.2 0.069	0.4 0.11	
Riboflavin		0.120		0	FLM	4		0.109	0.111	0.18	
Niacin		0.752		0	FLM	4		0.428	0.436	0.71	
Pantothenic acid		0.270		0	FLM	4		0.154	0.156	0.25	
Vitamin B-6		0.022		0	FLM	4		0.013	0.013	0.02	
Folate, total	_	19		0	FLM	4		11	11	18	
Folic acid		12		0	FLM	4		7	7	11	
Folate, food		8		0	FLM	4		4	4	7	
Folate, DFE		27		0	NC	4		16	16	26	
Vitamin B-12		0.29		0	FLM	4		0.16	0.17	0.27	
Vitamin A, IU		95		0	MC	9		54	55	90	
Vitamin A, RAE		22		0	FLM	4		13	13	21	
Retinol		26		0 0	FLA	4		15	15	25	
Vitamin E (alpha-tocopherol) Tocopherol, beta	Illy	1.94		U	FLM	4		1.10	1.12	1.84	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	24.2		0	FLM	4		13.8	14.0	23.0	
Lipids:											
Fatty acids, total saturated	a	8.899	a	0	MC	9		5.072	5.161	8.45	
4:0		0.000		0	FLM	4		0.000	0.000	0.00	
6:0		0.000		0	FLM	4		0.000	0.000	0.00	
8:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
10:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
12:0		0.000)	0	FLM	4		0.000	0.000	0.00	
13:0		0.000)	0	FLM	4		0.000	0.000	0.00	
14:0	g	0.338		0	FLM	4		0.193	0.196	0.32	
15:0	-	0.034		0	FLM	4		0.019	0.020	0.03	
16:0	-	4.675		0	FLM	4		2.665	2.712	4.44	
17:0	-	0.033		0	FLM	4		0.019	0.019	0.03	
18:0	-	3.820		0	FLM	4		2.177	2.216	3.62	
20:0	-	0.086		0	FLM	4		0.049	0.050	0.08	
22:0 24:0		0.009		0 0	FLM FLM	4 4		0.005 0.000	0.005 0.000	0.00	

	<u>Ar</u>	nount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	13.400		0	MC	9		7.638	7.772	12.730	
14:1g	0.028		0	FLM	4		0.016	0.016	0.026	
15:1g	0.000		0	FLM	4		0.000	0.000	0.000	
16:1 undifferentiatedg	0.043		0	FLM	4		0.025	0.025	0.041	
17:1g	0.008		0	FLM	4		0.004	0.005	0.007	
18:1 undifferentiatedg	13.291		0	FLM	4		7.576	7.709	12.626	
20:1g	0.043		0	FLM	4		0.025	0.025	0.041	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
24:1 cg	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	0.850		0	MC	9		0.485	0.493	0.808	
18:2 undifferentiatedg	0.755		0	FLM	4		0.430	0.438	0.717	
18:3 undifferentiatedg	0.094		0	FLM	4		0.054	0.055	0.089	
18:4g	0.000		0	FLM	4		0.000	0.000	0.000	
20:2 n-6 c,cg	0.000		0	FLM	4		0.000	0.000	0.000	
20:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total trans										
Cholesterolmg	5		0	MC	9		3	3	5	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	0.0	
Caffeine mg	3		1		1		2	2	3	
Theobromine mg	90		1		1		51	52	86	
Carotenoids:										
Carotene, betamcg	0		0	FLA	4		0.066	0.067	0.109	
Carotene, alphamcg	0		0	FLA	4		0.006	0.007	0.011	
Cryptoxanthin, betamcg	0		0	FLA	4		0.007	0.007	0.012	
Lycopenemcg	0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	5		0	FLA	4		2.730	2.778	4.550	

Common Measures:

Measure 1 = 57g: 1 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19161 Candies, M&M MARS, TWIX Peanut Butter Cookie Bars

		Ni	Amount in 100 grams of edible portion								
		140	umber				<u> </u>	easures of food			
					Source	Confidence					
s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
g	1.82		0	MC	9		0.98	1.06	0.91		
kcal	530		0	MC	9		286	307	265		
kj	2218				9		1197	1286	1109		
g	10.12		0	MC	9		5.46	5.87	5.06		
-	32.18		0	MC	9		17.38	18.66	16.09		
	3.21		0	MC			1.73	1.86	1.61		
			-						26.34		
									1.7		
-	35.28		0	MC	9		19.05	20.46	17.64		
9											
mg	77		0	MC	9		42	45	39		
-	0.91		0	MC	9		0.49	0.53	0.46		
	69		0	FLC	4		38	40	35		
				FLC					94		
									136 136		
									0.70		
		1							0.10		
			0		4				0.48		
	17.2		0	FLC	4		9.3	10.0	8.6		
mg	0.6		0	MC	9		0.3	0.3	0.3		
mg	0.108	3	0	FLC	4		0.058	0.063	0.05		
	0.122	2	0	FLC	4		0.066	0.071	0.06		
			0	FLC	4		1.731	1.860	1.60		
					_				0.23		
-		1							0.06		
									9		
									0 9		
									9		
									0.06		
	38		0		4				19		
	10		0	FLC	4		6	6	5		
	10		0	FLC	4		5	6	5		
mg	3.61		0	FLC	4		1.95	2.10	1.81		
mg											
	22.6		0	ET C	4		17 6	10.0	16.3		
ilicg	32.0		U	FLC	4		17.6	18.9	16.3		
			0	MC	9				5.69		
									0.00		
_									0.00		
-									0.00		
									0.00		
	0.00		ŭ		-		3.004	0.004	0.00		
	0.339)	0	FLM	4		0.183	0.197	0.1		
-									- / -		
_	6.147	7	0	FLM	4		3.319	3.565	3.0		
-											
g	4.293	3	0	FLM	4		2.318	2.490	2.1		
_											
_											
	g kcal kj g g g g g g g g g g g g g g g g g g	kcal 530 kj 2218 g 10.12 g 32.18 g 3.21 g 52.67 g 3.4 g 35.28 g 35.28 g 35.28 g 35.28 g 35.28 g 3.4 g 3.5.28 g 3.7 mg 0.91 mg 0.91 mg 0.91 mg 0.91 mg 0.97 mg 0.208 mg 0.108 mg 0.108 mg 0.122 mg 0.122 mg 0.133 mg 0.133 mg 0.133 mg 0.13 lU 38 mg 0.002 g 0.002 g 0.002 g	Kcal 530	kcal 530 0 kj 2218 9 10.12 0 g 32.18 0 0 9 3.21 0 g 52.67 0 9 3.4 0 0 9 3.4 0 9 3.4 0 9 3.2 0 9 0	kcal 530 0 MC kj 2218 0 MC g 10.12 0 MC g 32.18 0 MC g 3.21 0 MC g 3.21 0 MC g 3.4 0 MC g 3.4 0 MC g 35.28 0 MC g 35.28 0 MC mg 0.91 0 MC mg 0.91 0 MC mg 0.91 0 MC mg 187 0 FLC mg 1.40 0 FL mg 0.272 0 MC mg 0.272 0 MC mg 0.977 0 FLC mg 0.172 0 FLC mg 0.122 0 FLC mg	kcal 530 0 MC 9 kj 2218 9 g 10.12 0 MC 9 g 32.18 0 MC 9 g 3.21 0 MC 9 g 52.67 0 MC 9 g 3.4 0 MC 9 g 35.28 0 MC 9 g 35.28 0 MC 9 g 0.91 0 MC 9 mg 0.91 0 MC 9 mg 69 0 FLC 4 mg 1.72 0 MC 9 mg 1.40 0 FLM 4 mg 0.208 0 FLC 4 mg 0.208 0 FLC 4 mg 0.208 0 FLC 4 mg 0.108	Kcal 530 0 MC 9 K) 2218 9 g 10.12 0 MC 9 g 32.18 0 MC 9 g 3.21 0 MC 9 g 3.4 0 MC 9 g 3.4 0 MC 9 g 3.5.28 0 MC 9 mg 0.91 0 MC 9 mg 0.91 0 MC 9 mg 6.9 0 FLC 4 mg 17.2 0 FLC 4 mg 0.272 0 MC 9 mg 0.208 0 FLC 4 mg 0.208	Kcal 530 0 MC 9 126 K/ 2218 9 1197 9 10.12 0 MC 9 1.73 9 32.18 0 MC 9 1.73 9 52.67 0 MC 9 28.44 9 3.4 0 MC 9 1.8 9 3.4 0 MC 9 1.8 9 35.28 0 MC 9 1.8 9 35.28 0 MC 9 0.49 mg 0.91 0 MC 9 0.49 mg 0.12 0 ELC 4	Miles Mile		

	Ar	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fetter vide total management d	14.800		0	MC	9		7.992	8.584	7.400
Fatty acids, total monounsaturatedg	14.800		U	MC	9		7.992	8.584	7.400
14:1g 15:1g									
16:1 undifferentiated	0.020		0	FLM	4		0.011	0.012	0.010
17:1g	0.020		Ū	2 1101	-		0.011	0.012	0.010
18:1 undifferentiated	14.536		0	FLM	4		7.849	8.431	7.268
20:1g	0.224		0	FLM	4		0.121	0.131	0.112
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	0.000
24:1 cg	0.000		v		•		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	4.200		0	MC	9		2.268	2.436	2.100
18:2 undifferentiatedg	3.878		0	FLM	4		2.094	2.249	1.939
18:3 undifferentiated	0.297		0	FLM	4		0.160	0.172	0.149
18:4g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.021		0	FLM	4		0.011	0.012	0.011
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	5		0	MC	9		3	3	3
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	9		0	FLM	4		5	5	5
Theobromine mg	57		0	FLM	4		31	33	29
Carotenoids:									
Carotene, betamcg	1		0	FLC	4		0.533	0.572	0.493
Carotene, alphamcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	0.000
Lycopenemcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	41		0	FLC	4		22.123	23.762	20.485

Common Measures:

Measure 1 = 54g: 1 package (1.89 oz, 2 bars) Measure 2 = 58g: 1 package (2.06 oz, 2 bars) Measure 3 = 50g: 1 package (1.77 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common				
				Number				measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	2.20				4						
Energy	kcal	550				4						
Energy		2301				4						
Protein		7.30				4						
Total lipid (fat)		33.30				4						
Ash		1.20		0	NR	4						
Carbohydrate, by difference		56.00				4						
Fiber, total dietary		3.0				4						
Sugars, total		53.00		0	NR	4						
Starch												
	······································											
Minerals:						_						
Calcium, Ca	-	130				4						
Iron, Fe	-	1.31				4						
Magnesium, Mg		46				4						
Phosphorus, P	-	147 309				4						
Potassium, K		309 266				4						
Sodium, Na Zinc, Zn		0.92				4						
Copper, Cu		0.32				4						
Manganese, Mn		0.233				-						
Selenium, Se		7.0		0	FLM	4						
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid		1.0				4						
Thiamin		0.140				4						
Riboflavin		0.200				4						
Niacin		1.110	1			4						
Pantothenic acid												
Vitamin B-6		0.040	1			4						
Folate, total		9 0		0	NR	4						
Folic acid		9		U	NK	4						
Folate, foodFolate, DFE		9		0	NC	4						
Vitamin B-12	meg_DI L	0.33		U	NC	4						
Vitamin B-12 Vitamin A, IU		34		0	FLC	4						
Vitamin A, RAE		10		0	FLC	4						
Retinol		9		0	FLC	4						
Vitamin E (alpha-tocopherol)		2.71		0	FLC	4						
Tocopherol, beta				·		-						
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		18.6		0	FLC	4						
<u>Lipids:</u>	~	4 060										
Fatty acids, total saturated		4.962				4						
4:0		0.000				4						
6:0	_	0.000				4						
8:0		0.000				4						
10:0 12:0	-	0.000				4						
13:0		0.000	•			4						
	_	0.033				4						
14:0 15:0		0.033	•			4						
16:0	-	3.263				Λ						
17:0		5.203	•			-						
18:0		1.665				Λ						
20:0		1.003	•			-						
22:0	_											

	<u>Ar</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	14.319				4				
14:1g	14.319				-				
15:1g									
16:1 undifferentiatedg	0.133				4				
17:1g									
18:1 undifferentiated	14.152				4				
20:1g	0.000				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated9	12.521				4				
18:2 undifferentiated	11.622				4				
18:3 undifferentiated	0.866				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterol mg	6				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeinemg	10		0	FLM	4				
Theobromine mg	212		0	FLM	4				
Carotenoids:									
Carotene, betamcg	0		0	FLC	4				
Carotene, alphamcg	0		0	FLC	4				
Cryptoxanthin, betamcg	0		0	FLC	4				
Lycopene mcg	0		0	FLC	4				
Lutein + zeaxanthin mcg	4		0	FLC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19142 Candies, MOUNDS Candy Bar

Hershey Food Corp.

		<u>A</u>	mount in 100 gra	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:									
Water	g	9.05	1	. MC	9		1.72	4.80	
Energy	kcal	486	1	. MC	9		92	258	
Energy		2034	(MC	9		386	1078	
Protein		4.60	1	. MC	9		0.87	2.44	
Total lipid (fat)		26.60	1	. MC	9		5.05	14.10	
Ash		0.87	1	. MC	9		0.17	0.46	
Carbohydrate, by difference		58.59	1	. MC	9		11.13	31.05	
Fiber, total dietary		3.7	1	. MC	9		0.7	1.9	
Sugars, total		46.19	1	. MC	9		8.78	24.48	
Starch	-								
Minerals:					_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	21	1		9		4	11	
Iron, Fe	_	2.09	1		9		0.40	1.11	
Magnesium, Mg		0	1		9		0	0	
Phosphorus, P	•	0 321	1		9 9		0 61	0 170	
Potassium, K		321 145	1		9		61 28	170 77	
Sodium, NaZinc, Zn		0.00	1		9		0.00	0.00	
Copper, Cu		0.00			9		0.000	0.000	
Manganese, Mn		0.000			9		0.000	0.000	
Selenium, Se		0.0			9		0.0	0.0	
•									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	<u>mg</u>	0.7	1		9		0.1	0.4	
Thiamin	-	0.000			9		0.000	0.000	
Riboflavin		0.000			9		0.000	0.000	
Niacin	-	0.000			9		0.000	0.000	
Pantothenic acid		0.000			9		0.000	0.000	
Vitamin B-6	-	0.000			9		0.000	0.000	
Folate, total		0	1		9		0	0	
Folic acid		0	(4		0	0	
Folate, food		0	1		9		0	0	
Folate, DFE		0	(4		0	0	
Vitamin B-12		0.00	(4		0.00	0.00	
Vitamin A, IU		0 0	(4		0	0	
Vitamin A, RAE		0	(4 4		0 0	0	
Retinol		0.18	(4		0.03	0 0.09	
Vitamin E (alpha-tocopherol)		0.16	•	FLIM	4		0.03	0.09	
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.6	C	FLM	4		0.3	0.8	
rinia									
Lipids:	a	00 F00	,	140	^		2 010	10 007	
Fatty acids, total saturated		20.580 0.000			9 4		3.910	10.907	
4:0					4		0.000	0.000	
6:0		0.101			4 13		0.019	0.053	
8:0 10:0		1.160 0.925			13		0.220 0.176	0.615 0.490	
12:0	-	6.775			13		1.287	0.490 3.591	
13:0	-	0.775	, 1	AI	13		1.28/	3.391	
14:0	-	2.515	5 1	AI	13		0.478	1.333	
15:0	-	0.010			13		0.478	0.005	
		3.065			13		0.002	1.624	
16:0 17:0	-	0.010			13		0.582	0.005	
	-	2.945			13		0.002	1.561	
18:0	-	0.090			13			0.048	
20:0 22:0	_	0.090			13		0.017 0.002	0.048	

	<u>Ar</u>	nount in 100 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.390	1	MC	9		0.074	0.207	
14:1g	0.010	1	AI	13		0.074	0.207	
15:1	0.010	-	AI	13		0.002	0.005	
16:1 undifferentiated	0.030	1	AI	13		0.006	0.016	
17:1g	0.010	1	AI	13		0.002	0.005	
18:1 undifferentiated	0.388	0	FLM	4		0.074	0.205	
20:1g	0.010	1	AI	13		0.002	0.005	
22:1 undifferentiated	0.000	0	FLM	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.140	1	MC	9		0.027	0.074	
18:2 undifferentiatedg	0.135	0	FLM	4		0.026	0.072	
18:3 undifferentiatedg	0.005	0	FLM	4		0.001	0.003	
18:4g	0.000	0	FLM	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	2	1	MC	9		0	1	
Phytosterolsmg								
Others:								
Alcohol, ethyl9	0.0	1	MC	9		0.0	0.0	
Caffeine mg	17	0	FLM	4		3	9	
Theobromine mg	130	0	FLM	4		25	69	
<u>Carotenoids:</u>								
Carotene, betamcg	0	0	FLM	4		0.000	0.000	
Carotene, alphamcg	0	0	FLM	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	FLM	4		0.000	0.000	
Lycopenemcg	0	0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	5	0	FLM	4		0.925	2.580	

Common Measures:

Measure 1 = 19g: 1 bar snack size Measure 2 = 53g: 1 package 1.9 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19143 Candies, MR. GOODBAR Chocolate Bar

Hershey Food Corp.

Post			<u>A</u>	mount in 10	0 grams	of edil	ole portio	o <u>n</u>		edible portion o	of common
Previoustes: Water							Source	Confidence	<u>m</u> .	easures of food	
Water	Nutrients and Uni	its	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Water	Proximates:										
Foreign		g	0.45		1	MC	9		0.22	0.33	
Posters	Energy	kcal	538		1	MC	9		264	393	
Total Injud (fan	Energy	kj	2252		0	MC	9		1103	1644	
Ash.	Protein	g	10.22		1	MC	9		5.01	7.46	
Carbolydrae by difference. 9	Total lipid (fat)	g	33.21		1	MC	9		16.27	24.24	
Fiber 1 1 1 1 1 1 1 1 1 1	Ash	g	1.53		1	MC	9		0.75	1.12	
Sugars, Volumer Sugars, Vo	Carbohydrate, by difference	g	54.34		1	MC	9		26.63	39.67	
Mineraba:	Fiber, total dietary	g	3.8		1	MC	9		1.9	2.8	
Minerals:	Sugars, total	g	47.22		1	MC	9		23.14	34.47	
Calcium, Ca	Starch	g									
Calcium, Ca	MC 1										
Ton, Fr.		ma	110		4		•		E 4	90	
Magnesium Mg. mg 47 1 MC 9 23 34 Phosphorne, P. mg 163 1 MC 9 80 119 Potassium, K. mg 394 1 MC 9 20 30 Zinc, Zh. mg 0.93 1 MC 9 0.063 0.12 Copper, Cu. mg 0.170 1 MC 9 0.000 0.000 Sclerum, Ns. mg 0.000 1 MC 9 0.000 0.000 Sclerum, Ns. mg 0.00 1 MC 9 0.000 0.000 Sclerum, Ns. mg 0.9 1 MC 9 0.000 0.000 Sclerum, Ns. mg 0.9 1 MC 9 0.04 0.7 Vitamin S. mg 0.10 1 MC 9 0.069 0.102 Vitamin S. mg 0.140 1 MC	,	• • • • • • • • • • • • • • • • • • • •									
Phosphara, P.											
Potassium K.											
Sedium Na.	•	-									
Zinc, Zn	,	-									
Copper, Cu. mg 0.170 1 MC 9 0.083 0.124 Manganses, Mn. mg 0.000 1 MC 9 0.000 0.000 Viramins: Viramins: Viramins (India) mg 0.9 1 MC 9 0.4 0.7 Thiamin mg 0.140 1 MC 9 0.069 0.102 Ribofavin mg 0.140 1 MC 9 0.069 0.102 Nikicin mg 0.140 1 MC 9 0.696 0.102 Nikicin mg 0.140 1 MC 9 0.069 0.102 Vitamin B-6 mg 0.420 1 MC 9 0.206 0.307 Vitamin B-6 mg 0.070 1 MC 9 18 27 Folate, fotal meg 38 1 MC 9 18	*										
Manganese, Mn mg 0.000 1 MC 9 0.000 0.000 Selenium, Se mcg 0.0 1 MC 9 0.0 0.0 Vitamins "Vitamins C, total ascorbic acid. mg 0.140 1 MC 9 0.069 0.102 Ribollavin. mg 0.140 1 MC 9 0.069 0.102 Niacm. mg 0.140 1 MC 9 0.069 0.102 Plantofleric acid. mg 0.070 1 MC 9 0.034 0.051 Folate, food. mcg 38 1 MC 9 18 27 Folate, DFE mcg </td <td>,</td> <td>-</td> <td></td> <td>)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	,	-)							
Scientium, Se. mog 0.0 1 MC 9 0.0 0.0											
Vitamin C. total ascorbic acid. mg	2 ,	-				MC	9				
Vitamin C. total ascorbic acid. mg	***										
Thiamin mg 0.140 1 MC 9 0.069 0.102 Ribūhavin mg 0.140 1 MC 9 0.069 0.102 Niacin mg 3.440 1 MC 9 0.266 0.307 Vitamin B-6 mg 0.070 1 MC 9 0.034 0.051 Folate, fotal mcg 38 1 MC 9 18 27 Folate, food mcg 38 1 MC 9 18 27 Folate, food mcg 38 1 MC 9 18 27 Folate, food mcg 38 1 MC 9 18 27 Folate, food mcg 38 0 NC 4 18 27 Vitamin B-12 mcg 0.33 0 FLM 4 0.16 0.24 Vitamin A, IV IU 125 1 MC 9 <td></td>											
Riboflavin		-									
Niacin		-									
Pantothenic acid.		=									
Vitamin B-6. mg 0.070 1 MC 9 0.034 0.051 Folate, total mcg 38 1 MC 9 18 27 Folate, total mcg 0 0 FLM 4 0 0 Folate, food mcg 38 1 MC 9 18 27 Folate, DFE mcg 38 0 NC 4 18 27 Vitamin B-12 mcg 0.33 0 FLM 4 0.16 0.24 Vitamin A, IU IU 125 1 MC 9 61 91 Vitamin E (alpha-tocopherol) mcg 35 0 FLC 4 1.7 25 Vitamin E (alpha-tocopherol) mg 3.17 0 FLM 4 1.55 2.31 Tocopherol, detta. mg 1 MC FLM 4 1.8 2.6 Lipids: U TL MC											
Folate, total											
Folic acid. mcg 0 0 0 FLM 4 0 0 0 FIM 27 Folic acid. mcg 38 1 MC 9 18 27 Folic acid. mcg 38 0 N C 4 18 27 Folic acid. mcg 0 38 0 N C 4 18 27 Folic acid. mcg 0 0.33 0 FLM 4 0.16 0.24 Folic mcg 0 0.33 0 FLM 4 0.16 0.24 Folic mcg 0 0.33 0 FLM 4 0.16 0.24 Folic mcg 0 0.33 0 FLM 4 0.16 0.24 Folic mcg 0 0.33 0 FLM 4 0.16 0.24 Folic mcg 0 0.35 0 FLM 4 0.16 0.24 Folic mcg 0 0.35 0 FLM 4 17 25 Folic mcg 0 0.35 0 FLM 4 1.55 0.31 Folic mcg 0 0.35 0 FLM 4 1.55 0.31 Folic mcg 0 0.35 FLM 4 1.8 0.56 FLM 5 FL				,							
Folate, food.											
Folate, DFE											
Vitamin B-12. mcg 0.33 0 FLM 4 0.16 0.24 Vitamin A, IU. IU 125 1 MC 9 61 91 Vitamin A, RAE mcg_RAE 35 0 FLC 4 17 25 Retinol mcg 35 0 FLC 4 1.55 2.31 Vitamin E (alpha-tocopherol) mg 3.17 0 FLM 4 1.55 2.31 Tocopherol, gamma mg 7 1.55 2.31 1.55 2.31 Tocopherol, gamma mg 7 1.56 9 4.5 1.58 2.6 Lipids 1.50 1.50 1.50 1.50 1.50											
Vitamin A, IU. IU 125 1 MC 9 61 91 Vitamin A, RAE mcg_RAE 35 0 FLC 4 17 26 Retinol mcg 35 0 FLC 4 17 25 Vitamin E (alpha-tocopherol) mg 3.17 0 FLM 4 1.55 2.31 Tocopherol, gamma mg 7 1 FLM 4 1.55 2.31 Tocopherol, gamma mg 7 1 MC 9 FLM 4 1.8 2.6 Uismin D IU Vitamin D IU Vitamin D 4 1.8 2.6 Lipids Fatty acids, total saturated. 9 14.130 1 MC 9 6.924 10.315 4-0. 9 0.339 0 FLM 4 0.166 0.247 6:0. 9 0.123 0 FLM 4 0.060 0.089											
Vitamin A, RAE .mcg_RAE 35 0 FLC 4 17 26 Retinol .mcg 35 0 FLC 4 17 25 Vitamin E (alpha-tocopherol) .mg 3.17 0 FLM 4 1.55 2.31 Tocopherol, beta .mg .mg											
Retinol mcg 35 0 FLC 4 17 25 Vitamin E (alpha-locopherol) mg 3.17 0 FIM 4 1.55 2.31 Tocopherol, beta mg Focopherol, gamma mg Tocopherol, delta mg Vitamin D UI Vitamin K (phylloquinone) mg 3.6 0 FIM 4 1.8 2.6 Lipids: Estry acids, total saturated g 1 4.130 1 MC 9 6.924 10.315 4:0 g 0.339 0 FIM 4 0.166 0.247 6:0 g 0.123 0 FIM 4 0.060 0.089 8:0 g 0.133 0 FIM 4 0.060 0.089 8:0 g 0.133 0 FIM 4 0.065 0.097 12:0 g 0.146 0 FIM											
Vitamin E (alpha-tocopherol) mg 3 . 17 0 FLM 4 1 . 55 2 . 31 Tocopherol, beta mg mg											
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 3.6 0 FIM 4 1.8 2.6 Lipids: Fatty acids, total saturated g 14.130 1 MC 9 6.924 10.315 4.0 9 0.339 0 FIM 4 0.166 0.247 6.0 9 0.123 0 FIM 4 0.060 0.089 8.0 9 0.123 0 FIM 4 0.060 0.089 8.0 9 0.070 0 FIM 4 0.034 0.051 10:0 9 0.133 0 FIM 4 0.065 0.097 12:0 9 0.133 0 FIM 4 0.065 0.097 12:0 9 0.146 0 FIM 4 0.071 0.106 13:0 9 0.146 0 FIM 4 0.071 0.106 13:0 9 0.000 0 FIM 4 0.000 0.000 14:0 9 0.461 0 FIM 4 0.023 0.337 15:0 9 0.046 0 FIM 4 0.023 0.034 16:0 9 0.044 0 FIM 4 0.022 0.032 18:0 9 0.044 0 FIM 4 0.022 0.032 18:0 9 0.057 0.084											
Tocopherol, gamma					•		_				
Tocopherol, delta	- · · · · · · · · · · · · · · · · · · ·										
Vitamin D. IU Vitamin K (phylloquinone) mcg 3.6 0 FLM 4 1.8 2.6 Lipids: Fatty acids, total saturated. g 14.130 1 MC 9 6.924 10.315 4:0. g 0.339 0 FLM 4 0.166 0.247 6:0. g 0.123 0 FLM 4 0.060 0.089 8:0. g 0.070 0 FLM 4 0.034 0.051 10:0. g 0.133 0 FLM 4 0.065 0.097 12:0. g 0.146 0 FLM 4 0.071 0.106 13:0. g 0.000 0 FLM 4 0.022 0.337 15:0. g 0.046 0 FLM 4 0.023 0.034 16:0. g 6.730 0 FLM 4 0.022 0.											
Lipids: Fatty acids, total saturated g 14.130 1 MC 9 6.924 10.315 4:0. g 0.339 0 FLM 4 0.166 0.247 6:0. g 0.123 0 FLM 4 0.060 0.089 8:0. g 0.070 0 FLM 4 0.034 0.051 10:0. g 0.133 0 FLM 4 0.065 0.097 12:0. g 0.146 0 FLM 4 0.071 0.106 13:0. g 0.000 0 FLM 4 0.000 0.000 14:0. g 0.461 0 FLM 4 0.226 0.337 15:0. g 0.046 0 FLM 4 0.023 0.034 16:0. g 6.730 0 FLM 4 0.022 0.032 18:0. g 5.700 0 FLM 4 0.057 0.084	- ·										
Fatty acids, total saturated g 14.130 1 MC 9 6.924 10.315 4:0 .9 0.339 0 FLM 4 0.166 0.247 6:0 .9 0.123 0 FLM 4 0.060 0.089 8:0 .9 0.070 0 FLM 4 0.034 0.051 10:0 .9 0.133 0 FLM 4 0.065 0.097 12:0 .9 0.146 0 FLM 4 0.071 0.106 13:0 .9 0.000 0 FLM 4 0.021 0.000 14:0 .9 0.461 0 FLM 4 0.226 0.337 15:0 .9 0.046 0 FLM 4 0.023 0.034 16:0 .9 6.730 0 FLM 4 0.022 0.032 18:0 .9 5.700 0 FLM 4	Vitamin K (phylloquinone)	mcg	3.6		0	FLM	4		1.8	2.6	
Fatty acids, total saturated g 14.130 1 MC 9 6.924 10.315 4:0 .9 0.339 0 FLM 4 0.166 0.247 6:0 .9 0.123 0 FLM 4 0.060 0.089 8:0 .9 0.070 0 FLM 4 0.034 0.051 10:0 .9 0.133 0 FLM 4 0.065 0.097 12:0 .9 0.146 0 FLM 4 0.071 0.106 13:0 .9 0.000 0 FLM 4 0.021 0.000 14:0 .9 0.461 0 FLM 4 0.226 0.337 15:0 .9 0.046 0 FLM 4 0.023 0.034 16:0 .9 6.730 0 FLM 4 0.022 0.032 18:0 .9 5.700 0 FLM 4	Lipids:										
4:0. 9 0.339 0 FLM 4 0.166 0.247 6:0. 9 0.123 0 FLM 4 0.060 0.089 8:0. 9 0.070 0 FLM 4 0.034 0.051 10:0. 9 0.133 0 FLM 4 0.065 0.097 12:0. 9 0.146 0 FLM 4 0.071 0.106 13:0. 9 0.000 0 FLM 4 0.020 0.000 14:0. 9 0.461 0 FLM 4 0.022 0.337 15:0. 9 0.046 0 FLM 4 0.023 0.034 16:0. 9 6.730 0 FLM 4 0.022 0.032 17:0. 9 0.044 0 FLM 4 0.022 0.032 18:0. 9 5.700 0 FLM 4 0.057		g	14.130)	1	MC	9		6.924	10.315	
6:0. g 0.123 0 FLM 4 0.060 0.089 8:0. g 0.070 0 FLM 4 0.034 0.051 10:0. g 0.133 0 FLM 4 0.065 0.097 12:0. g 0.146 0 FLM 4 0.071 0.106 13:0. g 0.000 0 FLM 4 0.000 0.000 14:0. g 0.461 0 FLM 4 0.226 0.337 15:0. g 0.046 0 FLM 4 0.023 0.034 16:0. g 6.730 0 FLM 4 0.022 0.032 17:0. g 0.044 0 FLM 4 0.022 0.032 18:0. g 5.700 0 FLM 4 2.793 4.161 20:0. g 0.115 0 FLM 4 0.057			0.339	•	0	FLM	4		0.166	0.247	
10:0 g 0.133 0 FLM 4 0.065 0.097 12:0 g 0.146 0 FLM 4 0.071 0.106 13:0 g 0.000 0 FLM 4 0.000 0.000 14:0 g 0.461 0 FLM 4 0.226 0.337 15:0 g 0.046 0 FLM 4 0.023 0.034 16:0 g 6.730 0 FLM 4 3.298 4.913 17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084	6:0	g	0.123	3	0	FLM	4		0.060	0.089	
12:0 g 0.146 0 FLM 4 0.071 0.106 13:0 g 0.000 0 FLM 4 0.000 0.000 14:0 g 0.461 0 FLM 4 0.226 0.337 15:0 g 0.046 0 FLM 4 0.023 0.034 16:0 g 6.730 0 FLM 4 3.298 4.913 17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084	8:0	g	0.070)	0	FLM	4		0.034	0.051	
13:0 g 0.000 0 FLM 4 0.000 0.000 14:0 g 0.461 0 FLM 4 0.226 0.337 15:0 g 0.046 0 FLM 4 0.023 0.034 16:0 g 6.730 0 FLM 4 3.298 4.913 17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084	10:0	g	0.133	3	0	FLM	4		0.065	0.097	
14:0 g 0.461 0 FLM 4 0.226 0.337 15:0 g 0.046 0 FLM 4 0.023 0.034 16:0 g 6.730 0 FLM 4 3.298 4.913 17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084		-				FLM			0.071	0.106	
15:0 g 0.046 0 FLM 4 0.023 0.034 16:0 g 6.730 0 FLM 4 3.298 4.913 17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084			0.000)					0.000	0.000	
16:0 g 6.730 0 FLM 4 3.298 4.913 17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084	14:0	g	0.461	L	0	FLM	4		0.226	0.337	
17:0 g 0.044 0 FLM 4 0.022 0.032 18:0 g 5.700 0 FLM 4 2.793 4.161 20:0 g 0.115 0 FLM 4 0.057 0.084		-				FLM			0.023	0.034	
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		_	6.730)		FLM					
20:0											
22:0		_									
	22:0	9	0.012	2	0	FLM	4		0.006	0.009	

		<u>An</u>	nount in 100 gr	rams of	<u>n</u>	Amount in edible portion of common				
Note: outs and Holte						Source Code	Confidence Code		easures of food	••
Nutrients and Units	i	Mean	Std. Error	iiits C	oue	Code	Code	Measure 1	Measure 2	Measure :
24:0		0.000			FLM	4		0.000	0.000	
Fatty acids, total monounsaturated		8.203			FLM	4		4.020	5.988	
14:1		0.026			FLM	4		0.013	0.019	
15:1		0.000		-	FLM	4		0.000	0.000	
16:1 undifferentiated		0.052			FLM	4		0.025	0.038	
17:1	g	0.007		0	FLM	4		0.004	0.005	
18:1 undifferentiated	g	7.991		0	FLM	4		3.915	5.833	
20:1	g	0.127		0	FLM	4		0.062	0.093	
22:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	
24:1 c	g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated	g	4.366		0	FLM	4		2.139	3.187	
18:2 undifferentiated	g	4.365		0	FLM	4		2.139	3.186	
18:3 undifferentiated	g	0.001		0	FLM	4		0.000	0.001	
18:4	g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated		0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3		0.000		0	FLM	4		0.000	0.000	
22:5 n-3	-	0.000		0	FLM	4		0.000	0.000	
22:6 n-3		0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol.	-	10		1	MC	9		5	7	
Phytosterols	•									
thers:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0	0.0	
Caffeine	mg	18		0	FLM	4		9	13	
Theobromine	mg	198		0	FLM	4		97	145	
arotenoids:										
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha	-	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta	-	0		0	FLC	4		0.000	0.000	
Lycopene	-	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		5		0	FLC	4		2.615	3.895	

Common Measures:

Measure 1 = 49g: 1 bar (1.75 oz)Measure 2 = 73g: 1 bar (2.6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19144 Candies, NESTLE, 100 GRAND Bar

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>1</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.79			MC	9		2.49	1.22	656.59
Energy	kcal	447			MC	9		192	94	50690
Energy	kj	1870		0	MC	9		804	393	212086
Protein	g	2.81		0	MC	9		1.21	0.59	318.65
Total lipid (fat)	g	18.80			MC	9		8.08	3.95	2131.92
Ash		1.10		3	A	1		0.47	0.23	124.74
Carbohydrate, by difference	g	71.50		0	MC	9		30.75	15.02	8108.10
Fiber, total dietary	g	0.9			MC	9		0.4	0.2	102.1
Sugars, total	g	54.10			MC	9		23.26	11.36	6134.94
Starch	g									
Minerals:										
Calcium, Ca	ma	70			MC	9		30	15	7949
Iron. Fe.	-	0.40			MC	9		0.17	0.08	45.36
Magnesium, Mg		29		0	FLM	4		13	6	3332
Phosphorus, P		123		0	FLM	4		53	26	13992
Potassium, K	-	214		0	FLM	4		92	45	24253
Sodium, Na		200		•	MC	9		86	42	22680
Zinc, Zn	-	0.98		0	FLM	4		0.42	0.21	111.65
Copper, Cu		0.180)	0	FLM	4		0.077	0.038	20.410
Manganese, Mn.		0.305		0	FLM	4		0.131	0.064	34.581
Selenium, Se		4.5		0	FLM	4		2.0	1.0	515.0
·										
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.2		_	MC	9		0.1	0.0	22.7
Thiamin		0.230		0	FLM	4		0.099	0.048	26.136
Riboflavin	=	0.370		0	FLM	4		0.159	0.078	41.973
Niacin	-	2.467		0	FLM	4		1.061	0.518	279.758
Pantothenic acid	=	0.370		0	FLM	4		0.159	0.078	41.947
Vitamin B-6	-	0.261	L	0	FLM	4		0.112	0.055	29.613
Folate, total		35		0	FLM	4		15	7	4014
Folic acid		29		0	FLM	4		12	6	3271
Folate, food		7 56		0	FLM	4 4		3 24	1	742
Folate, DFE		0.42		0 0	NC				12 0.09	6303
Vitamin B-12		86		U	FLM MC	4 9		0.18 37		47.55
Vitamin A, IU		86 25		0				37 11	18 5	9752
Vitamin A, RAE		25 24		0	FLM FLM	4 4		11	5	2800
Retinol		0.75		0	FLM	4		0.32	0.16	2773 85.07
Vitamin E (alpha-tocopherol)		0.75		U	E LIM	4		0.32	0.16	85.07
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	FLM	4		1.0	0.5	266.9
<u>Lipids:</u>										
Fatty acids, total saturated		11.700			MC	9		5.031	2.457	1326.780
4:0		0.013		0	FLM	4		0.006	0.003	1.474
6:0		0.009		0	FLM	4		0.004	0.002	1.021
8:0	_	0.034		0	FLM	4		0.015	0.007	3.856
10:0	-	0.034		0	FLM	4		0.015	0.007	3.856
12:0		0.183		0	FLM	4		0.079	0.038	20.752
13:0		0.000		0	FLM	4		0.000	0.000	0.000
14:0		0.577		0	FLM	4		0.248	0.121	65.432
15:0	_	0.056		0	FLM	4		0.024	0.012	6.375
16:0	-	5.269	,	0	FLM	4		2.266	1.106	597.505
17:0				_						
18:0	_	4.954	ı	0	FLM	4		2.130	1.040	561.784
20:0	-			_					<u>.</u> :	J ==
22:0	_	0.015		0	FLM	4		0.006	0.003	1.707
24:0	g	0.000)	0	FLM	4		0.000	0.000	0.000

	<u>An</u>	nount in 100 grams Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.794	0	FLM	4		2.491	1.217	657.040
14:1g	0.029	0	FLM	4		0.012	0.006	3.240
15:1g	0.000	0	FLM	4		0.000	0.000	0.000
16:1 undifferentiatedg	0.012	0	FLM	4		0.005	0.003	1.361
17:1g	0.008	0	FLM	4		0.003	0.002	0.914
18:1 undifferentiatedg	5.762	0	FLM	4		2.478	1.210	653.411
20:1g	0.001	0	FLM	4		0.000	0.000	0.113
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
24:1 cg	0.000	0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.612	0	FLM	4		0.263	0.129	69.401
18:2 undifferentiatedg	0.583	0	FLM	4		0.251	0.122	66.112
18:3 undifferentiatedg	0.010	0	FLM	4		0.004	0.002	1.134
18:4g	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000	0	FLM	4		0.000	0.000	0.000
20:3 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterol mg	15		MC	9		6	3	1701
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0
Caffeine mg	26	1		1		11	5	2948
Theobromine mg	74	1		1		32	16	8392
<u>Carotenoids:</u>								
Carotene, betamcg	8	0	FLM	4		3.327	1.625	877.517
Carotene, alphamcg	0	0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLM	4		0.000	0.000	0.000
Lycopene mcg	0	0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0	0	FLM	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz) Measure 2 = 21g: 1 bar, miniature Measure 3 = 11340g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19153 Candies, NESTLE, AFTER EIGHT Mints

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>on</u>		edible portion of	
			N	lumber				<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.30		1		1		0.52	2.58	2.58
Energy	kcal	358		0		4		29	147	147
Energy	kj	1498				4		123	614	614
Protein (N x 5.63)	g	2.20		1		1		0.18	0.90	0.90
Total lipid (fat)	g	13.70		1		1		1.12	5.62	5.62
Ash	g	0.60		1		1		0.05	0.25	0.25
Carbohydrate, by difference	g	76.80		0	NC	4		6.30	31.49	31.49
Fiber, total dietary	g	2.1		0	FLM	4		0.2	0.9	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	23		1		1		2	9	9
Iron, Fe	_	1.53		1		1		0.13	0.63	0.63
Magnesium, Mg	-	45		1		4		4	18	18
Phosphorus, P		57		1		4		5	23	23
Potassium, K		168		1		1		14	69	69
Sodium, Na		12		1		1		1	5	5
Zinc, Zn		0.59		1		4		0.05	0.24	0.2
Copper, Cu	mg	0.247	7	1		4		0.020	0.101	0.1
Manganese, Mn	mg	0.217	7	1		4		0.018	0.089	0.0
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	0.0
Thiamin		0.050)	1		1		0.004	0.021	0.02
Riboflavin		0.040		1		1		0.003	0.016	0.0
Niacin	-	0.300)	1		1		0.025	0.123	0.12
Pantothenic acid		0.034	4	1		4		0.003	0.014	0.0
Vitamin B-6		0.016	6	1		4		0.001	0.007	0.0
Folate, total	mcg	1		1		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		1		4		0	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		1		4		0.00	0.00	0.0
Vitamin A, IU		20		1		1		2	8	8
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (pnynoquinone)	inog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	8.180)	0		1		0.671	3.354	3.3
4:0		0.010		1		1		0.001	0.004	0.0
6:0	-	0.010		1		1		0.001	0.004	0.0
8:0		0.010		1		1		0.001	0.004	0.0
10:0	-	0.050		1		1		0.004	0.021	0.0
12:0	-	0.040	ט	1		1		0.003	0.016	0.0
13:0				_		_				
14:0	-	0.120	J	1		1		0.010	0.049	0.0
15:0				_		_				
16:0		3.460	ט	1		1		0.284	1.419	1.4
17:0				_		_				
18:0		4.420	J	1		1		0.362	1.812	1.8
20:0										
22:0	a									

		An	nount in 100 gran	ns of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numb of Da	er ta Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Unit	S	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.410	0		1		0.362	1.808	1.808
14:1									
15:1	g								
16:1 undifferentiated	_	0.070	1		1		0.006	0.029	0.029
17:1									
18:1 undifferentiated		4.300	1		1		0.353	1.763	1.763
20:1		0.010	1		1		0.001	0.004	0.004
22:1 undifferentiated	•								
24:1 c									
Fatty acids, total polyunsaturated		0.520	0		1		0.043	0.213	0.213
18:2 undifferentiated	_	0.500	1		1		0.041	0.205	0.205
18:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.030	1		1		0.002	0.012	0.012
18:4	-								
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3	-								
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans Cholesterol		0	1		4		0	0	0
Phytosterols		U	1		4		U	U	U
Others:									
Alcohol, ethyl	g								
Caffeine	mg	20	1		1		2	8	8
Theobromine	mg	142	1		1		12	58	58

Common Measures:

Measure 1 = 8.2g: 1 piece Measure 2 = 41g: 1 serving Measure 3 = 41g: 5 pieces

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 3.1

Food Group: 19 Sweets

NDB No. 19111 Candies, NESTLE, BABY RUTH Bar

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.90		3	MC	9		1.03	1.37	
Energy	kcal	464			MC	9		97	130	
Energy	kj	1941		0	MC	9		408	544	
Protein	-	7.10			MC	9		1.49	1.99	
Total lipid (fat)	g	25.00			MC	9		5.25	7.00	
Ash		1.20		0	MC	9		0.25	0.34	
Carbohydrate, by difference	g	61.80		0	MC	9		12.98	17.30	
Fiber, total dietary	g	2.4			MC	9		0.5	0.7	
Sugars, total	g	46.40			MC	9		9.74	12.99	
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	45			MC	9		9	13	
Iron, Fe	_	0.70			MC	9		0.15	0.20	
Magnesium, Mg	_	73		0	FLC	4		15	21	
Phosphorus, P		138		0	FLC	4		29	39	
Potassium, K	•	356		0	FLC	4		75	100	
Sodium, Na		214		·	MC	9		45	60	
Zinc, Zn	-	1.19		0	FLC	4		0.25	0.33	
Copper, Cu		0.427	,	0	FLC	4		0.090	0.120	
Manganese, Mn		0.695		0	FLC	4		0.146	0.195	
Selenium, Se		3.0		0	FLC	4		0.6	0.8	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.1	_		MC	9		0.0	0.0	
Thiamin	-	0.096		0	FLC	4		0.020	0.027	
Riboflavin	-	0.078		0	FLC	4		0.016	0.022	
Niacin	_	2.778		0	FLC	4		0.583	0.778	
Pantothenic acid	-	0.320		0	FLC	4		0.067	0.090	
Vitamin B-6	-	0.063	3	0	FLC	4		0.013	0.018	
Folate, total		31		0	FLC	4		6	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		30		0	FLC	4		6	9	
Folate, DFE		30		0	NC	4		6	9	
Vitamin B-12		0.04		0	FLC	4		0.01	0.01	
Vitamin A, IU		9		•	MC	9		2	3	
Vitamin A, RAE		0		0	FLC	4		0	0	
Retinol		0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)		1.87		0	FLC	4		0.39	0.52	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		2.5		0	FLC	4		0.5	0.7	
vitanini K (phynodunione)	9			•		-		0.0	0.7	
Lipids:										
Fatty acids, total saturated	g	12.300)	3	MA	12		2.583	3.444	
4:0		0.002		0	FLM	4		0.000	0.001	
6:0	g	0.025	5	0	FLM	4		0.005	0.007	
8:0	-	0.394		0	FLM	4		0.083	0.110	
10:0	-	0.442		0	FLM	4		0.093	0.124	
12:0		5.603	3	0	FLM	4		1.177	1.569	
13:0										
14:0		1.968	3	0	FLM	4		0.413	0.551	
15:0										
16:0	_	2.626	5	0	FLM	4		0.551	0.735	
17:0	-									
18:0	-	1.088	1	0	FLM	4		0.228	0.305	
20:0	-									
22:0	-									
24:0	g									

	Ar	mount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.456		0	FLM	4		1.356	1.808	
14:1g	0.450		·		-		1.550	1.000	
15:1g									
16:1 undifferentiated	0.003		0	FLM	4		0.001	0.001	
17:1g									
18:1 undifferentiated	6.320		0	FLM	4		1.327	1.770	
20:1g	0.132		0	FLM	4		0.028	0.037	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	3.304		0	FLM	4		0.694	0.925	
18:2 undifferentiatedg	3.302		0	FLM	4		0.693	0.925	
18:3 undifferentiatedg	0.001		0	FLM	4		0.000	0.000	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	2			MC	9		0	1	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	4		1		1		1	1	
Theobromine mg	44		1		1		9	12	
Carotenoids:									
Carotene, betamcg	0		0	FLC	4		0.003	0.004	
Carotene, alpha mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	
Lycopenemcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 21g: 1 bar (0.75oz)

Measure 2 = 28g: 1 bar fun size (1.0 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19068 Candies, NESTLE, BIT-O'-HONEY Candy Chews

		<u>A</u>	mount in 100	<u>grams</u>	ot edik	ne portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	,			measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	8.30		0	MC	9		3.32			
Energy		400			MC	9		160			
Energy		1674		0	MC	9		669			
Protein (N x 6.25)		2.10		0	MC	9		0.84			
Total lipid (fat)	-	7.50		_	MC	9		3.00			
Ash		1.10		1		1		0.44			
Carbohydrate, by difference		81.00		0	MC	9		32.40			
Fiber, total dietary		0.0		0	FLM	4		0.0			
Sugars, total	=	47.50			MC	9		19.00			
Starch	9										
Minerals:											
Calcium, Ca	mg	50			MC	9		20			
Iron, Fe	-	0.29		1		1		0.12			
Magnesium, Mg		7		0	FLM	4		3			
Phosphorus, P		45		0	FLM	4		18			
Potassium, K		126		1		1		50			
Sodium, Na		300			MC	9		120			
Zinc, Zn		0.21		0	FLM	4		0.08			
Copper, Cu		0.031		0	FLM	4		0.012			
Manganese, Mn		0.059	,	0	FLM	4		0.024			
Selenium, Se	fileg	1.8		0	FLM	4		0.7			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0			
Thiamin	mg	0.000)	1		1		0.000			
Riboflavin	mg	0.250)	1		1		0.100			
Niacin	mg	0.060)	1		1		0.024			
Pantothenic acid	mg	0.164		0	FLM	4		0.066			
Vitamin B-6	_	0.017	7	0	FLM	4		0.007			
Folate, total	mcg	4		0	FLC	4		2			
Folic acid		0		0	FLC	4		0			
Folate, food		4		0	FLC	4		2			
Folate, DFE		4		0	NC	4		2			
Vitamin B-12		0.17		0	FLM	4		0.07			
Vitamin A, IU		0		1		1		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	Ilig	0.99		U	FLC	4		0.40			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0			
	.			-		•		- · · -			
<u>Lipids:</u>											
Fatty acids, total saturated		5.000			MC	9		2.000			
4:0		0.002		0	FLM	4		0.001			
6:0	_	0.025		0	FLM	4		0.010			
8:0	_	0.300		0	FLM	4		0.120			
10:0		0.241		0	FLM	4		0.096			
12:0		1.785	•	0	FLM	4		0.714			
13:0		0.000	,	^							
14:0		0.692	2	0	FLM	4		0.277			
15:0				_							
16:0		0.518	5	0	FLM	4		0.207			
17:0	_			_							
18:0	_	0.170)	0	FLM	4		0.068			
20:0	_										
22:0	q										

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
14:	Nutrients and Units	Mean	Std. Error	of Data	Deriv					Measure 3
14:	Fatty saids total management of	1 953		0	ET.M	4		0 781		
15:1	-	1.333		Ū	11111	-		0.781		
16-1 undifferentiated. 9										
17:1		0.021		0	FLM	4		0.008		
20:1	_									
22:1 undifferentiated		1.979		0	FLM	4		0.792		
Patty acids, total polyunsaturated	20:1g	0.002		0	FLM	4		0.001		
Fatty acids, total polyunsaturated	22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
18:2 undifferentiated	24:1 cg									
18:3 undifferentiated 9 0.019 0 FLM 4 0.000 18:4 .9 0.000 0 FLM 4 0.000 20:2 undifferentiated .9 0.000 0 FLM 4 0.000 20:5 undifferentiated .9 0.000 0 FLM 4 0.000 20:5 n-3 .9 0.000 0 FLM 4 0.000 22:5 n-3 .9 0.001 0 FLM 4 0.000 22:6 n-3 .9 0.001 0 FLM 4 0.000 Fatty acids, total trans .9 0 .001 EL 8 0 Phytosterols .mg 0 1 LC 8 0 Others: Alcohol, ethyl .9 0 0 FLC 4 0 Carginal median m	Fatty acids, total polyunsaturatedg	0.624		0	FLM	4		0.250		
18:4	18:2 undifferentiated	0.603		0	FLM	4		0.241		
20.2 n-6 c,c. 9 20.3 undifferentiated 9 20.4 undifferentiated 9 0.000 0 FLM 4 0.000 20.5 n-3 9 0.000 0 FLM 4 0.000 22.5 n-3 9 0.000 0 FLM 4 0.000 22.5 n-3 9 0.001 0 FLC 8 0 0 0 0 0 0 0 0 0	18:3 undifferentiated	0.019		0	FLM	4		0.008		
20:3 undifferentiated 9	18:4g	0.000		0	FLM	4		0.000		
20:4 undifferentiated										
20:5 n-3										
22:5 n-3 g 0.000 0 FLM 4 0.000 22:6 n-3 .g 0.001 0 FLM 4 0.000 Fatty acids, total trans .g Cholesterol .mg 0 1 LC 8 0 Phytosterols .mg Theorems Theorems .mg 0 0 4 0.0 Caffeine .mg 0 0 FLC 4 0 Theobromine .mg 0 0 FLC 4 0 Carotene, beta .mg 0 0 FLC 4 0.089 Carotene, alpha .mcg 0 0 FLC 4 0.000 Cryptoxanthin, beta .mcg 0 0 FLC 4 0.000 Lycopene .mcg 0 0 FLC 4 0.000										
22:6 n-3				-		_				
Fatty acids, total trans. 9 Cholesterol						_		0.000		
Cholesterol	_	0.001		0	FLM	4		0.000		
Phytosterols. mg Others: Second of the color										
Others: Alcohol, ethyl	_	0		1	LC	8		0		
Alcohol, ethyl. g 0.0 4 0.0 Caffeine. mg 0 0 FLC 4 0 Theobromine. mg 0 0 FLC 4 0 Carotenoids: Carotene, beta. mcg 0 0 FLC 4 0.089 Carotene, alpha. mcg 0 0 FLC 4 0.000 Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 Lycopene. mcg 0 0 FLC 4 0.000	Phytosterolsmg									
Caffeine	Others:									
Theobromine mg 0 0 FLC 4 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.089 Carotene, alpha mcg 0 0 FLC 4 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 Lycopene mcg 0 0 FLC 4 0.000	Alcohol, ethylg	0.0		0		4		0.0		
Carotenoids: Carotene, beta	Caffeinemg	0		0	FLC	4		0		
Carotene, beta	Theobrominemg	0		0	FLC	4		0		
Carotene, alpha. mcg 0 0 FLC 4 0.000 Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 Lycopene. mcg 0 0 FLC 4 0.000	Carotenoids:									
Carotene, alpha. mcg 0 0 FLC 4 0.000 Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 Lycopene. mcg 0 0 FLC 4 0.000	Carotene beta MCG	0		0	FLC	4		0.089		
Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 Lycopene. mcg 0 0 FLC 4 0.000				-						
Lycopene		-		-						
=J I I I I I I I				0	FLC	4				
	Lutein + zeaxanthinmcg							0.021		

Common Measures:

Measure 1 = 40g: 6 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19069 Candies, NESTLE, BUTTERFINGER Bar

		<u>A</u> 1	mount in 100	<u>grams</u>	ot edik	ie portio	<u>on</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.20		0	FLM	4		0.25			
Energy		476			MC	9		100			
Energy	kj	1992		0	MC	9		418			
Protein	-	5.80		0	MC	9		1.22			
Total lipid (fat)		19.00			MC	9		3.99			
Ash		1.51		0	FLM	4		0.32			
Carbohydrate, by difference		72.49		0	MC	9		15.22			
Fiber, total dietary		1.7			MC	9		0.4			
Sugars, total	-	52.40			MC	9		11.00			
Starch	g										
Minerals:											
Calcium, Ca	_	35			MC	9		7			
Iron, Fe	_	0.76			MC	9		0.16			
Magnesium, Mg		83		0	FLA	4		17			
Phosphorus, P		135		0	FLA	4		28			
Potassium, K		395		0	FLA	4		83			
Sodium, Na		214		_	MC	9		45			
Zinc, Zn		1.19		0	FLA	4		0.25			
Copper, Cu		0.428		0	FLA	4		0.090			
Manganese, Mn		0.797 4.1	'	0	FLA FLA	4 4		0.167 0.9			
Selenium, Se	Ilicg	4.1		U	FLA	4		0.9			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0			MC	9		0.0			
Thiamin	_	0.109		0	FLA	4		0.023			
Riboflavin		0.076		0	FLA	4		0.016			
Niacin		3.079		0	FLA	4		0.647			
Pantothenic acid		0.369		0	FLA	4		0.078			
Vitamin B-6	-	0.102	2	0	FLA	4		0.021			
Folate, total		33		0	FLA	4		7			
Folic acid		0		0	FLA	4		0			
Folate, food		32		0	FLA	4		7			
Folate, DFE		32		0	NC	4		7			
Vitamin B-12		0.02 2		0	FLA	4 9		0.00			
Vitamin A, IU Vitamin A, RAE		0		0	MC Z	7		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		1.73		0	FLA	4		0.36			
Tocopherol, beta	ma	1.73		U	FLIA	7		0.30			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.4		0	FLA	4		0.5			
	-										
Lipids:	a	10 245	:	0	ET M	4		2.151			
Fatty acids, total saturated		10.245 0.000		0	FLM FLM	4 4		0.000			
4:0 6:0		0.000		0	FLM	4		0.004			
8:0		0.020		0	FLM	4		0.004			
10:0	-	0.336		0	FLM	4		0.079			
12:0	-	4.780		0	FLM	4		1.004			
13:0		4		v		•					
14:0		1.675	5	0	FLM	4		0.352			
15:0		1.075	-	v		•		3.332			
16:0		2.150)	0	FLM	4		0.452			
17:0		2.130		v		•		3.432			
18:0	-	0.906	5	0	FLM	4		0.190			
20:0	-	0.500	-	v		•		3.130			
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	itedg	4.879		0	FLM	4		1.025		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.001		0	FLM	4		0.000		
17:1	-									
18:1 undifferentiated	-	4.780		0	FLM	4		1.004		
20:1	-	0.098		0	FLM	4		0.021		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturate	edg	2.461		0	FLM	4		0.517		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	2.461		0	FLM	4		0.517		
18:3 undifferentiated	g	0.001		0	FLM	4		0.000		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0			MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0		
Caffeine	mg	5		0	FLA	4		1		
Theobromine	mg	184		0	FLA	4		39		
Carotenoids:										
Carotene, beta		0		0	FLM	4		0.022		
Carotene, alpha		0		0	FLA	4		0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000		
Lycopene	mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 21g: 1 bar fun size

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19119 Candies, NESTLE, CHUNKY Bar

	<u>A</u>	mount in 100 grams	of edible	portio	<u>n</u>	Amount in edible portion of common			
		Number				m	easures of food		
				Source	Confidence				
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
D									
Proximates: Waterg	2.90	2		1		1.02	1.16		
Energy kcal	495	0		4		173	198		
Energykj	2071	·		4		725	828		
Protein (N x 5.8)g	9.00	2		1		3.15	3.60		
Total lipid (fat)	29.20	2		1		10.22	11.68		
Ash9	1.70	2		1		0.60	0.68		
Carbohydrate, by difference	57.10	0	NC	4		19.99	22.84		
Fiber, total dietary	4.8	0	NC	1		1.7	1.9		
Sugars, total	4.0	· ·		-		1.,	1.9		
-									
Starchg									
Minerals:									
Calcium, Camg	143	2		1		50	57		
Iron, Femg	1.25	2		1		0.44	0.50		
Magnesium, Mgmg	73	1		1		26	29		
Phosphorus, Pmg	208	1		1		73	83		
Potassium, Kmg	534	2		1		187	214		
Sodium, Namg	53	2		1		19	21		
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
Vitamins:									
Vitamin C, total ascorbic acidmg	0.3	2		1		0.1	0.1		
Thiaminmg	0.087			1		0.030	0.035		
Riboflavinmg	0.395			1		0.138	0.158		
Niacin mg	1.900			1		0.665	0.760		
Pantothenic acidmg	1.500	· -		-		0.005	0.700		
Vitamin B-6mg									
Folate, total mcg									
Folic acid mcg									
Folate, foodmcg									
Folate, DFEmcg_DF	E								
Vitamin B-12mcg									
Vitamin A, IUIU	63	2		1		22	25		
Vitamin A, RAEmcg_RA	E								
Retinolmcg									
Vitamin E (alpha-tocopherol)mg									
Tocopherol, betamg									
Tocopherol, gammamg									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mcg									
I inido.									
Lipids:	02.000	0		1		0 107	0.000		
Fatty acids, total saturatedg	23.220 0.090			1 1		8.127	9.288		
4:0g	0.090			1		0.032 0.046	0.036 0.052		
6:0g	0.130			1					
8:0g	0.220			1		0.077 0.077	0.088 0.088		
10:0g	0.220			1		0.077	0.088		
12:0g 13:0g	0.270	, 1		_		0.095	0.108		
13:0g 14:0g	0.720) 1		1		0.252	0.288		
14:0g 15:0g	0.720	, 1		_		0.252	0.288		
15:0g 16:0g	10.120) 1		1		3.542	4.048		
	10.120	, 1		_		3.342	4.048		
17:0g	10.750) 1		1		2 762	4 300		
18:0g	10.750	, 1		1		3.763	4.300		
20:0g 22:0g									

		<u>An</u>	nount in 100 grams	Amount in edible portion of common				
			Numbe	r		<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.310	0	1		0.109	0.124	
14:1								
15:1 16:1 undifferentiated 17:1.	g	0.130	1	1		0.046	0.052	
17.1	g	0.130	1	1		0.046	0.052	
22:1 undifferentiated								
24:1 c								
Fatty acids, total polyunsaturated		4.410	0	1		1.544	1.764	
18:2 undifferentiated		4.270	1	1		1.495	1.708	
18:3 undifferentiated	-	0.130	1	1		0.046	0.052	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g							
20:5 n-3	g							
22:5 n-3	g							
22:6 n-3	g							
Fatty acids, total trans	g							
Cholesterol	mg	11	2	1		4	4	
Phytosterols	mg							
Others:								
Alcohol, ethyl	-							
Caffeine	-	29	1	1		10	12	
Theobromine	mg	157	1	1		55	63	

Common Measures:

Measure 1 = 35g: 1 bar (1.25 oz) Measure 2 = 40g: 1 bar (1.4 oz)

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.7

Food Group: 19 Sweets

NDB No. 19145 Candies, NESTLE, CRUNCH Bar and Dessert Topping

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number of Data	Deriv	Source	Confidence	<u></u>	easures or root	<u>-</u>
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.14		3	MA	12		0.46	0.11	129.28
Energy		522		0	MC	9		209	52	59195
Energy	kj	2184				9		874	218	247671
Protein		6.00		3	A	1		2.40	0.60	680.40
Total lipid (fat)	g	26.30		3	MA	12		10.52	2.63	2982.42
Ash	g	1.35		3	A	1		0.54	0.14	153.09
Carbohydrate, by difference	g	65.21		0	MC	9		26.08	6.52	7394.81
Fiber, total dietary	g	2.6		3	A	1		1.0	0.3	294.8
Sugars, total	g	56.00		3	MA	12		22.40	5.60	6350.40
Starch	g									
Minerals:		4.60			_	_			4.5	10165
Calcium, Ca	_	169		3	A	1		68	17	19165
Iron, Fe	_	0.50		3	A	1		0.20	0.05	56.70
Magnesium, Mg										
Phosphorus, P					_	_				
Potassium, K	_	344	19.4		A	1		138	34	39010
Sodium, Na		133		3	A	1		53	13	15082
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:	ma	0.3		3	A	1		0.1	0.0	34.0
Vitamin C, total ascorbic acid	-	0.3		3	A	1		0.1	0.0	34.0
Thiamin	-									
Riboflavin	• • • • • • • • • • • • • • • • • • • •									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6	-									
Foliate, total	_									
Folic acid	_									
Folate, foodFolate, DFE										
Vitamin B-12										
	-	69		3	MA	12		28	7	7825
Vitamin A, IU Vitamin A, RAE		09		,	PIA	12		20	,	7625
Retinol										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	15.190)	3	MA	12		6.076	1.519	1722.546
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0										
15:0	g									
16:0	g									
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									

		<u> </u>	Amount in 10	0 grams	Amount in edible portion of common measures of food					
Nutrients and Uni	its	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated 14:1	g g									
16:1 undifferentiated	g g									
24:1 c Fatty acids, total polyunsaturated 18:2 undifferentiated	g g									
18:3 undifferentiated	g g									
20:4 undifferentiated 20:5 n-3 22:5 n-3	g g									
22:6 n-3 Fatty acids, total trans Cholesterol Phytosterols	g mg	13		3	MA	12		5	1	1474
Others: Alcohol, ethyl	_									
Caffeine	• • • • • • • • • • • • • • • • • • • •	24 156		1 1		1 1		10 62	2 16	2722 17690

Common Measures:

Measure 1 = 40g: 1 bar (1.4 oz) Measure 2 = 10.0g: 1 bar, miniature Measure 3 = 11340g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19158 Candies, NESTLE, DEMET'S TURTLES Candy

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>l</u>	
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	6.10	1		1		10.37	1.04		
Energy	kcal	485	0		4		825	82		
Energy	kj	2029			4		3450	345		
Protein (N x 6.1)	g	6.40	1		1		10.88	1.09		
Total lipid (fat)	g	27.80	1		1		47.26	4.73		
Ash	g	1.40	1		1		2.38	0.24		
Carbohydrate, by difference	g	58.00	0	NC	4		98.60	9.86		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	150	_		4		260	07		
Calcium, Ca	_	158	1		1 1		269 2.31	27 0.23		
Iron, Fe		1.36 52	1		1		2.31 89	0.23 9		
Magnesium, Mg Phosphorus, P		32	U		_		69	9		
Potassium, K	-	308	1		1		524	52		
Sodium, Na	-	94	1		1		160	16		
Zinc, Zn		<i>-</i>	-		-		100	10		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.45			_					
Thiamin		0.150			1		0.255	0.026		
Riboflavin		0.240			1		0.408	0.041		
Niacin		0.340) 1		1		0.578	0.058		
Pantothenic acid										
Vitamin B-6										
Folic acid										
Folate, food										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		163	1		1		277	28		
Vitamin A, RAE			_		_					
Retinol										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	a	10.840	0		1		18.428	1.843		
Fatty acids, total saturated		0.190			1		0.323	0.032		
6:0	-	0.130			1		0.323	0.032		
8:0		0.130			1		0.459	0.022		
10:0	-	0.240			1		0.408	0.041		
12:0		0.800			1		1.360	0.136		
13:0		3.300	-		-		2.500	0.200		
14:0		0.190) 1		1		0.323	0.032		
15:0			_		-		3.323	0.002		
16:0	-	5.020) 1		1		8.534	0.853		
17:0	-		_		-		3.00.	0.000		
18:0	•	3.910) 1		1		6.647	0.665		
20:0	•	3.010	-		-			2.000		
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100 gram	s of edible portion	<u>on</u>	Amount in edible portion of common		
		Numbe			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		easure 1	Measure 2	Measure 3
Father anida Add I was a superfected	g 11.080	0	1		18.836	1.884	
Fatty acids, total monounsaturated	J .	U	1		18.836	1.884	
14:1 15:1	•						
16:1 undifferentiated	•	1	1		0.323	0.032	
17:1	•	1	1		0.323	0.032	
18:1 undifferentiated		1	1		18.428	1.843	
20:1	=		1		0.051	0.005	
22:1 undifferentiated		-	-		0.031	0.005	
24:1 c	•						
Fatty acids, total polyunsaturated	•	0	1		7.905	0.791	
18:2 undifferentiated			1		7.548	0.755	
18:3 undifferentiated			1		0.357	0.036	
18:4	•						
20:2 n-6 c.c.	•						
20:3 undifferentiated	=						
20:4 undifferentiated.	•						
20:5 n-3	g						
22:5 n-3	.g						
22:6 n-3	.g						
Fatty acids, total trans	g						
Cholesterol	mg 22	1	1		37	4	
Phytosterols	mg						
Others:							
Alcohol, ethylg							
Caffeinen	<u>ng</u> 4	1	1		7	1	
Theobrominen	ng 48	1	1		82	8	

Common Measures:

Measure 1 = 170g: 1 package (6 oz)

Measure 2 = 17g: 1 piece

Calories Factors: Protein 3.8 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

NDB No. 19105 Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

		<u>Aı</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	_	
Nutrients and Un	iite	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and On	iits	Weari	Stu. Ellor 1	Stu. Ellor 1 smile				Weasure i	Weasure 2	wieasure v	
Proximates:											
Water	g	1.90	0.100	3		1		0.74	3.76	0.78	
Energy	kcal	513		0		4		200	1016	210	
Energy	kj	2146				4		837	4250	880	
Protein (N x 5.6)		13.70	0.314	3		1		5.34	27.13	5.62	
Total lipid (fat)	g	33.50	0.518	3		1		13.07	66.33	13.74	
Ash		1.80	0.076	3		1		0.70	3.56	0.74	
Carbohydrate, by difference		48.70		0	NC	4		18.99	96.43	19.97	
Fiber, total dietary	g	6.1		0	FLM	4		2.4	12.1	2.5	
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	127	14.814	3		1		50	251	52	
Iron, Fe		1.34	0.132	3		1		0.52	2.65	0.55	
Magnesium, Mg		119	0.132	1		4		46	236	49	
Phosphorus, P		296		1		4		115	586	121	
Potassium, K		502	10.786	3		1		196	994	206	
Sodium, Na		41	2.618	3		1		16	81	17	
Zinc, Zn		2.19		1		4		0.85	4.34	0.90	
Copper, Cu	-	0.809		1		4		0.316	1.602	0.33	
Manganese, Mn		0.830		1		1		0.324	1.643	0.34	
Selenium, Se											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	0.0	
Thiamin		0.120		3		1		0.047	0.238	0.04	
Riboflavin		0.210		3		1		0.082	0.416	0.08	
Niacin		5.200		3		1		2.028	10.296	2.13	
Pantothenic acid	-	0.570		1		1		0.222	1.129	0.23	
Vitamin B-6	-	0.210		1		1		0.082	0.416	0.08	
Folate, total		8		1	_	1		3	16	3	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		8		1		1		3	16	3	
Folate, DFE		8		0	NC	4		3	16	3	
Vitamin B-12	mcg	0.29		1		4		0.11	0.57	0.12	
Vitamin A, IU		0		1		1		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitainiii K (piiyiloquiiloile)	niog										
Lipids:											
Fatty acids, total saturated	g	12.210		0		1		4.762	24.176	5.00	
4:0											
6:0	g	0.030		1		1		0.012	0.059	0.01	
8:0	g	0.060		1		1		0.023	0.119	0.02	
10:0	g	0.060		1		1		0.023	0.119	0.02	
12:0	g	0.130		1		1		0.051	0.257	0.05	
13:0	g										
14:0	g	0.320		1		1		0.125	0.634	0.13	
15:0	g										
16:0	g	5.700		1		1		2.223	11.286	2.33	
17:0	g										
18:0	g	4.780		1		1		1.864	9.464	1.96	
20:0	-										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 100 gran	ns of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numb of Da		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	14.740	0		1		5.749	29.185	6.043
14:1									
15:1									
16:1 undifferentiated	g	0.060	1		1		0.023	0.119	0.025
17:1	g								
18:1 undifferentiated	g	14.450	1		1		5.636	28.611	5.925
20:1	g	0.190	1		1		0.074	0.376	0.078
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	5.100	0		1		1.989	10.098	2.091
18:2 undifferentiated	g	5.030	1		1		1.962	9.959	2.062
18:3 undifferentiated	g	0.060	1		1		0.023	0.119	0.025
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated									
20:5 n-3	-								
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	9	2		1		4	18	4
Phytosterols	mg								
Others:									
Alcohol, ethyl	-								
Caffeine		22	1		1		9	44	9
Theobromine	mg	109	1		1		43	216	45

Common Measures:

Measure 1 = 39g: 1 package (1.375 oz) Measure 2 = 198g: 1 package (7 oz)

Measure 3 = 41g: 1 serving

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 3.7

Food Group: 19 Sweets

NDB No. 19118 Candies, NESTLE, OH HENRY! Bar

		<u>A</u>	mount in 100	grams	ot edik	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.30		0	NR	4		0.60			
Energy	kcal	462		0	MC	9		120			
Energy	kj	1931		0	MC	9		502			
Protein	g	7.70		0	MC	9		2.00			
Total lipid (fat)	g	23.10		0	MC	9		6.01			
Ash	g	1.50		1		1		0.39			
Carbohydrate, by difference	g	65.40		0	MC	9		17.00			
Fiber, total dietary	g	2.1		0	MC	9		0.5			
Sugars, total	g	50.00		0	MC	9		13.00			
Starch	=										
Minerals:											
Calcium, Ca	-	81		0	MC	9		21			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.62		0	MC	9		0.16			
Magnesium, Mg	mg	51		0	FLC	4		13			
Phosphorus, P		140		0	FLC	4		36			
Potassium, K	mg	324		1		1		84			
Sodium, Na	mg	231		0	MC	9		60			
Zinc, Zn	mg	1.15		0	FLC	4		0.30			
Copper, Cu	mg	0.353	3	0	FLC	4		0.092			
Manganese, Mn	mg	0.535	5	0	FLC	4		0.139			
Selenium, Se	mcg	3.2		0	FLC	4		0.8			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1			
Thiamin	-	0.023	3	1		1		0.006			
Riboflavin	mg	0.161	L	1		1		0.042			
Niacin	mg	2.800	ס	1		1		0.728			
Pantothenic acid	mg	0.516	6	0	FLC	4		0.134			
Vitamin B-6	mg	0.086	6	0	FLC	4		0.022			
Folate, total	mcg	44		0	FLC	4		11			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	44		0	FLC	4		11			
Folate, DFE	mcg_DFE	44		0	NC	4		11			
Vitamin B-12		0.20		0	FLC	4		0.05			
Vitamin A, IU	IU	33		0	MC	9		9			
Vitamin A, RAE	mcg_RAE	10		0	FLC	4		3			
Retinol		10		0	FLC	4		3			
Vitamin E (alpha-tocopherol)	mg	2.06		0	FLC	4		0.53			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0			
Lipids:											
Fatty acids, total saturated	g	6.720)	0		1		1.747			
4:0	g	0.060)	1		1		0.016			
6:0	g	0.050)	1		1		0.013			
8:0	g	0.080)	1		1		0.021			
10:0	g	0.100)	1		1		0.026			
12:0	g	0.340)	1		1		0.088			
13:0											
14:0	-	0.310)	1		1		0.081			
15:0											
16:0		2.980)	1		1		0.775			
17:0											
18:0	-	2.350)	1		1		0.611			
20:0	-										
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.670		0		1		1.734		
14:1g	0.070		Ū		-		1.734		
15:1g									
16:1 undifferentiatedg	0.030		1		1		0.008		
17:1g									
18:1 undifferentiatedg	6.620		1		1		1.721		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.720		0		1		0.707		
18:2 undifferentiatedg	2.720		1		1		0.707		
18:3 undifferentiatedg	0.000		0		1		0.000		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterol mg	9		1		1		2		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	4		0	FLC	4		1		
Theobromine mg	41		0	FLC	4		11		
Carotenoids:									
Carotene, betamcg	0		0	FLC	4		0.006		
Carotene, alpha mcg	0		0	FLC	4		0.000		
Cryptoxanthin, betamcg	0		0	FLC	4		0.000		
Lycopene mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000		

Common Measures:

Measure 1 = 26g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19149 Candies, NESTLE, RAISINETS Chocolate Covered Raisins

		<u>A</u> 1	mount in 100 g		f edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> :	easures of food		
							Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		6.40	0.784	3		1		2.88	0.64	2.88	
Energy		412		0		4		185	41	185	
Energy		1724				4		776	172	776	
Protein (N x 6.2)		4.70	0.668	3		1		2.12	0.47	2.12	
Total lipid (fat)	-	15.90	0.969	3		1		7.16	1.59	7.16	
Ash		1.50	0.185	3		1		0.68	0.15	0.68	
Carbohydrate, by difference		71.20		0	NC	4		32.04	7.12	32.04	
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	108		2		1		49	11	49	
Iron, Fe	-	1.19		2		1		0.54	0.12	0.54	
Magnesium, Mg	mg	45		1		1		20	5	20	
Phosphorus, P	mg	144		1		1		65	14	65	
Potassium, K	mg	514		2		1		231	51	231	
Sodium, Na	mg	36		2		1		16	4	16	
Zinc, Zn	mg										
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		2		1		0.1	0.0	0.1	
Thiamin	-	0.090)	2		1		0.041	0.009	0.04	
Riboflavin	-	0.220)	2		1		0.099	0.022	0.09	
Niacin		0.400)	2		1		0.180	0.040	0.18	
Pantothenic acid											
Vitamin B-6	mg										
Folate, total	mcg										
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food											
Folate, DFE	mcg_DFE										
Vitamin B-12	•										
Vitamin A, IU		38		2		1		17	4	17	
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	9										
<u>Lipids:</u>											
Fatty acids, total saturated	g	7.340)	0		1		3.303	0.734	3.30	
4:0											
6:0											
8:0	_										
10:0		0.000		2				0.104	2 222	0.10	
12:0		0.230)	3		1		0.104	0.023	0.10	
13:0	_	0.300	•	3		1		0 105	0.000	0.13	
14:0		0.300	,	3		1		0.135	0.030	0.13	
15:0		2 440	•	3		1		1 F40	0.344	1 54	
16:0		3.440	,	3		1		1.548	0.344	1.54	
17:0 18:0		3.360	1	3		1		1.512	0 226	1.51	
	_	3.360	•	3		_		1.512	0.336	1.51	
20:0	-										
24:0	-										

	<u>Ar</u>	nount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
		Number	r		<u>m</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	
Fatty acids, total monounsaturatedg	5.940	0	1		2.673	0.594	2.673	
14:19								
15:1	0.080	3	1		0.036	0.008	0.036	
18:1 undifferentiated	5.800	3	1		2.610	0.580	2.610	
20:1g								
22:1 undifferentiated								
24:1 c	4 000	•	_					
Fatty acids, total polyunsaturated9	1.900	0	1		0.855	0.190	0.855	
18:2 undifferentiatedg	1.780	3	1		0.801	0.178	0.801	
18:3 undifferentiatedg	0.120	3	1		0.054	0.012	0.054	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3								
Cholesterolg	4	2	1		2	0	2	
Phytosterolsmg	•	2	-		-	v	-	
Others:								
Alcohol, ethylg								
Caffeine mg	25	1	1		11	3	11	
Theobromine mg	127	1	1		57	13	57	

Common Measures:

Measure 1 = 45g: 1 package Measure 2 = 10.0g: 10 pieces

Measure 3 = 45g: 1 package (1.58 oz)

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.6

Food Group: 19 Sweets

Hershey Food Corp.

Refuse: 0%

		<u>A</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common	
			Nı	umber				measures of food			
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.65		1	MC	9		0.64			
Energy	kcal	521		1	MC	9		203			
Energy	kj	2181		0	MC	9		851			
Protein (N x 6.25)	g	11.34		1	MC	9		4.42			
Total lipid (fat)	g	29.85		1	MC	9		11.64			
Ash	g	1.62		1	MC	9		0.63			
Carbohydrate, by difference	g	55.18		1	MC	9		21.52			
Fiber, total dietary	g	3.1		1	MC	9		1.2			
Sugars, total	g	48.03		1	MC	9		18.73			
Starch	g										
Minarala											
Minerals: Calcium, Ca	ma	112		1	MC	9		44			
Iron. Fe.	-	0.85		1	MC	9		0.33			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	63		1	MC	9		25			
Phosphorus, P		194		1	MC	9		76			
Potassium, K	-	382		1	MC	9		149			
Sodium, Na	-	179		1	MC	9		70			
Zine, Zn	-	1.06		1	MC	9		0.41			
Copper, Cu		0.300)	1	MC	9		0.117			
Manganese, Mn	mg	0.650)	1	MC	9		0.254			
Selenium, Se	mcg	1.6		1	MC	9		0.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.8		1	MC	9		0.3			
Thiamin	_	0.150)	1	MC	9		0.059			
Riboflavin	-	0.210		1	MC	9		0.082			
Niacin	-	4.330		1	MC	9		1.689			
Pantothenic acid		0.570		1	MC	9		0.222			
Vitamin B-6		0.100		1	MC	9		0.039			
Folate, total	-	42		1	MC	9		17			
Folic acid											
Folate, food											
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU		60		1	MC	9		23			
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
	g										
<u>Lipids:</u>	~			_		•		E 000			
Fatty acids, total saturated		18.000		1	MC	9		7.020			
Fatty acids, total monounsaturated		7.060		1 1	MC	9		2.753			
Fatty acids, total polyunsaturated		1.820			MC	9		0.710			
Fatty acids, total trans		0.050 7	,	1 1	MC MC	9 9		0.020 3			
Cholesterol	-	,		1	МС	9		3			
Phytosterols	9										
Others:	a			4	140	•		0.0			
Alcohol, ethyl		0.0 0		1 1	MC MC	9 9		0.0			
Theobromine		U		_	AC	9		J			

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

NDB No. 19238 Candies, REESE'S BITES

Common Measures:

Measure 1 = 39g: 16 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19242 Candies, REESE'S CRUNCHY COOKIE CUPS

Hershey Food Corp.

Refuse: 0%

		<u>A</u> :	mount in 100 gr	ams of ed	lible porti	<u>on</u>	Amount in	edible portion	of common
			Nur	nber			m	easures of food	
				Data Deri	v Source	Confidence			
Nutrients and Units	s	Mean	Std. Error Poi	ints Cod	e Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	1.02		1 M	9		0.17	0.20	0.41
Energy	kcal	507		1 M	9		86	101	203
Energy	kj	2120		0 M	9		360	424	848
Protein	g	8.47		1 M	9		1.44	1.69	3.39
Total lipid (fat)	g	28.16		1 M	9		4.79	5.63	11.26
Ash		1.84		1 M	9		0.31	0.37	0.74
Carbohydrate, by difference	g	59.60		1 M	9		10.13	11.92	23.84
Fiber, total dietary	g	3.2		1 M	9		0.5	0.6	1.3
Sugars, total	g	48.73		1 M	9		8.28	9.75	19.49
Starch	g								
Minerals:									
Calcium, Ca	mg	79		1 MC	9		13	16	32
Iron, Fe	mg	1.23		1 MC	9		0.21	0.25	0.49
Magnesium, Mg	mg	41		1 MC	9		7	8	17
Phosphorus, P	mg	132		1 MC	9		22	26	53
Potassium, K	mg	339		1 MC			58	68	136
Sodium, Na	mg	262		1 MC			44	52	105
Zinc, Zn		0.70		1 MC			0.12	0.14	0.28
Copper, Cu		0.160		1 MC			0.027	0.032	0.06
Manganese, Mn		0.000)	1 MC			0.000	0.000	0.00
Selenium, Se	mcg	0.3		1 MC	9		0.0	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid	-	0.6		1 MC			0.1	0.1	0.2
Thiamin	_	0.140		1 MC			0.024	0.028	0.05
Riboflavin	-	0.130		1 MC			0.022	0.026	0.05
Niacin		3.090		1 MC			0.525	0.618	1.23
Pantothenic acid		0.300		1 MC			0.051	0.060	0.12
Vitamin B-6	-	0.050)	1 MC			0.009	0.010	0.02
Folate, total		38		1 MC	9		6	8	15
Folic acid									
Folate, foodFolate, DFE									
Vitamin B-12									
Vitamin A, IU		71		1 MC	9		12	14	28
Vitamin A, RAE		, -		1 140			12	14	20
Retinol									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated		11.560		1 MC			1.965	2.312	4.62
Fatty acids, total monounsaturated		9.730		1 MC			1.654	1.946	3.89
Fatty acids, total polyunsaturated		3.990		1 MC			0.678	0.798	1.59
Fatty acids, total trans		0.170)	1 MC			0.029	0.034	0.06
Cholesterol		7		1 MC	9		1	1	3
Phytosterols	<u>mg</u>								
Others:	_								
Alcohol, ethyl		0.0		1 MC	9		0.0	0.0	0.0
Caffeine	mg mg								

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NDB No. 19242

Candies, REESE'S CRUNCHY COOKIE CUPS

Common Measures:

Measure 1 = 17g: 1 package .6 oz Measure 2 = 20g: 1 package .72 oz

Measure 3 = 40g: 1 package 1.44 oz, 2 cups

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19239 Candies, REESE'S NUTRAGEOUS Candy Bar

Hershey Food Corp.

Refuse: 0%

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of food		
			-			Source	Confidence				
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	1.50		1	MC	9		0.81	0.51		
Energy	kcal	517		1	MC	9		279	176		
Energy	kj	2165		0	MC	9		1169	736		
Protein	-	11.28		1	MC	9		6.09	3.84		
Total lipid (fat)		32.09		1	MC	9		17.33	10.91		
Ash	g	2.18		1	MC	9		1.18	0.74		
Carbohydrate, by difference	g	52.80		1	MC	9		28.51	17.95		
Fiber, total dietary	g	3.9		1	MC	9		2.1	1.3		
Sugars, total	g	40.22		1	MC	9		21.72	13.67		
Starch	g										
Minerals:											
Calcium, Ca	-	68		1	MC	9		37	23		
Iron, Fe		1.23		1	MC	9		0.66	0.42		
Magnesium, Mg		68		1	MC	9		37	23		
Phosphorus, P	-	175		1	MC	9		94	59		
Potassium, K	-	364		1	MC	9		197	124		
Sodium, Na	-	141		1	MC	9		76	48		
Zinc, Zn		1.29		1	MC	9		0.70	0.44		
Copper, Cu		0.270		1	MC	9		0.146	0.092		
Manganese, Mn		0.000	,	1 1	MC MC	9 9		0.000 0.1	0.000 0.1		
Selenium, Se	Illog	0.2		1	MC	9		0.1	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		1	MC	9		0.2	0.2		
Thiamin	_. mg	0.180)	1	MC	9		0.097	0.061		
Riboflavin	-	0.100)	1	MC	9		0.054	0.034		
Niacin		5.250		1	MC	9		2.835	1.785		
Pantothenic acid		0.540		1	MC	9		0.292	0.184		
Vitamin B-6		0.100)	1	MC	9		0.054	0.034		
Folate, total		56		1	MC	9		30	19		
Folic acid											
Folate, food											
Folate, DFE											
Vitamin B-12 Vitamin A, IU		36		1	мс	9		19	12		
Vitamin A, RAE		30		_	MC	9		19	12		
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated		8.860		1	MC	9		4.784	3.012		
Fatty acids, total monounsaturated	_	12.630		1	MC	9		6.820	4.294		
Fatty acids, total polyunsaturated		8.090)	1	MC	9		4.369	2.751		
Fatty acids, total trans											
Cholesterol		3		1	MC	9		2	1		
Phytosterols	mg										
Others:	_			_		_					
Alcohol, ethyl		0.0		1	MC	9		0.0	0.0		
Caffeine Theobromine											

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

NDB No. 19239

Candies, REESE'S NUTRAGEOUS Candy Bar

Common Measures:

Measure 1 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19151 Candies, REESE'S PIECES Candy

Hershey Food Corp.

		<u>Aı</u>	mount in 100	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			1	Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	1.00		1	MC	9		0.47	0.08	0.46
Energy		497		1	MC	9		234	40	229
Energy	kj	2080		0	MC	9		978	166	957
Protein	-	12.46		1	MC	9		5.86	1.00	5.73
Total lipid (fat)	g	24.77		1	MC	9		11.64	1.98	11.39
Ash	g	1.81		1	MC	9		0.85	0.14	0.83
Carbohydrate, by difference	g	59.86		1	MC	9		28.13	4.79	27.54
Fiber, total dietary	g	3.0		1	MC	9		1.4	0.2	1.4
Sugars, total	g	53.25		1	MC	9		25.03	4.26	24.50
Starch	g									
Minerals:									_	
Calcium, Ca	_	69		1	MC	9		32	6	32
Iron, Fe	_	0.49		1	MC	9		0.23	0.04	0.23
Magnesium, Mg		88		1	MC	9		42	7	41
Phosphorus, P		207		1	MC	9		97	17	95
Potassium, K		359		1	MC	9		169	29	165
Sodium, Na	_	194		1	MC	9		91	16	89
Zinc, Zn		1.15		1	MC	9		0.54	0.09	0.53
Copper, Cu	_	0.410		1	MC	9		0.193	0.033	0.18
Manganese, Mn Selenium, Se		1.100 0.8	1	1 1	MC MC	9 9		0.517 0.4	0.088 0.1	0.50 0.4
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	MC	9		0.0	0.0	0.0
Thiamin	_	0.180)	1	MC	9		0.085	0.014	0.08
Riboflavin	_	0.220		1	MC	9		0.103	0.018	0.10
Niacin		6.060)	1	MC	9		2.848	0.485	2.78
Pantothenic acid	_	0.610	1	1	MC	9		0.287	0.049	0.28
Vitamin B-6	mg	0.110	1	1	MC	9		0.052	0.009	0.05
Folate, total	mcg	55		1	MC	9		26	4	25
Folic acid		0		0	FLM	4		0	0	0
Folate, food		55		1	MC	9		26	4	25
Folate, DFE		55		0	NC	4		26	4	25
Vitamin B-12		0.12		0	FLM	4		0.05	0.01	0.05
Vitamin A, IU		0		1	MC	9		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.09		0	FLM	4		0.51	0.09	0.50
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	6.0		0	FLM	4		2.8	0.5	2.7
Lipids:										
Fatty acids, total saturated		16.420		1	MC	9		7.717	1.314	7.55
4:0	•	0.002		0	FLM	4		0.001	0.000	0.00
6:0	-	0.039		0	FLM	4		0.018	0.003	0.01
8:0		0.639		0	FLM	4		0.301	0.051	0.29
10:0		0.717		0	FLM	4		0.337	0.057	0.33
12:0		9.105	i	0	FLM	4		4.279	0.728	4.18
13:0										
14:0		3.184	l .	0	FLM	4		1.497	0.255	1.46
15:0										
16:0	-	1.984	l .	0	FLM	4		0.932	0.159	0.91
17:0	-									
18:0		0.747		0	FLM	4		0.351	0.060	0.34

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
22:0											
24:0		4.460		1	MC	9		0.006	0.257	2.052	
Fatty acids, total monounsaturat		4.460		1	МС	9		2.096	0.357	2.052	
14:1											
15:1 16:1 undifferentiated		0.019		0	FLM	4		0.009	0.002	0.009	
17:1	-	0.019		U	E TWI	4		0.009	0.002	0.009	
18:1 undifferentiated	-	4.434		0	FLM	4		2.084	0.355	2.040	
20:1		0.001		0	FLM	4		0.001	0.333	0.001	
22:1 undifferentiated		0.001		0	FLM	4		0.001	0.000	0.001	
24:1 c		0.000		Ū	2 1101	-		0.000	0.000	0.000	
Fatty acids, total polyunsaturate		1.880		1	MC	9		0.884	0.150	0.865	
18:2 undifferentiated		1.769		0	FLM	4		0.831	0.130	0.814	
18:3 undifferentiated		0.107		0	FLM	4		0.051	0.009	0.014	
18:4		0.000		0	FLM	4		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		0.000		0	FLM	4		0.000	0.000	0.000	
20:5 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000	
22:5 n-3		0.000		0	FLM	4		0.000	0.000	0.000	
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total trans				_		_		0.000	0.000		
Cholesterol		0		1	MC	9		0	0	0	
Phytosterols											
,											
Others:											
Alcohol, ethyl	-	0.0		1	MC	9		0.0	0.0	0.0	
Caffeine	-	0		1	MC	9		0	0	0	
Theobromine	mg	0		0	FLM	4		0	0	0	
Carotenoids:											
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000	
Carotene, alpha	mcg	0		0	FLM	4		0.000	0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000	0.000	0.000	
Lycopene	mcg	0		0	FLM	4		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLM	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 47g: .25 cup Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19150 Candies, REESE'S Peanut Butter Cups

Hershey Food Corp.

		<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	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.44		1	MC	9		0.10	0.24	0.65	
Energy	kcal	515		1	MC	9		36	87	232	
Energy	kj	2153		0	MC	9		151	366	969	
Protein	g	10.24		1	MC	9		0.72	1.74	4.61	
Total lipid (fat)	g	30.53		1	MC	9		2.14	5.19	13.74	
Ash	g	2.28		1	MC	9		0.16	0.39	1.03	
Carbohydrate, by difference	g	55.36		1	MC	9		3.88	9.41	24.91	
Fiber, total dietary	g	3.6		1	MC	9		0.3	0.6	1.6	
Sugars, total	g	47.17		1	MC	9		3.30	8.02	21.23	
Starch	g										
Minerals:											
Calcium. Ca	ma	78		1	MC	9		5	13	35	
Iron, Fe		1.21		1	MC	9		0.08	0.21	0.54	
Magnesium, Mg	_	62		1	MC	9		4	11	28	
Phosphorus, P		161		1	MC	9		11	27	73	
Potassium, K	•	343		1	MC	9		24	58	155	
Sodium. Na.		314		1	MC	9		22	53	141	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.28		1	MC	9		0.09	0.22	0.58	
Copper, Cu		0.240)	1	MC	9		0.017	0.041	0.10	
Manganese, Mn		0.000		1	MC	9		0.000	0.000	0.00	
Selenium, Se		1.4		1	MC	9		0.1	0.2	0.6	
	•										
Vitamins:											
Vitamin C, total ascorbic acid	-	0.3		1	MC	9		0.0	0.1	0.1	
Thiamin		0.160		1	MC	9		0.011	0.027	0.07	
Riboflavin		0.110		1	MC	9		0.008	0.019	0.05	
Niacin	_	4.490		1	MC	9		0.314	0.763	2.02	
Pantothenic acid	-	0.620		1	MC	9		0.043	0.105	0.27	
Vitamin B-6	-	0.100)	1	MC	9		0.007	0.017	0.04	
Folate, total		50		1	MC	9		3	8	22	
Folic acid		0		0	FLM	4		0	0	0	
Folate, food		50		1	MC	9		3	8	22	
Folate, DFE		50		0	NC	4		3	8	22	
Vitamin B-12		0.56		0	FLM	4		0.04	0.09	0.25	
Vitamin A, IU		56		1	MC	9		4	10	25	
Vitamin A, RAE		17		0	NC	4		1	3	8	
Retinol		17		0	NR	4		1	3	8	
Vitamin E (alpha-tocopherol)		0.15		0	NR	4		0.01	0.03	0.07	
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		5.1		0	FLM	4		0.4	0.9	2.3	
T ::J											
<u>Lipids:</u>	_	40 500		_		•					
Fatty acids, total saturated		10.730		1 0	MC	9		0.751	1.824	4.82	
4:0		0.363		0	FLM	4		0.025	0.062	0.16	
6:0	-	0.131			FLM	4		0.009	0.022	0.05	
8:0	-	0.075 0.143		0 0	FLM FLM	4 4		0.005	0.013 0.024	0.03	
10:0	-			0		4		0.010			
12:0		0.156		0	FLM FLM	4		0.011	0.027	0.07	
13:0						4		0.000	0.000	0.00	
14:0		0.481		0	FLM			0.034	0.082	0.21	
15:0	-	0.049		0	FLM	4		0.003	0.008	0.02	
16:0	-	4.630		0	FLM	4		0.324	0.787	2.08	
17:0		0.047		0	FLM	4		0.003	0.008	0.02	
18:0	-	4.481		0	FLM	4		0.314	0.762	2.01	
20:0	y	0.124		0	FLM	4		0.009	0.021	0.05	
22:0	~	0.013		0	FLM	4		0.001	0.002	0.00	

	<u>Ar</u>	nount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	13.100		1	MA	12		0.917	2.227	5.895	
14:1g	0.049		0	FLM	4		0.003	0.008	0.022	
15:1g	0.000		0	FLM	4		0.000	0.000	0.000	
16:1 undifferentiatedg	0.094		0	FLM	4		0.007	0.016	0.042	
17:1g	0.014		0	FLM	4		0.001	0.002	0.006	
18:1 undifferentiatedg	6.502		0	FLM	4		0.455	1.105	2.926	
20:1g	0.044		0	FLM	4		0.003	0.007	0.020	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
24:1 cg	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	5.600		1	MA	12		0.392	0.952	2.520	
18:2 undifferentiatedg	5.288		0	FLM	4		0.370	0.899	2.380	
18:3 undifferentiatedg	0.001		0	FLM	4		0.000	0.000	0.000	
18:4g	0.000		0	FLM	4		0.000	0.000	0.000	
20:2 n-6 c,cg	0.000		0	FLM	4		0.000	0.000	0.000	
20:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total trans										
Cholesterolmg	6		1	MC	9		0	1	3	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		1	MC	9		0.0	0.0	0.0	
Caffeinemg	18		0	FLM	4		1	3	8	
Theobrominemg	184		0	FLM	4		13	31	83	
Carotenoids:										
Carotene, betamcg	0		0	FLM	4		0.000	0.000	0.000	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	0.000	
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	0.000	
Lycopene mcg	0		0	FLM	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLM	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 7.0g: 1 miniature

Measure 2 = 17g: 1 package 0.6 oz 1 cup Measure 3 = 45g: 1 package 1.6 oz 2 cups

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19252 Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Refuse: 0%

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			•
Nutrients and Units	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.10		1	MC	9		2.30		
Energy		474		1	MC	9		266		
Energy		1985		0	MC	9		1112		
Protein (N x 6.25)		8.66		1	MC	9		4.85		
Total lipid (fat)		23.42		1	MC	9		13.12		
Ash	g	2.01		1	MC	9		1.13		
Carbohydrate, by difference	g	61.60		1	MC	9		34.50		
Fiber, total dietary		2.9		1	MC	9		1.6		
Sugars, total	g	53.08		1	MC	9		29.72		
Starch	g									
Minerals:										
Calcium, Ca	mq	61		1	MC	9		34		
Iron. Fe.	-	0.96		1	MC	9		0.54		
Magnesium, Mg		48		1	MC	9		27		
Phosphorus, P		130		1	MC	9		73		
Potassium, K	•	284		1	MC	9		159		
Sodium, Na	_	330		1	MC	9		185		
Zinc, Zn	mg	0.94		1	MC	9		0.53		
Copper, Cu	mg	0.180)	1	MC	9		0.101		
Manganese, Mn	mg	0.000)	1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		1	MC	9		0.2		
Thiamin	_	0.130	1	1	MC	9		0.073		
Riboflavin		0.100		1	MC	9		0.056		
Niacin		3.570		1	MC	9		1.999		
Pantothenic acid		0.420		1	MC	9		0.235		
Vitamin B-6		0.070		1	MC	9		0.039		
Folate, total		39		1	MC	9		22		
Folic acid										
Folate, food		39		1	MC	9		22		
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	40		1	MC	9		23		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.230)	1	MC	9		4.609		
Fatty acids, total monounsaturated	g	8.940)	1	MC	9		5.006		
Fatty acids, total polyunsaturated	g	4.330)	1	MC	9		2.425		
Fatty acids, total trans		0.000)	1	MC	9		0.000		
Cholesterol	mg	4		1	MC	9		2		
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		1	MC	9		0.0		
Caffeine		0.0		1	MC	9		0.0		
Theobromine		J		_	HC	,		•		

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.

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Common Measures:

Measure 1 = 56g: 2 oz bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19152 Candies, ROLO Caramels in Milk Chocolate

		<u>A</u>	mount in 100 g	rams of	edib	ie portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data De	eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints Co		Code	Code	Measure 1	Measure 2	Measure	
Proximates:				_							
Water	_	4.60		1	MC	9		2.48	1.66	1.9	
Energy		474		1	MC	9		256	171	199	
Energy	=	1984		0	MC	9		1071	714	833	
Protein.		5.08		1	MC	9		2.74	1.83	2.1	
Total lipid (fat)		20.93		1	MC	9 9		11.30	7.53	8.7	
Ash		1.27		1 1	MC	9		0.69	0.46	0.5	
Carbohydrate, by difference		67.95 0.9		1	MC MC	9		36.69 0.5	24.46 0.3	28.5 0.4	
Fiber, total dietary				1	MC	9				26.8	
Sugars, total	-	63.93		1	MC	9		34.52	23.01	20.8	
Starch	9										
<u> Iinerals:</u>											
Calcium, Ca	mg	145		1	MC	9		79	52	61	
Iron, Fe	_	0.42			MC	9		0.23	0.15	0.1	
Magnesium, Mg		0			MC	9		0	0	0	
Phosphorus, P	•	71			MC	9		38	26	30	
Potassium, K	_	188			MC	9		101	68	79	
Sodium, Na		188			MC	9		101	68	79	
Zinc, Zn		0.00			MC	9		0.00	0.00	0.0	
Copper, Cu		0.000			MC	9		0.000	0.000	0.0	
Manganese, Mn		0.000)		MC	9		0.000	0.000	0.0	
Selenium, Se	mcg	0.0		1	MC	9		0.0	0.0	0.0	
<u>itamins:</u>											
Vitamin C, total ascorbic acid		0.9			MC	9		0.5	0.3	0.4	
Thiamin	_	0.020			MC	9		0.011	0.007	0.0	
Riboflavin		0.120			MC	9		0.065	0.043	0.0	
Niacin	_	0.040			MC	9		0.022	0.014	0.0	
Pantothenic acid		0.000			MC	9		0.000	0.000	0.0	
Vitamin B-6	-	0.000)		MC	9		0.000	0.000	0.0	
Folate, total		0			MC	9		0	0	0	
Folic acid		0			FLM	4		0	0	0	
Folate, food		0 0			MC	9		0	0	0	
Folate, DFE		-			NC	4		-	0	•	
Vitamin B-12		0.27			FLM	4		0.15	0.10	0.1	
Vitamin A, IU		121			MC	9		65	43	51	
Vitamin A, RAE		34			FLM	4 4		18	12	14	
Retinol		33 0.89			FLM FLM	4		18 0.48	12 0.32	14 0.3	
Vitamin E (alpha-tocopherol)		0.69		0 .	E IMI	4		0.40	0.32	0.3	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		4.4		0 :	FLM	4		2.4	1.6	1.8	
ipids:											
Fatty acids, total saturated	q	14.420)	1	MC	9		7.787	5.191	6.0	
4:0		0.138			FLM	4		0.075	0.050	0.0	
6:0		0.109			FLM	4		0.059	0.039	0.0	
8:0		0.502			FLM	4		0.271	0.181	0.2	
10:0		0.570			FLM	4		0.308	0.205	0.:	
12:0		6.243		0 :	FLM	4		3.371	2.247	2.	
13:0	-	0.000			FLM	4		0.000	0.000	0.0	
14:0	-	2.467		0 :	FLM	4		1.332	0.888	1.	
15:0		0.012	2	0 :	FLM	4		0.006	0.004	0.	
16:0	-	2.662		0 :	FLM	4		1.437	0.958	1.	
17:0	-	0.011		0 :	FLM	4		0.006	0.004	0.	
18:0	-	1.673		0 :	FLM	4		0.904	0.602	0.	
20:0	-	0.030		0 :	FLM	4		0.016	0.011	0.	
22:0		0.003		0 :	FLM	4		0.002	0.001	0.	
24:0		0.000		0 :	FLM	4		0.000	0.000	0.0	

	<u>Ar</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	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 monounsaturatedg	3.760		1	MC	9		2.030	1.354	1.579
14:1g	0.010		0	FLM	4		0.005	0.004	0.004
15:1g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiatedg	0.019		0	FLM	4		0.010	0.007	0.008
17:1g	0.003		0	FLM	4		0.001	0.001	0.001
18:1 undifferentiatedg	2.755		0	FLM	4		1.488	0.992	1.157
20:1g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
24:1 cg	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.390		1	MC	9		0.211	0.140	0.164
18:2 undifferentiatedg	0.337		0	FLM	4		0.182	0.121	0.141
18:3 undifferentiatedg	0.042		0	FLM	4		0.022	0.015	0.017
18:4g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.cg	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans9									
Cholesterolmg	12		1	MC	9		6	4	5
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		1	MC	9		0.0	0.0	0.0
Caffeine mg	3		0	FLM	4		2	1	1
Theobrominemg	35		0	FLM	4		19	13	15
Carotenoids:									
Carotene, betamcg	0		0	FLM	4		0.032	0.022	0.025
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopenemcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	FLM	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 54g: 1 package 1.91 oz

Measure 2 = 36g: 2 rolls 3 pieces per snack size roll

Measure 3 = 42g: 7 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19136 Candies, SKOR Toffee Bar

Hershey Food Corp.

Refuse: 0%

		<u>A</u>	mount in 100) grams	of edik	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
				of Data		Source	Confidence			•
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.57		1	MC	9		0.61		
Energy		535		1	MC	9		209		
Energy	kj	2240		0	MC	9		874		
Protein	g	3.13		1	MC	9		1.22		
Total lipid (fat)	g	32.18		1	MC	9		12.55		
Ash	g	1.20		1	MC	9		0.47		
Carbohydrate, by difference	g	61.72		1	MC	9		24.07		
Fiber, total dietary	g	1.3		1	MC	9		0.5		
Sugars, total	g	59.89		1	MC	9		23.36		
Starch	g									
Minovola										
Minerals: Calcium, Ca	ma									
Iron. Fe	-	0.57		1	MC	9		0.22		
Magnesium, Mg		10		1	MC	9		4		
Phosphorus, P		61		1	MC	9		24		
Potassium, K		153		1	MC	9		60		
Sodium, Na	•	317		1	MC	9		124		
Zinc, Zn	-	0.17		1	MC	9		0.07		
Copper, Cu	-	0.040	1	1	MC	9		0.016		
Manganese, Mn		0.000		1	MC	9		0.000		
Selenium, Se		0.0		1	MC	9		0.0		
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.5		1	MC	9		0.2		
Thiamin		0.020		1	MC	9		0.008		
Riboflavin		0.100		1	MC	9		0.039		
Niacin		0.130		1	MC	9		0.051		
Pantothenic acid		0.040)	1	MC	9		0.016		
Vitamin B-6		_								
Folate, total		3		1	MC	9		1		
Folic acid										
Folate, food										
Folate, DFE										
Vitamin B-12		718		1	MC	9		000		
Vitamin A, IU		/18		1	MC	9		280		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)										
	J									
<u>Lipids:</u>	_			_		_				
Fatty acids, total saturated		18.780		1	MC	9		7.324		
Fatty acids, total monounsaturated.		9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated		1.280)	1	MC	9		0.499		
Fatty acids, total trans				_						
Cholesterol		53		1	MC	9		21		
Phytosterols	<u>ing</u>									
Others:										
Alcohol, ethyl	g	0.0		1	MC	9		0.0		
Caffeine										
Theobromine	=									

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.

Candies, SKOR Toffee Bar

Common Measures:

Measure 1 = 39g: 1 bar 1.4 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19164 Candies, SPECIAL DARK Chocolate Bar

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Units	S	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		0.90		1	MC	9		0.37	0.66	0.38
Energy		531		1	MC	9		218	388	223
Energy		2222		0	MC	9		911	1622	933
Protein	-	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat)	-	32.40		1	MC	9		13.28	23.65	13.61
Ash	-	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference		59.41		1	MC	9		24.36	43.37	24.95
Fiber, total dietary		6.5		1	MC	9		2.7	4.8	2.7
Sugars, total		47.56		1	MC	9		19.50	34.72	19.98
Starch	9									
Minerals:										
Calcium, Ca	mg	30		1	MC	9		12	22	13
Iron, Fe	-	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg	-	31		1	MC	9		13	23	13
Phosphorus, P		51		1	MC	9		21	37	22
Potassium, K		502		1	MC	9		206	366	211
Sodium, Na	_	6		1	MC	9		2	4	2
Zinc, Zn	<u>mg</u>	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu	mg	0.020)	1	MC	9		0.008	0.015	0.008
Manganese, Mn	mg	0.000)	1	MC	9		0.000	0.000	0.000
Selenium, Se	mcg	0.3		1	MC	9		0.1	0.2	0.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	MC	9		0.0	0.0	0.0
Thiamin	-	0.000	,	1	MC	9		0.000	0.000	0.000
Riboflavin	_	0.010		1	MC	9		0.004	0.007	0.004
Niacin	_	0.000		1	MC	9		0.004	0.000	0.004
Pantothenic acid	-	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6		0.000		1	MC	9		0.000	0.000	0.000
Folate, total		0	•	1	MC	9		0	0.000	0.000
Folic acid		ŭ		-	110			v	·	· ·
Folate, food	-	0		1	MC	9		0	0	0
Folate, DFE		-		_		-		-	·	· ·
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mcg RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated						^		0.107	3.752	0 150
Fatty acids, total monounsaturated		5.140 0.440		1 1	MC MC	9 9		2.107		2.159 0.185
Fatty acids, total polyunsaturated		0.440	,	1	MC	9		0.180	0.321	0.185
Fatty acids, total trans		5		1	MC	9		2	4	2
CholesterolPhytosterols		J		1	MC	9		4	*	2
•										
Others:	a					^		0.0		• •
Alcohol, ethyl		0.0		1	MC	9		0.0	0.0	0.0
Caffeine	<u>mg</u> mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Candies, SPECIAL DARK Chocolate Bar

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Code Mean

Measure 1

Measure 2 Measure 3

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

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz Measure 2 = 73g: 1 bar 2.6 oz Measure 3 = 42g: 3 blocks

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19282 Candies, SWEET ESCAPES Triple Chocolate Wafer Bars

		<u>A</u>	mount in 10	0 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	6.82		0	FLC	4		1.30			
Energy	_	430		0	NC	4		82			
Energy		1800		0	NC	4		342			
Protein (N x 6.25)		4.66		0	FLC	4		0.89			
Total lipid (fat)		13.16		1	LC	8		2.50			
Ash	-	2.07		0	FLC	4		0.39			
Carbohydrate, by difference		73.29		0	NC	4		13.93			
Fiber, total dietary		4.1		0	FLC	4		0.8			
Sugars, total		57.89		1	LC	8		11.00			
Starch	_			_							
Minerals:											
Calcium, Ca	mg	526		1	LC	8		100			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.24		0	FLC	4		0.43			
Magnesium, Mg		65		0	FLC	4		12			
Phosphorus, P		133		0	FLC	4		25			
Potassium, K		355		0	FLC	4		67			
Sodium, Na		158		1	LC	8		30			
Zinc, Zn		1.17		0 0	FLC	4 4		0.22			
Copper, Cu		0.520 0.576		0	FLC FLC	4		0.099 0.109			
Manganese, Mn Selenium, Se		6.2	•	0	FLC	4		1.2			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0			
Thiamin		0.048	3	0	FLC	4		0.009			
Riboflavin	mg	0.127	7	0	FLC	4		0.024			
Niacin	mg	0.462	2	0	FLC	4		0.088			
Pantothenic acid	mg	0.184	1	0	FLC	4		0.035			
Vitamin B-6	-	0.025	5	0	FLC	4		0.005			
Folate, total	mcg	9		0	FLC	4		2			
Folic acid		0		0	FLC	4		0			
Folate, food		9		0	FLC	4		2			
Folate, DFE		9		0	NC	4		2			
Vitamin B-12		0.14		0	FLC	4		0.03			
Vitamin A, IU Vitamin A, RAE		36 10		0 0	FLC FLC	4 4		7 2			
Retinol		10		0	FLC	4		2			
Vitamin E (alpha-tocopherol)		0.88		0	FLC	4		0.17			
Tocopherol, beta	 ma	0.00		U	ELIC	-		0.17			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.8		0	FLC	4		0.5			
Lipids:											
Fatty acids, total saturated		7.895		1	LC	8		1.500			
4:0		0.126		0	FLC	4		0.024			
6:0	_	0.052		0	FLC	4		0.010			
8:0	_	0.137		0	FLC	4		0.026			
10:0		0.173		0 0	FLC	4		0.033			
12:0		1.629		0	FLC FLC	4 4		0.309			
13:0 14:0		0.000		0	FLC	4		0.000 0.138			
15:0	_	0.723		0	FLC	4		0.138			
16:0	_	2.695		0	FLC	4		0.512			
17:0	_	0.016		0	FLC	4		0.003			
18:0	-	2.259		0	FLC	4		0.429			
20:0	_	0.043		0	FLC	4		0.008			
22:0	_	0.005		0	FLC	4		0.001			
24:0		0.000		0	FLC	4		0.000			

	<u>Ar</u>	nount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	of common
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.312	0	FLC	4		0.439		
14:1g	0.010	0	FLC	4		0.002		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.024	0	FLC	4		0.005		
17:1g	0.003	0	FLC	4		0.001		
18:1 undifferentiatedg	2.274	0	FLC	4		0.432		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg	0.000	0	FLC	4		0.000		
Fatty acids, total polyunsaturated	1.249	0	FLC	4		0.237		
18:2 undifferentiatedg	1.187	0	FLC	4		0.226		
18:3 undifferentiatedg	0.062	0	FLC	4		0.012		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiatedg	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.000	0	FLC	4		0.000		
20:5 n-39	0.000	0	FLC	4		0.000		
22:5 n-3g	0.000	0	FLC	4		0.000		
22:6 n-3g	0.000	0	FLC	4		0.000		
Fatty acids, total transg								
Cholesterol mg	0	1	LC	8		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeine mg	12	0	FLC	4		2		
Theobromine mg	316	0	FLC	4		60		
Carotenoids:								
Carotene, betamcg	0	0	FLC	4		0.004		
Carotene, alphamcg	0	0	FLC	4		0.001		
Cryptoxanthin, betamcg	0	0	FLC	4		0.002		
Lycopenemcg	0	0	FLC	4		0.000		
Lutein + zeaxanthin mcg	6	0	FLC	4		1.102		

Common Measures:

Measure 1 = 19g: 1 bar

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19093 Candies, SYMPHONY Milk Chocolate Bar

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	S	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		0.94		1	MC	9		0.39	0.64	
Energy	kcal	531		1	MC	9		223	361	
Energy	kj	2222		0	MC	9		933	1511	
Protein	g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat)	g	30.57		1	MC	9		12.84	20.79	
Ash	g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference		58.01		1	MC	9		24.36	39.45	
Fiber, total dietary		1.7		1	MC	9		0.7	1.2	
Sugars, total		53.96		1	MC	9		22.66	36.69	
Starch		55.55		-					30.03	
linerals:										
Calcium, Ca	mg	251		1	MC	9		105	170	
Iron, Fe	_. mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg	_. mg									
Phosphorus, P		206		1	MC	9		87	140	
Potassium, K	mg	438		1	MC	9		184	298	
Sodium, Na	mg	101		1	MC	9		42	68	
Zinc, Zn	mg									
Copper, Cu	_. mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
/itamins:										
Vitamin C, total ascorbic acid	mg	2.2		1	MC	9		0.9	1.5	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	229		1	MC	9		96	155	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:				_		_			.	
Fatty acids, total saturated	-	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated		7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated		0.690)	1	MC	9		0.290	0.469	
Fatty acids, total trans										
Cholesterol	ma	24		1	MC	9		10	16	

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 = 42g: 1 bar 1.5 oz Measure 2 = 68g: 1 bar 2.4 oz

Candies, SYMPHONY Milk Chocolate Bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	•
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.69		1	A	1	D	2.68	0.44	
Energy	kcal	387		0	NC	4		155	26	
Energy	kj	1619		0	NC	4		648	107	
Protein (N x 6.25)	g	1.59		1	A	1	D	0.64	0.10	
Total lipid (fat)	g	3.31		1	A	1	D	1.32	0.22	
Ash	g	0.68		1	A	1	D	0.27	0.04	
Carbohydrate, by difference	g	87.73		0	NC	4		35.09	5.79	
Fiber, total dietary	g	0.1		1	A	1	D	0.0	0.0	
Sugars, total	g	56.32		1	A	1	D	22.53	3.72	
Sucrose	g	39.35		1	A	1	D	15.74	2.60	
Glucose (dextrose)		7.85		1	A	1	D	3.14	0.52	
Fructose		0.40		1	A	1	D	0.16	0.03	
Lactose	g	2.18		1	A	1	D	0.87	0.14	
Maltose	g	6.54		1	A	1	D	2.62	0.43	
Galactose	g	0.00		1	A	1	D	0.00	0.00	
Starch		15.30		1	A	1	D	6.12	1.01	
Minerals:										
Calcium, Ca		36		1	A	1	D	14	2	
Iron, Fe		0.80		1	A	1	D	0.32	0.05	
Magnesium, Mg		22		1	A	1	D	9	1	
Phosphorus, P		57		1	A	1	D	23	4	
Potassium, K		116		1	A	1	D	46	8	
Sodium, Na		44		1	A	1	D -	18	3	
Zinc, Zn		0.40	•	1	A	1	D -	0.16	0.03	
Copper, Cu		0.130		1	A	1	D -	0.052	0.009	
Manganese, Mn		0.047 2.2	,	1 1	A A	1 1	D D	0.019 0.9	0.003 0.1	
Selenium, Se	IIIC9	2.2		1	A	1	Ь	0.9	0.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	D	0.0	0.0	
Thiamin	mg	0.056	6	1	A	1	D	0.022	0.004	
Riboflavin	mg	0.070	0	1	A	1	D	0.028	0.005	
Niacin	mg	0.210		1	A	1	D	0.084	0.014	
Pantothenic acid	-	0.290		1	A	1	D	0.116	0.019	
Vitamin B-6	-	0.010	0	1	A	1	D	0.004	0.001	
Folate, total		9		1	A	1	D	4	1	
Folic acid		3		1	A	1	D	1	0	
Folate, food		6		1	AS	1		2	0	
Folate, DFE		11		0	NC	4	_	4	1	
Vitamin B-12		0.00		1	A	1	D	0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol				_	_	_	_			
Vitamin E (alpha-tocopherol)		0.65		1	A	1	D -	0.26	0.04	
Tocopherol, beta		0.06		1	A	1	D	0.02	0.00	
Tocopherol, gamma		7.42		1	A	1	D -	2.97	0.49	
Tocopherol, delta		3.18		1	A	1	D	1.27	0.21	
Vitamin D Vitamin K (phylloquinone)		9.6		1	A	1	D	3.9	0.6	
Lipids:										
Fatty acids, total saturated	g	0.967	7	0	NC	4		0.387	0.064	
4:0		0.000		1	A	1	D	0.000	0.000	
6:0		0.000		1	A	1	D	0.000	0.000	
8:0		0.067		1	A	1	D	0.027	0.004	
10:0		0.025		1	A	1	D	0.010	0.002	
12:0		0.000		1	A	1	D	0.000	0.000	
13:0	-	0.000		1	A	1	D	0.000	0.000	
	-									
14:0	g	0.000	0	1	A	1	D	0.000	0.000	

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number					easures of food	
						Source	Confidence			'
Nutrients and Units	S	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
400	_			_	_	_	_			
16:0	_	0.467		1 1	A	1 1	D	0.187	0.031	
17:0	-	0.000		1	A	1	D	0.000	0.000	
18:0		0.396		1	A A	1	D D	0.158	0.026	
20:0 22:0	-	0.003		1	A	1	D	0.005 0.000	0.001 0.000	
24:0	•	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated		1.929		0	NC	4	Ь	0.772	0.127	
14:1	-	0.000		1	A	1	D	0.000	0.000	
15:1	-	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated		0.000		1	A	1	D	0.000	0.000	
17:1		0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated		1.907		0	A	1	_	0.763	0.126	
18:1 c	_	1.188		1	A	1	D	0.475	0.078	
18:1 t	-	0.719		1	A	1	D	0.288	0.047	
20:1	_	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated	-	0.022		1	A	1	D	0.009	0.001	
24:1 c		0.022	•	_		-	_	0.005	0.002	
Fatty acids, total polyunsaturated		0.266	i	0	NC	4		0.106	0.018	
18:2 undifferentiated		0.250		1	A	1	D	0.100	0.017	
18:3 undifferentiated	-	0.000		0	A	1		0.000	0.000	
18:3 n-6 c.c.c.	_	0.000		1	A	1	D	0.000	0.000	
18:3i	_									
18:4	-									
20:2 n-6 c,c		0.000)	1	A	1	D	0.000	0.000	
20:3 undifferentiated		0.000)	1	A	1	D	0.000	0.000	
20:3 n-3	g									
20:3 n-6										
20:4 undifferentiated	g	0.000)	1	A	1	D	0.000	0.000	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000)	1	A	1	D	0.000	0.000	
22:5 n-3	g									
22:6 n-3	g	0.000)	1	A	1	D	0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	2		1	A	1	D	1	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.190	1	0	A	1		0.076	0.013	
Threonine		0.040		0	A	1		0.016	0.003	
Isoleucine		0.060		0	A	1		0.024	0.004	
Leucine		0.110		0	A	1		0.044	0.007	
Lysine	-	0.090		0	A	1		0.036	0.006	
Methionine		0.010		0	A	1		0.004	0.001	
Cystine		0.000		0	A	1		0.000	0.000	
Phenylalanine		0.050		0	A	1		0.020	0.003	
Tyrosine		0.020		0	A	1		0.008	0.001	
Valine		0.080		0	A	1		0.032	0.005	
Arginine		0.060		0	A	1		0.024	0.004	
Histidine		0.030		0	A	1		0.012	0.002	
Alanine	-	0.060		0	A	1		0.024	0.004	
Aspartic acid		0.200		0	A	1		0.080	0.013	
Glutamic acid		0.280		0	A	1		0.112	0.018	
Glycine		0.050		0	A	1		0.020	0.003	
Proline		0.030		0	A	1		0.012	0.002	
Serine		0.080		0	A	1		0.032	0.005	
Hydroxyproline		0.000		1	A	1	D	0.000	0.000	
· · · · · · · · · · · · · · · · · · ·	3	2.300		_		-	=		0.000	
Others:										
Alcohol, ethyl										
Caffeine	_	7		1	A	1	D	3	0	
Theobromine	mg	75		1	A	1	D	30	5	
Carotenoids:										
Carotene, beta	mca	0		1	A	1	D	0.000	0.000	
Carotene, alpha		0		1	A	1	D	0.000	0.000	
, <u>F</u>	3									

	<u>A</u>	mount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Cryptoxanthin, beta	0 0 0		1 1 0	A A NR	1 1 4	D D	0.000 0.000 0.000	0.000 0.000 0.000	

Common Measures:

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19067 Candies, TWIZZLERS CHERRY BITES

Hershey Food Corp.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		15.00		1	MC	9		6.00		
Energy	kcal	338		1	MC	9		135		
Energy	kj	1413		0	MC	9		565		
Protein (N x 6.25)	g	2.97		1	MC	9		1.19		
Total lipid (fat)	g	1.70		1	MC	9		0.68		
Ash	g	0.79		1	MC	9		0.32		
Carbohydrate, by difference	g	79.38		1	MC	9		31.75		
Fiber, total dietary	g	0.1		1	MC	9		0.0		
Sugars, total	g									
Starch	g									
<u> </u>										
Calcium, Ca	mg	12		1	MC	9		5		
Iron, Fe	mg	0.55		1	MC	9		0.22		
Magnesium, Mg	mg									
Phosphorus, P	mg	47		1	MC	9		19		
Potassium, K	mg	14		1	MC	9		6		
Sodium, Na		261		1	MC	9		104		
Zinc, Zn										
Copper, Cu										
Manganese, Mn	-									
Selenium, Se	mcg									
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	MC	9		0.0		
Thiamin	_									
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		0		1	MC	9		0		
Vitamin A, RAE		ŭ		-	110			ŭ		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	0.250)	1	MC	9		0.100		
Fatty acids, total monounsaturated		0.490)	1	MC	9		0.196		
Fatty acids, total polyunsaturated		0.040)	1	MC	9		0.016		
Fatty acids, total trans		0.540)	1	MC	9		0.216		
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	ma									

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

Common Measures:

Measure 1 = 40g: 18 pieces

Calories Factors: Protein Fat Carbohydrate

Candies, TWIZZLERS CHERRY BITES

Food Group: 19 Sweets

NDB No. 19092 Candies, TWIZZLERS NIBS CHERRY BITS

Hershey Food Corp.

Refuse: 0%

		<u>A</u>	mount in 10	<u>0 grams</u> Number		ole portic	<u>on</u>		edible portion o	of common
				of Data		Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.00		1	MC	9		6.00		
Energy	-	347		1	MC	9		139		
Energy		1453		0	MC	9		581		
Protein (N x 6.25)		2.30		1	MC	9		0.92		
Total lipid (fat)		2.64		1	MC	9		1.06		
Ash		0.57		1	MC	9		0.23		
Carbohydrate, by difference		79.37		1	MC	9		31.75		
		0.6		1	MC	9		0.3		
Fiber, total dietary										
Sugars, total Starch		51.35		1	MC	9		20.54		
Minerals:										
Calcium. Ca	ma	8		1	MC	9		3		
Iron, Fe		0.28		1	MC	9		0.11		
Magnesium, Mg		0.20		_				V		
Phosphorus, P		24		1	MC	9		10		
Potassium, K		37		1	MC	9		15		
Sodium, Na	-	195		1	MC	9		78		
Zinc, Zn		133		-	110			, 0		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:				_		_				
Fatty acids, total saturated		0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated		1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated		0.140)	1	MC	9		0.056		
Fatty acids, total trans	-									
Cholesterol	•	0		1	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 40g: 27 pieces

Calories Factors: Protein Fat Carbohydrate

Candies, TWIZZLERS NIBS CHERRY BITS

Food Group: 19 Sweets

NDB No. 19112 Candies, TWIZZLERS Strawberry Twists Candy

Refuse: 0%

		<u>A</u> 1	mount in 100 g Nu	<u>ırams</u> ımber		ole portio	<u>on</u>		edible portion o	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water										
Energy		350	4.034	3	LC	8		248	133	157
Energy		1464		0	LC	8		1039	556	659
Protein	-	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat)	g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash	g									
Carbohydrate, by difference	g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary	g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total	g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch	g									
Minerals:										
Calcium, Ca	mg	0	0.000	3	LC	8		0	0	0
Iron, Fe	mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	LC	8		0.0	0.0	0.0
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	3	LC	8		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0	0.000	3	LC	8		0	0	0
Phytosterols	ma									

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Common Measures:

Measure 1 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package

Candies, TWIZZLERS Strawberry Twists Candy

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19162 Candies, WHATCHAMACALLIT Candy Bar

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	3.04		1	MC	9		1.46		
Energy		494		1	MC	9		237		
Energy		2067		0	MC	9		992		
Protein	-	8.04		1 1	MC	9 9		3.86		
Total lipid (fat)		23.68 1.66		1	MC MC	9		11.37 0.80		
Ash		63.23		1	MC	9		30.35		
Carbohydrate, by difference		1.9		1	MC	9		0.9		
Fiber, total dietary		48.86		1	MC	9		23.45		
Sugars, total	-	48.86			МС	9		23.45		
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	118		1	MC	9		57		
Iron, Fe	•	1.13		1	MC	9		0.54		
Magnesium, Mg		28		1	MC	9		14		
Phosphorus, P		138		1	MC	9		66		
Potassium, K		303		1	MC	9		146		
Sodium, Na	-	299		1	MC	9		144		
Zinc, Zn		0.43		1	MC	9		0.21		
Copper, Cu		0.120		1	MC	9 9		0.058		
Manganese, Mn		0.330	,	1 1	MC MC	9		0.158 0.3		
Selenium, Se	Illog	0.7		1	MC	9		0.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.9		1	MC	9		0.4		
Thiamin	mg	0.110)	1	MC	9		0.053		
Riboflavin	mg	0.210)	1	MC	9		0.101		
Niacin		2.470		1	MC	9		1.186		
Pantothenic acid		0.260		1	MC	9		0.125		
Vitamin B-6	_	0.040)	1	MC	9		0.019		
Folate, total		18		1	MC	9		9		
Folic acid		0		0	0	4		0		
Folate, food		18		0	FLM	4		8		
Folate, DFE		18		0	NC	4		8		
Vitamin B-12		0.37		0	FLM	4		0.18		
Vitamin A, IU		134		1	MC	9		64		
Vitamin A, RAE		38 37		0 0	FLM	4 4		18 18		
Vitamin E (alpha-tocopherol)		1.27		0	FLM FLM	4		0.61		
Tocopherol, beta		1.27		U	E TWI	4		0.61		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.3		0	FLM	4		2.1		
<u>Lipids:</u>			_					_		
Fatty acids, total saturated		17.040		1	MC	9		8.179		
4:0		0.403		0	FLM	4		0.193		
6:0	-	0.169		0	FLM	4		0.081		
8:0	-	0.334		0	FLM	4		0.160		
10:0	-	0.449		0	FLM	4		0.216		
12:0		3.660		0	FLM	4 4		1.757		
13:0		0.000			FLM			0.000		
14:0		1.801		0	FLM	4		0.865		
15:0	-	0.048		0	FLM	4		0.023		
16:0	-	5.260		0	FLM	4		2.525		
17:0	-	0.053		0	FLM	4		0.025		
18:0	-	4.715		0	FLM	4		2.263		
20:0	-	0.122		0	FLM	4		0.059		
22:0	g g	0.013		0	FLM FLM	4 4		0.006 0.000		

		An	nount in 10	0 grams	of edil	Amount in 100 grams of edible portion Number							
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3			
Fatty acids, total monounsaturate	_	3.780		1	MC	9		1.814					
14:1	_	0.016		0	FLM	4		0.008					
15:1	_	0.000		0	FLM	4		0.000					
16:1 undifferentiated	_	0.040		0	FLM	4		0.019					
17:1	•	0.004		0	FLM	4		0.002					
18:1 undifferentiated		2.146		0	FLM	4		1.030					
20:1	_	0.001		0	FLM	4		0.000					
22:1 undifferentiated		0.000		0	FLM	4		0.000					
24:1 c		0.000		0	FLM	4		0.000					
Fatty acids, total polyunsaturated	lg	0.830		1	MC	9		0.398					
18:2 undifferentiated	g	0.761		0	FLM	4		0.366					
18:3 undifferentiated	g	0.027		0	FLM	4		0.013					
18:4	g	0.000		0	FLM	4		0.000					
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000					
20:3 undifferentiated	g	0.000		0	FLM	4		0.000					
20:4 undifferentiated	g	0.000		0	FLM	4		0.000					
20:5 n-3	g	0.000		0	FLM	4		0.000					
22:5 n-3		0.000		0	FLM	4		0.000					
22:6 n-3	_	0.000		0	FLM	4		0.000					
Fatty acids, total trans	_	0.120		1	MC	9		0.058					
Cholesterol		12		1	MC	9		6					
Phytosterols	_												
Others:													
Alcohol, ethyl	g	0.0		1	MC	9		0.0					
Caffeine	mg	10		0	FLM	4		5					
Theobromine	mg	100		0	FLM	4		48					
Carotenoids:													
Carotene, beta	mcg	1		0	FLM	4		0.503					
Carotene, alpha		0		0	FLM	4		0.000					
Cryptoxanthin, beta		0		0	FLM	4		0.000					
Lycopene		0		0	FLM	4		0.000					
Lutein + zeaxanthin		0		0	FLM	4		0.000					

Common Measures:

Measure 1 = 48g: 1 bar 1.7 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Candies, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers

Nestle USA, Inc.

Refuse: 0%

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.70		1	A	1		1.23		
Energy		369		0	NC	4		59		
Energy	kj	1544				4		247		
Protein	g	0.00		1	A	1		0.00		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash		0.30		1	A	1		0.05		
Carbohydrate, by difference	g	92.30		0	NC	4		14.77		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	_	6		1	A	1		1		
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									

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Common Measures:

Measure 1 = 16g: 6 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19181 Candies, YORK BITES

Hershey Food Corp.

Refuse: 0%

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
				of Data		Source	Confidence			-
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		9.09		1	MC	9		3.55		
Energy		394		1	MC	9		153		
Energy		1647		0	MC	9		642		
Protein (N x 6.25)		1.78		1	MC	9		0.69		
Total lipid (fat)		7.32		1	MC	9		2.85		
Ash		0.10		1	MC	9		0.04		
Carbohydrate, by difference	g	81.64		1	MC	9		31.84		
Fiber, total dietary		2.0		1	MC	9		0.8		
Sugars, total	g	75.00		1	MC	9		29.25		
Starch	g									
Minerals:										
Calcium, Ca	mq	10		1	MC	9		4		
Iron. Fe.	_	0.94		1	MC	9		0.37		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	1		1	MC	9		1		
Phosphorus, P		3		1	MC	9		1		
Potassium, K	mg	108		1	MC	9		42		
Sodium, Na		46		1	MC	9		18		
Zinc, Zn	mg	0.01		1	MC	9		0.00		
Copper, Cu	mg	0.000)	1	MC	9		0.000		
Manganese, Mn	mg	0.000)	1	MC	9		0.000		
Selenium, Se	mcg	0.0		1	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	MC	9		0.0		
Thiamin	-	0.000	1	1	MC	9		0.000		
Riboflavin		0.000		1	MC	9		0.000		
Niacin		0.000		1	MC	9		0.000		
Pantothenic acid		0.000		1	MC	9		0.000		
Vitamin B-6		0.000		1	MC	9		0.000		
Folate, total		0		1	MC	9		0		
Folic acid										
Folate, food	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		7		1	MC	9		3		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicy									
Lipids:										
Fatty acids, total saturated	g	4.430)	1	MC	9		1.728		
Fatty acids, total monounsaturated		0.480)	1	MC	9		0.187		
Fatty acids, total polyunsaturated	g	0.100)	1	MC	9		0.039		
Fatty acids, total trans	g									
Cholesterol	mg	1		1	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		1	MC	9		0.0		
Caffeine		0.0		1	HC	J		0.0		
Theobromine										

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NDB No. 19181 Candies, YORK BITES Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u>	mount in 100	u grams	of edil	oie portio	<u>n</u>	Amount in	edible portion	of common
				Number				m	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.03		1	MC	9		3.88		
Energy	kcal	384		1	MC	9		165		
Energy	kj	1606		0	MC	9		691		
Protein	g	2.19		1	MC	9		0.94		
Total lipid (fat)	g	7.17		1	MC	9		3.08		
Ash	g	0.14		1	MC	9		0.06		
Carbohydrate, by difference		80.99		1	MC	9		34.83		
Fiber, total dietary		2.0		1	MC	9		0.9		
Sugars, total		63.78		1	MC	9		27.43		
Starch										
Ainerals:										
Calcium, Ca	ma	11		1	MC	9		5		
Iron, Fe		0.92		1	MC	9		0.40		
Magnesium, Mg										
Phosphorus, P		0		1	MC	9		0		
Potassium, K		111		1	MC	9		48		
Sodium, Na	•	28		1	MC	9		12		
Zinc, Zn				_		-				
Copper, Cu										
Manganese, Mn.										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	MC	9		0.0		
Thiamin				_		-				
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		7		1	MC	9		3		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	4.340)	1	MC	9		1.866		
Fatty acids, total monounsaturated	g	0.410)	1	MC	9		0.176		
Fatty acids, total polyunsaturated		0.110)	1	MC	9		0.047		
Fatty acids, total trans										
Cholesterol	mg	1		1	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 43g: 1 patty 1.5 oz

Calories Factors: Protein Fat Carbohydrate

Candies, YORK Peppermint Pattie

Food Group: 19 Sweets

		<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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	5.28		0	FLC	4		1.50	0.85	
Energy	kcal	391		0	FLC	4		111	63	
Energy	kj	1638		0	FLC	4		464	262	
Protein (N x 0)		0.03		0	FLC	4		0.01	0.01	
Total lipid (fat)		3.30		0	FLC	4		0.94	0.53	
Ash		0.98		0	FLC	4		0.28	0.16	
Carbohydrate, by difference		90.40		0	FLC	4		25.63	14.46	
Fiber, total dietary		0.0		0	FLC	4		0.0	0.0	
Sugars, total		90.35		0	FLC	4		25.61	14.46	
Starch		30.33		·	120	-		23.01	14.40	
Starcii	9									
<u> Iinerals:</u>										
Calcium, Ca	mg	2		0	FLC	4		1	0	
Iron, Fe	mg	0.02		0	FLC	4		0.01	0.00	
Magnesium, Mg	mg	1		0	FLC	4		0	0	
Phosphorus, P	mg	1		0	FLC	4		0	0	
Potassium, K	mg	4		0	FLC	4		1	1	
Sodium, Na	mg	391		0	FLC	4		111	63	
Zinc, Zn	mg	0.01		0	FLC	4		0.00	0.00	
Copper, Cu	mg	0.003	3	0	FLC	4		0.001	0.001	
Manganese, Mn	mg	0.021	L	0	FLC	4		0.006	0.003	
Selenium, Se		0.6		0	FLC	4		0.2	0.1	
7•.										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	FLC	4		0.0	0.0	
Thiamin		0.003		0	FLC	4		0.001	0.000	
Riboflavin		0.017		0	FLC	4		0.005	0.003	
Niacin		0.006		0	FLC	4		0.002	0.001	
Pantothenic acid	-	0.010		0	FLC	4		0.003	0.002	
Vitamin B-6	-	0.002	2	0	FLC	4		0.001	0.000	
Folate, total		0		0	FLC	4		0	0	
Folic acid		0		0	FLC	4		0	0	
Folate, food		0		0	FLC	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU		101		0	FLC	4		29	16	
Vitamin A, RAE	mcg_RAE	28		0	FLC	4		8	4	
Retinol	mcg	27		0	FLC	4		8	4	
Vitamin E (alpha-tocopherol)	mg	0.09		0	FLC	4		0.03	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLC	4		0.1	0.0	
11.3										
<u>ipids:</u>	~		_	_				0 500		
Fatty acids, total saturated		2.076		0	FLC	4		0.588	0.332	
4:0		0.130		0	FLC	4		0.037	0.021	
6:0		0.081		0	FLC	4		0.023	0.013	
8:0	-	0.048		0	FLC	4		0.014	0.008	
10:0	_	0.102		0	FLC	4		0.029	0.016	
12:0		0.105	•	0	FLC	4		0.030	0.017	
13:0				_	_	_		_		
14:0		0.300)	0	FLC	4		0.085	0.048	
15:0			_							
16:0		0.877		0	FLC	4		0.249	0.140	
17:0	-	0.023		0	FLC	4		0.006	0.004	
18:0	-	0.404		0	FLC	4		0.115	0.065	
20:0	_	0.006	5	0	FLC	4		0.002	0.001	
22:0	a									

		<u>A</u> 1	mount in 100			ole portic	<u>on</u>		edible portion o	f common
Nutrients and	llnite	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Omis	Wearr	Sta. Ellor -					Weasure 1	Wedsule 2	weasure 5
Fatty acids, total monounsatura	ted9	0.849	1	0	FLC	4		0.241	0.136	
14:1	g									
15:1 16:1 undifferentiated	-	0.039)	0	FLC	4		0.011	0.006	
17:1	9									
18:1 undifferentiated	_	0.807		0	FLC	4		0.229	0.129	
20:1	-	0.004		0	FLC	4		0.001	0.001	
22:1 undifferentiated	•	0.000	1	0	FLC	4		0.000	0.000	
24:1 c		0.123		0	FLC	4		0.035	0.020	
Fatty acids, total polyunsaturate 18:2 undifferentiated		0.123		0	FLC	4		0.035	0.020	
18:3 undifferentiated		0.013		0	FLC	4		0.004	0.018	
18:4	-	0.000		0	FLC	4		0.000	0.002	
20:2 n-6 c.c.	_	0.000		·		-		0.000	0.000	
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000	1	0	FLC	4		0.000	0.000	
20:5 n-3	g	0.000	1	0	FLC	4		0.000	0.000	
22:5 n-3	g	0.000	1	0	FLC	4		0.000	0.000	
22:6 n-3	g	0.000)	0	FLC	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	9		0	FLC	4		2	1	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.000	1	0	FLC	4		0.000	0.000	
Threonine		0.002		0	FLC	4		0.000	0.000	
Isoleucine	=	0.002		0	FLC	4		0.001	0.000	
Leucine	-	0.003		0	FLC	4		0.001	0.001	
Lysine	-	0.003		0	FLC	4		0.001	0.000	
Methionine		0.001		0	FLC	4		0.000	0.000	
Cystine		0.000	1	0	FLC	4		0.000	0.000	
Phenylalanine		0.002		0	FLC	4		0.000	0.000	
Tyrosine		0.002		0	FLC	4		0.000	0.000	
Valine	g	0.002		0	FLC	4		0.001	0.000	
Arginine	g	0.001		0	FLC	4		0.000	0.000	
Histidine	g	0.001		0	FLC	4		0.000	0.000	
Alanine	g	0.001		0	FLC	4		0.000	0.000	
Aspartic acid	g	0.003	1	0	FLC	4		0.001	0.000	
Glutamic acid	g	0.007		0	FLC	4		0.002	0.001	
Glycine	g	0.001		0	FLC	4		0.000	0.000	
Proline	g	0.003		0	FLC	4		0.001	0.001	
Serine		0.002		0	FLC	4		0.001	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0	
Caffeine		0		0	FLC	4		0	0	
Theobromine		0		0	FLC	4		0	0	
Carotenoids:	•									
Carotene, beta	mca	6		0	FLC	4		1.804	1.018	
Carotene, alpha		0		Ō	FLC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	
Lycopene		0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 16g: 3 pieces NDB No. 19070 Candies, butterscotch

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edik	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u> e	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.50	0.343	5		1		6.04	0.86	
Energy	kcal	382		0	NC	4		271	39	
Energy	kj	1598				4		1135	161	
Protein (N x 6.4)	g	4.60	0.126	3		1		3.27	0.46	
Total lipid (fat)	g	8.10		1		1		5.75	0.82	
Ash	g	1.80	0.049	3		1		1.28	0.18	
Carbohydrate, by difference	g	77.00		0	NC	4		54.67	7.78	
Fiber, total dietary	g	1.2		0		1		0.9	0.1	
Sugars, total	g	65.50		0	LC	8		46.51	6.62	
Starch	g									
Ainorals:										
Minerals: Calcium, Ca	ma	138	7.131	41		1		98	14	
Iron, Fe	-	0.14	0.048	41		1		0.10	0.01	
Magnesium, Mg		17	0.874	41		1		12	2	
Phosphorus, P		114	5.475	40		1		81	12	
Potassium, K		214	12.300	42		1		152	22	
Sodium, Na		245	13.433	42		1		174	25	
Zinc, Zn	mg	0.44	0.029	42		1		0.31	0.04	
Copper, Cu	mg	0.018	0.002	41		1		0.013	0.002	
Manganese, Mn	mg	0.011	0.002	41		1		0.008	0.001	
Selenium, Se	mcg	1.8	0.367	12	A	1		1.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		0	FLC	4		0.4	0.1	
Thiamin	-	0.010)	1		1		0.007	0.001	
Riboflavin		0.335		0	FLC	4		0.238	0.034	
Niacin		0.250		1		1		0.178	0.025	
Pantothenic acid		0.592		1		1		0.420	0.060	
Vitamin B-6	-	0.035	i	1		1		0.025	0.004	
Folate, total	-	5		0	FLC	4		3	0	
Folic acid		0		0	FLC	4		0	0	
Folate, food		5		0	FLC	4		3	0	
Folate, DFE	mcg_DFE	5		0	NC	4		3	0	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	5		0	FLC	4		4	1	
Vitamin A, RAE		1		0	FLC	4		1	0	
Retinol	mcg	1		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol)	-	2.77		0	FLC	4		1.97	0.28	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		2.0		0	FLC	4		1.4	0.0	
Vitamin K (phylloquinone)	nicg	2.0		J	FIC	4		1.4	0.2	
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.580)	0		1		4.672	0.665	
4:0	g	0.050	1	1		1		0.036	0.005	
6:0	g	0.070	1	1		1		0.050	0.007	
8:0	-	0.500		1		1		0.355	0.051	
10:0		0.430		1		1		0.305	0.043	
12:0		2.920)	1		1		2.073	0.295	
13:0	-									
14:0	-	1.250)	1		1		0.888	0.126	
15:0										
16:0		0.980)	1		1		0.696	0.099	
17:0	-									
18:0	-	0.380	1	1		1		0.270	0.038	
20:0	-									
22:0										

		<u>A</u> 1	mount in 10			ble portic	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ito.	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Oni	ıs	Mean	Sta. Error	Tomics	Jour	Oode	Joue	Measure 1	Weasure 2	Measure 3
Fatty acids, total monounsaturated		0.840		0		1		0.596	0.085	
14:1	-									
15:1	_			_		_				
16:1 undifferentiated	_	0.040		1		1		0.028	0.004	
17:1	_	0.810		1		1		0.575	0.082	
20:1	-	0.000		0		1		0.000	0.082	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.180		0		1		0.128	0.018	
18:2 undifferentiated		0.150		1		1		0.107	0.015	
18:3 undifferentiated		0.020		1		1		0.014	0.002	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		7	0.3	33 3		1		5	1	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.060		0		1		0.043	0.006	
Threonine		0.192		0		1		0.136	0.019	
Isoleucine	g	0.258		0		1		0.183	0.026	
Leucine	g	0.417		0		1		0.296	0.042	
Lysine	g	0.338		0		1		0.240	0.034	
Methionine	g	0.107		0		1		0.076	0.011	
Cystine	g	0.039		0		1		0.028	0.004	
Phenylalanine	g	0.205		0		1		0.146	0.021	
Tyrosine	g	0.205		0		1		0.146	0.021	
Valine	g	0.285		0		1		0.202	0.029	
Arginine	g	0.155		0		1		0.110	0.016	
Histidine		0.115		0		1		0.082	0.012	
Alanine	g	0.147		0		1		0.104	0.015	
Aspartic acid		0.323		0		1		0.229	0.033	
Glutamic acid		0.892		0		1		0.633	0.090	
Glycine		0.091		0		1		0.065	0.009	
Proline	_	0.412		0		1		0.293	0.042	
Serine	-	0.232		0		1		0.165	0.023	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	FLC	4		0.0	0.0	
Caffeine		0		0	FLC	4		0	0	
Theobromine		0		0	FLC	4		0	0	
Carotenoids:										
	mag	•		^	FT 6			0.014	0 001	
Carotene, beta		0		0	FLC	4		0.214	0.031	
Carotene, alpha	_	0		0	FLC FLC	4 4		0.000	0.000	
Cryptoxanthin, beta		0		0		4		0.000 0.000	0.000 0.000	
Lycopene		0		0	FLC					
Lutein + zeaxanthin	iicā	U		U	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

NDB No. 19074 Candies, caramels

Calories Factors: Protein 4.3 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u> :	mount in 100 grams	of edib	le portio	<u>n</u>		edible portion	
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	_	7.00	0.305 5	JA	6		2.80	0.46	4.48
Energy		386	0	NC	4		154	25	247
Energy		1614	0	NC	4		646	107	1033
Protein (N x 6.25)		1.59	0	BFZN	4		0.64	0.10	1.02
Total lipid (fat)		3.31	0	BFZN			1.32	0.22	2.12
Ash		0.68	0	BFZN			0.27	0.04	0.44
Carbohydrate, by difference		87.43	0	NC	4		34.97	5.77	55.95
Fiber, total dietary		0.1	0	BFZN			0.0	0.0	0.0
Sugars, total		56.32	0	BFZN	4		22.53	3.72	36.04
Sucrose		39.35	0	BFZN			15.74	2.60	25.18
Glucose (dextrose)		7.85	0	BFZN	4		3.14	0.52	5.02
Fructose			_				0.07		
Lactose	g	2.18	0	BFZN			0.87	0.14	1.40
Maltose	9	6.54	0	BFZN	4		2.62	0.43	4.19
Galactose		0.00	0	BFZN			0.00	0.00	0.00
Starch	9	15.30	0	BFZN	4		6.12	1.01	9.79
<u>finerals:</u> Calcium, Ca	ma	36	0	BFZN	4		14	2	23
Iron, Fe		0.80	0	BFZN	4		0.32	0.05	0.5
Magnesium, Mg		27	2	JA	6		11	2	17
Phosphorus, P		57	0	BFZN	4		23	4	36
Potassium, K	mg	116	0	BFZN	4		46	8	74
Sodium, Na	mg	44	0	BFZN	4		18	3	28
Zinc, Zn	mg	0.47	2	JA	6		0.19	0.03	0.30
Copper, Cu	mg	0.210		JA	6		0.084	0.014	0.13
Manganese, Mn		0.047		BFZN	4		0.019	0.003	0.03
Selenium, Se	mcg	2.2	0	BFZN	4		0.9	0.1	1.4
/itamins:			•		_				
Vitamin C, total ascorbic acid		0.0	0 5 0	BFZN	4		0.0	0.0	0.0
Thiamin		0.056		BFZN BFZN	4 4		0.022 0.028	0.004	0.03
Riboflavin		0.070		BFZN	4		0.028	0.005 0.014	0.04 0.13
Pantothenic acid	-	0.210		BFZN	4		0.116	0.014	0.18
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.010		BFZN	4		0.004	0.001	0.00
Folate, total	-	9	0	BFZN	4		4	1	6
Folic acid		3	0	BFZN	4		1	0	2
Folate, food		6	0	BFZN	4		2	0	4
Folate, DFE	mcg_DFE	11	0	NC	4		4	1	7
Vitamin B-12		0.00	0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		1	0	NC	4		0	0	1
Vitamin A, RAE		0	0	BFZN	4		0	0	0
Retinol		0	0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.65	0	BFZN	4		0.26	0.04	0.42
Tocopherol, beta	mg	0.06	0	BFZN	4		0.02	0.00	0.04
Tocopherol, gamma	mg	7.42	0	BFZN	4		2.97	0.49	4.75
Tocopherol, delta		3.18	0	BFZN	4		1.27	0.21	2.0
Vitamin D Vitamin K (phylloquinone)		9.6	0	BFZN	4		3.9	0.6	6.2
ipids:	g	2.0	3	UI4	•		5.5	V. 0	0.2
Fatty acids, total saturated	а	0.967	0	BFZN	4		0.387	0.064	0.63
4:0		0.000		BFZN	4		0.000	0.000	0.0
6:0		0.000		BFZN	4		0.000	0.000	0.0
8:0		0.067		BFZN	4		0.027	0.004	0.0
10:0		0.025		BFZN	4		0.010	0.002	0.0
12:0	_	0.000		BFZN	4		0.000	0.000	0.0
			•	-					
13:0	9								

	<u> </u>	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g 0.46	7	0	BFZN	4		0.187	0.031	0.299	
17:0	-	,	U	DF ZN	4		0.187	0.031	0.299	
18:0		6	0	BFZN	4		0.158	0.026	0.253	
20:0	g									
22:0										
24:0		۵	0	BFZN	4		0.772	0.127	1.235	
Fatty acids, total monounsaturated 14:1		9	U	DF ZN	4		0.772	0.127	1.235	
15:1										
16:1 undifferentiated	=	0	0	BFZN	4		0.000	0.000	0.000	
17:1	g									
18:1 undifferentiated	-		0	BFZN	4		0.763	0.126	1.220	
20:1			0	BFZN	4		0.000	0.000	0.000	
22:1 undifferentiated		2	0	BFZN	4		0.009	0.001	0.014	
24:1 cFatty acids, total polyunsaturated		6	0	BFZN	4		0.106	0.018	0.170	
18:2 undifferentiated			0	BFZN	4		0.106	0.018	0.170	
18:3 undifferentiated			0	BFZN	4		0.000	0.000	0.000	
18:4			0	FLC	4		0.000	0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated			0	BFZN	4		0.000	0.000	0.000	
20:5 n-3	-		0	BFZN	4		0.000	0.000	0.000	
22:5 n-3			0	FLC	4		0.000	0.000	0.000	
22:6 n-3		0	0	BFZN	4		0.000	0.000	0.000	
Fatty acids, total trans			0	BFZN	4		1	0	1	
Phytosterols	0		Ū	DI ZII	-		-	Ů	-	
,	5									
Amino Acids:		•	•							
Tryptophan			0	BFZN BFZN	4 4		0.076 0.016	0.013	0.122	
Threonine Isoleucine	0		0	BFZN	4		0.016	0.003 0.004	0.026 0.038	
Leucine			0	BFZN	4		0.044	0.007	0.030	
Lysine			0	BFZN	4		0.036	0.006	0.058	
Methionine		0	0	BFZN	4		0.004	0.001	0.006	
Cystine	g 0.00	0	0	BFZN	4		0.000	0.000	0.000	
Phenylalanine	g 0.05	0	0	BFZN	4		0.020	0.003	0.032	
Tyrosine	=		0	BFZN	4		0.008	0.001	0.013	
Valine	-		0	BFZN	4		0.032	0.005	0.051	
Arginine			0	BFZN	4		0.024	0.004	0.038	
Histidine	-		0 0	BFZN BFZN	4 4		0.012 0.024	0.002 0.004	0.019 0.038	
AlanineAspartic acid			0	BFZN	4		0.024	0.004	0.038	
Glutamic acid			0	BFZN	4		0.112	0.013	0.128	
Glycine			0	BFZN	4		0.020	0.003	0.032	
Proline			0	BFZN	4		0.012	0.002	0.019	
Serine	g 0.08	0	0	BFZN	4		0.032	0.005	0.051	
Hydroxyproline	g 0.00	0	0	BFZN	4		0.000	0.000	0.000	
Others:										
Alcohol, ethyl	g. 0.0		0		7		0.0	0.0	0.0	
Caffeine			0	BFZN	4		3	0	4	
Theobromine	mg 75		0	BFZN	4		30	5	48	
Carotenoids:										
Carotene, beta	<u>.m</u> cg 0		0	BFZN	4		0.000	0.000	0.000	
Carotene, alpha			0	BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta			0	BFZN	4		0.000	0.000	0.000	
Lycopene			0	BFZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin	.mcg 0		0	NR	4		0.000	0.000	0.000	

Candies, caramels, chocolate-flavor roll

Common Measures:

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece Measure 3 = 64g: 1 bar 2.25 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.54		5	A	1		0.44	1.34	
Energy	kcal	540		0	NC	4		153	470	
Energy	kj	2259				4		641	1966	
Protein (N x 6.25)	g	8.15		3	A	1		2.31	7.09	
Total lipid (fat)	g	31.36		5	A	1		8.89	27.28	
Ash	g	2.66		3	A	1		0.75	2.31	
Carbohydrate, by difference	g	56.29		0	NC	4		15.96	48.97	
Fiber, total dietary		3.8		2	A	1		1.1	3.3	
Sugars, total		52.00		0	NR	4		14.74	45.24	
Starch	g									
Minerals:										
Calcium, Ca	ma	303		3	A	1		86	264	
Iron, Fe	-	1.29		2	A	1		0.37	1.12	
Magnesium, Mg	-	36		3	A	1		10	31	
Phosphorus, P		126		2	A	1		36	110	
Potassium, K	•	633		3	A	1		179	551	
Sodium, Na		107		2	A	1		30	93	
Zinc, Zn	mg	3.53		3	A	1		1.00	3.07	
Copper, Cu	mg	0.183	3	2	A	1		0.052	0.159	
Manganese, Mn	mg	0.140)	1	A	1		0.040	0.122	
Selenium, Se	mcg	5.2		0	FLA	4		1.5	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		2	A	1		0.1	0.4	
Thiamin	-	0.100	1	3	A	1		0.028	0.087	
Riboflavin	_	0.178		2	A	1		0.050	0.155	
Niacin	_	1.040		3	A	1		0.295	0.905	
Pantothenic acid	-	0.750		3	A	1		0.213	0.653	
Vitamin B-6	-	0.130		3	A	1		0.037	0.113	
Folate, total	-	21		0	FLA	4		6	19	
Folic acid		0		0	FLA	4		0	0	
Folate, food		21		0	FLA	4		6	19	
Folate, DFE		21		0	NC	4		6	19	
Vitamin B-12		1.00		1		1		0.28	0.87	
Vitamin A, IU	IU -	2		0	NC	4		0	1	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.18		0	FLA	4		0.33	1.02	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	7.7		0	FLA	4		2.2	6.7	
Lipids:										
Fatty acids, total saturated	g	29.018	3	2	A	1		8.227	25.246	
4:0		0.163	3	2	A	1		0.046	0.142	
6:0	g	0.130)	2	A	1		0.037	0.113	
8:0	g	1.545	5	2	A	1		0.438	1.344	
10:0	g	1.221	L	2	A	1		0.346	1.062	
12:0		12.958	3	2	A	1		3.674	11.273	
13:0										
14:0	g	4.322	2	2	A	1		1.225	3.760	
15:0	g									
16:0	g	3.073	3	2	A	1		0.871	2.674	
17:0	g									
18:0	-	5.538	3	2	A	1		1.570	4.818	
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.483		2	A	1		0.137	0.420	
14:1g	0.405		_		-		0.137	0.420	
15:1g									
16:1 undifferentiated	0.000		2	A	1		0.000	0.000	
17:1g									
18:1 undifferentiated	0.482		2	A	1		0.137	0.419	
20:1g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.295		2	A	1		0.084	0.257	
18:2 undifferentiated	0.259		2	A	1		0.073	0.225	
18:3 undifferentiatedg	0.034		2	A	1		0.010	0.030	
18:4g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1		0.000	0.000	
20:5 n-3g	0.000		2	A	1		0.000	0.000	
22:5 n-3g	0.000		2	A	1		0.000	0.000	
22:6 n-3g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	3		2	A	1		1	3	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.024	0.074	
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 87g: 1 bar (3 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nı	umber				m	easures of food	
				f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
ruthents and on		Wicuit	Ota. Error					mousure r	Micasare 2	Mododio
Proximates:										
Water	g	6.10				4		0.85		
Energy	kcal	470		0	NC	4		66		
Energy	kj	1965		0	NC	4		275		
Protein	g	9.50				1		1.33		
Total lipid (fat)	g	21.00				1		2.94		
Ash	g	2.73		0	BFZN	4		0.38		
Carbohydrate, by difference	g	60.67		0	NC	4		8.49		
Fiber, total dietary		4.3				4		0.6		
Sugars, total		49.28		0	BFZN	4		6.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	78				4		11		
Iron, Fe	-	1.70				1		0.24		
Magnesium, Mg	mg	81				4		11		
Phosphorus, P	mg	166				4		23		
Potassium, K		445				4		62		
Sodium, Na		24				4		3		
Zinc, Zn		1.87				4		0.26		
Copper, Cu		0.580)			4		0.081		
Manganese, Mn		2.8		0	DEEM	4		0.4		
Selenium, Se	Ilicg	2.8		U	BFFN	4		0.4		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	1.4				1		0.2		
Thiamin		0.040)			1		0.006		
Riboflavin		0.160)			1		0.022		
Niacin		4.760)			1		0.666		
Pantothenic acid										
Vitamin B-6		0.160)			4		0.022		
Folate, total		92 0		•		4 4		13		
Folic acid		92		0	BFZN	4		0 13		
Folate, foodFolate, DFE		92 92		0	NC	4		13		
Vitamin B-12	mca_Di L	0.00		U	NC	4		0.00		
Vitamin A, IU		149		0	NC	4		21		
Vitamin A, RAE		42		0	NC	4		6		
Retinol		41		0	BFZN	4		6		
Vitamin E (alpha-tocopherol)		1.10		0	BFZN	4		0.15		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.2		0	BFZN	4		0.4		
<u> ipids:</u>										
Fatty acids, total saturated	g	4.657	,			4		0.652		
4:0		0.000				4		0.000		
6:0		0.005				4		0.001		
8:0		0.080)			4		0.011		
10:0	_	0.090				4		0.013		
12:0	g	1.140)			4		0.160		
13:0	g									
14:0	-	0.407	•			4		0.057		
15:0	-									
16:0		2.178	3			4		0.305		
17:0						_				
18:0		0.551	-			4		0.077		
20:0	_									
22:0 24:0	-									

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>en</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 monounsatura		9.444				4		1.322			
14:1											
15:1											
16:1 undifferentiated	-	0.003				4		0.000			
17:1	-										
18:1 undifferentiated		9.194				4		1.287			
20:1		0.246				4		0.034			
22:1 undifferentiated	•	0.000				4		0.000			
24:1 c	-										
Fatty acids, total polyunsaturat		5.834				4		0.817			
18:2 undifferentiated	-	5.833				4		0.817			
18:3 undifferentiated	-	0.001				4		0.000			
18:4		0.000				4		0.000			
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	-	0.000				4		0.000			
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000			
22:5 n-3	-	0.000				4		0.000			
22:6 n-3	-	0.000				4		0.000			
Fatty acids, total trans											
Cholesterol	_	0				4		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0				7		0.0			
Caffeine	mg	19		0	BFFN	4		3			
Theobromine	mg	113		0	BFFN	4		16			
Carotenoids:											
Carotene, beta		7		0	BFZN	4		1.037			
Carotene, alpha	mcg	0		0	BFZN	4		0.000			
Cryptoxanthin, beta		0		0	BFZN	4		0.000			
Lycopene	mcg	0		0	BFZN	4		0.000			
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0.000			

Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100) grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	,			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	4.00									
Water	-	4.00		•		4					
Energy		575		0	NC NC	4					
Energy		2406		U	NC	4					
Protein	-	12.60				1					
Total lipid (fat)		39.40				1					
Ash		1.50		0	NR	4					
Carbohydrate, by difference		42.50		0	NC	4					
Fiber, total dietary		3.6		0	FLC	4					
Sugars, total		14.57		0	FLC	4					
Starch	g										
Minerals:											
Calcium, Ca	-	303				1					
Iron, Fe	-	1.45				1					
Magnesium, Mg		100		0	FLC	4					
Phosphorus, P	-	332				1					
Potassium, K		606				1					
Sodium, Na		109		_		1					
Zinc, Zn		2.70		0	FLC	4					
Copper, Cu		0.629		0	FLC	4					
Manganese, Mn		0.930)	0	FLC	4					
Selenium, Se	mcg	7.3		0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid		1.4				1					
Thiamin	-	0.200				1					
Riboflavin		0.480				1					
Niacin		2.260	,			1					
Pantothenic acid Vitamin B-6	-	0.126		0	FLC	4					
Folate, total		26	,	0	FLC	4					
Folic acid		0		0	FLC	4					
Folate, food		26		0	FLC	4					
Folate, DFE		26		0	NC	4					
Vitamin B-12		0.85		0	FLC	4					
Vitamin A, IU		200		0	FLC	4					
Vitamin A, RAE	mca RAE	55		0	FLC	4					
Retinol		54		0	FLC	4					
Vitamin E (alpha-tocopherol)		2.93		0	FLC	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	7.2		0	FLC	4					
Lipids:											
Fatty acids, total saturated	g	21.910				4					
4:0	g	0.005				4					
6:0	-	0.049				4					
8:0	-	0.786				4					
10:0		0.883				4					
12:0		11.179	•			4					
13:0		_				_					
14:0		3.950)			4					
15:0		<u> </u>				_					
16:0		3.589	,			4					
17:0						_					
18:0		1.363	5			4					
20:0	g										
22:0	_										

	<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	10.942				4					
14:1g	10.512				•					
15:1										
16:1 undifferentiatedg	0.035				4					
17:1g										
18:1 undifferentiatedg	10.753				4					
20:1g	0.126				4					
22:1 undifferentiatedg	0.000				4					
24:1 cg										
Fatty acids, total polyunsaturated	4.354				4					
18:2 undifferentiatedg	4.303				4					
18:3 undifferentiatedg	0.042				4					
18:4g	0.000				4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4					
20:5 n-3g	0.000				4					
22:5 n-3g	0.000				4					
22:6 n-3g	0.000				4					
Fatty acids, total transg										
Cholesterolmg	21		0	FLC	4					
Phytosterols mg										
Others:										
Alcohol, ethylg	0.0		0	FLC	4					
Caffeine mg	9		0	FLC	4					
Theobromine mg	150		0	FLC	4					
Carotenoids:										
Carotene, betamcg	12		0	FLC	4					
Carotene, alphamcg	0		0	FLC	4					
Cryptoxanthin, betamcg	0		0	FLC	4					
Lycopene mcg	0		0	FLC	4					
Lutein + zeaxanthin mcg	6		0	FLC	4					

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			m	easures of food	<u>.</u>	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	0.75	2	A	1		1.28	0.21		
Energy	kcal	539	0	NC	4		916	153		
Energy		2255			4		3834	639		
Protein (N x 6.38)	g	2.20	2	A	1		3.74	0.62		
Total lipid (fat)	g	29.05	2	A	1		49.39	8.24		
Ash	g	0.90	2	A	1		1.53	0.26		
Carbohydrate, by difference	g	67.10	0	NC	4		114.07	19.02		
Fiber, total dietary	g	0.0	0	FLC	4		0.0	0.0		
Sugars, total	g	67.00	0	NR	4		113.90	18.99		
Starch	g									
Mr. 1										
Minerals:	ma	2.4			4		EO	10		
Calcium, Ca	-	34 0.08	1 1		1 4		58 0.14	10 0.02		
Iron, Fe		5	0	FLC	4		0.14 8	0.02		
Phosphorus, P		31	0	FLC	4		52	9		
Potassium, K	-	187	1	FLC	1		318	53		
Sodium, Na		89	2	A	1		151	25		
Zinc, Zn		0.10	0	FLC	4		0.17	0.03		
Copper, Cu		0.003		FLC	4		0.005	0.001		
Manganese, Mn		0.002		FLC	4		0.003	0.000		
Selenium, Se		1.3	0	FLC	4		2.2	0.4		
<u>Vitamins:</u>			_							
Vitamin C, total ascorbic acid		0.1	0	FLC	4		0.2	0.0		
Thiamin		0.080			1 1		0.136	0.023		
Riboflavin		0.000					0.000	0.000		
Niacin	-	0.070		FLC	1 4		0.119 0.254	0.020		
Pantothenic acid Vitamin B-6		0.143		FLC	4		0.234	0.042 0.005		
	-	1	. 0	FLC	4		2	0.005		
Folate, total		0	0	FLC	4		0	0		
Folate, food		1	0	FLC	4		2	0		
Folate, DFE	mca DFF	1	0	NC	4		2	0		
Vitamin B-12		0.10	0	FLC	4		0.18	0.03		
Vitamin A, IU		1	0	FLC	4		1	0.03		
Vitamin A, RAE		0	0	FLC	4		0	0		
Retinol		0	0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.60	0	FLC	4		1.02	0.17		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.5	0	FLC	4		7.6	1.3		
Lipids:										
	a	24.100) 1	A	1		40.970	6.832		
Fatty acids, total saturated4:0		0.000			1		0.000	0.000		
6:0		0.060			1		0.102	0.000		
8:0		1.092		A	1		1.856	0.310		
10:0		1.076		A	1		1.829	0.305		
12:0	_	13.790			1		23.443	3.909		
13:0	-	2050	-		-		_33	2.203		
14:0	_	4.674	1 2	A	1		7.946	1.325		
15:0	_		_	==	=					
16:0	_	2.344	. 2	A	1		3.985	0.665		
17:0			_	==	_		3.333	0.000		
18:0	_	1.722	2 2	A	1		2.927	0.488		
20:0	_		_							
22:0	_									
	g									

		<u>A</u>	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	2.271		0		4		3.861	0.644	
14:1										
15:1 16:1 undifferentiated	-	0.007	,	2	A	1		0.012	0.002	
17:1	-									
18:1 undifferentiated	-	2.250		2	A	1		3.825	0.638	
20:1	-	0.014		1	A	1		0.024	0.004	
22:1 undifferentiated	•	0.000	1	0		1		0.000	0.000	
Fatty acids, total polyunsaturat		0.435	•	0		4		0.740	0.123	
18:2 undifferentiated		0.407		2	A	1		0.692	0.115	
18:3 undifferentiated		0.014		2	A	1		0.024	0.004	
18:4	=	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.014	ŀ	1	A	1		0.024	0.004	
20:5 n-3	g	0.000)	0		1		0.000	0.000	
22:5 n-3	g	0.000)	0		1		0.000	0.000	
22:6 n-3	g	0.000)	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	_	0		0	FLC	4		1	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.030)	0		1		0.051	0.009	
Threonine		0.096	i	0		1		0.163	0.027	
Isoleucine	g	0.129	1	0		1		0.219	0.037	
Leucine	g	0.208	1	0		1		0.354	0.059	
Lysine	g	0.169)	0		1		0.287	0.048	
Methionine	g	0.053	1	0		1		0.090	0.015	
Cystine	g	0.020)	0		1		0.034	0.006	
Phenylalanine	g	0.103	1	0		1		0.175	0.029	
Tyrosine	g	0.103	1	0		1		0.175	0.029	
Valine	-	0.142		0		1		0.241	0.040	
Arginine	-	0.077	•	0		1		0.131	0.022	
Histidine	-	0.058		0		1		0.099	0.016	
Alanine		0.073		0		1		0.124	0.021	
Aspartic acid		0.161		0		1		0.274	0.046	
Glutamic acid		0.445		0		1		0.757	0.126	
Glycine		0.045		0		1		0.077	0.013	
Proline	-	0.206		0		1		0.350	0.058	
Serine		0.115	•	0		1		0.196	0.033	
Hydroxyproline	<u>y</u>									
Others:										
Alcohol, ethyl		0.0		0	FLC	4		0.0	0.0	
Caffeine	_	0		0	FLC	4		0	0	
Theobromine	mg	0		0	FLC	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLC	4		0.081	0.013	
Carotene, alpha		0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta	_	0		0	FLC	4		0.000	0.000	
Lycopene		0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 170g: 1 cup chips Measure 2 = 28.35g: 1 oz

Candies, confectioner's coating, butterscotch

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100 grar	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			m	easures of food	
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	2.56	C	FLC	4		4.30	0.73	
Energy	_	530	C		4		890	150	
Energy		2216	C		4		3723	628	
Protein (N x 6.25)		18.30	1		1		30.74	5.19	
Total lipid (fat)		29.80	1		1		50.06	8.45	
Ash		2.29	C	FLC	4		3.84	0.65	
Carbohydrate, by difference		47.05	C	NC	4		79.05	13.34	
Fiber, total dietary		4.8					8.0	1.4	
Sugars, total		37.17					62.44	10.54	
Starch	_	07.127	•		-		02	10.54	
Starch	9								
<u>Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	110	1		1		185	31	
Iron, Fe	mg	1.70	1		1		2.86	0.48	
Magnesium, Mg		110	1		1		185	31	
Phosphorus, P	mg	310	1		1		521	88	
Potassium, K	mg	505	1		1		848	143	
Sodium, Na	mg	250	1		1		420	71	
Zinc, Zn	mg	2.00	1		1		3.36	0.57	
Copper, Cu	mg	0.400) 1		1		0.672	0.113	
Manganese, Mn	mg	1.400) 1		1		2.352	0.397	
Selenium, Se	mcg	3.8	0	FLC	4		6.4	1.1	
Vitamins:									
	ma	0.4	0	FLC	4		0.6	0.1	
Vitamin C, total ascorbic acid		0.4			1		0.084	0.1	
ThiaminRiboflavin	-	0.200			1		0.336	0.057	
		8.200			1		13.776	2.325	
Niacin Pantothenic acid	-	1.020			4		1.713	0.289	
		0.171			4		0.288		
Vitamin B-6	-	78	. 0		4		130	0.049 22	
Folate, total		78 0	0		4		0	0	
Folic acid		78	0		4		130	22	
Foliate, food	IIICY	78 78	0		4		130		
Folate, DFE		78 0.22						22	
Vitamin B-12			0		4		0.36	0.06	
Vitamin A, IU		1	0		4		2	0	
Vitamin A, RAE		0	0		4		1	0	
Retinol		0	0		4		1	0	
Vitamin E (alpha-tocopherol)		1.76	0	FLC	4		2.96	0.50	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		7.3	0	FLC	4		12.3	2.1	
v namin K (phynoquinone)		7.3	0	FIIC	*		12.3	2.1	
<u> </u>									
Fatty acids, total saturated	g	13.120	0		1		22.042	3.720	
4:0	g	0.000	0		1		0.000	0.000	
6:0	g	0.030) 1		1		0.050	0.009	
8:0	g	0.450) 1		1		0.756	0.128	
10:0	g	0.500) 1		1		0.840	0.142	
12:0	g	6.370) 1		1		10.702	1.806	
13:0	g								
14:0	g	2.230) 1		1		3.746	0.632	
15:0	-								
16:0	-	2.790) 1		1		4.687	0.791	
17:0									
18:0	-	0.740) 1		1		1.243	0.210	
20:0	-								
22:0	-								
	-								

Faty acids, total monourostomated 9 9.590 0 1 16.111 2.719			<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units					Number		_		<u> 1111</u>	easures or roou	•	
14-1	Nutrients and U	nits	Mean	Std. Error					Measure 1	Measure 2	Measure 3	
161												
151 undifferentiated	•		9.590		0		1		16.111	2.719		
17-1		-										
181 undifferentiated.		-	0.000		1		1		0.000	0.000		
201		-					_					
22-1 undifferentiated		-										
241 c		-										
Fatly acids, total polymentured		•	0.000		0		1		0.000	0.000		
182 andifferentiated			E 240		0		1		0 071	1 514		
183 andifferentiated												
18-4												
202 n-6 c.c. 9 203 undifferentiated. 9 204 undifferentiated. 9 205 n.a. 9 20.000 0 1 0.000 0.000 225 n.a. 9 20.000 0 1 0.000 0.000 225 n.a. 9 20.000 0 1 0.000 0.000 226 n.a. 9 25 n.a. 9 20.000 0 1 0.000 0.000 226 n.a. 9 25 n.a. 9 20.000 0 1 0.000 0.000 226 n.a. 9 25 n.a. 9 20.000 0 1 0.000 0.000 226 n.a. 9 25 n.a. 9 20.000 0 1 0.000 0.000 226 n.a. 9 25 n.a. 9 20.000 0 1 0.000 0.000 226 n.a. 9 227 n.a. 9 228 n.a. 9 229 0 0 1 0.000 240 0 1 0.000 0.000 25 n.a. 9 25												
20.3 midifferentiated. 9		-	0.000		Ū		-		0.000	0.000		
20.000	,	• • • • • • • • • • • • • • • • • • • •										
1			0.000		0		1		0.000	0.000		
22:5 n-3. 9		-										
\$\frac{1}{22.6 \ n-3}		-										
Fatty acids, total trans.												
Cholesterol mg 1 0 FLC 4 2 0 Phytosterols mg Ammo Acids: Secondary Secondary Secondary Tryptophan 9 0.176 0 1 0.296 0.050 Threonine 9 0.629 0 1 1.057 0.178 Isoleucine 9 0.649 0 1 1.059 0.184 Leucine 9 0.669 0 1 1.124 0.190 Lysine 9 0.166 0 1 0.279 0.047 Vysine 9 0.233 0 1 0.279 0.047 Vysine 9 0.422 0 1 1.583 0.267 Tyrosine 9 0.742 0 1 1.247 0.210 Valine 9 0.742 0 1 1.247 0.210 Valine 9 0.742 0 1 0.778 <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<>												
Phytosterols	2		1		0	FLC	4		2	0		
Amino Acids: Tryptophan 9 0.176 0 1 0.296 0.050 Thrconine 9 0.629 0 1 1.057 0.178 Isoleucine 9 0.649 0 1 1.090 0.184 Leucine 9 1.191 0 1 1.124 0.190 Leucine 9 0.669 0 1 1.124 0.190 Methionine 9 0.669 0 1 0.279 0.047 Cystine 9 0.233 0 1 0.279 0.047 Cystine 9 0.942 0 1 1.583 0.267 Tyrosine 9 0.742 0 1 1.247 0.210 Valine 9 0.742 0 1 1.247 0.210 Valine 9 0.743 0 1 1.247 0.210 Valine 9 0.463 0 1												
Tryptophan .9 0.176 0 1 0.296 0.050 Threonine 9 0.629 0 1 1.057 0.178 Isoleucine 9 0.649 0 1 1.090 0.184 Leucine 9 0.669 0 1 2.001 0.338 Lysine 9 0.669 0 1 1.124 0.190 Methionine 9 0.166 0 1 0.279 0.047 Cystine 9 0.166 0 1 0.279 0.047 Cystine 9 0.942 0 1 0.391 0.066 Phenylalaine 9 0.942 0 1 1.583 0.267 Tytosine 9 0.742 0 1 1.247 0.210 Valine 9 0.772 0 1 1.227 0.219 Arginine 9 0.463 0 1 0.778 0.131 </td <td>•</td> <td></td>	•											
Threonine												
Soleucine	** *											
Leucine 9 1.191 0 1 2.001 0.338 Lysine 9 0.669 0 1 1.124 0.190 Methionine 9 0.166 0 1 0.279 0.047 Cystine 9 0.233 0 1 0.391 0.066 Phenylalanine 9 0.942 0 1 1.583 0.267 Tyrosine 9 0.742 0 1 1.247 0.210 Valine 9 0.772 0 1 1.227 0.219 Arginine 9 0.772 0 1 1.297 0.219 Arginine 9 0.1463 0 1 0.778 0.131 Histidine 9 0.722 0 1 0.778 0.131 Alanine 9 0.722 0 1 3.706 0.625 Glutamic acid 9 3.807 0 1 1.818 0.307<		-										
Lysine												
Methionine 9 0.166 0 1 0.279 0.047 Cystine 9 0.233 0 1 0.391 0.066 Phenylalanine 9 0.942 0 1 1.583 0.267 Tyrosine 9 0.742 0 1 1.583 0.267 Valine 9 0.742 0 1 1.247 0.210 Valine 9 0.772 0 1 1.297 0.219 Arginine 9 0.772 0 1 1.297 0.219 Arginine 9 0.463 0 1 0.778 0.131 Histidine 9 0.463 0 1 0.778 0.131 Alanine 9 0.722 0 1 1.3213 0.205 Aspartic acid 9 2.206 0 1 3.706 0.625 Glutamic acid 9 3.807 0 1 1.818		-										
Cystine 9 0.233 0 1 0.391 0.066 Phenylalanine 9 0.942 0 1 1.583 0.267 Tyrosine 9 0.742 0 1 1.247 0.210 Valine 9 0.772 0 1 1.297 0.219 Arginine 9 0.772 0 1 3.612 0.610 Histidine 9 0.463 0 1 0.778 0.131 Alanine 9 0.463 0 1 0.778 0.131 Alanine 9 0.722 0 1 1.213 0.205 Aspartic acid 9 2.206 0 1 3.706 0.625 Glutamic acid 9 1.082 0 1 1.818 0.307 Glycine 9 0.822 0 1 1.381 0.233 Serine 9 0.899 0 1 1.510 0.255												
Phenylalanine												
Tyrosine 9 0.742 0 1 1.247 0.210 Valine 9 0.772 0 1 1.297 0.219 Arginine 9 0.772 0 1 1.297 0.219 Histidine 9 0.463 0 1 0.778 0.131 Alanine 9 0.463 0 1 0.778 0.131 Alanine 9 0.722 0 1 1.213 0.205 Aspartic acid 9 0.722 0 1 3.706 0.625 Glutamic acid 9 3.807 0 1 6.396 1.079 Glycine 9 1.082 0 1 1.818 0.307 Proline 9 0.822 0 1 1.381 0.233 Serine 9 0.899 0 1 1.510 0.255 Hydroxyproline 9 0 0 FLC 4 0.0	•											
Valine g 0.772 0 1 1.297 0.219 Arginine g 2.150 0 1 3.612 0.610 Histidine g 0.463 0 1 0.778 0.131 Alanine g 0.722 0 1 1.213 0.205 Aspartic acid g 0.722 0 1 1.213 0.205 Aspartic acid g 2.206 0 1 3.706 0.625 Glutamic acid g 3.807 0 1 6.396 1.079 Glycine g 1.082 0 1 1.818 0.307 Proline g 0.822 0 1 1.510 0.255 Hydroxyproline g 0 899 0 1 1.510 0.255 Hydroxyproline g 0 0 FLC 4 0.0 0 Carfériene mg 0 0 FLC </td <td>2</td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>	2				-		_					
Arginine 9 2.150 0 1 3.612 0.610 Histidine 9 0.463 0 1 0.778 0.131 Alanine 9 0.722 0 1 1.213 0.205 Aspartic acid 9 2.206 0 1 3.706 0.625 Glutamic acid 9 3.807 0 1 6.396 1.079 Glycine 9 1.082 0 1 1.818 0.307 Proline 9 0.822 0 1 1.381 0.233 Serine 9 0.899 0 1 1.510 0.255 Hydroxyproline 9 0 1 1.510 0.255 Hydroxyproline 9 0 FLC 4 0.0 0 Caffeine mg 0 0 FLC 4 0 0 Caffeine mg 0 0 FLC 4 0 0 Carotene, lebta mcg 0 0 FLC 4 0.111<	2	-					_					
Histidine		-										
Alanine	•											
Aspartic acid.												
Glutamic acid 9 3.807 0 1 6.396 1.079 Glycine 9 1.082 0 1 1.818 0.307 Proline 9 0.822 0 1 1.381 0.233 Serine 9 0.899 0 1 1.510 0.255 Hydroxyproline 9 0 0 FLC 4 0.0 0.255 Others: Alcohol, ethyl 9 0 0 FLC 4 0.0 0 Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotene, beta mcg 0 0 FLC 4 0.111 0.019 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 <td></td>												
Glycine	•											
Proline g 0.822 0 1 1.381 0.233 Serine g 0.899 0 1 1.510 0.255 Hydroxyproline g 0 899 1 1.510 0.255 Others: Alcohol, ethyl g 0.0 0 FLC 4 0.0 0 Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.111 0.019 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000												
Serine												
Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 FLC 4 0.0 0.0 Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 FLC 4 0.111 0.019 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000												
Others: Alcohol, ethyl g 0.0 0 FLC 4 0.0 0.0 Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.111 0.019 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000		-	0.699		U		1		1.510	0.255		
Alcohol, ethyl. .9 0.0 0 FLC 4 0.0 0.0 Caffeine. .mg 0 0 FLC 4 0 0 Theobromine. .mg 0 0 FLC 4 0 0 Carotenoids: .mcg 0 0 FLC 4 0.111 0.019 Carotene, beta. .mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha. .mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta. .mcg 0 0 FLC 4 0.000 0.000 Lycopene. .mcg 0 0 FLC 4 0.000 0.000	пушохургонне	9										
Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.111 0.019 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000	Others:											
Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.111 0.019 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000	Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0		
Carotenoids: Carotene, beta	Caffeine	mg	0		0	FLC	4		0	0		
Carotene, beta. mcg 0 0 FLC 4 0.111 0.019 Carotene, alpha. mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 0.000 Lycopene. mcg 0 0 FLC 4 0.000 0.000	Theobromine	mg	0		0	FLC	4		0	0		
Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000	Carotenoids:											
Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000 Lycopene mcg 0 0 FLC 4 0.000 0.000		mca	0		0	ET C	4		0 111	0 010		
Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 0.000 Lycopene. mcg 0 0 FLC 4 0.000 0.000	*											
Lycopene			-									
J · · I · · · · · · · · · · · · · · · ·												
			0		0	FLC	4		0.000	0.000		

Common Measures:

Measure 1 = 168g: 1 cup chips Measure 2 = 28.35g: 1 oz

Candies, confectioner's coating, peanut butter

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

white chocolate **Refuse:** 0%

		<u>A</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	1.30		5	A	1		2.21	1.11	
Energy	_	539		0	NC	4		916	458	
Energy		2255				4		3834	1917	
Protein (N x 6.38)		5.87		3	A	1		9.98	4.99	
Total lipid (fat)		32.09		5	A	1		54.55	27.28	
Ash		1.50		3	A	1		2.55	1.28	
Carbohydrate, by difference		59.25		0	NC	4		100.73	50.36	
Fiber, total dietary		0.0		0	FLA	4		0.0	0.0	
Sugars, total		59.08		0	FLA	4		100.44	50.22	
Starch	-	33.00		·		-			30.22	
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	_	199		3	A	1		338	169	
Iron, Fe		0.24		3	A	1		0.41	0.20	
Magnesium, Mg		12		3	A	1		20	10	
Phosphorus, P		176		3	A	1		299	150	
Potassium, K		286		3	A	1		486	243	
Sodium, Na		90		3	A	1		153	77	
Zinc, Zn	<u>mg</u>	0.74		3	A	1		1.26	0.63	
Copper, Cu		0.060		3	A	1		0.102	0.051	
Manganese, Mn		0.003	3	0	FLA	4		0.005	0.003	
Selenium, Se	mcg	4.7		0	FLA	4		7.9	4.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		3	A	1		0.9	0.4	
Thiamin		0.063	1	3	A	1		0.107	0.054	
Riboflavin		0.282		3	A	1		0.479	0.240	
Niacin.		0.745		3	A	1		1.267	0.633	
Pantothenic acid		0.608		3	A	1		1.034	0.517	
Vitamin B-6		0.056		3	A	1		0.095	0.048	
	_	8	,	0	FLA	4		13	6	
Folate, total		0		0	FLA	4		0	0	
Folic acid		8		0	FLA	4		13	6	
Folate, DFE		8		0	NC	4		13	6	
		0.63		0	FLA	4		1.06	0.53	
Vitamin B-12		28		0	FLA	4		1.06 47		
Vitamin A, IU Vitamin A, RAE		8		0	FLA	4		13	2 4 7	
		8				4		13		
Retinol				0	FLA				6	
Vitamin E (alpha-tocopherol)		0.93		0	FLA	4		1.59	0.79	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		8.2		0	FLA	4		13.9	7.0	
vitamin K (pnylloquinone)	nicg	0.2		U	FLIA	4		13.9	7.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	19.412	2	2	A	1		33.000	16.500	
4:0		0.314	l	2	A	1		0.534	0.267	
6:0	g	0.155	5	2	A	1		0.264	0.132	
8:0	g	0.115	5	2	A	1		0.196	0.098	
10:0	g	0.220)	2	A	1		0.374	0.187	
12:0	g	0.629)	2	A	1		1.069	0.535	
13:0										
14:0		0.797	,	2	A	1		1.355	0.677	
15:0	-									
16:0		7.947	1	2	A	1		13.510	6.755	
17:0	-									
18:0	_	9.145	5	2	A	1		15.547	7.773	
20:0	_				=	•				
22:0	_									
24:0	_									
± τ.∨										

	<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	9.097		2	A	1		15.465	7.732	
14:1g	3.037		-		-		13.403	7.752	
15:1g									
16:1 undifferentiated	0.062		2	A	1		0.105	0.053	
17:1g									
18:1 undifferentiatedg	8.990		2	A	1		15.283	7.642	
20:1g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	1.013		2	A	1		1.722	0.861	
18:2 undifferentiatedg	0.910		2	A	1		1.547	0.774	
18:3 undifferentiatedg	0.103		2	A	1		0.175	0.088	
18:4g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1		0.000	0.000	
20:5 n-3g	0.000		2	A	1		0.000	0.000	
22:5 n-3g	0.000		2	A	1		0.000	0.000	
22:6 n-3g	0.000		2	A	1		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	5		0	FLA	4		9	5	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	2		0	FLA	4		2.703	1.351	
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 170g: 1 cup chips Measure 2 = 85g: 1 bar (3 oz)

Calories Factors: Protein 4.3 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u>	inount in it	ou grams	or earn	le portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.91		2	A	1		3.25			
Energy	kcal	522		0	FLA	4		888			
Energy	kj	2185		0	FLA	4		3715			
Protein	g	5.87		0	FLA	4		9.98			
Total lipid (fat)	g	27.00		0	FLA	4		45.90			
Ash	g	1.28		0	FLA	4		2.18			
Carbohydrate, by difference	g	63.94		0	FLA	4		108.70			
Fiber, total dietary	g	0.0		0	FLA	4		0.0			
Sugars, total.	g	62.33		0	FLA	4		105.96			
Starch											
Minerals:		00.4		•	 -			246			
Calcium, Ca	_	204		0	FLA	4		348			
Iron, Fe.	_	0.06		0	FLA	4		0.11			
Magnesium, Mg		18		0	FLA	4		31			
Phosphorus, P.	_	157		0	FLA	4		268			
Potassium, K		290		0	FLA	4		492			
Sodium, Na	_	86		0	FLA	4		147			
Zinc, Zn		0.70		0	FLA	4		1.18			
Copper, Cu		0.008		0	FLA	4		0.013			
Manganese, Mn		0.003	3	0	FLA	4		0.006			
Selenium, Se	mcg	4.7		0	FLA	4		8.0			
/itamins:											
Vitamin C, total ascorbic acid	mg	1.0		0	FLA	4		1.7			
Thiamin	mg	0.064	l	0	FLA	4		0.108			
Riboflavin	_	0.261	L	0	FLA	4		0.444			
Niacin		0.154	l	0	FLA	4		0.261			
Pantothenic acid		0.587	7	0	FLA	4		0.998			
Vitamin B-6	-	0.056	5	0	FLA	4		0.095			
Folate, total	-	8		0	FLA	4		14			
Folic acid		0		0	FLA	4		0			
Folate, food		8		0	FLA	4		14			
Folate, DFE		8		0	NC	4		14			
Vitamin B-12		0.61		0	FLA	4		1.03			
Vitamin A, IU		4		0	FLA	4		7			
Vitamin A, RAE		1		0	FLA	4		2			
Retinol		1		0	FLA	4		2			
Vitamin E (alpha-tocopherol)		1.11		0	FLA	4		1.89			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		9.4		0	FLA	4		16.0			
	_										
<u> ipids:</u>				_							
Fatty acids, total saturated		24.108		0	FLA	4		40.984			
4:0		0.005		0	FLA	4		0.009			
6:0	-	0.060		0	FLA	4		0.102			
8:0	-	0.963		0	FLA	4		1.637			
10:0	-	1.082		0	FLA	4		1.839			
12:0		13.695	•	0	FLA	4		23.282			
13:0		_	_			_					
14:0		4.796	5	0	FLA	4		8.153			
15:0											
16:0		2.622	2	0	FLA	4		4.458			
17:0	-										
		0.005		0	FLA	4		1.505			
18:0	-	0.885	,	-							
18:0 20:0 22:0	g	0.885	,	-							

		<u>An</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
				lumber of Data		Source	Confidence		easures of food	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
				•						
Fatty acids, total monounsaturated		0.527		0	FLA	4		0.895		
14:1	_									
15:1		0.002		0	FLA	4		0.003		
17:1		0.002		U	FLIA	4		0.003		
18:1 undifferentiated		0.525		0	FLA	4		0.892		
20:1	-	0.323		0	FLA	4		0.892		
22:1 undifferentiated.		0.000		0	FLA	4		0.000		
24:1 c		0.000		U	FIL	-		0.000		
Fatty acids, total polyunsaturated	-	0.524		0	FLA	4		0.891		
18:2 undifferentiated		0.485		0	FLA	4		0.825		
18:3 undifferentiated	-	0.039		0	FLA	4		0.066		
18:4		0.000		0	FLA	4		0.000		
20:2 n-6 c,c		0.000		·		•		0.000		
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLA	4		0.000		
20:5 n-3	-	0.000		0	FLA	4		0.000		
22:5 n-3		0.000		0	FLA	4		0.000		
22:6 n-3	-	0.000		0	FLA	4		0.000		
Fatty acids, total trans										
Cholesterol.		3		0	FLA	4		5		
Phytosterols										
Others:										
Alcohol, ethyl		0.0		0	FLA	4		0.0		
Caffeine		0		0	FLA	4		0		
Theobromine	.mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.356		
Carotene, alpha	-	0		0	FLA	4		0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000		

Common Measures:

Measure 1 = 170g: 1 cup chips

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

Nutrients and Units Nutrients Nutrie			<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Proximates:					Number	•			<u>m</u>	easures of food	<u>l</u>
Water					of Data	Deriv	Source	Confidence			
Water	Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Faregy	Proximates:										
Energy	Water	g	1.47		0	FLC	4		0.59		
Pecien (N N C 25)	Energy	kcal	540		0	NC	4		216		
Total lipid (falo	Energy	kj	2259		0	NC	4				
Ann.	Protein (N x 6.25)	g	7.50		1	LC	8		3.00		
Carbalydrate, by difference	Total lipid (fat)	g	30.00		1	LC	8		12.00		
Fiber, roal distary	Ash	g	1.08		0	FLC	4		0.43		
Sugars, total	Carbohydrate, by difference	g	59.95		0	NC	4		23.98		
	Fiber, total dietary	g	7.5		1	LC	8		3.0		
Minerals:	Sugars, total	g	42.50		1	LC	8		17.00		
Calcium, Ca.	Starch	g									
Calcium, Ca.	Minorals										
Inc. F.		ma	100		1	T.C	A		40		
Magnesium Mg		_									
Phosphoris P.	, , , , , , , , , , , , , , , , , , , ,	• • • • • • • • • • • • • • • • • • • •									
Potassium K.											
Sodium, Na. mg	• '	_									
Zinc, Zn. mg 1.32 0 FLC 4 0.53 Copper, Cu. mg 0.563 0 FLC 4 0.225 Mangames, Mn. mg 0.558 0 FLC 4 0.223 Selenium, Sc. mcg 2.8 0 FLC 4 0.223 Vitamins. meg 0.2 0 FLC 4 0.007 Vitamins. mg 0.018 0 FLC 4 0.007 Niacin. mg 0.266 0 FLC 4 0.106 Niacin. mg 0.578 0 FLC 4 0.231 Patotheric acid. mg 0.038 0 FLC 4 0.043 Vitamin B6. mg 0.038 0 FLC 4 0.015 Folate, food. mcg 3 0 FLC 4 1 Folate, food. mcg 3 0 NC 4 1 </td <td>The state of the s</td> <td></td>	The state of the s										
Copper, Cu mg 0.563 0 FLC 4 0.225 Manganes, Mm mg 0.558 0 FLC 4 0.223 Sclenium, Sc. mog 2.8 0 FLC 4 0.223 Vitamin S. Vitamin C, total ascorbic acid. mg 0.0 1 LC 8 0.0 Thiamin. mg 0.018 0 FLC 4 0.007 Riboflavin. mg 0.266 0 FLC 4 0.106 Nicain. mg 0.266 0 FLC 4 0.106 Nicain. mg 0.266 0 FLC 4 0.106 Vitamin B-6 mg 0.038 0 FLC 4 0.015 Folate, Inc. mg 0.038 0 FLC 4 1 Folate, Inc. mcg 3 0 PLC 4 1 Folate, Inc. mcg 3 0 PLC <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-									
Manganese, Mm. mg 0.558 0 FLC 4 0.223 Sclenium, Sc. mog 2.8 0 FLC 4 1.1 Vitamin C, total ascobic acid. mg 0.0 1 LC 8 0.0 Riboflavim. mg 0.266 0 FLC 4 0.007 Niacin. mg 0.266 0 FLC 4 0.231 Pantohlenic acid. mg 0.108 0 FLC 4 0.231 Platoninin E-6. mg 0.038 0 FLC 4 0.015 Folate, fold. mcg 3 0 FLC 4 0.015 Folate, Fold. mcg 3 0 FLC 4 1 Folate, Fold. mcg 3 0 FLC 4 1 Vitamin B-12. mcg 0 0 FLC 4 0 Vitamin A, Cha mcg N 9 FLC 4<				3							
Selenium, Se.	• •				0		4		0.223		
Vitamins: Vitamin C, total ascorbic acid mg 0.0 1 LC 8 0.0 Thiamin mg 0.018 0 FLC 4 0.007 Riboflavin mg 0.266 0 FLC 4 0.106 Niacin mg 0.108 0 FLC 4 0.231 Pattotheric acid mg 0.108 0 FLC 4 0.043 Vitamin B-6 mg 0.038 0 FLC 4 1 Folate, foed mg 0.038 0 FLC 4 1 Folate, foed mg 3 0 FLC 4 1 Folate, food mg 3 0 FLC 4 1 Folate, food mg 3 0 FLC 4 1 Folate, pDE mg 0.00 0 FLC 4 0 Vitamin B-12 mg 0 0 FLC 4					0		4				
Vitamin C, total ascorbic acid	· ·	_									
Thiamin mg 0.018 0 FLC 4 0.007 Riboflavin mg 0.266 0 FLC 4 0.106 Niacin mg 0.578 0 FLC 4 0.231 Pantohenic acid mg 0.108 0 FLC 4 0.043 Vitamin B-6 mg 0.038 0 FLC 4 0.015 Folate, food mcg 3 0 FLC 4 1 Folate, food mcg 3 0 FLC 4 1 Folate, food mcg 3 0 FLC 4 1 Vitamin B-12 mcg 0.00 0 FLC 4 0 Vitamin A, RAE mcg 0 0 FLC 4 0 Retinol mg 0.23 0 FLC 4 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLC 4 2.4							•				
Riboflavin. mg		_									
Niacin mg 0.578 0 FLC 4 0.231 Pantothenic acid. mg 0.108 0 FLC 4 0.043 Vitamin B-6 mg 0.038 0 FLC 4 0.015 Folate, fotal mcg 0 0 FLC 4 1 Folate, fotal mcg 0 0 FLC 4 1 Folate, food mcg 3 0 NC 4 1 Folate, food mcg 3 0 NC 4 1 Floate, food mcg 3 0 NC 4 1 Folate, food mcg 0 0 PLC 4 0 Vitamin B-12L mcg 0.00 PLC 4 0 0 Vitamin A, RAE mcg RAE 0 PLC 4 0 0 Retinol mcg 0.23 0 PLC 4 2.4		-									
Pantothenic acid.											
Vitamin B-6. mg 0.038 0 FLC 4 0.015 Folate, total mcg 3 0 FLC 4 1 Folate, total mcg 0 0 FLC 4 0 Folate, DFE mcg_DFE 3 0 NC 4 1 Vitamic, DFE mcg_DFE 3 0 NC 4 0.00 Vitamin A, IU. IU 0 1 LC 8 0 Vitamin A, RAE mcg_RAE 0 0 FLC 4 0 Retinol. mcg 0 0 FLC 4 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLC 4 0 Tocopherol, detta. mg 0 FLC 4 2.4 Lipids: mg 5.9 9 FLC 4 2.4 Lipids: mg 1.5.00 1 LC 8 6.000		_									
Folate, total		_			-						
Folic acid.		_		3							
Folate, food.											
Folate, DFE											
Vitamin B-12 mcg 0.00 0 FLC 4 0.00 Vitamin A, IU IU 0 1 LC 8 0 Vitamin A, RAE mcg 0 0 FLC 4 0 Vitamin D mcg 0 0 FLC 4 0 Tocopherol, gamma mg 0 23 0 FLC 4 0 Tocopherol, gamma mg 0 23 FLC 4 0 0 Tocopherol, gamma mg 1 LC 4 2.4 2 Tocopherol, gamma mg 0 FLC 4 2.4 2.4 User mg 0 FLC 4 2.4 2.4 User mg 5.9 0 FLC 4 2.4 2.4 Lipids: 5 9 0 FLC 4 0.000 4 0.000 4 0.000 6.00 9 0.000 </td <td></td>											
Vitamin A, IU IU 0 1 LC 8 0 Vitamin A, RAE meg_RAE 0 0 FLC 4 0 Retinol meg 0 0 FLC 4 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLC 4 0.09 Tocopherol, beta mg 1 C 4 0.09 1 C 4 0.09 Tocopherol, beta mg 1 C 4 2.4 </td <td></td>											
Vitamin A, RAE mcg_RAE 0 FLC 4 0 Retirol mcg 0 0 FLC 4 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLC 4 0.09 Tocopherol, beta mg 1 Complex Comple											
Retinol mcg 0 FLC 4 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLC 4 0.09 Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. UU Vitamin K (phylloquinone) mcg 5.9 0 FLC 4 2.4 ipids: Fatty acids, total saturated g 15.000 1 LC 8 6.000 4:0 g 0.000 0 FLC 4 0.000 4:0 g 0.000 0 FLC 4 0.000 8:0 g 0.000 0 FLC 4 0.000 10:0 g 0.000 0 FLC 4 0.000 12:0 g 0.002 0 FLC 4 0.000 13:0 g 0.002 0 FLC 4											
Vitamin E (alpha-tocopherol). mg 0.23 0 FLC 4 0.09 Tocopherol, beta mg 1											
Tocopherol, beta			-								
Tocopherol, gamma			0.23		U	FLC	-		0.03		
Tocopherol, delta	•										
Vitamin D. IU Vitamin K (phylloquinone) mcg 5 . 9 0 FLC 4 2 . 4 Lipids: Fatty acids, total saturated g 15 .000 1 LC 8 6 .000 4:0 g 0 .000 0 FLC 4 0 .000 6:0 g 0 .000 0 FLC 4 0 .000 8:0 g 0 .000 0 FLC 4 0 .000 10:0 g 0 .000 0 FLC 4 0 .000 12:0 g 0 .000 0 FLC 4 0 .000 13:0 g 0 .002 0 FLC 4 0 .000 15:0 g 0 .002 0 FLC 4 0 .000 16:0 g 6 .552 0 FLC 4 0 .000 18:0 g 0 .000 0 FLC 4 0 .000 18:0 g 0 .012											
Vitamin K (phylloquinone) mcg 5.9 0 FLC 4 2.4 Lipids: Fatty acids, total saturated g 15.000 1 LC 8 6.000 4:0 g 0.000 0 FLC 4 0.000 6:0 g 0.000 0 FLC 4 0.000 8:0 g 0.000 0 FLC 4 0.000 10:0 g 0.000 0 FLC 4 0.000 12:0 g 0.000 0 FLC 4 0.000 13:0 g 0.002 0 FLC 4 0.009 15:0 g 0.002 0 FLC 4 0.000 16:0 g 6.552 0 FLC 4 2.621 17:0 g 0.000 0 FLC 4 0.000 18:0 g 8.407 0 FLC 4 3.363 <td></td>											
Lipids: Fatty acids, total saturated g 15.000 1 LC 8 6.000 4:0 g 0.000 0 FLC 4 0.000 6:0 g 0.000 0 FLC 4 0.000 8:0 g 0.000 0 FLC 4 0.000 10:0 g 0.000 0 FLC 4 0.000 12:0 g 0.000 0 FLC 4 0.000 13:0 g 0.022 0 FLC 4 0.009 15:0 g 0.000 0 FLC 4 0.000 16:0 g 6.552 0 FLC 4 2.621 17:0 g 0.000 0 FLC 4 0.000 18:0 g 8.407 0 FLC 4 3.363 20:0 g 0.012 0 FLC 4 0.005			5.9		0	FLC	4		2.4		
Fatty acids, total saturated g 15.000 1 LC 8 6.000 4:0		··········· ·									
4:0 9 0.000 0 FLC 4 0.000 6:0 9 0.000 0 FLC 4 0.000 8:0 9 0.000 0 FLC 4 0.000 10:0 9 0.000 0 FLC 4 0.000 12:0 9 0.000 0 FLC 4 0.000 13:0 9 0.022 0 FLC 4 0.009 15:0 9 0.000 0 FLC 4 0.000 16:0 9 6.552 0 FLC 4 2.621 17:0 9 0.000 0 FLC 4 0.000 18:0 9 8.407 0 FLC 4 3.363 20:0 9 0.012 0 FLC 4 0.005		_				_	_				
6:0.	· · · · · · · · · · · · · · · · · · ·										
8:0 g 0.000 0 FLC 4 0.000 10:0 g 0.000 0 FLC 4 0.000 12:0 g 0.000 0 FLC 4 0.000 13:0 g 0 0 FLC 4 0.009 15:0 g 0.000 0 FLC 4 0.000 16:0 g 6.552 0 FLC 4 2.621 17:0 g 0.000 0 FLC 4 0.000 18:0 g 8.407 0 FLC 4 3.363 20:0 g 0.012 0 FLC 4 0.005											
10:0. g 0.000 0 FLC 4 0.000 12:0. g 0.000 0 FLC 4 0.000 13:0. g 0.022 0 FLC 4 0.009 15:0. g 0.000 0 FLC 4 0.000 16:0. g 6.552 0 FLC 4 2.621 17:0. g 0.000 0 FLC 4 0.000 18:0. g 8.407 0 FLC 4 3.363 20:0. g 0.012 0 FLC 4 0.005		-									
12:0. g 0.000 0 FLC 4 0.000 13:0. g 0.022 0 FLC 4 0.009 15:0. g 0.000 0 FLC 4 0.000 16:0. g 6.552 0 FLC 4 2.621 17:0. g 0.000 0 FLC 4 0.000 18:0. g 8.407 0 FLC 4 3.363 20:0. g 0.012 0 FLC 4 0.005											
13:0											
14:0			0.000	,	0	FLC	4		0.000		
15:0. g 0.000 0 FLC 4 0.000 16:0. g 6.552 0 FLC 4 2.621 17:0. g 0.000 0 FLC 4 0.000 18:0. g 8.407 0 FLC 4 3.363 20:0. g 0.012 0 FLC 4 0.005			0 000		^	ET ~	4		0 000		
16:0. g 6.552 0 FLC 4 2.621 17:0. g 0.000 0 FLC 4 0.000 18:0. g 8.407 0 FLC 4 3.363 20:0. g 0.012 0 FLC 4 0.005											
17:0. g 0.000 0 FLC 4 0.000 18:0. g 8.407 0 FLC 4 3.363 20:0. g 0.012 0 FLC 4 0.005											
18:0		-									
20:0g 0.012 0 FLC 4 0.005		-									
		-									
77:0 G V.000 O FT.C. 4 O 000		-									
24:0		-				FLC			0.000		

		<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>on</u>		edible portion	
Nutrients and	Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and	Office	Weari	Ota. Error					Wedsure 1	Wicasure 2	ineasure o
Fatty acids, total monounsatura	ted Q	0.000		1	LC	8		0.000		
14:1		0.000		0	FLC	4		0.000		
15:1		0.000		·		-		0.000		
16:1 undifferentiated		0.000		0	FLC	4		0.000		
17:1	-							0.000		
18:1 undifferentiated	-	0.000		0	FLC	4		0.000		
20:1		0.000		0	FLC	4		0.000		
22:1 undifferentiated	•	0.000		0	FLC	4		0.000		
24:1 c	-									
Fatty acids, total polyunsaturate	-	0.000		1	LC	8		0.000		
18:2 undifferentiated	-	0.000		0	FLC	4		0.000		
18:3 undifferentiated	-	0.000		0	FLC	4		0.000		
18:4	-	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.										
20:3 undifferentiated										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLC	4		0.000		
20:5 n-3	-	0.000		0	FLC	4		0.000		
22:5 n-3		0.000		0	FLC	4		0.000		
22:6 n-3		0.000		0	FLC	4		0.000		
Fatty acids, total trans	-									
Cholesterol		13		1	LC	8		5		
Phytosterols	_									
Others:										
Alcohol, ethyl	_	0.0		0	FLC	4		0.0		
Caffeine	-	839		0	FLC	4		336		
Theobromine	mg	368		0	FLC	4		147		
Carotenoids:										
Carotene, beta		0		0	FLC	4		0.000		
Carotene, alpha		0		0	FLC	4		0.000		
Cryptoxanthin, beta		0		0	FLC	4		0.000		
Lycopene		0		0	FLC	4		0.000		
Lutein + zeaxanthin	mcg	16		0	FLC	4		6.273		

Common Measures:

Measure 1 = 40g: 1 serving 28 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.51		0	RKI	6				
Energy	kcal	374		0	RKI	6				
Energy		1564		0	RKI	6				
Protein		0.00		0	RKI	6				
Total lipid (fat)	-	0.01		0	RKI	6				
Ash		0.06		0	RKI	6				
Carbohydrate, by difference		93.42		0	RKI	6				
Fiber, total dietary		0.0		0	RKI	6				
· · · · · · · · · · · · · · · · ·		93.36		0	RKI	6				
Sugars, total		93.36		U	KKI	•				
Starch	9									
Ainerals:										
Calcium. Ca	mg	2		0	RKA	1				
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.01		0	RKA	1				
Magnesium, Mg		0		0	RKA	1				
Phosphorus, P		0		0	RKA	1				
Potassium, K		4		0	RKA	1				
Sodium, Na	-	16		0	RKA	1				
Zinc, Zn	_	0.00		0	RKA	1				
Copper, Cu		0.003	1	0	RKA	1				
Manganese, Mn		0.008		0	RKA	1				
Selenium, Se		0.6	,	0	RKI	6				
Selemun, Se	1110g	0.0		· ·	I	Ū				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0	RKI	6				
Thiamin	mg	0.001	_	0	RKI	6				
Riboflavin	mg	0.017	,	0	RKI	6				
Niacin		0.002	2	0	RKI	6				
Pantothenic acid	_	0.002	<u>!</u>	0	RKI	6				
Vitamin B-6	-	0.001	_	0	RKI	6				
Folate, total	-	0		0	RKI	6				
Folic acid		0		0	RKI	6				
Folate, food		0		0	RKI	6				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.00		0	RKI	6				
Vitamin A, IU		0		0	RKI	6				
Vitamin A, RAE		0		0	RKI	6				
		0		0	RKI	6				
Retinol										
Vitamin E (alpha-tocopherol)		0.00		0	RKI	6				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	0.0		0	RKI	6				
ipids:										
Fatty acids, total saturated	a	0.000	1	0	RKI	6				
4:0		0.000		0	RKI	6				
6:0	·····	0.000		0	RKI	6				
		0.000		0	RKI	6				
8:0	-			0						
10:0		0.000			RKI	6				
12:0		0.000	,	0	RKI	6				
13:0	-	0.00		_		_				
14:0		0.000)	0	RKI	6				
15:0										
16:0		0.000)	0	RKI	6				
17:0	-									
18:0	g	0.000)	0	RKI	6				
20:0	g									
22:0										

		<u>A</u> ı	mount in 10			ole portic	<u>on</u>		edible portion o	f common
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ed a	0.000		0	RKI	6				
14:1	g	0.000		O	KKI	· ·				
15:1 16:1 undifferentiated	-	0.000		0	RKI	6				
17:1 18:1 undifferentiated		0.000		0	RKI	6				
20:1	-	0.000		0	RKI	6				
22:1 undifferentiated	•	0.000		0	RKI	6				
Fatty acids, total polyunsaturate		0.000		0	RKI	6				
18:2 undifferentiated		0.000		0	RKI	6				
18:3 undifferentiated	g	0.000		0	RKI	6				
18:4	g	0.000		0	RKI	6				
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	RKI	6				
20:5 n-3		0.000		0	RKI	6				
22:5 n-3		0.000		0	RKI	6				
22:6 n-3	-	0.000		0	RKI	6				
Fatty acids, total trans Cholesterol	-	0		0	RKI	6				
Phytosterols	-	U		U	KKI	0				
Tryptophan	g g g g g g g g g g g g g g g g g g g									
Others:	g									
Alcohol, ethyl	g	0.0		0	RKI	6				
Caffeine		0		0	RKI	6				
Theobromine	mg	0		0	RKI	6				
Carotenoids:										
Carotene, beta	mcg	0		0	RKI	6				
Carotene, alpha	_	0		0	RKI	6				
Cryptoxanthin, beta		0		0	RKI	6				
Lycopene	mcg	0		0	RKI	6				
Lutein + zeaxanthin	mcg	0		0	RKI	6				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Candies, fondant, prepared-from-recipe

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>		edible portion	_
				Number	•			<u>m</u> :	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	7.41		0	RC	4				
Energy		472		0	RC	4				
Energy	kj	1973		0	RC	4				
Protein	-	3.23		0	RC	4				
Total lipid (fat)	=	21.05		0	RC	4				
Ash		0.84		0	RC	4				
Carbohydrate, by difference		67.12		0	RC	4				
Fiber, total dietary		2.1		0	RC	4				
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0	RC	4				
Iron, Fe	_	1.14		0	RC	4				
Magnesium, Mg	_	46		0	RC	4				
Phosphorus, P		88		0	RC	4				
Potassium, K	mg	169		0	RC	4				
Sodium, Na	mg	97		0	RC	4				
Zinc, Zn	mg	0.77		0	RC	4				
Copper, Cu		0.336	5	0	RC	4				
Manganese, Mn		0.471	L	0	RC	4				
Selenium, Se	mcg	2.0		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0	RC	4				
Thiamin	_	0.042	2	0	RC	4				
Riboflavin	_	0.082		0	RC	4				
Niacin		0.292	2	0	RC	4				
Pantothenic acid	_	0.155	5	0	RC	4				
Vitamin B-6		0.054	l	0	RC	4				
Folate, total		8		0	RC	4				
Folic acid		0		0	RC	4				
Folate, food		8		0	RC	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12		0.03		0	RC	4				
Vitamin A, IU		330		0	0	4				
Vitamin A, RAE		77		0	NC	4				
Retinol		73		0	RC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	<u>Inic</u> y									
Lipids:										
Fatty acids, total saturated	g	9.984	Į	0	RC	4				
4:0	-	0.260)	0	RC	4				
6:0	g	0.156		0	RC	4				
8:0	-	0.088		0	RC	4				
10:0	-	0.197		0	RC	4				
12:0	-	0.240		0	RC	4				
13:0		0.000		0	RC	4				
14:0		0.862		0	RC	4				
15:0		0.000		0	RC	4				
16:0		4.543		0	RC	4				
17:0	-	0.000		0	RC	4				
18:0	-	3.631		0	RC	4				
20:0	q	0.005	5	0	RC	4				
22:0	-	0.000		0	RC	4				

		<u>A</u> 1	mount in 100 gram		ble portic	<u>on</u>		edible portion o	f common
Nutrients and Units	i	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	5.592	. 0	RC	4				
14:1		0.000		RC	4				
15:1	-								
16:1 undifferentiated	-	0.207	0	RC	4				
17:1	g								
18:1 undifferentiated	g	5.375	0	RC	4				
20:1	g	0.010		RC	4				
22:1 undifferentiated		0.000		RC	4				
24:1 c		0.000		RC	4				
Fatty acids, total polyunsaturated		4.066		RC	4				
18:2 undifferentiated	-	3.260		RC	4				
18:3 undifferentiated	-	0.806		RC	4				
18:4	-	0.000		RC	4				
20:2 n-6 c,c	-	0.000		RC RC	4 4				
20:3 undifferentiated 20:4 undifferentiated		0.000		RC	4				
20:5 n-3		0.000		RC	4				
22:5 n-3		0.000		RC	4				
22:6 n-3	-	0.000		RC	4				
Fatty acids, total trans									
Cholesterol		23	0	RC	4				
Phytosterols	mg								
-									
Amino Acids:	~	0.040							
Tryptophan		0.042 0.133		RC RC	4 4				
Threonine		0.133		RC	4				
Isoleucine		0.249		RC	4				
Lysine		0.167		RC	4				
Methionine		0.053		RC	4				
Cystine	-	0.038		RC	4				
Phenylalanine		0.155	0	RC	4				
Tyrosine		0.116	0	RC	4				
Valine	g	0.188	0	RC	4				
Arginine	g	0.284	0	RC	4				
Histidine	g	0.074	0	RC	4				
Alanine		0.158		RC	4				
Aspartic acid		0.330		RC	4				
Glutamic acid		0.588		RC	4				
Glycine	-	0.185		RC	4				
Proline		0.222		RC	4				
SerineHydroxyproline		0.173	U	RC	4				
Hydroxypronne	9								
Others:									
Alcohol, ethyl	g	0.0	0	Z	7				
Caffeine		16	0	RC	4				
Theobromine	mg	129	0	RC	4				
Carotenoids:									
Carotene, beta	mcg	52	0	0	4				
Carotene, alpha	mcg								
Cryptoxanthin, beta	mcg								
Lycopene	mcg								
Lutein + zeaxanthin	mcg								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Food Group: 19 Sweets

		<u>A</u>	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>on</u>		edible portion	
				Number	,			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	9.78		0	RC	4		1.66		
Energy	_	411		0	RC	4		70		
Energy		1719		0	RC	4		292		
Protein (N x 0)		2.39		0	RC	4		0.41		
Total lipid (fat)	-	10.41		0	RC	4		1.77		
Ash	-	0.70		0	RC	4		0.12		
Carbohydrate, by difference		76.48		0	RC	4		13.00		
Fiber, total dietary		1.7		0	RC	4		0.3		
Sugars, total		73.76		0	RC	4		12.54		
Starch	_									
Minerals:										
Calcium, Ca	mg	45		0	RC	4		8		
Iron, Fe	-	1.77		0	RC	4		0.30		
Magnesium, Mg	-	36		0	RC	4		6		
Phosphorus, P	mg	69		0	RC	4		12		
Potassium, K	-	131		0	RC	4		22		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	47		0	RC	4		8		
Zinc, Zn		1.10		0	RC	4		0.19		
Copper, Cu		0.333		0	RC	4		0.057		
Manganese, Mn		0.423	3	0	RC	4		0.072		
Selenium, Se	mcg	2.5		0	RC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	_	0	RC	4		0.0		
Thiamin	-	0.026		0	RC	4		0.004		
Riboflavin	-	0.085		0	RC	4		0.015		
Niacin	-	0.177		0 0	RC RC	4 4		0.030		
Pantothenic acid Vitamin B-6		0.141 0.012		0	RC	4		0.024 0.002		
Folate, total		4	<u>.</u>	0	RC	4		1		
Folic acid		0		0	RC	4		0		
Folate, food		4		0	RC	4		1		
Folate, DFE		4		0	NC	4		1		
Vitamin B-12		0.09		0	RC	4		0.01		
Vitamin A, IU		159		0	RC	4		27		
Vitamin A, RAE	mcg RAE	44		0	RC	4		7		
Retinol		43		0	RC	4		7		
Vitamin E (alpha-tocopherol)	mg	0.18		0	RC	4		0.03		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		15.948	3	0	RC	4		2.711		
Vitamin K (phylloquinone)	mcg	1.4		0	RC	4		0.2		
<u>Lipids:</u>										
Fatty acids, total saturated		5.918		0	RC	4		1.006		
4:0		0.153		0	RC	4		0.026		
6:0		0.105		0	RC	4		0.018		
8:0		0.072		0	RC	4		0.012		
10:0		0.125		0	RC	4		0.021		
12:0		0.129		0	RC	4		0.022		
13:0		0.000		0	RC	4		0.000		
14:0		0.398		0	RC	4		0.068		
15:0	_	0.000		0 0	RC	4 4		0.000		
16:0 17:0	-	2.480 0.032		0	RC RC	4		0.422 0.006		
	_	2.357		0	RC	4		0.006		
18:0		0.061		0	RC	4		0.401		
20:0		0.005		0	RC	4		0.010		
22:0 24:0		0.000		0	RC	4		0.001		

	<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of	common
			Number		Caaa	Confidence	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.726		0	RC	4		0.463		
14:1g	0.000		0	RC	4		0.000		
15:1g	0.000		0	RC	4		0.000		
16:1 undifferentiatedg	0.049		0	RC	4		0.008		
16:1 cg	0.038		0	RC	4		0.007		
16:1 tg	0.000		•						
17:1g	0.000		0	RC	4		0.000		
18:1 undifferentiated	2.673 2.290		0 0	RC RC	4 4		0.454		
18:1 c	0.119		0	RC	4		0.389 0.020		
20:1g	0.119		0	RC	4		0.020		
22:1 undifferentiatedg	0.004		0	RC	4		0.001		
24:1 cg	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturatedg	0.230		0	RC	4		0.039		
18:2 undifferentiatedg	0.206		0	RC	4		0.035		
18:2 n-6 c.cg	0.087		0	RC	4		0.015		
18:2 CLAsg	0.011		0	RC	4		0.002		
18:2 c,t9									
18:2 t,cg									
18:2 t,t9									
18:2 i9	0.012		0	RC	4		0.002		
18:2 t not further defined									
18:3 undifferentiated	0.024		0	RC	4		0.004		
18:3 n-6 c,c,cg	0.000		0	RC	4		0.000		
18:3ig									
18:4g	0.000		0	RC	4		0.000		
20:2 n-6 c,cg	0.000		0 0	RC RC	4 4		0.000		
20:3 undifferentiated	0.000		U	RC	4		0.000		
20:3 n-3g 20:3 n-6g									
20:3 II-0g 20:4 undifferentiatedg	0.000		0	RC	4		0.000		
20:4 n-3g	0.000		·	110	•		0.000		
20:4 n-6g									
20:5 n-3g	0.000		0	RC	4		0.000		
22:5 n-3g	0.000		0	RC	4		0.000		
22:6 n-3g	0.000		0	RC	4		0.000		
Fatty acids, total transg									
Cholesterolmg	14		0	RC	4		2		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	8		0	RC	4		1		
Theobromine mg	130		0	RC	4		22		
Carotenoids:									
	10		0	RC	4		1.636		
Carotene, betamcg Carotene, alphamcg	0		0	RC	4		0.000		
Cryptoxanthin, betamcg	0		0	RC	4		0.000		
Lycopenemcg	0		0	RC	4		0.000		
Lutein + zeaxanthin mcg	4		0	RC	4		0.655		

Common Measures:

Measure 1 = 17g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	7.64		0	RC	4				
Energy		461		0	RC	4				
Energy	kj	1930		0	RC	4				
Protein	_	4.38		0	RC	4				
Total lipid (fat)		18.93		0	RC	4				
Ash		0.87		0	RC	4				
Carbohydrate, by difference		67.96		0	RC	4				
Fiber, total dietary		2.5		0	RC	4				
Sugars, total		63.92		0	RC	4				
Starch	g									
Minerals:										
Calcium. Ca	mg	54		0	RC	4				
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.97		0	RC	4				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	55		0	RC	4				
Phosphorus, P		112		0	RC	4				
Potassium, K	-	180		0	RC	4				
Sodium, Na	mg	41		0	RC	4				
Zinc, Zn	mg	1.42		0	RC	4				
Copper, Cu	mg	0.529	•	0	RC	4				
Manganese, Mn	mg	0.886	5	0	RC	4				
Selenium, Se	mcg	2.9		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0	RC	4				
Thiamin	_	0.067	,	0	RC	4				
Riboflavin	-	0.095		0	RC	4				
Niacin		0.316		0	RC	4				
Pantothenic acid	_	0.208		0	RC	4				
Vitamin B-6	-	0.088	3	0	RC	4				
Folate, total	-	16		0	RC	4				
Folic acid		0		0	RC	4				
Folate, food		16		0	RC	4				
Folate, DFE		16		0	NC	4				
Vitamin B-12		0.07		0	RC	4				
Vitamin A, IU	IU	140		0	RC	4				
Vitamin A, RAE	mcg_RAE	38		0	RC	4				
Retinol	mcg	37		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.26		0	RC	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta			_							
Vitamin D	IU	13.735	5	0	RC	4				
Vitamin K (phylloquinone)	mcg	1.6		0	RC	4				
Lipids:										
Fatty acids, total saturated	q	6.033	3	0	RC	4				
4:0		0.132		0	RC	4				
6:0	-	0.090		0	RC	4				
8:0	-	0.062		0	RC	4				
10:0		0.108	3	0	RC	4				
12:0	_	0.111	L	0	RC	4				
13:0		0.000)	0	RC	4				
14:0		0.342	2	0	RC	4				
15:0	-	0.000		0	RC	4				
16:0	g	2.809)	0	RC	4				
17:0	-	0.028	3	0	RC	4				
18:0	g	2.284	l	0	RC	4				
20:0		0.062	2	0	RC	4				
22:0		0.004	ļ	0	RC	4				
24:0		0.000)	0	RC	4				

	<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion o	f common
			Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.713		0	RC	4				
14:1g	0.000		0	RC	4				
15:1g	0.000		0 0	RC	4 4				
16:1 undifferentiatedg 16:1 cg	0.042		0	RC RC	4				
16:1 tg	0.033	•	U	RC	*				
17:1g	0.000)	0	RC	4				
18:1 undifferentiated	3.647		0	RC	4				
20:1g	0.024	Į	0	RC	4				
22:1 undifferentiatedg	0.000)	0	RC	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	7.406		0	RC	4				
18:2 undifferentiatedg	5.998		0	RC	4				
18:3 undifferentiatedg	1.408		0	RC	4				
18:4g	0.000		0	RC	4				
20:2 n-6 c,c	0.000		0	RC RC	4 4				
20:4 undifferentiatedg	0.000		0	RC	4				
20:5 n-3	0.000		0	RC	4				
22:5 n-3g	0.000		0	z	7				
22:6 n-3g	0.000)	0	RC	4				
Fatty acids, total transg									
Cholesterolmg	12		0	RC	4				
Tryptophan g Threonine g Isoleucine g Leucine g Lysine g Methionine g Cystine g Phenylalanine g Tyrosine g Valine g Arginine g Histidine g Alanine g Aspartic acid g Glutamic acid g Glycine g Proline g									
Serineg									
Serine g Hydroxyproline g Others: Alcohol, ethyl g Caffeine mg	0.0		0	z RC	7 4				
Serine g Hydroxyproline g Others: Alcohol, ethyl g Caffeine mg Theobromine mg									
Serine g Hydroxyproline g Others: Alcohol, ethyl g Caffeine mg	7		0	RC	4				
Serine 9 Hydroxyproline 9 Others: Alcohol, ethyl 9 Caffeine mg Theobromine mg Carotenoids: Carotene, beta mcg	7 112 10		0	RC RC	4				
Serine 9 Hydroxyproline 9 Others: Alcohol, ethyl 9 Caffeine mg Theobromine mg Carotenoids: Carotene, beta mcg Carotene, alpha mcg	7 112 10 0		0	RC RC RC	4 4 4				
Serine 9 Hydroxyproline 9 Others: Alcohol, ethyl 9 Caffeine mg Theobromine mg Carotenoids: Carotene, beta mcg	7 112 10		0	RC RC	4				

Common Measures:

Candies, fudge, chocolate, with nuts, prepared-from-recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Proximates:			<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
Water	Nutrients and Un	its	Mean	Std. Error	of Data	Deriv					Measure 3		
Water													
Exergy		9	7 06		0	D.C.	4						
Foreign		=											
Protein 9 3.00 0 BC 4 Total lipid (fata) 9 13.68 0 BC 4 Carbolsydrate, by difference 9 74.74 0 BC 4 Fibre, roal dictary 9 0.9 0 BC 4 Surch 9 73.39 0 BC 4 Sharch 9 73.39 0 BC 4 Micerate 9 74.74 0 BC 4 Calcium, Ca Mg 0 AS C 4 Hongerism, Mg Mg 4 0 BC 4 Miggressium, Mg Mg 100 0 BC 4 Miggressium, Mg Mg 0.53 0 <td>23</td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	23				-								
Total Ippel (fagh					•								
Ash. 9 0.54 0 RC 4 Carbolydrake by difference. 9 74.74 0 RC 4 Fiber, total dictary. 9 0.9 0.9 RC 4 Sugars, total 9 73.39 0 RC 4 Surch. 9 Minerals:					-								
Carbolydrine by difference	• ` `												
Fiber, total dictary 9 0 9 0 8 C 4 Sugars, total 9 73.39 0 8 C 4 Surch. 99 **Minerals:** **Calcium, Ca. mg 43 0 8 C 4 Ino., Fe. mg 0.42 0 8 C 4 Ino., Fe. mg 7 1 0 8 C 4 Phosphorus P. mg 71 0 8 C 4 Phosphorus P. mg 100 0 8 C 4 Sodium, Na. mg 46 0 8 C 4 Talic,					-								
Sugars, violation Starch					-								
Sturch													
Minerals: Calcium, Ca.	9 ,		73.39		U	RC	4						
Laleum, Ca.	Starcii	9											
Iron, F.	Minerals:												
Magnesium Mg. mg 24 0 RC 4 Phosphorn, P. mg 100 0 RC 4 Potassim, K. mg 100 0 RC 4 Zinc, Yn. mg 0.53 0 RC 4 Copper, Cu. mg 0.223 0 RC 4 Manganese, Mn. mg 0.470 0 RC 4 Sclenium, Sc. mog 0.1 0 RC 4 Vitamin C, total ascorbic acid. mg 0.1 0 RC 4 Vitamin C, total ascorbic acid. mg 0.1 0 RC 4 Ribolavin. mg 0.085 0 RC 4 Niacin. mg 0.180 0 RC 4 Patotheria exid. mg 0.184 0 RC 4 Vitamin E, total. mg 0.184 0 RC 4 Folate, total. mg	Calcium, Ca	mg			0	RC	4						
Phosphorus P.	Iron, Fe	mg			0								
Potassiun, K. mg 100 0 RC 4 Zinc, Zn. mg 0.53 0 RC 4 Copper, Cu. mg 0.223 0 RC 4 Manganese, Mn. mg 0.470 0 RC 4 Witamins; mg 0.1 0 RC 4 Vitamins C, total ascorbic acid. mg 0.1 0 RC 4 Thiamin mg 0.049 0 RC 4 Riboflavin mg 0.049 0 RC 4 Niacin. mg 0.180 0 RC 4 Patotheric acid. mg 0.184 0 RC 4 Vitamin B-6. mg 0.172 0 RC 4 Folta; total. mg 0.122 0 RC 4 Vitamin B-12. mg 0.07 0 RC 4 Vitamin C, and Complered acid. mg 0.2	Magnesium, Mg	mg				RC	4						
Sodium, Na. mg 46 0 RC 4 Zinc, Zn. mg 0.53 0 RC 4 Copper, Cu. mg 0.223 0 RC 4 Manganese, Mm. mg 0.470 0 RC 4 Selenium, Se. mcg 2.2 0 RC 4 Vitamins. Williamin. mg 0.1 0 RC 4 Thiamin. mg 0.049 0 RC 4 Niacin. mg 0.180 0 RC 4 Pantotheric scid. mg 0.180 0 RC 4 Pantotheric scid. mg 0.078 0 BC 4 Folite, cotal. mcg 12 0 RC 4 Folite, cotal. mcg 12 0 RC 4 Folite, food. mcg 0 0 RC 4 Vitamin B-12. mcg 0.07 </td <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>					-								
Zinc, Zn. mg 0.53 0 RC 4 Copper, Cu. mg 0.223 0 RC 4 Manganese, Mn. mg 0.470 0 RC 4 Vitamins W Vitamins Mg 0.049 0 RC 4 Vitamins Vitamins Mg 0.049 0 RC 4 Vitamins Mg 0.049 0 RC 4 Vitamins Mg 0.085 0 RC 4 Vitamins Mg 0.184 0 RC 4 Vitamins Mg 0.078 0 RC 4 Vitamins Mg 0.078 0 RC 4 Folate, food Mg							_						
Copper, Cu. mg 0.223 0 RC 4 Marganses, Mn mg 0.47470 0 RC 4 Vitamins; Vitamins; Vitamin C, total ascorbic acid. mg 0.1 0 RC 4 Riboflavin. mg 0.049 0 RC 4 Riboflavin. mg 0.085 0 RC 4 Patotheric acid. mg 0.180 0 RC 4 Patotheric acid. mg 0.184 0 RC 4 Vitamin B-6 mg 0.078 0 RC 4 Folate, Lotal. mcg 12 0 RC 4 Vitamin A, U. U.U 151 0 RC 4<	,	-											
Manganese, Mn. mg 0.470 0 RC 4 Vitamins mg 2.2 0 BC 4 Vitamins w v v Vitamins mg 0.1 0 RC 4 Riboflavin. mg 0.049 0 RC 4 Niacin. mg 0.085 0 BC 4 Niacin. mg 0.184 0 RC 4 Pataothenic acid. mg 0.184 0 RC 4 Vitamin E-6. mg 0.078 0 RC 4 Folate, food. mgg 12 0 RC 4 Folate, food. mg 12 0 RC 4 Folate, food. mg 12 0 RC 4 Folate, food. mg 12 0 RC 4 Vitamin E-12 mg 0.07 RC 4 Vitamin A, IU<													
Selenium, Se. mcg 2.2 0 RC 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.1 0 RC 4 Thiamin. mg 0.049 0 RC 4 Riboflavin. mg 0.180 0 RC 4 Niscin. mg 0.180 0 RC 4 Panothenic acid. mg 0.184 0 RC 4 Panothenic acid. mg 0.078 0 RC 4 Folate, DEG. mg 0.078 0 RC 4 Folate, DEG. mg 0.07 0 RC 4 Vitamin B-12 mog 0.07 0 RC 4 Vitamin A, Du.	11 /	-											
Vitamins: Vitamin C, total ascorbic acid. mg 0.1 0 RC 4 Thiamin. mg 0.049 0 RC 4 Riboflavin. mg 0.085 0 RC 4 Niscin. mg 0.180 0 RC 4 Pantothenic acid. mg 0.184 0 RC 4 Vitamin B-6 mg 0.078 0 RC 4 Folate, fold. mcg 12 0 RC 4 Folate, food. mcg 12 0 RC 4 Folate, food. mcg 12 0 RC 4 Folate, food. mcg 12 0 RC 4 Vitamin B-12 mcg DFE 12 0 RC 4 Vitamin A, RL mcg 0.07 0 RC 4 Vitamin E (alpha-tocopherol) mg 0.22 0 RC 4 Toco	9)									
Vitamin A, IU	Selenium, Se	mcg	2.2		U	RC	4						
Thiamin Mg 0.049 0 RC 4 Riboflavin mg 0.085 0 RC 4 Pantotheric acid mg 0.184 0 RC 4 Vitamin B-6 mg 0.078 0 RC 4 Folate, fotal mcg 12 0 RC 4 Folate, food mcg 0 0 RC 4 Folate, food mcg 12 0 RC 4 Folate, food mcg 12 0 RC 4 Folate, food mcg 12 0 RC 4 Vitamin B-12 mcg 0.07 0 RC 4 Vitamin A, IU IU 151 0 RC 4 Vitamin E (alpha-tocopherol) mg 0 RC 4 Vitamin E (alpha-tocopherol) mg 0 RC 4 Vitamin E (alpha-tocopherol) mg 0 RC	Vitamins:												
Riboflavin. mg 0.085 0 RC 4 Niacin. mg 0.180 0 RC 4 Pantothenic acid. mg 0.184 0 RC 4 Vitamin B-6. mg 0.078 0 RC 4 Folate, Lord. mcg 12 0 RC 4 Folate, DFE mcg 0 0 RC 4 Folate, DFE mcg 12 0 RC 4 Vitamin B-12. mcg 0.07 0 RC 4 Vitamin A, IU. IU 151 0 RC 4 Returol. mcg 40 0 RC 4 Vitamin A, RAE. mcg 40 0 RC 4 Vitamin C, obstract, deta. mg 0.22 0 RC 4 Vitamin D. IU 13.879 0 RC 4 Vitamin D. IU 13.879 0<	Vitamin C, total ascorbic acid	mg	0.1		0	RC	4						
Niacin mg 0.180 0 RC 4 Pantothenic acid mg 0.184 0 RC 4 Vitamin B-6 mg 0.078 0 RC 4 Folate, total mcg 12 0 RC 4 Folate, DFE mcg 12 0 RC 4 Folate, DFE mcg 12 0 RC 4 Vitamin B-12 mcg 0.07 0 RC 4 Vitamin A, IU IU 151 0 RC 4 Retinol mcg 4 4 4 Vitamin B-12 mcg 41 0 RC 4 Retinol mcg 41 0 RC 4 Retinol mcg 40 0 RC 4 Vitamin B (alpha-tocopherol). mg 0 RC 4 Tocopherol, detta mg IU	Thiamin	mg	0.049)	0	RC	4						
Pantothenic acid.	Riboflavin	mg	0.085	i	0	RC	4						
Vitamin B-6. mg 0.078 0 RC 4 Folate, total. mcg 12 0 RC 4 Folate, total. mcg 0 0 RC 4 Folate, DFE. mcgDFE 12 0 NC 4 Vitamin B-12. mcg 0.07 0 RC 4 Vitamin A, IU. IU 151 0 RC 4 Vitamin A, RAE. mcg 40 0 RC 4 Vitamin E (alpha-tocopherol) mg 0.22 RC 4 Vitamin E (alpha-tocopherol) mg 0.82 4 Vitamin E (alpha-tocopherol) mg 0.82 4 Vitamin E (alpha-tocopherol) mg 0.82	Niacin	mg	0.180)	0	RC	4						
Folate, total	Pantothenic acid	mg	0.184	Į.	0	RC	4						
Folic acid mcg 12 0 RC 4 Folate, flood mcg 12 0 RC 4 Folate, flood mcg 12 0 RC 4 Folate, flood mcg 12 0 RC 4 Vitamin B-12 mcg 0.07 0 RC 4 Vitamin A, IU IU 151 0 RC 4 Vitamin A, RAE mcg_RAE 41 0 RC 4 Retinol mcg 0.22 0 RC 4 Vitamin E (alpha-tocopherol) mg 0.22 0 RC 4 Vitamin E (alpha-tocopherol) mg 0.22 0 RC 4 Tocopherol, beta mg Tocopherol, gamma mg Vitamin D IU 13.879 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 Vitamin K (phylloquinone) mcg 0 RC 4 Vitamin C Q RC 4 Vitamin	Vitamin B-6	mg	0.078	3	0	RC	4						
Folate, food meg 12 0 RC 4 Folate, DFE meg_DFE 12 0 NC 4 Vitamin B-12 meg 0.07 0 RC 4 Vitamin A, IU. IU 151 0 RC 4 Vitamin A, RAE meg_RAE 41 0 RC 4 Vitamin A, RAE meg_RAE 41 0 RC 4 Vitamin A, RAE meg 0.02 0 RC 4 Vitamin E, alpha-tocopherol) meg 0.22 0 RC 4 Vitamin E, alpha-tocopherol) meg 0.22 0 RC 4 Vitamin E, alpha-tocopherol meg 0.22 0 RC 4 Vitamin D meg 0.22 0 RC 4 Vitamin D lu 13.879 0 RC 4 Vitamin D lu 13.879 0 RC 4 Vitamin K (phylloquinone) meg 0.8 0 RC 4 Vitamin E, alpha-tocopherol meg 0.8 0 RC 4 Vitamin C meg 0 0.8 0 RC 4 Vitamin D lu 0 RC 4 Vitamin D lu 0 RC 4 Vitamin D lu 0 RC 4 Vitamin C meg 0 0.8 0 RC 4 Vitamin C meg 0 0.8 0 RC 4 Vitamin C meg 0 0.098 0 RC 4 Vitamin C meg 0 0.098 0 RC 4 Vitamin C meg 0 0.098 0 RC 4 Vitamin C meg 0 0.000 0 RC 4 Vit													
Folate, DFE. meg_DFE 12 0 NC 4 Vitamin B-12. meg 0.07 0 RC 4 Vitamin A, IU 151 0 RC 4 Vitamin A, RAE. meg_RAE 41 0 RC 4 Vitamin E (alpha-tocopherol). mg 0.22 0 RC 4 Vitamin E (alpha-tocopherol). mg 0.22 0 RC 4 Tocopherol, beta mg Tocopherol, delta delta mg Tocopherol, delta delta delta mg Tocopherol, delta delta delta delta delta mg Tocopherol, delta della delta d		-				RC	4						
Vitamin B-12. mcg 0.07 0 RC 4 Vitamin A, IU. IU 151 0 RC 4 Vitamin A, RAE. mcg_RAE 41 0 RC 4 Retinol. mcg 40 0 RC 4 Vitamin E (alpha-tocopherol) mg 0.22 0 RC 4 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, gamma. mg Tocopherol, delta. Mcg. 4 Tocopherol, delta. </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>							_						
Vitamin A, IU IU 151 0 RC 4 Vitamin A, RAE mcg_RAE 41 0 RC 4 Retinol mcg 40 0 RC 4 Vitamin E (alpha-tocopherol) mg 0 22 0 RC 4 Tocopherol, beta mg 7 0 RC 4 4 Tocopherol, gamma mg 0 RC 4 4 4 Vitamin D IU 13.879 0 RC 4 6 6 0 RC 4 4					-		_						
Vitamin A, RAE mcg_RAE 41 0 RC 4 Retinol mcg 40 0 RC 4 Vitamin E (alpha-tocopherol) mg 0.22 0 RC 4 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU 13.879 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 4:0 g 3.320 0 RC 4 4:0 g 0.044 0 RC 4 6:0 g 0.098 0 RC 4 10:0 g 0.118 0 RC 4 12:0 g 0.120 0 RC 4 <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>					-		_						
Retinol. mcg 40 0 RC 4 Vitamin E (alpha-tocopherol). mg 0.22 0 RC 4 Tocopherol, beta. mg Tocopherol, gamma. mg Voltamin D. IU 13.879 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 4:0					-		_						
Vitamin E (alpha-locopherol) mg 0.22 0 RC 4 Tocopherol, gamma mg 70 copherol, gamma mg Tocopherol, delta mg 70 copherol, delta mg Vitamin D. IU 13.879 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 Lipids: ***********************************							_						
Tocopherol, beta													
Tocopherol, gamma			0.22		0	RC	4						
Tocopherol, delta													
Vitamin D IU 13.879 0 RC 4 Vitamin K (phylloquinone) mcg 0.8 0 RC 4 Lipids: Fatty acids, total saturated 9 3.320 0 RC 4 4:0 9 0.144 0 RC 4 6:0 9 0.098 0 RC 4 8:0 9 0.066 0 RC 4 10:0 9 0.118 0 RC 4 12:0 9 0.120 0 RC 4 13:0 9 0.000 0 RC 4 15:0 9 0.367 0 RC 4 15:0 9 0.000 0 RC 4 15:0 9 0.021 0 RC 4 16:0 9 0.021 0 RC 4 18:0 9 0.710 0 RC 4													
Vitamin K (phylloquinone) mcg 0.8 0 RC 4 Lipids: Fatty acids, total saturated 9 3.320 0 RC 4 4:0. 9 0.144 0 RC 4 6:0. 9 0.098 0 RC 4 8:0. 9 0.066 0 RC 4 10:0. 9 0.118 0 RC 4 12:0. 9 0.120 0 RC 4 13:0. 9 0.000 0 RC 4 14:0. 9 0.367 0 RC 4 15:0. 9 0.000 0 RC 4 16:0. 9 1.660 0 RC 4 17:0. 9 0.021 0 RC 4 18:0. 9 0.710 0 RC 4 20:0. 9 0.014 0 RC	- · · · · · · · · · · · · · · · · · · ·		13 879)	0	RC.	4						
Lipids: Fatty acids, total saturated 9 3.320 0 RC 4 4:0 9 0.144 0 RC 4 6:0 9 0.098 0 RC 4 8:0 9 0.066 0 RC 4 10:0 9 0.118 0 RC 4 12:0 9 0.120 0 RC 4 13:0 9 0.000 0 RC 4 14:0 9 0.367 0 RC 4 15:0 9 0.000 0 RC 4 16:0 9 1.660 0 RC 4 17:0 9 0.021 0 RC 4 18:0 9 0.710 0 RC 4 20:0 9 0.014 0 RC 4							4						
Fatty acids, total saturated 9 3.320 0 RC 4 4:0	vitanini ix (phynoquinone)	9	0.0		·	-1.0	-						
4:0	Lipids:												
6:0	Fatty acids, total saturated	g	3.320)	0	RC	4						
8:0	4:0	g			0	RC	4						
10:0 g 0.118 0 RC 4 12:0 g 0.120 0 RC 4 13:0 g 0.000 0 RC 4 14:0 g 0.367 0 RC 4 15:0 g 0.000 0 RC 4 16:0 g 1.660 0 RC 4 17:0 g 0.021 0 RC 4 18:0 g 0.710 0 RC 4 20:0 g 0.014 0 RC 4		-			•		_						
12:0 g 0.120 0 RC 4 13:0 g 0.000 0 RC 4 14:0 g 0.367 0 RC 4 15:0 g 0.000 0 RC 4 16:0 g 1.660 0 RC 4 17:0 g 0.021 0 RC 4 18:0 g 0.710 0 RC 4 20:0 g 0.014 0 RC 4		-			0		4						
13:0 g 0.000 0 RC 4 14:0 g 0.367 0 RC 4 15:0 g 0.000 0 RC 4 16:0 g 1.660 0 RC 4 17:0 g 0.021 0 RC 4 18:0 g 0.710 0 RC 4 20:0 g 0.014 0 RC 4					0		4						
14:0 g 0.367 0 RC 4 15:0 g 0.000 0 RC 4 16:0 g 1.660 0 RC 4 17:0 g 0.021 0 RC 4 18:0 g 0.710 0 RC 4 20:0 g 0.014 0 RC 4					0		4						
15:0 g 0.000 0 RC 4 16:0 g 1.660 0 RC 4 17:0 g 0.021 0 RC 4 18:0 g 0.710 0 RC 4 20:0 g 0.014 0 RC 4					0		4						
16:0 g 1.660 0 RC 4 17:0 g 0.021 0 RC 4 18:0 g 0.710 0 RC 4 20:0 g 0.014 0 RC 4					•		_						
17:0		-			•		_						
18:0					-								
20:0							_						
22:0													
24:0													

	Amount in 100 grams of edible portion							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	
Esternish total management of	2.246		0	RC	4					
Fatty acids, total monounsaturatedg	0.000		0	RC	4					
15:1 9	0.000		·	-1.0	-					
16:1 undifferentiatedg	0.037		0	RC	4					
17:1g										
18:1 undifferentiatedg	2.187		0	RC	4					
20:1g	0.022		0	RC	4					
22:1 undifferentiatedg	0.000		0	RC	4					
24:1 cg	0.000		0	RC	4					
Fatty acids, total polyunsaturated9	6.489		0	RC	4					
18:2 undifferentiatedg	5.234		0	RC	4					
18:3 undifferentiatedg	1.255		0	RC	4					
18:4g	0.000		0	RC	4					
20:2 n-6 c,c	0.000		0	RC RC	4 4					
20:4 undifferentiatedg	0.000		0	RC	4					
20:5 n-3g	0.000		0	RC	4					
22:5 n-3g	0.000		0	RC	4					
22:6 n-3g	0.000		0	RC	4					
Fatty acids, total trans9										
Cholesterolmg	13		0	RC	4					
Phytosterolsmg										
•										
Amino Acids:	0.044		•							
Tryptophan	0.044 0.122		0 0	RC RC	4 4					
Isoleucine	0.122		0	RC	4					
Leucine9	0.237		0	RC	4					
Lysineg	0.100		0	RC	4					
Methionineg	0.054		0	RC	4					
Cystineg	0.033		0	RC	4					
Phenylalanineg	0.139	ı	0	RC	4					
Tyrosineg	0.099	ı	0	RC	4					
Valineg	0.158		0	RC	4					
Arginineg	0.332		0	RC	4					
Histidineg	0.075	i	0	RC	4					
Alanineg	0.124		0	RC	4					
Aspartic acidg	0.317		0	RC	4					
Glutamic acidg	0.571		0	RC	4					
Glycineg	0.132		0	RC	4					
Prolineg	0.194		0	RC	4					
Serineg	0.159	1	0	RC	4					
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	z	7					
Caffeine mg	0		0	RC	4					
Theobrominemg	0		0	RC	4					
Carotenoids:										
Carotene, betamcg	11		0	RC	4					
Carotene, alpha mcg	0		0	RC	4					
Cryptoxanthin, betamcg	0		0	RC	4					
Lycopene mcg	0		0	RC	4					
Lutein + zeaxanthin mcg	1		0	RC	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Candies, fudge, vanilla with nuts

Food Group: 19 Sweets

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	• • • • • • • • • • • • • • • • • • • •	10.71		0	RC	4					
Energy		384		0	RC	4					
Energy	kj	1605		0	RC	4					
Protein	-	1.05		0	RC	4					
Total lipid (fat)		5.44		0	RC	4					
Ash		0.34		0	RC	4					
Carbohydrate, by difference		82.28		0	RC	4					
Fiber, total dietary		0.0		0	RC	4					
Sugars, total		82.28		0	NR	4					
Starch	g										
Minerals:											
Calcium, Ca	mg	34		0	RC	4					
Iron, Fe	-	0.02		0	RC	4					
Magnesium, Mg	-	3		0	RC	4					
Phosphorus, P		28		0	RC	4					
Potassium, K	mg	46		0	RC	4					
Sodium, Na	mg	51		0	RC	4					
Zinc, Zn	mg	0.13		0	RC	4					
Copper, Cu	mg	0.008	3	0	RC	4					
Manganese, Mn		0.007	'	0	RC	4					
Selenium, Se	mcg	1.7		0	RC	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	RC	4					
Thiamin	-	0.011		0	RC	4					
Riboflavin		0.074		0	RC	4					
Niacin		0.039		0	RC	4					
Pantothenic acid		0.120		0	RC	4					
Vitamin B-6		0.009)	0	RC	4					
Folate, total	_	1		0	RC	4					
Folic acid		0		0	RC	4					
Folate, food		1		0	RC	4					
Folate, DFE		1		0	NC	4					
Vitamin B-12	mcg	0.08		0	RC	4					
Vitamin A, IU	IU	168		0	RC	4					
Vitamin A, RAE		46		0	RC	4					
Retinol	mcg	45		0	RC	4					
Vitamin E (alpha-tocopherol)	mg	0.14		0	RC	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		15.668	1	0	RC	4					
Vitamin K (phylloquinone)	mcg	0.5		0	RC	4					
Lipids:											
Fatty acids, total saturated	g	2.807	•	0	RC	4					
4:0		0.163	3	0	RC	4					
6:0	g	0.110)	0	RC	4					
8:0	g	0.075	i	0	RC	4					
10:0	g	0.133	3	0	RC	4					
12:0		0.136	i	0	RC	4					
13:0		0.000)	0	RC	4					
14:0		0.415	i	0	RC	4					
15:0	g	0.000)	0	RC	4					
16:0	g	1.199)	0	RC	4					
17:0	g	0.024	ļ	0	RC	4					
18:0	g	0.547	1	0	RC	4					
20:0	g	0.006	i	0	RC	4					
22:0	g	0.000)	0	RC	4					
24:0	a	0.000)	0	RC	4					

		<u>A</u> ı	mount in 10		Amount in edible portion of common measures of food					
				Number		_		<u>me</u>	asures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.164	Į.	0	RC	4				
14:1	g	0.000)	0	RC	4				
15:1										
16:1 undifferentiated		0.042		0 0	RC	4				
16:1 c 16:1 t	-	0.042	•	U	RC	4				
17:1	0									
18:1 undifferentiated	•	1.118	}	0	RC	4				
18:1 c	9	0.735	;	0	RC	4				
18:1 t	-	0.129		0	RC	4				
20:1	-	0.004		0 0	RC	4				
22:1 undifferentiated 24:1 c		0.000	,	U	RC	4				
Fatty acids, total polyunsaturated		0.085	;	0	RC	4				
18:2 undifferentiated		0.062	!	0	RC	4				
18:2 n-6 c,c	g	0.094		0	RC	4				
18:2 CLAs		0.012	!	0	RC	4				
18:2 c,t										
18:2 t,c 18:2 t,t	-									
18:2 i		0.013	}	0	RC	4				
18:2 t not further defined										
18:3 undifferentiated	9	0.023	}	0	RC	4				
18:4		0.000)	0	RC	4				
20:2 n-6 c,c										
20:3 undifferentiated		0.000	1	0	RC	4				
20:5 n-3		0.000		0	RC	4				
22:5 n-3	_	0.000		0	RC	4				
22:6 n-3	_	0.000		0	RC	4				
Fatty acids, total trans										
Cholesterol		15		0	RC	4				
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.024		0	RC	4				
Threonine		0.047		0	RC	4				
Isoleucine		0.054 0.087		0 0	RC RC	4 4				
Lysine	_	0.047		0	RC	4				
Methionine		0.024		0	RC	4				
Cystine	g	0.006	i	0	RC	4				
Phenylalanine	g	0.048	;	0	RC	4				
Tyrosine	-	0.050		0	RC	4				
Valine		0.063		0	RC	4				
Arginine Histidine	_	0.025 0.025		0 0	RC RC	4 4				
Alanine	-	0.034		0	RC	4				
Aspartic acid		0.078		0	RC	4				
Glutamic acid		0.212	!	0	RC	4				
Glycine	g	0.024		0	RC	4				
Proline	-	0.111		0	RC	4				
Serine		0.036	1	0	RC	4				
Hydroxyproline	y									
Others:	_			_	_	_				
Alcohol, ethyl		0.0 0		0 0	Z RC	7 4				
Caffeine Theobromine		0		0	RC RC	4				
Carotenoids:	⊎	•		Ū	10	-				
	mca	10		0	RC	4				
Carotene, beta		0		0	RC	4				
Cryptoxanthin, beta		0		0	RC	4				
Lycopene		0		0	RC	4				
Lutein + zeaxanthin		0		0	RC	4				

Candies, fudge, vanilla, prepared-from-recipe

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nutrients and Units Proximates: Water Energy Energy	g kcal kj g	Mean 11.70 162 678		Number of Data Points	Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	Measure
Proximates: WaterEnergy	g kcal kj g	11.70 162		of Data	Deriv			Measure 1	Measure 2	Measure
Proximates: WaterEnergy	g kcal kj g	11.70 162	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Water Energy	kcal kj g	162								
Water	kcal kj g	162								
23	kj g					4		21.29	0.59	
Energy	g	678				1		295	8	
23						1		1234	34	
Protein		0.00				1		0.00	0.00	
Total lipid (fat)		0.20				1		0.36	0.01	
Ash		0.00		0	BFSN	4		0.00	0.00	
Carbohydrate, by difference		88.00				4		160.16	4.40	
Fiber, total dietary		18.0				4		32.8	0.9	
Sugars, total		70.00		0	NR	4		127.40	3.50	
Starch										
	0									
Minerals:										
Calcium, Ca		0				1		0	0	
Iron, Fe	-	0.00				1		0.00	0.00	
Magnesium, Mg		0				4		0	0	
Phosphorus, P	-	0				4		0	0	
Potassium, K		0				7		0	0	
Sodium, Na		7				1		13	0	
Zinc, Zn		0.00				4		0.00	0.00	
Copper, Cu		0.000)			4		0.000	0.000	
Manganese, Mn				_		_				
Selenium, Se	mcg	0.5		0	BFSN	4		0.9	0.0	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0				1		0.0	0.0	
Thiamin		0.000)			1		0.000	0.000	
Riboflavin		0.000				1		0.000	0.000	
Niacin		0.000				1		0.000	0.000	
Pantothenic acid						_				
Vitamin B-6		0.000)			4		0.000	0.000	
Folate, total		0				4		0	0	
Folic acid		0		0	BFSN	4		0	0	
Folate, food		0				4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12	mca	0.00				7		0.00	0.00	
Vitamin A, IU		0				1		0	0	
Vitamin A, RAE	mca RAE	0		0	BFSN	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta		0.00		·	22 511	-		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
<u>_ipids:</u>						_				
Fatty acids, total saturated		0.034				4		0.062	0.002	
4:0		0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0	_	0.000				4		0.000	0.000	
10:0	-	0.000				4		0.000	0.000	
12:0	-	0.000	1			4		0.000	0.000	
13:0										
14:0	-	0.000)			4		0.000	0.000	
15:0	-									
16:0		0.019	1			4		0.035	0.001	
17:0										
18:0	-	0.004	ŀ			4		0.007	0.000	
20:0	g									
22:0	g									
24:0	g									

Amount in 100 grams of edible portion									edible portion	
				Number of Data			Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.092				4		0.167	0.005	
14:1		0.032				•		0.107	0.003	
15:1	_									
16:1 undifferentiated	-	0.000				4		0.000	0.000	
17:1										
18:1 undifferentiated		0.090				4		0.164	0.005	
20:1	-	0.003				4		0.005	0.000	
22:1 undifferentiated	g	0.000				4		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated	g	0.064				4		0.116	0.003	
18:2 undifferentiated	g	0.064				4		0.116	0.003	
18:3 undifferentiated	g	0.000				4		0.000	0.000	
18:4	g	0.000				4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000				4		0.000	0.000	
20:5 n-3	g	0.000				4		0.000	0.000	
22:5 n-3	g	0.000				4		0.000	0.000	
22:6 n-3	g	0.000				4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0				7		0	0	
Phytosterols	<u>mg</u>									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	BFSN	4		0	0	
Theobromine	mg	0		0	BFSN	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha		0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFSN	4		0.000	0.000	
Lycopene	mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin		0		0	BFSN	4		0.000	0.000	

Common Measures:

Measure 1 = 182g: 1 cup Measure 2 = 5.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.00	0.000	8		1		1.82	0.36	0.22
Energy		396		0	NC	4		720	142	87
Energy		1655		0	NC	4		3012	596	364
Protein (N x 6.25)	-	0.00		1		4		0.00	0.00	0.00
Total lipid (fat)		0.00		1	LC	8		0.00	0.00	0.00
Ash		0.10		1		4		0.18	0.04	0.02
Carbohydrate, by difference		98.90		0	NC	4		180.00	35.60	21.76
Fiber, total dietary		0.1		0	FLC	4		0.1	0.0	0.0
Sugars, total		58.97		1	LC	8		107.33	21.23	12.97
Starch	g									
Minerals:										
Calcium, Ca	ma	3	0.936	9		1		5	1	1
Iron, Fe	-	0.40	0.109	8		1		0.73	0.14	0.09
Magnesium, Mg	-	1	0.774	9		1		2	0	0
Phosphorus, P		1	0.453	8		1		2	0	0
Potassium, K	-	5	3.943	9		1		9	2	1
Sodium, Na		44	5.093	9		1		80	16	10
Zinc, Zn	mg	0.00	0.004	8		1		0.00	0.00	0.00
Copper, Cu		0.012	0.008	8		1		0.022	0.004	0.00
Manganese, Mn		0.010	0.017	8		1		0.018	0.004	0.00
Selenium, Se	mcg	0.8		0	FLC	4		1.5	0.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	-	0.006		0	FLC	4		0.010	0.002	0.00
Riboflavin	-	0.000		0	FLC	4		0.010	0.002	0.00
Niacin		0.010		0	FLC	4		0.019	0.004	0.00
Pantothenic acid	-	0.012		0	FLC	4		0.022	0.004	0.00
Vitamin B-6	-	0.005		0	FLC	4		0.008	0.002	0.00
Folate, total	-	0		0	FLC	4		0	0	0
Folic acid		0		0	FLC	4		0	0	0
Folate, food		0		0	FLC	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU		0		0	FLC	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0	0
Retinol		0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	0.0
<u>Lipids:</u>										
Fatty acids, total saturated	а	0.000		1	LC	8		0.000	0.000	0.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	_	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0	_	0.000		0		4		0.000	0.000	0.00
13:0										
14:0		0.000		0		4		0.000	0.000	0.00
15:0										
16:0		0.000		0		4		0.000	0.000	0.00
17:0	-									
18:0	-	0.000		0		4		0.000	0.000	0.00
20:0	g									
22:0	g									
24:0	q									

		Amount in 1	00 grams	of edik	le portio	<u>n</u>	Amount in	edible portion of	of common
			Number		Source	Confidence	m	easures of food	
Nutrients and Units	Mean	Std. Erroi			Code	Code	Measure 1	Measure 2	Measure 3
F. (1) (1)	a 0.0	20	0		7		0.000	0.000	0.000
Fatty acids, total monounsaturated 14:1	5	00	U		,		0.000	0.000	0.000
15:1	-								
16:1 undifferentiated		00	0		4		0.000	0.000	0.000
17:1									
18:1 undifferentiated	=	00	0		4		0.000	0.000	0.000
20:1	g 0.0	00	0		4		0.000	0.000	0.000
22:1 undifferentiated	g 0.0	00	0		4		0.000	0.000	0.000
24:1 c	g								
Fatty acids, total polyunsaturated	g 0.0	00	1	LC	8		0.000	0.000	0.000
18:2 undifferentiated	g 0.0	00	0		4		0.000	0.000	0.000
18:3 undifferentiated	g 0.0	00	0		4		0.000	0.000	0.000
18:4	g 0.0	00	0		4		0.000	0.000	0.000
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	=		0		4		0.000	0.000	0.000
20:5 n-3	g 0.0	00	0		4		0.000	0.000	0.000
22:5 n-3		00	0		4		0.000	0.000	0.000
22:6 n-3	-	00	0		4		0.000	0.000	0.000
Fatty acids, total trans	-								
Cholesterol			1	LC	8		0	0	0
Phytosterols	mg								
Others:									
Alcohol, ethyl	_g 0.0		0	FLC	4		0.0	0.0	0.0
Caffeine	.mg 0		0	FLC	4		0	0	0
Theobromine	<u>.mg</u> 0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta	mcg 0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha	_		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta			0	FLC	4		0.000	0.000	0.000
Lycopene			0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin			0	FLC	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 182g: 1 cup gumdrops Measure 2 = 36g: 10 gumdrops Measure 3 = 22g: 10 gummy bears

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	OT EQII	ne portio	<u>on</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	ı
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	3.67		2	A	1				
Energy	-	469		0	NC	4				
Energy		1962		·	0	4				
Protein (N x 5.8)		12.49		2	A	1				
Total lipid (fat)		21.52		2	A	1				
Ash		1.83		2	A	1				
Carbohydrate, by difference		60.49		0	NC	4				
Fiber, total dietary		4.5		2	A	1				
Sugars, total										
Starch	_									
.r. 1	_									
Minerals:	ma	22		•						
Calcium, Ca	-	33 4.53		2 2	A A	1 1				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	218		2	A	1				
Phosphorus, P		607		2	A	1				
Potassium, K		187		2	A	1				
Sodium, Na	-	195		2	A	1				
Zinc, Zn		4.32		2	A	1				
Copper, Cu		1.202	2	2	A	1				
Manganese, Mn	mg	0.873	3	2	A	1				
Selenium, Se	mcg	11.5		0	FLA	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		2	A	1				
Thiamin		0.424	1	2	A	1				
Riboflavin	-	0.088		2	A	1				
Niacin		2.856		2	A	1				
Pantothenic acid		0.174		2	A	1				
Vitamin B-6	_	0.348		2	A	1				
Folate, total	-	65		2	A	1				
Folic acid		0		0	Z	7				
Folate, food		65		2	A	1				
Folate, DFE	mcg_DFE	65		0	NC	4				
Vitamin B-12		0.04		0	FLA	4				
Vitamin A, IU		2		2	A	1				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	iiicg									
<u>Lipids:</u>										
Fatty acids, total saturated		4.127		2	A	1				
4:0	-	0.000		2	A	1				
6:0		0.000		2	A	1				
8:0		0.000		2	A	1				
10:0	-	0.000		2	A	1				
12:0		0.000)	2	A	1				
13:0				_	_	_				
14:0		0.000)	2	A	1				
15:0				_	_	_				
16:0		2.113	3	2	A	1				
17:0				_	_	_				
18:0		1.847	<i>'</i>	2	A	1				
20:0										
22:0	а									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	8.194		2	A	1				
14:1g	0.194		2	A	-				
15:1g									
16:1 undifferentiated	0.025		2	A	1				
17:1g	0.020		_		_				
18:1 undifferentiatedg	8.133		2	A	1				
20:1g	0.036		2	A	1				
22:1 undifferentiatedg	0.000		2	A	1				
24:1 cg									
Fatty acids, total polyunsaturated	8.481		2	A	1				
18:2 undifferentiated	8.421		2	A	1				
18:3 undifferentiatedg	0.060		2	A	1				
18:4g	0.000		2	A	1				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1				
20:5 n-3g	0.000		2	A	1				
22:5 n-3g	0.000		2	A	1				
22:6 n-3g	0.000		2	A	1				
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg									
Theobrominemg									
Carotenoids:									
Carotene, betamcg	0		0	T	4				
Carotene, alphamcg	0		0	T	4				
Cryptoxanthin, beta mcg	0		0	T	4				
Lycopene mcg									
Lutein + zeaxanthin mcg									

Common Measures:

Calories Factors: Protein 4 Fat 8.5 Carbohydrate 3.9

Food Group: 19 Sweets

		<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	
				ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	1.30	0.291	6	1		0.37	0.08	0.0
Energy	kcal	394		0 NC	4		112	24	12
Energy	kj	1648			4		467	99	49
Protein (N x 6.25)	g	0.00		1 A	1		0.00	0.00	0.0
Total lipid (fat)	g	0.20		1 A	1		0.06	0.01	0.0
Ash	g	0.50	0.407	9	1		0.14	0.03	0.0
Carbohydrate, by difference	g	98.00		0 NC	4		27.78	5.88	2.9
Fiber, total dietary	g	0.0		0	4		0.0	0.0	0.0
Sugars, total	g	62.90		1 A	1		17.83	3.77	1.8
Starch	g								
r. ,									
<u>linerals:</u>		2	1 410	22				•	
Calcium, Ca	-	3		37 42	1 1		1 0.09	0	0
Iron, Fe	-	0.30		42 27	1			0.02	0.0
Magnesium, Mg		3 3		37 37	1		1 1	0	0
Phosphorus, P	•				1			0	
Potassium, K		5		37 22	_		1		0
Sodium, Na		38		33	1		11	2	1
Zinc, Zn		0.01		42	1		0.00	0.00	0.0
Copper, Cu		0.029		5	1		0.008	0.002	0.0
Manganese, Mn		0.010	0.001	37 0 BFS	1 1 4		0.003 0.2	0.001 0.0	0.0
Selenium, Se	Ilicy	0.6		0 BFS	N 4		0.2	0.0	0.0
<u>itamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0	0.0	0.0
Thiamin	_	0.004		1	4		0.001	0.000	0.
Riboflavin	mg	0.003	i .	1	4		0.001	0.000	0.0
Niacin	_	0.007		1	4		0.002	0.000	0.0
Pantothenic acid	mg	0.008		1	4		0.002	0.000	0.0
Vitamin B-6	mg	0.003		1	4		0.001	0.000	0.0
Folate, total	mcg	0		1	4		0	0	0
Folic acid	mcg	0		0 z	7		0	0	0
Folate, food		0		1	4		0	0	0
Folate, DFE	mcg_DFE	0		0 NC	4		0	0	0
Vitamin B-12	mcg	0.00		1	4		0.00	0.00	0.
Vitamin A, IU		0		1	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0 NC	4		0	0	0
Retinol	mcg	0		0 z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0 z	7		0.00	0.00	0.0
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0		0 z	7		0.0	0.0	0.
ipids:									
Fatty acids, total saturated	g	0.000	1	0	7		0.000	0.000	0.
4:0		0.000	ı	0	4		0.000	0.000	0.0
6:0		0.000	ı	0	4		0.000	0.000	0.0
8:0	-	0.000		0	4		0.000	0.000	0.0
10:0		0.000		0	4		0.000	0.000	0.
12:0	-	0.000		0	4		0.000	0.000	0.
13:0	-								
14:0	-	0.000	ı	0	4		0.000	0.000	0.0
15:0	-								
16:0	-	0.000	1	0	4		0.000	0.000	0.
17:0								- · · · · ·	
18:0	-	0.000	ı	0	4		0.000	0.000	0.
20:0	-								
22:0	-								
24:0	-								

	<u>Ar</u>	nount in 10	00 grams Number			_		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0		7		0.000	0.000	0.000
14:1g	0.000		·		•		0.000	0.000	0.000
15:1g									
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
20:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:6 n-3g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		1		4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobrominemg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, betamcg	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 Measure 2 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.40				4		0.04		
Energy	kcal	375				1		11		
Energy		1569				1		47		
Protein		0.00				1		0.00		
Total lipid (fat)	-	0.00				4		0.00		
Ash		0.00		0	BFSN	4		0.00		
Carbohydrate, by difference		93.40			NC	4		2.80		
Fiber, total dietary		0.0			2.0	4		0.0		
Sugars, total		93.00		0	NR	4		2.79		
Starch		93.00		U	NK	•		2.79		
Starcn	9									
Minerals:										
Calcium, Ca	mg	0				1		0		
Iron, Fe	-	0.00				1		0.00		
Magnesium, Mg	-	0				4		0		
Phosphorus, P		0				4		0		
Potassium, K	mg	0				4		0		
Sodium, Na		0				4		0		
Zinc, Zn	mg	0.00				4		0.00		
Copper, Cu		0.000	1			4		0.000		
Manganese, Mn										
Selenium, Se		0.6		0	BFSN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0				1		0.0		
Thiamin	_	0.000				1		0.000		
Riboflavin		0.000				1		0.000		
Niacin	-	0.000	1			1		0.000		
Pantothenic acid	_									
Vitamin B-6		0.000	1			4		0.000		
Folate, total		0				4		0		
Folic acid		0		0	BFSN	4		0		
Folate, food		0		0	BFSN	4		0		
Folate, DFE				0	NC	4		0		
Vitamin B-12		0.00				4		0.00		
Vitamin A, IU						1		0		
Vitamin A, RAE				0	BFSN	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	а	0.000)			7		0.000		
4:0		0.000		0		4		0.000		
6:0		0.000		0		4		0.000		
8:0	_	0.000		0		4		0.000		
10:0	-	0.000		0		4		0.000		
12:0	-	0.000		0		4		0.000		
13:0	-	0.000		Ü		•		0.000		
14:0		0.000	,	0		4		0.000		
15:0		0.000		U		-		0.000		
16:0		0.000	1	0		4		0.000		
		0.000		U		-		0.000		
17:0		0.000		0		4		0 000		
18:0		0.000	•	U		4		0.000		
20:0	y									
22:0	~									

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3		<u>Am</u>	ount in 10	0 grams Number		ole portio	<u>n</u>		edible portion o	f common
141	Nutrients and Units	Mean		of Data	Deriv			Measure 1	Measure 2	Measure 3
14:1	Fatty acids total monouncaturated G	0.000				7		0 000		
15:1.	-	0.000				•		0.000		
16-1 undifferentiated. 9										
17:1	_	0.000		0		4		0.000		
20:1	-									
22:1 undifferentiated	18:1 undifferentiated	0.000		0		4		0.000		
24:1 c	20:1g	0.000		0		4		0.000		
Fatty acids, total polyunsaturated	22:1 undifferentiatedg	0.000		0		4		0.000		
18-2 undifferentiated	24:1 cg									
18:3 undifferentiated	Fatty acids, total polyunsaturated	0.000				7		0.000		
18:4	18:2 undifferentiatedg	0.000		0		4		0.000		
20:2 n-6 c,c	_	0.000		0		4		0.000		
20:3 undifferentiated		0.000		0		4		0.000		
20:4 undifferentiated. 9 0.000 0 4 0.000 20:5 n-3. 9 0.000 0 4 0.000 22:5 n-3. 9 0.000 0 4 0.000 Patty acids, total trans. 9 0.000 7 0 Cholesterol. mg 0 7 0 Phytosterols. mg 0 7 0.0 Caffeine. mg 0 0 BFSN 4 0 Caffeine. mg 0 0 BFSN 4 0 Carotenoids: Carotene, beta mcg 0 0 BFSN 4 0.000 Carytoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene. mcg 0 0 BFSN 4 0.000										
20:5 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 7 0 Cholesterol. mg 0 7 0 Phytosterols mg 0 7 0.0 Caffeine mg 0 0 BFSN 4 0 Caffeine mg 0 0 BFSN 4 0 Theobromine mg 0 0 BFSN 4 0 Carotene, beta mcg 0 0 BFSN 4 0.000 Carotene, alpha mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene mcg 0 0 BFSN 4 0.000										
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 7 0 Others: Alcohol, ethyl 9 0.0 7 0.0 Caffeine mg 0 0 BFSN 4 0 Theobromine mg 0 0 BFSN 4 0 Carotenoids: Carotene, beta mcg 0 0 BFSN 4 0.000 Carotene, alpha mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene mcg 0 0 BFSN 4 0.000				0		4		0.000		
22:6 n-3 9 0.000 0 4 0.000 Fatty acids, total trans 9 7 0 Cholesterol mg 0 7 0 Phytosterols mg 0 7 0.0 Cothers: 7 0.0 0 0 Caffeine mg 0 0 BFSN 4 0 Theobromine mg 0 0 BFSN 4 0 Carotene, beta mcg 0 0 BFSN 4 0.000 Carotene, alpha mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene mcg 0 0 BFSN 4 0.000		0.000		0		4		0.000		
Fatty acids, total trans	22:5 n-3g	0.000				4		0.000		
Cholesterol	-	0.000		0		4		0.000		
Phytosterols. mg Others: Alcohol, ethyl. g 0.0 7 0.0 Caffeine. mg 0 0 BFSN 4 0 Theobromine. mg 0 0 BFSN 4 0 Carotenoids: Carotene, beta. mcg 0 0 BFSN 4 0.000 Carotene, alpha. mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta. mcg 0 0 BFSN 4 0.000 Lycopene. mcg 0 0 BFSN 4 0.000	Fatty acids, total trans									
Others: Alcohol, ethyl	_	0				7		0		
Alcohol, ethyl. g 0.0 7 0.0 Caffeine. mg 0 0 BFSN 4 0 Theobromine. mg 0 0 BFSN 4 0 Carotenoids: Carotene, beta. mcg 0 0 BFSN 4 0.000 Carotene, alpha. mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta. mcg 0 0 BFSN 4 0.000 Lycopene. mcg 0 0 BFSN 4 0.000	Phytosterolsmg									
Caffeine mg 0 0 BFSN 4 0 Theobromine mg 0 0 BFSN 4 0 Carotenoids: Carotene, beta mcg 0 0 BFSN 4 0.000 Carotene, alpha mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene mcg 0 0 BFSN 4 0.000	Others:									
Theobromine. mg 0 0 BFSN 4 0 Carotenoids: Carotene, beta. mcg 0 0 BFSN 4 0.000 Carotene, alpha. mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta. mcg 0 0 BFSN 4 0.000 Lycopene. mcg 0 0 BFSN 4 0.000	Alcohol, ethylg	0.0				7		0.0		
Carotenoids: Carotene, beta	Caffeine mg	0		0	BFSN	4		0		
Carotene, beta	Theobrominemg	0		0	BFSN	4		0		
Carotene, alpha mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene mcg 0 0 BFSN 4 0.000	Carotenoids:									
Carotene, alpha mcg 0 0 BFSN 4 0.000 Cryptoxanthin, beta mcg 0 0 BFSN 4 0.000 Lycopene mcg 0 0 BFSN 4 0.000	Carotene heta MCG	0		0	BFSN	4		0.000		
Cryptoxanthin, beta. mcg 0 0 BFSN 4 0.000 Lycopene	-									
Lycopene		0		0	BFSN	4				
-) + · · · · · · · · · · · · · · · · · ·	·	0		0	BFSN	4		0.000		
Lutein + zeaxanthin	Lutein + zeaxanthinmcg	0		0	BFSN	4		0.000		

Common Measures:

Measure 1 = 3.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>		edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.30		1		4		0.69	1.76	
Energy	kcal	375		0	NC	4		41	105	
Energy	kj	1568		0	NC	4		172	439	
Protein (N x 6.25)	g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)	g	0.05		0	FLC	4		0.01	0.01	
Ash	g	0.10		0	FLC	4		0.01	0.03	
Carbohydrate, by difference	g	93.55		0	NC	4		10.29	26.19	
Fiber, total dietary	g	0.2		0	FLC	4		0.0	0.1	
Sugars, total	g	70.00		1	LC	8		7.70	19.60	
Starch	g									
Minerals:										
Calcium, Ca	ma	3		1		1		0	1	
Iron, Fe	_	0.13		0	FLC	4		0.01	0.04	
Magnesium, Mg	_	2		1	- 110	1		0.01	1	
Phosphorus, P		4		0	FLC	4		0	1	
Potassium, K	_	37		1	120	1		4	10	
Sodium, Na		50		1	LC	8		6	14	
Zinc, Zn	-	0.05		1		1		0.01	0.01	
Copper, Cu		0.028	3	1		1		0.003	0.008	
Manganese, Mn		0.035		1		1		0.004	0.010	
Selenium, Se		1.1		0	FLC	4		0.1	0.3	
	•									
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	FLC	4		0.0	0.0	
Thiamin	-	0.004		0	FLC	4		0.000	0.001	
Riboflavin	-	0.011		0	FLC	4		0.001	0.003	
Niacin	_	0.008		0	FLC	4		0.001	0.002	
Pantothenic acid	-	0.009		0	FLC	4		0.001	0.003	
Vitamin B-6	-	0.004	•	0	FLC	4		0.000	0.001	
Folate, total		0		0	FLC	4		0	0	
Folic acid		0		0	FLC	4		0	0 0	
Folate, food		0		0	FLC NC	4 4		0	0	
Folate, DFE		0.00		0		4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00		0	FLC FLC	4		0.00	0.00	
Vitamin A, IU Vitamin A, RAE		0		0	FLC	4		0	0	
Retinol		0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta		0.00		U	FLC	7		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		0.000		0	FLC	4		0.000	0.000	
4:0		0.000		0	FLC	4		0.000	0.000	
6:0	-	0.000		0	FLC	4		0.000	0.000	
8:0	-	0.000		0	FLC	4		0.000	0.000	
10:0		0.000		0	FLC	4		0.000	0.000	
12:0		0.000	,	0	FLC	4		0.000	0.000	
13:0		0.000		^	ET C	4		0 000	0 000	
14:0		0.000	,	0	FLC	4		0.000	0.000	
15:0		0.000		^	E				2 225	
16:0		0.000	,	0	FLC	4		0.000	0.000	
17:0	-	0 000		0	ET C	4		0 000	0 000	
18:0	-	0.000	,	U	FLC	4		0.000	0.000	
20:0 22:0	-									
7.7.'U	9									

Nutrients and Units Mean Std. Error Points Code Code Code Code Measure 1 Measure 2 Measure 3		<u>Am</u>	ount in 10	0 grams		ole portio	<u>on</u>		edible portion of easures of food	of common
14:1	Nutrients and Units	Mean	Std. Error					Measure 1	Measure 2	Measure 3
14:1	Fotter saids total management and a	0.000		0	ET C	4		0.000	0.000	
15:1	-	0.000		U	FLC	-		0.000	0.000	
16:1 undifferentiated	_									
17:1	_	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated	_					=				
20:1	_	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated	-	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated	_	0.000		0	FLC	4		0.000	0.000	
18.2 undifferentiated	24:1 cg									
18:3 undifferentiated. 9	Fatty acids, total polyunsaturatedg	0.000		0	FLC	4		0.000	0.000	
18:4	18:2 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c	18:3 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated	18:4g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated 9 0.000 0 FLC 4 0.000 0.000 20:5 n-3 9 0.000 0 FLC 4 0.000 0.000 22:5 n-3 9 0.000 0 FLC 4 0.000 0.000 22:6 n-3 9 0.000 0 FLC 4 0.000 0.000 Fatty acids, total trans 9 0 0 FLC 4 0	20:2 n-6 c,cg									
20:5 n-3	20:3 undifferentiatedg									
22:5 n-3 g 0.000 0 FLC 4 0.000 0.000 22:6 n-3 g 0.000 0 FLC 4 0.000 0.000 Fatty acids, total trans g Cholesterol mg 0 FLC 4 0 0 Phytosterols mg 0 FLC 4 0 0 Others: Alcohol, ethyl g 0.0 FLC 4 0.0 0 Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotene, beta mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000	_	0.000		0	FLC	4		0.000	0.000	
22:6 n-3	20:5 n-3g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans 9 Cholesterol	22:5 n-3g	0.000		0	FLC	4		0.000	0.000	
Cholesterol mg 0 FLC 4 0 0 Phytosterols mg 0 FLC 4 0 0 Others: Alcohol, ethyl g 0.0 0 FLC 4 0.0 0.0 Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 FLC 4 0.000 0.000 Carotene, alpha mcg 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 FLC 4 0.000 0.000	-	0.000		0	FLC	4		0.000	0.000	
Others: Alcohol, ethyl. g 0.0 0 FLC 4 0.0 0.0 Caffeine. mg 0 0 FLC 4 0 0 Theobromine. mg 0 0 FLC 4 0 0 Caroteneids: Carotene, beta. mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000	Fatty acids, total transg									
Others: Alcohol, ethyl. .g 0.0 0 FLC 4 0.0 0.0 Caffeine. .mg 0 0 FLC 4 0 0 Theobromine. .mg 0 0 FLC 4 0 0 Carotene. .mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha .mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta .mcg 0 0 FLC 4 0.000 0.000		0		0	FLC	4		0	0	
Alcohol, ethyl. g 0.0 0 FLC 4 0.0 0.0 Caffeine. mg 0 0 FLC 4 0 0 Theobromine. mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta. mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha. mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 0.000	Phytosterolsmg									
Alcohol, ethyl. g 0.0 0 FLC 4 0.0 0.0 Caffeine. mg 0 0 FLC 4 0 0 Theobromine. mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta. mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha. mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 FLC 4 0.000 0.000	Others:									
Caffeine mg 0 0 FLC 4 0 0 Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000		0.0		0	FLC	4		0.0	0.0	
Theobromine mg 0 0 FLC 4 0 0 Carotenoids: Carotene, beta mcg 0 0 FLC 4 0.000 0.000 Carotene, alpha mcg 0 0 FLC 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000	, ,	0		0	FLC	4		0		
Carotenoids: Carotene, beta		0		0	FLC	4		0	0	
Carotene, beta	_									
Carotene, alpha		0		0	FLC	4		0 000	0 000	
Cryptoxanthin, beta mcg 0 0 FLC 4 0.000 0.000		-								
Cijponinini, voi		-		-						
	·			-		_				
Lutein + zeaxanthin										

Common Measures:

Measure 1 = 11.0g: 10 small Measure 2 = 28g: 10 large (1 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	ırams	of edik	le portio	<u>n</u>		edible portion	
			Nu	ımber	-			<u>m</u> e	easures of food	_
			•		Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	16.40	0.374	6		1		8.20	1.15	1.18
Energy	kcal	318		0	NC	4		159	22	23
Energy	kj	1331				4		665	93	96
Protein (N x 5.6)		1.80	0.107	5		1		0.90	0.13	0.13
Total lipid (fat)	g	0.20	0.055	5		1		0.10	0.01	0.01
Ash		0.30	0.136	5		1		0.15	0.02	0.02
Carbohydrate, by difference		81.30		0	NC	4		40.65	5.69	5.85
Fiber, total dietary		0.1		0	FLA	4		0.1	0.0	0.0
Sugars, total		57.56	4.874	3	LC	8		28.78	4.03	4.14
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.356	10		1		2	0	0
Iron, Fe		0.23	0.085	10		1		0.12	0.02	0.0
Magnesium, Mg		2	0.503	10		1		1	0	0
Phosphorus, P		8	1.376	6		1		4	1	1
Potassium, K	mg	5	1.162	10		1		3	0	0
Sodium, Na	mg	80	12.963	3	LC	8		40	6	6
Zinc, Zn	mg	0.04	0.015	10		1		0.02	0.00	0.0
Copper, Cu		0.097		2		1		0.049	0.007	0.00
Manganese, Mn		0.008	0.034	5		1		0.004	0.001	0.00
Selenium, Se	mcg	1.7		0	FLA	4		0.8	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin	_	0.001	0.000	5		1		0.001	0.000	0.00
Riboflavin		0.001	0.000	4		1		0.001	0.000	0.00
Niacin		0.078	0.015	5		1		0.039	0.005	0.00
Pantothenic acid	mg	0.005		1		1		0.003	0.000	0.00
Vitamin B-6	mg	0.003		0	FLA	4		0.002	0.000	0.00
Folate, total	mcg	1		0	FLA	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		1		0	FLA	4		0	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU		0		0	FLA	4		0	0	0
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	0.0
vitanini k (priyrioquinone)	g	0.0		·		-		0.0	0.0	0.0
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.056		0		4		0.028	0.004	0.00
4:0	g	0.000		0		4		0.000	0.000	0.00
6:0	_	0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.0
12:0	-	0.000		0		4		0.000	0.000	0.00
13:0	-			_						_
14:0	-	0.001		0		4		0.001	0.000	0.0
15:0	_			_		_				
16:0		0.040		0		4		0.020	0.003	0.0
17:0	-			_		_				<u> </u>
18:0	_	0.015		0		4		0.008	0.001	0.0
20:0	_									
22:0	g									

	<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Number				<u>m</u>	easures of food	-
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.000		•						0.006
Fatty acids, total monounsaturatedg	0.080		0		4		0.040	0.006	0.006
15:1g									
16:1 undifferentiatedg	0.004		0		4		0.002	0.000	0.000
17:1g	0.076		•						0.005
18:1 undifferentiated	0.076 0.000		0 0		4 4		0.038	0.005	0.005
20:1			0		4		0.000	0.000	
22:1 undifferentiated	0.000		U		4		0.000	0.000	0.000
24:1 c	0.047		0		4		0.024	0.003	0.003
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.045		0		4		0.024	0.003	0.003
18:3 undifferentiated	0.043		0		4		0.023	0.000	0.003
18:4g	0.000		0		4		0.001	0.000	0.000
20:2 n-6 c,c	0.000		U		-		0.000	0.000	0.000
20:3 undifferentiatedg									
20:4 undifferentiated	0.001		0		4		0.001	0.000	0.000
20:5 n-3	0.000		0		4		0.000	0.000	0.000
20.5 n-3	0.000		0		4		0.000	0.000	0.000
22:6 n-3	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	0.000		· ·		-		0.000	0.000	0.000
Cholesterolg	0	0.0	23 4		1		0	0	0
Phytosterolsmg	U	0.0	23 4		_		· ·	U	O
Fliytosterois									
Amino Acids:									
Tryptophang	0.000		0		1		0.000	0.000	0.000
Threonineg	0.035		0		1		0.018	0.002	0.003
Isoleucineg	0.028		0		1		0.014	0.002	0.002
Leucineg	0.066		0		1		0.033	0.005	0.005
Lysineg	0.077		0		1		0.039	0.005	0.006
Methionineg	0.015		0		1		0.008	0.001	0.001
Cystineg	0.002		0		1		0.001	0.000	0.000
Phenylalanineg	0.042		0		1		0.021	0.003	0.003
Tyrosineg	0.010		0		1		0.005	0.001	0.001
Valineg	0.050		0		1		0.025	0.004	0.004
Arginineg	0.147		0		1		0.074	0.010	0.011
Histidineg	0.017		0		1		0.009	0.001	0.001
Alanineg	0.180		0		1		0.090	0.013	0.013
Aspartic acidg	0.121		0		1		0.061	0.008	0.009
Glutamic acidg	0.208		0		1		0.104	0.015	0.015
Glycineg	0.416		0		1		0.208	0.029	0.030
Prolineg	0.275		0		1		0.138	0.019	0.020
Serineg	0.061		0		1		0.031	0.004	0.004
Hydroxyprolineg									
Others:			_						
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 50g: 1 cup of miniature Measure 2 = 7.0g: 10 miniatures Measure 3 = 7.2g: 1 regular NDB No. 19116

Candies, marshmallows

Calories Factors: Protein 3.9 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Ai</u>	mount in 100 gr	ams of	eain	ne portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u>	easures of food	<u> </u>	
			of I	Data De	eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.50	0.054	9	A	1		2.53	0.11	0.66	
Energy	-	535		0	NC	4		899	37	235	
Energy	kj	2239		0	NC	4		3762	157	985	
Protein (N x 6.25)	g	7.65	0.281	9	A	1		12.86	0.54	3.37	
Total lipid (fat)	g	29.66	0.230	9	A	1		49.83	2.08	13.05	
Ash	g	1.78	0.036	9	A	1		2.99	0.12	0.78	
Carbohydrate, by difference		59.40		0	NC	4		99.80	4.16	26.14	
Fiber, total dietary		3.4	0.132	9	A	1		5.7	0.2	1.5	
Sugars, total		51.50	0.495	9	A	1		86.52	3.60	22.66	
Starch	g										
Minerals:											
Calcium, Ca	mg	189	0.333	27	A	1		317	13	83	
Iron, Fe	-	2.35	1.043	27	A	1		3.94	0.16	1.0	
Magnesium, Mg	mg	63	3.153	27	A	1		105	4	28	
Phosphorus, P		208	6.583	27	A	1		350	15	92	
Potassium, K		372	30.222	27	A	1		626	26	164	
Sodium, Na	-	79	8.597	27	A	1		132	6	35	
Zinc, Zn	-	2.01	0.000		FLC	4 1		3.37	0.14	0.8	
Copper, Cu		0.491 0.471		27 27	A A	1		0.825 0.791	0.034 0.033	0.2	
Manganese, Mn		4.5	0.131	22	A	1		7.5	0.033	2.0	
Selemuni, Se	Ilog	4.5	0.173	22		-		7.3	0.5	2.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0	0.0	0.0	
Thiamin		0.112		5	A	1		0.188	0.008	0.0	
Riboflavin		0.298		5	A	1		0.501	0.021	0.1	
Niacin	-	0.386 0.472		5 5	A A	1 1		0.648 0.794	0.027	0.1	
Pantothenic acid Vitamin B-6	-	0.472		5	A	1		0.794	0.033 0.002	0.2	
Folate, total	-	12	0.802	5	A	1		20	1	5	
Folic acid		0	0.002		FLC	4		0	0	0	
Folate, food		12	0.802	5	A	1		20	1	5	
Folate, DFE		12			NC	4		20	1	5	
Vitamin B-12		0.62		0	FLC	4		1.04	0.04	0.2	
Vitamin A, IU		174		0	FLC	4		293	12	77	
Vitamin A, RAE	mcg_RAE	49		0	FLC	4		82	3	22	
Retinol		48		0	FLC	4		81	3	21	
Vitamin E (alpha-tocopherol)	mg	2.02		1	A	1		3.39	0.14	0.8	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		5.7	0.585	4	A	1		9.6	0.4	2.5	
vitainiii K (phylioquillone)		3.7	0.303	•	A	-		3.0	0.4	2.5	
<u> Lipids:</u>											
Fatty acids, total saturated		14.252			NC	4		23.944	0.998	6.2	
4:0		0.503		4	A	1		0.845	0.035	0.2	
6:0		0.182		4	A	1		0.305	0.013	0.0	
8:0	-	0.104		4	A	1		0.175	0.007	0.0	
10:0		0.197		4	A A	1 1		0.331	0.014	0.0	
12:0 13:0		0.217 0.000		4 4	A A	1		0.36 4 0.000	0.015 0.000	0.0	
14:0		0.664		4	A	1		1.115	0.000	0.0	
15:0		0.069		4	A	1		0.115	0.005	0.2	
16:0	-	5.955		4	A	1		10.004	0.417	2.6	
17:0	-	0.065		4	A	1		0.110	0.005	0.0	
18:0	-	6.107		4	A	1		10.260	0.428	2.6	
20:0	-	0.171		4	A	1		0.288	0.012	0.0	
22:0	-	0.018		4	A	1		0.031	0.001	0.0	
24:0		0.000		4	A	1		0.000	0.000	0.0	

	<u>Ar</u>	nount in 100 g	ırams		ole portion			edible portion o	f common
Nutrients and Units	Mean		Data	Deriv	Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	13.226		0	NC	4		22.220	0.926	5.820
14:1g	0.065	0.054	4	A	1		0.109	0.005	0.029
15:1	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated	0.12 4 0.018	0.112 0.021	4 4	A A	1 1		0.208 0.031	0.009 0.001	0.055 0.008
18:1 undifferentiated	6.509		0	A	1		10.936	0.456	2.864
18:1 cg	6.509		4	A	1		10.936	0.456	2.864
18:1 tg	0.000	0.000	4	A	1		0.000	0.000	0.000
20:1g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 cg	0.000		4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	0.813		0	NC	4		1.366	0.057	0.358
18:2 undifferentiated	0.729	0.618	4	A	1 1		1.225	0.051	0.321
18:3 undifferentiated	0.08 4 0.000	0.000	0 4	A A	1		0.141 0.000	0.006 0.000	0.037 0.000
18:3ig	0.000	0.000	-	-	-		0.000	0.000	0.000
18:4g	0.000		0	z	7		0.000	0.000	0.000
20:2 n-6 c,cg	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiatedg	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3g									
20:3 n-6g				_	_				
20:4 undifferentiated	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3									
20:5 n-3g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	23		1	A	1		38	2	10
Phytosterolsmg									_
Stigmasterolmg	16		1	A	1		27	1	7
Campesterolmg Beta-sitosterolmg	6 37		1 1	A A	1 1		10 62	0 3	3 16
beta-sitosteroig	37		_	•	-		02	3	10
Amino Acids:									
Tryptophang	0.089		0	FLC	4		0.150	0.006	0.039
Threonine	0.279		0	FLC FLC	4 4		0.469	0.020	0.123
Isoleucine	0.362 0.590		0	FLC	4		0.607 0.991	0.025 0.041	0.159 0.260
Lysineg	0.464		0	FLC	4		0.780	0.041	0.204
Methionine	0.146		0	FLC	4		0.245	0.010	0.064
Cystineg	0.078		0	FLC	4		0.132	0.005	0.034
Phenylalanineg	0.317		0	FLC	4		0.532	0.022	0.139
Tyrosineg	0.303		0	FLC	4		0.508	0.021	0.133
Valineg	0.429		0	FLC	4		0.720	0.030	0.189
Arginine9	0.298		0	FLC	4		0.500	0.021	0.131
Histidine	0.167		0	FLC	4		0.280	0.012	0.073
Alanine	0.2 4 1 0.561		0 0	FLC FLC	4 4		0.404 0.943	0.017 0.039	0.106 0.2 4 7
Glutamic acid9	1.316		0	FLC	4		2.211	0.039	0.579
Glycine	0.178		0	FLC	4		0.299	0.012	0.078
Prolineg	0.611		0	FLC	4		1.026	0.043	0.269
Serineg	0.348		0	FLC	4		0.585	0.024	0.153
Hydroxyprolineg	0.000		0	FLC	4		0.000	0.000	0.000
Others:									
Alcohol, ethyl9	0.0		0	FLC	4		0.0	0.0	0.0
Caffeinemg	20	0.000	9	A	1		34	1	9
Theobromine mg	205	6.891	8	A	1		345	14	90
Carotenoids:									
Carotene, betamcg	0	0.000	4	A	1		0.000	0.000	0.000
Carotene, alpha mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0.000	4 4	A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000
Lycopenemcg Lutein + zeaxanthinmcg	0	0.000	0	Z	7		0.000	0.000	0.000
Lacin - Zearananiiiiilog	ŭ		•	-	•		5.000	0.000	3.000

NDB No. 19120 Candies, milk chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

Measure 2 Measure 3

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

Common Measures:

Measure 1 = 168g: 1 cup chips Measure 2 = 7.0g: 1 bar miniature Measure 3 = 44g: 1 bar 1.55 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> :	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			m	easures of food		
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	2.34		0	RA	4					
Energy	-	513		0	RA	4					
Energy		2148		0	RA	4					
Protein		7.41		0	RA	4					
Total lipid (fat)		26.09		0	RA	4					
Ash		1.75		0	RA	4					
Carbohydrate, by difference		62.42		0	RA	4					
Fiber, total dietary		5.7		0	RA	4					
Sugars, total		49.54		0	RA	4					
Starch		45.54		Ū		•					
Starcii	9										
<u> Minerals:</u>											
Calcium, Ca	mg	169		0	RA	4					
Iron, Fe	_	2.29		0	RA	4					
Magnesium, Mg		64		0	RA	4					
Phosphorus, P	_	188		0	RA	4					
Potassium, K		413		0	RA	4					
Sodium, Na	_	71		0	RA	4					
Zinc, Zn		1.76		0	RA	4					
Copper, Cu		0.492		0	RA	4					
Manganese, Mn		0.538	3	0	RA	4					
Selenium, Se	mcg	4.3		0	RA	4					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4					
Thiamin	mg	0.097	7	0	RA	4					
Riboflavin	mg	0.316	5	0	RA	4					
Niacin	mg	0.333	3	0	RA	4					
Pantothenic acid	mg	0.454	l	0	RA	4					
Vitamin B-6	_	0.031	L	0	RA	4					
Folate, total		10		0	RA	4					
Folic acid		0		0	RA	4					
Folate, food		10		0	RA	4					
Folate, DFE		10		0	NC	4					
Vitamin B-12		0.53		0	RA	4					
Vitamin A, IU		150		0	RA	4					
Vitamin A, RAE		42		0	RA	4					
Retinol		42		0	RA	4					
Vitamin E (alpha-tocopherol)		1.74		0	RA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		5.4		0	RA	4					
v namni K (pnynoquinone)	g	3.4		U	KA	4					
<u>Lipids:</u>											
Fatty acids, total saturated		12.490		0	RA	4					
4:0		0.434		0	RA	4					
6:0		0.157		0	RA	4					
8:0	-	0.090		0	RA	4					
10:0	-	0.170		0	RA	4					
12:0	-	0.187		0	RA	4					
13:0		0.000		0	RA	4					
14:0		0.572		0	RA	4					
15:0	g	0.059		0	RA	4					
16:0	-	5.293		0	RA	4					
17:0	g	0.056		0	RA	4					
18:0		5.297	1	0	RA	4					
20:0	g	0.161	L	0	RA	4					
22:0	g	0.016	5	0	RA	4					
24:0	g	0.000)	0	RA	4					

	Amount in 100 grams of edible portion Number							edible portion of	common
Nutrients and Units	Mean		Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Femoralda total management d	5.833		0	RA	4				
Fatty acids, total monounsaturatedg	0.056		0	RA	4				
15:1 q	0.000		0	RA	4				
16:1 undifferentiated	0.107		0	RA	4				
17:1g	0.016	i	0	RA	4				
18:1 undifferentiatedg	5.654		0	RA	4				
20:1g	0.000	1	0	RA	4				
22:1 undifferentiatedg	0.000	1	0	RA	4				
24:1 cg	0.000		0	RA	4				
Fatty acids, total polyunsaturatedg	0.854		0	RA	4				
18:2 undifferentiatedg	0.847		0	RA	4				
18:3 undifferentiatedg	0.007		0	RA	4				
18:4g	0.000		0	RA	4				
20:2 n-6 c,c	0.000		0	RA RA	4 4				
20:3 undifferentiated	0.000		0	RA RA	4				
20:5 n-3g	0.000		0	RA	4				
20.5 n-3g	0.000		0	RA	4				
22:6 n-3	0.000		0	RA	4				
Fatty acids, total trans					=				
Cholesterol mg	20		0	RA	4				
Phytosterolsmg									
Stigmasterolmg									
Campesterolmg									
Beta-sitosterolmg									
Amino Acids:									
Tryptophang									
Threonineg									
Isoleucine									
Leucineg									
Lysineg									
Methionineg									
Cystineg									
Phenylalanineg									
Tyrosine9									
Valine									
Arginine									
Alanineg									
Aspartic acid									
Glutamic acid									
Glycine									
Prolineg									
Serineg									
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RA	4				
Caffeine mg	800		0	RA	4				
Theobromine mg	178		0	RA	4				
Carotenoids:									
Carotene, betamcg	0		0	RA	4				
Carotene, alphamcg	0		Ö	RA	4				
Cryptoxanthin, betamcg	0		0	RA	4				
Lycopene mcg	0		0	RA	4				
Lutein + zeaxanthinmcg	0		0	RA	4				

Common Measures:

NDB No. 19279

Candies, milk chocolate coated coffee beans

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	nount in 100 g	<u>rams</u>	of edib	ole portion	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.90	0.100	3		1		2.83	0.76		
Energy	kcal	519		0		4		773	208		
Energy	kj	2171				4		3236	869		
Protein (N x 5.8)	g	13.10	0.910	5		1		19.52	5.24		
Total lipid (fat)	g	33.50	0.626	5		1		49.92	13.40		
Ash	g	1.80	0.076	3		1		2.68	0.72		
Carbohydrate, by difference	g	49.40		0	NC	4		73.61	19.76		
Fiber, total dietary	g	4.7		0	FLM	4		7.1	1.9		
Sugars, total	g	37.59		0	FLM	4		56.00	15.03		
Starch	g										
Minerals:											
Calcium, Ca	ma	104	15.972	5		1		155	42		
Iron, Fe	-	1.31	0.074	5		1		1.95	0.52		
Magnesium, Mg	-	96	0.0.4	0	FLM	4		143	38		
Phosphorus, P		212		2		1		316	85		
Potassium, K	-	502	10.786	3		1		748	201		
Sodium, Na		41	2.618	3		1		61	16		
Zinc, Zn	mg	2.39		0	FLM	4		3.56	0.96		
Copper, Cu	mg	0.544		0	FLM	4		0.811	0.218		
Manganese, Mn	mg	0.830		1		1		1.237	0.332		
Selenium, Se	mcg	5.4		0	FLM	4		8.0	2.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0		
Thiamin	-	0.116	0.005	4		1		0.173	0.046		
Riboflavin	-	0.174		5		1		0.259	0.070		
Niacin	=	4.249		5		1		6.331	1.700		
Pantothenic acid	-	0.570		1		1		0.849	0.228		
Vitamin B-6	=	0.210		1		1		0.313	0.084		
Folate, total	-	8		1		1		12	3		
Folic acid		0		0	FLM	4		0	0		
Folate, food		8		1		1		12	3		
Folate, DFE		8		0	NC	4		12	3		
Vitamin B-12		0.44		0	FLM	4		0.65	0.17		
Vitamin A, IU	IU	123		0	FLM	4		183	49		
Vitamin A, RAE		34		0	FLM	4		51	14		
Retinol	mcg	34		0	FLM	4		51	14		
Vitamin E (alpha-tocopherol)	mg	3.46		0	FLM	4		5.16	1.39		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	4.0		0	FLM	4		6.0	1.6		
Lipids:											
Fatty acids, total saturated	g	14.600		0		1		21.754	5.840		
4:0		0.130		1		1		0.194	0.052		
6:0	g	0.030		1		1		0.045	0.012		
8:0	g	0.040		1		1		0.060	0.016		
10:0	g	0.090		1		1		0.134	0.036		
12:0	g	0.090		1		1		0.134	0.036		
13:0											
14:0	g	0.440		1		1		0.656	0.176		
15:0	g										
16:0	g	7.000		1		1		10.430	2.800		
17:0	g										
18:0	g	6.790		1		1		10.117	2.716		
20:0	g										
22:0	g										
24:0	g										

	<u>A</u> ı	mount in 100 grams	of edible port	<u>ion</u>	Amount in edible portion of common			
		Numbe	r		<u>m</u>	easures of food		
				e Confidence				
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	12.920	0	1		19.251	5.168		
14:1g								
15:1g								
16:1 undifferentiatedg	0.210	1	1		0.313	0.084		
17:1g	12.550		-		10 700	F 000		
18:1 undifferentiated			1 1		18.700	5.020		
20:1	0.160 0.000		1		0.238 0.000	0.06 4 0.000		
24:1 cg	0.000	U	1		0.000	0.000		
Fatty acids, total polyunsaturated9	4.330	0	1		6.452	1.732		
18:2 undifferentiatedg	4.280		1		6.377	1.712		
18:3 undifferentiated	0.050		1		0.075	0.020		
18:4	0.000		1		0.000	0.000		
20:2 n-6 c.cg		·	_		2			
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	1		0.000	0.000		
20:5 n-3g	0.000	0	1		0.000	0.000		
22:5 n-3g	0.000	0	1		0.000	0.000		
22:6 n-3g	0.000	0	1		0.000	0.000		
Fatty acids, total transg								
Cholesterolmg	9	2	1		13	4		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.140	0	1		0.209	0.056		
Threonine	0.492		1		0.733	0.197		
Isoleucine	0.561	0	1		0.836	0.224		
Leucineg	1.005	0	1		1.497	0.402		
Lysineg	0.602	0	1		0.897	0.241		
Methionine9	0.211	0	1		0.314	0.084		
Cystineg	0.126	0	1		0.188	0.050		
Phenylalanineg	0.687	0	1		1.024	0.275		
Tyrosineg	0.554	0	1		0.825	0.222		
Valineg	0.680		1		1.013	0.272		
Arginineg	1.001		1		1.491	0.400		
Histidineg	0.268		1		0.399	0.107		
Alanineg	0.483		1		0.720	0.193		
Aspartic acidg	1.347		1		2.007	0.539		
Glutamic acid	2.693		1		4.013	1.077		
Glycine 9	0.563		1		0.839	0.225		
Proline	0.806		1 1		1.201	0.322		
Serine 9 Hydroxyproline 9	0.616	0	1		0.918	0.246		
Others:								
Alcohol, ethylg	0.0	0	FLM 4		0.0	0.0		
Caffeine mg	22	1	1		33	9		
Theobromine mg	109	1	1		162	44		
<u>Carotenoids:</u>								
Carotene, beta mcg	0	0	FLM 4		0.000	0.000		
Carotene, alphamcg	0	0	FLM 4		0.000	0.000		
Cryptoxanthin, betamcg	0	0	FLM 4		0.000	0.000		
Lycopenemcg	0	0	FLM 4		0.000	0.000		
Lutein + zeaxanthin mcg	0	0	FLM 4		0.000	0.000		

Common Measures:

Measure 1 = 149g: 1 cup Measure 2 = 40g: 10 pieces NDB No. 19126

Candies, milk chocolate coated peanuts

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 gr	rams of	edib	le portio	<u>1</u>	Amount in edible portion of common			
			Nur	nber				m	easures of food		
				Data De	eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure :	
Proximates: Water	a	11.20	2.282	7		1		20.16	1.12		
Energy	_	390	2.202	0		4		702	39		
Energy		1632		U		4		2937	163		
63	=		0 200	•		=					
Protein (N x 6.2)		4.10	0.299	8		1		7.38	0.41		
Total lipid (fat)		14.80	1.152	7		1		26.64	1.48		
Ash		1.50	0.074	7		1		2.70	0.15		
Carbohydrate, by difference		68.30		0	NC	4		122.94	6.83		
Fiber, total dietary		4.2			FLA	4		7.6	0.4		
Sugars, total	g	62.22		0	LC	8		112.00	6.22		
Starch	g										
Minerals:											
Calcium. Ca	mg	86	14.400	4		1		155	9		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.71	0.329	4		1		3.08	0.17		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	45		1		1		81	5		
Phosphorus, P		143		2		1		257	14		
Potassium, K	_	514		2		1		925	51		
Sodium, Na		36		2		1		65	4		
Zinc, Zn		0.81			FLA	4		1.46	0.08		
Copper, Cu		0.339)		FLA	4		0.610	0.034		
Manganese, Mn		0.283			FLA	4		0.509	0.028		
Selenium, Se		2.3	,		FLA	4		4.1	0.2		
						=					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.2		2		1		0.4	0.0		
Thiamin	-	0.084		4		1		0.151	0.008		
Riboflavin		0.161		4		1		0.290	0.016		
Niacin	-	0.400		2		1		0.720	0.040		
Pantothenic acid		0.217			FLA	4		0.391	0.022		
Vitamin B-6	-	0.080)		FLA	4		0.144	0.008		
Folate, total	mcg	7			FLC	4		13	1		
Folic acid		0		0 1	FLC	4		0	0		
Folate, food	mcg	7		0 1	FLC	4		13	1		
Folate, DFE	mcg_DFE	7		0	NC	4		13	1		
Vitamin B-12	mcg	0.18		0 1	FLA	4		0.32	0.02		
Vitamin A, IU		85		0 1	FLC	4		153	9		
Vitamin A, RAE	mcg_RAE	24		0 1	FLC	4		43	2		
Retinol	mcg	24		0 1	FLC	4		42	2		
Vitamin E (alpha-tocopherol)	mg	1.02		0	NR	4		1.84	0.10		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	3.7		0 1	FLC	4		6.6	0.4		
inide:											
Lipids: Fatty acids, total saturated	a	8.800)	0		1		15.840	0.880		
4:0		0.080		1		1		0.144	0.008		
6:0		0.020		1		1		0.144	0.008		
8:0	-	0.020		1		1		0.036	0.002		
8:0 10:0.		0.030		1		1		0.054			
				1		1			0.006		
12:0	-	0.060	,	1		T		0.108	0.006		
13:0		0.000		1		4		0 500	2 222		
14:0	-	0.290	,	1		1		0.522	0.029		
15:0	-					_					
16:0		3.920)	1		1		7.056	0.392		
17:0	-			_		_					
18:0	-	4.350)	1		1		7.830	0.435		
20:0	-										
22:0	-										
24:0	g										

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	4.740		0		1		8.532	0.474		
14:1	_										
15:1	_										
16:1 undifferentiated	_	0.140		1		1		0.252	0.014		
17:1	• • • • • • • • • • • • • • • • • • • •	4.600		1		1		0.000	0.460		
18:1 undifferentiated	_	0.000		0		1		8.280 0.000	0.460 0.000		
20:1 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 polyunsatura		0.510		0		1		0.918	0.051		
18:2 undifferentiated		0.450		1		1		0.810	0.045		
18:3 undifferentiated		0.050		1		1		0.090	0.005		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c.c	_										
20:3 undifferentiated	_										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000		
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	_	0.000		0		1		0.000	0.000		
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol		3	1.6	38 3		1		5	0		
Phytosterols	mg										
A A											
Amino Acids:		0 041		•		1		0.074	0.004		
Tryptophan		0.041 0.158		0		1		0.074 0.284	0.004		
Threonine	-	0.158		0		1		0.284	0.016 0.017		
Isoleucine	-	0.299		0		1		0.538	0.017		
Lysine	-	0.202		0		1		0.364	0.020		
Methionine		0.102		0		1		0.184	0.010		
Cystine		0.036		0		1		0.065	0.004		
Phenylalanine		0.186		0		1		0.335	0.019		
Tyrosine		0.155		0		1		0.279	0.016		
Valine	-	0.226		0		1		0.407	0.023		
Arginine	-	0.172		0		1		0.310	0.017		
Histidine	•••••••••••••••••••••••••••••••••••••••	0.088		0		1		0.158	0.009		
Alanine	-	0.152		0		1		0.274	0.015		
Aspartic acid	-	0.390		0		1		0.702	0.039		
Glutamic acid		0.861		0		1		1.550	0.086		
Glycine	-	0.108		0		1		0.194	0.011		
Proline		0.287		0		1		0.517	0.029		
Serine	-	0.191		0		1		0.344	0.019		
Hydroxyproline											
Others:	_					_					
Alcohol, ethyl		0.0		0		7 1		0.0	0.0		
Caffeine		25 127		1 1		1		45	3		
Theobromine	9	127		T		1		229	13		
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000		
Carotene, alpha	mcg	0		0	FLC	4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0.000	0.000		
Lycopene	mcg	0		0	FLC	4		0.000	0.000		
Lutein + zeaxanthin	mcg	1		0	FLC	4		0.937	0.052		

Common Measures:

Measure 1 = 180g: 1 cup Measure 2 = 10.0g: 10 pieces NDB No. 19127

Candies, milk chocolate coated raisins

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.6

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.50	0.210	9		1		0.62	0.66		
Energy	kcal	526		0		4		216	231		
Energy	kj	2201				4		902	968		
Protein (N x 5.9)	g	9.00	0.319	13		1		3.69	3.96		
Total lipid (fat)	g	34.40	0.790	14		1		14.10	15.14		
Ash	g	1.70	0.017	9		1		0.70	0.75		
Carbohydrate, by difference	g	53.20		0	NC	4		21.81	23.41		
Fiber, total dietary	g	6.2		1		1		2.5	2.7		
Sugars, total	g	43.90		0	LC	8		18.00	19.32		
Starch	g										
Min and a											
Minerals:	ma	224	13.194	12		1		92	99		
Calcium, CaIron, Fe	-	1.63	0.225	12		1		92 0.67	99 0.72		
Magnesium, Mg	-	90	5.285	6		1		37	40		
Phosphorus, P		264	14.134	6		1		108	40 116		
Potassium, K	-	444	6.652	8		1		182	195		
Sodium. Na		74	8.195	11		1		30	33		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.34	0.197	6		1		0.55	0.59		
Copper, Cu		0.422		5		1		0.173	0.186		
Manganese, Mn		0.624		5		1		0.256	0.275		
Selenium, Se		4.0		0	FLA	4		1.6	1.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.2		2		1		0.1	0.1		
Thiamin	-	0.060		11		1		0.025	0.026		
Riboflavin	=	0.435		12		1		0.178	0.191		
Niacin	-	0.742		8		1		0.304	0.326		
Pantothenic acid	=	0.430		0		4		0.176	0.189		
Vitamin B-6	-	0.051	•	0	FLA	4		0.021	0.022		
Folate, total		14		0	FLM	4		6	6		
Folic acid		0		0	FLM	4		0	0		
Folate, food		14		0	FLM	4		6	6		
Folate, DFE		14		0	NC	4		6	6		
Vitamin B-12		0.33		0	FLA	4		0.14	0.15		
Vitamin A, IU		156		0	FLM	4		64	69		
Vitamin A, RAE		44		0	FLM	4		18	19		
Retinol		43		0	FLM	4 4		18	19		
Vitamin E (alpha-tocopherol)		4.49		U	FLM	4		1.84	1.97		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		5.1		0	FLM	4		2.1	2.2		
vitanini K (phynoquinone)	9	0.1		·		-					
<u>Lipids:</u>											
Fatty acids, total saturated	g	16.980		0		1		6.962	7.471		
4:0		0.160		1		1		0.066	0.070		
6:0		0.040		1		1		0.016	0.018		
8:0	_	0.050		1		1		0.021	0.022		
10:0	-	0.110		1		1		0.045	0.048		
12:0		0.110		1		1		0.045	0.048		
13:0		0.000		0	FLM	4		0.000	0.000		
14:0		0.580)	1		1		0.238	0.255		
15:0	_	_ = -		_		_					
16:0	_	7.660)	1		1		3.141	3.370		
17:0	_	0 0==		-							
18:0	-	8.270	,	1		1		3.391	3.639		
20:0											
22:0	-			_							
24:0	g	0.000)	0	FLM	4		0.000	0.000		

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	13.490		0		1		5.531	5.936		
14:1	-										
15:1		0.000		0	FLM	4		0.000	0.000		
16:1 undifferentiated	-	0.310		1		1		0.127	0.136		
17:1	-										
18:1 undifferentiated	_	13.170		1		1		5.400	5.795		
20:1	_	0.010		1		1		0.004	0.004		
22:1 undifferentiated	_	0.000		0		1		0.000	0.000		
24:1 c		0.000		0	FLM	4		0.000	0.000		
Fatty acids, total polyunsaturated	g	2.280		0		1		0.935	1.003		
18:2 undifferentiated	_	2.170		1		1		0.890	0.955		
18:3 undifferentiated	g	0.110		1		1		0.045	0.048		
18:4	g	0.000		0		1		0.000	0.000		
20:2 n-6 c,c		0.000		0	FLM	4		0.000	0.000		
20:3 undifferentiated	g	0.000		0	FLM	4		0.000	0.000		
20:4 undifferentiated	g	0.000		0		1		0.000	0.000		
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3	g	0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	19	1.9	33 8		1		8	8		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.116		0		1		0.048	0.051		
Threonine		0.350		0		1		0.144	0.154		
Isoleucine	_	0.432		0		1		0.177	0.190		
Leucine	_	0.759		0		1		0.311	0.334		
Lysine		0.446		0		1		0.183	0.196		
Methionine	_	0.159		0		1		0.065	0.070		
Cystine		0.079		0		1		0.032	0.035		
Phenylalanine		0.470		0		1		0.193	0.207		
Tyrosine		0.366		0		1		0.150	0.161		
Valine		0.526		0		1		0.216	0.231		
Arginine	_	0.468		0		1		0.192	0.206		
Histidine		0.159		0		1		0.065	0.070		
Alanine		0.327		0		1		0.134	0.144		
Aspartic acid		0.792		0		1		0.325	0.348		
Glutamic acid		1.984		0		1		0.813	0.873		
Glycine		0.294		0		1		0.121	0.129		
Proline	_	0.666		0		1		0.273	0.293		
Serine	=	0.388		0		1		0.159	0.171		
Hydroxyproline	-								V.2.2		
Others:				_		_					
Alcohol, ethyl	-	0.0		0		7		0.0	0.0		
Caffeine		22		1		1		9	10		
Theobromine	mg	158		1		1		65	70		
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	FLM	4		0.174	0.187		
Carotene, alpha	mcg	0		0	FLM	4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000	0.000		
Lycopene		0		0	FLM	4		0.000	0.000		
Lutein + zeaxanthin		0		0	FLM	4		0.059	0.064		

Common Measures:

Measure 1 = 41g: 1 bar (1.45 oz)Measure 2 = 44g: 1 bar (1.55 oz) NDB No. 19132

Candies, milk chocolate, with almonds

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.90	0.180	15		1		0.76	0.86	0.89
Energy	kcal	496		0		4		198	223	233
Energy	kj	2075				4		830	934	975
Protein (N x 6.2)	g	6.30	0.141	18		1		2.52	2.84	2.96
Total lipid (fat)	g	26.50	0.389	20		1		10.60	11.93	12.46
Ash	g	1.60	0.026	15		1		0.64	0.72	0.75
Carbohydrate, by difference	g	63.40		0	NC	4		25.36	28.53	29.80
Fiber, total dietary	g	3.3		0	FLC	4		1.3	1.5	1.6
Sugars, total	g	55.00		0	LC	8		22.00	24.75	25.85
Starch										
<u> Inerals:</u>		155	2 42-			_		66		
Calcium, Ca	_	171	3.491	11		1		68	77	80
Iron, Fe	_	0.75	0.076	11		1		0.30	0.34	0.3
Magnesium, Mg		49	2.940	11		1		20	22	23
Phosphorus, P	_	193	11.628	10		1		77	87	91 161
Potassium, K		343	13.864	11		1		137	154	161
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	145	8.394	11		1		58	65	68
Zinc, Zn	_	1.12	0.029	10		1		0.45	0.50	0.5
Copper, Cu		0.312		10		1		0.125	0.140	0.1
Manganese, Mn		0.319	0.008	9	== 0	1 4		0.128	0.144	0.1
Selenium, Se	Ilicy	4.6		U	FLC	4		1.8	2.1	2.1
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.3		2		1		0.1	0.1	0.1
Thiamin	mg	0.058	0.003	12		1		0.023	0.026	0.0
Riboflavin		0.291	0.018	12		1		0.116	0.131	0.1
Niacin	mg	0.463	0.023	11		1		0.185	0.208	0.2
Pantothenic acid	mg	0.602		2		1		0.241	0.271	0.2
Vitamin B-6	mg	0.058		2		1		0.023	0.026	0.0
Folate, total	mcg	15		0	FLC	4		6	7	7
Folic acid		3		0	FLC	4		1	1	1
Folate, food		12		0	FLC	4		5	5	5
Folate, DFE		17		0	NC	4		7	8	8
Vitamin B-12		0.62		0	FLC	4		0.25	0.28	0.2
Vitamin A, IU		217		0	FLC	4		87	97	102
Vitamin A, RAE		62		0	FLC	4		25	28	29
Retinol		61		0	FLC	4		24	27	29
Vitamin E (alpha-tocopherol)		2.00		0	FLC	4		0.80	0.90	0.9
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	5.7		0	FLC	4		2.3	2.6	2.7
<u>ipids:</u>	~	15 000		•				6 256	7 151	7.4
Fatty acids, total saturated		15.890		0 1		1 1		6.356	7.151	7.4
4:0 6:0.		0.150		1		1		0.060	0.068	0.0
		0.040		1		1		0.016	0.018	
8:0	-	0.050		1		1		0.020	0.023	0.0
10:0	-	0.110		1		1		0.044	0.050	0.0
12:0		0.110		0	ET C			0.044	0.050	0.0
13:0		0.000			FLC	4		0.000	0.000	0.0
14:0		0.520		1		1		0.208	0.234	0.2
15:0	-					_				
16:0	-	7.010		1		1		2.804	3.155	3.2
17:0	-					_				
18:0	-	7.910		1		1		3.164	3.560	3.7
20:0										
22:0	g g									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and Ur	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated 14:1		8.640		0		1		3.456	3.888	4.061
15:1	g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated	_	0.260		1		1		0.104	0.117	0.122
17:1	g									
18:1 undifferentiated	g	8.380		1		1		3.352	3.771	3.939
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.780		0		1		0.312	0.351	0.367
18:2 undifferentiated	g	0.720		1		1		0.288	0.324	0.338
18:3 undifferentiated	g	0.060		1		1		0.024	0.027	0.028
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c		0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol		19	0.5	98 14		1		8	9	9
Phytosterols										
-										
Amino Acids:										
Tryptophan		0.076		0		1		0.030	0.034	0.036
Threonine	-	0.263		0		1		0.105	0.118	0.124
Isoleucine	-	0.328		0		1		0.131	0.148	0.154
Leucine		0.577		0		1		0.231	0.260	0.271
Lysine		0.355		0		1		0.142	0.160	0.167
Methionine	g	0.136		0		1		0.054	0.061	0.064
Cystine		0.049		0		1		0.020	0.022	0.023
Phenylalanine	g	0.344		0		1		0.138	0.155	0.162
Tyrosine	g	0.278		0		1		0.111	0.125	0.131
Valine	g	0.409		0		1		0.164	0.184	0.192
Arginine	g	0.226		0		1		0.090	0.102	0.106
Histidine	g	0.103		0		1		0.041	0.046	0.048
Alanine	g	0.240		0		1		0.096	0.108	0.113
Aspartic acid	g	0.536		0		1		0.214	0.241	0.252
Glutamic acid	g	1.304		0		1		0.522	0.587	0.613
Glycine	g	0.170		0		1		0.068	0.077	0.080
Proline	g	0.498		0		1		0.199	0.224	0.234
Serine	g	0.294		0		1		0.118	0.132	0.138
Hydroxyproline	g									
Others:										
	α.	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl		23		1		1		9	10	11
Theobromine		155		1		1		62	70	73
	!!!!g	155		1		1		62	70	/3
Carotenoids:										
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha		0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta	mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene		0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin	mca	0		0	FLC	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 40g: 1 bar (1.4 oz) Measure 2 = 45g: 1 bar (1.45 oz) Measure 3 = 47g: 1 bar (1.65 oz) NDB No. 19134

Candies, milk chocolate, with rice cereal

Calories Factors: Protein 3.7 Fat 8.7 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		2.15		0	FLC	4		0.30		
Energy	kcal	398		0	NC	4		56		
Energy		1665		0	NC	4		233		
Protein	g	3.33		1	LC	8		0.47		
Total lipid (fat)	g	1.67		1	LC	8		0.23		
Ash	g	0.46		0	FLC	4		0.06		
Carbohydrate, by difference	g	92.39		0	NC	4		12.93		
Fiber, total dietary	g	3.3		1	LC	8		0.5		
Sugars, total	g	83.33		1	LC	8		11.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	FLC	4		4		
Iron, Fe	-	0.59		0	FLC	4		0.08		
Magnesium, Mg	_	32		0	FLC	4		4		
Phosphorus, P		55		0	FLC	4		8		
Potassium, K	_	105		0	FLC	4		15		
Sodium, Na		33		1	LC	8		5		
Zinc, Zn		0.42		0	FLC	4		0.06		
Copper, Cu		0.134	l	0	FLC	4		0.019		
Manganese, Mn		0.304	l	0	FLC	4		0.043		
Selenium, Se	mcg	2.6		0	FLC	4		0.4		
/itamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	FLC	4		0.0		
Thiamin	mg	0.013	3	0	FLC	4		0.002		
Riboflavin	mg	0.148	3	0	FLC	4		0.021		
Niacin	mg	0.478	3	0	FLC	4		0.067		
Pantothenic acid	mg	0.060)	0	FLC	4		0.008		
Vitamin B-6	mg	0.020)	0	FLC	4		0.003		
Folate, total	mcg	5		0	FLC	4		1		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food		4		0	FLC	4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Vitamin B-12	mcg	0.01		0	FLC	4		0.00		
Vitamin A, IU		1		0	FLC	4		0		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	2.77		0	FLC	4		0.39		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		^	ET 0	4		0.0		
Vitamin K (phylloquinone)	Ilicy	0.0		0	FLC	4		0.0		
ipids:	C	1 665	,			۰		0 000		
Fatty acids, total saturated		1.667		1 0	LC FLC	8		0.233 0.000		
4:0		0.000		0		4				
6:0		0.000		0	FLC	4		0.000		
8:0		0.000		0	FLC FLC	4 4		0.000		
10:0	-	0.000		0		4		0.000		
12:0		0.000		0	FLC FLC	4		0.000		
13:0		0.000		0				0.000		
14:0		0.002			FLC	4		0.000		
15:0	-	0.000		0	FLC	4		0.000		
16:0	-	1.340		0	FLC	4		0.188		
17:0	-	0.000		0	FLC	4		0.000		
18:0	-	0.324		0	FLC	4		0.045		
20:0 22:0		0.000		0	FLC	4		0.000		
	u	0.000	,	0	FLC	4		0.000		

		Ar	mount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsatural	tedg	0.000		1	LC	8		0.000		
14:1	g	0.000		0	FLC	4		0.000		
15:1	g									
16:1 undifferentiated	g	0.000		0	FLC	4		0.000		
17:1	g									
18:1 undifferentiated	g	0.000		0	FLC	4		0.000		
20:1	g	0.000		0	FLC	4		0.000		
22:1 undifferentiated	g	0.000		0	FLC	4		0.000		
24:1 c	g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturate	edg	0.000		1	LC	8		0.000		
18:2 undifferentiated	g	0.000		0	FLC	4		0.000		
18:3 undifferentiated	g	0.000		0	FLC	4		0.000		
18:4	g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c	g	0.000		0	FLC	4		0.000		
20:3 undifferentiated	g	0.000		0	FLC	4		0.000		
20:4 undifferentiated	g	0.000		0	FLC	4		0.000		
20:5 n-3	g	0.000		0	FLC	4		0.000		
22:5 n-3	g	0.000		0	FLC	4		0.000		
22:6 n-3	g	0.000		0	FLC	4		0.000		
Fatty acids, total trans	g									
Cholesterol		0		1	LC	8		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4		0.0		
Caffeine	mg	0		0	FLC	4		0		
Theobromine	mg	0		0	FLC	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	FLC	4		0.047		
Carotene, alpha		0		0	FLC	4		0.012		
Cryptoxanthin, beta	mcg	1		0	FLC	4		0.099		
Lycopene	mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin	mcg	1		0	FLC	4		0.158		

Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	Amount in edible portion of common					
			Nι	ımber	r			<u>m</u> e	easures of food	•
			•		Deriv		Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.60	0.150	4		1		0.45	0.64	0.72
Energy	kcal	522		0	NC	4		148	209	235
Energy	kj	2184				4		619	874	983
Protein (N x 5.5)		15.50	1.151	4		1		4.39	6.20	6.98
Total lipid (fat)	g	33.70	0.229	4		1		9.55	13.48	15.17
Ash		1.90	0.089	3		1		0.54	0.76	0.86
Carbohydrate, by difference		47.40		0	NC	4		13.44	18.96	21.33
Fiber, total dietary	g	4.1		0	FLM	4		1.2	1.6	1.8
Sugars, total	g	42.22		0	LC	8		11.97	16.89	19.00
Starch	g									
Minorals:										
Minerals: Calcium, Ca	ma	78		1		1		22	31	35
Iron, Fe		0.97		1		1		0.27	0.39	0.4
Magnesium, Mg		110		0	FLM	4		31	44	50
Phosphorus, P		308		0	FLM	4		87	123	138
Potassium, K		407		2		1		115	163	183
Sodium, Na		156		0	LC	8		44	62	70
Zinc, Zn		3.94		0	FLM	4		1.12	1.58	1.7
Copper, Cu	-	0.774		0	FLM	4		0.220	0.310	0.3
Manganese, Mn		1.243		0	FLM	4		0.352	0.497	0.5
Selenium, Se		4.7		0	FLM	4		1.3	1.9	2.1
Scientini, Sc	9			·		-				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin		0.100		1		1		0.028	0.040	0.0
Riboflavin	mg	0.140		1		1		0.040	0.056	0.0
Niacin	mg	7.922		4		1		2.246	3.169	3.5
Pantothenic acid	-	0.830		0	FLM	4		0.235	0.332	0.3
Vitamin B-6		0.153		0	FLM	4		0.043	0.061	0.0
Folate, total		75		0	FLM	4		21	30	34
Folic acid		0		0	FLM	4		0	0	0
Folate, food		75		0	FLM	4		21	30	34
Folate, DFE		75		0	NC	4		21	30	34
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.0
Vitamin A, IU	IU	0		0	FLM	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	0
Retinol	mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	4.10		0	FLM	4		1.16	1.64	1.8
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0	0.0	0.0
ipids:										
Fatty acids, total saturated	a	4.678		0	FLA	4		1.326	1.871	2.1
4:0		0.000		0	FLA	4		0.000	0.000	0.0
6:0		0.000		0	FLA	4		0.000	0.000	0.0
8:0	-	0.000		0	FLA	4		0.000	0.000	0.0
10:0	-	0.000		0	FLA	4		0.000	0.000	0.0
12:0		0.000		0	FLA	4		0.000	0.000	0.0
13:0	-	0.000			E LIFE	-		0.000	0.000	0.0
14:0	-	0.022		0	FLA	4		0.006	0.009	0.0
15:0	_	0.022		v	T LIA	-		0.006	0.009	0.0
	-	3.528		0	FLA	4		1.000	1.411	1.5
16:0		3.328		U	t TW	4		1.000	1.411	1.5
17:0	-	0.750		0	pr x	4		0 212	0 201	0.3
18:0	-	0.752		U	FLA	4		0.213	0.301	0.3
20:0	-									
22:0	g g									

		<u>Aı</u>	mount in 10			ole portic	<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 monounsatur	atedg	16.721		0	FLA	4		4.740	6.688	7.524
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0	FLA	4		0.003	0.004	0.005
17:1	-									
18:1 undifferentiated	-	16.260		0	FLA	4		4.610	6.504	7.317
20:1		0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated	•	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsatural		10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated		10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated	=	0.002		0	FLA	4		0.001	0.001	0.001
18:4		0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c	=									
20:3 undifferentiated										
20:4 undifferentiated	=	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3	<u>-</u>	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3		0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3		0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol	-	0		0	FLA	4		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.149		0		1		0.042	0.060	0.067
Threonine		0.520		0		1		0.147	0.208	0.234
Isoleucine	_	0.534		0		1		0.151	0.214	0.240
Leucine		0.986		0		1		0.280	0.394	0.444
Lysine	-	0.545		0		1		0.155	0.218	0.245
Methionine		0.185		0		1		0.052	0.074	0.083
Cystine		0.194		0		1		0.055	0.078	0.087
Phenylalanine		0.787		0		1		0.223	0.315	0.354
Tyrosine		0.618		0		1		0.175	0.247	0.278
Valine		0.638		0		1		0.181	0.255	0.287
Arginine		1.818		0		1		0.515	0.727	0.818
Histidine		0.385		0		1		0.109	0.154	0.173
Alanine		0.604		0		1		0.171	0.242	0.272
Aspartic acid		1.855		0		1		0.526	0.742	0.835
Glutamic acid		3.178		0		1		0.901	1.271	1.430
Glycine	_	0.916		0		1		0.260	0.366	0.412
Proline		0.672		0		1		0.191	0.269	0.302
Serine		0.753		0		1		0.213	0.301	0.339
Hydroxyproline		01.700		•		_		0.220	0.502	0.000
тушохургоние	9									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine		0		0	FLM	4		0	0	0
Theobromine	mg	0		0	FLM	4		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha		0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta	_	0		0	FLM	4		0.000	0.000	0.000
Lycopene		0		0	FLM	4		0.000	0.000	0.000
LycopeneLutein + zeaxanthin		0		0	FLM	4		0.000	0.000	0.000
Luteni + zeaxantnin	y	U		U	t TIM	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 40g: 1 bar (1.4 oz)

Measure 3 = 45g: 1 bar (1.6 oz)

NDB No. 19147 Candies, peanut bar

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	umber				<u>m</u>	easures of food	
			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	q	0.70		0	RC	4				
Energy	-	484		0	RC	4				
Energy		2024		0	RC	4				
Protein		7.57		0	RC	4				
Total lipid (fat)		18.98		0	RC	4				
Ash		1.51		0	RC	4				
Carbohydrate, by difference		70.66		0	RC	4				
Fiber, total dietary		2.5		0	RC	4				
Sugars, total		67.09		0	RC	4				
Starch		0,,00		•	-10	-				
Staren	9									
Minerals:										
Calcium, Ca	_	27		0	RC	4				
Iron, Fe	_	1.22		0	RC	4				
Magnesium, Mg		42		0	RC	4				
Phosphorus, P	_	106		0	RC	4				
Potassium, K		168		0	RC	4				
Sodium, Na	-	445		0	RC	4				
Zinc, Zn		0.87	_	0	RC	4				
Copper, Cu		0.254		0	RC	4				
Manganese, Mn		0.593	3	0	RC	4				
Selenium, Se	mcg	2.6		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4				
Thiamin		0.134	1	0	RC	4				
Riboflavin	-	0.044		0	RC	4				
Niacin		2.646	5	0	RC	4				
Pantothenic acid	-	0.529	9	0	RC	4				
Vitamin B-6		0.079	9	0	RC	4				
Folate, total	-	46		0	RC	4				
Folic acid		0		0	RC	4				
Folate, food		46		0	RC	4				
Folate, DFE		46		0	NC	4				
Vitamin B-12		0.01		0	RC	4				
Vitamin A, IU		142		0	RC	4				
Vitamin A, RAE		39		0	RC	4				
Retinol		38		0	RC	4				
Vitamin E (alpha-tocopherol)		2.56		0	RC	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	RC	4				
Lipids:										
Fatty acids, total saturated	a	4.144	1	0	RC	4				
4:0		0.145		0	RC	4				
6:0		0.090		0	RC	4				
8:0	-	0.054		0	RC	4				
10:0	-	0.054		0	RC	4				
12:0	-	0.117		0	RC	4				
13:0		J.11	•	J	I.C	-				
14:0		0.342	,	0	RC	4				
15:0		0.342	-	J	I.C	-				
16:0		2.479	9	0	RC	4				
17:0		0.025		0	RC	4				
18:0	-	0.023		0	RC	4				
20:0	-	0.006		0	RC	4				
22:0	-	0.000	•	J	AC.	*				
24:0										

	<u>Ar</u>	nount in 10	00 grams Number		ole portic	<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	8.064		0	RC	4				
14:1g	8.004		U	KC	*				
15:1g									
16:1 undifferentiated	0.046		0	RC	4				
17:1g									
18:1 undifferentiatedg	7.821		0	RC	4				
20:1g	0.197		0	RC	4				
22:1 undifferentiatedg	0.000		0	RC	4				
24:1 cg									
Fatty acids, total polyunsaturated	4.558		0	RC	4				
18:2 undifferentiatedg	4.557		0	RC	4				
18:3 undifferentiatedg	0.001		0	RC	4				
18:4g	0.000		0	RC	4				
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	RC	4				
20:5 n-3g	0.000		0	RC	4				
22:5 n-3g	0.000		0	RC	4				
22:6 n-3g	0.000		0	RC	4				
Fatty acids, total trans9									
Cholesterol mg	12		0	RC	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RC	4				
Caffeine mg	0		0	RC	4				
Theobrominemg	0		0	RC	4				
Carotenoids:									
Carotene, beta mcg	9		0	RC	4				
Carotene, alphamcg	0		0	RC	4				
Cryptoxanthin, betamcg	0		0	RC	4				
Lycopenemcg	0		0	RC	4				
Lutein + zeaxanthin mcg	0		0	RC	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<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	0.70	0.062	8		1		1.18	1.27	1.21
Energy	kcal	479		0		4		805	872	829
Energy	kj	2004				4		3367	3648	3467
Protein (N x 5.63)	g	4.20	0.089	5		1		7.06	7.64	7.27
Total lipid (fat)	g	30.00	0.743	9		1		50.40	54.60	51.90
Ash	g	1.20	0.050	7		1		2.02	2.18	2.08
Carbohydrate, by difference	g	63.10		0		4		106.01	114.84	109.16
Fiber, total dietary	g	5.9		2		1		9.9	10.7	10.2
Sugars, total	g	54.50	1.386	4	JO	11		91.56	99.19	94.29
Starch	g									
Minerals:										
Calcium, Ca	mg	32	1.430	3		1		54	58	55
Iron, Fe		3.13	0.283	5		1		5.26	5.70	5.41
Magnesium, Mg		115		2		1		193	209	199
Phosphorus, P		132		2		1		222	240	228
Potassium, K	-	365	17.035	6		1		613	664	631
Sodium, Na		11	3.440	6		1		18	20	19
Zinc, Zn	mg	1.62	0.057	3		1		2.72	2.95	2.80
Copper, Cu		0.700		1		1		1.176	1.274	1.21
Manganese, Mn		0.800		1		1		1.344	1.456	1.38
Selenium, Se	mcg	4.1		0	FLA	4		6.9	7.5	7.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	0.0
Thiamin	_	0.055		2		1		0.092	0.100	0.09
Riboflavin	-	0.090		2		1		0.151	0.164	0.15
Niacin		0.427	0.049	4		1		0.717	0.777	0.73
Pantothenic acid	-	0.105		1		4		0.176	0.191	0.18
Vitamin B-6	mg	0.035		1		4		0.059	0.064	0.06
Folate, total	mcg	3		1		4		5	5	5
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food		3		1		4		5	5	5
Folate, DFE	mcg_DFE	3		0	NC	4		5	5	5
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin A, IU		0		0	FLA	4		0	0	0
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol	-	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.23		0	BFFN	4		0.39	0.42	0.40
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.		5.6		0	BFFN	4		9.3	10.1	9.6
Vitamin K (phylloquinone)	Ilicg	5.6		U	DEEN	4		9.3	10.1	9.6
<u>Lipids:</u>										
Fatty acids, total saturated	g	17.750		0		4		29.820	32.305	30.70
4:0	g	0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0	_	0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0		0.060		8		1		0.101	0.109	0.10
13:0	_			-				_		
14:0	-	0.150		8		1		0.252	0.273	0.20
15:0	-			-						
16:0	-	7.720		8		1		12.970	14.050	13.3
17:0	-			_		_			3 -	ے در -
18:0	-	9.470		8		1		15.910	17.235	16.3
20:0	-									
22:0	q									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tedg	9.970		0		4		16.750	18.145	17.248
14:1	-									
15:1	-	0.090		8		1		0.151	0.164	0.156
16:1 undifferentiated	-	0.090		8		1		0.151	0.164	0.156
18:1 undifferentiated		9.890		8		1		16.615	18.000	17.110
20:1	-	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturate	edg	0.970		0		4		1.630	1.765	1.678
18:2 undifferentiated	g	0.910		8		1		1.529	1.656	1.574
18:3 undifferentiated	g	0.060		8		1		0.101	0.109	0.104
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-			•		_				
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3 22:6 n-3	-	0.000		0 0		1 1		0.000 0.000	0.000	0.000
Fatty acids, total trans	-	0.000		U		_		0.000	0.000	0.000
Cholesterol		0		0		4		0	0	0
Phytosterols	_	ŭ		·		•		Ü	v	ŭ
•	······ J									
<u>Amino Acids:</u>										
Tryptophan		0.063		0		1		0.106	0.115	0.109
Threonine	-	0.168		0		1		0.282	0.306	0.291
Isoleucine	-	0.164		0 0		1 1		0.276	0.298	0.284
Leucine	-	0.257 0.212		0		1		0.432 0.356	0.468 0.386	0.445 0.367
Lysine Methionine		0.212		0		1		0.074	0.080	0.076
Cystine		0.052		0		1		0.087	0.095	0.076
Phenylalanine		0.204		0		1		0.343	0.371	0.353
Tyrosine		0.159		0		1		0.267	0.289	0.275
Valine	-	0.254		0		1		0.427	0.462	0.439
Arginine	_	0.240		0		1		0.403	0.437	0.415
Histidine	g	0.073		0		1		0.123	0.133	0.126
Alanine	-	0.196		0		1		0.329	0.357	0.339
Aspartic acid		0.422		0		1		0.709	0.768	0.730
Glutamic acid	g	0.637		0		1		1.070	1.159	1.102
Glycine	g	0.190		0		1		0.319	0.346	0.329
Proline	g	0.181		0		1		0.304	0.329	0.313
Serine	g	0.183		0		1		0.307	0.333	0.317
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine		62	3.92			1		104	113	107
Theobromine		486	40.8			1		816	885	841
Carotenoids:	J									- · -
	mca	•		^	PT 2	4		0.000	0.000	0 000
Carotene, beta		0		0 0	FLA FLA	4 4		0.000 0.000	0.000 0.000	0.000
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000
Lycopene		0		0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 168g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips Measure 3 = 173g: 1 cup mini chips NDB No. 19080

Candies, semisweet chocolate

Calories Factors: Protein 1.83 Fat 8.5 Carbohydrate 3.4

Food Group: 19 Sweets

NDB No. 19701 Candies, semisweet chocolate, made with butter

		<u>Aı</u>	mount in 100 g	rams of	f edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Nu	mber				<u>m</u>	easures of food	<u>.</u>	
			of	Data D	eriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.70	0.071	7	A	1		1.19	1.27	1.21	
Energy	kcal	477		0		4		811	868	825	
Energy	kj	1996				4		3393	3632	3453	
Protein (N x 5.63)	g	4.20	0.089	5		1		7.14	7.64	7.27	
Total lipid (fat)	g	29.70	0.777	8		1		50.49	54.05	51.38	
Ash	g	1.20	0.050	7		1		2.04	2.18	2.08	
Carbohydrate, by difference	g	63.40		0	NC	4		107.78	115.39	109.68	
Fiber, total dietary	g	5.9		2		1		10.0	10.7	10.2	
Sugars, total	g										
Starch	g										
Minerals:											
viinerais: Calcium. Ca	ma	32	1.430	3		1		54	58	55	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.13	0.283	5		1		5.32	5.70	5.41	
Magnesium, Mg	-	115	0.203	2		1		196	209	199	
Phosphorus, P		132		2		1		224	240	228	
Potassium, K	•	365	17.035	6		1		621	664	631	
Sodium, Na		11	3.440	6		1		19	20	19	
Zine, Zn	-	1.62	0.057	3		1		2.75	2.95	2.80	
Copper, Cu		0.700		1		1		1.190	1.274	1.2	
Manganese, Mn		0.800		1		1		1.360	1.456	1.3	
Selenium, Se		3.2		0	FLA	4		5.4	5.8	5.5	
•											
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	0.0	
Thiamin		0.055		2		1		0.094	0.100	0.09	
Riboflavin		0.090		2		1		0.153	0.164	0.1	
Niacin	-	0.427		4		1		0.726	0.777	0.73	
Pantothenic acid	-	0.105		1		4		0.179	0.191	0.1	
Vitamin B-6	-	0.050	1	1		4		0.085	0.091	0.0	
Folate, total		3		1	_	4		5	5	5	
Folic acid		0		0	Z	7		0	0	0	
Foliate, food		3		1		4		5 5	5	5	
Folate, DFE		3		0	NC	4			5	5	
Vitamin B-12		0.00		1		4		0.00	0.00	0.0	
Vitamin A, IU		60		0		1		102	109	104	
Vitamin A, RAE		3 0		0	NC Z	4 7		5 0	5 0	5 0	
Retinol		U		U	Z	,		U	U	U	
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitanini ik (phynoquinone)	9										
<u> .ipids:</u>											
Fatty acids, total saturated		17.530		0		1		29.801	31.905	30.32	
4:0	_	0.480		0		4		0.816	0.874	0.83	
6:0	-	0.285		0		4		0.485	0.519	0.4	
8:0	_	0.165		0		4		0.281	0.300	0.2	
10:0	-	0.375		0		4		0.638	0.683	0.6	
12:0	_	0.420	1	0		4		0.714	0.764	0.7	
13:0	_					_				-	
14:0	-	0.050	1	6		1		0.085	0.091	0.0	
15:0						_		40			
16:0		8.030	1	6		1		13.651	14.615	13.8	
17:0		0.000		•				15 505	10 700		
18:0		9.230	ı	6		1		15.691	16.799	15.9	
20:0	_										
22:0	g g										

		<u>Am</u>	ount in 100 gram Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean S	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3
	_			_				4- 4-0
Fatty acids, total monounsaturated.		9.930	0	1		16.881	18.073	17.179
14:1								
15:1 16:1 undifferentiated	-	0.360	0	4		0.612	0.655	0.623
17:1		0.500	· ·	-		0.012	0.033	0.023
18:1 undifferentiated		9.930	6	1		16.881	18.073	17.179
20:1		3.355	· ·	_		10.001	10.075	
22:1 undifferentiated	-							
24:1 c	-							
Fatty acids, total polyunsaturated		0.950	0	1		1.615	1.729	1.644
18:2 undifferentiated		0.950	6	1		1.615	1.729	1.644
18:3 undifferentiated	•	0.240	0	4		0.408	0.437	0.415
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	g							
Cholesterol	mg	18	0	1		31	33	31
Phytosterols	<u>mg</u>							
mino Acids:								
Tryptophan	g	0.063	0	1		0.107	0.115	0.109
Threonine		0.168	0	1		0.286	0.306	0.291
Isoleucine		0.164	0	1		0.279	0.298	0.284
Leucine		0.257	0	1		0.437	0.468	0.445
Lysine	g	0.212	0	1		0.360	0.386	0.367
Methionine		0.044	0	1		0.075	0.080	0.076
Cystine	g	0.052	0	1		0.088	0.095	0.090
Phenylalanine		0.204	0	1		0.347	0.371	0.353
Tyrosine		0.159	0	1		0.270	0.289	0.275
Valine		0.254	0	1		0.432	0.462	0.439
Arginine	g	0.240	0	1		0.408	0.437	0.415
Histidine	g	0.073	0	1		0.124	0.133	0.126
Alanine	g	0.196	0	1		0.333	0.357	0.339
Aspartic acid		0.422	0	1		0.717	0.768	0.730
Glutamic acid		0.637	0	1		1.083	1.159	1.102
Glycine		0.190	0	1		0.323	0.346	0.329
Proline	g	0.181	0	1		0.308	0.329	0.313
Serine	g	0.183	0	1		0.311	0.333	0.317
Hydroxyproline	_							
thers:								
	ď							
Alcohol, ethyl		62	3.923 6	1		105	113	107

Common Measures:

Measure 1 = 170g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 Fat 8.5 Carbohydrate 3.4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.20	0.056	3		1		0.62	0.04	0.77
Energy	kcal	517		0	NC	4		147	9	181
Energy	kj	2163				4		613	39	757
Protein (N x 5.3)	g	11.60	0.226	3		1		3.29	0.21	4.06
Total lipid (fat)	g	33.30	1.776	3		1		9.44	0.60	11.66
Ash	g	2.60	0.064	3		1		0.74	0.05	0.91
Carbohydrate, by difference	g	50.30		0	NC	4		14.26	0.91	17.61
Fiber, total dietary		7.9		0	FLM	4		2.2	0.1	2.8
Sugars, total		31.17		0	FLM	4		8.84	0.56	10.91
Starch	g									
Ainerals:										
Calcium, Ca	ma	655		0	FLA	4		186	12	229
Iron, Fe	-	4.27	0.267	3		1		1.21	0.08	1.49
Magnesium, Mg	-	251	10.478	3		1		71	5	88
Phosphorus, P		423		0	FLA	4		120	8	148
Potassium, K	-	322		0	FLA	4		91	6	113
Sodium, Na		167		0	LC	8		47	3	58
Zinc, Zn	mg	3.76		1		1		1.07	0.07	1.3
Copper, Cu	mg	0.950	1	1		1		0.269	0.017	0.3
Manganese, Mn	mg	1.659	1	0	FLA	4		0.470	0.030	0.58
Selenium, Se	mcg	4.1		0	FLA	4		1.2	0.1	1.4
itamins:										
Vitamin C, total ascorbic acid	ma	0.1		0	FLA	4		0.0	0.0	0.0
Thiamin	-	0.530		0	FLA	4		0.150	0.010	0.1
Riboflavin		0.172		0	FLA	4		0.049	0.003	0.00
Niacin		3.703		3		1		1.050	0.067	1.29
Pantothenic acid.	-	0.041		0	FLA	4		0.012	0.001	0.0
Vitamin B-6	-	0.532		0	FLA	4		0.151	0.010	0.1
Folate, total	-	52		0	FLM	4		15	1	18
Folic acid		0		0	FLM	4		0	0	0
Folate, food		52		0	FLM	4		15	1	18
Folate, DFE		52		0	NC	4		15	1	18
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.0
Vitamin A, IU	IU	6		0	FLM	4		2	0	2
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	0
Retinol	mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.17		0	FLM	4		0.05	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		_	===			0.0		
Vitamin K (phylloquinone)	riicg	0.0		0	FLM	4		0.0	0.0	0.0
<u>ipids:</u>										
Fatty acids, total saturated	g	4.460	ı	0		1		1.264	0.080	1.5
4:0		0.000	ı	0		1		0.000	0.000	0.0
6:0	g	0.000	1	0		1		0.000	0.000	0.0
8:0	g	0.000	ı	0		1		0.000	0.000	0.0
10:0	g	0.000	1	0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0	g									
14:0	g	0.080		1		1		0.023	0.001	0.0
15:0	g									
16:0	g	2.980	1	1		1		0.845	0.054	1.0
17:0	g									
18:0	g	1.400		1		1		0.397	0.025	0.4
20:0	g									
22:0										

		<u>Aı</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
P	. 1	10.570		•		1			0.005	4.400
Fatty acids, total monounsatura	g	12.570		0		1		3.564	0.226	4.400
15:1 16:1 undifferentiated	-	0.100		1		1		0.028	0.002	0.035
17:1	g									
18:1 undifferentiated 20:1	-	12.420 0.050		1 1		1 1		3.521 0.014	0.224 0.001	4.347 0.018
22:1 undifferentiated	-	0.000		0		1		0.014	0.001	0.018
24:1 c	•	0.000		v		-		0.000	0.000	0.000
Fatty acids, total polyunsaturate		14.580		0		1		4.133	0.262	5.103
18:2 undifferentiated	g	14.330		1		1		4.063	0.258	5.016
18:3 undifferentiated	-	0.250		1		1		0.071	0.005	0.088
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated		0.000		0		1		0.000	0.000	0.000
20:4 undifferentiated 20:5 n-3	-	0.000		0		1		0.000 0.000	0.000 0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3		0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	-	0.000		·		-		0.000	0.000	0.000
Cholesterol		0		1		4		0	0	0
Phytosterols	-									
•	_									
Amino Acids:	_			•		_				
Tryptophan		0.223		0 0		1 1		0.063	0.004	0.078
Threonine Isoleucine	_	0.424 0.440		0		1		0.120 0.125	0.008 0.008	0.148 0.154
Leucine		0.783		0		1		0.123	0.014	0.134
Lysine	<u>-</u>	0.328		0		1		0.093	0.006	0.115
Methionine		0.337		0		1		0.096	0.006	0.118
Cystine		0.206		0		1		0.058	0.004	0.072
Phenylalanine		0.542		0		1		0.154	0.010	0.190
Tyrosine		0.429		0		1		0.122	0.008	0.150
Valine	g	0.571		0		1		0.162	0.010	0.200
Arginine	g	1.513		0		1		0.429	0.027	0.530
Histidine	g	0.302		0		1		0.086	0.005	0.106
Alanine		0.534		0		1		0.151	0.010	0.187
Aspartic acid		0.951		0		1		0.270	0.017	0.333
Glutamic acid		2.279		0		1		0.646	0.041	0.798
Glycine		0.700		0		1		0.198	0.013	0.245
Proline		0.470		0 0		1 1		0.133	0.008 0.010	0.165
Serine Hydroxyproline	-	0.558		U		1		0.158	0.010	0.195
Trydroxypronne	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	FLM	4		0	0	0
Theobromine	9	0		0	FLM	4		0	0	0
Carotenoids:										
Carotene, beta		3		0	FLM	4		0.975	0.062	1.203
Carotene, alpha	_	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	FLM	4		0.000	0.000	0.000
Lycopene		0		0 0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin	ilica	0		<u> </u>	FLM	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 1.8g: 1 piece Measure 3 = 35g: 20 pieces NDB No. 19154

Candies, sesame crunch

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u>	mount in 10			le portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		13.88		0	FLC	4				
Energy		390		0	FLC	4				
Energy	kj	1633		0	FLC	4				
Protein	_	2.31		0	FLC	4				
Total lipid (fat)		9.52		0	FLC	4				
Ash		0.40		0	FLC	4				
Carbohydrate, by difference		73.81		0	FLC	4				
Fiber, total dietary		2.4		0	FLC	4				
Sugars, total		45.71		0	FLC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	FLC	4				
Iron, Fe	_	0.93		0	FLC	4				
Magnesium, Mg	_	25		0	FLC	4				
Phosphorus, P		54		0	FLC	4				
Potassium, K	mg	82		0	FLC	4				
Sodium, Na	mg	131		0	FLC	4				
Zinc, Zn	mg	0.53		0	FLC	4				
Copper, Cu	mg	0.303		0	FLC	4				
Manganese, Mn		0.539)	0	FLC	4				
Selenium, Se	mcg	1.4		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0	FLC	4				
Thiamin	_	0.047		0	FLC	4				
Riboflavin		0.039		0	FLC	4				
Niacin		0.178		0	FLC	4				
Pantothenic acid	-	0.112		0	FLC	4				
Vitamin B-6		0.082		0	FLC	4				
Folate, total	mcg	12		0	FLC	4				
Folic acid		0		0	FLC	4				
Folate, food	mcg	11		0	FLC	4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Vitamin B-12		0.00		0	FLC	4				
Vitamin A, IU	IU	3		0	NC	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.10		0	FLC	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.4		0	FLC	4				
Vitamin K (phylloquinone)	nicg	0.4		U	FLC	4				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.898		0	FLC	4				
4:0	g	0.000)	0	FLC	4				
6:0	g	0.000)	0	FLC	4				
8:0	g	0.000)	0	FLC	4				
10:0		0.000)	0	FLC	4				
12:0		0.000		0	FLC	4				
13:0		0.000		0	FLC	4				
14:0	g	0.000)	0	FLC	4				
15:0	g	0.000		0	FLC	4				
16:0	-	0.647		0	FLC	4				
17:0	-	0.000		0	FLC	4				
18:0	-	0.241		0	FLC	4				
20:0	_	0.009		0	FLC	4				
22:0	g	0.000	1	0	FLC	4				
24:0	g	0.000)	0	FLC	4				

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	dg	1.297		0	FLC	4					
14:1	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLC	4					
15:1											
16:1 undifferentiated		0.000		0	FLC	4					
17:1	-										
18:1 undifferentiated	-	1.278		0	FLC	4					
20:1	•	0.019		0	FLC	4					
22:1 undifferentiated	-	0.000		0	FLC	4					
24:1 c		0.000		0	FLC	4					
Fatty acids, total polyunsaturated.		6.840		0	FLC	4					
18:2 undifferentiated	-	5.525		0	FLC	4					
18:3 undifferentiated	g	1.315		0	FLC	4					
18:4	g	0.000		0	FLC	4					
20:2 n-6 c,c	g	0.000		0	FLC	4					
20:3 undifferentiated	g	0.000		0	FLC	4					
20:4 undifferentiated	g	0.000		0	FLC	4					
20:5 n-3	g	0.000		0	FLC	4					
22:5 n-3	g	0.000		0	FLC	4					
22:6 n-3	g	0.000		0	FLC	4					
Fatty acids, total trans	g										
Cholesterol	mg	0		0	FLC	4					
Phytosterols	mg										
Others:											
Alcohol, ethyl	-	0.0		0	FLC	4					
Caffeine	_	0		0	FLC	4					
Theobromine	mg	0		0	FLC	4					
Carotenoids:											
Carotene, beta		2		0	FLC	4					
Carotene, alpha		0		0	FLC	4					
Cryptoxanthin, beta		0		0	FLC	4					
Lycopene		0		0	FLC	4					
Lutein + zeaxanthin	mcg	3		0	FLC	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<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	2.39		0	FLM	4		0.08		
Energy	kcal	472		0	NC	4		17		
Energy	kj	1974		0	NC	4		69		
Protein	g	10.00		1	LC	8		0.35		
Total lipid (fat)	g	17.50		1	LC	8		0.61		
Ash	g	1.51		0	FLM	4		0.05		
Carbohydrate, by difference	g	68.60		0	NC	4		2.40		
Fiber, total dietary	g	2.5		1	LC	8		0.1		
Sugars, total	g	62.50		1	LC	8		2.19		
Starch	g									
Minerals:	ma	100				4		4		
Calcium, Ca	-	100 1.90				1 1		4 0.07		
Iron, Fe	-	1.90		0	FLM	4		0.07 5		
Magnesium, Mg Phosphorus, P		166		U	ETM	1		5 6		
• '	_	255				1		9		
Potassium, K	_	255 13		1	LC	8		0		
Zinc, Zn	-	1.56		0	FLM	4		0.05		
Copper, Cu		0.586	:	0	FLM	4		0.020		
Manganese, Mn		1.121		0	FLM	4		0.020		
Selenium, Se		1.7	-	0	FLM	4		0.033		
Selemani, Se				_		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	FLM	4		0.0		
Thiamin	-	0.050				1		0.002		
Riboflavin		0.270				1		0.009		
Niacin		1.000				1		0.035		
Pantothenic acid	_	0.156		0	FLM	4		0.005		
Vitamin B-6	_	0.060)	0	FLM	4		0.002		
Folate, total		15		0	FLM	4		1		
Folic acid		0		0	FLM	4		0		
Folate, food		15		0	FLM	4		1		
Folate, DFE		15		0	NC	4		1		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		3		0	FLM	4		0		
Vitamin A, RAE		0		0	FLM	4		0		
Retinol		0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)		12.36		0	FLM	4		0.43		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLM	4		0.0		
				•		-		3. 3		
<u>Lipids:</u>										
Fatty acids, total saturated		1.764		0	FLM	4		0.062		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.000		0	FLM	4		0.000		
13:0		0.000		0	FLM	4		0.000		
14:0		0.000		0	FLM	4		0.000		
15:0	_	0.000		0	FLM	4		0.000		
16:0	_	1.476		0	FLM	4		0.052		
17:0	-	0.000		0	FLM	4		0.000		
18:0	-	0.287		0	FLM	4		0.010		
20:0	_	0.000		0	FLM	4		0.000		
22:0		0.000		0	FLM	4		0.000		
24:0	g	0.000)	0	FLM	4		0.000		

	<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	12.078		0	FLM	4		0.423		
14:1g	0.000		0	FLM	4		0.000		
15:1g									
16:1 undifferentiated	0.090		0	FLM	4		0.003		
17:1 g									
18:1 undifferentiated	11.988		0	FLM	4		0.420		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated9	3.904		0	FLM	4		0.137		
18:2 undifferentiated	3.904		0	FLM	4		0.137		
18:3 undifferentiated	0.000		0	FLM	4		0.000		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiated	0.000		0	FLM	4		0.000		
20:4 undifferentiated	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3	0.000		0	FLM	4		0.000		
22:6 n-39	0.000		0	FLM	4		0.000		
Fatty acids, total trans9									
Cholesterolmg	0		0	FLM	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	2		0	FLM	4		0.068		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthinmcg	1		0	FLM	4		0.023		

Common Measures:

Measure 1 = 3.5g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 gr	rams of	f edib	le portion	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<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	
Proximates:											
Water	g	0.50	0.088	3		1		0.14	0.21		
Energy	kcal	505		0		4		143	207		
Energy	kj	2113				4		599	866		
Protein (N x 5.63)	g	3.90	0.280	4		1		1.11	1.60		
Total lipid (fat)	g	34.20	1.376	4		1		9.70	14.02		
Ash		1.00	0.000	3		1		0.28	0.41		
Carbohydrate, by difference	g	59.60		0	NC	4		16.90	24.44		
Fiber, total dietary		5.5		0		4		1.6	2.3		
Sugars, total	g	51.48		0	BFCN	4		14.59	21.11		
Starch	g										
Minerals:											
Calcium, Ca	ma	24	1.409	6		1		7	10		
Iron, Fe	_	2.76	0.369	6		1		0.78	1.13		
Magnesium, Mg	_	113	9.699	6		1		32	46		
Phosphorus, P		147	5.325	4		1		42	60		
Potassium, K	•	290	17.076	6		1		82	119		
Sodium, Na		16	4.933	4		1		5	7		
Zinc, Zn	mg	1.50	0.051	6		1		0.43	0.62		
Copper, Cu	mg	0.574	0.073	6		1		0.163	0.235		
Manganese, Mn	mg	0.494	0.078	6		1		0.140	0.203		
Selenium, Se	mcg	2.8		0 1	BFPN	4		0.8	1.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0		
Thiamin	_	0.020		1		1		0.006	0.008		
Riboflavin	-	0.020		1		1		0.068	0.098		
Niacin	-	0.670		1		1		0.190	0.275		
Pantothenic acid	_	0.071		1		4		0.020	0.029		
Vitamin B-6	-	0.043		1		4		0.012	0.018		
Folate, total	-	3		1		4		1	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		3		1		4		1	1		
Folate, DFE		3		0	NC	4		1	1		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU	IU	0		0 1	BFSN	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0 1	BFSN	4		0	0		
Retinol	mcg	0		0 1	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.26		0 1	BFFN	4		0.07	0.11		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D								1.0			
Vitamin K (phylloquinone)	riicg	6.3		0 1	BFFN	4		1.8	2.6		
Lipids:											
Fatty acids, total saturated	g	20.080		0		1		5.693	8.233		
4:0	g	0.000		0		1		0.000	0.000		
6:0	g	0.000		0		1		0.000	0.000		
8:0	g	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0											
14:0	g	0.030		1		1		0.009	0.012		
15:0											
16:0	g	8.690		1		1		2.464	3.563		
17:0	-										
18:0	-	11.350		1		1		3.218	4.654		
20:0	-										
22:0	-										
24:0	g										

		<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common	
				Number		_		measures of food			
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura 14:1		11.220		0		1		3.181	4.600		
15:1	_			_		_					
16:1 undifferentiated	_	0.070		1		1		0.020	0.029		
17:1 18:1 undifferentiated	-	11.150		1		1		3.161	4.572		
20:1	_	0.000		0		1		0.000	0.000		
22:1 undifferentiated		0.000		0		1		0.000	0.000		
24:1 c	•	0.000		U		_		0.000	0.000		
Fatty acids, total polyunsaturate		0.990		0		1		0.281	0.406		
18:2 undifferentiated		0.960		1		1		0.272	0.394		
18:3 undifferentiated		0.030		1		1		0.009	0.012		
18:4		0.000		0		1		0.009	0.000		
20:2 n-6 c.c	_	0.000		•		-		0.000	0.000		
20:3 undifferentiated	_										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3	_	0.000		0		1		0.000	0.000		
22:6 n-3	_	0.000		0		1		0.000	0.000		
Fatty acids, total trans		0.000		·		-		0.000	0.000		
Cholesterol		0		1		4		0	0		
Phytosterols	-	v		-		•		v	Ů		
T Hytosterois	9										
Amino Acids:											
Tryptophan	g	0.058		0		1		0.016	0.024		
Threonine	g	0.154		0		1		0.044	0.063		
Isoleucine	g	0.151		0		1		0.043	0.062		
Leucine	g	0.236		0		1		0.067	0.097		
Lysine	g	0.195		0		1		0.055	0.080		
Methionine	g	0.040		0		1		0.011	0.016		
Cystine	g	0.048		0		1		0.014	0.020		
Phenylalanine	g	0.187		0		1		0.053	0.077		
Tyrosine	g	0.146		0		1		0.041	0.060		
Valine	g	0.234		0		1		0.066	0.096		
Arginine	g	0.221		0		1		0.063	0.091		
Histidine	g	0.067		0		1		0.019	0.027		
Alanine	g	0.180		0		1		0.051	0.074		
Aspartic acid	g	0.388		0		1		0.110	0.159		
Glutamic acid	g	0.586		0		1		0.166	0.240		
Glycine	g	0.175		0		1		0.050	0.072		
Proline		0.167		0		1		0.047	0.068		
Serine	g	0.168		0		1		0.048	0.069		
Hydroxyproline	g										
0.1											
Others:				_		_					
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine		66		1		1		19	27		
Theobromine	g	426		1		1		121	175		
Carotenoids:											
Carotene, beta	mcg	0		0	BFSN	4		0.000	0.000		
Carotene, alpha	mcg	0		0	BFSN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	BFSN	4		0.000	0.000		
Lycopene		0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin		18		0	BFSN	4		5.160	7.463		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

NDB No. 19081

Candies, sweet chocolate

Calories Factors: Protein 1.83 Fat 8.6 Carbohydrate 3.4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	<u>rams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	7.70	0.671	6		1		3.31	0.85		
Energy	kcal	366		0		4		157	40		
Energy	kj	1531				4		658	168		
Protein (N x 5.9)	g	2.20	0.299	5		1		0.95	0.24		
Total lipid (fat)	g	9.30	1.300	5		1		4.00	1.02		
Ash	g	0.40	0.026	6		1		0.17	0.04		
Carbohydrate, by difference	g	80.20		0	NC	4		34.49	8.82		
Fiber, total dietary		2.1		0	FLA	4		0.9	0.2		
Sugars, total	g	76.68		0	FLA	4		32.97	8.43		
Starch	g										
Minerals:											
Calcium, Ca	ma	17	2.291	4		1		7	2		
Iron, Fe	-	1.56	0.028	4		1		, 0.67	0.17		
Magnesium, Mg	-	63	****	1		1		27	7		
Phosphorus, P		95		1		1		41	10		
Potassium, K	•	168		1		1		72	18		
Sodium, Na	_	26		2		1		11	3		
Zinc, Zn	mg	0.45	0.166	3		1		0.19	0.05		
Copper, Cu	mg	0.430		1		1		0.185	0.047		
Manganese, Mn	mg	0.400		1		1		0.172	0.044		
Selenium, Se	mcg	1.3		0	FLA	4		0.6	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0	0.0		
Thiamin	-	0.026	0.010	4	LIM	1		0.011	0.003		
Riboflavin	_	0.058		4		1		0.025	0.006		
Niacin	_	0.575		2		1		0.247	0.063		
Pantothenic acid	-	0.026		0	FLA	4		0.011	0.003		
Vitamin B-6	-	0.010		0	FLA	4		0.005	0.001		
Folate, total	-	2		0	FLA	4		1	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		2		0	FLA	4		1	0		
Folate, DFE		2		0	NC	4		1	0		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU	IU -	0		0	FLA	4		0	0		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol	mcg	0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLA	4		0.06	0.01		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.1		0	FLA	4		0.9	0.2		
Lipids:											
Fatty acids, total saturated	g	5.460		0		1		2.348	0.601		
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	0.020		6		1		0.009	0.002		
15:0	g										
16:0	g	2.500		6		1		1.075	0.275		
17:0	g										
18:0	g	2.870		6		1		1.234	0.316		
20:0	g										
22:0	g										
24:0	g										

	<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and L	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	3.090		0		1		1.329	0.340	
14:1	-									
15:1	-	0.000		•				0.000	0.000	
16:1 undifferentiated 17:1	-	0.000		0		1		0.000	0.000	
18:1 undifferentiated	-	3.090		6		1		1.329	0.340	
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		0.300		0		1		0.129	0.033	
18:2 undifferentiated	g	0.300		6		1		0.129	0.033	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0 0		1 1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		0	0.0	00 3		1		0	0	
Phytosterols	_	v	0.0	00 3		-		Ü	v	
1 Hytosterois										
Amino Acids:										
Tryptophan		0.029		0		1		0.012	0.003	
Threonine	-	0.078		0		1		0.034	0.009	
Isoleucine	_	0.076		0		1		0.033	0.008	
Leucine	_	0.119		0		1 1		0.051	0.013	
Lysine		0.098		0 0		1		0.042 0.009	0.011 0.002	
Methionine		0.024		0		1		0.009	0.002	
Phenylalanine		0.024		0		1		0.040	0.010	
Tyrosine		0.073		0		1		0.031	0.008	
Valine	-	0.118		0		1		0.051	0.013	
Arginine	-	0.111		0		1		0.048	0.012	
Histidine		0.034		0		1		0.015	0.004	
Alanine	g	0.090		0		1		0.039	0.010	
Aspartic acid		0.195		0		1		0.084	0.021	
Glutamic acid	g	0.294		0		1		0.126	0.032	
Glycine	g	0.088		0		1		0.038	0.010	
Proline	g	0.084		0		1		0.036	0.009	
Serine	g	0.085		0		1		0.037	0.009	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		10		0	FLA	4		4	1	
Theobromine	-	185		0	FLA	4		- 79	20	
Carotenoids:	J									
	mea	0		^	PT 2	4		0.007	0.000	
Carotene, beta		0		0 0	FLA FLA	4		0.007	0.002 0.000	
Cryptoxanthin, beta	_	0		0	FLA	4		0.000	0.000	
Lycopene	=	0		0	FLA	4		0.000	0.000	
Lусоренс	mcg	4		0	FLA	4		1.618	0.414	

Common Measures:

Measure 1 = 43g: 1 patty, large Measure 2 = 11.0g: 1 patty, small NDB No. 19083

Candies, sweet chocolate coated fondant

Calories Factors: Protein 3.1 Fat 8.4 Carbohydrate 3.5

Food Group: 19 Sweets

bubble gum **Refuse:** 0%

		<u>A</u>	mount in 100 gi	rams c	ot edik	ne portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
				Data I		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.60	0.304	3		1		0.08	0.42	0.21	
Energy	kcal	247		0	NC	4		7	40	20	
Energy	kj	1033		0	NC	4		31	165	83	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)	g	0.30		2		1		0.01	0.05	0.02	
Ash		0.40		1		1		0.01	0.06	0.03	
Carbohydrate, by difference		66.08	7.208	3	LC	8		1.98	10.57	5.29	
Fiber, total dietary		2.4		0	FLC	4		0.1	0.4	0.2	
Sugars, total	=	66.08	7.208	3	LC	8		1.98	10.57	5.29	
Starch	g										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	0		1		1		0	0	0	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		1		1		0.00	0.00	0.00	
Magnesium, Mg		0		1		1		0	0	0	
Phosphorus, P		0 2		1 0	FLC	1 4		0 0	0	0	
Potassium, K Sodium, Na		1		0	FLC	4		0	0	0	
Zinc, Zn		0.00		1	110	1		0.00	0.00	0.00	
Copper, Cu	_	0.000)	1		1		0.000	0.000	0.00	
Manganese, Mn		0.000)	1		1		0.000	0.000	0.00	
Selenium, Se	mcg	0.6		0	FLC	4		0.0	0.1	0.0	
Vitamins:											
Vitamin C, total ascorbic acid		0.0		0	FLC	4		0.0	0.0	0.0	
Thiamin		0.000		0	FLC	4		0.000	0.000	0.00	
Riboflavin		0.000		1		4		0.000	0.000	0.00	
Niacin Pantothenic acid		0.000		0	FLC FLC	4 4		0.000 0.000	0.000 0.000	0.00	
Vitamin B-6		0.000		0	FLC	4		0.000	0.000	0.00	
Folate, total	_	0	,	0	FLC	4		0	0.000	0.00	
Folic acid		0		0	FLC	4		0	0	0	
Folate, food		0		0	FLC	4		0	0	0	
Folate, DFE		0		0	FLC	4		0	0	0	
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00	
Vitamin A, IU		0		0	FLC	4		0	0	0	
Vitamin A, RAE		0		0	FLC	4		0	0	0	
Retinol		0 0.00		0	FLC FLC	4 4		0	0	0 0.00	
Vitamin E (alpha-tocopherol) Tocopherol, beta	nig	0.00		U	FLC	4		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated		0.042		0		4		0.001	0.007	0.00	
4:0		0.000		0		4		0.000	0.000	0.00	
6:0	-	0.000		0		4		0.000	0.000	0.00	
8:0	-	0.000		0		4		0.000	0.000	0.00	
10:0 12:0	-	0.000		0		4		0.000	0.000 0.000	0.00	
13:0		0.000	•	v		-		3.000	0.000	0.00	
14:0		0.000)	0		4		0.000	0.000	0.00	
15:0								3			
16:0		0.036	5	0		4		0.001	0.006	0.00	
17:0											
18:0	g	0.005	5	0		4		0.000	0.001	0.00	
20:0	-										
22:0	g										

	<u>Am</u>	ount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.079	0		4		0.002	0.013	0.006	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.079	0		4		0.002	0.013	0.006	
20:1g	0.000	0		4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.137	0		4		0.004	0.022	0.011	
18:2 undifferentiatedg	0.133	0		4		0.004	0.021	0.011	
18:3 undifferentiatedg	0.004	0		4		0.000	0.001	0.000	
18:4g	0.000	0		4		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	0.000	
Fatty acids, total trans9									
Cholesterol mg	0	0	FLC	4		0	0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	0.0	
Caffeinemg	0	0	FLC	4		0	0	0	
Theobromine mg	0	0	FLC	4		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, betamcg	0	0	FLC	4		0.000	0.000	0.000	
Lycopene mcg	0	0	FLC	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0	0	FLC	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 3.0g: 1 stick Measure 2 = 16g: 10 Chiclets Measure 3 = 8.0g: 1 block

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
				Number		_		<u>m</u>	easures of food	
No della materia della 1100	:4a	Mesis	Std. Error			Source Code	Confidence Code	Magazza	Maga: 0	Maasses 2
Nutrients and Uni	ITS	Mean	Sta. Error	Folina	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.50				4		0.07		
Energy		268				1		5		
Energy		1121				1		22		
Protein		0.00				1		0.00		
Total lipid (fat)		0.40		•		1		0.01		
Ash		1.30		0	NR	4		0.03		
Carbohydrate, by difference		94.80		•	NC	4		1.90		
Fiber, total dietary		2.4		0	BFZN			0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	20				1		0		
Iron, Fe	mg	0.00				4		0.00		
Magnesium, Mg		0				4		0		
Phosphorus, P	mg	0				4		0		
Potassium, K	-	0				4		0		
Sodium, Na	_	7				4		0		
Zinc, Zn	-	0.00				4		0.00		
Copper, Cu		0.000	1			4		0.000		
Manganese, Mn		0.5		0	BFZN	4		0.0		
Selenium, Se	nicg	0.5		U	DF 4N	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	-	0.000				1		0.000		
Riboflavin		0.000				1		0.000		
Niacin		0.000)			1		0.000		
Pantothenic acid										
Vitamin B-6		0.000	1			4		0.000		
Folic acid		0		0	BFZN	4 4		0		
Folate, food		0		0	BFZN	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		·		4		0.00		
Vitamin A, IU		0				1		0		
Vitamin A, RAE		0		0	BFZN	4		0		
Retinol		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
<u>Lipids:</u>						_		_		
Fatty acids, total saturated		0.058				4		0.001		
4:0		0.000				4		0.000		
6:0	_	0.000				4		0.000		
8:0	-	0.000				4		0.000 0.000		
10:0 12:0		0.000				4		0.000		
13:0		0.000	•			-		0.000		
14:0	_	0.000)			4		0.000		
15:0	_	0.000						0.000		
16:0	_	0.041				4		0.001		
17:0	_									
18:0	-	0.015	i			4		0.000		
20:0	_									
22:0										

	<u>Ar</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
24:0g									
Fatty acids, total monounsaturatedg	0.093				4		0.002		
14:1g									
15:1g									
16:1 undifferentiatedg	0.001				4		0.000		
17:1g									
18:1 undifferentiatedg	0.091				4		0.002		
20:1g	0.001				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.232				4		0.005		
18:2 undifferentiatedg	0.204				4		0.004		
18:3 undifferentiatedg	0.027				4		0.001		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobromine mg	0		0	BFZN	4		0		
Carotenoids:	ŭ		ŭ	DI DI	•		ŭ		
Carotene, beta	0		0	BFZN	4		0.000		
Carotene, alpha mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000		
	-		-						

Common Measures:

Measure 1 = 2.0g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	1.07		0	FLC	4		0.39			
Energy	_	541		1	LC	8		200			
Energy		2262		0	LC	8		837			
Protein		5.41		1	LC	8		2.00			
Total lipid (fat)	_	29.73		1	LC	8		11.00			
Ash		1.44		0	FLC	4		0.53			
Carbohydrate, by difference		62.16		1	LC	8		23.00			
Fiber, total dietary	g	5.4		1	LC	8		2.0			
Sugars, total	g	54.84		0	LC	8		20.29			
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	108		1	LC	8		40			
Iron, Fe	-	4.38		1	LC	8		1.62			
Magnesium, Mg		64		0	FLC	4		24			
Phosphorus, P	-	152		0	FLC	4		56			
Potassium, K	-	407 41		0 1	FLC	4 8		151 15			
Sodium, NaZinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.06		0	LC FLC	8 4		0.39			
Copper, Cu	-	0.469	3	0	FLC	4		0.174			
Manganese, Mn		0.868		0	FLC	4		0.321			
Selenium, Se		3.6	,	o	FLC	4		1.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0			
Thiamin	mg	0.120)	0	FLC	4		0.044			
Riboflavin	mg	0.170)	0	FLC	4		0.063			
Niacin	-	0.427	7	0	FLC	4		0.158			
Pantothenic acid		0.357		0	FLC	4		0.132			
Vitamin B-6		0.083	3	0	FLC	4		0.031			
Folate, total		14		0	FLC	4		5			
Folic acid		0		0	FLC	4		0			
Folate, food		14		0	FLC	4		5			
Folate, DFE		14		0	NC	4		5			
Vitamin B-12		0.28 3		0 0	FLC FLC	4 4		0.10 1			
Vitamin A, IU Vitamin A, RAE	mca BAE	1		0	FLC	4		0			
Retinol		0		0	FLC	4		0			
Vitamin E (alpha-tocopherol)		4.96		0	FLC	4		1.83			
Tocopherol, beta	ma	1.50		•		-		2.00			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	1.9		0	FLC	4		0.7			
Lipids:	_			_							
Fatty acids, total saturated		5.393		0	FLC	4		1.996			
4:0		0.002		0	FLC	4		0.001			
6:0	-	0.000		0	FLC	4		0.000			
8:0 10:0.	_	0.001 0.001		0 0	FLC FLC	4 4		0.000			
12:0		0.001		0	FLC	4		0.001 0.000			
13:0		0.001		0	FLC	4		0.000			
14:0		0.000		0	FLC	4		0.000			
15:0		0.000		0	FLC	4		0.012			
16:0	-	3.020		0	FLC	4		1.117			
17:0	-	0.000		0	FLC	4		0.000			
18:0	_	1.060		0	FLC	4		0.392			
20:0	-	0.357		0	FLC	4		0.132			
22:0	-	0.695		0	FLC	4		0.257			
24:0		0.223		0	FLC	4		0.083			

	<u>Ar</u>	nount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
	16.281		=== 0					
Fatty acids, total monounsaturated9		0	FLC	4		6.024		
14:1g	0.000	0	FLC	4		0.000		
15:1	0.059	0	FLC	4		0.022		
17:1g	0.059	U	FLC	4		0.022		
18:1 undifferentiated	15.971	0	FLC	4		5.909		
20:1g	0.225	0	FLC	4		0.083		
22:1 undifferentiatedg	0.223	0	FLC	4		0.000		
24:1 cg	0.000	v	FIC	-		0.000		
Fatty acids, total polyunsaturatedg	6.770	0	FLC	4		2.505		
18:2 undifferentiatedg	6.673	•	FLC	4		2.469		
18:3 undifferentiated	0.094	0	FLC	4		0.035		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c.cg	0.000	0	FLC	4		0.000		
20:3 undifferentiated	0.000	0	FLC	4		0.000		
20:4 undifferentiated	0.000	0	FLC	4		0.000		
20:5 n-3g	0.000	0	FLC	4		0.000		
22:5 n-3g	0.000	0	FLC	4		0.000		
22:6 n-3g	0.000	0	FLC	4		0.000		
Fatty acids, total trans9								
Cholesterol mg	0	1	LC	8		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	7	0	FLC	4		3		
Theobromine mg	230	0	FLC	4		85		
<u>Carotenoids:</u>								
Carotene, betamcg	1	0	FLC	4		0.306		
Carotene, alphamcg	0	0	FLC	4		0.078		
Cryptoxanthin, betamcg	0	0	FLC	4		0.000		
Lycopene mcg	0	0	FLC	4		0.000		
Lutein + zeaxanthin mcg	10	0	FLC	4		3.597		

Common Measures:

Measure 1 = 37g: 1 serving 2 TBSP

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Ai</u>	mount in 10	<u>u grams</u>	of edib	ie portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	3.00				1		0.16			
Energy	=	299				1		16			
Energy		1251				1		68			
Protein		16.80				1		0.91			
Total lipid (fat)	-	23.71				1		1.28			
Ash		5.10		0	BFNN	4		0.28			
Carbohydrate, by difference		48.30		•	NC	4		2.61			
Fiber, total dietary		29.8				1		1.6			
Sugars, total		1.55		0	BFCN	4		0.08			
Starch				·	22 02.	-		0.00			
Minerals:											
Villierais: Calcium. Ca	ma	122				4		7			
Iron, Fe		14.50				4		0.78			
Magnesium, Mg	-	519				4		28			
Phosphorus, P		758				4		41			
Potassium, K		1574				4		85			
Sodium, Na		20				4		1			
Zinc, Zn	mg	6.70				4		0.36			
Copper, Cu	mg	3.610	1			4		0.195			
Manganese, Mn											
Selenium, Se	mcg	12.3		0	BFPN	4		0.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0				1		0.0			
Thiamin	mg	0.080	1			4		0.004			
Riboflavin	mg	0.370)			4		0.020			
Niacin	mg	1.800)			4		0.097			
Pantothenic acid	-										
Vitamin B-6	=	0.190	1			4		0.010			
Folate, total		38		_		1		2			
Folic acid		0		0	BFCN	4		0			
Folate, food		38		•	170	1		2			
Folate, DFE		38 0.00		0	NC	4 7		2 0.00			
Vitamin B-12		0.00		0	170	4		0.00			
Vitamin A, IU Vitamin A, RAE	mca PAF	0		0	NC BFCN	4		0			
Retinol		0		0	BFCN	4		0			
Vitamin E (alpha-tocopherol)		0.09		0	BFCN	4		0.01			
Tocopherol, beta		0.09		•	_1 CI4	-		0.01			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.3		0	BFCN	4		0.1			
Lipids:											
Fatty acids, total saturated	g	12.640)			4		0.683			
4:0		0.000	1			4		0.000			
6:0	g	0.000	1			4		0.000			
8:0	g	0.000	1			4		0.000			
10:0	-	0.000				4		0.000			
12:0		0.000)			4		0.000			
13:0											
14:0		0.028				4		0.002			
15:0											
16:0		5.787				4		0.312			
17:0											
18:0		6.700)			4		0.362			
20:0	_										
22:0	a										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of commo				
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3		
Fatty acids, total monounsaturated	g	7.380				4		0.399				
14:1	g											
15:1	g											
16:1 undifferentiated	g	0.000				4		0.000				
17:1	g											
18:1 undifferentiated	g	7.380				4		0.399				
20:1	g	0.000				4		0.000				
22:1 undifferentiated	g	0.000				4		0.000				
24:1 c	g											
Fatty acids, total polyunsaturated	g	0.769				4		0.042				
18:2 undifferentiated	g	0.769				4		0.042				
18:3 undifferentiated	g	0.000				4		0.000				
18:4	g	0.000				4		0.000				
20:2 n-6 c,c	g											
20:3 undifferentiated	g											
20:4 undifferentiated	g	0.000				4		0.000				
20:5 n-3	g	0.000				4		0.000				
22:5 n-3	g	0.000				4		0.000				
22:6 n-3	g	0.000				4		0.000				
Fatty acids, total trans	g											
Cholesterol	mg	0				1		0				
Phytosterols	mg											
Others:												
Alcohol, ethyl	-	0.0				7		0.0				
Caffeine		197		0	BFPN	4		11				
Theobromine	mg	1763		0	BFPN	4		95				
Carotenoids:												
Carotene, beta	mcg	0		0	BFCN	4		0.000				
Carotene, alpha	mcg	0		0	BFCN	4		0.000				
Cryptoxanthin, beta	mcg	0		0	BFCN	4		0.000				
Lycopene	mcg	0		0	BFCN	4		0.000				
Lutein + zeaxanthin	mcg	34		0	BFCN	4		1.810				

Common Measures:

Measure 1 = 5.4g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10			edible portion				
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure 3
Proximates:										
Water	_	3.00				1				
Energy		295				1				
Energy		1234				1				
Protein	_	16.80				1				
Total lipid (fat)		23.71				1				
Ash	g	6.79		0	BFNN	4				
Carbohydrate, by difference	g	45.40			NC	4				
Fiber, total dietary	g	33.9				4				
Sugars, total	g	1.53		0	BFNN	4				
Starch	g									
Minerals:										
Calcium, Ca	ma	122				1				
Iron, Fe	-	14.50				1				
Magnesium, Mg		476				1				
Phosphorus, P		758				1				
Potassium, K		2509				1				
Sodium, Na		20				1				
Zine, Zn	-	6.70				1				
Copper, Cu		3.610)			1				
Manganese, Mn										
Selenium, Se		12.3		0	BFPN	4				
¥7*4 *										
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid		0.0				1				
Thiamin	_	0.080				4				
Riboflavin	-	0.370				4				
Niacin		1.800)			4				
Pantothenic acid		0.100								
Vitamin B-6		0.190)			4				
Folate, total		38		•		1 4				
Folic acid		0 38		0	BFNN					
Folate, food				0	27.0	1 4				
Folate, DFE		38		U	NC	7				
Vitamin B-12		0.00		•	***					
Vitamin A, IU	IU	0		0 0	NC NC	4 4				
Vitamin A, RAE						_				
Retinol		0		0	BFNN	4 4				
Vitamin E (alpha-tocopherol)		0.18		U	BFFN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		4.4		0	BFFN	4				
vitanini K (phynoquinone)	g			·	DIII	•				
Lipids:										
Fatty acids, total saturated	g	12.640)			4				
4:0	g	0.000				4				
6:0	g	0.000)			4				
8:0	g	0.000)			4				
10:0	-	0.000				4				
12:0	-	0.000)			4				
13:0										
14:0	-	0.028	3			4				
15:0										
16:0		5.787	•			4				
17:0										
18:0	g	6.700)			4				
20:0	-									
22:0	-									
24:0	а									

	<u>An</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of commor					
			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	7.380				4							
14:1g	7.380				-							
15:1												
16:1 undifferentiated 9	0.000				4							
17:1g												
18:1 undifferentiatedg	7.380				4							
20:1g	0.000				4							
22:1 undifferentiatedg	0.000				4							
24:1 cg												
Fatty acids, total polyunsaturated	0.769				4							
18:2 undifferentiatedg	0.769				4							
18:3 undifferentiatedg	0.000				4							
18:4g	0.000				4							
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.000				4							
20:5 n-3g	0.000				4							
22:5 n-3g	0.000				4							
22:6 n-3g	0.000				4							
Fatty acids, total transg												
Cholesterolmg	0				1							
Phytosterolsmg												
Others:												
Alcohol, ethylg	0.0				7							
Caffeine mg	72		0	BFPN	4							
Theobrominemg	2445		0	BFPN	4							
Carotenoids:												
Carotene, betamcg	0		0	BFNN	4							
Carotene, alpha mcg	0		0	BFNN	4							
Cryptoxanthin, beta mcg	0		0	BFNN	4							
Lycopenemcg	0		0	BFNN	4							
Lutein + zeaxanthin mcg	33		0	BFNN	4							

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100	grams	Amount in edible portion of common measures of food					
			N	umber						
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00	0.305	8		1		2.58	0.16	
Energy	kcal	229		0		4		197	12	
Energy		958				4		824	52	
Protein (N x 5.63)	g	19.60	0.520	8		1		16.86	1.06	
Total lipid (fat)	g	13.70	0.495	8		1		11.78	0.74	
Ash	g	5.80	0.558	7		1		4.99	0.31	
Carbohydrate, by difference	g	54.30		0	NC	4		46.70	2.93	
Fiber, total dietary	g	33.2		0		1		28.6	1.8	
Sugars, total	g	1.75		0	BFCN	4		1.50	0.09	
Starch	g									
Minerals:										
Calcium, Ca	ma	128	8.030	9		1		110	7	
Iron, Fe	_	13.86	1.608			1		11.92	, 0.75	
Magnesium, Mg	_	499	11.115			1		429	27	
Phosphorus, P		734	19.765			1		631	40	
Potassium, K		1524	74.068			1		1311	82	
Sodium, Na		21	3.184	8		1		18	1	
Zinc, Zn	mg	6.81	0.256	9		1		5.86	0.37	
Copper, Cu	mg	3.788	0.146	9		1		3.258	0.205	
Manganese, Mn	mg	3.837	0.104	9		1		3.300	0.207	
Selenium, Se	mcg	14.3	3.095	3	A	1		12.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	-	0.078	0.020			1		0.067	0.004	
Riboflavin		0.241				1		0.207	0.013	
Niacin		2.185				1		1.879	0.118	
Pantothenic acid		0.254				1		0.218	0.014	
Vitamin B-6		0.118				1		0.101	0.006	
Folate, total	_	32		2		1		28	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		32		2		1		28	2	
Folate, DFE	mcg_DFE	32		0	NC	4		28	2	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFSN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.10		0	BFFN	4		0.09	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.5		0	BFFN	4		2.2	0.1	
I inida										
Lipids:	a	8.070		0		1		6.940	0.436	
Fatty acids, total saturated4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0		0.000		ŭ		-		3.000	0.000	
14:0		0.020		6		1		0.017	0.001	
15:0				•		_		0.01,	2.001	
16:0		3.690		6		1		3.173	0.199	
17:0				-						
18:0	_	4.250		6		1		3.655	0.230	
20:0	_									
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number				<u>m</u> e	easures of food	
Nutrients and Units	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted Q	4.570	1	0		1		3.930	0.247	
14:1										
15:1	-									
16:1 undifferentiated	-	0.000)	0		1		0.000	0.000	
17:1	-									
18:1 undifferentiated	_	4.570		6		1		3.930	0.247	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		0.440		0		1		0.378	0.024	
18:2 undifferentiated		0.440		6		1		0.378	0.024	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4	_	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000)	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		0		1		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.293	ı	0		1		0.252	0.016	
Threonine		0.776		0		1		0.667	0.042	
Isoleucine	-	0.760		0		1		0.654	0.041	
Leucine	• • • • • • • • • • • • • • • • • • • •	1.189		0		1		1.023	0.064	
Lysine	-	0.983		0		1		0.845	0.053	
Methionine		0.202		0		1		0.174	0.011	
Cystine		0.239		0		1		0.206	0.013	
Phenylalanine		0.941		0		1		0.809	0.051	
Tyrosine		0.735		0		1		0.632	0.040	
Valine	-	1.177		0		1		1.012	0.044	
Arginine	-	1.111		0		1		0.955	0.060	
Histidine		0.339		0		1		0.292	0.018	
Alanine		0.904		0		1		0.777	0.018	
Aspartic acid		1.953		0		1		1.680	0.105	
Glutamic acid		2.948		0		1		2.535	0.159	
Glycine		0.879		0		1		0.756	0.139	
Proline		0.838		0		1		0.721	0.045	
Serine	-	0.846		0		1		0.721	0.045	
Hydroxyproline	-	0.040	,	· ·		-		0.720	0.040	
11ydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	230		1		1		198	12	
Theobromine	<u>mg</u>	2057		1		1		1769	111	
Carotenoids:										
Carotene, beta	mca	0		0	BFSN	4		0.000	0.000	
Carotene, alpha		0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFSN	4		0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin		38		0	BFSN	4		32.405	2.035	

Common Measures:

Measure 1 = 86g: 1 cup Measure 2 = 5.4g: 1 tbsp NDB No. 19165

Cocoa, dry powder, unsweetened

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 1.33

Food Group: 19 Sweets

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Hershey Food Corp.

Refuse: 0%

	<u>A</u>	mount in 10	00 grams Numbei			edible portion o	of common			
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g									
Energy	kcal	400		1	MC	9		20		
Energy		1674		0	MC	9		84		
Protein		20.00		1	MC	9		1.00		
Total lipid (fat)	-	10.00		1	MC	9		0.50		
Ash										
Carbohydrate, by difference		60.00		1	MC	9		3.00		
Fiber, total dietary		20.0		1	MC	9		1.0		
Sugars, total		0.00		1	MC	9		0.00		
Starch		0.00		-	мс	9		0.00		
Minerals:										
Calcium, Ca	mg	0		1	MC	9		0		
Iron, Fe	mg	36.00		1	MC	9		1.80		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	0		1	MC	9		0		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	•	0.0		1	MC	9		0.0		
Thiamin										
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		_		_		_		•		
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.000)	1	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	<u>mg</u>									

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

Common Measures:

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Food Group: 19 Sweets

Dutch cocoa **Refuse:** 0%

		<u>A</u> 1	mount in 100 gra	ns of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Num	er			<u>m</u>	easures of food	•	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	2.70	:	2	1		2.32	0.15		
Energy		222)	4		191	12		
Energy		929			4		799	50		
Protein (N x 5.63)		18.10	:	2	1		15.57	0.98		
Total lipid (fat)		13.10	:	2	1		11.27	0.71		
Ash		7.80	:	2	1		6.71	0.42		
Carbohydrate, by difference		54.80) NC	4		47.13	2.96		
Fiber, total dietary		29.8)	1		25.6	1.6		
Sugars, total		1.76) BFCN	· 4		1.52	0.10		
Starch								**		
Minerals:										
Calcium, Ca	-	111	1.204		1		95	6		
Iron, Fe		15.52	4.219		1		13.35	0.84		
Magnesium, Mg		476	14.971		1		409	26		
Phosphorus, P	_	728	10.406		1		626	39		
Potassium, K		2509	585.368		1		2158	135		
Sodium, Na		19			1		16	1		
Zinc, Zn		6.37	0.254		1		5.48	0.34		
Copper, Cu		3.607			1		3.102	0.195		
Manganese, Mn		3.737			1		3.214	0.202		
Selenium, Se	mcg	13.2	(BFPN	4		11.4	0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	:		4		0.0	0.0		
Thiamin	mg	0.110) :		4		0.095	0.006		
Riboflavin		0.460) :		4		0.396	0.025		
Niacin		2.400)		4		2.064	0.130		
Pantothenic acid	mg	0.254	!		4		0.218	0.014		
Vitamin B-6	mg	0.118	3		4		0.101	0.006		
Folate, total	mcg	32	:		4		28	2		
Folic acid		0	(Z	7		0	0		
Folate, food	mcg	32	:		4		28	2		
Folate, DFE	mcg_DFE	32	(NC NC	4		28	2		
Vitamin B-12		0.00	:		4		0.00	0.00		
Vitamin A, IU		0	(BFSN	4		0	0		
Vitamin A, RAE	mcg_RAE	0	(NC NC	4		0	0		
Retinol		0	(BFSN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.10	(BFFN	4		0.09	0.01		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.4	(BFFN	4		2.1	0.1		
Lipids:										
Fatty acids, total saturated	a	7.760) ()	1		6.674	0.419		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0	• • • • • • • • • • • • • • • • • • • •	0.000)	1		0.000	0.000		
12:0		0.000)	1		0.000	0.000		
13:0	-									
14:0	-	0.020)	i	1		0.017	0.001		
15:0	-									
16:0	-	3.550)	i	1		3.053	0.192		
17:0										
18:0	-	4.080)	i	1		3.509	0.220		
20:0	-									
22:0	-									
	-									

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	4.390)	0		1		3.775	0.237	
14:1	_									
15:1 16:1 undifferentiated	9	0.000)	0		1		0.000	0.000	
17:1 18:1 undifferentiated	-	4.390)	6		1		3.775	0.237	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		0.420)	0		1		0.361	0.023	
18:2 undifferentiated	g	0.420)	6		1		0.361	0.023	
18:3 undifferentiated	g	0.000)	0		1		0.000	0.000	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000)	0		1		0.000	0.000	
Fatty acids, total trans		_		_				_	_	
Cholesterol	_	0		1		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.271	=	0		1		0.233	0.015	
Threonine	g	0.716	5	0		1		0.616	0.039	
Isoleucine	g	0.701		0		1		0.603	0.038	
Leucine	g	1.097	•	0		1		0.943	0.059	
Lysine	g	0.907	1	0		1		0.780	0.049	
Methionine	g	0.187	'	0		1		0.161	0.010	
Cystine	g	0.221	=	0		1		0.190	0.012	
Phenylalanine	g	0.869		0		1		0.747	0.047	
Tyrosine	g	0.678		0		1		0.583	0.037	
Valine	-	1.086		0		1		0.934	0.059	
Arginine		1.025		0		1		0.882	0.055	
Histidine	-	0.312		0		1		0.268	0.017	
Alanine		0.834		0		1		0.717	0.045	
Aspartic acid		1.802		0		1		1.550	0.097	
Glutamic acid	• • • • • • • • • • • • • • • • • • • •	2.720		0		1		2.339	0.147	
Glycine	-	0.812		0		1		0.698	0.044	
Proline	-	0.773		0		1		0.665	0.042	
Serine		0.781	-	0		1		0.672	0.042	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	78		1		1		67	4	
Theobromine	mg	2634		1		1		2265	142	
Carotenoids:										
Carotene, beta	mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha		0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFSN	4		0.000	0.000	
Lycopene	_	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin		38		0	BFSN	4		32.505	2.041	

Common Measures:

Measure 1 = 86g: 1 cup Measure 2 = 5.4g: 1 tbsp

Cocoa, dry powder, unsweetened, processed with alkali

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 1.33

Food Group: 19 Sweets

Desserts, CPC, ALSA Mousse Mix, powder, dark chocolate

CPC Food Service

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Ui	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	1.74		3	A	1		0.37		
Energy	kcal	501		0	MC	9		105		
Energy		2096				9		440		
Protein		9.43		3	A	1		1.98		
Total lipid (fat)	-	24.26		3	A	1		5.09		
Ash		3.22		3	A	1		0.68		
Carbohydrate, by difference		61.33		0	MC	9		12.88		
Fiber, total dietary										
Sugars, total	_	36.33		2	A	1		7.63		
Starch	_			_		_				
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K	-									
Sodium, Na	-	396		3	A	1		83		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	q	17.160	1	2	A	1		3.604		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated.										
Fatty acids, total trans										
Cholesterol										
Phytosterols										

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

Common Measures:

Measure 1 = 21g: 2.5 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 100	<u>grams</u>	of edib	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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.00		1		4		0.09	0.57		
Energy	kcal	363		0	NC	4		33	207		
Energy	kj	1519				4		137	866		
Protein (N x 5.6)	g	2.40		1		4		0.22	1.37		
Total lipid (fat)	g	3.30		1		4		0.30	1.88		
Ash	g	1.40		1		4		0.13	0.80		
Carbohydrate, by difference	g	91.50		0	NC	4		8.24	52.16		
Fiber, total dietary	g	5.1		0	FLM	4		0.5	2.9		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	166		1		4		15	95		
Iron, Fe	-	2.55		1		4		0.23	1.45		
Magnesium, Mg	-	81		1		4		7	46		
Phosphorus, P		129		1		4		12	74		
Potassium, K	_	430		1		4		39	245		
Sodium, Na	_	70		1		4		6	40		
Zinc, Zn	<u>.</u> mg	1.58		1		4		0.14	0.90		
Copper, Cu	mg	0.735	5	1		4		0.066	0.419		
Manganese, Mn	mg	0.643	3	1		4		0.058	0.367		
Selenium, Se	mcg	2.9		0	FLM	4		0.3	1.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0		
Thiamin	-	0.014	1	1		4		0.001	0.008		
Riboflavin		0.063		1		4		0.006	0.036		
Niacin		0.306	5	1		4		0.028	0.174		
Pantothenic acid		0.044	1	1		4		0.004	0.025		
Vitamin B-6		0.032	2	1		4		0.003	0.018		
Folate, total	mcg	6		1		4		1	3		
Folic acid		0		0	z	7		0	0		
Folate, food	mcg	6		1		4		1	3		
Folate, DFE	mcg_DFE	6		0	NC	4		1	3		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		3		1		4		0	2		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	incg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.940)	0		1		0.175	1.106		
4:0											
6:0	_										
8:0	_										
10:0											
12:0	_										
13:0		0.00		_							
14:0	_	0.000	J	1		1		0.000	0.000		
15:0	_	0.000		_				•			
16:0		0.840	J	1		1		0.076	0.479		
17:0	_	1 000		_				0.000	0.00		
18:0	_	1.090	J	1		1		0.098	0.621		
20:0	_										
22:0	g g										

	<u>Ar</u>	nount in 100 grams Numbe		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.080	0		1		0.097	0.616	
15:1g								
16:1 undifferentiatedg	0.010	1		1		0.001	0.006	
17:1g								
18:1 undifferentiatedg	1.070	1		1		0.096	0.610	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.100	0		1		0.009	0.057	
18:2 undifferentiatedg	0.090	1		1		0.008	0.051	
18:3 undifferentiatedg	0.000	1		1		0.000	0.000	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	0	1		4		0	0	
Phytosterols mg								
mino Acids:								
Tryptophang	0.030	0		1		0.003	0.017	
Threonineg	0.088	0		1		0.008	0.050	
Isoleucineg	0.085	0		1		0.008	0.048	
Leucineg	0.136	0		1		0.012	0.078	
Lysineg	0.120	0		1		0.011	0.068	
Methionineg	0.024	0		1		0.002	0.014	
Cystineg	0.025	0		1		0.002	0.014	
Phenylalanine9	0.107	0		1		0.010	0.061	
Tyrosineg	0.078	0		1		0.007	0.044	
Valineg	0.133	0		1		0.012	0.076	
Arginine9	0.148	0		1		0.013	0.084	
Histidineg	0.038	0		1		0.003	0.022	
Alanineg	0.134	0		1		0.012	0.076	
Aspartic acidg	0.230	0		1		0.021	0.131	
Glutamic acidg	0.351	0		1		0.032	0.200	
Glycineg	0.186	0		1		0.017	0.106	
Prolineg	0.148	0		1		0.013	0.084	
Serineg	0.101	0		1		0.009	0.058	
Hydroxyprolineg								
others:								
Alcohol, ethylg								
Caffeinemg	13	0	FLM	4		1	7	
Theobromine mg	424	0	FLM	4		38	242	

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

Calories Factors: Protein 2.2 Fat 8.37 Carbohydrate 3.6

Food Group: 19 Sweets

						Amount in edible portion of common			
			Number	•			<u>m</u>	easures of food	<u>l</u>
			of Data	Deriv	Source	Confidence			
3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
g	6.50		2		1		0.64		
kcal	84		0	NC	4		8		
kj	351				4		35		
g	1.00		2		1		0.10		
g	0.10		2		1		0.01		
g	72.50		2		1		7.18		
g	19.80		0	NC	4		1.96		
g	0.0		0		7		0.0		
g									
g									
ma	3733		2		1		370		
-					1				
	18	10.19			1		2		
	340	· - ·	2		1		34		
•	292		2		1		29		
_	26050		2		1		2579		
• • • • • • • • • • • • • • • • • • • •	6.36		2		1		0.63		
mg	0.200	1	2		1		0.020		
<u>.</u> mg	0.895	i	2		1		0.089		
mcg	0.0		0	Z	7		0.0		
ma	0.0		1		Δ		0.0		
_									
_					_				
					4				
					4				
-			1		4				
-	0		1		4		0		
	0		0	z	7		0		
	0		1		4		0		
	0		0	NC	4		0		
	0.00		1		4		0.00		
	0		1		4		0		
	0		0	NC	4		0		
	0		0	z	7		0		
mg									
mg									
mcg									
g	0.041		0		4		0.004		
			0		4		0.000		
			0		4		0.000		
			0		4		0.000		
_			0		4		0.000		
g	0.000	ı	0		4		0.000		
_									
-	0.004		0		4		0.000		
g									
	0.021		0		4		0.002		
g	0.014		0		4		0.001		
g									
	g kcal kj g g g g g g mg mg mg mg mg mg mg mg mg		## Mean Std. Error G	g 6.50 2 kcal 84 0 kj 351 2 g 0.10 2 g 72.50 2 g 19.80 0 g 19.80 0 g 0.0 0 g 18 10.199 mg 7.07 2 mg 18 10.199 mg 340 2 mg 26050 2 mg 6.36 2 mg 0.200 2 mg 0.200 2 mg 0.000 1 mg 0.000 0 mg	S	Mean Std. Error Points Code Code Gamma	Mean Std. Error Points Code Code	Section Sect	Mean Std. Error Points Code Code

	<u>Ar</u>	mount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common		
		Number of Data		Confidence	me	easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.038	0	4		0.004		
14:1g							
15:1g							
16:1 undifferentiatedg	0.004	0	4		0.000		
17:1g							
18:1 undifferentiated	0.033	0	4		0.003		
20:1g	0.000	0	4		0.000		
22:1 undifferentiatedg	0.000	0	4		0.000		
24:1 cg							
Fatty acids, total polyunsaturatedg	0.007		4		0.001		
18:2 undifferentiatedg	0.005		4		0.000		
18:3 undifferentiated	0.001	0	4		0.000		
18:4g	0.000	0	4		0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.001		4		0.000		
20:5 n-3g	0.000		4		0.000		
22:5 n-3g	0.000		4		0.000		
22:6 n-3g	0.000	0	4		0.000		
Fatty acids, total transg							
Cholesterolmg	0	1	4		0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 9.9g: 1 package (0.35 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number	•				easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		0.40		1		4		0.04	0.17	
Energy	kcal	383		0		4		41	165	
Energy		1602				4		173	689	
Protein (N x 5.6)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		4		0.00	0.00	
Ash	g	0.60		1		4		0.06	0.26	
Carbohydrate, by difference		99.00		0	NC	4		10.69	42.57	
Fiber, total dietary		0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca	mα	117		1		4		13	50	
Iron, Fe	-	0.07		1		4		0.01	0.03	
Magnesium, Mg		1		1		4		0	0	
Phosphorus, P		91		1		4		10	39	
Potassium, K	•	3		1		4		0	1	
Sodium. Na	-	6		1		4		1	3	
Zinc. Zn.	• • • • • • • • • • • • • • • • • • • •	0.04		1		4		0.00	0.02	
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.058		1		4		0.006	0.025	
Manganese, Mn	-	0.009		1		4		0.001	0.004	
Selenium, Se		0.7		0	FLM	4		0.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	-	0.000		1		4		0.000	0.000	
Riboflavin	-	0.021		1		4		0.002	0.009	
Niacin	-	0.001		1		4		0.000	0.000	
Pantothenic acid		0.001		1		4		0.000	0.000	
Vitamin B-6		0.001		1		4		0.000	0.000	
Folate, total		0		1		4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
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										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol		0		1		4		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 10.8g: 1 tbsp

Desserts, rennin, vanilla, dry mix

Measure 2 = 43g: 1 package (1.5 oz)

Calories Factors: Protein 3.9 Fat 9 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u> e	easures of food	<u> </u>	
			•				Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.70	0.043	6		1		1.45	0.36		
Energy	kcal	410		0	NC	4		349	86		
Energy	kj	1715				4		1458	360		
Protein (N x 6.3)		6.90	0.286	6		1		5.87	1.45		
Total lipid (fat)		6.40	0.161	6		1		5.44	1.34		
Ash		2.20	0.060	6		1		1.87	0.46		
Carbohydrate, by difference		82.80		0	NC	4		70.38	17.39		
Fiber, total dietary		0.0		0	FLA	4		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	228	4.423	6		1		194	48		
Iron, Fe	_	1.93	0.088	6		1		1.64	0.41		
Magnesium, Mg		45		0	FLA	4		38	9		
Phosphorus, P		332		0	FLA	4		282	70		
Potassium, K		540		0	FLA	4		459	113		
Sodium, Na		281		0	FLA	4		239	59		
Zinc, Zn	_	1.05		0	FLA	4		0.89	0.22		
Copper, Cu		0.046		0	FLA	4		0.039	0.010		
Manganese, Mn		0.020		0	FLA	4		0.017	0.004		
Selenium, Se	mcg	16.6		0	FLA	4		14.1	3.5		
7itamina.											
Vitamins:	ma	0.4		0	FLA	4		0.3	0.1		
Vitamin C, total ascorbic acid	-	0.4	0.001	6	FLIA	1		0.3	0.1		
ThiaminRiboflavin		0.143		6		1		0.123	0.030		
Niacin		0.412		0	FLA	4		0.330	0.067		
Pantothenic acid		2.238		0	FLA	4		1.903	0.470		
Vitamin B-6	_	0.216		0	FLA	4		0.184	0.045		
Folate, total	-	30		0	FLA	4		25	6		
Folic acid		0		0	FLA	4		0	0		
Folate, food		30		0	FLA	4		25	6		
Folate, DFE		30		0	NC	4		25	6		
Vitamin B-12		1.17		0	FLA	4		0.99	0.25		
Vitamin A, IU	IU	217	13.661	6		1		184	46		
Vitamin A, RAE		63	23.002	0	NC	4		54	13		
Retinol		63		0	0	4		54	13		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	~	0.000		^				1 706	0.406		
Fatty acids, total saturated		2.030		0		1		1.726	0.426		
4:0		0.010		1 1		1 1		0.009	0.002		
6:0		0.010		1		1		0.009	0.002		
8:0	_	0.000 0.010		1		1		0.000	0.000		
10:0 12:0	_	0.010		1		1		0.009 0.009	0.002 0.002		
13:0	_	0.010		1		1		0.009	0.002		
14:0		0.050		1		1		0.043	0.011		
15:0	_	0.030		_		_		0.043	0.011		
16:0	-	1.430		1		1		1.216	0.300		
17:0	_	1.430		-		-		1.210	0.500		
18:0		0.510		1		1		0.434	0.107		
20:0		0.510		-		-		0.434	0.107		
22:0											
24:0	_										

Nutrients and Units			Amount in edible portion of common measures of food					
Nutrients and Units		Numbe		0	0 6 -1	<u></u>	<u> </u>	
	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
En il col	2.400	0		1		2.040	0.504	
Fatty acids, total monounsaturatedg	2.400	U		1		2.040	0.504	
15:1g								
16:1 undifferentiated	0.190	1		1		0.162	0.040	
17:1								
18:1 undifferentiated	2.190	1		1		1.862	0.460	
20:1 9	0.020	1		1		0.017	0.004	
22:1 undifferentiatedg	0.000			1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.850	0		1		0.723	0.179	
18:2 undifferentiated	0.710	1		1		0.604	0.149	
18:3 undifferentiated	0.020			1		0.017	0.004	
18:4g								
20:2 n-6 c.c								
20:3 undifferentiated								
20:4 undifferentiated	0.090	1		1		0.077	0.019	
20:5 n-3g	0.000	1		1		0.000	0.000	
22:5 n-3g	0.000	0	FLA	4		0.000	0.000	
22:6 n-3	0.020	1		1		0.017	0.004	
Fatty acids, total trans								
Cholesterol mg	258	0	FLA	4		220	54	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.094	0	FLA	4		0.080	0.020	
Threonine	0.401	0	FLA	4		0.341	0.084	
Isoleucine	0.368		FLA	4		0.312	0.077	
Leucineg	0.623		FLA	4		0.530	0.131	
Lysine	0.553		FLA	4		0.470	0.116	
Methionine	0.153		FLA	4		0.130	0.032	
Cystine	0.130		FLA	4		0.110	0.027	
Phenylalanine	0.261		FLA	4		0.222	0.055	
Tyrosine	0.257		FLA	4		0.218	0.054	
Valine	0.381		FLA	4		0.324	0.080	
Arginine	0.361		FLA	4		0.307	0.076	
Histidine	0.156		FLA	4		0.133	0.033	
Alanine	0.341		FLA	4		0.290	0.072	
Aspartic acid	0.681		FLA	4		0.579	0.143	
Glutamic acid	1.031		FLA	4		0.876	0.217	
Glycine	0.185		FLA	4		0.158	0.039	
Proline	0.351		FLA	4		0.298	0.074	
Serine	0.475		FLA	4		0.404	0.100	
Hydroxyproline	5.475	v		-		, <u>.</u>	0.100	
Others:								
	0.0	0	FLA	4		0.0	0.0	
Alcohol, ethyl	0.0	U	гцА	4		0.0	0.0	
Theobromine mg								

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.3 Fat 9 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u> :	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		74.74		0	RP	4					
Energy		111		0	RP	4					
Energy		463		0	RP	4					
Protein	-	4.08		0	RP	4					
Total lipid (fat)		2.74		0	RP	4					
Ash		1.01		0	RP	4					
Carbohydrate, by difference		17.42		0	RP	4					
Fiber, total dietary	g	0.0		0	RP	4					
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	145		0	RP	4					
Iron, Fe	_	0.35		0	RP	4					
Magnesium, Mg	_	19		ō	RP	4					
Phosphorus, P		138		0	RP	4					
Potassium, K	-	224		0	RP	4					
Sodium, Na	mg	89		0	RP	4					
Zinc, Zn	mg	0.52		0	RP	4					
Copper, Cu	mg	0.015	5	0	RP	4					
Manganese, Mn	mg	0.005	5	0	RP	4					
Selenium, Se	mcg	4.6		0	RP	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.8		0	RP	4					
Thiamin	_	0.054	i	0	RP	4					
Riboflavin	_	0.034		0	RP	4					
Niacin		0.128		0	RP	4					
Pantothenic acid		0.120		0	RP	4					
Vitamin B-6	_	0.069		0	RP	4					
Folate, total	-	9		0	RP	4					
Folic acid		0		0	RP	4					
Folate, food		9		0	RP	4					
Folate, DFE		9		0	NC	4					
Vitamin B-12		0.45		0	RP	4					
Vitamin A, IU		218		0	RP	4					
Vitamin A, RAE		61		0	NC	4					
Retinol		60		0	RP	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	1.357	,	0	RP	4					
4:0		0.057		0	RP	4					
6:0		0.037		0	RP	4					
8:0		0.019		0	RP	4					
10:0	-	0.045		0	RP	4					
12:0	_	0.050		0	RP	4					
13:0	-			-		•					
14:0		0.181	L	0	RP	4					
15:0	_										
16:0		0.680)	0	RP	4					
17:0											
18:0		0.290)	0	RP	4					
20:0											
22:0											
24:0											

Nutrients and Units			<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Fatty acids, total monounstituted					Number	•			<u>m</u>	easures of food	
14-1	Nutrients and Un	nits	Mean	Std. Error					Measure 1	Measure 2	Measure 3
14-1	Du il dal	a	0.050			22	4				
161 undifferentiated	-		0.852		U	RP	4				
18.1 undifferentiated. 9 0.780 0 RP 4		-									
18.1 undifferentiated. 9		-	0.069		0	RP	4				
20											
22-1 undifferentiated. 9 0.000 0 RP 4		_									
24 I		-									
Fatty acids, total polyumsaturated. 9 0.197 0 RP 4 18.2 andifferentiated. 9 0.028 0 RP 4 18.4 9 0.000 0 RP 4 18.4 9 0.000 0 RP 4 202.04-6-C. 9 203 undifferentiated. 9 0.014 0 RP 4 205.04 undifferentiated. 9 0.000 0 RP 4 225.6-3. 9 0.000 0 RP 4 Fatty acids, total trans. 9 Fatty acids, total trans. 9 Fatty acids, total trans. 9 Phospital Research and the state of the s		•	0.000		0	RP	4				
182 undifferentiated. 9 0 .151 0 RP 4 183 undifferentiated. 9 0 .000 0 RP 4 184. 9 0 .000 0 RP 4 184. 9 0 .000 0 RP 4 202 n-6 c. 9 203 undifferentiated. 9 204 undifferentiated. 9 205 undifferentiated. 9 206 undifferentiated. 9 207 undifferentiated. 9 208 undifferentiated. 9 208 undifferentiated. 9 209 undifferentiated. 9 209 undifferentiated. 9 200 undifferentiate											
183 undifferentiated. 9											
18-4											
20.2 n-6 c.c.											
203 undifferentiated. 9 204 undifferentiated. 9 205 n-3 9 0 0.000 0 RP 4 22.5 n-3 9 0 0.000 0 RP 4 25 n-3 9 18 25 n-3 9 18 25 n-3 9 18 25 n-3 9 18 26 n-3 27 28 28 28 28 28 28 28 28 28 28 28 28 28		_	0.000		0	RP	4				
20.4 undifferentiated	,	_									
20.5 n.3.											
22.5 n 3.											
Paty acids, total trans. 9		-					_				
Patry acids, total trans											
Cholesterol. mg Mg Mg Mg Mg Mg Mg Mg			0.003		0	RP	4				
Phytosterols	*										
Amino Acids: Tryptophan. 9 0.057 0 RP 4 Threonine. 9 0.198 0 RP 4 Isoleucine. 9 0.239 0 RP 4 Leucine. 9 0.391 0 RP 4 Lysine. 9 0.325 0 RP 4 Methionine. 9 0.100 0 RP 4 Mythoria 9 0.100 0 RP 4 Cystine. 9 0.048 0 RP 4 Phenylalaine. 9 0.186 0 RP 4 Tyrosine. 9 0.186 0 RP 4 Valine. 9 0.166 0 RP 4 Arginine. 9 0.166 0 RP 4 Histidine. 9 0.157 0 RP 4 Aspartic acid. 9 0.335 <			48		0	RP	4				
Tryptophan. 9 0.057 0 RP 4 Thronine. 9 0.198 0 RP 4 Isoleucine. 9 0.239 0 RP 4 Leucine. 9 0.391 0 RP 4 Leucine. 9 0.391 0 RP 4 Lysine. 9 0.3925 0 RP 4 Methionine. 9 0.100 0 RP 4 Methionine. 9 0.100 0 RP 4 Cystine. 9 0.106 0 RP 4 Tyrosine. 9 0.185 0 RP 4 Tyrosine. 9 0.185 0 RP 4 Tyrosine. 9 0.185 0 RP 4 Valine. 9 0.166 0 RP 4 Tyrosine. 9 0.261 0 RP 4 Tyrosine. 9 0.261 0 RP 4 Histidine. 9 0.166 0 RP 4 Histidine. 9 0.106 0 RP 4 Histidine. 9 0.106 0 RP 4 Histidine. 9 0.106 0 RP 4 Glutamic acid. 9 0.335 0 RP 4 Glutamic acid. 9 0.335 0 RP 4 Glutamic acid. 9 0.789 0 RP 4 Hydroxyproline. 9 0.346 0 RP 4 Hydroxyproline. 9 0.346 0 RP 4 Hydroxyproline. 9 0.346 0 RP 4 Tyrosine. 9 0 0 0 0 0 RP 4 Tyro	Phytosterols	mg									
Tryptophan. 9 0.057 0 RP 4 Thronine. 9 0.198 0 RP 4 Isoleucine. 9 0.239 0 RP 4 Leucine. 9 0.391 0 RP 4 Leucine. 9 0.391 0 RP 4 Lysine. 9 0.3925 0 RP 4 Methionine. 9 0.100 0 RP 4 Methionine. 9 0.100 0 RP 4 Cystine. 9 0.106 0 RP 4 Tyrosine. 9 0.185 0 RP 4 Tyrosine. 9 0.185 0 RP 4 Tyrosine. 9 0.185 0 RP 4 Valine. 9 0.166 0 RP 4 Tyrosine. 9 0.261 0 RP 4 Tyrosine. 9 0.261 0 RP 4 Histidine. 9 0.166 0 RP 4 Histidine. 9 0.106 0 RP 4 Histidine. 9 0.106 0 RP 4 Histidine. 9 0.106 0 RP 4 Glutamic acid. 9 0.335 0 RP 4 Glutamic acid. 9 0.335 0 RP 4 Glutamic acid. 9 0.789 0 RP 4 Hydroxyproline. 9 0.346 0 RP 4 Hydroxyproline. 9 0.346 0 RP 4 Hydroxyproline. 9 0.346 0 RP 4 Tyrosine. 9 0 0 0 0 0 RP 4 Tyro	Amino Acids:										
Threonine		α	0.057		0	RP	4				
Soleucine	** *										
Leucine		-									
Lysine		-									
Methionine 9 0.100 0 RP 4 Cystine 9 0.048 0 RP 4 Phenylalanine 9 0.186 0 RP 4 Tyrosine 9 0.185 0 RP 4 Valine 9 0.261 0 RP 4 Arginine 9 0.166 0 RP 4 Histidine 9 0.106 0 RP 4 Alanine 9 0.157 0 RP 4 Alanine 9 0.335 0 RP 4 Glutamic acid 9 0.335 0 RP 4 Glycine 9 0.346 0 RP 4 Serine 9 0.346 0 RP 4 Hydroxyproline 9 0 0 RP 4 Cafeine mg 0 0 RP 4		-					-				
Cystine 9 0.048 0 RP 4 Phenylalanine 9 0.186 0 RP 4 Tyrosine 9 0.185 0 RP 4 Valine 9 0.261 0 RP 4 Arginine 9 0.166 0 RP 4 Histidine 9 0.106 0 RP 4 Alanine 9 0.157 0 RP 4 Alanine 9 0.335 0 RP 4 Glutamic acid 9 0.335 0 RP 4 Glycine 9 0.092 0 RP 4 Serine 9 0.346 0 RP 4 Serine 9 0.238 0 RP 4 Hydroxyproline 9 0 0 RP 4 Caffeine mg 0 0 RP 4											
Phenylalanine 9 0.186 0 RP 4 Tyrosine 9 0.185 0 RP 4 Valine 9 0.261 0 RP 4 Arginine 9 0.166 0 RP 4 Histidine 9 0.106 0 RP 4 Alanine 9 0.157 0 RP 4 Aspartic acid .9 0.335 0 RP 4 Glutamic acid .9 0.789 0 RP 4 Glycine .9 0.092 0 RP 4 Proline .9 0.346 0 RP 4 Hydroxyproline .9 0.238 0 RP 4 Hydroxyproline .9 0 0 RP 4 Caffeine .mg 0 0 RP 4 Caffeine .mg 0 0 RP 4											
Tyrosine	2						4				
Valine 9 0.261 0 RP 4 Arginine 9 0.166 0 RP 4 Histidine 9 0.106 0 RP 4 Alanine 9 0.157 0 RP 4 Aspartic acid 9 0.335 0 RP 4 Glutamic acid 9 0.789 0 RP 4 Glycine 9 0.092 0 RP 4 Proline 9 0.346 0 RP 4 Serine 9 0.238 0 RP 4 Hydroxyproline 9 0.238 0 RP 4 Hydroxyproline 9 0.00 RP 4 Caffeine 9 0 0 RP 4 Theobromine mg 0 RP 4 Carotene, beta mcg 11 0 0 4 Carotene, alpha<	<u> </u>				-		_				
Arginine 9 0.166 0 RP 4 Histidine 9 0.106 0 RP 4 Alanine 9 0.157 0 RP 4 Aspartic acid 9 0.335 0 RP 4 Glutamic acid 9 0.789 0 RP 4 Glycine 9 0.092 0 RP 4 Proline 9 0.346 0 RP 4 Serine 9 0.238 0 RP 4 Hydroxyproline 9 0.238 0 RP 4 Others: Alcohol, ethyl 9 0 0 RP 4 Caffeine mg 0 0 RP 4 Theobromine mg 0 0 RP 4 Carotene, beta mcg 11 0 0 4 Carotene, alpha mcg 0 0 4 Carotene, alpha mcg 0 0 0	*	_			0		4				
Histidine 9 0.106 0 RP 4 Alanine 9 0.157 0 RP 4 Aspartic acid 9 0.335 0 RP 4 Glutamic acid 9 0.789 0 RP 4 Glycine 9 0.092 0 RP 4 Proline 9 0.346 0 RP 4 Serine 9 0.238 0 RP 4 Hydroxyproline 9 Others: Alcohol, ethyl 9 0 RP 4 Caffeine mg 0 0 RP 4 Theobromine mg 0 0 RP 4 Carotene, beta mcg Cryptoxanthin, beta mcg Lycopene mcg											
Alanine	9						_				
Aspartic acid											
Glutamic acid.											
Glycine	•										
Proline g 0.346 0 RP 4 Serine g 0.238 0 RP 4 Hydroxyproline g 0 RP 4 Cohers: Alcohol, ethyl g 0.0 RP 4 Caffeine mg 0 0 RP 4 Theobromine mg 0 0 RP 4 Carotenoids: Carotene, beta mcg 11 0 0 4 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg		_									
Serine	-				-		4				
Hydroxyproline		-					4				
Others: Alcohol, ethyl. g 0.0 0 RP 4 Caffeine. mg 0 0 RP 4 Theobromine. mg 0 0 RP 4 Carotenoids: Carotene, beta. mcg 11 0 0 4 Carotene, alpha. mcg Cryptoxanthin, beta. mcg Lycopene. mcg			0.230		Ū	KE	-				
Alcohol, ethyl	Trydroxyprome	9									
Caffeine. mg 0 0 RP 4 Theobromine. mg 0 0 RP 4 Carotenoids: Carotene, beta. mcg 11 0 0 4 Carotene, alpha. mcg Cryptoxanthin, beta. mcg Lycopene. mcg	Others:										
Theobromine	Alcohol, ethyl	g	0.0		0	RP	4				
Carotenoids: Carotene, beta	Caffeine	mg			0	RP	4				
Carotene, beta	Theobromine	mg	0		0	RP	4				
Carotene, alpha	Carotenoids:										
Carotene, alpha	Carotene beta	mca	11		0	0	4				
Cryptoxanthin, betamcg Lycopenemcg					ū	•	-				
Lycopenemcg	• •										

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Egg custards, dry mix, prepared with 2% milk

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.67		0	RP	4				
Energy	kcal	121		0	RP	4				
Energy	kj	508		0	RP	4				
Protein	g	4.04		0	RP	4				
Total lipid (fat)	g	4.01		0	RP	4				
Ash		0.99		0	RP	4				
Carbohydrate, by difference	g	17.29		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	143		0	RP	4				
Iron, Fe	_	0.35		0	RP	4				
Magnesium, Mg	-	19		0	RP	4				
Phosphorus, P		136		0	RP	4				
Potassium, K	-	221		0	RP	4				
Sodium, Na		88		0	RP	4				
Zinc, Zn	mg	0.51		0	RP	4				
Copper, Cu	mg	0.016	i	0	RP	4				
Manganese, Mn		0.007	'	0	RP	4				
Selenium, Se	mcg	4.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0	RP	4				
Thiamin	_	0.054	ı	0	RP	4				
Riboflavin	-	0.211		0	RP	4				
Niacin		0.126		0	RP	4				
Pantothenic acid	-	0.636		0	RP	4				
Vitamin B-6		0.068		0	RP	4				
Folate, total		9		0	RP	4				
Folic acid		0		0	RP	4				
Folate, food		9		0	RP	4				
Folate, DFE		9		0	NC	4				
Vitamin B-12	mcg	0.44		0	RP	4				
Vitamin A, IU	IU	147		0	RP	4				
Vitamin A, RAE	mcg_RAE	37		0	NC	4				
Retinol		36		0	RP	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.122		0	RP	4				
4:0	-	0.098	1	0	RP	4				
6:0		0.059		0	RP	4				
8:0	-	0.033		0	RP	4				
10:0		0.077		0	RP	4				
12:0	-	0.086	i	0	RP	4				
13:0				_		_				
14:0		0.309	1	0	RP	4				
15:0				_		_				
16:0		1.015)	0	RP	4				
17:0		^ 444		^	-	4				
18:0		0.444	ŧ	0	RP	4				
20:0										
22:0	g g									

		<u>A</u>	mount in 100 gra	ms of edi	ble portio	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	
			of Da	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.201) RP	4				
14:1	-								
15:1	_	0.005							
16:1 undifferentiated	_	0.097) RP	4				
17:1	_	1 100							
18:1 undifferentiated	-	1.100		RP RP	4 4				
20:1	_	0.003							
22:1 undifferentiated	•	0.000) RP	4				
24:1 c		0.244) RP	4				
Fatty acids, total polyunsaturated									
18:2 undifferentiated		0.180		RP RP	4				
18:3 undifferentiated		0.047) RP	4				
18:4	_								
20:2 n-6 c,c									
20:3 undifferentiated	-	0.014							
20:4 undifferentiated		0.014) RP	4 4				
20:5 n-3		0.000							
22:5 n-3		0.000) RP	4				
22:6 n-3		0.003) RP	4				
Fatty acids, total trans									
Cholesterol		53) RP	4				
Phytosterols	rng								
Amino Acids:									
Tryptophan	g	0.056	;) RP	4				
Threonine		0.197) RP	4				
Isoleucine		0.237) RP	4				
Leucine	-	0.387) RP	4				
Lysine	-	0.322) RP	4				
Methionine		0.099	1) RP	4				
Cystine	-	0.047) RP	4				
Phenylalanine		0.184) RP	4				
Tyrosine		0.183) RP	4				
Valine	-	0.258) RP	4				
Arginine	_	0.164) RP	4				
Histidine		0.105) RP	4				
Alanine	_	0.155) RP	4				
Aspartic acid		0.332) RP	4				
Glutamic acid	_	0.781) RP	4				
Glycine		0.092) RP	4				
Proline		0.342) RP	4				
Serine	-	0.236) RP	4				
Hydroxyproline					_				
	9								
Others:									
Alcohol, ethyl	g	0.0) RP	4				
Caffeine		0) RP	4				
Theobromine	mg	0) RP	4				
Carotenoids:									
Carotene, beta	mca	17		0	4				
Carotene, alpha		Ι,	,	, ,	-				
Cryptoxanthin, beta									
-									
Lycopene Lutein + zeaxanthin									
Luiciii + Zeaxaiiilliii									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Egg custards, dry mix, prepared with whole milk

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u> :	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	
			-			Source	Confidence			-
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		7.80		1		4		6.63	1.64	
Energy		348		0	NC	4		296	73	
Energy	kj	1456				4		1238	306	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)		0.00		1		4		0.00	0.00	
Ash	g	0.61		0	BFAN	4		0.52	0.13	
Carbohydrate, by difference	g	91.60		0	NC	4		77.86	19.24	
Fiber, total dietary	g	0.0		0	LC	8		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		1		4		20	5	
Iron, Fe	_	0.08		1		4		0.07	0.02	
Magnesium, Mg	_	0		1		4		0	0	
Phosphorus, P		1		1		4		1	0	
Potassium, K	mg	153	8.62	5 5		1		130	32	
Sodium, Na		432	13.18	9 5		1		367	91	
Zinc, Zn	mg	0.04		1		4		0.03	0.01	
Copper, Cu	mg	0.015	5	1		4		0.013	0.003	
Manganese, Mn	<u>mg</u>	0.007	1	1		4		0.006	0.001	
Selenium, Se	mcg	21.3		0	BFZN	4		18.1	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	mg	0.000)	1		4		0.000	0.000	
Riboflavin		0.000)	1		4		0.000	0.000	
Niacin	mg	0.000)	1		4		0.000	0.000	
Pantothenic acid	mg	0.000)	1		4		0.000	0.000	
Vitamin B-6	mg	0.000)	1		4		0.000	0.000	
Folate, total		0		1		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		1		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl		_		_		_				
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Flan, caramel custard, dry mix

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.8 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	75.71		0	RP	4				
Energy	_	103		0	RP	4				
Energy		430		0	RP	4				
Protein		2.99		0	RP	4				
Total lipid (fat)		1.72		0	RP	4				
Ash		0.76		0	RP	4				
Carbohydrate, by difference	g	18.82		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0	RP	4				
Iron, Fe	-	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P		86		0	RP	4				
Potassium, K		163		0	RP	4				
Sodium, Na	-	113		0	RP	4				
Zinc, Zn Copper, Cu		0.36 0.010		0	RP RP	4 4				
Manganese, Mn	-	0.010		0	RP	4				
Selenium, Se		5.3		0	RP	4				
<u>Vitamins:</u>	ma	0.7		0	D.D.					
Vitamin C, total ascorbic acid Thiamin		0.7	,	0	RP RP	4 4				
Riboflavin		0.032		0	RP	4				
Niacin		0.077		0	RP	4				
Pantothenic acid		0.287		0	RP	4				
Vitamin B-6	mg	0.035	i	0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food		4		0	RP	4				
Folate, DFE		4		0	NC	4				
Vitamin B-12		0.26		0	RP	4				
Vitamin A, IU Vitamin A, RAE		180 52		0	O NC	4 4				
Retinol		51		0	RP	4				
Vitamin E (alpha-tocopherol)		0-		· ·		-				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D		35.906	i	0	RP	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.035	5	0	RP	4				
4:0	g	0.056	i	0	RP	4				
6:0	g	0.033	3	0	RP	4				
8:0		0.019		0	RP	4				
10:0	-	0.043		0	RP	4				
12:0	-	0.048	5	0	RP	4				
13:0 14:0		0.173	ı	0	RP	Δ				
15:0		0.173	,	U	RP	4				
16:0		0.453	3	0	RP	4				
17:0				-		-				
18:0		0.209)	0	RP	4				
20:0										
22:0	g									
24:0	g									

		<u>A</u>	mount in 100 grai		ble portic	<u>on</u>		edible portion o	of common
Nutrients and Units		Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.472	: 0	RP	4				
14:1									
15:1	-								
16:1 undifferentiated	-	0.039	O	RP	4				
17:1	-	0.434	. 0	RP	4				
20:1	-	0.000			4				
22:1 undifferentiated		0.000			4				
24:1 c	•	0.000	•		-				
Fatty acids, total polyunsaturated		0.064		RP	4				
18:2 undifferentiated		0.039	0	RP	4				
18:3 undifferentiated		0.025		RP	4				
18:4	g	0.000	0	RP	4				
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated		0.000			4				
20:5 n-3	-	0.000			4				
22:5 n-3		0.000			4				
22:6 n-3		0.000	O	RP	4				
Fatty acids, total trans		7	C	RP	4				
CholesterolPhytosterols		,		RP	4				
riiytosterois	IIIG								
Amino Acids:									
Tryptophan		0.042			4				
Threonine	-	0.135			4				
Isoleucine	-	0.180			4				
Leucine	-	0.293 0.237			4 4				
Lysine Methionine		0.23			4				
Cystine		0.028			4				
Phenylalanine		0.145			4				
Tyrosine		0.145			4				
Valine	-	0.200			4				
Arginine		0.109) 0		4				
Histidine		0.081		RP	4				
Alanine	g	0.103		RP	4				
Aspartic acid	g	0.227	ď	RP	4				
Glutamic acid	g	0.626	; c	RP	4				
Glycine	g	0.063		RP	4				
Proline	g	0.290			4				
Serine		0.162	: C	RP	4				
Hydroxyproline	g								
Others:									
Alcohol, ethyl	.g	0.0	C	RP	4				
Caffeine		0	C	RP	4				
Theobromine		0	C	RP	4				
Carotenoids:									
Carotene, beta	mca	11	C	0	4				
Carotene, alpha			•	ŭ	-				
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Flan, caramel custard, dry mix, prepared with 2% milk

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>m</u> e	easures of food	<u> </u>	
			o	of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	a	74.63		0	RP	4					
Energy	_	113		0	RP	4					
Energy		475		0	RP	4					
		2.95		0	RP	4					
Protein		3.00		0	RP	4					
Total lipid (fat)		0.74		0	RP	4					
Ash											
Carbohydrate, by difference		18.68		0	RP	4					
Fiber, total dietary		0.0		0	RP	4					
Sugars, total											
Starch	g										
Minorals:											
Minerals: Calcium, Ca	ma	111		0	RP	4					
Iron, Fe	-	0.06		0	RP	4					
Magnesium, Mg		12		0	RP	4					
Phosphorus, P		84		0	RP	4					
Potassium, K	-	160		0	RP	4					
Sodium, Na		112		0	RP	4					
Zinc, Zn	_	0.35		0	RP	4					
		0.011	ı	0	RP	4					
Copper, Cu		0.005		0	RP	4					
Manganese, Mn		5.2	,	0	RP	4					
Selenium, Se	Ilicy	5.2		U	RP	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4					
Thiamin	mg	0.031	L	0	RP	4					
Riboflavin		0.145	5	0	RP	4					
Niacin		0.075	5	0	RP	4					
Pantothenic acid	-	0.282	2	0	RP	4					
Vitamin B-6		0.034	1	0	RP	4					
Folate, total	_	4		0	RP	4					
Folic acid		0		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.26		0	RP	4					
Vitamin A, IU		113		0	RP	4					
Vitamin A, RAE		29		0	NC	4					
Retinol		28		0	0	4					
Vitamin E (alpha-tocopherol)		20		Ū	Ü	-					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		35.878	•	0	RP	4					
Vitamin D Vitamin K (phylloquinone)		33.676	,	U	KF	-					
vitainin K (phylloquillone)	IIIO9										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.800)	0	RP	4					
4:0		0.097	7	0	RP	4					
6:0		0.057	7	0	RP	4					
8:0	_	0.033		0	RP	4					
10:0	_	0.075		0	RP	4					
12:0	_	0.084		0	RP	4					
13:0	_										
14:0	-	0.301	L	0	RP	4					
15:0	_			-	_	•					
16:0		0.788	3	0	RP	4					
17:0		2		-		-					
18:0		0.363	3	0	RP	4					
20:0		3.30	-	•		-					
22:0	_										
44.V	g g										

		<u>Aı</u>	mount in 10	0 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	.l a	0.821		0	RP	4				
14:1	g	0.821		Ū	KF	•				
15:1 undifferentiated	9	0.067		0	RP	4				
17:1 18:1 undifferentiated	-	0.753	1	0	RP	4				
20:1 22:1 undifferentiated		0.000		0	RP RP	4 4				
24:1 c	9									
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.111 0.067		0 0	RP RP	4 4				
18:3 undifferentiated	g	0.044		0	RP	4				
18:4 20:2 n-6 c.c	-	0.000	1	0	RP	4				
20:3 undifferentiated	9									
20:4 undifferentiated 20:5 n-3	-	0.000		0 0	RP RP	4 4				
22:5 n-3	g	0.000		0	RP	4				
22:6 n-3Fatty acids, total trans		0.000)	0	RP	4				
Cholesterol	-	12		0	RP	4				
Phytosterols	mg	0		0	RP	4				
Amino Acids:										
Tryptophan Threonine		0.041 0.134		0	RP RP	4 4				
Isoleucine	-	0.134		0	RP	4				
Leucine	g	0.289)	0	RP	4				
Lysine	g	0.234		0	RP	4				
Methionine		0.074		0	RP	4				
Cystine	-	0.027		0	RP	4				
Phenylalanine Tyrosine		0.143 0.143		0 0	RP RP	4 4				
Valine	-	0.143		0	RP	4				
Arginine	-	0.107		0	RP	4				
Histidine		0.080		0	RP	4				
Alanine	-	0.101		0	RP	4				
Aspartic acid	g	0.224		0	RP	4				
Glutamic acid	g	0.618		0	RP	4				
Glycine	g	0.063	1	0	RP	4				
Proline	g	0.286		0	RP	4				
Serine	-	0.161		0	RP	4				
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	RP	4				
Caffeine	_	0		0	RP	4				
Theobromine	g	0		0	RP	4				
Carotenoids:										
Carotene, beta		16		0	0	4				
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	iiicā									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Flan, caramel custard, dry mix, prepared with whole milk

Food Group: 19 Sweets

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	er			m	easures of food	<u>!</u>
				a Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	0.60	1		1		2.33		
Energy	_	389	0		4		1509		
Energy		1628			4		6315		
Protein (N x 5.6)		1.30	1		1		5.04		
Total lipid (fat)		5.20	1		1		20.18		
Ash		0.60	1		1		2.33		
Carbohydrate, by difference		92.00	0	NC	4		356.96		
Fiber, total dietary		2.4	0	FLM			9.3		
Sugars, total			_		_				
Starch									
Staren	9								
Minerals:									
Calcium, Ca	-	11	1		4		43		
Iron, Fe	-	1.19	1		1		4.62		
Magnesium, Mg		38	1		4		147		
Phosphorus, P	•	62	1		4		241		
Potassium, K		180	1		1		698		
Sodium, Na		76	1		1		295		
Zinc, Zn		0.81	1		4		3.14		
Copper, Cu		0.294			4		1.141		
Manganese, Mn		0.333 1.6	3 1	FLM	4 4		1.292 6.2		
Selenium, Se	Ilicy	1.6	U	F LIM	4		6.2		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	1		4		0.0		
Thiamin	mg	0.006	5 1		4		0.023		
Riboflavin	mg	0.029) 1		4		0.113		
Niacin	mg	0.142	2 1		4		0.551		
Pantothenic acid	mg	0.029	1		4		0.113		
Vitamin B-6	mg	0.080	1		4		0.310		
Folate, total	mcg	3	1		4		12		
Folic acid	mcg	0	0	Z	7		0		
Folate, food	mcg	3	1		4		12		
Folate, DFE	mcg_DFE	3	0	NC	4		12		
Vitamin B-12		0.00	1		4		0.00		
Vitamin A, IU	IU	0	1		1		0		
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0		
Retinol		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a								
Fatty acids, total monounsaturated									
Fatty acids, total polyunsaturated	_								
Fatty acids, total trans	-								
Cholesterol		0	1		4		0		
Phytosterols									
-									
Amino Acids:	0	0.000			4		0.070		
Tryptophan		0.020			1 1		0.078		
Threonine.		0.053					0.206		
Isoleucine	-	0.052			1		0.202		
Leucine	-	0.082			1		0.318		
Lysine Methionine		0.067			1 1		0.260		
		0.014	1 0				0.054		

		<u>An</u>	nount in 100 grams		ole portio	<u>n</u>		edible portion of easures of food	_
Nutrients a	and Units	Mean		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Dhamalalanina	9	0.064	0		1		0.248		
Phenylalanine Tyrosine		0.054	0		1		0.248		
Valine		0.080	0		1		0.310		
Arginine	-	0.076	0		1		0.295		
Histidine		0.023	0		1		0.089		
Alanine	• • • • • • • • • • • • • • • • • • • •	0.062	0		1		0.241		
Aspartic acid	• • • • • • • • • • • • • • • • • • • •	0.133	0		1		0.516		
Glutamic acid		0.202	0		1		0.784		
Glycine	g	0.060	0		1		0.233		
Proline		0.058	0		1		0.225		
Serine	g	0.058	0		1		0.225		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g								
Caffeine		6	0	FLM	4		23		
Theobromine	mg	188	0	FLM	4		729		

Common Measures:

Measure 1 = 388g: 1 package

Calories Factors: Protein 1.8 Fat 8.8 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 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	14.20		0	RPI	6				
Energy	kcal	404		0	RPI	6				
Energy	kj	1691		0	RPI	6				
Protein	g	1.09		0	RPI	6				
Total lipid (fat)	g	12.93		0	RPI	6				
Ash	g	0.71		0	RPI	6				
Carbohydrate, by difference	g	70.85		0	RPI	6				
Fiber, total dietary	g	1.8		0	RPI	6				
Sugars, total										
Starch										
<u>Minerals:</u>						_				
Calcium, Ca	-	11		0	RPI	6				
Iron, Fe	-	0.94		0	RPA	1				
Magnesium, Mg		30		0	RPI	6				
Phosphorus, P	-	50		0	RPI	6				
Potassium, K	-	141		0	RPA	1				
Sodium, Na	-	150		0	RPA	1				
Zinc, Zn		0.63		0	RPI	6				
Copper, Cu		0.229		0	RPI	6				
Manganese, Mn		0.257	′	0	RPI	6				
Selenium, Se	mcg	1.3		0	RPI	6				
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6				
Thiamin	-	0.005	5	0	RPI	6				
Riboflavin	-	0.026		0	RPI	6				
Niacin		0.114		0	RPI	6				
Pantothenic acid	-	0.034		0	RPI	6				
Vitamin B-6	-	0.062		0	RPI	6				
Folate, total	-	3		0	RPI	6				
Folic acid		0		0	RPI	6				
Folate, food		3		0	RPI	6				
Folate, DFE		3		0	NC	4				
Vitamin B-12		0.01		0	RPI	6				
Vitamin A, IU		320		0	0	4				
Vitamin A, RAE		78		0	NC	4				
Retinol		74		0	RPI	6				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		5.360		0	RPA	1				
4:0		0.289		0	RPA	1				
6:0		0.171		0	RPA	1				
8:0	-	0.100		0	RPA	1				
10:0	-	0.224		0	RPA	1				
12:0	-	0.250)	0	RPA	1				
13:0			_	_	_					
14:0	-	0.897	1	0	RPA	1				
15:0										
16:0		2.347	7	0	RPA	1				
17:0										
18:0		1.081	L	0	RPA	1				
20:0										
22:0	a									

	<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	2.444		0	RPA	1				
15:1g 16:1 undifferentiatedg	0.200		0	RPA	1				
17:1g 18:1 undifferentiatedg	2.245		0	RPA	1				
20:1g	0.000		0	RPA	1				
22:1 undifferentiatedg 24:1 cg	0.000		0	RPA	1				
Fatty acids, total polyunsaturatedg	0.331		0	RPA	1				
18:2 undifferentiatedg	0.202		0	RPA	1				
18:3 undifferentiatedg	0.130		0	RPA	1				
18:4g 20:2 n-6 c.cg	0.000		U	RPA	1				
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	RPA	1				
20:5 n-3g	0.000		0	RPA	1				
22:5 n-3g	0.000		0	RPA	1				
22:6 n-3g	0.000		0	RPA	1				
Fatty acids, total transg									
Cholesterol mg	24		0	RPI	6				
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.017		0	RPA	1				
Threonineg	0.045		0	RPA	1				
Isoleucineg	0.046		0	RPA	1				
Leucine	0.072		0 0	RPA RPA	1 1				
Lysineg Methionineg	0.033		0	RPA	1				
Cystine	0.013		0	RPA	1				
Phenylalanineg	0.054		0	RPA	1				
Tyrosineg	0.043		0	RPA	1				
Valineg	0.068		0	RPA	1				
Arginineg	0.062		0	RPA	1				
Histidineg	0.020		0	RPA	1				
Alanineg	0.051		0	RPA	1				
Aspartic acidg	0.109		0	RPA	1				
Glutamic acid	0.175		0	RPA RPA	1 1				
Glycine 9	0.048		0	RPA	1				
Proline g Serine g	0.054		0	RPA	1				
Hydroxyproline	0.030		ŭ		-				
Others:			•						
Alcohol, ethyl	0.0 5		0 0	RPI RPI	6 6				
Caffeinemg Theobrominemg	145		0	RPI	6				
Carotenoids:	143		J	XE I	J				
			^	_					
Carotene, beta mcg	55		0	0	4				
Cryptovanthin beta mcg									
Cryptoxanthin, betamcg Lycopenemcg									
Lutein + zeaxanthin mcg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Frostings, chocolate, creamy, dry mix, prepared with butter

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>n</u>	Amount in	edible portion	of common
			Ni	umber				<u>m</u> e	easures of food	<u> </u>
			O ^c	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	14.07		0	RP	4				
Energy	=	404		0	RP	4				
		1692		0	RP	4				
Energy				•		4				
Protein.		1.10		0	RP	-				
Total lipid (fat)		12.87		0	RP	4				
Ash		0.69		0	RP	4				
Carbohydrate, by difference		71.02		0	RP	4				
Fiber, total dietary		1.9		0	RP	4				
Sugars, total										
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	12		0	RP	4				
Iron, Fe	_	0.93		0	RP	4				
Magnesium, Mg		30		0	RP	4				
Phosphorus, P		50		0	RP	4				
Potassium, K	_	143		0	RP	4				
Sodium, Na		163		0	RP	4				
Zinc, Zn	_	0.63		0	RP	4				
Copper, Cu		0.03	7	0	RP	4				
Manganese, Mn		0.22	•	Ū	KE	-				
Selenium, Se		1.2		0	RP	4				
Selemum, Se	1110g	1.2		Ū	KE	-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	mg	0.006	5	0	RP	4				
Riboflavin	mg	0.026	5	0	RP	4				
Niacin	mg	0.112	2	0	RP	4				
Pantothenic acid	mg	0.032	2	0	RP	4				
Vitamin B-6	mg	0.063	3	0	RP	4				
Folate, total	mcg	2		0	RP	4				
Folic acid		0		0	RP	4				
Folate, food		2		0	RP	4				
Folate, DFE	mcg DFE	2		0	NC	4				
Vitamin B-12		0.01		0	RP	4				
Vitamin A, IU		393		0	RP	4				
Vitamin A, RAE		80		0	NC	4				
Retinol		73		0	RP	4				
Vitamin E (alpha-tocopherol)						_				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	··········· ·									
<u>Lipids:</u>										
Fatty acids, total saturated		1.740		0	RP	4				
4:0		0.000		0	RP	4				
6:0		0.000		0	RP	4				
8:0		0.000		0	RP	4				
10:0		0.000		0	RP	4				
12:0	-	0.000)	0	RP	4				
13:0	-									
14:0	g	0.022	2	0	RP	4				
15:0	g									
16:0	g	1.068	3	0	RP	4				
17:0	g									
18:0	g	0.650)	0	RP	4				
20:0										
22:0										

Nutrients and Units Moan Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3			<u>Aı</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
14-1	Nutrients and U	nits	Mean	Std. Error	of Data	Deriv					Measure 3
14-1	Fatty saids total managementurate	d O	3 043		0	DD	4				
161 undifferentiated	14:1	g	3.343		v	112	•				
181 undifferentiated	16:1 undifferentiated	g	0.000	ı	0	RP	4				
22-1 undifferentiated. 9 0.000 0 RP 4 18-1 undifferentiated. 9 2.797 0 RP 4 18-2 undifferentiated. 9 0.121 0 RP 4 18-3 undifferentiated. 9 0.000 0 RP 4 18-3 undifferentiated. 9 0.000 0 RP 4 20.2 n-6 c.c. 9 20.3 undifferentiated. 9 0.000 0 RP 4 20.2 n-6 c.c. 9 20-4 undifferentiated. 9 0.000 0 RP 4 20-3 n-3 9 0.000 0 RP 4 22-5 n-3 9 0.000 0 RP 4 23-5 n-3 9 0.000 0 RP 4 24-5 n-3 9 0.000 0 RP 4 24-5 n-3 9 0.000 0 RP 4 24-5 n-3 9 0.000 0 RP 4 25-5 n-3 9 0.000 0 RP 4 25-5 n-3 9 0.000 0 RP 4 26-6 n-6 n-6 n-6 n-6 n-6 n-6 n-6 n-6 n-6		_	3.943	1	0	RP	4				
241 c. 9 Fatty acids, total polymasturated. 9 18.2 undifferentiated. 9 18.2 undifferentiated. 9 18.3 undifferentiated. 9 18.4 9 18.4 9 10.000 0 18.8 4 18.4 9 20.20 not c. 9 20.3 undifferentiated. 9 20.3 undifferentiated. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 undifferentiated. 9 20.6 undifferentiated. 9 20.7 undifferentiated. 9 20.8 undifferentiated. 9 20.6 undifferentiated. 9 20.7 undifferentiated. 9 20.8 undifferentiated.	20:1	g	0.000	ı	0	RP	4				
Fatly acids, total polyunstruted	22:1 undifferentiated	g	0.000		0	RP	4				
18.2 undifferentiated. g 0.121 0 RP 4 18.4 undifferentiated. g 0.121 0 RP 4 18.4 undifferentiated. g 0.000 0 RP 4 20.2 node c	24:1 c	g									
183 midificentiated 9 0.121 0 RP 4 184 9 0.000 0 RP 4 202 n 6 c.c. 9 0.000 0 RP 203 midiferentiated. 9 0.000 0 RP 205 n 3. 9 0.000 0 RP 4 202 n 3. 9 0.000 0 RP 4 222 n 3. 9 0.000 0 RP 4 222 n 3. 9 0.000 0 RP 4 222 n 3. 9 0.000 0 RP 4 225 n 3. 9 0.000 0 RP 4 226 n 3. 9 0.000 0 RP 4 227 n 3. 9 0.000 0 RP 4 228 n 3. 9 0.000 0 RP 4 229 n 3. 9 0.000 0 RP 4 220 n 3. 0.000											
184											
20:2 n-6 c.c. 9 20:3 undiffeentiated. 9 20:4 undiffeentiated. 9 20:5 n-3. 9 20:0 not											
20.3 undifferentiated		_	0.000		U	RP	4				
20-4 undifferentiated	· · · · · · · · · · · · · · · · · · ·	_									
20.5 n-3			0.000		0	RP	4				
22-6 n-3		_	0.000	ı	0	RP	4				
Fatty acids, total trans	22:5 n-3	g	0.000	ı	0	RP	4				
Cholesterol. mg 29 0 RP 4 Phytosterols. mg 29 0 RP 4 Amino Acids: Tryptophan. 9 0.017 0 RP 4 Threonine. 9 0.045 0 RP 4 Leucine. 9 0.046 0 RP 4 Leucine. 9 0.050 0 RP 4 Lysine. 9 0.059 0 RP 4 Lysine. 9 0.013 0 RP 4 Cystine 9 0.013 0 RP 4 Tyrosine. 9 0.013 0 RP 4 Tyrosine. 9 0.054 0 RP 4 Tyrosine. 9 0.054 0 RP 4 Tyrosine. 9 0.062 0 RP 4 Tyrosine. 9 0.062 0 RP 4 Tyrosine. 9 0.066 0 RP 4 Tyrosine. 9 0.054 0 RP 4 Alanine. 9 0.054 0 RP 4 Alanine. 9 0.054 0 RP 4 Histidine. 9 0.054 0 RP 4 Alanine. 9 0.056 0 RP 4 Tyrosine.	22:6 n-3	g	0.000	1	0	RP	4				
Phytosterols. mg 29	Fatty acids, total trans	g									
Amino Acids: Tryptophan 9 0.017 0 RP 4 Threonine 9 0.045 0 RP 4 Isoleucine 9 0.046 0 RP 4 Leucine 9 0.059 0 RP 4 Lysine 9 0.059 0 RP 4 Lysine 9 0.013 0 RP 4 Cystine 9 0.013 0 RP 4 Cystine 9 0.013 0 RP 4 Tyrosine 9 0.043 0 RP 4 Tyrosine 9 0.043 0 RP 4 Arginine 9 0.068 0 RP 4 Histidine 9 0.051 0 RP 4 Aspartic acid 9 0.051 0 RP 4 Glycine 9 0.048 0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>											
Tryptophan	Phytosterols	mg	29		0	RP	4				
Threonine	Amino Acids:										
Isoleucine	Tryptophan	g	0.017		0	RP	4				
Leucine 9 0.072 0 RP 4 Lysine 9 0.059 0 RP 4 Methionine 9 0.013 0 RP 4 Cystine 9 0.013 0 RP 4 Phenylalanine 9 0.054 0 RP 4 Tyrosine 9 0.068 0 RP 4 Valine 9 0.068 0 RP 4 Arginie 9 0.062 0 RP 4 Histidine 9 0.052 0 RP 4 Alanine 9 0.051 0 RP 4 Alanine 9 0.051 0 RP 4 Glutamic acid 9 0.175 0 RP 4 Froline 9 0.048 0 RP 4 Proline 9 0.050 0 RP 4	Threonine	g	0.045	i	0	RP	4				
Lysine		-				RP					
Methionine 9 0.013 0 RP 4 Cystine 9 0.013 0 RP 4 Phenylalanine 9 0.054 0 RP 4 Tyrosine 9 0.043 0 RP 4 Valine 9 0.068 0 RP 4 Arginine 9 0.062 0 RP 4 Histidine 9 0.020 0 RP 4 Alanine 9 0.051 0 RP 4 Aspartic acid 9 0.110 0 RP 4 Glycine 9 0.175 0 RP 4 Glycine 9 0.048 0 RP 4 Froline 9 0.054 0 RP 4 Hydroxyproline 9 0 0.50 RP 4 Hydroxyproline 9 0 0 RP 4											
Cystine 9 0.013 0 RP 4 Phenylalanine 9 0.054 0 RP 4 Tyrosine 9 0.043 0 RP 4 Valine 9 0.068 0 RP 4 Arginine 9 0.062 0 RP 4 Histidine 9 0.020 0 RP 4 Alanine 9 0.051 0 RP 4 Aspartic acid 9 0.110 0 RP 4 Glutamic acid 9 0.175 0 RP 4 Glycine 9 0.048 0 RP 4 Serine 9 0.054 0 RP 4 Hydroxyproline 9 0.050 RP 4 Hydroxyproline 9 0 0 RP 4 Caffeine mg 5 0 RP 4 <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<>	-										
Phenylalanine 9 0.054 0 RP 4 Tyrosine 9 0.043 0 RP 4 Valine 9 0.068 0 RP 4 Arginine 9 0.062 0 RP 4 Histidine 9 0.020 0 RP 4 Alanine 9 0.051 0 RP 4 Aspartic acid 9 0.110 0 RP 4 Glutamic acid 9 0.175 0 RP 4 Glycine 9 0.048 0 RP 4 Proline 9 0.054 0 RP 4 Hydroxyproline 9 0.050 0 RP 4 Hydroxyproline 9 0 0 RP 4 Caffeine mg 5 0 RP 4 Caffeine mg 5 0 RP 4											
Tyrosine	•	_					=				
Valine 9 0.068 0 RP 4 Arginine 9 0.062 0 RP 4 Histidine 9 0.020 0 RP 4 Alanine 9 0.051 0 RP 4 Aspartic acid 9 0.110 0 RP 4 Glutamic acid 9 0.175 0 RP 4 Glycine 9 0.048 0 RP 4 Proline 9 0.054 0 RP 4 Serine 9 0.050 RP 4 Hydroxyproline 9 0.050 RP 4 Hydroxyproline 9 0.0 RP 4 Caffeine 9 0.0 RP 4 Theobromine mg 145 0 RP 4 Carotene, beta mcg 9 0 0 0 4 Carotene, alpha	-				-						
Arginine	,	_					4				
Alanine		_			0	RP	4				
Aspartic acid. 9 0.110 0 RP 4 Glutamic acid. 9 0.175 0 RP 4 Glycine	Histidine	g	0.020	ı	0	RP	4				
Glutamic acid	Alanine	g	0.051		0	RP	4				
Glycine g 0.048 0 RP 4 Proline g 0.054 0 RP 4 Serine g 0.050 0 RP 4 Hydroxyproline g Cthers: Alcohol, ethyl g 0.0 RP 4 Caffeine mg 5 0 RP 4 Theobromine mg 145 0 RP 4 Carotene, beta mcg 91 0 0 0 AP 4 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg	•				-		_				
Proline g 0.054 0 RP 4 Serine g 0.050 0 RP 4 Hydroxyproline g 0.00 RP 4 Alcohol, ethyl g 0.0 0 RP 4 Caffeine mg 5 0 RP 4 Theobromine mg 145 0 RP 4 Carotenoids: Carotene, beta mcg 91 0 0 4 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg		_			-		=				
Serine g 0.050 0 RP 4 Hydroxyproline g 0.00 0 RP 4 Alcohol, ethyl g 0.0 0 RP 4 Caffeine mg 5 0 RP 4 Theobromine mg 145 0 RP 4 Carotenoids: Carotene, beta mcg 91 0 0 4 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg	- ,	• • • • • • • • • • • • • • • • • • • •			-		4				
Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 RP 4 Caffeine mg 5 0 RP 4 Theobromine mg 145 0 RP 4 Carotenoids: Carotene, beta mcg 91 0 0 4 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg		=					4				
Others: Alcohol, ethyl			0.050		U	RP	4				
Alcohol, ethyl. g 0.0 0 RP 4 Caffeine	11ydroxypronne	9									
Caffeine. mg 5 0 RP 4 Theobromine. mg 145 0 RP 4 Carotenoids: Carotene, beta. mcg 91 0 0 4 Carotene, alpha mcg Cryptoxanthin, beta. mcg Lycopene. mcg											
Theobromine mg 145 0 RP 4 Carotenoids: Carotene, beta mcg 91 0 0 4 Carotene, alpha mcg 0 0 0 4 Cryptoxanthin, beta mcg 0 0 0 0 Lycopene mcg 0											
Carotenoids: Carotene, beta		-					_				
Carotene, beta		IJIIG	145		U	RP	4				
Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg											
Cryptoxanthin, betamcg Lycopenemcg			91		0	0	4				
Lycopenemcg											

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Frostings, chocolate, creamy, dry mix, prepared with margarine

Food Group: 19 Sweets

	Amount in 100 grams of edible portion							Amount in edible portion of common		
		Nu	mber	•			<u>m</u>	easures of food	<u>l</u>	
		of	Data	Deriv	Source	Confidence				
3	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
g	17.00	0.689	13		1		6.97			
kcal	397		0		4		163			
kj	1661		0		4		681			
g	1.10	0.047	13		1		0.45			
g	17.60	0.432	12		1		7.22			
g	1.00	0.101	9		1		0.41			
g	63.20		0		4		25.91			
g	0.9		0	FLC	4		0.4			
g	57.70		1	A	1		23.66			
g										
ma	8	0.511	7		1		3			
_	1.42		7		1		0.58			
_	21	1.743	6		1		9			
	79		1		1		32			
-	196	18.573	9		1		80			
-	183	19.804	15		1		75			
-	0.29	0.054	4		1		0.12			
mg	0.200	0.045	4		1		0.082			
<u>mg</u>	0.240		1		1		0.098			
mcg	0.8		0	FLC	4		0.3			
ma	0.0		0		4		0.0			
_		0 001								
-										
_					1					
-					1					
-	1		0	FLC	4		0			
	0		0	FLC	4		0			
	1		0	FLC	4		0			
	1		0	NC	4		0			
	0.00		1		4		0.00			
	1		0	FLC	4		0			
	0		0	NC	4		0			
	0		0	Z	7		0			
mg	1.56	0.035	3	A	1		0.64			
	0.06	0.063	3	A	1		0.03			
	7.26	0.673	3	A	1		2.98			
	1.80	0.176	3	A	1		0.74			
mcg										
a	5.526		0	FLC	4		2.266			
			0	FLC	4		0.000			
			0	FLC	4		0.000			
			0	FLC	4		0.000			
			0	FLC	4		0.000			
			0	FLC	4		0.000			
	0.103		0	FLC	4		0.042			
-	2.410	0.000	3		1		0.988			
-										
g	3.060	0.000	3		1		1.255			
g										
	g	Mean g	Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses Mean Std. Error Poses St	Sample Number of Data	Number of Data Deriv	Number of Data Deriv Source	Number	Number	Number	

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				lumbei				<u> </u>	easures or roou	•
Nutrients and Unit	6	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		9.020		0		1		3.698		
15:1 16:1 undifferentiated	g	0.000		0	FLC	4		0.000		
17:1 18:1 undifferentiated	_	9.020	0.000	0 3		1		3.698		
	-	0.000		0	FLC	4				
20:1 undifferentiated	_	0.000		0	FLC	4		0.000 0.000		
24:1 c	g									
Fatty acids, total polyunsaturated		2.130		0		1		0.873		
18:2 undifferentiated		2.130	0.000	0 3		1		0.873		
18:3 undifferentiated		0.096		0	FLC	4		0.039		
18:4	_	0.000		0	FLC	4		0.000		
20:2 n-6 c,c	_	0.000		·		-		0.000		
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLC	4		0.000		
20:5 n-3		0.000		0	FLC	4		0.000		
22:5 n-3		0.000		0	FLC	4		0.000		
	_	0.000		0	FLC	4				
22:6 n-3	-	0.000		U	FLC	4		0.000		
Fatty acids, total trans		•		_		_		•		
Cholesterol		0		1		1		0		
Phytosterols	mg	34		0	FLC	4		14		
Amino Acids:	_					_				
Tryptophan		0.016		0		1		0.007		
Threonine	-	0.043		0		1		0.018		
Isoleucine	g	0.042		0		1		0.017		
Leucine	g	0.066		0		1		0.027		
Lysine	g	0.054		0		1		0.022		
Methionine	g	0.011		0		1		0.005		
Cystine	g	0.013		0		1		0.005		
Phenylalanine	g	0.052		0		1		0.021		
Tyrosine		0.041		0		1		0.017		
Valine	-	0.065		0		1		0.027		
Arginine		0.061		0		1		0.025		
Histidine		0.019		0		1		0.008		
Alanine		0.050		0		1		0.021		
Aspartic acid		0.108		0		1		0.044		
Glutamic acid		0.163		0		1		0.067		
Glycine		0.103		0		1		0.020		
Proline		0.048		0		1		0.019		
	-	0.047		0		1		0.019		
Serine		0.04/		U		1		0.019		
Hydroxyproline	9									
Others:								_		
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine	-	2		0	FLC	4		1		
Theobromine	mq	79		0	FLC	4		32		

Common Measures:

Measure 1 = 41g: 2 tbsp creamy

Calories Factors: Protein 1.8 Fat 8.8 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	21.00	0.064	9		1		97.02	7.98		
Energy	kcal	412		0	NC	4		1903	157		
Energy	kj	1724				4		7964	655		
Protein (N x 5.3)	g	1.50	0.066	9		1		6.93	0.57		
Total lipid (fat)	g	24.00	0.063	9		1		110.88	9.12		
Ash	g	0.80	0.008	9		1		3.70	0.30		
Carbohydrate, by difference	g	52.80		0	NC	4		243.94	20.06		
Fiber, total dietary	g	2.5		0	FLA	4		11.5	0.9		
Sugars, total	g	40.00		0	LC	8		184.80	15.20		
Starch	g										
Minerals:											
Calcium, Ca	ma	13	0.958	9		1		60	5		
Iron, Fe	_	0.54	0.035	8		1		2.49	0.21		
Magnesium, Mg	_	19	0.787	9		1		88	7		
Phosphorus, P		63		1		1		291	24		
Potassium, K	•	186	2.451	9		1		859	71		
Sodium, Na		195	0.959	9		1		901	74		
Zinc, Zn	mg	0.41	0.014	8		1		1.89	0.16		
Copper, Cu	mg	0.125	0.007	8		1		0.578	0.048		
Manganese, Mn	mg	0.604		0	FLA	4		2.791	0.230		
Selenium, Se	mcg	2.7		0	FLA	4		12.7	1.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		0	FLA	4		0.9	0.1		
Thiamin	_	0.035	0.001	9	LIM	1		0.162	0.013		
Riboflavin	-	0.019		9		1		0.088	0.007		
Niacin	=	0.212		9		1		0.979	0.081		
Pantothenic acid	_	0.144		0	FLA	4		0.667	0.055		
Vitamin B-6	=	0.046		0	FLA	4		0.213	0.018		
Folate, total	-	2		0	FLA	4		10	1		
Folic acid		0		0	FLA	4		0	0		
Folate, food		2		0	FLA	4		10	1		
Folate, DFE		2		0	NC	4		10	1		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU	IU ¯	10		0	FLA	4		44	4		
Vitamin A, RAE		0		0	FLA	4		2	0		
Retinol	mcg	0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	1.61		0	FLA	4		7.45	0.61		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	3.5		0	FLA	4		16.1	1.3		
Lipids:											
Fatty acids, total saturated	q	7.030		0		1		32.479	2.671		
4:0		0.000		0	FLM	4		0.000	0.000		
6:0		0.020		1		1		0.092	0.008		
8:0		0.000		0	FLM	4		0.000	0.000		
10:0	g	0.300		1		1		1.386	0.114		
12:0	g	1.880		1		1		8.686	0.714		
13:0											
14:0	g	0.740		1		1		3.419	0.281		
15:0		0.000		0	FLA	4		0.000	0.000		
16:0		2.510		1		1		11.596	0.954		
17:0	g	0.000		0	FLA	4		0.000	0.000		
18:0	g	1.580		1		1		7.300	0.600		
20:0	g										

		<u>A</u> 1	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			Numl	er			m	easures or 1000	<u>.</u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		12.210			1		56.410	4.640		
14:1	_	0.000	(FLA	4		0.000	0.000		
15:1	-									
16:1 undifferentiated	_	0.040	1	•	1		0.185	0.015		
17:1		10 100								
18:1 undifferentiated	-	12.120			1		55.994	4.606		
20:1	•	0.060			1		0.277	0.023		
22:1 undifferentiated	_	0.000			4		0.000	0.000		
24:1 c		0.000			4		0.000	0.000		
Fatty acids, total polyunsaturated		3.410			1		15.754	1.296		
18:2 undifferentiated		3.250			1		15.015	1.235		
18:3 undifferentiated	_	0.160			1		0.739	0.061		
18:4		0.000			4		0.000	0.000		
20:2 n-6 c,c	-	0.000			4		0.000	0.000		
20:3 undifferentiated		0.000			4		0.000	0.000		
20:4 undifferentiated	-	0.000			4		0.000	0.000		
20:5 n-3	_	0.000			4		0.000	0.000		
22:5 n-3	_	0.000			4		0.000	0.000		
22:6 n-3		0.000	(FLM	4		0.000	0.000		
Fatty acids, total trans										
Cholesterol	-	0	1		4		0	0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	п	0.031		1	1		0.143	0.012		
Threonine		0.047			1		0.217	0.018		
Isoleucine	_	0.057			1		0.263	0.022		
Leucine	_	0.096			1		0.444	0.036		
Lysine		0.054			1		0.249	0.021		
Methionine	_	0.031			1		0.143	0.012		
Cystine		0.035			1		0.143	0.013		
=		0.033			1		0.333	0.027		
Phenylalanine		0.049			1		0.333	0.019		
Tyrosine		0.049			1		0.337	0.019		
Valine		0.205			1		0.947	0.028		
Arginine		0.039			1		0.180			
Histidine	-				1		0.180	0.015		
Alanine	_	0.063			1		0.291	0.024		
Aspartic acid		0.129			1			0.049		
Glutamic acid		0.287					1.326	0.109		
Glycine		0.067			1		0.310	0.025		
Proline	_	0.062			1		0.286	0.024		
Serine	• • • • • • • • • • • • • • • • • • • •	0.068	()	1		0.314	0.026		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0	(FLA	4		0.0	0.0		
Caffeine		0	(FLA	4		0	0		
Theobromine		0	(FLA	4		0	0		
Carotenoids:	.	-	·		=		-	•		
		_			_					
Carotene, beta	-	6	(4		26.343	2.167		
Carotene, alpha		0	(4		0.000	0.000		
Cryptoxanthin, beta		0	(4		0.000	0.000		
Lycopene		0	(4		0.000	0.000		
Lutein + zeaxanthin	mcg	0	(FLA	4		0.000	0.000		

Common Measures:

Measure 1 = 462g: 1 package (16 oz) Measure 2 = 38g: .083 package

Frostings, coconut-nut, ready-to-eat

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 gr	ams of	edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u>	easures of food	•	
			of I	Data De	eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	15.10	0.000	3		1		4.98	3.62		
Energy	kcal	415		0	NC	4		137	100		
Energy	kj	1737		0	NC	4		573	417		
Protein (N x 5.8)	g	0.10	0.000	3		1		0.03	0.02		
Total lipid (fat)	g	17.30		2		1		5.71	4.15		
Ash	g	0.18		0	FLC	4		0.06	0.04		
Carbohydrate, by difference	g	67.32		0	NC	4		22.22	16.16		
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0		
Sugars, total	g	63.54	2.621	3	LC	8		20.97	15.25		
Starch	g										
Minerals:											
Vilnerals: Calcium, Ca	ma	3		2		1		1	1		
Iron, Fe	_	0.16		2		1		0.05	0.04		
Magnesium, Mg	_	2		1		1		1	0.04		
Phosphorus, P		3		1		1		1	1		
Potassium, K	•	35		2		1		12	8		
Sodium, Na		191	3.157		LC	8		63	46		
Zinc, Zn	-	0.02			FLC	4		0.01	0.01		
Copper, Cu		0.020	1	1		1		0.007	0.005		
Manganese, Mn		0.013		0 1	FLC	4		0.004	0.003		
Selenium, Se		0.5		0 1	FLC	4		0.2	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0			FLC	4		0.0	0.0		
Thiamin	-	0.000		1		1		0.000	0.000		
Riboflavin	=	0.006		2		1		0.002	0.001		
Niacin	_	0.011		2 0 I		1		0.004	0.003		
Pantothenic acid	=	0.002		-	FLC	4		0.001	0.001		
Vitamin B-6	-	0.000		1		1		0.000	0.000		
Folate, total		0 0		1 0 I	FLC	1 4		0 0	0		
Folic acid		0			FLC	4		0	0 0		
Folate, food		0			FLC	4		0	0		
Folate, DFE		0.00			FLC	1		0.00	0.00		
Vitamin B-12 Vitamin A, IU		0.00	0.000	1 3	LC	8		0.00	0.00		
Vitamin A, IU Vitamin A, RAE		0	0.000		AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		v		U	_	,		Ü	O		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	_								4 004		
Fatty acids, total saturated		4.545			FLC	4		1.500	1.091		
4:0		0.000			FLC	4		0.000	0.000		
6:0	-	0.000			FLC	4		0.000	0.000		
8:0		0.000			FLC	4 4		0.000	0.000		
10:0	-	0.000		-	FLC FLC	4		0.000 0.000	0.000 0.000		
12:0 13:0	-	0.000		U 1	LIC	4		0.000	0.000		
14:0	_	0.075		0 1	FLC	4		0 025	0.018		
	_	0.075		U 1	LIC	4		0.025	0.018		
15:0 16:0		3.536	:	0 1	FLC	4		1.167	0.849		
17:0		5.530		· 1	- 110	*		1.10/	0.049		
18:0		0.934		0 1	FLC	4		0.308	0.224		
20:0		0.934			ш	-2		0.306	0.224		
	-										
22:0 24:0	-										

	A	mount in 100 grams		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.755	0	FLC	4		1.239	0.901	
14:1g								
15:1g								
16:1 undifferentiated	0.026	0	FLC	4		0.009	0.006	
17:1	3.729	0	FLC	4		1.230	0.895	
18:1 undifferentiated	0.000		FLC	4				
	0.000		FLC	4		0.000	0.000 0.000	
22:1 undifferentiatedg	0.000	0	FLC	4		0.000	0.000	
24:1 c	6.153	3 0	FLC	4		2.030	1.477	
Fatty acids, total polyunsaturated	5.792		FLC	4		1.911	1.477	
18:2 undifferentiated	0.361		FLC	4		0.119	0.087	
18:3 undifferentiated	0.000		FLC	4		0.119	0.087	
18:4g	0.000	0	FLC	4		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0	FLC	4		0.000	0.000	
	0.000		FLC	4		0.000	0.000	
20:5 n-3g	0.000		FLC	4		0.000	0.000	
22:5 n-3	0.000		FLC	4		0.000	0.000	
	0.000	,	FLC	-		0.000	0.000	
Fatty acids, total trans	0	1		1		0	0	
Phytosterolsmg	v	-		-		· ·	Ü	
1 hytosterois								
Amino Acids:								
Tryptophang	0.000		FLC	4		0.000	0.000	
Threonineg	0.000		FLC	4		0.000	0.000	
Isoleucineg	0.000		FLC	4		0.000	0.000	
Leucineg	0.000		FLC	4		0.000	0.000	
Lysineg	0.000		FLC	4		0.000	0.000	
Methionineg	0.000		FLC	4		0.000	0.000	
Cystineg	0.000		FLC	4		0.000	0.000	
Phenylalanineg	0.000		FLC	4		0.000	0.000	
Tyrosineg	0.000		FLC	4		0.000	0.000	
Valineg	0.000		FLC	4		0.000	0.000	
Arginineg	0.000	0	FLC	4		0.000	0.000	
Histidineg	0.000		FLC	4		0.000	0.000	
Alanineg	0.000		FLC	4		0.000	0.000	
Aspartic acidg	0.000		FLC	4		0.000	0.000	
Glutamic acidg	0.000		FLC	4		0.000	0.000	
Glycineg	0.000		FLC	4		0.000	0.000	
Prolineg	0.000		FLC	4		0.000	0.000	
Serineg	0.000	0	FLC	4		0.000	0.000	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 33g: 2 tbsp creamy Measure 2 = 24g: 2 tbsp whipped

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u>	mount in 10	u grams	ot edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	17.70		0		1		57.88			
Energy	-	359		0	NC	4		1174			
Energy		1502		·	110	4		4912			
Protein (N x 0)		0.60		0		1		1.96			
Total lipid (fat)	-	7.90		0		1		25.83			
Ash	=	0.30		0		1		0.98			
Carbohydrate, by difference		73.50		0	NC	4		240.35			
Fiber, total dietary		0.0		0	-1.0	4		0.0			
Sugars, total				•		_					
Starch	_										
Starch	9										
Minerals:											
Calcium, Ca	_	22		0		1		72			
Iron, Fe	_	0.06		0		1		0.20			
Magnesium, Mg		3		0		1		10			
Phosphorus, P	-	18 30		0 0		1 1		59 98			
Potassium, K	-	30 94				1		98 307			
Sodium, Na	-	0.08		0 0		1		0.26			
Zinc, Zn Copper, Cu		0.08	2	0		4		0.108			
Manganese, Mn	-	0.006		0		4		0.108			
Selenium, Se		0.8	•	0	FLA	4		2.6			
•											
Vitamins:				_		_					
Vitamin C, total ascorbic acid	_	0.2	_	0		1		0.7			
Thiamin	_	0.007		0 0		1 1		0.023			
Riboflavin	_	0.029		0		1		0.095			
Niacin Pantothenic acid	_	0.016		0		1		0.052 0.190			
Vitamin B-6		0.038		0		1		0.190			
Folate, total		1	•	0		1		3			
Folic acid		0		0	z	7		0			
Folate, food		1		0		1		3			
Folate, DFE		1		0	NC	4		3			
Vitamin B-12		0.07		0	2.0	1		0.23			
Vitamin A, IU		413		0	FLA	4		1350			
Vitamin A, RAE	mcg RAE	87		0	NC	4		285			
Retinol		80		0	FLA	4		261			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	1.750)	0		1		5.723			
4:0		0.020		0		1		0.065			
6:0		0.010)	0		1		0.033			
8:0		0.010)	0		1		0.033			
10:0	g	0.010)	0		1		0.033			
12:0	g	0.020)	0		1		0.065			
13:0											
14:0	g	0.070)	0		1		0.229			
15:0	g										
16:0	g	1.020)	0		1		3.335			
17:0	g										
18:0	g	0.600)	0		1		1.962			
20:0	g										
22:0	g										
24:0	g										

	<u>A</u> 1	mount in 100	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
		N	umber				<u>m</u>	easures of food	
		0	f Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	3.370)	0		1		11.020		
14:1g									
15:1g									
16:1 undifferentiatedg	0.010)	0		1		0.033		
17:19			_						
18:1 undifferentiatedg	3.360		0		1		10.987		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000	1	0		1		0.000		
24:1 cg	0 210		0		1		7 554		
Fatty acids, total polyunsaturated	2.310		0		1		7.554 7.194		
18:2 undifferentiated	0.110		0		1				
18:3 undifferentiatedg	0.000		0		1		0.360 0.000		
18:4g 20:2 n-6 c.cg	0.000	•	U		1		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiated	0.000)	0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total trans	0.000		ŭ		_		0.000		
Cholesterolmg	2		0		1		7		
Phytosterolsmg	24		0		1		78		
Amino Acids:									
Tryptophang	0.008		0		1		0.026		
Threonine	0.026		0		1		0.085		
Isoleucineg	0.035		0		1		0.114		
Leucineg	0.057		0		1		0.186		
Lysineg	0.046		0		1		0.150		
Methionine	0.014		0		1		0.046		
Cystine	0.005		0		1 1		0.016		
Phenylalanineg	0.028		0		1		0.092		
Tyrosine	0.028		0		1		0.092 0.128		
Valine	0.039		0		1		0.128		
Arginine	0.021		0		1		0.052		
Alanine	0.010		0		1		0.065		
Aspartic acid	0.020		0		1		0.144		
Glutamic acid	0.121		0		1		0.396		
Glycine	0.012		0		1		0.039		
Proline	0.012		0		1		0.183		
Serine	0.030		0		1		0.101		
Hydroxyproline	0.001		•		_		3.202		
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg									
Theobromine mg									
<u>Carotenoids:</u>									
Carotene, betamcg	87		0	0	4		284.686		
Carotene, alphamcg									
Cryptoxanthin, betamcg									
Lycopenemcg									
Lutein + zeaxanthinmcg									

Common Measures:

Measure 1 = 327g: 1 recipe yield

Frostings, glaze, prepared-from-recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umbei	r			<u>m</u> e	easures of food		
			0	f Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.70	0.095	4		1		2.88	0.24		
Energy	kcal	410		0	NC	4		1685	139		
Energy		1715				4		7050	583		
Protein (N x 6.25)	=	0.30	0.022	4		1		1.23	0.10		
Total lipid (fat)		4.90	0.377	3		1		20.14	1.67		
Ash		0.30		1		1		1.23	0.10		
Carbohydrate, by difference		93.80		0	NC	4		385.52	31.89		
Fiber, total dietary		0.1		0	FLM	4		0.4	0.0		
		0.1		Ū	1111	-		0.4	0.0		
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	3		1		1		12	1		
Iron, Fe.	-	0.00		1		1		0.00	0.00		
Magnesium, Mg	-	2		1		1		8	1		
Phosphorus, P		4		1		1		16	1		
Potassium, K		7		2		1		29	2		
Sodium, Na		13		2		1		53	4		
Zinc, Zn	-	0.01		1		4		0.04	0.00		
Copper, Cu	-	0.035	•	1		4		0.144	0.012		
Manganese, Mn		0.012		1		4		0.049	0.004		
Selenium, Se		0.8	•	0	FLM	4		3.3	0.3		
Scientini, Sc	9	0.0		·		-		0.0	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0		
Thiamin	mg	0.000)	1		4		0.000	0.000		
Riboflavin	mg	0.002	!	1		4		0.008	0.001		
Niacin	mg	0.001		1		4		0.004	0.000		
Pantothenic acid	mg	0.007	•	1		4		0.029	0.002		
Vitamin B-6	mg	0.001		1		4		0.004	0.000		
Folate, total		0		1		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		1		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		0		1		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		-		-	_	•		-	ŭ		
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
riamin K (phynoquinone)	y										
<u>Lipids:</u>											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		1		4		0	0		
Phytosterols											
•											
Amino Acids:	0	0 001		•		1		0.004	0 000		
Tryptophan		0.001		0		1		0.004	0.000		
Threonine		0.009		0		1		0.037	0.003		
Isoleucine	-	0.010		0		1		0.041	0.003		
Leucine	_	0.035		0		1		0.144	0.012		
Lysine		0.006		0		1		0.025	0.002		
Methionine	•	0.005		0		1		0.021	0.002		
Cystine	g	0.006	i	0		1		0.025	0.002		

	<u>An</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
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Glutamic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.013 0.010 0.013 0.012 0.008 0.019 0.020 0.052 0.009 0.024	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1		0.053 0.041 0.053 0.049 0.033 0.078 0.082 0.214 0.037 0.099	0.004 0.003 0.004 0.004 0.003 0.006 0.007 0.018 0.003 0.008	

Common Measures:

Measure 1 = 411g: 1 package Measure 2 = 34g: .083 package

Calories Factors: Protein 3.46 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
				Number	•			<u>me</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	12.18		0	RP	4				
Energy	kcal	413		0	RP	4				
Energy	kj	1728		0	RP	4				
Protein	g	0.34		0	RP	4				
Total lipid (fat)	g	12.74		0	RP	4				
Ash	g	0.47		0	RP	4				
Carbohydrate, by difference	g	74.28		0	RP	4				
Fiber, total dietary	g	0.1		0	RP	4				
Sugars, total	g									
Starch										
	·······•									
Minerals:		_				_				
Calcium, Ca	_	6		0	RP	4				
Iron, Fe	-	0.01		0	RP	4				
Magnesium, Mg		2		0	RP	4				
Phosphorus, P	-	6		0	RP	4				
Potassium, K	-	10		0	RP	4				
Sodium, Na	-	114		0	RP	4				
Zinc, Zn		0.01		0	RP	4				
Copper, Cu		0.028	3	0	RP	4				
Manganese, Mn						_				
Selenium, Se	rncg	0.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
Thiamin	_	0.001	L	0	RP	4				
Riboflavin	-	0.006		0	RP	4				
Niacin		0.003		0	RP	4				
Pantothenic acid		0.015		0	RP	4				
Vitamin B-6	-	0.002		0	RP	4				
Folate, total		0		0	RP	4				
Folic acid		0		0	RP	4				
Folate, food.		0		0	RP	4				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.01		0	RP	4				
Vitamin A, IU		393		0	RP	4				
Vitamin A, RAE		80		0	NC	4				
Retinol		73		0	RP	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
										
<u> Lipids:</u>										
Fatty acids, total saturated		1.740		0	RP	4				
4:0		0.000		0	RP	4				
6:0		0.000		0	RP	4				
8:0		0.000		0	RP	4				
10:0	_	0.000		0	RP	4				
12:0	-	0.000	,	0	RP	4				
13:0				_						
14:0	_	0.022	2	0	RP	4				
15:0				_	_	_				
16:0		1.068	5	0	RP	4				
17:0				_		_				
18:0		0.650)	0	RP	4				
20:0	g									
22:0										

			mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	•	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nationts and office	,	Moun	Ota. Error					measure 1	measure 2	Micasare 0	
Fatty acids, total monounsaturated	a	3.942		0	RP	4					
14:1	g										
15:1											
16:1 undifferentiated	_	0.000		0	RP	4					
17:1	_	2 040		•							
18:1 undifferentiated	_	3.942		0	RP	4 4					
20:1		0.000		0	RP	_					
22:1 undifferentiated	_	0.000		0	RP	4					
24:1 c		0.707		0							
Fatty acids, total polyunsaturated		2.797			RP	4					
18:2 undifferentiated		2.676		0	RP	4					
18:3 undifferentiated		0.121			RP	4					
18:4	_	0.000		0	RP	4					
20:2 n-6 c,c	_										
20:3 undifferentiated	_	0.000		•	D.D.						
20:4 undifferentiated		0.000		0	RP	4 4					
20:5 n-3	_	0.000		0	RP	_					
22:5 n-3	_	0.000		0	RP	4					
22:6 n-3		0.000		U	RP	4					
Fatty acids, total trans		0		0							
Cholesterol		U		U	RP	4					
Phytosterols	IIIG										
Amino Acids:											
Tryptophan	g	0.002		0	RP	4					
Threonine	g	0.011		0	RP	4					
Isoleucine	g	0.014		0	RP	4					
Leucine	_	0.037		0	RP	4					
Lysine	g	0.012		0	RP	4					
Methionine		0.006		0	RP	4					
Cystine	g	0.006		0	RP	4					
Phenylalanine		0.015		0	RP	4					
Tyrosine		0.012		0	RP	4					
Valine	g	0.017		0	RP	4					
Arginine	g	0.013		0	RP	4					
Histidine	g	0.009		0	RP	4					
Alanine	_	0.018		0	RP	4					
Aspartic acid		0.023		0	RP	4					
Glutamic acid		0.061		0	RP	4					
Glycine	_	0.009		0	RP	4					
Proline		0.028		0	RP	4					
Serine		0.014		0	RP	4					
Hydroxyproline											
	=										
Others:				_		_					
Alcohol, ethyl		0.0		0	RP	4					
Caffeine											
Theobromine	mg										
Carotenoids:											
Carotene, beta	mcg	91		0	0	4					
Carotene, alpha											
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin	mca										

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Frostings, vanilla, creamy, dry mix, prepared with margarine

Food Group: 19 Sweets

		Ar	mount in 100 gı	rams (ot eain	ne portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food	<u>.</u>	
			of I	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	15.07	0.347	6	A	1		69.62	5.73		
Energy	kcal	420		0	NC	4		1938	159		
Energy	kj	1756		0	NC	4		8110	667		
Protein (N x 6.25)	g	0.00	0.000	6	A	1		0.00	0.00		
Total lipid (fat)	g	16.61	0.382	9	A	1		76.76	6.31		
Ash	g	0.81	0.030	6	A	1		3.73	0.31		
Carbohydrate, by difference	g	67.51		0	NC	4		311.90	25.65		
Fiber, total dietary	g	0.1		0	FLA	4		0.3	0.0		
Sugars, total	g	63.10	1.906	4	LC	8		291.51	23.98		
Starch	g										
M:											
Minerals:	ma	3	0.233	6	A	1		13	1		
Calcium, Ca Iron, Fe	_	0.16	0.233	6	A	1		0.73	0.06		
Magnesium, Mg	_	1	0.009	6	A	1		0.73 3	0.06		
Phosphorus, P		18	5.109	6	A	1		3 83	7		
Potassium, K	•	34	2.068	6	A	1		158	13		
Sodium, Na	-	184	2.798	6	A	1		851	70		
Zine, Zn	-	0.07	0.010	6	A	1		0.32	0.03		
Copper, Cu		0.000		6	A	1		0.000	0.000		
Manganese, Mn		0.000		6	A	1		0.000	0.000		
Selenium, Se	-	0.1	0.029	3	A	1		0.5	0.0		
	•										
<u>Vitamins:</u>				_							
Vitamin C, total ascorbic acid	_	0.0		0	FLA	4		0.0	0.0		
Thiamin	-	0.010		6	A	1		0.047	0.004		
Riboflavin		0.302		6	A	1		1.396	0.115		
Niacin	_	0.220		6	A	1		1.016	0.084		
Pantothenic acid	=	0.055		6	A	1		0.255	0.021		
Vitamin B-6	-	0.000		6	A	1		0.000	0.000		
Folate, total		8	0.000	6	A	1		38	3		
Folic acid		0	0.000	0	FLA	4		0	0 3		
Folate, food		8 8	0.000	6 0	A NC	1 4		38 38			
Folate, DFE									3 0.00		
Vitamin B-12 Vitamin A, IU		0.00	0.000	0 4	FLA LC	4 8		0.00 0	0.00		
Vitamin A, RAE		0	0.000	0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		2.10	0.818	9	А	1		9.71	0.80		
Tocopherol, beta		2.10	0.010	9	A	_		9.71	0.80		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		13.0	0.612	3	A	1		59.9	4.9		
<u>Lipids:</u>											
Fatty acids, total saturated		2.974		_	NC	4		13.738	1.130		
4:0	·····	0.000		0	FLA	4		0.000	0.000		
6:0		0.000		0	FLA	4		0.000	0.000		
8:0	-	0.000		0	FLA	4		0.000	0.000		
10:0	-	0.000		0	FLA	4		0.000	0.000		
12:0		0.000		0	FLA	4		0.000	0.000		
13:0		0.040		0	ET 3	4		0.000	0.010		
14:0		0.049		0	FLA	4		0.228	0.019		
15:0		0 313		0	ET 3	4		10 607	0.070		
16:0	_	2.313		0	FLA	4		10.687	0.879		
17:0	-	0 611		0	ET 3	4		2 002	0 000		
18:0	-	0.611		0	FLA	4		2.823	0.232		
20:0 22:0	-										

		<u>Ar</u>	nount in 10	00 grams	of edik	<u>n</u>	Amount in edible portion of common			
				Number		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
				0						
Fatty acids, total monounsaturated 14:1		4.860		U	NC	4		22.452	1.847	
15:1	-									
16:1 undifferentiated		0.033		0	FLA	4		0.154	0.013	
17:1	-	0.000		•		-		0.101	0.025	
18:1 undifferentiated	-	4.827		0	FLA	4		22.299	1.834	
20:1	-	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	7.951		0	NC	4		36.733	3.021	
18:2 undifferentiated	g	7.486		0	FLA	4		34.584	2.845	
18:3 undifferentiated	g	0.465		0	FLA	4		2.149	0.177	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	-	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	-	0.000		0	FLA	4		0.000	0.000	
22:6 n-3		0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	FLA	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha	-	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 462g: 1 package (16 oz) Measure 2 = 38g: .083 package

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		1.90		1		1		3.93	0.32		
Energy		371		0	NC	4		768	63		
Energy	kj	1552				4		3213	264		
Protein (N x 6.1)	g	2.30		1		1		4.76	0.39		
Total lipid (fat)	g	0.00		1		1		0.00	0.00		
Ash	g	0.90		1		1		1.86	0.15		
Carbohydrate, by difference	g	94.90		0	NC	4		196.44	16.13		
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:				_		_		_			
Calcium, Ca	-	4		1		1		8	1		
Iron, Fe.	-	0.09		1		4		0.19	0.02		
Magnesium, Mg		3		1		1		6	1		
Phosphorus, P	-	7		1		1		14	1		
Potassium, K		117		1		1		242	20		
Sodium, Na		234		1		1		484	40		
Zinc, Zn		0.01	_	1		4		0.02	0.00		
Copper, Cu		0.037		1		4		0.077	0.006		
Manganese, Mn		0.007	'	1		4		0.014	0.001		
Selenium, Se	mcg	4.1		0	FLM	4		8.5	0.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0		
Thiamin	-	0.001	_	1		4		0.002	0.000		
Riboflavin		0.058		0		1		0.120	0.010		
Niacin		1.000		1		1		2.070	0.170		
Pantothenic acid	-	0.052		1		4		0.108	0.009		
Vitamin B-6		0.001		1		4		0.002	0.000		
Folate, total	-	3	•	1		4		6	1		
Folic acid		0		0	z	7		0	0		
Folate, food		3		1	-	4		6	1		
Folate, DFE		3		0	NC	4		6	1		
Vitamin B-12		0.01		1	2.0	4		0.02	0.00		
Vitamin A, IU		0		1		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		Ŭ		·	-	•		•	•		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
, iminin ix (phyrioquinone)											
Lipids:											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans	_										
Cholesterol		0		1		4		0	0		
Phytosterols	_. mg										
Amino Acids:											
Tryptophan	a	0.025	;	0		1		0.052	0.004		
Threonine		0.023		0		1		0.205	0.004		
		0.099		0		1		0.246	0.017		
Isoleucine	-	0.119		0		1		0.246			
Leucine	_			0		1			0.031		
Lysine		0.152		-				0.315	0.026		
Methionine	-	0.072		0		1		0.149	0.012		
Cystine	g	0.052	!	0		1		0.108	0.009		

	An	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
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.126 0.080 0.138 0.139 0.048 0.152 0.252 0.308 0.154 0.133	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1		0.261 0.166 0.286 0.288 0.099 0.315 0.472 0.638 0.319 0.275	0.021 0.014 0.023 0.024 0.008 0.026 0.039 0.052 0.026 0.023	

Common Measures:

Measure 1 = 207g: 1 package Measure 2 = 17g: .083 package

Calories Factors: Protein 4.3 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

NDB No. 19247 Frostings, white, fluffy, dry mix, prepared with water

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food	<u>[</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	35.20		0		1		110.88	9.15		
Energy	kcal	244		0	NC	4		769	63		
Energy	kj	1021				4		3216	265		
Protein (N x 0)	g	1.50		0		1		4.73	0.39		
Total lipid (fat)	g	0.00		0		1		0.00	0.00		
Ash		0.60		0		1		1.89	0.16		
Carbohydrate, by difference	g	62.60		0	NC	4		197.19	16.28		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium. Ca	ma	4		0		1		13	1		
Iron, Fe		0.06		0		1		0.19	0.02		
Magnesium, Mg	_	2		0		1		6	1		
Phosphorus, P		5		0		1		16	1		
Potassium, K		77		0		1		243	20		
Sodium, Na		156		0		1		491	41		
Zinc, Zn	-	0.02		0		1		0.06	0.01		
Copper, Cu	mg	0.027	,	0		1		0.085	0.007		
Manganese, Mn	<u>mg</u>	0.005	5	0		1		0.016	0.001		
Selenium, Se	mcg	2.6		0	RP	4		8.2	0.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0		
Thiamin	-	0.001		0		1		0.003	0.000		
Riboflavin		0.026		0		1		0.082	0.007		
Niacin	-	0.660		0		1		2.079	0.172		
Pantothenic acid	_	0.034		0		1		0.107	0.009		
Vitamin B-6	-	0.001		0		1		0.003	0.000		
Folate, total		2		0		1		6	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		0		1		6	1		
Folate, DFE		2		0	NC	4		6	1		
Vitamin B-12		0.01		0		1		0.03	0.00		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	iiicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000)	0		4		0.000	0.000		
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0		1		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.016	5	0		1		0.050	0.004		
Threonine		0.065		0		1		0.205	0.017		
Isoleucine	-	0.079		0		1		0.249	0.021		
Leucine	-	0.120		0		1		0.378	0.031		
Lysine	-	0.100		0		1		0.315	0.026		
Methionine	-	0.048		0		1		0.151	0.012		
Cystine		0.034		0		1		0.107	0.009		

		<u>Ar</u>	nount in 100	0 grams	<u>n</u>	Amount in edible portion of common				
Nutrients and	d Units	Mean			Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine	g	0.083		0		1		0.261	0.022	
Tyrosine	g	0.053		0		1		0.167	0.014	
Valine	g	0.091		0		1		0.287	0.024	
Arginine	g	0.092		0		1		0.290	0.024	
Histidine	g	0.032		0		1		0.101	0.008	
Alanine	g	0.100		0		1		0.315	0.026	
Aspartic acid	g	0.151		0		1		0.476	0.039	
Glutamic acid	g	0.203		0		1		0.639	0.053	
Glycine	g	0.102		0		1		0.321	0.027	
Proline		0.088		0		1		0.277	0.023	
Serine		0.100		0		1		0.315	0.026	
Hydroxyproline										

Common Measures:

Measure 1 = 315g: 1 package yields Measure 2 = 26g: .083 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</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			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		93.20		0		4		47.53		
Energy	kcal	24		0		4		12		
Energy	kj	100				4		51		
Protein (N x 5.6)	g	0.50		0		4		0.26		
Total lipid (fat)	g	0.10		0		4		0.05		
Ash		0.10		0		4		0.05		
Carbohydrate, by difference		6.20		0	NC	4		3.16		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		0.0		•		-		0.0		
<u> </u>										
Starch	9									
Minerals:										
Calcium, Ca	mg	2		0		4		1		
Iron, Fe		0.13		0		4		0.07		
Magnesium, Mg		2		1		4		1		
Phosphorus, P		0		0		4		0		
Potassium, K	-	26		0		4		13		
Sodium, Na	_	5		0		4		3		
Zinc, Zn	_	0.04		1		4		0.02		
Copper, Cu	-	0.017		1		4		0.009		
Manganese, Mn.	-	0.021		1		4		0.011		
Selenium, Se	-	0.2		0	FLA	4		0.1		
Scientini, Sc		0.2		·		•		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.000		0		4		0.000		
Riboflavin	mg	0.000		0		4		0.000		
Niacin	mg	0.150		0		4		0.077		
Pantothenic acid	mg	0.000		0		4		0.000		
Vitamin B-6		0.000		0		4		0.000		
Folate, total		0		0		4		0		
Folic acid		0		0	z	7		0		
Folate, food		0		0		4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0		4		0.00		
Vitamin A, IU		1		0		4		1		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		ō		0	Z	7		0		
Vitamin E (alpha-tocopherol)		v		Ū		,		Ü		
m 1 1 1 1 1										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
4 5 1 ,	¹¹¹⁰ 9									
Lipids:	0	0 000		^		4		0.000		
Fatty acids, total saturated		0.000		0		4		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	ma	0		0		4		0		

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

Common Measures:

Measure 1 = 51g: 1 bar

Frozen ice novelties, fruit, no sugar added

Calories Factors: Protein 3.9 Fat 9 Carbohydrate 3.5

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>l</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	75.12		0	FLC	4					
Energy	kcal	105		0	NC	4					
Energy	kj	439		0	NC	4					
Protein	g	1.41		1	LC	8					
Total lipid (fat)	g	1.41		1	LC	8					
Ash	g	0.41		0	FLC	4					
Carbohydrate, by difference	g	21.66		0	NC	4					
Fiber, total dietary	g	0.5		0	FLC	4					
Sugars, total	g	19.22		0	FLC	4					
Starch	g										
Minerals:											
Calcium, Ca	ma	141		1	LC	8					
Iron, Fe	-	0.24		0	FLC	4					
Magnesium, Mg	-	9		0	FLC	4					
Phosphorus, P		42		0	FLC	4					
Potassium, K		122		0	FLC	4					
Sodium, Na		42		1	LC	8					
Zinc, Zn	mg	0.28		0	FLC	4					
Copper, Cu	mg	0.014	Į.	0	FLC	4					
Manganese, Mn	mg	0.053	3	0	FLC	4					
Selenium, Se	mcg	0.8		0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	21.2		1	LC	8					
Thiamin	-	0.019)	0	FLC	4					
Riboflavin		0.075	5	0	FLC	4					
Niacin	=	0.137	,	0	FLC	4					
Pantothenic acid	-	0.138	3	0	FLC	4					
Vitamin B-6	mg	0.026	5	0	FLC	4					
Folate, total	mcg	11		0	FLC	4					
Folic acid	mcg	0		0	FLC	4					
Folate, food		11		0	FLC	4					
Folate, DFE	mcg_DFE	11		0	NC	4					
Vitamin B-12		0.11		0	FLC	4					
Vitamin A, IU	IU	183		0	FLC	4					
Vitamin A, RAE		48		0	FLC	4					
Retinol		47		0	FLC	4					
Vitamin E (alpha-tocopherol)		0.06		0	FLM	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.2		0	FLM	4					
vitanini k (pilynoquinone)	iiiog	0.2		Ū	1101	-					
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.705		1	LC	8					
4:0		0.033		0	FLC	4					
6:0		0.025		0	FLC	4					
8:0	-	0.020		0	FLC	4					
10:0	-	0.028		0	FLC	4					
12:0		0.030		0	FLC	4					
13:0		0.000		0	FLC	4					
14:0	-	0.113		0	FLC	4					
15:0		0.000		0	FLC	4					
16:0	-	0.313		0	FLC	4					
17:0	-	0.000		0	FLC	4					
18:0	-	0.138		0	FLC	4					
20:0		0.000		0	FLC	4					
22:0	a	0.000)	0	FLC	4					

	<u>Ar</u>	mount in 10	00 grams	of edib	Amount in edible portion of common				
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		1	LC	8				
14:1g	0.000		0	FLC	4				
15:1g									
16:1 undifferentiatedg	0.000		0	FLC	4				
17:1g									
18:1 undifferentiatedg	0.000		0	FLC	4				
20:1g	0.000		0	FLC	4				
22:1 undifferentiatedg	0.000		0	FLC	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		1	LC	8				
18:2 undifferentiatedg	0.000		0	FLC	4				
18:3 undifferentiatedg	0.000		0	FLC	4				
18:4g	0.000		0	FLC	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4				
20:5 n-3g	0.000		0	FLC	4				
22:5 n-3g	0.000		0	FLC	4				
22:6 n-3g	0.000		0	FLC	4				
Fatty acids, total transg									
Cholesterol mg	7		1	LC	8				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4				
Caffeine mg	0		0	FLC	4				
Theobromine mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta mcg	15		0	FLC	4				
Carotene, alphamcg	0		0	FLC	4				
Cryptoxanthin, betamcg	1		0	FLC	4				
Lycopenemcg	0		0	FLC	4				
Lutein + zeaxanthin mcg	12		0	FLC	4				

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	78.30		0		4		60.29	72.04		
Energy	kcal	82		0		4		63	75		
Energy	kj	343				4		264	316		
Protein (N x 6.25)	g	1.20		0		4		0.92	1.10		
Total lipid (fat)	g	0.10		0		4		0.08	0.09		
Ash	g	0.20		0		4		0.15	0.18		
Carbohydrate, by difference	g	20.20		0	NC	4		15.55	18.58		
Fiber, total dietary	g	1.0		0	FLA	4		0.8	0.9		
Sugars, total	g	17.48		0	FLA	4		13.46	16.08		
Starch											
##											
<u>Iinerals:</u> Calcium, Ca	ma	5		0		4		4	5		
Iron. Fe.	-	0.19		0		4		0.15	0.17		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	4		0		4		3	4		
Phosphorus, P		6		0		4		3 5	6		
Potassium, K	-	53		0		1		41	49		
Sodium, Na	-	4		0		1		3	4		
Zinc, Zn	-	0.05		0		4		0.04	0.05		
Copper, Cu		0.000)	0		4		0.000	0.000		
Manganese, Mn		0.165		0		4		0.127	0.152		
Selenium, Se		0.2		0	BFSN	4		0.2	0.2		
•											
<u>'itamins:</u>		٥. ٦		•							
Vitamin C, total ascorbic acid	-	9.5		0		4		7.3	8.7		
Thiamin		0.011		0		4		0.008	0.010		
Riboflavin		0.018		0		4		0.014	0.017		
Niacin		0.159		0		4		0.122	0.146		
Pantothenic acid		0.040		0		4		0.031	0.037		
Vitamin B-6	-	0.025)	0		4		0.019	0.023		
Folate, total		7 0		0 0	FLA	4 4		6 0	7		
Folic acid		7		0	FLA FLA			6	0 7		
Folate, food		7		0	NC NC	4 4		6	7		
Folate, DFE		0.00		0	NC	4		0.00	· ·		
Vitamin B-12 Vitamin A, IU		18		0	FLA	4		14	0.00		
Vitamin A, IU		1		0	FLA	4		1	17 1		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.13		0	FLA	4		0.10	0.12		
Tocopherol, beta		0.13		U	FLIA	-		0.10	0.12		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.9		0	FLA	4		0.7	0.8		
	•••••										
<u>aipids:</u>	_										
Fatty acids, total saturated		0.000		0		4		0.000	0.000		
4:0 6:0		0.000		0		4		0.000	0.000		
		0.000		-		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	,	U		4		0.000	0.000		
13:0		0.000	1	0		4		0.000	0 000		
14:0		0.000	,	J		4		0.000	0.000		
15:0		0.030	1	0		4		0.023	0 020		
16:0		0.030	,	J		4		0.023	0.028		
17:0	-	0.000	1	0		4		0.000	0.000		
18:0	-	0.000	,	U		4		0.000	0.000		
20:0	-										
22:0	g g										

	<u>Ar</u>	mount in 10	Number	•		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0		4		0.000	0.000	
14:1g	0.000		U		-		0.000	0.000	
14.1									
16:1 undifferentiated	0.000		0		4		0.000	0.000	
17:1g	0.000		·		-		0.000	0.000	
18:1 undifferentiated	0.000		0		4		0.000	0.000	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.030		0		4		0.023	0.028	
18:2 undifferentiatedg	0.020		0		4		0.015	0.018	
18:3 undifferentiatedg	0.010		0		4		0.008	0.009	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	11		0	FLA	4		8.377	10.009	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	34		0	FLA	4		25.987	31.049	

Common Measures:

Measure 1 = 77g: 1 bar (2.5 fl oz) Measure 2 = 92g: 1 bar (3 fl oz)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

cal i i ig ig ig ig ig	76.10 92 385 0.50 0.00 0.23 23.10 0.1 21.60	Std. Error	Number of Data Points	Deriv	Source Code 1 4 4 1 1 4 4 4 4	Confidence Code	22.68 27 115 0.15 0.00 0.07 6.88 0.0 6.44	easures of food	Measure
cal i ig ig ig ig	76.10 92 385 0.50 0.00 0.23 23.10 0.1 21.60	Std. Error	of Data Points	Deriv Code	1 4 4 1 1 4 4 4 4 4		22.68 27 115 0.15 0.00 0.07 6.88 0.0	Measure 2	Measure
cal i ig ig ig ig	76.10 92 385 0.50 0.00 0.23 23.10 0.1 21.60	Std. Error	Points 0	Code FLC NC	1 4 4 1 1 4 4 4 4 4		22.68 27 115 0.15 0.00 0.07 6.88 0.0	Measure 2	Measure
cal i ig ig ig ig	76.10 92 385 0.50 0.00 0.23 23.10 0.1 21.60	Grai. Elloi	0	FLC NC	4 4 1 4 4		22.68 27 115 0.15 0.00 0.07 6.88 0.0	modelic 2	incusure
cal i ig ig ig ig	92 385 0.50 0.00 0.23 23.10 0.1 21.60			NC	4 4 1 4 4		27 115 0.15 0.00 0.07 6.88 0.0		
cal i ig ig ig ig	92 385 0.50 0.00 0.23 23.10 0.1 21.60			NC	4 4 1 4 4		27 115 0.15 0.00 0.07 6.88 0.0		
19 19 19 19 19 19	385 0.50 0.00 0.23 23.10 0.1 21.60			NC	4 1 1 4 4		0.15 0.00 0.07 6.88 0.0		
ng 1g 1g 1g	0.50 0.00 0.23 23.10 0.1 21.60			NC	1 1 4 4		0.15 0.00 0.07 6.88 0.0		
19 19 19 19 19 19	0.00 0.23 23.10 0.1 21.60			NC	1 4 4 4		0.00 0.07 6.88 0.0		
ng 19 19 19 19	0.23 23.10 0.1 21.60			NC	4 4 4		0.07 6.88 0.0		
ng 19 19 19 19	23.10 0.1 21.60 9 0.47 8			NC	4 4		6.88 0.0		
ng 19 19 19 19	0.1 21.60 9 0.47 8		0		4		0.0		
ng ng ng ng ng	21.60 9 0.47 8		0	BFSN					
ng ng ng ng ng	9 0. 4 7 8		0	BFSN	4		6.44		
ng ng ng ng ng	0. 4 7 8								
ng ng ng ng ng	0. 4 7 8								
ng ng ng ng ng	0. 4 7 8								
ng ng ng ng ng	0. 4 7 8				1		3		
ng ng ng ng	8				1		0.14		
ng ng ng	13				1		2		
ng ng	±3				1		4		
ng	100				1		30		
ng	8				1		2		
_	0.02				4		0.01		
ng	0.022				4		0.007		
ng									
ncg	0.1		0	BFPN	4		0.0		
ng	25.7				1		7.7		
ng	0.010	1			1		0.003		
ng	0.030				1		0.009		
ng	0.160				1		0.048		
ng									
ng	0.020				4		0.006		
			•	•	4				
			U	O	_				
			0	NC	_				
icg_Di L			U	NC					
			0	NC	•				
			-		_				
			-		_				
			0						
ncg	0.1		0	BFSN	4		0.0		
	0.000	1			4		0.000		
			0		4		0.000		
			0		4		0.000		
	0.000	ı	0		4		0.000		
	0.000	ı	0		4		0.000		
	0.000		0		4		0.000		
	0.000		0		4		0.000		
	0.000		0		4		0.000		
	0.000		0		4		0.000		
ווווווווווווווווווווווווווווווווווווווו	acg acg acg_DFE acg_RAE acg_RAE acg acg_rae acg	10 22 10 10 10 10 10 10	22 100g 0 100g 22 100g_DFE 22 100g_DFE 22 100g 0.00 J 34 100g_RAE 2 100g 0.04 100g 0.04 100g 0.04 100g 0.000	22 100g 0 0 100g 22 100g_DFE 22 0 100g_DFE 22 0 100g 0.00 J 34 0 100g_RAE 2 0 100g 0 0 100g 0.04 100g 100g 0 100g	10 22 10 10 10 10 10 10	10cg	10cg	100g	10

	Ar	nount in 10	00 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000				4		0.000		
14:1g									
15:1g									
16:1 undifferentiated	0.000		0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0		4		0.000		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.000				4		0.000		
18:2 undifferentiatedg	0.000		0		4		0.000		
18:3 undifferentiatedg	0.000		0		4		0.000		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000		0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	19		0	0	4		5.786		
Carotene, alpha mcg	1		0	BFSN	4		0.202		
Cryptoxanthin, beta mcg	2		0	BFSN	4		0.505		
Lycopene mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin mcg	4		0	BFSN	4		1.078		
Luteni - Zeazantiniiiilog	-		·	DI SIN	-		1.0.0		

Common Measures:

Measure 1 = 29.8g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Frozen novelties, Fat Free FUDGESICLE bars

Good Humor - Breyers Ice Cream

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number						measures of food			
						Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		65.94		0	0	4		33.63			
Energy		127		1	MC	9		65			
Energy	kj	533		0	MC	9		272			
Protein (N x 6.25)	g	5.55		1	MC	9		2.83			
Total lipid (fat)	g	0.66		1	MC	9		0.34			
Ash	g	0.91		0	FLC	4		0.46			
Carbohydrate, by difference	g	26.94		1	MC	9		13.74			
Fiber, total dietary	g	1.7		1	MC	9		0.9			
Sugars, total		20.10		1	MC	9		10.25			
Starch											
Minerals:											
Calcium, Ca	mg	159		1	MC	9		81			
Iron, Fe	mg	0.91		1	MC	9		0.46			
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	94		1	MC	9		48			
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.0		1	MC	9		0.5			
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU	IU	4		1	MC	9		2			
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> Lipids:</u>											
Fatty acids, total saturated	-	0.480)	1	MC	9		0.245			
Fatty acids, total monounsaturated	-										
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	mg	3		1	MC	9		2			
Phytosterols	mg										

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

Common Measures:

Measure 1 = 51g: 1 serving 1 pop

Calories Factors: Protein Fat Carbohydrate

Frozen novelties, Fat Free FUDGESICLE bars

Food Group: 19 Sweets

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

Good Humor - Breyers Ice Cream

Refuse: 0%

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
							0 5 -1			
Nutrients and Units		Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.51		0	0	4		35.95		
Energy	kcal	224		1	MC	9		177		
Energy		938		0	MC	9		741		
Protein (N x 6.25)	g	4.09		1	MC	9		3.23		
Total lipid (fat)		4.10		1	MC	9		3.24		
Ash		0.98		0	BFFN	4		0.77		
Carbohydrate, by difference		45.32		1	MC	9		35.80		
Fiber, total dietary		4.3		1	MC	9		3.4		
		24.62		1	MC	9		19.45		
Sugars, totalStarch		24.02		1	MC	3		19.43		
Minerals:										
Calcium, Ca	mg	125		1	MC	9		99		
Iron, Fe	mg	0.75		1	MC	9		0.59		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	159		1	MC	9		125		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:						_				
Vitamin C, total ascorbic acid	•	0.6		1	MC	9		0.5		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		0.50		_		•				
Vitamin A, IU	IU	259		1	MC	9		204		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		1.001	L	1	MC	9		0.791		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	_									
Fatty acids, total trans	g									
Cholesterol	mg	2		1	MC	9		2		
Phytosterols	<u>mg</u>									

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

Common Measures:

Measure 1 = 79g: 1 serving 1 cone

Calories Factors: Protein Fat Carbohydrate

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone

Food Group: 19 Sweets

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich

Good Humor - Breyers Ice Cream

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number						measures of food				
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure		
Proximates:												
Water		46.53		0	0	4		29.78				
Energy	kcal	212		1	MC	9		136				
Energy	kj	888		0	MC	9		568				
Protein (N x 6.25)	g	6.21		1	MC	9		3.97				
Total lipid (fat)	g	2.43		1	MC	9		1.56				
Ash	g	0.71		0	FLM	4		0.45				
Carbohydrate, by difference	g	44.12		1	MC	9		28.24				
Fiber, total dietary		4.8		1	MC	9		3.1				
Sugars, total		21.50		1	MC	9		13.76				
Starch				-				251.10				
<u> Minerals:</u>												
Calcium, Ca	mg	144		1	MC	9		92				
Iron, Fe	mg	0.98		1	MC	9		0.63				
Magnesium, Mg	mg											
Phosphorus, P	mg											
Potassium, K	mg											
Sodium, Na	mg	188		1	MC	9		121				
Zinc, Zn	mg											
Copper, Cu	mg											
Manganese, Mn	mg											
Selenium, Se	mcg											
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	_	0.7		1	MC	9		0.4				
Thiamin	_											
Riboflavin	_											
Niacin												
Pantothenic acid												
Vitamin B-6												
Folate, total												
Folate, DFE	mcg_DFE											
Vitamin B-12	mcg											
Vitamin A, IU	IU	378		1	MC	9		242				
Vitamin A, RAE												
Vitamin E (alpha-tocopherol)	_											
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta	-											
Vitamin D												
Vitamin K (phylloquinone)	mcg											
<u>Lipids:</u>												
Fatty acids, total saturated	_	0.810)	1	MC	9		0.518				
Fatty acids, total monounsaturated	_											
Fatty acids, total polyunsaturated												
Fatty acids, total trans												
Cholesterol	mg	4		1	MC	9		3				
Phytosterols	mg											

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

Common Measures:

Measure 1 = 64g: 1 serving 1 sandwich

Calories Factors: Protein Fat Carbohydrate

Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich

Food Group: 19 Sweets

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Good Humor - Breyers Ice Cream

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number						measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		63.51		0	FLC	4		47.00			
Energy	kcal	124		1	MC	9		91			
Energy	kj	517		0	MC	9		382			
Protein (N x 6.25)	g	4.31		1	MC	9		3.19			
Total lipid (fat)		1.88		1	MC	9		1.39			
Ash		0.23		0	0	4		0.17			
Carbohydrate, by difference		30.07		1	MC	9		22.25			
Fiber, total dietary		6.0		1	MC	9		4.4			
Sugars, total		7.10		1	MC	9		5.25			
Starch		7.10		1	MC	9		5.25			
linerals:											
Calcium, Ca	mg	138		1	MC	9		102			
Iron, Fe.	mg	0.71		1	MC	9		0.53			
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		120		1	MC	9		89			
Zinc, Zn											
Copper, Cu	•										
Manganese, Mn.											
Selenium, Se	•										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.9		1	MC	9		0.6			
Thiamin	-										
Riboflavin	mg										
Niacin											
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU	IU	49		1	MC	9		36			
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
<u>ipids:</u>											
Fatty acids, total saturated	-	1.000)	1	MC	9		0.740			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans	g										
Cholesterol		7		1	MC	9		5			
Phytosterols	mg										

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Common Measures:

Measure 1 = 74g: 1 serving 3.5 fl oz bar

Calories Factors: Protein Fat Carbohydrate

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Food Group: 19 Sweets

Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
				Number	,			me	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	46.65		0	BFFN	4		29.85		
Energy	kcal	210		1	MC	9		135		
Energy		881		0	MC	9		564		
Protein (N x 6.25)		5.96		1	MC	9		3.81		
Total lipid (fat)	_	2.34		1	MC	9		1.50		
Ash		0.85		0	BFFN	4		0.55		
Carbohydrate, by difference		44.16		1	MC	9		28.26		
		4.3		1	MC	9		2.8		
Fiber, total dietary										
Sugars, total		21.81		1	MC	9		13.96		
	9									
Minerals:		1.40		_		•		0.1		
Calcium, Ca		142		1	MC	9		91		
Iron, Fe	-	0.38		1	MC	9		0.24		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		191		1	MC	9		122		
Zinc, Zn	•									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		1	MC	9		0.4		
Thiamin	-									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	288		1	MC	9		184		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.740)	1	MC	9		0.474		
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		4		1	MC	9		3		
Phytosterols					-	-		-		

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Common Measures:

Measure 1 = 64g: 1 serving 1 sandwich

Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich

Food Group: 19 Sweets

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams Numbei		le portic	<u>on</u>		edible portion o	f common
						_		<u></u>		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.57		0	0	4		36.79		
Energy	kcal	222		1	MC	9		175		
Energy		928		0	MC	9		733		
Protein (N x 6.25)	g	3.72		1	MC	9		2.94		
Total lipid (fat)		4.00		1	MC	9		3.16		
Ash		0.96		0	FLM	4		0.76		
Carbohydrate, by difference		44.75		1	MC	9		35.35		
Fiber, total dietary		3.8		1	MC	9		3.0		
		24.75		1	MC	9		19.55		
Sugars, totalStarch		24.75		1	MC	9		19.55		
Minerals:										
Calcium, Ca	mg	122		1	MC	9		96		
Iron, Fe	mg	0.29		1	MC	9		0.23		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		160		1	MC	9		126		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	•	0.6		1	MC	9		0.5		
Thiamin										
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	258		1	MC	9		204		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.950)	1	MC	9		0.751		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	3		1	MC	9		2		
Phytosterols	mg									

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Common Measures:

Measure 1 = 79g: 1 serving 1 cone

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone

Food Group: 19 Sweets

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams Numbei		le portic	<u>on</u>		edible portion o	f common
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.65		0	0	4		29.85		
Energy	kcal	211		1	MC	9		135		
Energy	kj	881		0	MC	9		564		
Protein		5.96		1	MC	9		3.81		
Total lipid (fat)	-	2.34		1	MC	9		1.50		
Ash		0.85		0	FLM	4		0.55		
Carbohydrate, by difference		44.20		1	MC	9		28.29		
Fiber, total dietary		4.3		1	MC	9		2.8		
		21.82		1	MC	9		13.96		
Sugars, totalStarch		21.82		1	MC	9		13.96		
Minerals:										
Calcium, Ca	mg	142		1	MC	9		91		
Iron, Fe	_	0.38		1	MC	9		0.24		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	_	191		1	MC	9		122		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	_									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	MC	9		0.4		
Thiamin	mg									
Riboflavin	-									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	288		1	MC	9		184		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	-	0.740)	1	MC	9		0.474		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol		4		1	MC	9		3		
Phytosterols	<u>mg</u>									

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Common Measures:

Measure 1 = 64g: 1 serving 1 sandwich

Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich

Food Group: 19 Sweets

NDB No. 19890

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
				Number		_		<u></u>	easures or roou	•
				of Data			Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.69		0	0	4				
Energy	kcal	224		1	MC	9				
Energy	kj	936		0	MC	9				
Protein (N x 6.25)	g	5.16		1	MC	9				
Total lipid (fat)	g	11.93		1	MC	9				
Ash	g	1.13		0	FLM	4				
Carbohydrate, by difference	g	27.09		1	MC	9				
Fiber, total dietary		4.8		1	MC	9				
Sugars, total		8.64		1	MC	9				
Starch										
Minerals:	ma	289		1	240	9				
Calcium, Ca		289 0.41		1	MC MC	9				
Iron, Fe.		0.41		1	MC	9				
Magnesium, Mg										
Phosphorus, P										
Potassium, K		86		1	MC	9				
Sodium, Na		86		1	MC	9				
Zinc, Zn	_									
Copper, Cu	-									
Manganese, Mn Selenium, Se										
Scientini, Sc	Illog									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.0		1	MC	9				
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		289		1	MC	9				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.510)	1	MC	9				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol		8		1	MC	9				
Phytosterols	mg									

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Common Measures:

Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar

Food Group: 19 Sweets

Frozen novelties, No Sugar Added CREAMSICLE Pops

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams Numbei		ole portic	<u>on</u>		edible portion o	f common
						•	0 5 -1			
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.38		0	0	4		36.25		
Energy	kcal	57		1	MC	9		25		
Energy		239		0	MC	9		105		
Protein (N x 6.25)		1.78		1	MC	9		0.78		
Total lipid (fat)		0.86		1	MC	9		0.38		
Ash		0.44		0	FLM	4		0.19		
Carbohydrate, by difference		14.54		1	MC	9		6.40		
Fiber, total dietary		0.3		1	MC	9		0.1		
		2.75		1	MC	9		1.21		
Sugars, totalStarch		2.75		1	MC	9		1.21		
Minerals:										
Calcium, Ca	mg	137		1	MC	9		60		
Iron, Fe	mg	0.28		1	MC	9		0.12		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		41		1	MC	9		18		
Zine, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	•	0.4		1	MC	9		0.2		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	23		1	MC	9		10		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.470)	1	MC	9		0.207		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol		3		1	MC	9		1		
Phytosterols	mg									

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Common Measures:

Measure 1 = 44g: 1 serving 1 pop

Frozen novelties, No Sugar Added CREAMSICLE Pops

Food Group: 19 Sweets

Frozen novelties, No Sugar Added, FUDGESICLE pops

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</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	_
							Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		71.85		0	FLC	4		60.35		
Energy		105		1	MC	9		88		
Energy	kj	440		0	MC	9		370		
Protein (N x 6.25)	g	3.60		1	MC	9		3.02		
Total lipid (fat)	g	0.97		1	MC	9		0.81		
Ash	g	1.15		0	FLC	4		0.97		
Carbohydrate, by difference	g	22.28		1	MC	9		18.72		
Fiber, total dietary		1.6		1	MC	9		1.3		
Sugars, total		3.93		1	MC	9		3.30		
Starch				_						
Minerals:										
Calcium, Ca	mg	101		1	MC	9		85		
Iron, Fe	mg	0.94		1	MC	9		0.79		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	102		1	MC	9		86		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		1	MC	9		0.6		
Thiamin	-									
Riboflavin	mg									
Niacin										
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	24		1	MC	9		20		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:						_				
Fatty acids, total saturated	-	0.570)	1	MC	9		0.479		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	-									
Cholesterol	mg	2		1	MC	9		1		
Phytosterols	mg									

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Common Measures:

Measure 1 = 84g: 1 serving 2 pops

Frozen novelties, No Sugar Added, FUDGESICLE pops

Food Group: 19 Sweets

Frozen novelties, Sugar Free, CREAMSICLE Pops

Good Humor - Breyers Ice Cream

Refuse: 0%

		<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>	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Traditionic and one		ouri	Otal 2.101							ıııouou. o
Proximates:	a	83.91		0	0	4		67.13		
Water		49		1	MC	9		39		
Energy				0						
Energy		204			MC	9		163		
Protein (N x 6.25)		1.37		1	MC	9		1.10		
Total lipid (fat)		2.33		1	MC	9		1.86		
Ash		0.44		0	BFZN	4		0.35		
Carbohydrate, by difference	g	11.95		1	MC	9		9.56		
Fiber, total dietary	g	7.5		1	MC	9		6.0		
Sugars, total	g	0.43		1	MC	9		0.34		
Starch	g									
Minerals:						_				
Calcium, Ca	-	23		1	MC	9		18		
Iron, Fe	-	0.03		1	MC	9		0.02		
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K										
Sodium, Na		6		1	MC	9		5		
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.0		1	MC	9		0.0		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg							_		
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	-	2.000)	1	MC	9		1.600		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 80g: 1 serving 2 pops

Frozen novelties, Sugar Free, CREAMSICLE Pops

Food Group: 19 Sweets

NDB No. 19873

Frozen novelties, sugar free, orange, cherry, and grape POPSICLE pops

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		94.75		0	0	4		52.11		
Energy	kcal	31		1	MC	9		17		
Energy	kj	129		0	MC	9		71		
Protein (N x 6.25)	g	0.01		1	MC	9		0.01		
Total lipid (fat)	g	0.00		1	MC	9		0.00		
Ash	g	0.10		0	FLC	4		0.05		
Carbohydrate, by difference		5.14		1	MC	9		2.83		
Fiber, total dietary		0.0		1	MC	9		0.0		
Sugars, total		0.13		1	MC	9		0.07		
Starch		0.25		_						
<u> Minerals:</u>										
Calcium, Ca	mg	3		1	MC	9		1		
Iron, Fe	mg	0.02		1	MC	9		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	5		1	MC	9		3		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	12.0		1	MC	9		6.6		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	-	0.000)	1	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		1	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 55g: 1 serving 1 pop

Frozen novelties, sugar free, orange, cherry, and grape POPSICLE pops

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100	grams)	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			1	Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Nutrients and On	its	Weari	Stu. Elloi	· Oiiito	Jour	Oodo	Jour	Weasure i	WedSure 2	Measure
Proximates:										
Water	g	71.20				4		123.89		
Energy	kcal	127				4		221		
Energy	kj	531				4		925		
Protein	g	3.00				4		5.22		
Total lipid (fat)	g	3.60				4		6.26		
Ash	g	0.60		0	NR	4		1.04		
Carbohydrate, by difference	g	21.60				4		37.58		
Fiber, total dietary	g	2.3				4		4.0		
Sugars, total	g	19.24		0	BFSN	4		33.47		
Starch	g									
<i>x</i> : 1										
Minerals:		100						174		
Calcium, Ca	-	100 0.46				4		174 0.80		
Iron, Fe	-	0.46 25				4		0.80 44		
Magnesium, Mg Phosphorus, P		25 89				4 <u>.</u>		44 155		
•	-	234				4		407		
Potassium, K		63				4		110		
Sodium, NaZinc, Zn		0.28				4		0.49		
Copper, Cu		0.28	i			4		0.49		
Manganese, Mn		0.034	•			-		0.034		
Selenium, Se		1.9		0	BFPN	4		3.3		
Scientini, Sc	9			•	2221	-		0.0		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		6.7				4		11.7		
Thiamin		0.040)			4		0.070		
Riboflavin	mg	0.180)			4		0.313		
Niacin		0.140)			4		0.244		
Pantothenic acid										
Vitamin B-6		0.040)			4		0.070		
Folate, total	mcg	12				4		21		
Folic acid	mcg	0		0	BFSN	4		0		
Folate, food		12				4		21		
Folate, DFE	mcg_DFE	12		0	NC	4		21		
Vitamin B-12		0.07				4		0.12		
Vitamin A, IU	IU	136		0	BFFN	4		237		
Vitamin A, RAE		39		0	BFFN	4		67		
Retinol		38		0	BFFN	4		66		
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFSN	4		0.16		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	2.272	2			4		3.953		
4:0		0.096				4		0.167		
6:0		0.067	7			4		0.117		
8:0		0.038	3			4		0.066		
10:0	_	0.086				4		0.150		
12:0	-	0.106				4		0.184		
13:0	g									
14:0		0.327	7			4		0.569		
15:0	-									
16:0	-	0.971	L			4		1.690		
17:0										
18:0		0.443	3			4		0.771		
20:0										
22:0	_									
24:0	-									

	Ar	nount in 10	00 grams	of edit	le portio	<u>n</u>		edible portion o	f common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.961				4		1.672		
14:1g									
15:1g									
16:1 undifferentiatedg	0.067				4		0.117		
17:1g									
18:1 undifferentiatedg	0.817				4		1.422		
20:1g	0.000				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.102				4		0.177		
18:2 undifferentiatedg	0.073				4		0.127		
18:3 undifferentiatedg	0.029				4		0.050		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	13				4		23		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4		0.0		
Caffeine mg	3		0	BFZN	4		5		
Theobrominemg	106		0	BFZN	4		184		
Carotenoids:									
Carotene, betamcg	9		0	BFSN	4		15.203		
Carotene, alphamcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta mcg	0		0	BFSN	4		0.000		
Lycopene mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin mcg	0		0	BFFN	4		0.000		

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

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 42185 Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener

Nutrients and Units Proximates: Water. Energy. Energy. Protein. Total lipid (fat) Ash. Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch.	kj kj g g g g	73.50 107 448 4.40 0.80 1.60	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Water	kj kj g g g g	107 448 4.40 0.80								
Water	kj kj g g g g	107 448 4.40 0.80								
Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total	kj kj g g g g	107 448 4.40 0.80								
Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total	kj g g g	448 4.40 0.80				4		136.71		
Protein	g g g	4.40 0.80				4		199		
Total lipid (fat)	g g g	0.80				4		833		
Ash	g g					4		8.18		
Carbohydrate, by difference	9	1.60				4		1.49		
Fiber, total dietary				0	0	4		2.98		
Sugars, total	g	19.70				4		36.64		
<u> </u>		2.0				4		3.7		
Starch		17.70		0	NR	4		32.92		
	g									
Minerals:										
Calcium, Ca	mg	159				4		296		
Iron, Fe	mg	0.04				4		0.07		
Magnesium, Mg	mg	40				4		74		
Phosphorus, P		129				4		240		
Potassium, K	mg	339				4		631		
Sodium, Na		81				4		151		
Zinc, Zn		0.49				4		0.91		
Copper, Cu		0.203	i			4		0.378		
Manganese, Mn.		0.0		•				F 0		
Selenium, Se	mcg	2.8		0	BFPN	4		5.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.7				4		1.3		
Thiamin	-	0.040				4		0.074		
Riboflavin		0.180				4		0.335		
Niacin	-	0.200	1			4		0.372		
Pantothenic acid		0.040						0.074		
Vitamin B-6		0.040	1			4		0.074		
Folite, total		12 0		0	0	4		22 0		
Folate, food	-	12		U	U	4		22		
Folate, DFE		12		0	NC	4		22		
Vitamin B-12		0.49		·	110	4		0.91		
Vitamin A, IU		17		0	NC	4		31		
Vitamin A, RAE	mca RAE	2		0	NC	4		3		
Retinol		1		0	0	4		2		
Vitamin E (alpha-tocopherol)		0.08		0	BFSN	4		0.16		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.505	i			4		0.939		
4:0		0.027				4		0.050		
6:0		0.009	ı			4		0.017		
8:0	g	0.009	ı			4		0.017		
10:0	-	0.018				4		0.033		
12:0	g	0.009	1			4		0.017		
13:0	g									
14:0		0.071				4		0.132		
15:0	-									
16:0		0.241				4		0.448		
17:0										
18:0		0.104				4		0.193		
20:0	-									
22:0 24:0	-									

	<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>en</u>		edible portion of	of common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.214				4		0.398		
14:1g							0.550		
15:1 9									
16:1 undifferentiated 9	0.018				4		0.033		
17:1g									
18:1 undifferentiated	0.187				4		0.348		
20:1g	0.000				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.030				4		0.056		
18:2 undifferentiatedg	0.021				4		0.039		
18:3 undifferentiatedg	0.009				4		0.017		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total trans									
Cholesterolmg	4				4		7		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	3		0	BFZN	4		6		
Theobromine mg	106		0	BFZN	4		197		
Carotenoids:									
Carotene, beta mcg	8		0	BFSN	4		14.953		
Carotene, alphamcg	0		0	BFSN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.000		
Lycopenemcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthinmcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Nutrients and Units	Amount in edible portion of common			
Nutrients and Units Number Std. Error Points Code Code Code	<u>m</u>	neasures of foo	<u> </u>	
Proximates:				
Water	Measure 1	Measure 2	Measure	
Energy				
Finergy	45.94			
Protein (N x 6.2)	115			
Total lipid (fat)	482			
Ash.	2.88			
Carbohydrate, by difference	4.32			
Fiber, total dietary	0.72			
Sugars, total	17.93			
	1.6			
Minerals: Calcium, Ca.				
Calcium, Ca				
Calcium, Ca				
Iron, Fe.	106			
Magnesium, Mg mg 27 2 1 Phosphorus, P mg 139 2 1 Potassium, K mg 261 2 1 Sodium, Na mg 98 3.821 3 1 Zinc, Zn mg 0.49 2 1 Copper, Cu mg 0.131 2 1 Manganese, Mn mg 0.121 2 1 Manganese, Mn mg 0.121 2 1 Selenium, Se. mcg 2.4 0 FLA 4 Vitamins. mg 0.3 2 1 1 Vitamins. mg 0.36 2 1 1 Niacin. mg 0.305 2 1 1 Niacin. mg 0.305 2 1 1 Vitaminin. mg 0.674 2 1 1 Vitaminin. mg 0.074 2 1	0.90			
Phosphorus, P. mg 139 2 1 Potassium, K. mg 261 2 1 Sodium, Na. mg 98 3.821 3 1 Zinc, Zn. mg 0.49 2 1 Copper, Cu. mg 0.131 2 1 Manganese, Mn. mg 0.121 2 1 Selenium, Se. mcg 2.4 0 FLA 4 Vitamins: Vitamins C, total ascorbic acid. mg 0.3 2 1 Thiamin. mg 0.036 2 1 Particle Security a	19			
Potassium, K.	100			
Sodium, Na	188			
Zinc, Zn. mg 0.49 2 1 Copper, Cu. mg 0.131 2 1 Manganese, Mn. mg 0.121 2 1 Selenium, Se. mcg 2.4 0 FLA 4 Vitamin C, total ascorbic acid. mg 0.3 2 1 1 Thiamin mg 0.036 2 1 2 1 1 1 1 2 1 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 1 2 1 1 2 1 1 1 2 1 1 <td>71</td> <td></td> <td></td>	71			
Manganese, Mn mg 0.121 2 1 Selenium, Se mcg 2.4 0 FLA 4 Vitamins: Vitamins. Vitamin C, total ascorbic acid. mg 0.3 2 1 Thiamin mg 0.036 2 1 Thiamin mg 0.036 2 1 Riboflavin mg 0.036 2 1 Niacin mg 0.036 2 1 Palatothenic acid mg 0.0305 2 1 Pantothenic acid mg 0.6744 2 1 Pantothenic acid mg 0.074 2 1 Pantothenic acid mg 0.074 2 1 Pantothenic acid mg 0.074 2 1 Pantothenic acid mg 0.029 0.2 1 <th< td=""><td>0.35</td><td></td><td></td></th<>	0.35			
Selenium, Se. mog 2.4 0 FLA 4	0.094			
Vitamins: Vitamin C, total ascorbic acid. mg 0.3 2 1 Thiamin. mg 0.036 2 1 Riboflavin. mg 0.211 0.020 3 1 Niacin. mg 0.305 2 1 Pantothenic acid. mg 0.674 2 1 Pantothenic acid. mg 0.074 2 1 Vitamin B-6 mg 0.074 2 1 Folate, total. mcg 11 2 1 Folate, total. mcg 0 0 2 7 Folate, total. mcg 0.29 2 1 Vitamin B-12. mcg 0.29 2 1 Vitamin A, Ru mcg 444	0.087			
Vitamin C, total ascorbic acid mg 0.3 2 1 Thiamin mg 0.036 2 1 Riboflavin mg 0.211 0.020 3 1 Niacin mg 0.305 2 1 Pantothenic acid mg 0.674 2 1 Vitamin B-6 mg 0.074 2 1 Folate, total mcg 11 2 1 Folate, total mcg 0 0 z 7 Folate, total mcg 0 0 z 7 Folate, food mcg 0 0 z 7 Folate, food mcg 11 2 1 Vitamin B-12 mcg 0.29 2 1 Vitamin B-12 mcg 0.29 2 1 Vitamin A, RAE mcg_RAE 44 0 NC 4 Retinol mg 1 1 1	1.7			
Vitamin C, total ascorbic acid mg 0.3 2 1 Thiamin. mg 0.036 2 1 Riboflavin. mg 0.211 0.020 3 1 Niacin. mg 0.305 2 1 Pantothenic acid. mg 0.674 2 1 Vitamin B-6. mg 0.074 2 1 Folate, total. mcg 11 2 1 Folate, total. mcg 0 z 7 Folate, food. mcg 0 z 7 Folate, food. mcg 11 2 1 Folate, food. mcg 11 2 1 Folate, food. mcg 11 0 Nc 4 Vitamin B-12. mcg 0.29 2 1 Vitamin A, IU IU 160 1 4 Vitamin E, (alpha-tocopherol). mg 1 1 1 Tocopherol,				
Thiamin	0.2			
Riboflavin. mg 0.211 0.020 3 1 Niacin. mg 0.305 2 1 Pantothenic acid. mg 0.674 2 1 Vitamin B-6 mg 0.074 2 1 Folate, total. mcg 11 2 1 Folate, food. mcg 11 2 1 Folate, pode. mcg 11 2 1 Folate, food. mcg 11 2 1 Folate, pode. mcg 11 2 1 Folate, pode. mcg 11 2 1 Folate, pode. mcg 11 2 1 Vitamin B-12 mcg 0.29 2 1 Vitamin A, IU. IU 160 1 4 Vitamin E (alpha-tocopherol). mg 7 7 7 7 7 7 7 7 7 7 7 7 7 7 <td>0.026</td> <td></td> <td></td>	0.026			
Niacin. mg 0.305 2 1 Pantothenic acid. mg 0.674 2 1 Vitamin B-6. mg 0.074 2 1 Folate, total. mcg 11 2 1 Folate, total. mcg 0 z 7 Folate, food. mcg 0 z 7 Folate, food. mcg 11 2 1 Folate, food. mcg 11 2 1 Folate, food. mcg 11 0 NC 4 Vitamin F. mcg 0.29 2 1 Vitamin A, IU. IU 160 1 4 Vitamin A, RAE mcg_RAE 44 0 NC 4 Retinol. mcg 43 0 0 4 Vitamin E (alpha-tocopherol). mg Tocopherol, delta. mg Tocopherol, delta. mg Tocopherol, delta. 1 1 1 1	0.152			
Pantothenic acid mg 0.674 2 1 Vitamin B-6 mg 0.074 2 1 Folate, total mcg 11 2 1 Folate, todd mcg 0 0 z 7 Folate, food mcg 11 2 1 Folate, DFE mcg_DFE 11 0 NC 4 Vitamin B-12 mcg 0.29 2 1 Vitamin A, IU IU 160 1 4 Vitamin A, RAE mcg_RAE 44 0 NC 4 Retinol mcg 43 0 0 4 Vitamin E (alpha-tocopherol). mg Tocopherol, delta Tocopherol, delta mg Tocopherol, delta Tocopherol, delta	0.220			
Vitamin B-6. mg 0.074 2 1 Folate, total. mcg 11 2 1 Folic acid. mcg 0 0 z 7 Folate, food. mcg 11 2 1 Folate, DFE. mcg 11 0 NC 4 Vitamin DFE. mcg 0.29 2 1 Vitamin B-12. mcg 0.29 2 1 Vitamin A, IU. IU 160 1 4 Vitamin A, RAE. mcg_RAE 44 0 NC 4 Retinol. mcg 43 0 0 4 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. Tocopherol, beta. Tocopherol, beta. Tocopherol, beta. Tocopherol, beta. Tocopherol, beta.<	0.485			
Folate, total	0.053			
Folic acid mcg 0 0 2 7 Folate, food mcg 11 2 1 Folate, DFE mcg_DFE 11 0 NC 4 Vitamin B-12 mcg 0.29 2 1 Vitamin A, RAE mcg_RAE 44 0 NC 4 Retinol mcg 43 0 0 0 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D U Vitamin K (phylloquinone) mcg Ipids: Fatty acids, total saturated 9 3.630 0 1 4:0 9 0.160 1 1 6:0 9 0.090 1 1 6:0 9 0.090 1 1 10:0 9 0.120 1 1 11:0 1 12:0 9 0.130 1 1 13:0 9 14:0 9 0.500 1 1 13:0 9	8			
Folate, food	0			
Folate, DFE	8			
Vitamin B-12 mcg 0.29 2 1 Vitamin A, IU IU 160 1 4 Vitamin A, RAE mcg_RAE 44 0 NC 4 Retinol mcg 43 0 0 4 Vitamin E (alpha-tocopherol) mg 7 0 0 4 Tocopherol, beta mg mg 0 0 4 0 NC 4 Tocopherol, beta mg mg 0 0 0 4 0 NC 0 0 0 1 0 0 0 1 0 0 0 1 0 1 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 <td< td=""><td>8</td><td></td><td></td></td<>	8			
Vitamin A, IU IU 160 1 4 Vitamin A, RAE mcg_RAE 44 0 NC 4 Retinol mcg 43 0 0 4 Vitamin E (alpha-tocopherol) mg 7 7 8 9 1 1 4 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 2 1	0.21			
Vitamin A, RAE. mcg_RAE 44 0 NC 4 Retinol. mcg 43 0 0 4 Vitamin E (alpha-tocopherol). mg <td>115</td> <td></td> <td></td>	115			
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Vitamin K (phylloquinone) Fatty acids, total saturated g 3.630 0 1 4:0 g 0.160 1 1 6:0 g 0.090 1 1 8:0 g 0.050 1 1 10:0 g 0.120 1 1 12:0 g 0.130 1 1 13:0 g 0.500 1 1 15:0 g 0.500 1 1	32			
Tocopherol, beta	31			
Tocopherol, gamma				
Tocopherol, delta				
Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 3.630 0 1 4:0. g 0.160 1 1 6:0. g 0.090 1 1 8:0. g 0.050 1 1 10:0. g 0.120 1 1 12:0. g 0.130 1 1 13:0. g 14:0. g 0.500 1 1 15:0. g				
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 3.630 0 1 4:0 g 0.160 1 1 6:0 g 0.090 1 1 8:0 g 0.050 1 1 10:0 g 0.120 1 1 12:0 g 0.130 1 1 13:0 g 14:0 g 0.500 1 1 15:0 g				
Lipids: Fatty acids, total saturated. g 3.630 0 1 4:0				
Fatty acids, total saturated 9 3.630 0 1 4:0 9 0.160 1 1 6:0 9 0.090 1 1 8:0 9 0.050 1 1 10:0 9 0.120 1 1 12:0 9 0.130 1 1 13:0 9 14:0 9 0.500 1 1 15:0 9				
Fatty acids, total saturated 9 3.630 0 1 4:0 9 0.160 1 1 6:0 9 0.090 1 1 8:0 9 0.050 1 1 10:0 9 0.120 1 1 12:0 9 0.130 1 1 13:0 9 14:0 9 0.500 1 1 15:0 9				
4:0	2.614			
8:0 g 0.050 1 1 10:0 g 0.120 1 1 12:0 g 0.130 1 1 13:0 g 14:0 g 0.500 1 1 15:0 g	0.115			
10:0. g 0.120 1 1 12:0. g 0.130 1 1 13:0. g 14:0. g 0.500 1 1 15:0. g	0.065			
12:0. g 0.130 1 1 13:0. .g 14:0. .g 0.500 1 1 15:0. .g	0.036			
13:0g 14:0g 0.500 1 1 15:0g	0.086			
14:0g 0.500 1 1 15:0g	0.094			
15:0g				
	0.360			
and the second of the second o				
16:0g 1.610 1 1	1.159			
17:0 9				
18:0g 0.960 1 1	0.691			
20:0g				
22:0g				

	<u>Aı</u>	mount in 100 gram		e portio	<u>n</u>	Amount in edible portion of common measures of food			
		Numbe		_		<u>m</u> e	<u> </u>		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.750	0		1		1.260			
14:1g	1.750	· ·		-		1.200			
15:1	0.110	1		1		0.079			
18:1 undifferentiated	1.640	1		1		1.181			
20:1									
Fatty acids, total polyunsaturated	0.220			1 1		0.158			
18:2 undifferentiated	0.140 0.070			1		0.101 0.050			
18:4									
20:3 undifferentiated									
20:5 n-3									
22:6 n-3	5	2		1		4			
Cholesterol mg Phytosterols mg		2		1		4			
amino Acids:									
Tryptophan	0.056			1		0.040			
Threonine	0.171 0.214			1 1		0.123			
Isoleucine	0.214			1		0.154 0.248			
_	0.344			1		0.248			
Lysine	0.279			1		0.201			
Methionineg									
Cystine	0.040			1		0.029			
Phenylalanine9	0.189			1		0.136			
Tyrosine9	0.178			1		0.128			
Valineg	0.256			1		0.184			
Arginine9	0.164			1		0.118			
Histidineg	0.096			1		0.069			
Alanineg	0.147			1		0.106			
Aspartic acidg	0.323			1		0.233			
Glutamic acid	0.758			1		0.546			
Glycineg	0.108			1		0.078			
Prolineg	0.321			1		0.231			
Serineg	0.201	. 0		1		0.145			
Hydroxyprolineg									
Others:									
Alcohol, ethyl	2	•				2			
Caffeine mg	3 106	0	FLA	4 4		2 76			
Theobrominemg	106	U	FLA	4		70			
Carotene, betamcg	12	0	0	4		8.640			
Carotene, alpha mcg		-	-						
Cryptoxanthin, beta mcg									
Lycopenemcg									
Lutein + zeaxanthin mcg									

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

Common Measures:

Measure 1 = 72g: .5 cup (4 fl oz)

Frozen yogurts, chocolate, soft-serve

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.7

Food Group: 19 Sweets

		Al	mount in 10	<u>o grams</u>	or earn	ie portio	<u>'n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	-	
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Tractionto and Office	 	5411	3.u. 2.101								
Proximates:											
Water	g	71.20				4		123.89			
Energy		127				4		221			
Energy	kj	531				4		925			
Protein	_	3.00				4		5.22			
Total lipid (fat)		3.60				4		6.26			
Ash		0.60		0	NR	4		1.04			
Carbohydrate, by difference		21.60				4		37.58			
Fiber, total dietary		0.0				7		0.0			
Sugars, total	_	19.92		0	BFSN	4		34.66			
Starch	g										
Minerals:											
Calcium, Ca	mg	100				4		174			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.46				4		0.80			
Magnesium, Mg	mg	10				4		17			
Phosphorus, P	mg	89				4		155			
Potassium, K	mg	156				4		271			
Sodium, Na	mg	63				4		110			
Zinc, Zn	mg	0.28				4		0.49			
Copper, Cu		0.009	1			4		0.016			
Manganese, Mn											
Selenium, Se	mcg	1.9		0	BFPN	4		3.3			
Vitamins:											
Vitamin C, total ascorbic acid		0.7				4		1.2			
Thiamin	-	0.040 0.180				4		0.070 0.313			
Riboflavin		0.180				4		0.313			
Pantothenic acid		0.070				4		0.122			
Vitamin B-6	-	0.040	1			4		0.070			
Folate, total	_	4				4		7			
Folic acid		0		0	BFSN	4		0			
Folate, food		4				4		7			
Folate, DFE		4		0	NC	4		7			
Vitamin B-12		0.07				4		0.12			
Vitamin A, IU		176		0	NC	4		306			
Vitamin A, RAE	mcg_RAE	49		0	NC	4		86			
Retinol		48		0	BFSN	4		84			
Vitamin E (alpha-tocopherol)		0.09		0	BFSN	4		0.16			
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	BFSN	4		0.5			
Lipids:											
Fatty acids, total saturated	g	2.326	i			4		4.047			
4:0		0.111				4		0.193			
6:0		0.078				4		0.136			
8:0	-	0.044				4		0.077			
10:0	-	0.100				4		0.174			
12:0	-	0.122				4		0.212			
13:0		_				_		_			
14:0		0.377				4		0.656			
15:0						_					
16:0		0.986	i			4		1.716			
17:0						_					
18:0		0.355	i			4		0.618			
20:0	-										
22:0											

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.986				4		1.716			
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	• • • • • • • • • • • • • • • • • • • •					_					
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.078				4		0.136			
17:1	-										
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.820				4		1.427			
20:1	-	0.000				4		0.000			
22:1 undifferentiated	•	0.000				4		0.000			
24:1 c		0.100									
Fatty acids, total polyunsaturated		0.100				4		0.174			
18:2 undifferentiated	-	0.067				4		0.117			
18:3 undifferentiated	-	0.033				4		0.057			
18:4	-	0.000				4		0.000			
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated 20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4		0 000			
						4		0.000			
20:5 n-3		0.000				4		0.000			
22:5 n-3		0.000				4		0.000			
22:6 n-3	-	0.000				4		0.000			
Fatty acids, total trans		12				4		23			
CholesterolPhytosterols	• • • • • • • • • • • • • • • • • • • •	13				4		23			
,											
Others:											
Alcohol, ethyl	-	0.0				4		0.0			
Caffeine	• • • • • • • • • • • • • • • • • • • •	0		0	BFSN	4		0			
Theobromine	mg	0		0	BFSN	4		0			
Carotenoids:											
Carotene, beta	mcg	9		0	BFSN	4		15.203			
Carotene, alpha		0		0	BFSN	4		0.000			
Cryptoxanthin, beta		0		0	BFSN	4		0.000			
Lycopene		0		0	BFSN	4		0.000			
Lutein + zeaxanthin		0		0	BFSN	4		0.000			

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Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	rams	of edib	le portion	<u>1</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	65.30	0.386	8		1		47.02			
Energy	kcal	163		0	NC	4		118			
Energy	kj	683		0	NC	4		492			
Protein (N x 6.25)	g	4.00	0.119	8		1		2.88			
Total lipid (fat)	g	5.60	0.120	8		1		4.03			
Ash	g	0.90	0.017	8		1		0.65			
Carbohydrate, by difference	g	24.20		0	NC	4		17.42			
Fiber, total dietary	g	0.0		0	FLM	4		0.0			
Sugars, total	g	24.00		0	FLM	4		17.28			
Starch	g										
* ** 1											
Minerals:	ma	143	4.303	8		1		103			
Calcium, Ca	_	0.30	4.303	8		1		0.22			
Magnesium, Mg	_	14	0.273	3		1		10			
Phosphorus, P		129	3.055	3		1		93			
Potassium, K	_	211	10.899	3		1		152			
Sodium, Na		87	4.037	8		1		63			
Zine, Zn	-	0.42		2		1		0.30			
Copper, Cu		0.040		2		1		0.029			
Manganese, Mn		0.012		0	FLM	4		0.009			
Selenium, Se	mcg	3.3		0	FLM	4		2.3			
7itamina.											
<u>/itamins:</u>		0.0		•				0.6			
Vitamin C, total ascorbic acid	_	0.8	0.007	2 3		1 1		0.6			
Thiamin	-	0.037 0.22 4		8		1		0.027 0.161			
Riboflavin		0.224		3		1		0.161			
Niacin Pantothenic acid	_	0.287		1		1		0.464			
Vitamin B-6	-	0.043		2		1		0.464			
Folate, total	-	6		2		1		4			
Folic acid		Ö		0	FLM	4		0			
Folate, food		6		2		1		4			
Folate, DFE		6		0	NC	4		4			
Vitamin B-12		0.29		2		1		0.21			
Vitamin A, IU		212	8.609	3		1		153			
Vitamin A, RAE		59		0	FLA	4		43			
Retinol		58		0	FLA	4		42			
Vitamin E (alpha-tocopherol)		0.11		0	FLM	4		0.08			
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	<u>mcg</u>	0.3		0	FLM	4		0.2			
ipids:											
Fatty acids, total saturated	a	3.420		0		1		2.462			
4:0		0.180		1		1		0.130			
6:0		0.100		1		1		0.072			
8:0		0.060		1		1		0.043			
10:0	-	0.140		1		1		0.101			
12:0		0.160		1		1		0.101			
13:0		0.200		-		-					
14:0		0.570		1		1		0.410			
15:0											
16:0		1.520		1		1		1.094			
17:0											
18:0	-	0.680		1		1		0.490			
20:0	-										
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number	•			measures 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		1.590		0		1		1.145			
15:1	-										
16:1 undifferentiated	-	0.130		1		1		0.094			
17:1											
18:1 undifferentiated	_	1.460		1		1		1.051			
20:1	-	0.000		0		1		0.000			
22:1 undifferentiated	•	0.000		0		1		0.000			
24:1 c											
Fatty acids, total polyunsaturated		0.210		0		1		0.151			
18:2 undifferentiated		0.130		1		1		0.094			
18:3 undifferentiated		0.080		1		1		0.058			
18:4		0.000		0		1		0.000			
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated		0.000		0		1		0.000			
20:5 n-3	-	0.000		0		1		0.000			
22:5 n-3		0.000		0		1		0.000			
22:6 n-3		0.000		0		1		0.000			
Fatty acids, total trans											
Cholesterol		2		2		1		1			
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.053		0		1		0.038			
Threonine		0.169		0		1		0.122			
Isoleucine	_	0.228		0		1		0.164			
Leucine		0.368		0		1		0.265			
Lysine	-	0.298		0		1		0.215			
Methionine		0.094		0		1		0.068			
Cystine		0.035		0		1		0.025			
Phenylalanine		0.181		0		1		0.130			
Tyrosine		0.181		0		1		0.130			
Valine	-	0.252		0		1		0.181			
Arginine		0.136		0		1		0.098			
Histidine		0.102		0		1		0.073			
Alanine	-	0.129		0		1		0.093			
Aspartic acid		0.285		0		1		0.205			
Glutamic acid		0.786		0		1		0.566			
Glycine	_	0.080		0		1		0.058			
Proline		0.364		0		1		0.262			
Serine		0.204		0		1		0.147			
Hydroxyproline	-	0.204		Ü		-		J.14/			
	9										
Others:	_			_		_		•			
Alcohol, ethyl		0.0		0	FLM	4		0.0			
Caffeine		0		0	FLM	4		0			
Theobromine	g	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta		11		0	FLA	4		7.579			
Carotene, alpha	mcg	0		0	FLA	4		0.000			
Cryptoxanthin, beta		0		0	FLA	4		0.000			
Lycopene		0		0	FLA	4		0.000			
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000			

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

Common Measures:

Measure 1 = 72g: .5 cup

Frozen yogurts, vanilla, soft-serve

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</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		
			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	56.45		1	MA	12		159.19	9.60		
Energy	kcal	173		0	NC	4		487	29		
Energy	kj	722		0	NC	4		2037	123		
Protein (N x 6.25)	g	0.39		1	MA	12		1.10	0.07		
Total lipid (fat)	g	0.00		0	MC	9		0.00	0.00		
Ash	g	0.39		1	MA	12		1.10	0.07		
Carbohydrate, by difference	g	42.77		0	NC	4		120.61	7.27		
Fiber, total dietary	g	1.5		1	MA	12		4.2	0.3		
Sugars, total	g	35.30		1	MA	12		99.55	6.00		
Starch	g										
Minopole											
Minerals:	ma	14		1	MA	12		39	2		
Calcium, CaIron. Fe	-	0.31		1	MA MA	12		0.87	0.05		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	5		0	MA FLA	4		15	1		
Phosphorus, P		7		0	FLA	4		20	1		
Potassium, K	-	91		0	FLA	4		257	15		
Sodium. Na.	-	15		1	LC	8		42	3		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.06		1	шс	1		0.17	0.01		
Copper, Cu		0.080)	1		1		0.226	0.014		
Manganese, Mn		0.419		0	FLA	4		1.182	0.071		
Selenium, Se		0.6		0	FLA	4		1.6	0.1		
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	1.0		0	FLA	4		2.8	0.2		
Thiamin	-	0.006		0	FLA	4		0.018	0.001		
Riboflavin	=	0.023		0	FLA	4		0.066	0.004		
Niacin	-	0.062		0	FLA	4		0.175	0.011		
Pantothenic acid	-	0.048		0	FLA	4		0.134	0.008		
Vitamin B-6	-	0.036	5	0	FLA	4		0.102	0.006		
Folate, total		1		0	FLA	4		3	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		1		0	FLA	4		3	0		
Folate, DFE		1		0	NC	4		3	0		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU		9		0	NC	4		26	2		
Vitamin A, RAE		1		0	FLA	4		3	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.02		0	FLA	4		0.05	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.2		0	FLA	4		0.5	0.0		
	g	V		•		-		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000		0	FLM	4		0.000	0.000		
4:0		0.000		0	FLC	4		0.000	0.000		
6:0	-	0.000		0	FLC	4		0.000	0.000		
8:0	-	0.000		0	FLC	4		0.000	0.000		
10:0		0.000		0	FLC	4		0.000	0.000		
12:0		0.000)	0	FLM	4		0.000	0.000		
13:0				_	_	_		_			
14:0		0.000)	0	FLM	4		0.000	0.000		
15:0				_	_	_		_			
16:0		0.000)	0	FLM	4		0.000	0.000		
17:0	-			_	_	_					
18:0	-	0.000)	0	FLM	4		0.000	0.000		
20:0	-										
22:0	-										
24:0	g										

	<u>Ar</u>	mount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	FLM	4		0.000	0.000	
14:1g	0.000		Ū	1111	-		0.000	0.000	
15:1									
16:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
17:1g	0.000		·		-		0.000	0.000	
18:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
20:1g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0	FLM	4		0.000	0.000	
18:2 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
18:4g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:5 n-3g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans									
Cholesterol mg	0		1	LC	8		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	4		0	FLA	4		11.419	0.688	
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	3		0	FLA	4		8.564	0.516	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	10		0	FLA	4		28.699	1.730	

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 = 282g: 1 cup Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19291

Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		97.80		0	MC	9		89.98			
Energy	kcal	8		0	MC	9		7			
Energy	kj	33				9		31			
Protein	g	1.40		0	MC	9		1.29			
Total lipid (fat)	g	0.00		0	NR	4		0.00			
Ash	g	0.00		0	MC	9		0.00			
Carbohydrate, by difference	g	0.00		0	MC	9		0.00			
Fiber, total dietary		0.0		0	MC	9		0.0			
Sugars, total		0.00		0	MC	9		0.00			
Starch		0.00		·				0.00			
Minerals:											
Calcium, Ca	mg	0		0	MC	9		0			
Iron, Fe	mg	0.03		0	MC	9		0.03			
Magnesium, Mg	mg										
Phosphorus, P	mg	0		0	MC	9		0			
Potassium, K	mg	3		0	MC	9		3			
Sodium, Na	mg	49		0	MC	9		45			
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0	MC	9		0.0			
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU	IU	0		0	MC	9		0			
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	_	0.000)	0	MC	9		0.000			
Fatty acids, total monounsaturated.											
Fatty acids, total polyunsaturated											
Fatty acids, total trans	_										
Cholesterol	=	0		0	MC	9		0			
Phytosterols	mg										

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

Common Measures:

Measure 1 = 92g: 1 NLEA Serving

Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbe	r			m	easures of food	<u>-</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	1.00	0.029	84		1		0.85	0.21		
Energy		381		0		4		324	80		
Energy		1594				4		1355	335		
Protein (N x 5.55)		7.80	0.031	84		1		6.63	1.64		
Total lipid (fat)	g	0.00		1		4		0.00	0.00		
Ash		0.70	0.016	84		1		0.60	0.15		
Carbohydrate, by difference	g	90.50		0	NC	4		76.93	19.01		
Fiber, total dietary	g	0.0		2	LC	8		0.0	0.0		
Sugars, total	g	90.50		0	NR	4		76.93	19.01		
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	3	0.102	9		1		3	1		
Iron, Fe	-	0.13	0.102	0	FLC	4		0.11	0.03		
Magnesium, Mg		2		0	FLC	4		2	1		
Phosphorus, P		141		0	FLA	4		120	30		
Potassium, K	-	7	0.966	17		1		6	1		
Sodium, Na		466	54.339	4	LC	8		396	98		
Zinc, Zn		0.01		2		1		0.01	0.00		
Copper, Cu	mg	0.118	3	1		1		0.100	0.025		
Manganese, Mn	mg	0.011	-	0	FLC	4		0.010	0.002		
Selenium, Se	mcg	6.7		1	A	1		5.7	1.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4		0.0	0.0		
Thiamin		0.003	3	0	FLC	4		0.002	0.001		
Riboflavin		0.041		0	FLC	4		0.035	0.009		
Niacin		0.009		0	FLC	4		0.008	0.002		
Pantothenic acid	-	0.014	Į.	0	FLC	4		0.012	0.003		
Vitamin B-6	mg	0.001		0	FLC	4		0.001	0.000		
Folate, total	mcg	3		0	FLC	4		3	1		
Folic acid		0		0	FLC	4		0	0		
Folate, food	mcg	3		0	FLC	4		3	1		
Folate, DFE	mcg_DFE	3		0	NC	4		3	1		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		0		0	FLC	4		0	0		
Vitamin A, RAE		0		0	FLC	4		0	0		
Retinol		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0		
vitanini K (phynoquinone)	9			·		-		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated		0.000		2	LC	8		0.000	0.000		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	_	0.000	,	0		4		0.000	0.000		
13:0 14:0.	-	0.000	1	0		4		0.000	0.000		
14:0		0.000	•	U		4		0.000	0.000		
16:0	_	0.000)	0		4		0.000	0.000		
17:0		0.000	•	Ü		-		3.000	0.000		
18:0	_	0.000)	0		4		0.000	0.000		
20:0	_	0.000		Ü		•		3.000	0.000		
22:0	_										
24:0	_										

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
				Number		Cauraa	Confidence	<u>me</u>	easures of 1000	•
Nutrients and Units	•	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.000		2	LC	8		0.000	0.000	
14:1	-									
15:1		0.000		0				0.000	0.000	
16:1 undifferentiated	-	0.000		0		4		0.000	0.000	
18:1 undifferentiated	-	0.000		0		4		0.000	0.000	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c	•	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.000		2	LC	8		0.000	0.000	
18:2 undifferentiated		0.000		0		4		0.000	0.000	
18:3 undifferentiated		0.000		0		4		0.000	0.000	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans										
Cholesterol	-	0		2	LC	8		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	
Threonine		0.151		0		1		0.128	0.032	
Isoleucine	g	0.118		0		1		0.100	0.025	
Leucine	g	0.251		0		1		0.213	0.053	
Lysine	g	0.354		0		1		0.301	0.074	
Methionine	g	0.062		0		1		0.053	0.013	
Cystine	g	0.000		0		1		0.000	0.000	
Phenylalanine	g	0.177		0		1		0.150	0.037	
Tyrosine	g	0.031		0		1		0.026	0.007	
Valine	g	0.213		0		1		0.181	0.045	
Arginine	g	0.676		0		1		0.575	0.142	
Histidine	g	0.068		0		1		0.058	0.014	
Alanine		0.818		0		1		0.695	0.172	
Aspartic acid	-	0.538		0		1		0.457	0.113	
Glutamic acid	-	0.894		0		1		0.760	0.188	
Glycine		1.947		0		1		1.655	0.409	
Proline	g	1.256		0		1		1.068	0.264	
Serine	-	0.266		0		1		0.226	0.056	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0	
Caffeine		0		0	FLC	4		0	0	
Theobromine		0		0	FLC	4		0	0	
Carotenoids:	·· -									
	mca	0		0	FLC	4		0.000	0.000	
Carotene, beta		0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	
		U		•	- 110	-		0.000	3.000	
Lycopene	mca	0		0	FLC	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Gelatin desserts, dry mix

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19173 Gelatin desserts, dry mix, prepared with water

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	84.39		0	RPI	6		455.68	113.92	455.68	
Energy		62		0	RPI	6		333	83	333	
Energy		258		0	RPI	6		1393	348	1393	
Protein		1.22		0	RPI	6		6.61	1.65	6.61	
Total lipid (fat)		0.00		0	RPI	6		0.00	0.00	0.00	
Ash		0.20		0	RPI	6		1.06	0.27	1.06	
Carbohydrate, by difference		14.19		0	RPI	6		76.65	19.16	76.65	
Fiber, total dietary		0.0		0	RPI	6		0.0	0.0	0.0	
Sugars, total		14.19		0	RPI	6		76.65	19.16	76.65	
Starch	g										
Minerals:											
Calcium, Ca	mg	3		0	RPA	1		14	4	14	
Iron, Fe	_	0.02		0	RPI	6		0.13	0.03	0.13	
Magnesium, Mg	_	1		0	RPI	6		5	1	5	
Phosphorus, P		22		0	RPI	6		119	30	119	
Potassium, K	_	1		0	RPA	1		7	2	7	
Sodium, Na	mg	75		0	RPI	6		405	101	405	
Zinc, Zn	mg	0.01		0	RPA	1		0.03	0.01	0.0	
Copper, Cu	mg	0.024	ŀ	0	RPA	1		0.132	0.033	0.1	
Manganese, Mn		0.002	!	0	RPI	6		0.012	0.003	0.0	
Selenium, Se	mcg	1.1		0	RPI	6		5.7	1.4	5.7	
itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	RPI	6		0.0	0.0	0.0	
Thiamin	_	0.000)	0	RPI	6		0.002	0.001	0.0	
Riboflavin	_	0.006		0	RPI	6		0.035	0.009	0.0	
Niacin		0.001		0	RPI	6		0.008	0.002	0.0	
Pantothenic acid	_	0.002	!	0	RPI	6		0.012	0.003	0.0	
Vitamin B-6	-	0.000)	0	RPI	6		0.001	0.000	0.0	
Folate, total	-	1		0	RPI	6		3	1	3	
Folic acid		0		0	RPI	6		0	0	0	
Folate, food		1		0	RPI	6		3	1	3	
Folate, DFE		1		0	NC	4		3	1	3	
Vitamin B-12		0.00		0	RPI	6		0.00	0.00	0.0	
Vitamin A, IU	IU	0		0	RPI	6		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0	0	0	
Retinol	mcg	0		0	RPI	6		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	0.0	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		0	RPI	6		0.0	0.0	0.0	
Vitamin K (phylloquinone)	Ilicy	0.0		U	RPI	ь		0.0	0.0	0.0	
<u> ipids:</u>											
Fatty acids, total saturated	g	0.000)	0	RPI	6		0.000	0.000	0.0	
4:0		0.000)	0	RPI	6		0.000	0.000	0.0	
6:0	g	0.000)	0	RPI	6		0.000	0.000	0.0	
8:0	g	0.000)	0	RPI	6		0.000	0.000	0.0	
10:0	g	0.000	1	0	RPI	6		0.000	0.000	0.0	
12:0	g	0.000	1	0	RPI	6		0.000	0.000	0.0	
13:0	-										
14:0	g	0.000	1	0	RPI	6		0.000	0.000	0.0	
15:0											
16:0	g	0.000	1	0	RPI	6		0.000	0.000	0.0	
17:0	g										
18:0	g	0.000	1	0	RPI	6		0.000	0.000	0.0	
20:0	-										
22:0	α .										

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atedg	0.000		0	RPI	6		0.000	0.000	0.000	
14:1	_										
15:1											
16:1 undifferentiated	_	0.000		0	RPI	6		0.000	0.000	0.000	
17:1	_					_					
18:1 undifferentiated	_	0.000		0	RPI	6		0.000	0.000	0.000	
20:1		0.000		0	RPI	6		0.000	0.000	0.000	
22:1 undifferentiated	•	0.000		0	RPI	6		0.000	0.000	0.000	
24:1 c		0.000		•		_				0.000	
Fatty acids, total polyunsaturat		0.000		0 0	RPI	6 6		0.000	0.000	0.000	
18:2 undifferentiated		0.000		0	RPI RPI	6		0.000	0.000	0.000	
18:3 undifferentiated		0.000						0.000	0.000	0.000	
18:4	_	0.000		0	RPI	6		0.000	0.000	0.000	
20:2 n-6 c,c	_										
20:3 undifferentiated	_	0.000		0	RPI	6		0.000	0.000	0.000	
20:4 undifferentiated	_	0.000		0	RPI	6				0.000	
20:5 n-3	=			0		6		0.000 0.000	0.000		
22:5 n-3		0.000		0	RPI	6			0.000	0.000	
22:6 n-3		0.000		U	RPI	0		0.000	0.000	0.000	
Fatty acids, total trans		0		0	RPI	6		0	0	0	
Cholesterol	_	U		U	RPI	6		U	U	U	
Phytosterols	Ing										
Amino Acids:											
Tryptophan	g	0.000		0	RPA	1		0.000	0.000	0.000	
Threonine	g	0.024		0	RPA	1		0.128	0.032	0.128	
Isoleucine	g	0.019		0	RPA	1		0.100	0.025	0.100	
Leucine	g	0.039		0	RPA	1		0.213	0.053	0.213	
Lysine	g	0.056		0	RPA	1		0.300	0.075	0.300	
Methionine	g	0.010		0	RPA	1		0.053	0.013	0.053	
Cystine	g	0.000		0	RPA	1		0.000	0.000	0.000	
Phenylalanine	g	0.028		0	RPA	1		0.150	0.037	0.150	
Tyrosine	g	0.005		0	RPA	1		0.026	0.007	0.026	
Valine	g	0.033		0	RPA	1		0.180	0.045	0.180	
Arginine	g	0.106		0	RPA	1		0.573	0.143	0.573	
Histidine	g	0.011		0	RPA	1		0.058	0.014	0.058	
Alanine	g	0.128		0	RPA	1		0.693	0.173	0.693	
Aspartic acid	g	0.084		0	RPA	1		0.456	0.114	0.456	
Glutamic acid	g	0.140		0	RPA	1		0.757	0.189	0.757	
Glycine	g	0.305		0	RPA	1		1.649	0.412	1.649	
Proline		0.197		0	RPA	1		1.064	0.266	1.064	
Serine	g	0.042		0	RPA	1		0.225	0.056	0.225	
Hydroxyproline	g										
04											
Others:						_					
Alcohol, ethyl		0.0		0	RPI	6		0.0	0.0	0.0	
Caffeine	-	0		0	RPI	6		0	0	0	
Theobromine	mg	0		0	RPI	6		0	0	0	
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	RPI	6		0.000	0.000	0.000	
Carotene, alpha		0		0	RPI	6		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	RPI	6		0.000	0.000	0.000	
Lycopene		0		0	RPI	6		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	RPI	6		0.000	0.000	0.000	

Common Measures:

Measure 1 = 540g: 1 package (3 oz) yields

Measure 2 = 135g: .5 cup

Measure 3 = 540g: 1 package yield (2 cups)

Gelatin desserts, dry mix, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19175 Gelatin desserts, dry mix, reduced calorie, with aspartame

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure 3
Proximates:										
Water	g	1.93		0	FLC	4		0.12		
Energy	kcal	198		0	NC	4		13		
Energy	kj	829		0	NC	4		53		
Protein (N x 5.55)	g	15.67		1	LC	8		1.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	2.18		0	NR	4		0.14		
Carbohydrate, by difference	g	80.21		0	NC	4		5.13		
Fiber, total dietary	g	0.1		0	FLC	4		0.0		
Sugars, total		0.00		0	FLC	4		0.00		
Starch										
<u>Minerals:</u>										
Calcium, Ca	_	8		0	FLC	4		1		
Iron, Fe		0.06		0	FLC	4		0.00		
Magnesium, Mg		2		0	FLC	4		0		
Phosphorus, P		1293		0		4		83		
Potassium, K		14	1.45			1		1		
Sodium, Na		862		1	LC	8		55		
Zinc, Zn		0.00		0	FLC	4		0.00		
Copper, Cu		0.000		0	FLC	4		0.000		
Manganese, Mn		0.000)	0	FLC	4		0.000		
Selenium, Se	mcg	0.0		0	FLC	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin		0.000)	0	FLC	4		0.000		
Riboflavin		0.000)	0	FLC	4		0.000		
Niacin		0.000)	0	FLC	4		0.000		
Pantothenic acid		0.000)	0	FLC	4		0.000		
Vitamin B-6		0.000)	0	FLC	4		0.000		
Folate, total	mcg	0		0	FLC	4		0		
Folic acid		0		0	FLC	4		0		
Folate, food	mcg	0		0	FLC	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0	FLC	4		0.00		
Vitamin A, IU		0		0	FLC	4		0		
Vitamin A, RAE		0		0	FLC	4		0		
Retinol		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0		
[inide.										
Lipids:	a	0.000		1		8		0.000		
Fatty acids, total saturated				0	LC FLC	4				
4:0		0.000						0.000		
6:0	_	0.000		0	FLC	4		0.000		
8:0	-	0.000		0 0	FLC	4 4		0.000		
10:0 12:0	-	0.000		0	FLC FLC	4		0.000 0.000		
		0.000	•	U	FTC	4		0.000		
13:0		0.000	,	0	FLC	4		0.000		
14:0		0.000	•	U	FIC	4		0.000		
15:0		0.000	,	0	FLC	4		0.000		
16:0		0.000	•	U	FTC	4		0.000		
17:0	_	0 000		^	ET C	4		0 000		
18:0	_	0.000	,	0	FLC	4		0.000		
20:0	_									
22:0	9									

	<u>Ar</u>	nount in 100 gran	ns of edi	ble portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0	FLC	4		0.000		
14:19								
15:1	0.000	•	== 0			0.000		
16:1 undifferentiated	0.000	0	FLC	4		0.000		
17:1	0.000	0	FLC	4		0.000		
20:1g	0.000			4		0.000		
20:1	0.000	0		4		0.000		
22:1 undifferentiated	0.000	U	FLC	4		0.000		
Fatty acids, total polyunsaturatedg	0.000	0	FLC	4		0.000		
18:2 undifferentiatedg	0.000			4		0.000		
18:3 undifferentiated	0.000			4		0.000		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg	0.000	U	FLC	-		0.000		
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	FLC	4		0.000		
20:5 n-3	0.000			4		0.000		
22:5 n-3g	0.000			4		0.000		
22:6 n-3g	0.000	0		4		0.000		
Fatty acids, total trans	0.000	·		-		0.000		
Cholesterol mg	0	1	LC	8		0		
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeine mg	0	0		4		0		
Theobromine mg	0	0		4		0		
Carotenoids:								
Carotene, betamcg	0	0	FLC	4		0.000		
Carotene, alpha mcg	0	0	FLC	4		0.000		
Cryptoxanthin, betamcg	0	0	FLC	4		0.000		
Lycopene mcg	0	0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0	0	FLC	4		0.000		

Common Measures:

Measure 1 = 6.4g: 1 serving

Calories Factors: Protein 0 Fat 0 Carbohydrate 2.47

Food Group: 19 Sweets

NDB No. 19703 Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>[</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	6.70		0		4		0.60	0.67	0.17	
Energy		345		0		4		31	35	9	
Energy	kj	1443				4		130	144	36	
Protein (N x 5.55)		55.30		0		4		4.98	5.53	1.38	
Total lipid (fat)		0.00		1		4		0.00	0.00	0.00	
Ash		4.70		0		4		0.42	0.47	0.12	
Carbohydrate, by difference		33.30		0	NC	4		3.00	3.33	0.83	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg	2		0		4		0	0	0	
Iron, Fe		0.02		1		4		0.00	0.00	0.00	
Magnesium, Mg	mg	1		0		4		0	0	0	
Phosphorus, P	<u>mg</u>	0		0		1		0	0	0	
Potassium, K		1985		0		1		179	199	50	
Sodium, Na	-	2751		0		1		248	275	69	
Zinc, Zn		0.07		1		4		0.01	0.01	0.00	
Copper, Cu		1.016		1		4		0.091	0.102	0.02	
Manganese, Mn		0.049)	1		4		0.004	0.005	0.00	
Selenium, Se	mcg	25.5		0	BFPN	4		2.3	2.6	0.6	
Vitamins:											
Vitamin C, total ascorbic acid	mg	490.0		0		1		44.1	49.0	12.3	
Thiamin	mg	0.012	2	1		4		0.001	0.001	0.000	
Riboflavin	mg	0.108	3	1		4		0.010	0.011	0.003	
Niacin	<u>mg</u>	0.040)	1		4		0.004	0.004	0.00	
Pantothenic acid	-	0.059		1		4		0.005	0.006	0.00	
Vitamin B-6	-	0.049	•	1		4		0.004	0.005	0.00	
Folate, total		14		1		4		1	1	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		14		1		4		1	1	0	
Folate, DFE		14		0	NC	4		1 0.00	1	0	
Vitamin B-12		0.00		0 0		4 4		0.00	0.00	0.00	
Vitamin A, IU Vitamin A, RAE		0		0	AS	1		0	0 0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		Ü		Ū		,		Ü	O .	O .	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Linide											
Lipids: Fatty acids, total saturated	0	0.000	,	0		4		0.000	0.000	0.000	
Fatty acids, total monounsaturated	_	0.000	,	U		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0		4		0	0	0	
Phytosterols											
-											
Amino Acids:	a	0.000	,	^		4		0 000	0.000	2 22	
Tryptophan		0.000		0		1		0.000	0.000	0.000	
Threonine	-	1.066		0 0		1 1		0.096	0.107	0.02	
Isoleucine	_	0.837		0		1		0.075	0.084	0.021	
Leucine		1.774 2.501		0		1		0.160 0.225	0.177 0.250	0.044	
Lysine	-	0.439		0		1		0.225	0.250	0.063 0.011	
Methionine		0.439		0		1		0.040	0.044	0.01	

NDB No. 19703
Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

	Amount in	Amount in edible portion of common					
Nutrients and Units	Mean Std. Erro	Number of Data D or Points C		rce Confidence de Code	Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	1.256	0	1		0.113	0.126	0.031
Tyrosineg	0.219	0	1		0.020	0.022	0.005
Valineg	1.505	0	1		0.135	0.151	0.038
Arginineg	4.784	0	1		0.431	0.478	0.120
Histidineg	0.478	0	1		0.043	0.048	0.012
Alanineg	5.790	0	1		0.521	0.579	0.145
Aspartic acid	3.807	0	1		0.343	0.381	0.095
Glutamic acidg	6.328	0	1		0.570	0.633	0.158
Glycineg	13.773	0	1		1.240	1.377	0.344
Prolineg	8.890	0	1		0.800	0.889	0.222
Serineg	1.884	0	1		0.170	0.188	0.047
Hydroxyprolineg							
Others:							
Alcohol, ethylg							
Caffeine mg	0	0	z 7		0	0	0
Theobromine mg	0	0	z 7		0	0	0

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19704 Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

		<u>Aı</u>	nount in 100 gram	s of edi	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>l</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	-	6.70	0		4		0.60	0.67	0.17	
Energy		345	0		4		31	35	9	
Energy		1443			4		130	144	36	
Protein (N x 5.55)		55.30	0		4		4.98	5.53	1.38	
Total lipid (fat)		0.00	1		4		0.00	0.00	0.00	
Ash		4.70	0		4		0.42	0.47	0.12	
Carbohydrate, by difference		33.30	0	NC	4		3.00	3.33	0.83	
Fiber, total dietary		0.0	0		4		0.0	0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	2	0		4		0	0	0	
Iron, Fe		0.02	1		4		0.00	0.00	0.00	
Magnesium, Mg	_	1	0		4		0	0	0	
Phosphorus, P		1293	0		4		116	129	32	
Potassium, K	mg	14	1.459 7		1		1	1	0	
Sodium, Na	mg	158	0		1		14	16	4	
Zinc, Zn	<u>mg</u>	0.07	1		4		0.01	0.01	0.00	
Copper, Cu	mg	1.016			4		0.091	0.102	0.02	
Manganese, Mn	mg	0.049			4		0.004	0.005	0.00	
Selenium, Se	mcg	25.5	0	BFPN	4		2.3	2.6	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0		4		0.0	0.0	0.0	
Thiamin	_	0.012			4		0.001	0.001	0.00	
Riboflavin	_	0.108			4		0.010	0.011	0.00	
Niacin		0.040			4		0.004	0.004	0.00	
Pantothenic acid	_	0.059	1		4		0.005	0.006	0.00	
Vitamin B-6	-	0.049	1		4		0.004	0.005	0.00	
Folate, total	-	14	1		4		1	1	0	
Folic acid		0	0	Z	7		0	0	0	
Folate, food		14	1		4		1	1	0	
Folate, DFE		14	0	NC	4		1	1	0	
Vitamin B-12		0.00	0		4		0.00	0.00	0.00	
Vitamin A, IU	IU	0	0		4		0	0	0	
Vitamin A, RAE	mcg_RAE	0	0	AS	1		0	0	0	
Retinol		0	0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	fricg									
Lipids:										
Fatty acids, total saturated	g	0.000	0		4		0.000	0.000	0.00	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0	0		4		0	0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.000	0		1		0.000	0.000	0.00	
Threonine		1.066			1		0.006	0.000	0.00	
Isoleucine	-	0.837			1		0.096	0.107	0.02	
	_	1.774			1		0.160	0.084	0.02	
Leucine		2.501			1		0.160	0.177	0.04	
Lysine	-				1					
Methionine	y	0.439	0		1		0.040 0.000	0.044	0.0	

NDB No. 19704
Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

		<u>An</u>	nount in 100 grams		ole portion		Amount in edible portion of common measures of food		
Nutrients a	and Units	Mean		Deriv	Source C Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dhamalalanina	9	1.256	0		1		0.113	0.126	0.031
Phenylalanine Tyrosine		0.219	0		1		0.113	0.126	0.031
Valine		1.505	0		1		0.135	0.151	0.038
Arginine	-	4.784	0		1		0.431	0.478	0.120
Histidine		0.478	0		1		0.043	0.048	0.012
Alanine	•	5.790	0		1		0.521	0.579	0.145
Aspartic acid	g	3.807	0		1		0.343	0.381	0.095
Glutamic acid		6.328	0		1		0.570	0.633	0.158
Glycine	g	13.773	0		1		1.240	1.377	0.344
Proline	g	8.890	0		1		0.800	0.889	0.222
Serine	g	1.884	0		1		0.170	0.188	0.047
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g								
Caffeine	mg	0	0	Z	7		0	0	0
Theobromine	mg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19176 Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

		A	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nivierianta and Uni	40	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code			-	
Nutrients and Uni	ts	Mean	Sta. Error	romis	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	94.74		0	RPI	6		110.84	444.32		
Energy	kcal	20		0	RPI	6		24	95		
Energy	kj	85		0	RPI	6		99	396		
Protein	g	0.83		0	RPI	6		0.97	3.87		
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.00		
Ash	g	0.21		0	RPI	6		0.25	1.00		
Carbohydrate, by difference	g	4.22		0	RPI	6		4.94	19.81		
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0		
Sugars, total	g	0.00		0	RPI	6		0.00	0.00		
Starch	g										
<u> Minerals:</u>											
Calcium, Ca	mg	3		0	RPI	6		3	13		
Iron, Fe	mg	0.01		0	RPI	6		0.01	0.03		
Magnesium, Mg	mg	1		0	RPI	6		1	3		
Phosphorus, P	mg	68		0	RPI	6		80	319		
Potassium, K	mg	1		0	RPA	1		1	4		
Sodium, Na	mg	48		0	RPI	6		56	223		
Zinc, Zn	mg	0.00		0	RPI	6		0.01	0.02		
Copper, Cu	mg	0.007	7	0	RPI	6		0.008	0.031		
Manganese, Mn	mg	0.000)	0	RPI	6		0.000	0.002		
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	RPI	6		0.0	0.0		
Thiamin		0.000)	0	RPI	6		0.000	0.000		
Riboflavin		0.000)	0	RPI	6		0.000	0.000		
Niacin		0.000		0	RPI	6		0.000	0.000		
Pantothenic acid	mg	0.000)	0	RPI	6		0.000	0.000		
Vitamin B-6	_	0.000)	0	RPI	6		0.000	0.000		
Folate, total		0		0	RPI	6		0	0		
Folic acid	mcg	0		0	RPI	6		0	0		
Folate, food		0		0	RPI	6		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	RPI	6		0.00	0.00		
Vitamin A, IU		0		0	RPI	6		0	0		
Vitamin A, RAE		0		0	RPI	6		0	0		
Retinol	mcg	0		0	RPI	6		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0		
ipids:	_			_		_					
Fatty acids, total saturated		0.000		0	RPI	6		0.000	0.000		
4:0		0.000		0	RPI	6		0.000	0.000		
6:0	-	0.000		0	RPI	6		0.000	0.000		
8:0		0.000		0	RPI	6		0.000	0.000		
10:0	-	0.000		0	RPI	6		0.000	0.000		
12:0		0.000	,	0	RPI	6		0.000	0.000		
13:0				_		_					
14:0	_	0.000	,	0	RPI	6		0.000	0.000		
15:0				_		_					
16:0		0.000	,	0	RPI	6		0.000	0.000		
17:0	_			_		_					
18:0	_	0.000)	0	RPI	6		0.000	0.000		
20:0	_										
22:0	a										

NDB No. 19176
Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

	<u>Ar</u>	nount in 10	00 grams	of edik	<u>on</u>	Amount in edible portion of common			
			Number				measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	RPI	6		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	RPI	6		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0	RPI	6		0.000	0.000	
20:1g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiatedg	0.000		0	RPI	6		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiatedg	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiatedg	0.000		0	RPI	6		0.000	0.000	
18:4g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RPI	6		0.000	0.000	
20:5 n-3g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0		0	RPI	6		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RPI	6		0.0	0.0	
Caffeine mg	0		0	RPI	6		0	0	
Theobrominemg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, betamcg	0		0	RPI	6		0.000	0.000	
Carotene, alphamcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, betamcg	0		0	RPI	6		0.000	0.000	
Lycopene mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	RPI	6		0.000	0.000	

Common Measures:

Measure 1 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19702 Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

		<u>Aı</u>	mount in 100 gra	ams of	edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nun	nber				measures of food			
					eriv	Source	Confidence				
Nutrients and Units	6	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	1.00	0.029	84		1		0.85	0.21		
Energy	-	381		0		4		324	80		
Energy		1594				4		1355	335		
Protein (N x 5.55)		7.80	0.031	84		1		6.63	1.64		
Total lipid (fat)		0.00		1		4		0.00	0.00		
Ash		0.70	0.016	84		1		0.60	0.15		
Carbohydrate, by difference		90.50		0	NC	4		76.93	19.01		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total											
Starch	-										
Minerals:		•		•		_		•	_		
Calcium, Ca	-	3	0.102	9		1		3	1		
Iron, Fe.	-	0.15 2		1		4 4		0.13	0.03		
Magnesium, Mg		2 142		1		4		2 121	0 30		
Phosphorus, P	-	142 7	0.966	1 17		4 1		6	30 1		
Potassium, K Sodium, Na	-	491	0.900	0		1		6 417	103		
Zinc, Zn	-	0.01		2		1		0.01	0.00		
Copper, Cu		0.118		1		1		0.100	0.025		
Manganese, Mn		0.016		1		4		0.014	0.003		
Selenium, Se		3.6			BFPN	4		3.1	0.8		
	0										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		62.8		0		1		53.4	13.2		
Thiamin		0.002		1		4		0.002	0.000		
Riboflavin	-	0.021		1		4		0.018	0.004		
Niacin		0.008		1		4		0.007	0.002		
Pantothenic acid		0.011		1		4		0.009	0.002		
Vitamin B-6		0.010 3		1		4		0.009 3	0.002		
Folate, total		0		0	z	4 7		0	1 0		
Folic acid		3		1	Z	4		3	1		
Folate, foodFolate, DFE		3			NC	4		3 3	1		
Vitamin B-12		0.00		1	NC	4		0.00	0.00		
Vitamin B-12 Vitamin A, IU		0.00		1		4		0.00	0.00		
Vitamin A, RAE	mca RAF	0			AS	1		0	0		
Retinol		Ö		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		· ·		•	-	,		ŭ	v		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Linida											
Lipids:	~	0.000		0				0.000	0.000		
Fatty acids, total saturated		0.000		U		4		0.000	0.000		
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		1		4		0	0		
Phytosterols	-	-				-			Ť		
,											
Amino Acids:	~	0.000		0				0 000			
Tryptophan		0.000		0		1		0.000	0.000		
Threonine	-	0.151		0		1		0.128	0.032		
Isoleucine	-	0.118		0		1		0.100	0.025		
Leucine		0.251		0		1		0.213	0.053		
Lysine		0.354		0		1		0.301	0.074		
Methionine		0.062		0		1		0.053	0.013		
Cystine	g	0.000		0		1		0.000	0.000		

NDB No. 19702 Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

	Amount in 100 grams of edible portion								of common
Nutrients a	and Units	Mean S	Numbe of Data Std. Error Points	Deriv		Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Phenylalanine	g	0.177	0		1		0.150	0.037	
Tyrosine	g	0.031	0		1		0.026	0.007	
Valine	g	0.213	0		1		0.181	0.045	
Arginine	g	0.676	0		1		0.575	0.142	
Histidine	g	0.068	0		1		0.058	0.014	
Alanine	g	0.818	0		1		0.695	0.172	
Aspartic acid	g	0.538	0		1		0.457	0.113	
Glutamic acid		0.894	0		1		0.760	0.188	
Glycine	g	1.947	0		1		1.655	0.409	
Proline	g	1.256	0		1		1.068	0.264	
Serine	g	0.266	0		1		0.226	0.056	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g								
Caffeine		0	0	Z	7		0	0	
Theobromine	mg_	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19290

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>1110</u>	easures or roou	
Nutrients and Unit	S	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Personal										
Proximates: Water	ď	6.60		0	MC	9		0.17		
Energy	_	333		0	MC	9		8		
Energy		1393		U	MC	9		35		
0.				•	140	9				
Protein	_	56.80		0	MC			1.42		
Total lipid (fat)	_	0.10		0	NR	4		0.00		
Ash		7.10		0	MC	9		0.18		
Carbohydrate, by difference (1)	_	4.90		0	MC	9		0.12		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.10		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MC	9		1		
Iron, Fe	mg	1.17		0	MC	9		0.03		
Magnesium, Mg	mg									
Phosphorus, P		1361		0	MC	9		34		
Potassium, K		18		0	MC	9		0		
Sodium. Na	•	2282		0	MC	9		57		
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
	ma	0.0		0	мс	9		0.0		
Vitamin C, total ascorbic acid	_	0.0		U	MC	9		0.0		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		_						_		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000)	0	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	_									
Cholesterol		1		0	MC	9		0		
Phytosterols										

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

Common Measures:

Measure 1 = 2.5g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u> e	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	13.00		1		4		0.91	3.64		
Energy	kcal	335		0		4		23	94		
Energy	kj	1402				4		98	392		
Protein (N x 5.55)	g	85.60		1		4		5.99	23.97		
Total lipid (fat)	g	0.10		1		4		0.01	0.03		
Ash	g	1.30		1		4		0.09	0.36		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	NR	4		0.00	0.00		
Starch											
Minerals:				_		_					
Calcium, Ca	-	55		2		1		4	15		
Iron, Fe		1.11		2		1 1		0.08	0.31		
Magnesium, Mg		22		2				2	6		
Phosphorus, P	•	39 16		2		1		3 1	11		
Potassium, K		16		2		1		=	4		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	196		2		1		14	55		
Zinc, Zn		0.14		2		1 1		0.01	0.04		
Copper, Cu		2.161		2				0.151	0.605		
Manganese, Mn		0.105)	2	_	1		0.007	0.029		
Selenium, Se	mcg	39.5		1	A	1		2.8	11.1		
'itamins:											
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		2		1		0.0	0.0		
Thiamin	mg	0.025	5	2		1		0.002	0.007		
Riboflavin		0.230)	2		1		0.016	0.064		
Niacin		0.085	i	2		1		0.006	0.024		
Pantothenic acid		0.125	i	2		1		0.009	0.035		
Vitamin B-6	-	0.007	,	1		4		0.000	0.002		
Folate, total	-	30		2		1		2	8		
Folic acid		0		0	z	7		0	0		
Folate, food		30		2		1		2	8		
Folate, DFE		30		0	NC	4		2	8		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		0		2		1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0		
<u>aipids:</u>	_										
Fatty acids, total saturated		0.070		0		1		0.005	0.020		
4:0		0.000		0		1		0.000	0.000		
6:0	_	0.000		0		1		0.000	0.000		
8:0	_	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0		0.000)	1		1		0.000	0.000		
13:0		0.010		-				0.001			
14:0		0.010	,	1		1		0.001	0.003		
15:0				_		_					
16:0		0.040	,	1		1		0.003	0.011		
17:0	_					_					
18:0	_	0.030)	1		1		0.002	0.008		
20:0	_										

	<u>Ar</u>	nount in 100 gra		ible portic	<u>on</u>		edible portion of easures of food	
			ata Deriv		Confidence			•
Nutrients and Units	Mean	Std. Error Poin	IS Coue	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.060)	1		0.004	0.017	
14:1g								
15:1g								
16:1 undifferentiated	0.010		L	1		0.001	0.003	
17:1	0.050		L	1		0.004	0.014	
18:1 undifferentiatedg 20:1g	0.000		L	1		0.004 0.000	0.014 0.000	
20:1	0.000)	1		0.000	0.000	
24:1 c	0.000		,	-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.010)	1		0.001	0.003	
18:2 undifferentiated	0.000		L	1		0.000	0.000	
18:3 undifferentiatedg	0.000		L	1		0.000	0.000	
18:4g	0.000)	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000)	1		0.000	0.000	
20:5 n-3g	0.000)	1		0.000	0.000	
22:5 n-3g	0.000)	1		0.000	0.000	
22:6 n-3g	0.000)	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	g 0		L	4		0	0	
Phytosterolsmg	3							
Amino Acids:								
Tryptophan	0.000)	1		0.000	0.000	
Threonine	1.475)	1		0.103	0.413	
Isoleucine	1.158)	1		0.081	0.324	
Leucine	2.454)	1		0.172	0.687	
Lysine	3.460)	1		0.242	0.969	
Methionine	0.606)	1		0.042	0.170	
Cystineg	0.000)	1		0.000	0.000	
Phenylalanineg	1.737)	1		0.122	0.486	
Tyrosineg	0.303)	1		0.021	0.085	
Valineg	2.081)	1		0.146	0.583	
Arginineg	6.616)	1		0.463	1.852	
Histidine	0.662)	1		0.046	0.185	
Alanine	8.009)	1		0.561	2.243	
Aspartic acidg	5.265)	1		0.369	1.474	
Glutamic acidg	8.753)	1		0.613	2.451	
Glycine9	19.049)	1		1.333	5.334	
Prolineg	12.295)	1		0.861	3.443	
Serineg	2.605)	1		0.182	0.729	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0)	7		0.0	0.0	
Caffeine mg	0) z	7		0	0.0	
Theobromine mg	0) z	7		0	0	
Carotenoids:	•		_	·		·	·	
<u></u>			_			_		
Carotene, beta mcg) NR	4		0.000	0.000	
Carotene, alpha mcg) NR	4		0.000	0.000	
Cryptoxanthin, beta mcg) NR	4		0.000	0.000	
Lycopene mcg) NR	4		0.000	0.000	
Lutein + zeaxanthin mcg	0) NR	4		0.000	0.000	

Common Measures:

Measure 1 = 7.0g: 1 envelope (1 tbsp) Measure 2 = 28g: 1 package (1 oz)

Gelatins, dry powder, unsweetened

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>on</u>		edible portion	
			Nι	ımbeı	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Dunarian 44										
Proximates: Water	g	17.10	0.071	509		1		57.97	3.59	2.39
Energy	kcal	304		0	NC	4		1031	64	43
Energy		1272				4		4312	267	178
Protein (N x 6.25)		0.30	0.007	508		1		1.02	0.06	0.04
Total lipid (fat)	-	0.00	0.002	3		1		0.00	0.00	0.00
Ash		0.20	0.009	508		1		0.68	0.04	0.03
Carbohydrate, by difference		82.40		0	NC	4		279.34	17.30	11.54
Fiber, total dietary		0.2		0		4		0.7	0.0	0.0
Sugars, total		82.12		0	NR	4		278.39	17.25	11.50
Sucrose		0.89	0.245	9	AI	13		3.00	0.19	0.12
Glucose (dextrose)		35.75		1	AI	13		121.20	7.51	5.01
Fructose	g	40.94		1	AI	13		138.80	8.60	5.73
Lactose	g	20.04		-					3.00	5.75
Lactose	<u>9</u>	1.44	0.307	9	AI	13		4.88	0.30	0.20
Maltose		3.10	0.507	1	AI	13		10.51	0.50	0.43
Galactose		3.10		-	AI	13		10.51	0.65	0.43
Minerals:										
Calcium, Ca		6	0.396	13		1		20	1	1
Iron, Fe		0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg		2	0.159	14		1		7	0	0
Phosphorus, P		4	0.348	13		1		14	1	1
Potassium, K		52	9.923	14		1		176	11	7
Sodium, Na		4	0.560	14		1		14	1	1
Zinc, Zn		0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu		0.036		14		1		0.122	0.008	0.00
Manganese, Mn		0.080	0.026	14 2	A	1 1		0.271 2.7	0.017 0.2	0.01 0.1
vitamins:										
Vitamin C, total ascorbic acid	ma	0.5	0.141	4		1		1.7	0.1	0.1
Thiamin		0.000)	1		4		0.000	0.000	0.00
Riboflavin		0.038	0.012	4		1		0.129	0.008	0.00
Niacin	=	0.121	0.025	4		1		0.410	0.025	0.01
Pantothenic acid		0.068	0.009	4		1		0.231	0.014	0.01
Vitamin B-6		0.024	0.005	4		1		0.081	0.005	0.00
Folate, total		2		1		1		7	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		2		1		1		7	0	0
Folate, DFE	_	2		0	NC	4		7	0	0
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin A, IU		0		1		4		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D		0.0		2	77	6		0.0	0.0	0.0
Vitamin K (phylloquinone)	nicg	0.0		2	JA	6		0.0	0.0	0.0
ipids: Fatty acids, total saturated	a	0.000		0		1		0.000	0.000	0.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0		0.000		0		4		0.000	0.000	0.00
13:0		0.000	•	J		*		0.000	0.000	0.00
14:0		0.000	1	0		4		0.000	0.000	0.00

	<u>An</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	0.000	0	4		0.000	0.000	0.000	
17:0g 18:0g	0.000	0	4		0.000	0.000	0.000	
20:0g 22:0g								
24:0	0.000	0	7		0.000	0.000	0.000	
14:1	0.000	0	4		0.000	0.000	0.000	
17:1	0.000	0	4		0.000	0.000	0.000	
20:1	0.000	0	4		0.000	0.000	0.000	
22:1 undifferentiated	0.000	0	4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated9	0.000	0	7		0.000	0.000	0.000	
18:2 undifferentiated	0.000	0	4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000	0	4		0.000	0.000	0.000	
18:4g	0.000	0	4		0.000	0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	4		0.000	0.000	0.000	
20:5 n-3	0.000	0	4		0.000 0.000	0.000 0.000	0.000 0.000	
22:5 n-3	0.000 0.000	0	4		0.000	0.000	0.000	
Fatty acids, total trans	0.000	· ·	-		0.000	0.000	0.000	
Cholesterol mg	1 0	1	4		0	0	0	
Phytosterolsmg								
Amino Asids								
Amino Acids:	0.004	0	1		0.014	0.001	0.001	
Tryptophan	0.004	0	1		0.014	0.001	0.001	
Isoleucine	0.008	0	1		0.027	0.001	0.001	
Leucine	0.010	0	1		0.034	0.002	0.001	
Lysineg	0.008	0	1		0.027	0.002	0.001	
Methionine9	0.001	0	1		0.003	0.000	0.000	
Cystineg	0.003	0	1		0.010	0.001	0.000	
Phenylalanineg	0.011	0	1		0.037	0.002	0.002	
Tyrosineg	0.008	0	1		0.027	0.002	0.001	
Valineg	0.009	0	1		0.031	0.002	0.001	
Arginineg	0.005	0	1		0.017	0.001	0.001	
Histidineg	0.001	0	1		0.003	0.000	0.000	
Alanine	0.006	0	1		0.020	0.001	0.001	
Aspartic acid	0.027	0	1 1		0.092	0.006	0.004	
Glutamic acid	0.018 0.007	0	1		0.061 0.024	0.004 0.001	0.003 0.001	
Glycine	0.090	0	1		0.305	0.019	0.013	
Serine	0.006	0	1		0.020	0.001	0.013	
Hydroxyproline	0.000	v	-		0.020	0.001	0.001	
Othoras								
Others:	0.0	0	7		0.0	0.0	0.0	
Alcohol, ethyl	0.0	0	z 7		0.0	0.0	0.0	
Theobromine mg	0	0	z 7		0	0	0	
Carotenoids:	·	v	- ,		Ť	J	J	
	•	•	-		0.000	0.000	2 222	
Carotene, beta mcg Carotene, alpha mcg		0	z 7 z 7		0.000 0.000	0.000 0.000	0.000 0.000	
Carotene, alphamcg Cryptoxanthin, betamcg		0	z 7 z 7		0.000	0.000	0.000	
Lycopene mcg		0	z 7		0.000	0.000	0.000	
Lutein + zeaxanthinmcg		0	z 7		0.000	0.000	0.000	
	-		•					

Honey

Common Measures:

Measure 1 = 339g: 1 cup Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.68

Food Group: 19 Sweets

Ice Creams, HEALTHY CHOICE Praline and Caramel

Conagra, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	<u>0 grams</u> Number		ole portic	<u>on</u>		edible portion o	f common
				of Data		Course	Confidence			
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.23		1	MA	12		40.63		
Energy	kcal	181		0	MC	9		129		
Energy		757				9		538		
Protein		3.79		1	MA	12		2.69		
Total lipid (fat)		2.82		1	MA	12		2.00		
Ash		0.95		1	MA	12		0.67		
Carbohydrate, by difference		35.21		0	MC	9		25.00		
Fiber, total dietary		33.21		·	110	•		23.00		
		22 00		1	MA	12		24.00		
Sugars, total Starch		33.80		1	MA	12		24.00		
Minerals:										
Calcium, Ca	mg	140		1	MA	12		99		
Iron, Fe		0.11		1	MA	12		0.08		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		98		1	MA	12		70		
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MA	12		0.0		
Thiamin										
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	280		1	MA	12		199		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:	_			_						
Fatty acids, total saturated		0.700		1	MA	12		0.497		
Fatty acids, total monounsaturated		1.370		1	MA	12		0.973		
Fatty acids, total polyunsaturated		0.750)	1	MA	12		0.533		
Fatty acids, total trans	-	_		_						
CholesterolPhytosterols		6		1	MA	12		4		

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 = 71g: .5 cup (4 fl oz)

Calories Factors: Protein Fat Carbohydrate

Ice Creams, HEALTHY CHOICE Praline and Caramel

Food Group: 19 Sweets

NDB No. 19264 Ice cream novelties, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating Eskimo Pie Corp.

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and L	luite.	Maan	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and C	Jnits	Mean	Sta. Error	Folits	Coue	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	46.30		1	A	1		23.15		
Energy	-	331		0	NC	4		166		
Energy		1386				4		693		
Protein.		4.10		1	A	1		2.05		
Total lipid (fat)		24.10		1	A	1		12.05		
Ash		1.00		1	A	1		0.50		
Carbohydrate, by difference		24.50		0	NC	4		12.25		
Fiber, total dietary										
Sugars, total		18.30		1	A	1		9.15		
Starch	_									
Minerals:										
Calcium, Ca	ma	119		1	A	1		60		
Iron, Fe		117		-		-		00		
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K										
Sodium, Na	_	68		1	A	1		34		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	14.500)	1	A	1		7.250		
Fatty acids, total monounsaturate										
Fatty acids, total polyunsaturated	1g									
Fatty acids, total trans	g									
Cholesterol	mg	28		1	A	1		14		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 50g: 1 bar

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>1</u>
							Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	59.30				1				
Energy		185				1				
Energy		774				1				
Protein	-	4.30				1				
Total lipid (fat)		6.00				1				
Ash		0.76		0	FLC	4				
Carbohydrate, by difference		29.40			NC	4				
Fiber, total dietary	g	0.3		0	FLC	4				
Sugars, total		20.74		0	FLC	4				
Starch	g									
Minerals:										
Calcium. Ca	ma	120				1				
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.25				1				
Magnesium, Mg		19				1				
Phosphorus, P		131				1				
Potassium, K	-	211				1				
Sodium, Na	-	95				1				
Zinc, Zn	mg	0.54				1				
Copper, Cu	mg	0.060	1			1				
Manganese, Mn	mg	0.011	•	0	FLC	4				
Selenium, Se	mcg	2.0		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8				1				
Thiamin	_	0.040	1			1				
Riboflavin	-	0.190				1				
Niacin		0.640				1				
Pantothenic acid	_	0.348		0	FLC	4				
Vitamin B-6	-	0.050				1				
Folate, total	-	5		0	FLC	4				
Folic acid		0		0	FLC	4				
Folate, food		5		0	FLC	4				
Folate, DFE		5		0	NC	4				
Vitamin B-12		0.39				1				
Vitamin A, IU	IU	458		0	NC	4				
Vitamin A, RAE	mcg_RAE	131		0	NC	4				
Retinol	mcg	130		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•						
Vitamin K (phylloquinone)	Incg	0.3		0	FLC	4				
Lipids:										
Fatty acids, total saturated	g	3.090	1			4				
4:0		0.000)			4				
6:0	g	0.092	!			4				
8:0	g	0.057	•			4				
10:0	g	0.113	}			4				
12:0	g	0.338	:			4				
13:0										
14:0	g	0.451				4				
15:0	g									
16:0	g	1.267	1			4				
17:0	g									
18:0	-	0.654				4				
20:0	-									
22:0	g									
24:0	g									

Number Of Data Deriv Source Confidence	Measure 3
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 I Fatty acids, total monounsaturated	Measure 3
14:1	
14:1	
15:1g	
17:1	
18:1 undifferentiatedg 1.690 4	
20:1g 0.011 4	
22:1 undifferentiatedg 0.000 4	
24:1 cg	
Fatty acids, total polyunsaturated	
18:2 undifferentiated	
18:3 undifferentiated	
18:4g 0.000 4	
20:2 n-6 c,cg	
20:3 undifferentiatedg	
20:4 undifferentiated	
20:5 n-3	
22:5 n-3g 0.000 4	
22:6 n-3g 0.000 4	
Fatty acids, total transg	
Cholesterolmg 13 1	
Phytosterolsmg	
Others:	
Alcohol, ethyl	
Caffeinemg 0 0 FLC 4	
Theobromine	
Carotenoids:	
Carotene, betamcg 16 0 FLC 4	
Carotene, alpha	
Cryptoxanthin, beta	
Lycopene mcg 0 FLC 4	
Lutein + zeaxanthin	

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 10	u grams	of edik	ne portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	56.20				1					
Energy	_	222		0	NC	4					
Energy		928		0	NC	4					
Protein	=	6.40				1					
Total lipid (fat)	-	10.10				1					
Ash		0.97		0	FLC	4					
Carbohydrate, by difference		26.33		0	NC	4					
Fiber, total dietary		0.9		0	FLC	4					
Sugars, total		24.58		0	FLC	4					
Starch											
Minerals:											
Calcium, Ca	-	222				1					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.29				1					
Magnesium, Mg		28				1					
Phosphorus, P		173				1					
Potassium, K		305				1					
Sodium, Na	-	104 0.82				1 1					
Zinc, Zn		0.82				1					
Copper, Cu Manganese, Mn		0.078		0	FLC	4					
Selenium, Se		2.5	,	0	FLC	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		0	FLC	4					
Thiamin		0.050)	0	FLC	4					
Riboflavin	mg	0.198	3	0	FLC	4					
Niacin	mg	0.152	2	0	FLC	4					
Pantothenic acid	mg	0.384	l	0	FLC	4					
Vitamin B-6	mg	0.034	l	0	FLC	4					
Folate, total	mcg	4				4					
Folic acid		0		0	FLC	4					
Folate, food		4				4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.38		0	FLC	4					
Vitamin A, IU		89		0	NC	4					
Vitamin A, RAE		25 25		0	NC	4 4					
Retinol Vitamin E (alpha-tocopherol)		25 0.46		0 0	O FLC	4					
Tocopherol, beta	 ma	0.40		U	FLC	4					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.4		0	FLC	4					
Lipids:											
Fatty acids, total saturated		5.528				4					
4:0		0.075				4					
6:0	-	0.063				4					
8:0	-	0.259				4					
10:0		0.245				4					
12:0		1.453	5			4					
13:0		A 7.55									
14:0	-	0.761	<u>.</u>			4					
15:0		1 500	,			4					
16:0		1.567	1			4					
17:0	-	1.042)			4					
18:0 20:0	-	1.042	-			4					
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 Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.700				4				
Fatty acids, total monounsaturatedg 14:1g	2.700				4				
14.1									
16:1 undifferentiated	0.067				4				
17:1g	0.007				•				
18:1 undifferentiated	2.594				4				
20:1g	0.000				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated	1.359	ı			4				
18:2 undifferentiatedg	1.239	ı			4				
18:3 undifferentiatedg	0.118				4				
18:4g	0.000	1			4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	1			4				
20:5 n-3g	0.000	1			4				
22:5 n-3g	0.000	1			4				
22:6 n-3g	0.000	1			4				
Fatty acids, total trans9									
Cholesterolmg	25		0	FLC	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4				
Caffeine mg	4		0	FLC	4				
Theobrominemg	38		0	FLC	4				
Carotenoids:									
Carotene, betamcg	3		0	0	4				
Carotene, alpha mcg	0		0	FLC	4				
Cryptoxanthin, betamcg	0		0	FLC	4				
Lycopene mcg	0		0	FLC	4				
Lutein + zeaxanthin mcg	0		0	FLC	4				

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse: 0%

		<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>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		63.20		0	0	4		42.98		
Energy	kcal	136		1	MC	9		92		
Energy	kj	568		0	MC	9		386		
Protein (N x 6.25)	g	3.89		1	MC	9		2.65		
Total lipid (fat)	g	2.17		1	MC	9		1.48		
Ash	g	0.56		0	BFFN	4		0.38		
Carbohydrate, by difference		30.18		1	MC	9		20.52		
Fiber, total dietary		5.8		1	MC	9		3.9		
Sugars, total		20.29		1	MC	9		13.80		
Starch		20.25		_				25.00		
Minerals:										
Calcium, Ca	mg	126		1	MC	9		86		
Iron, Fe	mg	0.84		1	MC	9		0.57		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	75		1	MC	9		51		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		1	MC	9		0.5		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	255		1	MC	9		174		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	-	1.380)	1	MC	9		0.938		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	7		1	MC	9		5		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Ice creams, BREYERS, 98% Fat Free Chocolate

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		63.42		0	0	4		43.13		
Energy	kcal	137		1	MC	9		93		
Energy	kj	574		0	MC	9		390		
Protein (N x 6.25)	g	3.30		1	MC	9		2.24		
Total lipid (fat)	g	2.20		1	MC	9		1.50		
Ash	g	0.57		0	FLC	4		0.39		
Carbohydrate, by difference		30.51		1	MC	9		20.75		
Fiber, total dietary		5.4		1	MC	9		3.7		
Sugars, total		20.93		1	MC	9		14.23		
Starch		20.55		-				21120		
<u> Minerals:</u>										
Calcium, Ca	mg	122		1	MC	9		83		
Iron, Fe	mg	0.09		1	MC	9		0.06		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	73		1	MC	9		49		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.8		1	MC	9		0.5		
Thiamin	-									
Riboflavin	mg									
Niacin										
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	268		1	MC	9		182		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	-	1.410)	1	MC	9		0.959		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		8		1	MC	9		5		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Ice creams, BREYERS, 98% Fat Free Vanilla

Food Group: 19 Sweets

Ice creams, BREYERS, All Natural Light French Chocolate

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common					
		Number						measures of food		
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		56.58		0	0	4		38.48		
Energy	kcal	201		1	MC	9		136		
Energy	kj	839		0	MC	9		571		
Protein (N x 6.25)	g	5.30		1	MC	9		3.60		
Total lipid (fat)		7.28		1	MC	9		4.95		
Ash		1.16		0	BFFN	4		0.79		
Carbohydrate, by difference		29.68		1	MC	9		20.18		
Fiber, total dietary		1.0		1	MC	9		0.6		
Sugars, total		24.04		1	MC	9		16.35		
Starch		24.04		_	ис	9		10.33		
Minerals:										
Calcium, Ca	mg	158		1	MC	9		107		
Iron, Fe	mg	0.85		1	MC	9		0.58		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	75		1	MC	9		51		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	-	1.0		1	MC	9		0.7		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	446		1	MC	9		303		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>ipids:</u>								_		
Fatty acids, total saturated		4.280)	1	MC	9		2.910		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	41		1	MC	9		28		
Phytosterols	mg									

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Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Ice creams, BREYERS, All Natural Light French Chocolate

Food Group: 19 Sweets

Ice creams, BREYERS, All Natural Light French Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

		Amount in 100 grams of edible portion						Amount in edible portion of common		
				Number				<u>m</u>	easures of food	_
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.71		0	0	4		42.64		
Energy	kcal	173		1	MC	9		117		
Energy	kj	723		0	MC	9		491		
Protein (N x 6.25)	g	4.82		1	MC	9		3.28		
Total lipid (fat)		5.56		1	MC	9		3.78		
Ash		0.88		0	FLC	4		0.60		
Carbohydrate, by difference		26.03		1	MC	9		17.70		
Fiber, total dietary		0.2		1	MC	9		0.1		
Sugars, total		21.11		1	MC	9		14.35		
Starch		21.11		-	МС	9		14.33		
Minerals:										
Calcium, Ca	mg	155		1	MC	9		106		
Iron, Fe	mg	0.21		1	MC	9		0.14		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	73		1	MC	9		50		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.9		1	MC	9		0.6		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
* Vitamin A, IU	IU	489		1	MC	9		332		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.220)	1	MC	9		2.190		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	53		1	MC	9		36		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Ice creams, BREYERS, All Natural Light French Vanilla

Food Group: 19 Sweets

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Good Humor - Breyers Ice Cream

Refuse: 0%

	Amount in 100 grams of edible portion							edible portion o	f common	
Nutrients and Units				Number		_		<u></u>		
		Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.11		0	0	4		40.20		
Energy	kcal	196		1	MC	9		134		
Energy		822		0	MC	9		559		
Protein (N x 6.25)	g	4.69		1	MC	9		3.19		
Total lipid (fat)		7.09		1	MC	9		4.82		
Ash		0.72		0	FLM	4		0.49		
Carbohydrate, by difference		28.39		1	MC	9		19.31		
Fiber, total dietary		0.6		1	MC	9		0.4		
		25.38		1	MC	9		17.26		
Sugars, totalStarch		25.36		1	MC	9		17.26		
Minerals:										
Calcium, Ca	mg	160		1	MC	9		109		
Iron, Fe	mg	0.52		1	MC	9		0.35		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	67		1	MC	9		46		
Zine, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	•	1.4		1	MC	9		1.0		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	404		1	MC	9		275		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.480)	1	MC	9		3.046		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol		15		1	MC	9		10		
Phytosterols	mg									

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Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Ice creams, BREYERS, All Natural Light Mint Chocolate Chip

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				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
Proximates:										
Water		64.89		0	FLC	4		44.13		
Energy	kcal	162		1	MC	9		110		
Energy	kj	678		0	MC	9		461		
Protein (N x 6.25)	g	4.84		1	MC	9		3.29		
Total lipid (fat)	g	4.59		1	MC	9		3.12		
Ash	g	0.38		0	0	4		0.26		
Carbohydrate, by difference		25.30		1	MC	9		17.20		
Fiber, total dietary		0.2		1	MC	9		0.1		
Sugars, total		22.78		1	MC	9		15.49		
Starch				-		-		-0		
<u> Minerals:</u>										
Calcium, Ca	mg	169		1	MC	9		115		
Iron, Fe	mg	0.06		1	MC	9		0.04		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	71		1	MC	9		48		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.1		1	MC	9		0.7		
Thiamin	-									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	437		1	MC	9		297		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:		2 2 2		_		•		1 045		
Fatty acids, total saturated	-	2.860)	1	MC	9		1.945		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated										
Fatty acids, total trans	-									
Cholesterol		15		1	MC	9		10		
Phytosterols	mg									

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Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

*Vitamin or mineral added for enrichment or fortification

Ice creams, BREYERS, All Natural Light Vanilla

Food Group: 19 Sweets

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		63.32		0	0	4		43.06		
Energy	kcal	161		1	MC	9		109		
Energy	kj	673		0	MC	9		458		
Protein (N x 6.25)	g	4.69		1	MC	9		3.19		
Total lipid (fat)		4.35		1	MC	9		2.96		
Ash		1.58		0	FLM	4		1.07		
Carbohydrate, by difference		26.06		1	MC	9		17.72		
Fiber, total dietary		0.4		1	MC	9		0.3		
Sugars, total		22.47		1	MC	9		15.28		
Starch		22.47		1	MC	9		15.26		
Minerals:										
Calcium, Ca	mg	158		1	MC	9		108		
Iron, Fe.	mg	0.31		1	MC	9		0.21		
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K										
Sodium, Na		69		1	MC	9		47		
Zinc, Zn										
Copper, Cu	•									
Manganese, Mn	-									
Selenium, Se	-									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.7		1	MC	9		1.1		
Thiamin	-									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	417		1	MC	9		284		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:	_			_		_				
Fatty acids, total saturated	-	2.700)	1	MC	9		1.836		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated										
Fatty acids, total trans	-									
Cholesterol	mg	14		1	MC	9		10		
Phytosterols	mg									

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Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry

Food Group: 19 Sweets

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number		_		<u></u>		
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.52		0	0	4		43.20		
Energy	kcal	180		1	MC	9		122		
Energy	kj	752		0	MC	9		511		
Protein (N x 6.25)	g	3.99		1	MC	9		2.71		
Total lipid (fat)		10.30		1	MC	9		7.00		
Ash		0.89		0	FLM	4		0.60		
Carbohydrate, by difference		21.30		1	MC	9		14.48		
Fiber, total dietary		0.9		1	MC	9		0.6		
Sugars, total		5.90		1	MC	9		4.01		
Starch		3.30		-	110			4.01		
Minerals:										
Calcium, Ca	_	130		1	MC	9		88		
Iron, Fe	mg	0.19		1	MC	9		0.13		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	_									
Sodium, Na	-	164		1	MC	9		111		
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:				_						
Vitamin C, total ascorbic acid	•	0.9		1	MC	9		0.6		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12 Vitamin A, IU		281		1	MC	9		191		
Vitamin A, IU	IU	201		_	MC	9		191		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta Tocopherol, gamma										
1 , 2	-									
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	a	4 104	,	4	240	•		2 040		
Fatty acids, total saturated	_	4.180	,	1	MC	9		2.842		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		10		-	240	^		10		
Cholesterol		18		1	MC	9		12		
Phytosterols	<u>ing</u>									

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Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Ice creams, BREYERS, No Sugar Added, Butter Pecan

Food Group: 19 Sweets

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams Number		le portic	<u>on</u>		edible portion o	f common
				of Data		Course	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.71		0	0	4		45.94		
Energy	kcal	151		1	MC	9		107		
Energy		632		0	MC	9		449		
Protein (N x 6.25)	' - '	3.54		1	MC	9		2.51		
Total lipid (fat)		5.80		1	MC	9		4.12		
Ash		0.78		0	BFFN	4		0.55		
Carbohydrate, by difference		25.17		1	MC	9		17.87		
		1.0		1	MC	9		0.7		
Fiber, total dietary				1		9				
Sugars, totalStarch		5.81		1	MC	9		4.13		
	9									
Minerals:	ma	101				^		0.0		
Calcium, Ca	_	121		1 1	MC	9 9		86		
Iron, Fe		0.59		1	MC	9		0.42		
Magnesium, Mg										
Phosphorus, P										
Potassium, K						•				
Sodium, Na	-	77		1	MC	9		55		
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	•	0.7		1	MC	9		0.5		
Thiamin										
Riboflavin	-									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	266		1	MC	9		189		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.650)	1	MC	9		2.592		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	16		1	MC	9		12		
Phytosterols	mg									

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Common Measures:

Measure 1 = 71g: 1 serving 1/2 cup

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Food Group: 19 Sweets

Ice creams, BREYERS, No Sugar Added, French Vanilla

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams		le portic	<u>on</u>		edible portion o	f common
						_				
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.48		0	0	4		45.21		
Energy	kcal	154		1	MC	9		105		
Energy		645		0	MC	9		438		
Protein (N x 6.25)	g	4.50		1	MC	9		3.06		
Total lipid (fat)		7.05		1	MC	9		4.79		
Ash		1.22		0	FLM	4		0.83		
Carbohydrate, by difference		20.75		1	MC	9		14.11		
Fiber, total dietary		0.5		1	MC	9		0.4		
		7.70		1	MC	9		5.24		
Sugars, totalStarch		7.70		1	MC	9		5.24		
Minerals:										
Calcium, Ca	mg	151		1	MC	9		103		
Iron, Fe	mg	0.19		1	MC	9		0.13		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	87		1	MC	9		59		
Zine, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	•	0.9		1	MC	9		0.6		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	345		1	MC	9		235		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.170	ס	1	MC	9		2.836		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	53		1	MC	9		36		
Phytosterols	<u>mg</u>									

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Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Ice creams, BREYERS, No Sugar Added, French Vanilla

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u> e	easures of food	<u>[</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.86		0	FLM	4		46.82		
Energy	kcal	143		1	MC	9		99		
Energy		600		0	MC	9		414		
Protein (N x 6.25)		3.68		1	MC	9		2.54		
Total lipid (fat)		6.20		1	MC	9		4.28		
Ash		0.84		0	FLM	4		0.58		
Carbohydrate, by difference		21.92		1	MC	9		15.12		
		0.5		1	MC	9		0.4		
Fiber, total dietary		6.09		1	MC	9		4.20		
Sugars, total		6.09		_	MC	9		4.20		
Minerals:										
Calcium, Ca	ma	133		1	MC	9		92		
Iron, Fe		0.09		1	MC	9		0.06		
Magnesium, Mg		0.00		_		•		0.00		
Phosphorus, P										
Potassium, K										
Sodium, Na		66		1	MC	9		45		
Zinc, Zn		00		-	110	,		45		
Copper, Cu	•									
Manganese, Mn										
Selenium, Se	•									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	MC	9		0.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	291		1	MC	9		201		
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated	g	3.900)	1	MC	9		2.691		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	18		1	MC	9		13		
Phytosterols	ma									

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Common Measures:

Measure 1 = 69g: 1 serving 1/2 cup

Ice creams, BREYERS, No Sugar Added, Vanilla

Food Group: 19 Sweets

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10			le portic	<u>on</u>		edible portion o	of common
				Number		_		<u></u>		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.34		0	0	4		45.79		
Energy	kcal	143		1	MC	9		98		
Energy		600		0	MC	9		408		
Protein (N x 6.25)	g	3.71		1	MC	9		2.52		
Total lipid (fat)		6.26		1	MC	9		4.26		
Ash		0.99		0	FLM	4		0.67		
Carbohydrate, by difference		21.70		1	MC	9		14.76		
Fiber, total dietary		0.7		1	MC	9		0.5		
		6.15		1	MC	9		4.18		
Sugars, totalStarch		6.15		1	MC	9		4.10		
Minerals:										
Calcium, Ca	mg	132		1	MC	9		90		
Iron, Fe	-	0.27		1	MC	9		0.18		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		68		1	MC	9		47		
Zine, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	•	0.8		1	MC	9		0.5		
Thiamin										
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	292		1	MC	9		198		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.940)	1	MC	9		2.679		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	18		1	MC	9		12		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry

Food Group: 19 Sweets

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Good Humor - Breyers Ice Cream

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	,			<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		64.40		0	0	4		46.37		
Energy	kcal	153		1	MC	9		110		
Energy	kj	641		0	MC	9		461		
Protein (N x 6.25)	g	3.53		1	MC	9		2.54		
Total lipid (fat)	g	5.68		1	MC	9		4.09		
Ash	g	0.76		0	FLM	4		0.55		
Carbohydrate, by difference		25.63		1	MC	9		18.45		
Fiber, total dietary		0.8		1	MC	9		0.5		
Sugars, total		5.49		1	MC	9		3.95		
Starch		0.15		_				3.25		
Minerals:										
Calcium, Ca	mg	121		1	MC	9		87		
Iron, Fe	mg	0.36		1	MC	9		0.26		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	72		1	MC	9		52		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		1	MC	9		0.5		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	262		1	MC	9		189		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated		3.570)	1	MC	9		2.570		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	-									
Cholesterol		16		1	MC	9		12		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 72g: 1 serving 1/2 cup

Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber				<u>m</u> e	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	55.70	0.813	11		1		32.31	36.76	
Energy		216		0	NC	4		125	143	
Energy		904		-		4		524	596	
Protein (N x 6.1)		3.80	0.082	6		1		2.20	2.51	
Total lipid (fat)		11.00	0.427	6		1		6.38	7.26	
Ash		1.00	0.050	6		1		0.58	0.66	
Carbohydrate, by difference		28.20		0	NC	4		16.36	18.61	
Fiber, total dietary		1.2		0		4		0.7	0.8	
Sugars, total		25.36		0	BFCN	4		14.71	16.74	
Starch										
Minerals:			_			_				
Calcium, Ca		109	2.964	34		1		63	72	
Iron, Fe.		0.93	0.061	35		1		0.54	0.61	
Magnesium, Mg		29	0.755	36		1		17	19	
Phosphorus, P.		107	1.632	28		1		62	71	
Potassium, K		249	4.882	35		1 1		144	164 50	
Sodium, Na		76 0.58	2.707 0.021	36 35		1		44 0.34	0.38	
Zinc, Zn	-	0.58		35 35		1		0.34	0.38	
Copper, Cu		0.135		35 35		1		0.078	0.089	
Manganese, Mn Selenium, Se		2.5	0.301	17	A	1		1.5	1.7	
Scienium, Sc	Illog	2.5	0.301	Ι,	A	-		1.5	1.,	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		0		4		0.4	0.5	
Thiamin		0.042		5		1		0.024	0.028	
Riboflavin	mg	0.194		5		1		0.113	0.128	
Niacin	_	0.226		5		1		0.131	0.149	
Pantothenic acid	_	0.554		5		1		0.321	0.366	
Vitamin B-6	-	0.055		5		1		0.032	0.036	
Folate, total		16	1.147	5	_	1		9	11	
Folic acid		0		0	Z	7		0	0	
Folate, food		16	1.147	5	***	1		9	11	
Folate, DFE		16		0	NC	4		9	11	
Vitamin B-12	rncg	0.29 416	0.055	5		1 1		0.17 241	0.19	
Vitamin A, IU		118	30.100	5 0	BFFN	4		68	275 78	
Vitamin A, RAE		116		0	BFFN	4		67	78 77	
Retinol Vitamin E (alpha-tocopherol)		0.30		0	BFFN	4		0.17	0.20	
Tocopherol, beta	_	0.30		U	DEEN	-		0.17	0.20	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	BFFN	4		0.2	0.2	
* * * * * * * * * * * * * * * * * * * *										
<u> Lipids:</u>	_					_				
Fatty acids, total saturated		6.800		0 1		1 1		3.944	4.488	
4:0		0.340		1		1		0.197	0.224	
6:0	_	0.200		1		1		0.116	0.132	
8:0 10:0	_	0.120 0.260		1		1		0.070	0.079 0.172	
12:0		0.290		1		1		0.151 0.168	0.172	
13:0	-	0.290		-		_		0.100	0.191	
14:0	-	1.070		1		1		0.621	0.706	
15:0	_	1.070		-		-		0.021	0.700	
16:0		3.060		1		1		1.775	2.020	
17:0		2.000		-		-		,,5	2.020	
18:0	-	1.460		1		1		0.847	0.964	
20:0	_	200		-		-			0.501	
22:0	_									
24:0	_									

	<u>Am</u>	ount in 100	<u>) grams</u> Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and Units	Mean S		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.210		0		1		1.862	2.119	
14:1g	3.210		U		-		1.862	2.119	
15:19									
16:1 undifferentiated	0.240		1		1		0.139	0.158	
17:1g	0.2.0		-		-		0.200	0.200	
18:1 undifferentiated	2.970		1		1		1.723	1.960	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.410		0		1		0.238	0.271	
18:2 undifferentiated	0.250		1		1		0.145	0.165	
18:3 undifferentiatedg	0.150		1		1		0.087	0.099	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	34		1		1		20	22	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeine mg	3		1		1		2	2	
Theobromine mg	62		1		1		36	41	
Carotenoids:									
Carotene, betamcg	19		0	BFFN	4		10.875	12.375	
Carotene, alphamcg	0		0	BFFN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFFN	4		0.000	0.000	
Lycopenemcg	0		0	BFFN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFFN	4		0.000	0.000	

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Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6 Fat 8.8 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>A</u> :	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 Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	58.09		0	0	4		39.50		
Energy	kcal	199		2	MC	9		135		
Energy	kj	831		0	MC	9		565		
Protein	g	5.00		2	MC	9		3.40		
Total lipid (fat)	g	7.19		2	MC	9		4.89		
Ash	g	0.69		0	FLM	4		0.47		
Carbohydrate, by difference	g	29.04		2	MC	9		19.74		
Fiber, total dietary	g	0.8		2	MC	9		0.5		
Sugars, total	g	24.71		2	MC	9		16.80		
Starch	g									
Minorals										
Minerals: Calcium. Ca	ma	159		2	MC	9		108		
Iron, Fe		0.69		2	MC	9		0.47		
Magnesium, Mg	-	20		0	FLM	4		13		
Phosphorus, P		83		0	FLM	4		13 57		
Potassium, K	-	170		0	FLM	4		116		
Sodium, Na	-	71		2	MC	9		48		
Zinc, Zn.	-	0.43		0	FLM	4		0.30		
Copper, Cu		0.103	1	0	FLM	4		0.070		
Manganese, Mn		0.101		0	FLM	4		0.069		
Selenium, Se		2.2		0	FLM	4		1.5		
· ·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.2		2	MC	9		0.8		
Thiamin	-	0.023		0	FLM	4		0.015		
Riboflavin		0.129		0	FLM	4		0.088		
Niacin	-	0.126		0	FLM	4		0.086		
Pantothenic acid	-	0.246		0	FLM	4		0.167		
Vitamin B-6	-	0.023	3	0	FLM	4		0.016		
Folate, total		4		0	FLM	4		2		
Folic acid		0		0	FLM	4		0		
Folate, food		4		0	FLM	4		2		
Folate, DFE		4		0	NC	4		2		
Vitamin B-12		0.14		0	FLM	4		0.10		
Vitamin A, IU		425		2	MC	9		289		
Vitamin A, RAE		71		0	FLM	4		48		
Retinol		60		0	FLM	4		41		
Vitamin E (alpha-tocopherol)		0.20		0	FLM	4		0.13		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D		11.068	1	0	FLM	4		7.526		
Vitamin K (phylloquinone)	mca	0.6	•	0	FLM	4		0.4		
	g	0.0		v		-		0.4		
Lipids:										
Fatty acids, total saturated		4.380		2	MC	9		2.978		
4:0		0.226		0	FLM	4		0.154		
6:0	-	0.077		0	FLM	4		0.053		
8:0		0.079		0	FLM	4		0.054		
10:0	-	0.140		0	FLM	4		0.095		
12:0		0.091		0	FLM	4		0.062		
13:0	_	0.000		0	FLM	4		0.000		
14:0		0.705		0	FLM	4		0.479		
15:0	_	0.000		0	FLM	4		0.000		
16:0	_	1.996		0	FLM	4		1.357		
17:0	_	0.000		0	FLM	4		0.000		
18:0	-	0.846		0	FLM	4		0.575		
20:0		0.000		0	FLM	4		0.000		
22:0	g	0.000)	0	FLM	4		0.000		
24:0	a	0.000)	0	FLM	4		0.000		

	<u>Ar</u>	nount in 100 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.055	0	FLM	4		1.397		
14:1g	0.000	0	FLM	4		0.000		
15:1g								
16:1 undifferentiatedg	0.199	0	FLM	4		0.135		
17:1g								
18:1 undifferentiatedg	1.856	0	FLM	4		1.262		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.241	0	FLM	4		0.164		
18:2 undifferentiatedg	0.168	0	FLM	4		0.114		
18:3 undifferentiatedg	0.074	0	FLM	4		0.050		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg								
Cholesterol mg	28	2	MC	9		19		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeine mg	2	0	FLM	4		1		
Theobrominemg	69	0	FLM	4		47		
<u>Carotenoids:</u>								
Carotene, betamcg	135	0	FLM	4		91.869		
Carotene, alphamcg	0	0	FLM	4		0.000		
Cryptoxanthin, betamcg	0	0	FLM	4		0.000		
Lycopene mcg	0	0	FLM	4		0.000		
Lutein + zeaxanthin mcg	1	0	FLM	4		0.677		

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Common Measures:

Measure 1 = 68g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.44		0	0	4		46.40		
Energy	kcal	152		2	MC	9		109		
Energy	kj	636		0	MC	9		458		
Protein	g	3.54		2	MC	9		2.55		
Total lipid (fat)	g	5.74		2	MC	9		4.13		
Ash	g	0.94		0	FLM	4		0.68		
Carbohydrate, by difference	g	25.40		2	MC	9		18.29		
Fiber, total dietary	g	0.9		2	MC	9		0.6		
Sugars, total	g	5.65		2	MC	9		4.07		
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	121		2	MC	9		87		
Iron, Fe	_	0.48		2	MC	9		0.34		
Magnesium, Mg	_	15		0	FLM	4		0.34 11		
Phosphorus, P		106		0	FLM	4		77		
Potassium, K	-	196		0	FLM	4		141		
Sodium. Na.		75		2	MC	9		54		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.40		0	FLM	4		0.29		
Copper, Cu		0.018		0	FLM	4		0.013		
Manganese, Mn		0.009		0	FLM	4		0.006		
Selenium, Se		2.9		0	FLM	4		2.1		
	_									
Vitamins:				_		_				
Vitamin C, total ascorbic acid	_	0.7		2	MC	9		0.5		
Thiamin	-	0.044		0	FLM	4		0.032		
Riboflavin		0.180		0	FLM	4		0.130		
Niacin	-	0.111		0	FLM	4		0.080		
Pantothenic acid		0.414		0	FLM	4		0.298		
Vitamin B-6	-	0.042 5		0	FLM	4		0.030 3		
Folate, total		0		0	FLM Z	4 7		0		
Folic acid		5		0	FLM	4		3		
Folate, DFE		5		0	NC	4		3		
Vitamin B-12		0.38		0	FLM	4		0.27		
Vitamin A, IU		264		2	MC	9		190		
Vitamin A, RAE		75		0	NC	4		54		
Retinol		74		0	FLM	4		53		
Vitamin E (alpha-tocopherol)		0.30		0	FLM	4		0.21		
Tocopherol, beta		0.50		•		-		V		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.6		0	FLM	4		2.6		
inida										
Lipids:	a	2 610	1	2	MC	9		2.599		
Fatty acids, total saturated		3.610 0.172		2 0	MC FLM	4		0.124		
4:0 6:0		0.172		0	FLM	4		0.124		
8:0	-	0.105		0	FLM	4		0.047		
10:0		0.065		0	FLM	4		0.047		
12:0		0.149		0	FLM	4		0.108		
13:0		0.000		0	FLM	4		0.000		
14:0		0.543		0	FLM	4		0.391		
15:0	_	0.000		0	FLM	4		0.000		
16:0	-	1.624		0	FLM	4		1.169		
17:0	-	0.000		0	FLM	4		0.000		
18:0	-	0.706		0	FLM	4		0.508		
20:0	-	0.000		0	FLM	4		0.000		
22:0	-	0.000		0	FLM	4		0.000		
24:0		0.000		0	FLM	4		0.000		

	<u>Ar</u>	nount in 100 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.930	0	FLM	4		0.669		
14:1g	0.000	0	FLM	4		0.000		
15:1g								
16:1 undifferentiatedg	0.066	0	FLM	4		0.048		
17:1g								
18:1 undifferentiatedg	0.863	0	FLM	4		0.622		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.527	0	FLM	4		0.379		
18:2 undifferentiatedg	0.434	0	FLM	4		0.313		
18:3 undifferentiatedg	0.092	0	FLM	4		0.066		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total trans9								
Cholesterolmg	16	2	MC	9		12		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobromine mg	5	0	FLM	4		3		
Carotenoids:								
Carotene, beta mcg	10	0	FLM	4		7.447		
Carotene, alpha mcg	0	0	FLM	4		0.000		
Cryptoxanthin, beta mcg	0	0	FLM	4		0.000		
Lycopene mcg	0	0	FLM	4		0.000		
Lutein + zeaxanthin mcg	0	0	FLM	4		0.049		

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 = 72g: 1 serving 1/2 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.55		0	NR	4		83.69	5.77	
Energy	kcal	255		0	NC	4		377	26	
Energy	kj	1066		0	NC	4		1577	109	
Protein	g	4.72		1	LC	8		6.98	0.48	
Total lipid (fat)	g	16.98		1	LC	8		25.13	1.73	
Ash	g	1.00		0	FLM	4		1.48	0.10	
Carbohydrate, by difference	g	20.75		1	LC	8		30.72	2.12	
Fiber, total dietary	g	0.9		1	LC	8		1.4	0.1	
Sugars, total	g	19.81		1	LC	8		29.32	2.02	
Starch	g									
Ain anals:										
<u>finerals:</u> Calcium, Ca	ma	142		1	LC	8		209	14	
Iron, Fe	-	1.02		1	LC	8		1.51	0.10	
Magnesium, Mg	-	32		0	FLM	4		47	3	
Phosphorus, P		115		0	FLM	4		170	12	
Potassium, K	•	238		0	FLM	4		353	24	
Sodium. Na	-	57		1	LC	8		84	6	
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	0.64		0	FLM	4		0.95	0.07	
Copper, Cu	-	0.175	5	0	FLM	4		0.258	0.018	
Manganese, Mn		0.173		0	FLM	4		0.255	0.018	
Selenium, Se		2.1		0	FLM	4		3.1	0.2	
•										
<u>/itamins:</u>				•						
Vitamin C, total ascorbic acid	-	0.5		0	FLM	4		0.7	0.0	
Thiamin	-	0.030		0	FLM	4		0.044	0.003	
Riboflavin		0.167		0	FLM	4		0.247	0.017	
Niacin	-	0.182		0	FLM	4		0.269	0.019	
Pantothenic acid	_	0.336		0	FLM	4		0.498	0.034	
Vitamin B-6	_	0.033	3	0	FLM	4		0.048	0.003	
Folate, total		5 0		0	FLM	4		8 0	1	
Folic acid		5		0	FLM	4		8	0 1	
Folate, foodFolate, DFE		5 5		0	FLM NC	4 4		8	1	
		0.18		0	FLM	4		0.26	0.02	
Vitamin A, IU		713		0	NC	4		1055	73	
Vitamin A, RAE		201		0	NC	4		297	20	
Retinol		198		0	FLM	4		297	20	
Vitamin E (alpha-tocopherol)		0.46		0	FLM	4		0.68	0.05	
Tocopherol, beta		0.40		U	FIM	7		0.00	0.03	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.5		0	FLM	4		2.2	0.2	
<u> ipids:</u>										
Fatty acids, total saturated		10.377		1	LC	8		15.358	1.058	
4:0		0.517		0	FLM	4		0.766	0.053	
6:0	_	0.312		0	FLM	4		0.462	0.032	
8:0	_	0.188		0	FLM	4		0.278	0.019	
10:0	-	0.403		0	FLM	4		0.597	0.041	
12:0		0.450		0	FLM	4		0.667	0.046	
13:0		0.000		0	FLM	4		0.000	0.000	
14:0		1.619		0	FLM	4		2.397	0.165	
15:0	_	0.000		0	FLM	4		0.000	0.000	
16:0	-	4.406		0	FLM	4		6.520	0.449	
17:0		0.000		0	FLM	4		0.000	0.000	
10.0	CI CI	2.138	5	0	FLM	4		3.164	0.218	
18:0	-					_				
18:0 20:0 22:0.	g	0.000)	0	FLM FLM	4 4		0.000	0.000	

	<u>Ar</u>	nount in 100 gram Numbe		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.794		FLM	4		7.095	0.489	
14:1g	0.000	U	FLM	4		0.000	0.000	
15:1g	0.361	0	FLM	4		0 525	0 027	
16:1 undifferentiatedg	0.361	U	FLM	4		0.535	0.037	
17:1	4.433	0	FLM	4		6.561	0.452	
20:1g	0.000		FLM	4		0.000	0.452	
22:1 undifferentiated	0.000		FLM	4		0.000	0.000	
24:1 c	0.000	O .	FIM	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.658	0	FLM	4		0.975	0.067	
18:2 undifferentiatedg	0.409		FLM	4		0.605	0.042	
18:3 undifferentiated	0.250		FLM	4		0.369	0.025	
18:4g	0.000		FLM	4		0.000	0.000	
20:2 n-6 c,cg	0.000	·		-		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		FLM	4		0.000	0.000	
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		FLM	4		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	60	0	FLM	4		89	6	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0	0.0	
Caffeineg	4	0	FLM	4		5	0	
Theobromine mg	120	0	FLM	4		178	12	
Carotenoids:								
Carotene, betamcg	31	0	FLM	4		46.077	3.176	
Carotene, alphamcg	0	0	FLM	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	FLM	4		0.000	0.000	
Lycopenemcg	0	0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	2	0	FLM	4		2.550	0.176	

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Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	<u>1</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	59.80	0.361	11		1		51.43			
Energy	kcal	222		0	NC	4		191			
Energy	kj	930		0	NC	4		800			
Protein (N x 6.25)	g	4.10		1		1		3.53			
Total lipid (fat)	g	13.00	0.508	11		1		11.18			
Ash	g	0.90		1		4		0.77			
Carbohydrate, by difference	g	22.20		0	NC	4		19.09			
Fiber, total dietary	g	0.7		0	FLA	4		0.6			
Sugars, total	g	21.16		0	FLA	4		18.20			
Starch	g										
Minerals:											
Calcium, Ca	ma	131		1		4		113			
Iron, Fe	_	0.21		1		4		0.18			
Magnesium, Mg	_	12		1		4		10			
Phosphorus, P		116		1		4		100			
Potassium, K	-	177		1		4		152			
Sodium, Na	-	61		1		4		52			
Zinc, Zn	mg	0.52		1		4		0.45			
Copper, Cu	mg	0.030)	1		4		0.026			
Manganese, Mn	mg	0.005	5	1		4		0.004			
Selenium, Se	mcg	3.0		0	BFPN	4		2.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.8		1		4		0.7			
Thiamin	_	0.049	1	1		4		0.042			
Riboflavin	_	0.182		1		4		0.157			
Niacin		0.095		1		4		0.082			
Pantothenic acid		0.506		1		4		0.435			
Vitamin B-6	-	0.048		1		4		0.041			
Folate, total	-	9		1		4		8			
Folic acid		0		0	z	7		0			
Folate, food		9		1		4		8			
Folate, DFE		9		0	NC	4		8			
Vitamin B-12		0.50		1		4		0.43			
Vitamin A, IU		589		0	FLA	4		506			
Vitamin A, RAE		162		0	FLA	4		139			
Retinol	mcg	159		0	FLA	4		137			
Vitamin E (alpha-tocopherol)	mg	0.61		0	FLA	4		0.52			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.9		0	FLA	4		0.8			
Lipids:											
Fatty acids, total saturated	q	7.480)	0		1		6.433			
4:0		0.390		1		1		0.335			
6:0		0.230		1		1		0.198			
8:0		0.130		1		1		0.112			
10:0	-	0.300		1		1		0.258			
12:0	-	0.340)	1		1		0.292			
13:0											
14:0	g	1.240)	1		1		1.066			
15:0											
16:0		3.360)	1		1		2.890			
17:0											
18:0	-	1.470)	1		1		1.264			
20:0	-										
22:0	g										
24:0	g										

		<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	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		3.490		0		1		3.001		
14:1 15:1	_									
16:1 undifferentiated		0.270		1		1		0.232		
17:1	_	0.270		_		_		0.232		
18:1 undifferentiated	_	3.220		1		1		2.769		
20:1	_	0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	_	0.000		·		-		0.000		
Fatty acids, total polyunsaturat		0.450		0		1		0.387		
18:2 undifferentiated		0.280		1		1		0.241		
18:3 undifferentiated		0.180		1		1		0.155		
18:4		0.000		0		1		0.000		
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		91		1		4		78		
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
,										
Amino Acids:										
Tryptophan		0.048		0		1		0.041		
Threonine	_	0.169		0		1		0.145		
Isoleucine	_	0.215		0		1		0.185		
Leucine	_	0.353		0		1		0.304		
Lysine		0.296		0		1		0.255		
Methionine		0.091		0		1		0.078		
Cystine		0.036		0		1		0.031		
Phenylalanine		0.176		0		1		0.151		
Tyrosine	_	0.170		0		1		0.146		
Valine	_	0.241		0		1		0.207		
Arginine	_	0.172		0		1		0.148		
Histidine	• • • • • • • • • • • • • • • • • • • •	0.099		0		1		0.085		
Alanine		0.164		0		1		0.141		
Aspartic acid		0.300		0		1		0.258		
Glutamic acid		0.745		0		1 1		0.641		
Glycine		0.163		-		_		0.140		
Proline	• • • • • • • • • • • • • • • • • • • •	0.374		0		1		0.322		
Serine		0.216		0		1		0.186		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:										
	moa	30		0	FLA	4		25.634		
Carotene, beta	_	30 5		0	FLA	4		4.476		
Carotene, alpha Cryptoxanthin, beta		5		0	FLA	4		3.957		
Lycopene	_	0		0	FLA	4		0.000		
Lutein + zeaxanthin		151		0	FLA	4		129.663		
Luiciii + Zcaxdiiliiiii	tiog	131		U				123.003		

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Common Measures:

Measure 1 = 86g: .5 cup (4 fl oz)

Ice creams, french vanilla, soft-serve

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umbei	•			<u>m</u>	easures of food	<u> </u>	
			0	f Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		60.00	1.302	7		1		34.80	39.60		
Energy	kcal	192		0	NC	4		111	127		
Energy	kj	803				4		466	530		
Protein (N x 6.4)		3.20		2		1		1.86	2.11		
Total lipid (fat)	g	8.40		2		1		4.87	5.54		
Ash		0.70		2		1		0.41	0.46		
Carbohydrate, by difference		27.60		0	NC	4		16.01	18.22		
Fiber, total dietary		0.9		0	FLA	4		0.5	0.6		
Sugars, total											
Sucrose	g										
Glucose (dextrose)											
Fructose											
Lactose		4.43		0	FLA	4		2.57	2.92		
Maltose											
Galactose											
Starch	9										
Minerals:											
Calcium, Ca	ma	120	4.974	4		1		70	79		
Iron, Fe		0.21	0.037	4		1		0.12	0.14		
Magnesium, Mg		14	0.421	4		1		8	9		
Phosphorus, P		100		2		1		58	66		
Potassium, K		188	8.003	4		1		109	124		
Sodium, Na	mg	60	10.493	4		1		35	40		
Zinc, Zn	mg	0.34	0.020	4		1		0.20	0.22		
Copper, Cu	mg	0.037	7	2		1		0.021	0.024		
Manganese, Mn		0.078	0.035			1		0.045	0.051		
Selenium, Se	mcg	1.9		0	FLA	4		1.1	1.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	7.7		2		1		4.5	5.1		
Thiamin		0.045	5	2		1		0.026	0.030		
Riboflavin		0.255	5	2		1		0.148	0.168		
Niacin		0.170)	2		1		0.099	0.112		
Pantothenic acid	-	0.720)	2		1		0.418	0.475		
Vitamin B-6		0.050)	2		1		0.029	0.033		
Folate, total	-	12		2		1		7	8		
Folic acid		0		0	z	7		0	0		
Folate, food	mcg	12		2		1		7	8		
Folate, DFE		12		0	NC	4		7	8		
Vitamin B-12		0.30		2		1		0.17	0.20		
Vitamin A, IU		320		2		1		186	211		
Vitamin A, RAE		96		0	NC	4		56	64		
Retinol		96		0	FLA	4		56	64		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D Vitamin K (phylloquinone)											
v namni K (pnynoquinone)	<u>Inc</u> y										
Lipids:											
Fatty acids, total saturated	g	5.190)	0		4		3.010	3.425		
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated	g										
Fatty acids, total trans											
Cholesterol		29		2		1		17	19		
Phytosterols	<u>mg</u>										
Others:											
	g	0.0		0	FLA			0.0	0.0		

NDB No. 19271 Ice creams, strawberry

	<u>A</u>	mount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv		Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

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Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz) Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 4.1 Fat 8.79 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of ear	ne portio	<u>n</u>	Amount in	edible portion	of common
			Nι	ımbeı	r			m	easures of food	<u></u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	61.00	0.360	50		1		43.92		
Energy		201		0	NC	4		145		
Energy		841				4		606		
Protein (N x 6.25)		3.50	0.199			1		2.52		
Total lipid (fat)		11.00	0.080	291		1		7.92		
Ash		0.90	0.045	6		1		0.65		
Carbohydrate, by difference		23.60		0	NC	4		16.99		
Fiber, total dietary		0.7		0	FLC	4		0.5		
Sugars, total		21.22	0.317	3	JO	11		15.28		
Starch	g									
Minerals:										
Calcium, Ca	mg	128	5.483	17		1		92		
Iron, Fe		0.09	0.007	35		1		0.06		
Magnesium, Mg	-	14	0.361	12		1		10		
Phosphorus, P		105	4.119	12		1		76		
Potassium, K	-	199	6.120	12		1		143		
Sodium, Na		80	6.528	19		1		58		
Zinc, Zn	-	0.69	0.160	14		1		0.50		
Copper, Cu		0.023	0.002	7		1		0.017		
Manganese, Mn		0.008	0.001	6		1		0.006		
Selenium, Se		1.8		1	A	1		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.067	21		1		0.4		
Thiamin		0.041		13		1		0.030		
Riboflavin	-	0.240	0.013	14		1		0.173		
Niacin		0.116		6		1		0.084		
Pantothenic acid	-	0.581	0.170	3		1		0.418		
Vitamin B-6		0.048	0.001	10		1		0.035		
Folate, total	-	5	1.830	4		1		4		
Folic acid		0		0	FLC	4		0		
Folate, food		5	1.830	4		1		4		
Folate, DFE		5		0	NC	4		4		
Vitamin B-12		0.39	0.043	3		1		0.28		
Vitamin A, IU		422		0	FLC	4		304		
Vitamin A, RAE	mcg RAE	118		0	FLC	4		85		
Retinol		116		0	FLC	4		84		
Vitamin E (alpha-tocopherol)		0.30		0	FLC	4		0.21		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		34.738	3	0	FLC	4		25.012		
Vitamin K (phylloquinone)		0.3		1	A	1		0.2		
Lipids:										
Fatty acids, total saturated	g	6.790)	0		1		4.889		
4:0		0.360)	1		1		0.259		
6:0	g	0.210)	1		1		0.151		
8:0		0.120		1		1		0.086		
10:0	-	0.280)	1		1		0.202		
12:0	g	0.310)	1		1		0.223		
13:0		0.000)	0	FLC	4		0.000		
14:0		1.130		1		1		0.814		
15:0	-	0.000		0	FLC	4		0.000		
16:0	-	3.060		1		1		2.203		
17:0		0.000		0	FLC	4		0.000		
18:0		1.316		0	FLC	4		0.948		
20:0		0.000		0	FLC	4		0.000		
22:0		0.000		0	FLC	4		0.000		
24:0		0.000		0	FLC	4		0.000		

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	of common
Nutrients and Units	3	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
				•						
Fatty acids, total monounsaturated		2.970		0	FLC	4		2.139		
14:1	-	0.000		0	FLC	4		0.000		
15:1	-	0 007		•	TT 0			0 140		
16:1 undifferentiated	-	0.207		0	FLC	4		0.149		
17:1	-	0.763		•	TT 0	4		1 000		
18:1 undifferentiated		2.763		0	FLC			1.989		
20:1	•	0.000		0	FLC	4		0.000		
22:1 undifferentiated	-	0.000		0	FLC	4		0.000		
24:1 c		0 451		•	== 0			0 205		
Fatty acids, total polyunsaturated		0.451		0	FLC	4		0.325		
18:2 undifferentiated		0.274		0	FLC	4		0.197		
18:3 undifferentiated	-	0.174		0	FLC	4		0.126		
18:4	-	0.000		0	FLC	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated				•						
20:4 undifferentiated	-	0.000		0	FLC	4		0.000		
20:5 n-3		0.003		0	FLC	4		0.002		
22:5 n-3		0.000		0	FLC	4		0.000		
22:6 n-3	-	0.000		0	FLC	4		0.000		
Fatty acids, total trans	-									
Cholesterol	-	44	1.9	24 10		1		32		
Phytosterols	mg									
Amino Acids:										
Tryptophan	ď	0.045		0		1		0.032		
Threonine		0.146		0		1		0.105		
Isoleucine	-	0.195		0		1		0.140		
Leucine		0.316		0		1		0.228		
Lysine		0.258		0		1		0.186		
Methionine		0.081		0		1		0.058		
Cystine		0.029		0		1		0.021		
3	-	0.023		0		1		0.113		
Phenylalanine		0.157		0		1		0.113		
TyrosineValine		0.133		0		1		0.112		
	-	0.217		0		1		0.136		
Arginine		0.123		0		1		0.063		
Histidine	-	0.088		0		1		0.083		
Alanine				0		1				
Aspartic acid		0.250		0		1		0.180		
Glutamic acid	-	0.681		0		1		0.490		
Glycine		0.093						0.067		
Proline	-	0.326		0		1 1		0.235		
Serine		0.177		U		1		0.127		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine		0		0	FLC	4		0		
Theobromine	-	0		0	FLC	4		0		
Carotenoids:										
<u> </u>		1.0		•	_	_		10 500		
Carotene, beta		19		2	A	1		13.500		
Carotene, alpha		0		2	A	1		0.000		
Cryptoxanthin, beta		0		2	A	1		0.000		
Lycopene		0		2	A	1		0.000		
Lutein + zeaxanthin	iùcā	0		2	A	1		0.000		

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

Common Measures:

Measure 1 = 72g: .5 cup

NDB No. 19095 Ice creams, vanilla

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g			le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	nits	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	! Measure 3	
Proximates:											
Water	g	64.35	1.666	4		1					
Energy		138		0	NC	4					
Energy	=	578		0	NC	4					
Protein	-	4.48		1	LC	8					
Total lipid (fat)		0.00		1	LC	8					
Ash		1.11		0	BFNN	4					
Carbohydrate, by difference	g	30.06		0	NC	4					
Fiber, total dietary	g	1.0	0.407	4		1					
Sugars, total	g	23.88		1	LC	8					
Starch	g										
Minerals:											
Calcium, Ca	ma	149		1	LC	8					
Iron, Fe	_	0.00		1	LC	8					
Magnesium, Mg		21		0	BFNN	4					
Phosphorus, P		150		0	BFNN	4					
Potassium, K		302		0	BFNN	4					
Sodium, Na		97		1	LC	8					
Zine, Zn		1.06		0	BFNN	4					
Copper, Cu		0.028	3	0	BFNN	4					
Manganese, Mn											
Selenium, Se		2.9		0	BFNN	4					
¥7*4 *											
<u>Vitamins:</u>				_							
Vitamin C, total ascorbic acid		0.0		1	LC	8					
Thiamin		0.051		0	BFNN	4					
Riboflavin	_	0.248		0	BFNN	4					
Niacin		0.140)	0	BFNN	4					
Pantothenic acid		0.047	•	•							
Vitamin B-6		0.047 7		0	BFNN	4					
Foliate, total	-	0		0	BFNN BFNN	4 4					
Folic acid		7		0		4					
Folate, food		7		0	BFNN NC	4					
Folate, DFE		0.45		0	BFNN	4					
Vitamin B-12				0	NC	4					
Vitamin A, IU	IU	698		0		4					
Vitamin A, RAE		200			NC						
Retinol		198		0	BFNN	4 4					
Vitamin E (alpha-tocopherol)		0.00		U	BFFN	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFFN	4					
vitainiii K (phynoquinone)	IIIO9	0.0		Ü	DEEM	-					
Lipids:											
Fatty acids, total saturated	g	0.000)	1	LC	8					
4:0	g	0.000)	0	BFFN	4					
6:0	g	0.000)	0	BFFN	4					
8:0	g	0.000)	0	BFFN	4					
10:0		0.000		0	BFFN	4					
12:0		0.000)	0	BFFN	4					
13:0											
14:0		0.000)	0	BFFN	4					
15:0											
16:0		0.000)	0	BFFN	4					
17:0											
18:0	g	0.000)	0	BFFN	4					
20:0	g										
22:0	g										
24:0	a										

	<u>Ar</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>		edible portion	
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	BFFN	4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	BFFN	4				
17:1g									
18:1 undifferentiatedg	0.000		0	BFFN	4				
20:1g	0.000		0	BFFN	4				
22:1 undifferentiatedg	0.000		0	BFFN	4				
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0	BFFN	4				
18:2 undifferentiatedg	0.000		0	BFFN	4				
18:3 undifferentiatedg	0.000		0	BFFN	4				
18:4g	0.000		0	BFFN	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4				
20:5 n-3g	0.000		0	BFFN	4				
22:5 n-3g	0.000		0	BFFN	4				
22:6 n-3g	0.000		0	BFFN	4				
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFNN	4				
Caffeine mg	0		0	BFNN	4				
Theobrominemg	0		0	BFNN	4				
Carotenoids:									
Carotene, betamcg	23		0	BFNN	4				
Carotene, alpha mcg	0		0	BFNN	4				
Cryptoxanthin, betamcg	0		0	BFNN	4				
Lycopene mcg	0		0	BFNN	4				
Lutein + zeaxanthinmcg	0		0	BFNN	4				

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		Amount in 100 grams of edible portion						Amount in edible portion of common		
	Number						measures of food			
			of Data Deriv			Source Confide	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	63.51	0.754	0	0	4		48.27		
Energy		165	3.751	3	MC	9		126		
Energy		691		0	MC	9		525		
Protein (N x 6.25)		4.78	0.047	3	MC	9		3.64		
Total lipid (fat)		4.83	0.370	3	MC	9		3.67		
Ash		1.07	0.040	0	FLC	4		0.82		
Carbohydrate, by difference		25.80	0.248	3	MC	9		19.61		
Fiber, total dietary		0.3	0.092	3	MC	9		0.2		
Sugars, total		22.12	0.513	3	MC	9		16.81		
Starch	9									
Minerals:										
Calcium, Ca	mg	161	4.057	3	MC	9		122		
Iron, Fe		0.19	0.073	3	MC	9		0.15		
Magnesium, Mg	mg	14	0.419	18	A	1		11		
Phosphorus, P	mg	103	3.694	18	A	1		78		
Potassium, K	mg	208	6.828	18	A	1		158		
Sodium, Na	mg	74	2.417	18	A	1		56		
Zinc, Zn	mg	0.73	0.353	18	A	1		0.56		
Copper, Cu	mg	0.017		0	FLC	4		0.013		
Manganese, Mn		0.005	i	0	FLC	4		0.003		
Selenium, Se	mcg	2.0	0.714	16	A	1		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.237	3	MC	9		0.9		
Thiamin	-	0.053	1	0	FLC	4		0.040		
Riboflavin	mg	0.255	i	0	FLC	4		0.194		
Niacin	-	0.136	i	0	FLC	4		0.103		
Pantothenic acid	mg	0.481		0	FLC	4		0.365		
Vitamin B-6	_	0.045	i	0	FLC	4		0.034		
Folate, total		6		0	FLC	4		5		
Folic acid	mcg	0		0	FLC	4		0		
Folate, food		6		0	FLC	4		5		
Folate, DFE	mcg_DFE	6		0	NC	4		5		
Vitamin B-12		0.47		0	FLC	4		0.35		
Vitamin A, IU	IU	448	21.349	3	MC	9		340		
Vitamin A, RAE	mcg_RAE	63		0	FLC	4		48		
Retinol	mcg	49		0	FLC	4		37		
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLC	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D		25.720	1	0	FLC	4		19.547		
Vitamin K (phylloquinone)	mcg	0.4		0	FLC	4		0.3		
<u> ipids:</u>										
Fatty acids, total saturated		2.927		3	MC	9		2.224		
4:0		0.141		0	FLC	4		0.107		
6:0		0.099		0	FLC	4		0.075		
8:0	-	0.074		0	FLC	4		0.056		
10:0		0.117		0	FLC	4		0.089		
12:0	g	0.127		0	FLC	4		0.097		
13:0	g	0.000		0	FLC	4		0.000		
14:0	g	0.471		0	FLC	4		0.358		
15:0	g	0.000	1	0	FLC	4		0.000		
16:0	g	1.260	1	0	FLC	4		0.958		
17:0	g	0.000	1	0	FLC	4		0.000		
18:0	g	0.570	1	0	FLC	4		0.433		
20:0	g	0.000	1	0	FLC	4		0.000		
22:0		0.000)	0	FLC	4		0.000		
24:0		0.000)	0	FLC	4		0.000		

	<u>Ar</u>	nount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	1.281		0	FLC	4		0.074		
Fatty acids, total monounsaturatedg 14:1g	0.000		0	FLC	4		0.974 0.000		
15:1	0.000		U	FLC	4		0.000		
16:1 undifferentiatedg	0.070		0	FLC	4		0.053		
17:1g	0.070		v	110	•		0.033		
18:1 undifferentiated	1.211		0	FLC	4		0.920		
20:1g	0.000		0	FLC	4		0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.219		0	FLC	4		0.166		
18:2 undifferentiatedg	0.134		0	FLC	4		0.102		
18:3 undifferentiatedg	0.085		0	FLC	4		0.064		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total trans									
Cholesterol mg	27	12.71	L9 3	MC	9		21		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta	171		0	FLC	4		129.788		
Carotene, alphamcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta mcg	0		0	FLC	4		0.000		
Lycopene mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000		

Common Measures:

Measure 1 = 76g: 1 serving 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumbe	r			<u>m</u>	easures of food	<u>i</u>	
			c	of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	65.52		0	FLA	4		44.56			
Energy	kcal	155	8.553	3 4	MC	9		105			
Energy	kj	649		0	MC	9		441			
Protein (N x 6.25)	g	3.97	0.190	4	MC	9		2.70			
Total lipid (fat)	g	7.45	0.969	4	MC	9		5.07			
Ash	g	1.20		1	A	1		0.82			
Carbohydrate, by difference	g	21.42	0.257	7 4	MC	9		14.56			
Fiber, total dietary	g	0.7	0.082	2 4	MC	9		0.4			
Sugars, total	g	6.46	0.417	7 4	MC	9		4.39			
Starch	g										
Minopole											
Minerals:	ma	136	4.924	l 4	MC	9		93			
Calcium, Ca	-	0.19	0.037		MC	9		93 0.13			
Magnesium, Mg	-	9	0.037	0	FLM	4		6			
Phosphorus, P		75		0	FLM	4		51			
Potassium, K		196		0	LC	8		133			
Sodium, Na		96	23.018		MC	9		65			
Zinc, Zn		0.31	25.020	0	FLM	4		0.21			
Copper, Cu		0.030		0	FLM	4		0.020			
Manganese, Mn.		0.006		0	FLM	4		0.004			
Selenium, Se	-	1.9		0	FLM	4		1.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.9	0.028		MC	9		0.6			
Thiamin	-	0.029		0	FLM	4		0.020			
Riboflavin		0.122		0	FLM	4		0.083			
Niacin	-	0.074		0	FLM	4		0.050			
Pantothenic acid	-	0.256		0	FLM	4		0.174			
Vitamin B-6		0.029		0	FLM	4		0.019			
Folate, total		4		0	FLM	4		3			
Folic acid		0		0	FLA	4		0			
Folate, food		4		0	FLM	4		3			
Folate, DFE		4		0	NC	4		3			
Vitamin B-12		0.52	14.418	0	LC	8		0.35			
Vitamin A, IU		302	14.418	3 4 0	MC	9		206			
Vitamin A, RAE		86		0	NC	4		58			
Retinol		85		0	FLM	4 4		58			
Vitamin E (alpha-tocopherol)		0.29		U	FLM	4		0.19			
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.8		0	FLM	4		1.9			
	=										
<u>_ipids:</u>	~					_		0 ===			
Fatty acids, total saturated		4.048			MC	9		2.752			
4:0		0.213		1 1	A	1		0.145			
6:0		0.116		1	A	1		0.079			
8:0		0.067 0.149		1	A A	1 1		0.046			
10:0				1	A	1		0.101 0.104			
12:0 13:0		0.153 0.000		0	A FLM	4		0.104			
	-	0.495		1	гым А	1					
14:0				1		1		0.337			
15:0	-	0.053		1	A A	1		0.036			
16:0		1.439		1		1		0.979			
17:0	-	0.032		1	A A	1		0.022			
18:0	-	0.956		1		1		0.650			
20:0	-	0.012			A			0.008			
22:0	y	0.006		1 1	A A	1 1		0.004 0.003			

	<u>An</u>	nount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures 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	1.855		0	FLM	4		1.262		
14:1g	0.048		1	A	1		0.033		
15:1	0.010		-		-		0.055		
16:1 undifferentiated	0.088		1	A	1		0.060		
17:1g	0.016		1	A	1		0.011		
18:1 undifferentiated	1.388		1	A	1		0.944		
20:1g	0.012		1	A	1		0.008		
22:1 undifferentiated	0.005		1	A	1		0.003		
24:1 cg									
Fatty acids, total polyunsaturated	0.740		0	FLM	4		0.503		
18:2 undifferentiatedg	0.165		1	A	1		0.112		
18:3 undifferentiated	0.032		1	A	1		0.022		
18:4g	0.005		1	A	1		0.003		
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.002		1	A	1		0.002		
20:4 undifferentiatedg	0.011		1	A	1		0.007		
20:5 n-3g	0.002		1	A	1		0.001		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans9									
Cholesterol mg	27	8.73	8 4	MC	9		18		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	12		0	FLM	4		7.965		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopenemcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLM	4		0.000		

Common Measures:

Measure 1 = 68g: 1 serving 1/2 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u> e	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	69.60	0.153	45		1		61.25			
Energy	kcal	126		0		4		111			
Energy	kj	527		0		4		464			
Protein (N x 6.4)	g	4.90		1		4		4.31			
Total lipid (fat)	g	2.60	0.116	67		1		2.29			
Ash	g	1.10		1		4		0.97			
Carbohydrate, by difference	g	21.80		0	NC	4		19.18			
Fiber, total dietary	g	0.0		0		4		0.0			
Sugars, total	g	21.80		0	BFCN	4		19.18			
Starch	g										
Minopole											
Minerals:	ma	157		1		4		138			
Calcium, Ca	-	0.06		1		4 A		0.05			
Magnesium, Mg	-	14		1		4 <u>.</u> 4		12			
Phosphorus, P		121		1		4		106			
Potassium, K	_	221		1		4		194			
Sodium, Na	_	70		1		4		62			
Zinc, Zn	-	0.53		1		4		0.47			
Copper, Cu		0.027		1		4		0.024			
Manganese, Mn		0.008		1		4		0.007			
Selenium, Se		3.6		0	BFPN	4		3.2			
·											
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.9		1		4		0.8			
Thiamin	-	0.052		1		4		0.046			
Riboflavin		0.198		1		4		0.174			
Niacin		0.118		1		4		0.104			
Pantothenic acid	_	0.447		1		4		0.393			
Vitamin B-6	_	0.046	i	1		4		0.040			
Folate, total		5		0	FLA	4		4			
Folic acid		0		0	FLA	4		0			
Folate, food		5		0	FLA	4		4			
Folate, DFE		5		0	NC	4		4			
Vitamin B-12		0.50		1		4		0.44			
Vitamin A, IU		103		1		4		91			
Vitamin A, RAE		29		0	FLA	4		25			
Retinol		28 0.06		0	FLA FLA	4 4		25 0.05			
Vitamin E (alpha-tocopherol)		0.06		U	FLA	4		0.05			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.4		0	BFZN	4		0.3			
<u> Lipids:</u>											
Fatty acids, total saturated		1.630		0		1		1.434			
4:0		0.090		2		1		0.079			
6:0	_	0.050		2		1		0.044			
8:0		0.030		2		1		0.026			
10:0	_	0.070		2		1		0.062			
12:0		0.070		2		1		0.062			
13:0	_			_							
14:0		0.270		2		1		0.238			
15:0				_		_					
16:0		0.730		2		1		0.642			
17:0	_	0.000		_				0.000			
18:0	_	0.320		2		1		0.282			
20:0	_										
22:0											

	Amount in 100 grams of edible portion Number							edible portion o	f common
		Nι	umber				me	easures of food	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.760		0		1		0.669		
14:1g									
15:1g									
16:1 undifferentiatedg	0.060		2		1		0.053		
17:1g									
18:1 undifferentiatedg	0.700		2		1		0.616		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg					_				
Fatty acids, total polyunsaturatedg	0.100		0		1		0.088		
18:2 undifferentiated	0.060		2		1		0.053		
18:3 undifferentiatedg	0.040		2		1		0.035		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0		1		0.000		
20:5 n-3	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g 22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total trans	0.000		U		_		0.000		
Cholesterolg	12		1		4		11		
Phytosterols mg	12		-		•				
T flytosterois									
Amino Acids:									
Tryptophang	0.059		0		1		0.052		
Threonineg	0.197		0		1		0.173		
Isoleucineg	0.260		0		1		0.229		
Leucineg	0.424		0		1		0.373		
Lysineg	0.351		0		1		0.309		
Methionineg	0.109		0		1		0.096		
Cystine	0.039		0		1		0.034		
Phenylalanine	0.211		0		1		0.186		
Tyrosine	0.204		0		1		0.180		
Valine	0.292		0		1 1		0.257		
Arginine	0.185		0		1		0.163		
Histidine	0.117 0.184		0		1		0.103 0.162		
Alanine	0.184		0		1		0.162		
Aspartic acid	0.345		0		1		0.304		
Glycine 9	0.923		0		1		0.812		
Glycine	0.162		0		1		0.160		
Serine	0.466		0		1		0.410		
Hydroxyproline	0.241		J		1		V.ZIZ		
тустохургонис9									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	5		0	FLA	4		4.617		
Carotene, alpha mcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	0		0	FLA	4		0.000		
J 1	0		0	FLA	4				

Common Measures:

Measure 1 = 88g: 1 serving 1/2 cup

NDB No. 19096

Ice creams, vanilla, light, soft-serve

Calories Factors: Protein 4.1 Fat 8.79 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	grams	s of ear	ole portic	<u>on</u>	Amount in edible portion of common			
			Nı	ımbe	r			measures of food			
					Deriv	Source	Confidence				
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and on	ito	Wieari	Ota. Enor					Wedsure 1	Wedsule 2	Wicasarc	
Proximates:											
Water	g	57.20	0.555	7		1		61.20			
Energy	kcal	249		0	NC	4		266			
Energy	kj	1042		0	NC	4		1115			
Protein (N x 6.25)	g	3.50	0.416	4		1		3.75			
Total lipid (fat)	g	16.20	0.212	11		1		17.33			
Ash	g	0.81		0	FLA	4		0.86			
Carbohydrate, by difference	g	22.29		0	NC	4		23.86			
Fiber, total dietary	g	0.0		1	LC	8		0.0			
Sugars, total	g	20.65		2	LC	8		22.10			
Starch	g										
Mr. 1											
Minerals:	ma	117		2	LC	8		126			
Calcium, Ca	-	0.34		1	TC TC	8		0.36			
Iron, Fe	_	11		0	FLA	8 4		12			
Magnesium, Mg Phosphorus, P		105		0	FLA	4		112			
Potassium, K	•	157		0	FLA	4		168			
		61		2	LC	8		65			
Sodium, NaZinc, Zn		0.47		0	FLA	4		0.50			
Copper, Cu		0.47	,	0	FLA	4		0.009			
Manganese, Mn		0.004		0	FLA	4		0.004			
Selenium, Se		3.5	-	0	FLA	4		3.7			
Scientum, Sc	9	3.3		·		•		3.,			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		1	LC	8		0.0			
Thiamin		0.041	<u> </u>	0	FLA	4		0.044			
Riboflavin	mg	0.167	7	0	FLA	4		0.179			
Niacin		0.082	2	0	FLA	4		0.087			
Pantothenic acid	mg	0.460)	0	FLA	4		0.492			
Vitamin B-6	mg	0.045	5	0	FLA	4		0.048			
Folate, total		8		0	FLA	4		8			
Folic acid	mcg	0		0	FLA	4		0			
Folate, food		8		0	FLA	4		8			
Folate, DFE		8		0	NC	4		8			
Vitamin B-12		0.39		0	FLA	4		0.42			
Vitamin A, IU		653		0	FLA	4		699			
Vitamin A, RAE		182		0	FLA	4		195			
Retinol	mcg	179		0	FLA	4		192			
Vitamin E (alpha-tocopherol)	mg	0.51		0	FLA	4		0.55			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		43.720)	0	FLA	4		46.780			
Vitamin K (phylloquinone)	mcg	1.3		0	FLA	4		1.4			
Lipids:											
Fatty acids, total saturated	g	10.329)	2	LC	8		11.052			
4:0		0.491		0	FLA	4		0.526			
6:0		0.290		0	FLA	4		0.310			
8:0	-	0.169		0	FLA	4		0.181			
10:0	-	0.380		0	FLA	4		0.406			
12:0		0.425		0	FLA	4		0.454			
13:0						•					
14:0		1.526	5	0	FLA	4		1.632			
15:0		0.000		0	FLA	4		0.000			
16:0	-	4.168		0	FLA	4		4.460			
17:0	-	0.000		0	FLA	4		0.000			
18:0	-	1.899		0	FLA	4		2.032			
20:0	<u>-</u>	0.000		0	FLA	4		0.000			
22:0		0.000		0	FLA	4		0.000			
24:0		0.000		0	FLA	4		0.000			

		<u>Aı</u>	mount in 10	00 grams		Amount in edible portion of common				
				Number	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	4.460		0	FLA	4		4.772		
14:1	g	0.000		0	FLA	4		0.000		
15:1 16:1 undifferentiated	_	0.360		0	FLA	4		0.385		
17:1 18:1 undifferentiated	-	4.098		0	FLA	4		4.385		
20:1	q	0.002		0	FLA	4		0.002		
22:1 undifferentiated	•	0.000		0	FLA	4		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		0.680		0	FLA	4		0.727		
18:2 undifferentiated	g	0.437		0	FLA	4		0.468		
18:3 undifferentiated	g	0.222		0	FLA	4		0.238		
18:4	g	0.001		0	FLA	4		0.001		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.014		0	FLA	4		0.015		
20:5 n-3	g	0.001		0	FLA	4		0.001		
22:5 n-3	g	0.000		0	FLA	4		0.000		
22:6 n-3	g	0.004		0	FLA	4		0.004		
Fatty acids, total trans	g									
Cholesterol	mg	92		2	LC	8		98		
Phytosterols	mg									
Amino Aoide										
Amino Acids:	0	0.041		0		1		0.044		
Tryptophan						1				
Threonine	_	0.138		0		1		0.148		
Isoleucine		0.182		0		1		0.195		
Leucine	_	0.298		0		1		0.319		
Lysine		0.248 0.076		0		1		0.265 0.081		
Methionine				0		1				
Cystine	_	0.027 0.149		0		1		0.029 0.159		
Phenylalanine				-		1				
Tyrosine		0.142		0		1		0.152		
Valine		0.205		0		1		0.219		
Arginine		0.135						0.144		
Histidine		0.083		0		1		0.089		
Alanine		0.136		0		1		0.146		
Aspartic acid						_				
Glutamic acid	_	0.652		0		1		0.698		
Glycine		0.147		0		1		0.157		
Proline		0.338		0		1		0.362		
Serine	-	0.171		0		1		0.183		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0		
Caffeine		0		0	FLA	4		0		
Theobromine		0		0	FLA	4		0		
Carotenoids:	······ ·									
				•				24 225		
Carotene, beta		32		0	FLA	4		34.385		
Carotene, alpha		1		0	FLA	4		1.260		
Cryptoxanthin, beta	_	1		0	FLA	4		1.114		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin	mcg	34		0	FLA	4		36.500		

Common Measures:

Measure 1 = 107g: .5 cup

NDB No. 19089

Ice creams, vanilla, rich

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	86.40		2	A	1		25.06	100.22		
Energy	kcal	53		0	NC	4		15	61		
Energy	kj	222				4		64	257		
Protein (N x 6.25)	g	0.03		2	A	1		0.01	0.03		
Total lipid (fat)	g	0.02		2	A	1		0.01	0.02		
Ash	g	0.05		2	A	1		0.01	0.06		
Carbohydrate, by difference	g	13.50		0	NC	4		3.92	15.66		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	1		2	A	1		0	1		
Iron, Fe	_	0.09		2	A	1		0.03	0.10		
Magnesium, Mg	_	0.03		2	A	1		0.05	0.10		
Phosphorus, P		0		2	A	1		0	0		
Potassium, K	_	6		2	A	1		2	7		
Sodium. Na.		4		2	A	1		1	5		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.03		2	A	1		0.01	0.03		
Copper, Cu		0.010)	0	BFZN	4		0.003	0.012		
Manganese, Mn		0.020		0	BFZN	4		0.006	0.023		
Selenium, Se		0.1		0	BFZN	4		0.0	0.1		
<u>Vitamins:</u>	ma a	٥		•	_			0.1			
Vitamin C, total ascorbic acid	_	0.5 0.005		2 2	A A	1 1		0.1	0.6		
ThiaminRiboflavin	_	0.005		2	A	1		0.001 0.003	0.006		
	-	0.010		2	A	1		0.003	0.012		
Niacin	_	0.715		2	A	1		0.207	0.829 0.006		
Pantothenic acid	-	0.003		2	A	1		0.001	0.006		
Vitamin B-6	_	5	•	2	A	1		1	6		
Folate, totalFolic acid		0		0	Z	7		0	0		
Folate, food		5		2	A	1		1	6		
Folate, DFE		5		0	NC	4		1	6		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU		167		0	NC	4		48	194		
Vitamin A, RAE		8		0	NC	4		2	10		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)									-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.000	1	0	BFZN	4		0.000	0.000		
4:0		0.000		0	BFZN	4		0.000	0.000		
6:0		0.000		0	BFZN	4		0.000	0.000		
8:0		0.000		0	BFZN	4		0.000	0.000		
10:0	-	0.000		0	BFZN	4		0.000	0.000		
12:0.	-	0.000		0	BFZN	4		0.000	0.000		
13:0		5.000		·	mi	-		2.000	3.000		
14:0	-	0.000)	0	BFZN	4		0.000	0.000		
15:0	_			-							
16:0		0.000)	0	BFZN	4		0.000	0.000		
17:0				-	•						
18:0		0.000)	0	BFZN	4		0.000	0.000		
20:0											
22:0											
24:0	_										

	<u>Ar</u>	mount in 100 g	grams	<u>n</u>	Amount in edible portion of common				
		Nu	ımber				<u>me</u>	easures of food	
Nutrients and Units	Mean	of Std. Error	Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	BFZN	4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
20:1g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
18:4g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Common Measures:

Measure 1 = 29.0g: 1 fl oz Measure 2 = 116g: .5 cup

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber				<u>m</u>	easures of food	<u>l</u>	
Nutrients and Un	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	66.90		1		4		66.23			
Energy	-	128		0	NC	4		127			
Energy		536				4		530			
Protein (N x 6.25)		0.40		1		4		0.40			
Total lipid (fat)		0.00		1		4		0.00			
Ash		0.00		1		4		0.00			
Carbohydrate, by difference		32.60		0	NC	4		32.27			
Fiber, total dietary		0.0		0		4		0.0			
Sugars, total		32.60		0	NR	4		32.27			
Starch											
S											
Minerals:											
Calcium, Ca		2		1		4		2			
Iron, Fe	_	0.16		1		4		0.16			
Magnesium, Mg		1		1		4		1			
Phosphorus, P		1		1		4		1			
Potassium, K		3		1		4		3			
Sodium, Na		22		1		4		22			
Zinc, Zn	-	0.02		1		4		0.02			
Copper, Cu		0.013		1		4		0.013			
Manganese, Mn		0.020)	1		4		0.020			
Selenium, Se	mcg	0.1		0	BFPN	4		0.1			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.0		1		4		1.0			
Thiamin	-	0.001	1	1		4		0.001			
Riboflavin		0.000		1		4		0.000			
Niacin		0.007		1		4		0.007			
Pantothenic acid.		0.003		1		4		0.003			
Vitamin B-6	_	0.001		1		4		0.003			
Folate, total	-	0.001	-	1		4		0.001			
Folic acid		0		0	z	7		0			
Folate, food		0		1		4		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		0.00		1	МС	4		0.00			
Vitamin A, IU	IIIOG	0.00		1		4		0.00			
Vitamin A, RAE		0		0	AS	1		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00			
Tocopherol, beta		0.00		U	2	,		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	z	7		0.0			
vitanim K (phynodumone)	9	0.0		·	_	•		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000)	0		7		0.000			
4:0	g	0.000)	0		4		0.000			
6:0	g	0.000)	0		4		0.000			
8:0	g	0.000)	0		4		0.000			
10:0	g	0.000)	0		4		0.000			
12:0	g	0.000)	0		4		0.000			
13:0											
14:0	g	0.000)	0		4		0.000			
15:0											
16:0		0.000)	0		4		0.000			
17:0											
18:0	-	0.000)	0		4		0.000			
20:0	-										
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 10			Amount in 100 grams of edible portion Number of Data Deriv Source Confidence								
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturatedg	0.000		0		7		0.000						
14:1g	0.000		U		,		0.000						
15:1													
16:1 undifferentiatedg	0.000		0		4		0.000						
17:1g	0.000		·		-		0.000						
18:1 undifferentiated	0.000		0		4		0.000						
20:1g	0.000		0		4		0.000						
22:1 undifferentiatedg	0.000		0		4		0.000						
24:1 cg													
Fatty acids, total polyunsaturated9	0.000		0		7		0.000						
18:2 undifferentiatedg	0.000		0		4		0.000						
18:3 undifferentiatedg	0.000		0		4		0.000						
18:4g	0.000		0		4		0.000						
20:2 n-6 c,cg													
20:3 undifferentiatedg													
20:4 undifferentiatedg	0.000		0		4		0.000						
20:5 n-3g	0.000		0		4		0.000						
22:5 n-3g	0.000		0		4		0.000						
22:6 n-3g	0.000		0		4		0.000						
Fatty acids, total transg													
Cholesterolmg	0		1		4		0						
Phytosterolsmg													
Others:													
Alcohol, ethylg	0.0		0		7		0.0						
Caffeine mg	0		0	z	7		0						
Theobrominemg	0		0	z	7		0						
Carotenoids:													
Carotene, betamcg	0		0	z	7		0.000						
Carotene, alphamcg	0		0	Z	7		0.000						
Cryptoxanthin, betamcg	0		0	z	7		0.000						
Lycopene mcg	0		0	z	7		0.000						
Lutein + zeaxanthin mcg	0		0	z	7		0.000						

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 19 Sweets

Nutrients and Units Proximates: Water	ccal ;j ; ; ;	73.30 113 473 0.00	Std. Error	Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	<u>I</u> Measure 3
Proximates: 9 Energy	ccal ;j ; ; ;	73.30 113 473	Std. Error	Points				Measure 1	Measure 2	Measure 3
Water 9 Energy k Energy k 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 n Iron, Fe n Magnesium, Mg n n Phosphorus, P n n Sodium, Na n n Zinc, Zn n n Copper, Cu n n Manganese, Mn n n Selenium, Se n n Vitamins: Vitamin C, total ascorbic acid n	ccal ;j ; ; ;	113 473		_						
Energy	ccal ;j ; ; ;	113 473		-						
Energy	.j 	473		1		1		72.57		
Protein (N x 6.25)	 			0		4		112		
Total lipid (fat)) 	0.00				4		468		
Ash	J			1		1		0.00		
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca. Calcium, Ca. n Iron, Fe. n Magnesium, Mg n Phosphorus, P. n Potassium, K. n Sodium, Na n Zinc, Zn n Copper, Cu n Manganese, Mn n Selenium, Se n Vitamins: Vitamin C, total ascorbic acid n		2.60		1		1		2.57		
Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca.	1	0.20		1		1		0.20		
Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca		23.90		0		4		23.66		
Starch 9 Minerals: Calcium, Ca	l	0.7		0	RC	4		0.7		
Minerals: Calcium, Ca	I									
Calcium, Ca	l									
Calcium, Ca										
Iron, Fe	na	0		1		1		0		
Magnesium, Mg	-	3.53		1		1		3.49		
Phosphorus, P		5		0		4		5		
Potassium, K		9		0		4		9		
Sodium, Na	-	17		0		4		17		
Zinc, Znn Copper, Cun Manganese, Mnn Selenium, Sen Vitamins: Vitamin C, total ascorbic acidn		35		1		1		35		
Copper, Cu		0.11		0		4		0.11		
Manganese, Mnn Selenium, Sen Vitamins: Vitamin C, total ascorbic acidn		0.044		0		4		0.044		
Selenium, Se	-	0.161		0		4		0.159		
Vitamin C, total ascorbic acidn		0.9		0	FLA	4		0.9		
Vitamin C, total ascorbic acidn										
*	na	13.2		1		1		13.1		
		0.006		0		4		0.006		
Riboflavin	-	0.005		0		4		0.005		
Niacinn	•	0.034		0		4		0.034		
Pantothenic acidn		0.039		0		4		0.039		
Vitamin B-6n		0.016		0		4		0.016		
Folate, totaln		1		0		4		1		
Folic acidn		0		0	z	7		0		
Folate, foodn		1		0		4		1		
Folate, DFEn		1		0	NC	4		1		
Vitamin B-12n		0.00		0		4		0.00		
Vitamin A, IUll		0		1		1		0		
Vitamin A, RAEn		0		0	NC	4		0		
Retinoln		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)n										
Tocopherol, betan	ng									
Tocopherol, gamman										
Tocopherol, deltan										
Vitamin DII										
Vitamin K (phylloquinone)n	ncg									
<u>Lipids:</u>										
Fatty acids, total saturated9		2.304		0	FLA	4		2.281		
Fatty acids, total monounsaturated9		0.111		0	FLA	4		0.110		
Fatty acids, total polyunsaturated9		0.029		0	FLA	4		0.029		
Fatty acids, total trans9										
Cholesteroln Phytosterolsn		0		1		1		0		

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

Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

NDB No. 19387

Ice novelties, pineapple-coconut

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Aı</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	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates: Water	a	80.00	1		4		41.60	102.40	70.4	
Energy	=	72	0		4		37	92	63	
Energy		301	v		4		157	386	265	
Protein (N x 6.25)		0.00	1		4		0.00	0.00	0.0	
Total lipid (fat)		0.00	1		4		0.00	0.00	0.0	
Ash		1.10	1		4		0.57	1.41	0.9	
Carbohydrate, by difference		18.90	0	NC	4		9.83	24.19	16.6	
Fiber, total dietary		0.0	0		4		0.0	0.0	0.0	
Sugars, total		18.90	0	NR	4		9.83	24.19	16.6	
Starch										
<u> Iinerals:</u>							_			
Calcium, Ca	_	0	1		4		0	0	0	
Iron, Fe		0.00	1		4		0.00	0.00	0.0	
Magnesium, Mg		1	1		4		1	1	1	
Phosphorus, P	•	0	1		4		0	0	0	
Potassium, K		4	1.888 3		1		2	5	4	
Sodium, Na		12	0.628 3		1		6	15	11	
Zinc, Zn		0.02	1		4		0.01	0.03	0.	
Copper, Cu		0.009			4		0.005	0.012	0.	
Manganese, Mn		0.006			4		0.003	0.008	0.	
Selenium, Se	mcg	0.0	0	BFSN	4		0.0	0.0	0.0	
itamins:	ma	0.0	1		4		0.0	0.0	0.0	
Vitamin C, total ascorbic acid		0.000			4		0.000	0.00	0.	
Thiamin	-	0.000			4		0.000			
Riboflavin					4			0.000	0.	
Niacin	-	0.000			4		0.000	0.000	0.	
Pantothenic acid Vitamin B-6		0.001			4		0.001 0.000	0.001	0.	
	_	0.000	1		4		0.000	0.000 0	0.	
Foliate, total		0	0	z	7		0	0	0	
Folic acid		0	1	4	4		0	0	0	
Folate, food		0	0	NC	4		0	0	0	
Folate, DFE				NC					-	
Vitamin B-12		0.00	1		4 4		0.00 0	0.00	0.	
Vitamin A, IU		0	1		_		•	0	0	
Vitamin A, RAE		-	0	AS	1		0	0	-	
Retinol		0	0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.00	0	Z	7		0.00	0.00	0.	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0	0	z	7		0.0	0.0	0.	
ipids:	-									
Fatty acids, total saturated	q	0.000	0		7		0.000	0.000	0.	
4:0		0.000			4		0.000	0.000	0.	
6:0		0.000			4		0.000	0.000	0.	
8:0	_	0.000			4		0.000	0.000	0.	
10:0		0.000			4		0.000	0.000	0.	
12:0		0.000			4		0.000	0.000	0.	
13:0	-		·		•					
14:0		0.000	0		4		0.000	0.000	0.	
15:0	_		•				2		,,	
16:0	_	0.000	0		4		0.000	0.000	0.	
17:0			v		-		2.000	3.000	٠.	
18:0	_	0.000	0		4		0.000	0.000	0.	
20:0	_	0.000	v		•		3.000	0.000	٠.	
22:0	_									
24:0	_									

	<u>Ar</u>			of edik	ole portio	Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean	Std. Error	of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3					
F-44	g 0.000		0		7		0.000	0.000	0.000					
Fatty acids, total monounsaturated 14:1			U		,		0.000	0.000	0.000					
15:1														
16:1 undifferentiated	_		0		4		0.000	0.000	0.000					
17:1	•		·		-		0.000	0.000	0.000					
18:1 undifferentiated			0		4		0.000	0.000	0.000					
20:1			0		4		0.000	0.000	0.000					
22:1 undifferentiated	_		0		4		0.000	0.000	0.000					
24:1 c	0		·		-		0.000	0.000	0.000					
Fatty acids, total polyunsaturated			0		7		0.000	0.000	0.000					
18:2 undifferentiated			0		4		0.000	0.000	0.000					
18:3 undifferentiated.	-		0		4		0.000	0.000	0.000					
18:4	•		0		4		0.000	0.000	0.000					
20:2 n-6 c.c.														
20:3 undifferentiated														
20:4 undifferentiated			0		4		0.000	0.000	0.000					
20:5 n-3	g 0.000		0		4		0.000	0.000	0.000					
22:5 n-3	g 0.000		0		4		0.000	0.000	0.000					
22:6 n-3	-		0		4		0.000	0.000	0.000					
Fatty acids, total trans	9													
Cholesterol			1		4		0	0	0					
Phytosterols	mg													
Others:														
Alcohol, ethyl	g 0.0		0		7		0.0	0.0	0.0					
Caffeine	mg 0		0	Z	7		0	0	0					
Theobromine	-		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	z	7		0.000	0.000	0.000					
Lycopene	mcg 0		0	Z	7		0.000	0.000	0.000					
Lutein + zeaxanthin			0	Z	7		0.000	0.000	0.000					

Common Measures:

Measure 1 = 52g: 1 bar (1.75 fl oz) Measure 2 = 128g: 1 double stick Measure 3 = 88g: 1 single stick

Calories Factors: Protein Fat Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	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		
Proximates:												
Water		80.00		1		4		41.60	102.40	70.40		
Energy	kcal	72		0		4		37	92	63		
Energy		301				4		157	386	265		
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	0.00		
Total lipid (fat)	g	0.00		1		4		0.00	0.00	0.00		
Ash		1.10		1		4		0.57	1.41	0.97		
Carbohydrate, by difference		18.90		0	NC	4		9.83	24.19	16.63		
Fiber, total dietary		0.0		0	-	4		0.0	0.0	0.0		
Sugars, total				-		-		•				
•												
Starch	y											
Minerals:												
Calcium, Ca	mg	0		1		4		0	0	0		
Iron, Fe	-	0.00		1		4		0.00	0.00	0.00		
Magnesium, Mg		1		1		4		1	1	1		
Phosphorus, P		0		1		4		0	0	0		
Potassium, K	-	4	1.8			1		2	5	4		
Sodium, Na	_	12	0.6			1		6	15	11		
Zinc, Zn	-	0.02		1		4		0.01	0.03	0.02		
Copper, Cu		0.009	1	1		4		0.005	0.012	0.008		
Manganese, Mn		0.005		1		4		0.003	0.002	0.005		
Selenium, Se		0.00		0	BFZN	4		0.005	0.00	0.0		
ŕ				-		-			- · ·			
Vitamins:												
Vitamin C, total ascorbic acid	<u>mg</u>	10.7		0		1		5.6	13.7	9.4		
Thiamin	mg	0.000)	1		4		0.000	0.000	0.000		
Riboflavin	mg	0.000)	1		4		0.000	0.000	0.000		
Niacin	=	0.000)	1		4		0.000	0.000	0.00		
Pantothenic acid		0.001		1		4		0.001	0.001	0.001		
Vitamin B-6		0.000		1		4		0.000	0.000	0.00		
Folate, total		0		1		4		0	0	0		
Folic acid		0		0	z	7		Ö	0	0		
Folate, food		0		1	_	4		0	0	0		
Folate, DFE		0		0	NC	4		0	0	0		
Vitamin B-12		0.00		1		4		0.00	0.00	0.00		
Vitamin B-12 Vitamin A, IU		0.00		1		4		0.00	0.00	0.00		
VITAMIN A, IU	mea BAE	0		0	NC	4		0	0	0		
Vitamin A, RAE		0		0	NC Z	7		0	0	0		
Retinol		U		U	Z	,		U	U	U		
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg											
Lipids:				_								
Fatty acids, total saturated		0.000)	0		4		0.000	0.000	0.00		
Fatty acids, total monounsaturated												
Fatty acids, total polyunsaturated												
Fatty acids, total trans												
Cholesterol	mg	0		1		4		0	0	0		
Phytosterols	mg											

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

Common Measures:

Measure 1 = 52g: 1 bar (1.75 fl oz)

NDB No. 19717

Ice novelties, pop, with added ascorbic acid

Measure 2 = 128g: 1 double stick Measure 3 = 88g: 1 single stick

Calories Factors: Protein Fat Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data		Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	93.20				4		29.82	119.30	82.02	
Energy		19		0	NC	4		6	24	17	
Energy		79		0	NC	4		25	101	70	
Protein (N x 6.25)	-	0.50				4		0.16	0.64	0.44	
Total lipid (fat)		0.10				4		0.03	0.13	0.09	
Ash		2.20		0	NR	4		0.70	2.82	1.94	
Carbohydrate, by difference		4.00				4		1.28	5.12	3.52	
Fiber, total dietary		0.0				4		0.0	0.0	0.0	
Sugars, total		4.00		0	NR	4		1.28	5.12	3.52	
Starch	g										
Minerals:											
Calcium, Ca	mg	2				4		1	3	2	
Iron, Fe	_	0.13				4		0.04	0.17	0.11	
Magnesium, Mg	_	0				4		0	0	0	
Phosphorus, P		0				4		0	0	0	
Potassium, K	_	26				4		8	33	23	
Sodium, Na	mg	5				4		2	6	4	
Zinc, Zn	mg	0.00				4		0.00	0.00	0.00	
Copper, Cu	mg	0.000)			4		0.000	0.000	0.00	
Manganese, Mn											
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0				4		0.0	0.0	0.0	
Thiamin	_	0.000)			4		0.000	0.000	0.00	
Riboflavin	-	0.000				4		0.000	0.000	0.00	
Niacin		0.150)			4		0.048	0.192	0.13	
Pantothenic acid	_										
Vitamin B-6	-	0.000)			4		0.000	0.000	0.00	
Folate, total		0				4		0	0	0	
Folic acid		0		0	BFSN	4		0	0	0	
Folate, food		0		0	BFSN	4		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12	mcg	0.00				7		0.00	0.00	0.00	
Vitamin A, IU		1				4		0	1	1	
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4		0	0	0	
Retinol		0		0	BFSN	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		0	BFSN	4		0.0	0.0	0.0	
Vitamin K (phylloquinone)	nicg	0.0		U	BESN	4		0.0	0.0	0.0	
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.018	3			4		0.006	0.023	0.01	
4:0	g	0.000)			4		0.000	0.000	0.00	
6:0	g	0.000)			4		0.000	0.000	0.00	
8:0	g	0.000)			4		0.000	0.000	0.00	
10:0	-	0.000				4		0.000	0.000	0.00	
12:0		0.000)			4		0.000	0.000	0.00	
13:0											
14:0	g	0.000)			4		0.000	0.000	0.00	
15:0											
16:0		0.018	3			4		0.006	0.023	0.01	
17:0											
18:0	-	0.002	2			4		0.001	0.003	0.00	
20:0	g										
22:0											

	<u>Ar</u>	mount in 10	00 grams	Amount in edible portion of common					
			Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.032				4		0.010	0.041	0.028
14:1g									
15:1g									
16:1 undifferentiatedg	0.000				4		0.000	0.000	0.000
18:1 undifferentiated	0.032				4		0.010	0.041	0.028
20:1g	0.000				4		0.000	0.000	0.000
22:1 undifferentiatedg 24:1 c	0.000				4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.050				4		0.016	0.064	0.044
18:2 undifferentiated	0.050				4		0.016	0.064	0.044
18:3 undifferentiated 9	0.000				4		0.000	0.000	0.000
18:4g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	0.000
20:5 n-3g	0.000				4		0.000	0.000	0.000
22:5 n-3g	0.000				4		0.000	0.000	0.000
22:6 n-3g	0.000				4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	0				7		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	0.0
Caffeine mg	0		0	BFSN	4		0	0	0
Theobromine mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, betamcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alphamcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	BFSN	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 32.0g: 1 fl oz

Measure 2 = 128g: 1 double stick Measure 3 = 88g: 1 single stick

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Ar</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	30.47	2.280	8	A	1		6.09	4.27		
Energy	kcal	278		0	NC	4		56	39		
Energy	kj	1163		0	NC	4		233	163		
Protein (N x 6.25)	g	0.37	0.180	13	A	1		0.07	0.05		
Total lipid (fat)	g	0.07	0.070	10	A	1		0.01	0.01		
Ash	g	0.23	0.030	3	A	1		0.05	0.03		
Carbohydrate, by difference	g	68.86		0	NC	4		13.77	9.64		
Fiber, total dietary	g	1.1		0		1		0.2	0.2		
Sugars, total	g	48.50		2	A	1		9.70	6.79		
Starch	g										
Min and a											
Minerals:	ma	20		1		1		4	3		
Calcium, Ca Iron, Fe		0.49	0.070	3		1		0.10	0.07		
Magnesium, Mg	_	4	0.070	1		1		1	1		
Phosphorus, P		19		0	FLC	4		4	3		
Potassium, K		77	2.028	3	- 20	1		15	11		
Sodium, Na		32	9.040	5	A	1		6	4		
Zinc, Zn		0.06	0.023	4		1		0.01	0.01		
Copper, Cu		0.100		1		1		0.020	0.014		
Manganese, Mn		0.040		1		1		0.008	0.006		
Selenium, Se		2.0		1	A	1		0.4	0.3		
¥7:4											
Vitamins:	ma m	0.0		•				1.0			
Vitamin C, total ascorbic acid	-	8.8		2	== 0	1		1.8	1.2		
Thiamin		0.016 0.076		0	FLC FLC	4 4		0.003 0.015	0.002		
Riboflavin		0.076		1	FLC	1		0.015	0.011 0.005		
Niacin Pantothenic acid	_	0.036		1		1		0.007	0.003		
Vitamin B-6	-	0.020		2		1		0.004	0.003		
Folate, total		11		0	FLC	4		2	2		
Folic acid		0		0	FLC	4		0	0		
Folate, food		11		0	FLC	4		2	2		
Folate, DFE		11		0	NC	4		2	2		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU		0		0	NC	4		0	0		
Vitamin A, RAE		1		0	FLC	4		0	0		
Retinol		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLC	4		0.02	0.02		
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	a	0.010		0		1		0.002	0.001		
4:0	-	0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000		0		1		0.000	0.000		
13:0	g										
14:0	-	0.000		0		1		0.000	0.000		
15:0	-										
16:0		0.004		0	BFFN	4		0.001	0.001		
17:0											
18:0	g	0.000		0		1		0.000	0.000		
20:0	g										
22:0	g										
24:0	n										

		<u>Ar</u>	nount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	Amount in edible portion of common		
				Number					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		0.038		0	BFFN	4		0.008	0.005		
14:1	-										
15:1		0.000		•				0.000	0.000		
16:1 undifferentiated		0.000		0		1		0.000	0.000		
17:1 18:1 undifferentiated	-	0.007		0	BFFN	4		0.001	0.001		
20:1		0.018		0	BFFN	4		0.001	0.001		
22:1 undifferentiated		0.014		0	BFFN	4		0.004	0.003		
24:1 c	•	0.014		Ū	DEFR	-		0.003	0.002		
Fatty acids, total polyunsaturated		0.000		0		1		0.000	0.000		
18:2 undifferentiated		0.000		0		1		0.000	0.000		
18:3 undifferentiated		0.000		0		1		0.000	0.000		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000	0.000		
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		0		0	FLC	4		0	0		
Phytosterols	mg	12		0	FLC	4		2	2		
Amino Acids:											
Tryptophan	g	0.008		0		1		0.002	0.001		
Threonine	g	0.023		0		1		0.005	0.003		
Isoleucine	g	0.017		0		1		0.003	0.002		
Leucine	g	0.037		0		1		0.007	0.005		
Lysine	g	0.030		0		1		0.006	0.004		
Methionine	g	0.001		0		1		0.000	0.000		
Cystine	g	0.006		0		1		0.001	0.001		
Phenylalanine	g	0.021		0		1		0.004	0.003		
Tyrosine		0.025		0		1		0.005	0.004		
Valine		0.021		0		1		0.004	0.003		
Arginine		0.032		0		1		0.006	0.004		
Histidine		0.014		0		1		0.003	0.002		
Alanine	_	0.037		0		1		0.007	0.005		
Aspartic acid		0.166		0 0		1 1		0.033	0.023		
Glutamic acid	_	0.109 0.029		0		1		0.022 0.006	0.015 0.004		
Proline	-	0.023		0		1		0.005	0.004		
Serine		0.023		0		1		0.005	0.003		
Hydroxyproline		0.020		v		-		0.000	0.004		
	9										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine		0		0	FLC	4		0	0		
Theobromine	mg	0		0	FLC	4		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000		
Carotene, alpha		0		0	FLC	4		0.000	0.000		
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000		
Lycopene		0		0	FLC	4		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0.000	0.000		

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

NDB No. 19297 Jams and preserves

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Ar</u>	nount 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	<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	34.50	0.811	6		1		6.90	4.83		
Energy	kcal	242		0	NC	4		48	34		
Energy	kj	1013				4		203	142		
Protein (N x 6.25)	g	0.70	0.106	11		1		0.14	0.10		
Total lipid (fat)	g	0.20	0.029	8		1		0.04	0.03		
Ash	g	0.20		1		1		0.04	0.03		
Carbohydrate, by difference	g	64.40		0	NC	4		12.88	9.02		
Fiber, total dietary	g	0.3		0	FLM	4		0.1	0.0		
Sugars, total	g	64.00		0	NR	4		12.80	8.96		
Starch	g										
Nin and Inc											
Minerals:	ma	20		1		1		4	3		
Calcium, Ca	_	0.49	0.070	3		1		0.10	0.07		
Magnesium, Mg	_	4	0.070	1		1		1	1		
Phosphorus, P		11		1		4		2	2		
Potassium, K	_	77	2.028	3		1		15	11		
Sodium, Na	_	40	9.735	3		1		8	6		
Zinc, Zn	-	0.06	0.023	4		1		0.01	0.01		
Copper, Cu		0.100		1		1		0.020	0.014		
Manganese, Mn		0.040		1		1		0.008	0.006		
Selenium, Se		0.6		0	FLM	4		0.1	0.1		
•											
/itamins:				_							
Vitamin C, total ascorbic acid	_	8.8		2		1		1.8	1.2		
Thiamin		0.000		1		1		0.000	0.000		
Riboflavin		0.022		0	FLM	4		0.004	0.003		
Niacin		0.036		1		1		0.007	0.005		
Pantothenic acid		0.020		1		1		0.004	0.003		
Vitamin B-6	_	0.020		2		1		0.004	0.003		
Folate, total		33		1		1		7	5		
Folic acid		0		0	FLM	4		0	0		
Foliate, food		33		1		1		7 7	5		
Folate, DFE		33		0	NC	4			5		
Vitamin B-12		0.00		1		1 4		0.00	0.00		
Vitamin A, IU		205		0	FLM	_		41	29		
Vitamin A, RAE		14 0		0	FLM	4 4		3 0	2		
Retinol		0.13		0	FLM FLM	4		0.03	0 0.02		
Vitamin E (alpha-tocopherol)		0.13		U	FLM	4		0.03	0.02		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.5		0	FLM	4		0.1	0.1		
<u> ipids:</u>											
Fatty acids, total saturated		0.010		0		1		0.002	0.001		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0		0.000		^							
14:0		0.000		0		1		0.000	0.000		
15:0				_		_					
16:0		0.010		1		1		0.002	0.001		
17:0	-			_		_					
18:0	-	0.000		1		1		0.000	0.000		
20:0 22:0	-										

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atedg	0.110	1	0		1		0.022	0.015		
14:1	_										
15:1 16:1 undifferentiated	_	0.000)	1		1		0.000	0.000		
17:1	_										
18:1 undifferentiated	_	0.020		1 1		1 1		0.004	0.003		
20:1 22:1 undifferentiated		0.050		1		1		0.010 0.008	0.007 0.006		
24:1 c	•	0.040		1		1		0.008	0.006		
Fatty acids, total polyunsaturat		0.000	1	0		1		0.000	0.000		
18:2 undifferentiated		0.000	1	0		1		0.000	0.000		
18:3 undifferentiated		0.000)	0		1		0.000	0.000		
18:4	g	0.000)	0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	_	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000	1	0		1		0.000	0.000		
Fatty acids, total trans		0		0	FLM	4		0	0		
CholesterolPhytosterols	_	U		U	P. L.M.	4		U	U		
Filytosterois											
Amino Acids:											
Tryptophan		0.008		0		1		0.002	0.001		
Threonine	=	0.023		0		1		0.005	0.003		
Isoleucine	-	0.017		0		1		0.003	0.002		
Leucine	-	0.037 0.030		0 0		1 1		0.007 0.006	0.005 0.004		
Lysine Methionine		0.030		0		1		0.006	0.004		
Cystine		0.006		0		1		0.001	0.001		
Phenylalanine		0.021		0		1		0.004	0.003		
Tyrosine		0.025		0		1		0.005	0.004		
Valine	-	0.021		0		1		0.004	0.003		
Arginine	g	0.032	!	0		1		0.006	0.004		
Histidine	g	0.014		0		1		0.003	0.002		
Alanine	g	0.037	•	0		1		0.007	0.005		
Aspartic acid	g	0.166	i	0		1		0.033	0.023		
Glutamic acid	g	0.109)	0		1		0.022	0.015		
Glycine	g	0.029		0		1		0.006	0.004		
Proline	-	0.023		0		1		0.005	0.003		
Serine		0.028	l	0		1		0.006	0.004		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	FLM	4		0.0	0.0		
Caffeine	_	0		0	FLM	4		0	0		
Theobromine	mg	0		0	FLM	4		0	0		
Carotenoids:											
Carotene, beta	mcg	116		0	FLM	4		23.285	16.299		
Carotene, alpha		2		0	FLM	4		0.405	0.283		
Cryptoxanthin, beta		11		0	FLM	4		2.224	1.557		
Lycopene	mcg	0		0	FLM	4		0.000	0.000		
Lutein + zeaxanthin	mcg	9		0	FLM	4		1.895	1.326		

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

NDB No. 19719

Jams and preserves, apricot

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.7

Food Group: 19 Sweets

NDB No. 43028 Jams and preserves, dietetic (with sodium saccharin), any flavor

		<u>A</u> 1	mount in 100 grams	s of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food		
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	45.80			4		102.59	6.41		
Energy	kcal	132	0	NC	4		297	19		
Energy		554	0	NC	4		1241	78		
Protein (N x 6.25)		0.30			1		0.67	0.04		
Total lipid (fat)	g	0.30			1		0.67	0.04		
Ash		0.18	0	BFSN	4		0.40	0.03		
Carbohydrate, by difference	g	53.60			4		120.06	7.50		
Fiber, total dietary	g	2.5			4		5.6	0.4		
Sugars, total	g	37.81	0	BFSN	4		84.69	5.29		
Starch	g									
MC 1										
Minerals:	ma	9			4		20	1		
Calcium, Ca Iron, Fe	_	0.40			4		0.90	0.06		
Magnesium, Mg		5			4		11	1		
Phosphorus, P		9			4		20	1		
Potassium, K	•	69			4		155	10		
Sodium, Na		0			4		0	0		
Zinc, Zn		0.06			4		0.13	0.01		
Copper, Cu		0.024	Į.		4		0.054	0.003		
Manganese, Mn										
Selenium, Se		1.7	0	BFSN	4		3.8	0.2		
¥7:4										
<u>Vitamins:</u>		0.0					0.0			
Vitamin C, total ascorbic acid		0.0			4 4		0.0 0.000	0.0 0.000		
ThiaminRiboflavin		0.000			4		0.000	0.000		
Niacin		0.000			4		0.000	0.000		
Pantothenic acid		0.000	•		-		0.000	0.000		
Vitamin B-6		0.020	1		4		0.045	0.003		
Folate, total		9			4		20	1		
Folic acid		0	0	BFSN	4		0	0		
Folate, food	-	9			4		20	1		
Folate, DFE	mcg DFE	9	0	NC	4		20	1		
Vitamin B-12		0.00			7		0.00	0.00		
Vitamin A, IU		0			4		0	0		
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0		
Retinol		0	0	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)		0.09	0	BFSN	4		0.21	0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	BFSN	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	а	0.016	;		4		0.036	0.002		
4:0		0.000			4		0.000	0.000		
6:0	-	0.000)		4		0.000	0.000		
8:0	_	0.000	1		4		0.000	0.000		
10:0	g	0.000	1		4		0.000	0.000		
12:0	_	0.000)		4		0.000	0.000		
13:0	g									
14:0	-	0.000)		4		0.000	0.000		
15:0	g									
16:0	g	0.011	•		4		0.025	0.002		
17:0	g									
18:0	g	0.003	1		4		0.007	0.000		
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 100 g	rams of edi	<u>on</u>	Amount in edible portion of common			
			mber Data Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.042			4		0.094	0.006	
14:1g								
15:1g 16:1 undifferentiatedg	0.001			4		0.002	0.000	
17:1g	0.001			4		0.002	0.000	
18:1 undifferentiated	0.041			4		0.092	0.006	
20:1	0.000			4		0.092	0.000	
20:1 undifferentiated	0.000			4		0.000	0.000	
24:1 c	3.000			•		0.000	0.000	
Fatty acids, total polyunsaturated9	0.151			4		0.338	0.021	
18:2 undifferentiated	0.088			4		0.197	0.012	
18:3 undifferentiated.	0.063			4		0.141	0.009	
18:4g	0.000			4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.000			4		0.000	0.000	
20:5 n-3g	0.000			4		0.000	0.000	
22:5 n-3g	0.000			4		0.000	0.000	
22:6 n-3g	0.000			4		0.000	0.000	
Fatty acids, total trans								
Cholesterol m	g 0			7		0	0	
Phytosterolsm	9							
Others:								
Alcohol, ethylg	0.0			7		0.0	0.0	
Caffeine mg	0		0 BFSN	1 4		0	0	
Theobrominemg	0		0 BFSN	1 4		0	0	
Carotenoids:								
Carotene, beta	0		0 BFSN	1 4		0.000	0.000	
Carotene, alphamcc			0 BFSN	1 4		0.000	0.000	
Cryptoxanthin, beta mcc			0 BFSN	1 4		0.000	0.000	
Lycopene mcc			0 BFSN	1 4		0.000	0.000	
Lutein + zeaxanthin mcc	0		0 BFSN	1 4		0.000	0.000	

Common Measures:

Measure 1 = 224g: 1 cup Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 0 Fat 0 Carbohydrate 2.47

Food Group: 19 Sweets

		<u>Aı</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	_	
			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		29.77	0.598	12	JO	11		6.25	4.17		
Energy		266		0	NC	4		56	37		
Energy	kj	1115		0	NC	4		234	156		
Protein (N x 6.25)		0.15	0.050	15	JO	11		0.03	0.02		
Total lipid (fat)		0.02	0.015	10	JO	11		0.00	0.00		
Ash		0.12	0.015	6	JO	11		0.02	0.02		
Carbohydrate, by difference		69.95		0	NC	4		14.69	9.79		
Fiber, total dietary		1.0		0		1		0.2	0.1		
Sugars, total		40.47	1.033	6	JO	11		8.50	5.67		
Starch	g										
Minerals:											
Calcium, Ca	mg	7	0.631	70	JA	6		2	1		
Iron, Fe	-	0.19	0.006	50	JA	6		0.04	0.03		
Magnesium, Mg	-	6	0.195	70	JA	6		1	1		
Phosphorus, P		6	1.070	67	JA	6		1	1		
Potassium, K	•	54	10.356	72	JA	6		11	8		
Sodium, Na	mg	30	1.514	77	JO	11		6	4		
Zinc, Zn	mg	0.03	0.008	56	JA	6		0.01	0.00		
Copper, Cu	mg	0.011	0.007	51	JA	6		0.002	0.002		
Manganese, Mn	mg	0.132	0.007	48	JA	6		0.028	0.018		
Selenium, Se	mcg	0.4	0.119	21	JA	6		0.1	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9	0.130	3		1		0.2	0.1		
Thiamin	-	0.001		1		1		0.000	0.000		
Riboflavin	-	0.001		1		4		0.005	0.004		
Niacin		0.026		1		1		0.008	0.005		
Pantothenic acid	-	0.197		1		1		0.041	0.028		
Vitamin B-6	=	0.020		1		1		0.004	0.003		
Folate, total	_	2		0	FLA	4		0	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		2		0	FLA	4		0	0		
Folate, DFE		2		0	NC	4		0	0		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU		5		0	FLA	4		1	1		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta		0.00		0	FLA	4		0.00	0.00		
Tocopherol, gamma	mg	0.00		0	FLA	4		0.00	0.00		
Tocopherol, delta	mg	0.00		0	FLA	4		0.00	0.00		
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.1	0.0		
Lipids:											
Fatty acids, total saturated	a	0.005	•	0	FLA	4		0.001	0.001		
4:0		0.000		0	FLA	4		0.000	0.000		
6:0	-	0.000		0	FLA	4		0.000	0.000		
8:0		0.000		0	FLA	4		0.000	0.000		
10:0		0.000		0	FLA	4		0.000	0.000		
12:0		0.000		0	FLA	4		0.000	0.000		
13:0											
14:0	-	0.000	1	0	FLA	4		0.000	0.000		
15:0											
16:0	_	0.004		0	FLA	4		0.001	0.001		
17:0	_										
18:0	_	0.001		0	FLA	4		0.000	0.000		
20:0	-										
22:0	_										
24:0	a										

		<u>Ar</u>	nount in 10	<u>0 grams</u> Number	Amount in edible portion of common measures of food					
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.001		0	FLA	4		0.000	0.000	
14:1										
15:1	-									
16:1 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
17:1										
18:1 undifferentiated	-	0.001		0	FLA	4		0.000	0.000	
20:1	-	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated	•	0.000		0	FLA	4		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.004		0	FLA	4		0.001	0.001	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.003		0	FLA	4		0.001	0.000	
18:3 undifferentiated	-	0.001		0	FLA	4		0.000	0.000	
18:4	-	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	•••••••••••••••••••••••••••••••••••••••	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	-	0.000		0	FLA	4		0.000	0.000	
22:6 n-3		0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans		•						•	•	
Cholesterol		0		0	FLA	4		0	0	
Phytosterols	nig									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	3		0	FLA	4		0.618	0.412	
Carotene, alpha		0		0	FLA	4		0.009	0.006	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.008	0.005	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		22		0	FLA	4		4.529	3.019	

Common Measures:

Measure 1 = 21g: 1 serving 1 tbsp Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

Nutrients and Units			Nur	nhor			m	easures of food	· =		
Nutrients and Units					Number						
Nutrients and Units			of I	Data Deriv	Source	Confidence					
	3	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3		
D											
Proximates: Water	a	53.00			4		159.00	10.07			
Energy		179			4		537	34			
Energy		749			4		2247	142			
Protein		0.30			4		0.90	0.06			
Total lipid (fat)	-	0.03			4		0.09	0.01			
Ash		0.08		0 BFS1	1 4		0.23	0.01			
Carbohydrate, by difference		46.10			4		138.30	8.76			
Fiber, total dietary		0.8			4		2.4	0.2			
Sugars, total		45.30		0 NR	4		135.90	8.61			
Starch											
	5										
Minerals:											
Calcium, Ca	-	5			4		15	1			
Iron, Fe		0.18			4		0.54	0.03			
Magnesium, Mg		6			4		18	1			
Phosphorus, P	-	6			4		18	1			
Potassium, K		71			4		213	13			
Sodium, Na		2 0.03			4		6 0.09	0 0.01			
Zinc, Zn Copper, Cu		0.03	•		4		0.069	0.004			
Manganese, Mn		0.023	•		4		0.069	0.004			
Selenium, Se		1.4		0 BFSN	4		4.2	0.3			
Scientini, Sc				0 2131	•			0.5			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0			4		0.0	0.0			
Thiamin		0.010	1		4		0.030	0.002			
Riboflavin	mg	0.020	1		4		0.060	0.004			
Niacin		0.140	1		4		0.420	0.027			
Pantothenic acid											
Vitamin B-6		0.040	1		4		0.120	0.008			
Folate, total		1			4		3	0			
Folic acid	_	0		0 BFSN			0	0			
Folate, food	mcg	1		_	4		3	0			
Folate, DFE		1		0 NC	4		3	0			
Vitamin B-12		0.00			7		0.00	0.00			
Vitamin A, IU	IU	3		0 NC	4		10	1			
Vitamin A, RAE		0		0 BFSN			0	0			
Retinol		0		0 BFSN			0	0			
Vitamin E (alpha-tocopherol)		0.00		0 BFSN	4		0.00	0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.2		0 BFSN	4		0.5	0.0			
vitainin K (phynoquinone)		0.2		0 BISN	-		0.5	0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.009)		4		0.027	0.002			
4:0	-	0.000)		4		0.000	0.000			
6:0	-	0.000			4		0.000	0.000			
8:0		0.000			4		0.000	0.000			
10:0	-	0.000			4		0.000	0.000			
12:0	-	0.000	1		4		0.000	0.000			
13:0	-	_					_	_			
14:0	-	0.000	1		4		0.000	0.000			
15:0	-				_						
16:0		0.008	•		4		0.024	0.002			
17:0	-										
18:0		0.001	•		4		0.003	0.000			
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.001				4		0.003	0.000	
14:1										
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000	
17:1	-	0.001								
18:1 undifferentiated		0.001				4		0.003	0.000	
20:1	-	0.000				4		0.000	0.000	
22:1 undifferentiated	•	0.000				4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.008				4		0.024	0.002	
18:2 undifferentiated		0.006				4		0.018	0.001	
18:3 undifferentiated		0.002				4		0.006	0.000	
18:4	-	0.000				4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000								
20:4 undifferentiated		0.000				4		0.000	0.000	
20:5 n-3		0.000				4		0.000	0.000	
22:5 n-3	-	0.000				4		0.000	0.000	
22:6 n-3	-	0.000				4		0.000	0.000	
Fatty acids, total trans		_				_		_	_	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0				7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	BFSN	4		0	0	
Theobromine	mg	0		0	BFSN	4		0	0	
Carotenoids:										
Carotene, beta	mcg	2		0	BFSN	4		5.904	0.374	
Carotene, alpha		0		0	BFSN	4		0.089	0.006	
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0.075	0.005	
Lycopene	mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	14		0	BFSN	4		43.296	2.742	

Common Measures:

Measure 1 = 300g: 1 cup Measure 2 = 19g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			N	lumber	measures of food					
					Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	33.20		1		1		106.24	6.64	4.65
Energy		246		0	NC	4		787	49	34
Energy		1029				4		3294	206	144
Protein (N x 6.25)	=	0.30	0.058	3		1		0.96	0.06	0.04
Total lipid (fat)		0.00		1		1		0.00	0.00	0.00
Ash		0.20		1		1		0.64	0.04	0.03
Carbohydrate, by difference		66.30		0	NC	4		212.16	13.26	9.28
Fiber, total dietary	g	0.7		0	FLC	4		2.4	0.1	0.1
Sugars, total		60.00		0	FLC	4		192.00	12.00	8.40
Starch	g									
Minerals:	ma	20						100	^	-
Calcium, Ca		38	0.029	1		1 1		122 0.48	8 0.03	5 0.02
Iron, Fe		0.15 2	0.029) 3 1		1		0.48 6	0.03	0.02
Magnesium, Mg Phosphorus, P		4		0	FLC	4		6 14	0 1	0 1
Potassium, K	-	4 37		1	FIC	1		118	7	5
Sodium, Na		56		1		1		179	11	8
Zinc, Zn	-	0.04	0.018			1		0.13	0.01	0.01
Copper, Cu		0.090		1		1		0.288	0.018	0.01
Manganese, Mn		0.020		1		1		0.064	0.004	0.00
Selenium, Se		0.6		0	FLC	4		1.8	0.1	0.1
Vitamins:						_		4= 4		
Vitamin C, total ascorbic acid	_	4.8	2.285			1		15.4	1.0	0.7
Thiamin	-	0.005		1 0	== 0	1		0.016	0.001	0.00
Riboflavin		0.025 0.052		1	FLC	4 1		0.079 0.166	0.005 0.010	0.00
Niacin Pantothenic acid	-	0.052		1		1		0.166	0.010	0.00
Vitamin B-6		0.013		0	FLC	4		0.048	0.003	0.00
Folate, total	-	9		0	FLC	4		30	2	1
Folic acid		ō		0	FLC	4		0	0	0
Folate, food.		9		0	FLC	4		30	2	1
Folate, DFE		9		Ö	NC	4		30	2	1
Vitamin B-12		0.00		1		1		0.00	0.00	0.00
Vitamin A, IU		62		0	FLC	4		198	12	9
Vitamin A, RAE		3		0	FLC	4		10	1	0
Retinol		0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLC	4		0.18	0.01	0.01
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.1	0.0	0.0
Lipids:										
Fatty acids, total saturated	а	0.000	ı	0		7		0.000	0.000	0.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0	-	0.000		0		4		0.000	0.000	0.00
12:0		0.000		0		4		0.000	0.000	0.00
13:0	-									
14:0	-	0.000	ı	0		4		0.000	0.000	0.00
15:0	_									
16:0		0.000	ı	0		4		0.000	0.000	0.00
17:0										
18:0	-	0.000	1	0		4		0.000	0.000	0.00
20:0	g									
22:0	g									
24:0	a									

		Amount in 100 grams of edible portion								Amount in edible portion of common			
Nutrients and U		Number of Data Deriv Source Confidence						measures of food					
	l Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsatur	rated 0	0.000		0		7		0.000	0.000	0.000			
14:1													
15:1	-												
16:1 undifferentiated		0.000		0		4		0.000	0.000	0.000			
17:1	-	0.000		0				0.000	0.000	0.000			
18:1 undifferentiated	-	0.000		0 0		4 4		0.000	0.000	0.000			
20:1	-	0.000		0		4		0.000	0.000				
22:1 undifferentiated	•	0.000		U		4		0.000	0.000	0.000			
24:1 c		0.000		0		7		0.000	0.000	0.000			
Fatty acids, total polyunsatura		0.000		0		4		0.000 0.000	0.000 0.000	0.000			
18:2 undifferentiated		0.000		0		4			0.000	0.000			
18:3 undifferentiated	-	0.000		0		4		0.000 0.000	0.000	0.000			
18:4 20:2 n-6 c.c.	-	0.000		U		4		0.000	0.000	0.000			
20:2 n-6 c,c													
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	0.000			
20:5 n-3	-	0.000		0		4		0.000	0.000	0.000			
20.5 n-3	-	0.000		0		4		0.000	0.000	0.000			
22:6 n-3		0.000		0		4		0.000	0.000	0.000			
Fatty acids, total trans	-	0.000		Ū		-		0.000	0.000	0.000			
Cholesterol		0		1	LC	8		0	0	0			
Phytosterols		· ·		-		·		v	·	ŭ			
1 Hytostc1015													
Amino Acids:													
Tryptophan	g	0.003		0		1		0.010	0.001	0.000			
Threonine	g	0.005		0		1		0.016	0.001	0.001			
Isoleucine	g	0.008		0		1		0.026	0.002	0.001			
Leucine	g	0.007		0		1		0.022	0.001	0.001			
Lysine		0.015		0		1		0.048	0.003	0.002			
Methionine	g	0.006		0		1		0.019	0.001	0.001			
Cystine	g	0.003		0		1		0.010	0.001	0.000			
Phenylalanine		0.010		0		1		0.032	0.002	0.001			
Tyrosine	g	0.005		0		1		0.016	0.001	0.001			
Valine	g	0.013		0		1		0.042	0.003	0.002			
Arginine	g	0.021		0		1		0.067	0.004	0.003			
Histidine	g	0.006		0		1		0.019	0.001	0.001			
Alanine	g	0.016		0		1		0.051	0.003	0.002			
Aspartic acid	g	0.036		0		1		0.115	0.007	0.005			
Glutamic acid		0.030		0		1		0.096	0.006	0.004			
Glycine	g	0.030		0		1		0.096	0.006	0.004			
Proline	g	0.015		0		1		0.048	0.003	0.002			
Serine	g	0.010		0		1		0.032	0.002	0.001			
Hydroxyproline	g												
Others:													
Alcohol, ethyl	a	0.0		0	FLC	4		0.0	0.0	0.0			
Caffeine		0		0	FLC	4		0	0.0	0			
Theobromine		0		0	FLC	4		0	0	0			
Theodromine Carotenoids:	9	v		Ū	- 110	-		J	J	U			
Carotene, beta	_	15		0	FLC	4		49.298	3.081	2.157			
Carotene, alpha		5		0	FLC	4		16.838	1.052	0.737			
Cryptoxanthin, beta		38		0	FLC	4		121.699	7.606	5.324			
Lycopene		0		0	FLC	4		0.000	0.000	0.000			
Lutein + zeaxanthin	mcg	58		0	FLC	4		186.539	11.659	8.161			

Common Measures:

Measure 1 = 320g: 1 cup Measure 2 = 20g: 1 tbsp

Measure 3 = 14.0g: 1 package (0.5 oz)

NDB No. 19303 Marmalade, orange

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.7

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10	u grams	ot edik	ne portio	<u>on</u>	Amount in edible portion of common		
				Number	,			<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.00				4		76.72		
Energy	kcal	167				4		229		
Energy	kj	699				4		957		
Protein	g	4.30				4		5.89		
Total lipid (fat)	g	1.00				4		1.37		
Ash	g	0.90		0	NR	4		1.23		
Carbohydrate, by difference	g	37.70				4		51.65		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	_	37.70		0	NR	4		51.65		
Starch	g									
Minerals:										
Calcium, Ca	-	154				4		211		
Iron, Fe	-	0.04				4		0.05		
Magnesium, Mg		45				4		62		
Phosphorus, P	-	123				4		169		
Potassium, K	-	333				4		456		
Sodium, Na	-	97				4		133		
Zinc, Zn		0.47				4 4		0.64		
Copper, Cu	-	0.008				4		0.011		
Selenium, Se	-	2.6		0	BFPN	4		3.6		
•	g	2.0		Ū	DIIN	-		3.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.7				4		1.0		
Thiamin	-	0.050				4		0.069		
Riboflavin	_	0.260				4		0.356		
Niacin	-	0.100	1			4		0.137		
Pantothenic acid Vitamin B-6		0.040				4		0.055		
Folate, total	_	6				4		8		
Folic acid	-	0		0	z	7		0		
Folate, food		6		-	_	4		8		
Folate, DFE		6		0	NC	4		8		
Vitamin B-12		0.55				4		0.75		
Vitamin A, IU		30		0	NC	4		41		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	mcg	0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•	_	7		0.0		
Vitamin K (phylloquinone)	nicg	0.0		0	Z	,		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.597				4		0.818		
4:0		0.000)			4		0.000		
6:0		0.000				4		0.000		
8:0		0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000)			4		0.000		
13:0										
14:0		0.001				4		0.001		
15:0		0.05								
16:0		0.254				4		0.348		
17:0		0 330				4		0 455		
18:0		0.332				4		0.455		
20:0	-									
22:0 24:0	-									

	<u>An</u>	nount in 100 gran	s of edil	Amount in edible portion of common				
		Numb	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.329			4		0.451		
14:1g						*****		
15:1g								
16:1 undifferentiatedg	0.002			4		0.003		
17:1g								
18:1 undifferentiated	0.326			4		0.447		
20:1g	0.000			4		0.000		
22:1 undifferentiatedg	0.000			4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.030			4		0.041		
18:2 undifferentiatedg	0.028			4		0.038		
18:3 undifferentiatedg	0.001			4		0.001		
18:4g	0.000			4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			4		0.000		
20:5 n-3g	0.000			4		0.000		
22:5 n-3g	0.000			4		0.000		
22:6 n-3g	0.000			4		0.000		
Fatty acids, total trans9								
Cholesterolmg	0			7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0			7		0.0		
Caffeine mg	3	0	BFZN	4		4		
Theobromine mg	62	0	BFZN	4		85		
Carotenoids:								
Carotene, betamcg	18	0	NR	4		24.660		
Carotene, alphamcg	0	0	Z	7		0.000		
Cryptoxanthin, beta mcg	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 = 137g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	umber	•			<u>m</u>	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	21.87	1.314	12	AI	13		73.71	4.37	
Energy	_	290	1.514	0	NC	4		977	58	
Energy		1213		0	NC	4		4089	243	
Protein (N x 6.25)		0.00		1	LC	8		0.00	0.00	
Total lipid (fat)		0.10		2	10	1		0.34	0.00	
Ash		3.30		2		1		11.12	0.66	
Carbohydrate, by difference		74.73		0	NC	4		251.83	14.95	
Fiber, total dietary		0.0		1	LC	8		0.0	0.0	
Sugars, total		55.49	1.784	7	AI	13		187.01	11.10	
2 -		29.40	3.454	12	AI	13		99.09	5.88	
Sucrose		11.92	2.056	11	AI	13		40.18	2.38	
Glucose (dextrose)		12.79	1.186	10	AI	13		43.09	2.56	
Fructose		12.13	1.100	-0	VI	13		-23.03	2.30	
Lactose										
Maltose	9									
Galactose										
	9									
<u>Minerals:</u>	ma	205		2		1		691	41	
Calcium, Ca		4.72		2		1		15.91	0.94	
Magnesium, Mg		242		2		1		816	48	
Phosphorus, P		31		2		1		104	6	
Potassium, K		1464		2		1		4934	293	
Sodium, Na		37		2		1		125	7	
Zinc, Zn		0.29	0.038	3		1		0.98	0.06	
Copper, Cu		0.487		3		1		1.641	0.097	
Manganese, Mn		1.530		2		1		5.156	0.306	
Selenium, Se		17.8	4.906	5	A	1		60.0	3.6	
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0	0.0	
Thiamin	mg	0.041		2		1		0.138	0.008	
Riboflavin	mg	0.002	?	1		1		0.007	0.000	
Niacin	<u>mg</u>	0.930)	2		1		3.134	0.186	
Pantothenic acid	mg	0.804	Į.	2		1		2.709	0.161	
Vitamin B-6	mg	0.670)	2		1		2.258	0.134	
Folate, total	mcg	0		2		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		2		1		0	0	
Folate, DFE	mcg_DFE	0		0	NR	4		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1	LC	8		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
<u>ipids:</u>										
Fatty acids, total saturated	g	0.018		0		4		0.061	0.004	
4:0	g	0.000)	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.000)	0		4		0.000	0.000	
12.0										
13:0	g									

16.0			<u>Ar</u>	Number	•		_		edible portion of easures of food	of common
17-0	Nutrients and	Units	Mean					Measure 1	Measure 2	Measure 3
18.0	16:0	g	0.018	0		4		0.061	0.004	
200										
22-0			0.002	0		4		0.007	0.000	
Patry acids, total monounsaturated		_								
Fatty acids, total monounsaturated 9 0.032 0 4 0.006 14-1 9 15-1 9 16-1 undifferentiated 9 0.000 0 4 0.000 0.000 17-1 9 18-1 undifferentiated 9 0.032 0 4 0.000 0.000 20-1 9 0.000 0 4 0.000 0.000 20-1 9 0.000 0 4 0.000 0.000 22-1 undifferentiated 9 0.000 0 4 0.000 0.000 24-1 0 9 0.000 0 4 0.000 0.000 24-1 0 9 0.000 0 4 0.000 0.000 24-1 0 9 0.000 0 4 0.000 0.000 24-1 0 9 0.000 0 4 0.000 0.000 18-2 undifferentiated 9 0.050 0 4 0.169 0.010 18-3 undifferentiated 9 0.000 0 4 0.000 0.000 18-4 0.000 0.000 18-4 0.000 0.000 18-4 0.000 0.000 18-4 0.000 0.000 20-2 n-6 c.c. 9 20-3 undifferentiated 9 0.000 0 4 0.000 0.000 20-2 n-6 c.c. 9 20-3 undifferentiated 9 0.000 0 4 0.000 0.000 20-5 n-3 9 0.000 0 4 0.000 0.000 22-5 n-3 9 0.000 0 0 4 0.000 0.000 22-5 n-3 9 0.000 0 0 4 0.000 0.000 22-5 n-3 9 0.000 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		_								
14:1		_	0 033	0		4		0 100	0.006	
15:1			0.032	U		4		0.108	0.006	
16:1 undifferentiated		_								
17:1			0.000	0		4		0.000	0.000	
18:1 undifferentiated		• • • • • • • • • • • • • • • • • • • •		-		_		0.000	0.000	
22:1 undifferentiated			0.032	0		4		0.108	0.006	
22:1 undifferentiated	20:1	g	0.000	0		4		0.000	0.000	
Patty acids, total polyunsaturated			0.000	0		4		0.000	0.000	
18:2 undifferentiated 9 0.050 0 4 0.169 0.010 18:3 undifferentiated 9 0.000 0 4 0.000 0.000 18:4 9 0.000 0 4 0.000 0.000 20:2 n-6 c,c 9 9 0.000 0 4 0.000 0.000 20:4 undifferentiated 9 0.000 0 4 0.000 0.000 20:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:6 n-3 9 0.000 0 4 0.000 0.000 Patty saids, total trans 9 0 0 7 0 0 Cholesterol mg 0 0 7 0 0 0 Phytosterols mg 0 <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_								
18:2 undifferentiated 9 0.050 0 4 0.169 0.010 18:3 undifferentiated 9 0.000 0 4 0.000 0.000 18:4 9 0.000 0 4 0.000 0.000 20:2 n-6 c,c 9 9 0.000 0 4 0.000 0.000 20:4 undifferentiated 9 0.000 0 4 0.000 0.000 20:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:6 n-3 9 0.000 0 4 0.000 0.000 Patty saids, total trans 9 0 0 7 0 0 Cholesterol mg 0 0 7 0 0 0 Phytosterols mg 0 <td>Fatty acids, total polyunsaturate</td> <td>edg</td> <td>0.050</td> <td>0</td> <td></td> <td>4</td> <td></td> <td>0.169</td> <td>0.010</td> <td></td>	Fatty acids, total polyunsaturate	edg	0.050	0		4		0.169	0.010	
18:4			0.050	0		4		0.169	0.010	
20:2 n-6 e,c	18:3 undifferentiated	g	0.000	0		4		0.000	0.000	
20:3 undifferentiated	18:4	g	0.000	0		4		0.000	0.000	
20:4 undifferentiated	20:2 n-6 c,c	g								
20:5 n-3 9 0.000 0 4 0.000 0.000 22:5 n-3 9 0.000 0 4 0.000 0.000 22:6 n-3 9 0.000 0 4 0.000 0.000 Fatty acids, total trans. 9 Cholesterol mg 0 1 LC 8 0 0 Phytosterols mg 0 1 LC 8 0 0 0 Phytosterols mg 0 0 7 0.0 0 <td>20:3 undifferentiated</td> <td>g</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	20:3 undifferentiated	g								
22:5 n-3 g 0.000 0 4 0.000 0.000 22:6 n-3 g 0.000 0 4 0.000 0.000 Fatty acids, total trans g Cholesterol mg 0 1 LC 8 0 0 Phytosterols mg 0 1 LC 8 0 0 Others: Alcohol, ethyl g 0 0 7 0.0 0 0 Caffeine mg 0 0 z 7 0 0 0 Theobromine mg 0 z 7 0 0 0 Carotenoids: Carotene, beta mcg 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4	20:4 undifferentiated	g				4		0.000	0.000	
22:6 n-3 g 0.000 0 4 0.000 0.000 Fatty acids, total trans g 0 1 LC 8 0 0 Cholesterol mg 0 1 LC 8 0 0 Phytosterols mg 0 0 7 0.0 0 Colspan="3">Caffeine mg 0 0 2 7 0 0 Caffeine mg 0 0 2 7 0 0 Theobromine mg 0 0 2 7 0 0 Carotenoids: Carotene, beta mcg 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4 0.000 0.000	20:5 n-3	g				4				
Fatty acids, total trans		_		-		_				
Cholesterol. mg 0 1 LC 8 0 0 Phytosterols. Others: Alcohol, ethyl. 9 0.0 0 7 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotenoids: Carotene, beta. mcg 0 NR 4 0.000 0.000 Carotene, alpha. mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 NR 4 0.000 0.000 Lycopene. mcg 0 NR 4 0.000 0.000			0.000	0		4		0.000	0.000	
Phytosterols. mg Others: Alcohol, ethyl. 9 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotenoids: Carotene, beta. mcg 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4 0.000 0.000	2 ,	_								
Others: Alcohol, ethyl. g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotenoids: Carotene, beta. mcg 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4 0.000 0.000		-	0	1	LC	8		0	0	
Alcohol, ethyl. g 0.0 0 7 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotenoids: Carotene, beta. mcg 0 NR 4 0.000 0.000 Carotene, alpha. mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 NR 4 0.000 0.000 Lycopene. mcg 0 NR 4 0.000 0.000	Phytosterols	mg								
Alcohol, ethyl. 9 0.0 0 7 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotenoids: Carotene, beta. mcg 0 0 NR 4 0.000 0.000 Carotene, alpha. mcg 0 0 NR 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 NR 4 0.000 0.000 Lycopene. mcg 0 0 NR 4 0.000 0.000	Others:									
Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mcg 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4 0.000 0.000		g	0.0	0		7		0.0	0.0	
Theobromine mg 0 0 z 7 0 0 Carotenoids: Carotene, beta mcg 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4 0.000 0.000			0	0	Z	7		0		
Carotenoids: Carotene, beta. mcg 0 0 NR 4 0.000 0.000 Carotene, alpha. mcg 0 0 NR 4 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 NR 4 0.000 0.000 Lycopene. mcg 0 0 NR 4 0.000 0.000			0	0	z	7		0	0	
Carotene, beta mcg 0 0 NR 4 0.000 0.000 Carotene, alpha mcg 0 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 NR 4 0.000 0.000 Lycopene mcg 0 0 NR 4 0.000 0.000		-								
Carotene, alpha mcg 0 NR 4 0.000 0.000 Cryptoxanthin, beta mcg 0 NR 4 0.000 0.000 Lycopene mcg 0 NR 4 0.000 0.000	<u> </u>	mca	0	0	NP	4		0.000	0.000	
Cryptoxanthin, beta. mcg 0 NR 4 0.000 0.000 Lycopene. mcg 0 NR 4 0.000 0.000		-	-							
Lycopenemcg		-	-	-		_				
=) + · · · · · · · · · · · · · · · · · ·			-	-		_				
Lutein + zeaxanthin	3 1	-	0	0	NR	4		0.000	0.000	

Common Measures:

Measure 1 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 Tablespoon

Calories Factors: Protein Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	of edil	<u>on</u>	Amount in edible portion of common			
				Number				me	easures of food	<u> </u>
				of Data		Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.70		1		1		94.14	5.74	
Energy	kcal	235		0	NC	4		771	47	
Energy	kj	983				4		3225	197	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	8.20		1		1		26.90	1.64	
Carbohydrate, by difference		60.80		0	NC	4		199.42	12.16	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	860		1		1		2821	172	
Iron, Fe	-	17.50		1		1		57.40	3.50	
Magnesium, Mg	-	215		1		1		705	43	
Phosphorus, P		40		1		1		131	8	
Potassium, K	-	2492		1		1		8174	498	
Sodium, Na		55		1		1		180	11	
Zine, Zn	-	1.00		1		1		3.28	0.20	
Copper, Cu	-	2.040)	1		1		6.691	0.408	
Manganese, Mn		2.610		1		1		8.561	0.522	
Selenium, Se		17.8		0	BFZN	4		58.4	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	-	0.033	3	1		1		0.108	0.007	
Riboflavin		0.052		1		1		0.171	0.010	
Niacin		1.080		1		1		3.542	0.216	
Pantothenic acid		0.880		1		1		2.886	0.176	
Vitamin B-6		0.700		1		1		2.296	0.140	
Folate, total		1		1		1		3	0	
Folic acid		0		0	z	7		0	0	
Folate, food	_	1		1	-	1		3	Ö	
Folate, DFE		1		0	NC	4		3	0	
Vitamin B-12		0.00		1	NC	4		0.00	0.00	
Vitamin A, IU	IIIOG	0		1		4		0	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū		Ū		•		Ü	· ·	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	а	0.000)	0		4		0.000	0.000	
Fatty acids, total monounsaturated		0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated		0.000		0		4		0.000	0.000	
Fatty acids, total trans	-	0.500		ŭ		•		3.000	0.000	
Cholesterol		0		1		4		0	0	
Phytosterols	-	·		-		•		ž	ŭ	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine				-		•			3.0	
Theobromine	-									

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

NDB No. 19305 Molasses, blackstrap

Common Measures:

Measure 1 = 328g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

POLANER ALL-FRUIT Strawberry Spread

B&G Foods, Inc.

Refuse: 0%

		<u>Aı</u>	mount in 10	Amount in edible portion of common						
Nutrients and U	nits	Mean	Std. Error		Deriv		Confidence Code	<u>m</u> Measure 1	Measure 2	<u>I</u> Measure 3
Proximates:										
Water	g	41.70		1	A	1		7.51		
Energy	kcal	231		0	NC	4		42		
Energy	kj	966				4		174		
Protein	g	0.70		1	A	1		0.13		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	0.60		1	A	1		0.11		
Carbohydrate, by difference	g	57.00		0	NC	4		10.26		
Fiber, total dietary										
Sugars, total	g	42.10		1	A	1		7.58		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe										
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	20		1	A	1		4		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	-									
Selenium, Se	mcg									

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

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

Nutrients and Units	Measure 2	Measure 3
Water. 9 96,90 4 Energy. kcal 11 4 Energy. kj 46 4 Protein. 9 0.00 7 Total lipid (fat). 9 0.00 7 Ash. 9 1.00 0 A Carbohydrate, by difference. 9 2.10 0 NC 4 Fiber, total dietary. 9 2.1 0 NR 4 Sugars, total. 9 0.00 0 Z 7 Starch. 9 0 0.00 Z 7 Starch. 9 0 0.00 Z 7 Starch. 9 0 0.00 7 7 Wineras: Calcium, Ca. mg 0 7 7 100, Fe. 7 7 100, Fe. 7 100, Fe.<		
Water. 9 96,90 4 Energy. kcal 11 4 Energy. kj 46 4 Protein. 9 0.00 7 Total lipid (fat). 9 0.00 7 Ash. 9 1.00 0 A Carbohydrate, by difference. 9 2.10 0 NC 4 Fiber, total dietary. 9 2.1 0 NR 4 Sugars, total. 9 0.00 0 Z 7 Starch. 9 0 0.00 Z 7 Starch. 9 0 0.00 Z 7 Starch. 9 0 0.00 7 7 Wineras: Calcium, Ca. mg 0 7 7 100, Fe. 7 7 100, Fe. 7 100, Fe.<		
Energy		
Energy		
Protein 9 0.00 7 Total lipid (fat) 9 0.00 7 Ash 9 1.00 0 4 Carbohydrate, by difference 9 2.10 0 NC 4 Fiber, total dietary 9 2.1 0 NR 4 Sugars, total 9 0.00 0 Z 7 Starch 9 0 0 Z 7 Witarias 9 0 0 Z 7 Magnesium 0 0 7 7 7 Magnesium Mg 0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 <t< td=""><td></td><td></td></t<>		
Total lipid (fat)		
Ash		
Carbohydrate, by difference .9 2.10 0 NC 4 Fiber, total dietary .9 2.1 0 NR 4 Sugars, total .9 0.00 0 z 7 Starch .9 Minerals: Calcium, Ca <		
Fiber, total dietary		
Sugars, total		
Starch		
Minerals: Calcium, Ca mg 0 7 Iron, Fe. mg 0.00 7 Magnesium, Mg. mg 0 7 Phosphorus, P. mg 0 7 Potassium, K. mg 0 7 Sodium, Na. mg 0 7 Sodium, Na. mg 0.00 7 Zinc, Zn. mg 0.00 7 Copper, Cu. mg 0.000 7 Manganese, Mn. mg 0 2 7 Vitamins. mcg 0.0 2 7 Vitamins. mg 0.00 7 7 Thiamin mg 0.000 7 7 Pantothenic acid. mg 0.000 7 7 Pantothenic acid. mg 0.000 7 7 Folate, total. mcg 0 0 2 7 Folate, food. mcg 0 Nc 4		
Calcium, Ca. mg 0 7 Iron, Fe. mg 0.00 7 Magnesium, Mg. mg 0 7 Phosphorus, P. mg 0 7 Potassium, K. mg 0 7 Sodium, Na. mg 0 7 Zinc, Zn. mg 0.00 7 Copper, Cu. mg 0.000 7 Manganese, Mn. mg 0.00 7 Selenium, Se. mcg 0.0 0 z 7 Vitamins. mg 0.0 7 7 Vitamin C, total ascorbic acid. mg 0.00 7 7 Thiamin. mg 0.000 7 7 Niacin. mg 0.000 7 7 Pantothenic acid. mg 0.000 7 7 Polate, total. mcg 0 7 7 Folate, food. mcg 0 Nc </td <td></td> <td></td>		
Iron, Fe.		
Magnesium, Mg. mg 0 7 Phosphorus, P. mg 0 7 Potassium, K. mg 0 7 Sodium, Na. mg 0 7 Zinc, Zn. mg 0.000 7 Copper, Cu. mg 0.000 7 Manganese, Mn. mg 0.0 2 7 Vitamins. mcg 0.0 0 Z 7 Vitamin C, total ascorbic acid. mg 0.00 7 7 Thiamin. mg 0.000 7 7 Riboflavin. mg 0.000 7 7 Niacin. mg 0.000 7 7 Pantothenic acid. mg 0.000 7 7 Folate, total. mcg 0 7 7 Folic acid. mcg 0 0 Z 7 Folate, food mcg 0 0 NC 4		
Phosphorus, P. mg 0 7 Potassium, K. mg 0 7 Sodium, Na. mg 0 7 Zinc, Zn. mg 0.000 7 Copper, Cu. mg 0.000 7 Manganese, Mn. mg Selenium, Se mcg 0.0 z 7 Vitamin Se mcg 0.0 z 7 7 Thiamin. mg 0.00 7 <td></td> <td></td>		
Potassium, K mg 0 7 Sodium, Na mg 0 7 Zinc, Zn mg 0.00 7 Copper, Cu mg 0.000 7 Manganese, Mn mg Selenium, Se mcg Selenium, Se mcg 0.0 0 z Vitamin C, total ascorbic acid mg 0.0 7 Thiamin mg 0.000 7 Riboflavin mg 0.000 7 Niacin mg 0.000 7 Pantothenic acid mg 0.000 7 Polate, total mcg 0 7 Folate, total mcg 0 7 Folate, food mcg 0 7 Vitamin B-12		
Sodium, Na mg 0 7 Zinc, Zn		
Zinc, Zn. mg 0.00 7 Copper, Cu. mg 0.000 7 Manganese, Mn. mg 0.0 2 7 Vitamin, Se. mcg 0.0 7 7 Vitamin C, total ascorbic acid. mg 0.0 7 7 Thiamin. mg 0.000 7 7 Riboflavin. mg 0.000 7 7 Niacin. mg 0.000 7 7 Pantothenic acid. mg 0.000 7 7 Folate, total. mcg 0 7 7 Folate, total. mcg 0 7 7 Folate, food. mcg 0 7 7 Folate, food. mcg 0 7 7 Folate, DFE. mcg_DFE 0 NC 4 Vitamin B-12. mcg 0.00 7 7 Vitamin A, IU. IU 0 7 7		
Copper, Cu mg 0.000 7 Manganese, Mn mg 7 Selenium, Se mcg 0.0 z 7 Vitamins: Vitamin C, total ascorbic acid mg 0.0 7 Thiamin mg 0.000 7 Riboflavin mg 0.000 7 Niacin mg 0.000 7 Pantothenic acid mg 0.000 7 Polate, total mg 0.000 7 Folate, total mcg 0 2 7 Folate, food mcg 0 2 7 Folate, DFE mcg 0 NC 4 Vitamin B-12 mcg 0.00 7 Vitamin A, IU IU 0 7		
Manganese, Mn. mg Selenium, Se. mcg 0.0 0 z 7 \textstyle{\textsty		
Selenium, Se. mcg 0.0 z 7 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 7 Thiamin. mg 0.000 7 Riboflavin. mg 0.000 7 Niacin. mg 0.000 7 Pantothenic acid. mg 0.000 7 Polate, total. mg 0.000 7 Folate, total. mcg 0 7 Folate, food. mcg 0 7 Folate, food. mcg 0 7 Folate, DFE. mcg_DFE 0 NC 4 Vitamin B-12. mcg 0.00 7 Vitamin A, IU. IU 0 7		
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 7 Thiamin. mg 0.000 7 Riboflavin. mg 0.000 7 Niacin. mg 0.000 7 Pantothenic acid. mg Vitamin B-6. mg 7 Vitamin B-6. mg 0.000 7 Folate, total. mcg 0 7 Folic acid. mcg 0 7 Folate, food. mcg 0 7 Folate, DFE. mcg_DFE 0 NC 4 Vitamin B-12. mcg 0.00 7 Vitamin A, IU. IU 0 7		
Vitamin C, total ascorbic acid mg 0.0 7 Thiamin mg 0.000 7 Riboflavin mg 0.000 7 Niacin mg 0.000 7 Pantothenic acid mg 7 Vitamin B-6 mg 0.000 7 Folate, total mcg 0 7 Folic acid mcg 0 2 7 Folate, food mcg 0 7 7 Folate, DFE mcg_DFE 0 NC 4 Vitamin B-12 mcg 0.00 7 Vitamin A, IU IU 0 7		
Thiamin		
Riboflavin. mg 0.000 7 Niacin		
Niacin. mg 0.000 7 Pantothenic acid. mg		
Pantothenic acid mg Vitamin B-6 mg 0.000 7 Folate, total mcg 0 7 Folic acid mcg 0 z 7 Folate, food mcg 0 7 Folate, DFE mcg_DFE 0 NC 4 Vitamin B-12 mcg 0.00 7 Vitamin A, IU IU 0 7		
Vitamin B-6 mg 0.000 7 Folate, total mcg 0 7 Folic acid mcg 0 2 7 Folate, food mcg 0 7 Folate, DFE mcg_DFE 0 NC 4 Vitamin B-12 mcg 0.00 7 Vitamin A, IU IU 0 7		
Folate, total mcg 0 7 Folic acid mcg 0 0 z 7 Folate, food mcg 0 7 7 Folate, DFE mcg_DFE 0 NC 4 Vitamin B-12 mcg 0.00 7 Vitamin A, IU IU 0 7		
Folic acid		
Folate, food		
Folate, DFE. mcg_DFE 0 NC 4 Vitamin B-12. mcg 0.00 7 Vitamin A, IU. IU 0 7		
Vitamin B-12		
Vitamin A, IU		
Vitamin A, IU		
The second secon		
Vitamin A, RAE mcg_RAE 0 As 1		
Retinol		
Vitamin E (alpha-tocopherol)mg 0.00 0 z 7		
Tocopherol, betamg		
Tocopherol, gammamg Tocopherol, deltamg		
Vitamin D		
Vitamin K (phylloquinone) mcg 0.0 0 z 7		
Yilliinii K (jii)yiloquiloilojg		
<u>Lipids:</u>		
Fatty acids, total saturated		
4:0g 0.000 0 4		
6:0g 0.000 0 4		
8:0g 0.000 0 4		
10:0g 0.000 0 4		
12:0g 0.000 0 4		
13:0g		
14:0g 0.000 0 4		
15:0g		
16:0g 0.000 0 4		
17:0g		
18:0g 0.000 0 4		
20:0g		
22:0g 24:0g		

	<u>An</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number		0	0 6 - 1	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000				7				
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		4				
17:1g									
18:1 undifferentiated	0.000		0		4				
20:1g	0.000		0		4				
22:1 undifferentiatedg	0.000		0		4				
24:1 cg	0.000				7				
Fatty acids, total polyunsaturated	0.000		0		4				
18:2 undifferentiated	0.000		0		4				
18:3 undifferentiatedg			0		4				
18:4	0.000		U		4				
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0		4				
20:5 n-3g	0.000		0		4				
20:5 n-3	0.000		0		4				
22:6 n-3g	0.000		0		4				
Fatty acids, total transg	0.000				-				
Cholesterol mg	0				7				
Phytosterols mg	·				·				
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	Z	7				
Theobromine mg	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 + zeaxanthinmcg	0		0	z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> :	mount in 100 gra	ms of edi	ble portio	<u>n</u>	Amount in edible portion of common		
			Num				<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	of Da Std. Error Poin		Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:									
Water	g	8.70	2.791	3	1		4.35		
Energy	kcal	325) NC	4		163		
Energy	kj	1360			4		680		
Protein (N x 6.25)	g	0.30	:	2	1		0.15		
Total lipid (fat)	g	0.30	:	2	1		0.15		
Ash	g	0.30	;	2	1		0.15		
Carbohydrate, by difference	g	90.40) NC	4		45.20		
Fiber, total dietary	g	8.6)	4		4.3		
Sugars, total	g								
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	7	:	2	1		4		
Iron, Fe		2.71		- <u>}</u>	1		1.36		
Magnesium, Mg	_	1		2	1		1		
Phosphorus, P		2	:	2	1		1		
Potassium, K		7	:	2	1		4		
Sodium, Na		200		2	1		100		
Zinc, Zn	mg	0.47	:	2	1		0.24		
Copper, Cu	mg	0.420) :	2	1		0.210		
Manganese, Mn	mg	0.070			1		0.035		
Selenium, Se	mcg	0.0	() Z	7		0.0		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	:		4		0.0		
Thiamin	-	0.008			1		0.004		
Riboflavin		0.060			1		0.030		
Niacin		0.005		2	1		0.003		
Pantothenic acid		0.110		2	1		0.055		
Vitamin B-6	_	0.010)	<u> </u>	1		0.005		
Folate, total	-	1	:	2	1		1		
Folic acid		0	() z	7		0		
Folate, food		1	:	2	1		1		
Folate, DFE	mcg_DFE	1	() NC	4		1		
Vitamin B-12	mcg	0.00	:		4		0.00		
Vitamin A, IU	IU	3	2	2	1		2		
Vitamin A, RAE		0	() NC	4		0		
Retinol.	mcg	0	() Z	7		0		
Vitamin E (alpha-tocopherol)	_								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Illeg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.050) ()	4		0.025		
4:0	g	0.000) ()	4		0.000		
6:0	g	0.000)	4		0.000		
8:0	-	0.000)	4		0.000		
10:0	-	0.000			4		0.000		
12:0	-	0.001	L ()	4		0.001		
13:0									
14:0	_	0.002	2)	4		0.001		
15:0	-				_				
16:0	_	0.040) ()	4		0.020		
17:0		0.00							
18:0		0.006	· ()	4		0.003		
20:0									
22:0 24:0	-								

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common				
		Number	r		<u>m</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
Fatty acids, total monounsaturatedg	0.010	0	4		0.005		
14:1g							
15:1g							
16:1 undifferentiated	0.001	0	4		0.001		
17:1g							
18:1 undifferentiatedg	0.012	0	4		0.006		
20:1g	0.000	0	4		0.000		
22:1 undifferentiatedg	0.000	0	4		0.000		
24:1 cg							
Fatty acids, total polyunsaturatedg	0.090	0	4		0.045		
18:2 undifferentiatedg	0.072	0	4		0.036		
18:3 undifferentiatedg	0.015	0	4		0.008		
18:4g	0.000	0	4		0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000		
20:5 n-3g	0.000	0	4		0.000		
22:5 n-3g	0.000	0	4		0.000		
22:6 n-3g	0.000	0	4		0.000		
Fatty acids, total transg							
Cholesterolmg	0	1	4		0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 50g: 1 package (1.75 oz)

Calories Factors: Protein Fat Carbohydrate 3.6

Food Group: 19 Sweets

		<u>A</u> :	mount in 100 gra	ms of edi	Amount in edible portion of common				
			Num	oer			<u>m</u>	easures of food	<u>l</u>
			of Da	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	73.40	0.815	3	1		436.73	54.32	
Energy	kcal	101) NC	4		601	75	
Energy	kj	423			4		2514	313	
Protein (N x 6.25)	g	0.10		2	1		0.60	0.07	
Total lipid (fat)	g	0.10		2	1		0.60	0.07	
Ash	g	0.30		2	1		1.79	0.22	
Carbohydrate, by difference	g	26.20) NC	4		155.89	19.39	
Fiber, total dietary	g	1.0		l AI	13		6.0	0.7	
Sugars, total	g	20.00		l LC	8		119.00	14.80	
Starch	g								
Minerals:									
Calcium, Ca	ma	4	:	2	1		24	3	
Iron, Fe	-	0.29		<u>-</u> 2	1		1.73	0.21	
Magnesium, Mg	-	2		<u>-</u> 2	1		12	1	
Phosphorus, P		7		<u>-</u>	1		42	5	
Potassium, K	-	45		2	1		268	33	
Sodium, Na		44	:	2	1		262	33	
Zinc, Zn	mg	0.04	:	2	1		0.24	0.03	
Copper, Cu		0.055	;	2	1		0.327	0.041	
Manganese, Mn	mg	0.027	' :	2	1		0.161	0.020	
Selenium, Se	mcg	0.5) FLC	4		2.8	0.3	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.1	,) FLC	4		0.7	0.1	
Thiamin	-	0.012		2	1		0.071	0.009	
Riboflavin	-	0.012		<u>-</u> 2	1		0.065	0.008	
Niacin	=	0.035		- <u>2</u>	1		0.208	0.026	
Pantothenic acid	-	0.042		<u>-</u> 2	1		0.250	0.031	
Vitamin B-6	_	0.016		2	1		0.095	0.012	
Folate, total	_	0		2	1		0	0	
Folic acid		0	() FLC	4		0	0	
Folate, food		0	() FLC	4		0	0	
Folate, DFE		0) NC	4		0	0	
Vitamin B-12		0.00) FLC	4		0.00	0.00	
Vitamin A, IU	IU	0	:	L LC	8		0	0	
Vitamin A, RAE	mcg_RAE	0	() FLC	4		0	0	
Retinol	mcg	0	() FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00) FLC	4		0.00	0.00	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		0.0		. == 0			0.0		
Vitamin K (phylloquinone)	mcg	0.0) FLC	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	g	0.020))	1		0.119	0.015	
4:0	g	0.000))	1		0.000	0.000	
6:0	g	0.000).)	1		0.000	0.000	
8:0	g	0.000))	1		0.000	0.000	
10:0	-	0.000)	1		0.000	0.000	
12:0		0.000) :	L	1		0.000	0.000	
13:0									
14:0	g	0.000)	L	1		0.000	0.000	
15:0									
16:0	g	0.010)	L	1		0.060	0.007	
17:0	_								
18:0	_	0.000	:	L	1		0.000	0.000	
20:0	_								
22:0	_								
24:0	g								

	<u>Ar</u>	nount in 100 gr		ible portic	<u>on</u>		edible portion of easures of food	
		Num of D	ıber ata Deriv	, Source	Confidence	1111	easures or roou	•
Nutrients and Units	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.000		0	1		0.000	0.000	
14:1g								
15:1g			_	_				
16:1 undifferentiatedg	0.000		1	1		0.000	0.000	
17:1	0.000		1	1		0.000	0.000	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiated	0.000		0	1		0.000	0.000	
24:1 cg	0.000		· ·	-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.030		0	1		0.179	0.022	
18:2 undifferentiatedg	0.020		1	1		0.119	0.015	
18:3 undifferentiatedg	0.000		1	1		0.000	0.000	
18:4g	0.000		0	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	1		0.000	0.000	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		0	1		0.000	0.000	
Fatty acids, total trans9							_	
Cholesterol mg	0		1 LC	8		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.001		0	1		0.006	0.001	
Threonineg	0.003		0	1		0.018	0.002	
Isoleucineg	0.003		0	1		0.018	0.002	
Leucine9	0.005		0	1		0.030	0.004	
Lysineg	0.005		0	1		0.030	0.004	
Methionineg	0.001		0	1		0.006	0.001	
Cystineg	0.001		0	1		0.006	0.001	
Phenylalanineg	0.002		0	1		0.012	0.001	
Tyrosineg	0.002		0	1		0.012	0.001	
Valine9	0.004		0	1		0.024	0.003	
Arginineg	0.002		0	1		0.012	0.001	
Histidine	0.001		0	1		0.006	0.001	
Alanine	0.003		0	1		0.018	0.002	
Aspartic acid	0.028		0	1		0.167	0.021	
Glutamic acid	0.008		0	1 1		0.048	0.006	
Glycine	0.003					0.018	0.002	
Proline	0.003 0.003		0	1 1		0.018 0.018	0.002 0.002	
Serine	0.003		U	1		0.018	0.002	
Trydroxypronne9								
Others:								
Alcohol, ethylg	0.0		0 FLO	4		0.0	0.0	
Caffeine mg	0		0 FLO			0	0	
Theobromine mg	0		0 FLO	4		0	0	
Carotenoids:								
Carotene, betamcg	0		0 FLC	4		0.000	0.000	
Carotene, alpha mcg	0		0 FLC			0.000	0.000	
Cryptoxanthin, beta mcg	0		0 FLC	4		0.000	0.000	
Lycopenemcg	0		0 FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0 FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 595g: 1 can (21 oz) Measure 2 = 74g: .125 can

Pie fillings, apple, canned

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>me</u>	easures of food	<u>l</u>
Nutrients and Un	iits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	54.66		0	FLC	4		143.20	82.53	
	-	181		0	NC	4		474	82.53 273	
Energy		757		0	NC	4		1984	1143	
		0.41		0	FLC	4		1.08	0.62	
Protein		0.41		0	FLC	4		0.54	0.62	
•		0.20		0	FLC	4		0.92	0.51	
AshCarbohydrate, by difference		44.38		0	NC	4		116.27	67.01	
Fiber, total dietary		2.6		1	LC	8		6.9	4.0	
		37.75		1	LC	8		98.90	57.00	
Sugars, total		37.75		1	ьc	•		96.90	57.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	27		0	FLC	4		69	40	
Iron, Fe	mg	0.80		0	FLC	4		2.09	1.20	
Magnesium, Mg	mg	10		0	FLC	4		26	15	
Phosphorus, P	mg	12		0	FLC	4		32	19	
Potassium, K	mg	115		0	FLC	4		301	174	
Sodium, Na	mg	12		0	FLC	4		32	18	
Zinc, Zn	<u>mg</u>	0.10		0	FLC	4		0.26	0.15	
Copper, Cu	mg	0.112	2	0	FLC	4		0.292	0.168	
Manganese, Mn	mg	0.215	5	0	FLC	4		0.563	0.324	
Selenium, Se	mcg	0.4		0	FLC	4		1.1	0.6	
Vitamins:										
	ma	0.7		0	TT 0			1.8	1.0	
Vitamin C, total ascorbic acid	-	0.7		0	FLC FLC	4 4				
Thiamin		0.023		0	FLC	4		0.061 0.090	0.035	
Riboflavin		0.034		0	FLC	4		0.090	0.052 0.137	
Niacin		0.091		0	FLC	4				
Pantothenic acid	_	0.092		0	FLC	4		0.241 0.077	0.139	
Vitamin B-6	-	1	,	0	FLC	4		4	0.044 2	
Folate, total		0		0	FLC	4		0	0	
Folic acid		1		0	FLC	4		4	2	
Folate, food		1		0	NC	4		4	2	
Folate, DFE		0.00		0	FLC	4			0.00	
Vitamin B-12	Ilicy	22		0	FLC	4		0.00 58		
Vitamin A, IU		1		0		4			34 2	
Vitamin A, RAE		0		0	FLC	4		3 0		
Retinol		-		0	FLC FLC	4		0.61	0	
Vitamin E (alpha-tocopherol)		0.23		U	FLC	4		0.61	0.35	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		3.9		0	FLC	4		10.3	5.9	
vitamin K (phynoquinone)	g	3.5		·	120	•		10.5	3.3	
<u> ipids:</u>										
Fatty acids, total saturated	g	0.000)	1	LC	8		0.000	0.000	
4:0		0.000)	0	FLC	4		0.000	0.000	
6:0	g	0.000)	0	FLC	4		0.000	0.000	
8:0	g	0.000)	0	FLC	4		0.000	0.000	
10:0	g	0.000)	0	FLC	4		0.000	0.000	
12:0	g	0.000)	0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.000)	0	FLC	4		0.000	0.000	
15:0	g									
16:0		0.000)	0	FLC	4		0.000	0.000	
17:0										
18:0	-	0.000)	0	FLC	4		0.000	0.000	
20:0	-									
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams Number		ole portic	<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	0.000		1	LC	8		0.000	0.000	
14:1g			=		-		0.000	0.000	
15:1g									
16:1 undifferentiated	0.000		0	FLC	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:1g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
18:4g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:5 n-3g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, betamcg	13		0	FLC	4		35.030	20.189	
Carotene, alpha mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	
Lycopene mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthinmcg	33		0	FLC	4		86.058	49.598	

Common Measures:

Measure 1 = 262g: 1 cup Measure 2 = 151g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure
p : 4										
Proximates: Water	a	71.23	0.930	5	A	1		423.82	52.71	
Energy	_	115	0.550	0	NC	4		684	85	
Energy		481		Ū	110	4		2863	356	
Protein (N x 6.25)		0.37	0.070	4	A	1		2.20	0.27	
Total lipid (fat)		0.07	0.070	4	A	1		0.42	0.05	
Ash		0.20	0.010	4	A	1		1.19	0.15	
Carbohydrate, by difference		28.00		0	NC	4		166.60	20.72	
Fiber, total dietary		0.6		0		1		3.6	0.4	
Sugars, total										
Starch										
Minerals:				_		_			_	
Calcium, Ca	-	11		2		1		65	8	
Iron, Fe	-	0.24		2		1		1.43	0.18	
Magnesium, Mg		7		2		1		42	5	
Phosphorus, P		15		2		1 1		89	11	
Potassium, K		105 18	8.040	2 4	A	1		625 107	78 13	
Sodium, NaZinc, Zn	-	0.05	8.040	2	A	1		0.30	0.04	
Copper, Cu		0.03		2		1		0.476	0.059	
Manganese, Mn		0.030		2		1		0.179	0.022	
Selenium, Se		0.4		0	BFSN	4		2.4	0.3	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	3.6		1		4		21.4	2.7	
Thiamin		0.025		2		1		0.149	0.019	
Riboflavin		0.016		2		1		0.095	0.012	
Niacin		0.140		2		1		0.833	0.104	
Pantothenic acid	-	0.063		2		1		0.375	0.047	
Vitamin B-6	-	0.037 4		2		1 1		0.220 24	0.027 3	
Folate, total		0		0	z	7		0	0	
Folic acidFolate, food		4		2	4	1		24	3	
Folate, DFE		4		0	NC	4		24	3	
Vitamin B-12		0.00		1	NC	4		0.00	0.00	
Vitamin A, IU	III	205		2		1		1220	152	
Vitamin A, RAE		10		0	NC	4		61	8	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.018		0	BFFN	4		0.107	0.013	
4:0		0.010		·	DIII	•		0.107	0.013	
6:0										
8:0										
10:0										
12:0										
13:0										
14:0		0.000		0		1		0.000	0.000	
15:0	g									
16:0		0.010		0	BFFN	4		0.060	0.007	
17:0	g									
18:0	g	0.004		0	BFFN	4		0.024	0.003	
20:0	g									
22:0	g									
24:0	q									

		<u>Ar</u>	nount in 10			le portic	<u>on</u>		edible portion or	f common
				Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	3	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.021		0	BFFN	4		0.125	0.016	
14:1	-									
15:1										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1										
18:1 undifferentiated		0.021		0	BFFN	4		0.125	0.016	
20:1										
22:1 undifferentiated										
24:1 c		0.001		•				0.405		
Fatty acids, total polyunsaturated		0.021		0	BFFN	4		0.125	0.016	
18:2 undifferentiated	•	0.010		0	BFFN	4 4		0.060	0.007	
18:3 undifferentiated	-	0.010		U	BFFN	4		0.060	0.007	
18:4										
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated										
20:4 undifferentiated	-									
20.5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		0		0		4		0	0	
Phytosterols	_	-				_		-	•	
•										
Amino Acids:										
Tryptophan		0.002		0		1		0.012	0.001	
Threonine		0.009		0		1		0.054	0.007	
Isoleucine	-	0.009		0		1		0.054	0.007	
Leucine	-	0.013		0		1		0.077	0.010	
Lysine	-	0.016		0		1		0.095	0.012	
Methionine		0.002		0		1		0.012	0.001	
Cystine		0.002		0		1 1		0.012	0.001	
Phenylalanine		0.008		-		1		0.048	0.006	
Tyrosine		0.005		0		1		0.030	0.004	
Valine		0.012 0.007		0 0		1		0.071 0.042	0.009	
Arginine				0		1			0.005	
Histidine	-	0.006		0		1		0.036	0.004	
Alanine	-	0.013 0.247		0		1		0.077 1.470	0.010	
Aspartic acid				0		1			0.183 0.013	
Glutamic acid	-	0.017 0.010		0		1		0.101 0.060		
Glycine		0.010		0		1		0.083	0.007 0.010	
	_			0		1		0.083		
Serine	-	0.014		U		1		0.083	0.010	
Hydroxyproline	9									

Common Measures:

Measure 1 = 595g: 1 can (21 oz) Measure 2 = 74g: .125 can

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> e	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.40		0	FLC	4		233.37		
Energy	kcal	46		0	NC	4		122		
Energy	kj	193		0	NC	4		509		
Protein		0.83		0	FLC	4		2.20		
Total lipid (fat)	g	0.16		0	FLC	4		0.43		
Ash	g	0.28		0	FLC	4		0.74		
Carbohydrate, by difference	g	10.33		0	NC	4		27.27		
Fiber, total dietary	g	1.2		1	LC	8		3.1		
Sugars, total	g	9.15		0	NR	4		24.17		
Starch	g									
Minerals:		4.4		_				0.0		
Calcium, Ca	_	11		0	FLC	4		29		
Iron, Fe.	_	0.32 8		0 0	FLC FLC	4 4		0.85 21		
Magnesium, Mg										
Phosphorus, P	-	15 120		0 0	FLC	4 4		40 317		
Potassium, K	-	120		1	FLC	4 8		317		
Sodium, Na	-	0.07		0	LC FLC	4		0.19		
Zinc, Zn		0.07		0	FLC	4		0.19		
Copper, Cu		0.084		0	FLC	4		0.222		
Manganese, Mn		0.056	•	0	FLC	4		0.149		
Selenium, Se	Ilicy	0.0		U	FLC	4		0.0		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.8		1	LC	8		7.5		
Thiamin	mg	0.021	=	0	FLC	4		0.057		
Riboflavin	mg	0.039)	0	FLC	4		0.104		
Niacin	mg	0.367	,	0	FLC	4		0.969		
Pantothenic acid	mg	0.000)	0	FLC	4		0.000		
Vitamin B-6	mg	0.028	3	0	FLC	4		0.073		
Folate, total	mcg	4		0	FLC	4		12		
Folic acid		0		0	FLC	4		0		
Folate, food	mcg	4		0	FLC	4		12		
Folate, DFE	mcg_DFE	4		0	NC	4		12		
Vitamin B-12		0.00		0	FLC	4		0.00		
Vitamin A, IU	IU	220		0	FLC	4		581		
Vitamin A, RAE		0		0	FLC	4		0		
Retinol	mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0		
ipids:										
Fatty acids, total saturated	a	0.000	1	1	LC	8		0.000		
4:0		0.000		0	FLC	4		0.000		
6:0		0.000		0	FLC	4		0.000		
8:0		0.000		0	FLC	4		0.000		
10:0	-	0.000		0	FLC	4		0.000		
12:0	-	0.000		0	FLC	4		0.000		
13:0		0.000	•	Ū	1110	7		0.000		
14:0	-	0.000)	0	FLC	4		0.000		
15:0		0.000		Ū	- 110	•		0.000		
16:0		0.000)	0	FLC	4		0.000		
17:0		0.000		Ū	- 110	•		0.000		
18:0	-	0.000)	0	FLC	4		0.000		
20:0	-	0.000	•	U	ELIC	-		0.000		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>en</u>	Amount in	edible portion of	of common
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		1	LC	8		0.000		
14:1g									
15:1g									
16:1 undifferentiated	0.000		0	FLC	4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	FLC	4		0.000		
20:1g	0.000		0	FLC	4		0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		1	LC	8		0.000		
18:2 undifferentiatedg	0.000		0	FLC	4		0.000		
18:3 undifferentiatedg	0.000		0	FLC	4		0.000		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total trans									
Cholesterol mg	0		1	LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, betamcg	125		0	NR	4		330.000		
Carotene, alpha mcg	0		0	FLC	4		0.000		
Cryptoxanthin, betamcg	0		0	FLC	4		0.000		
Lycopenemcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000		

Common Measures:

Measure 1 = 264g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19286
Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder Kraft Foods, Inc.

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.60		0	MC	9		0.90		
Energy	kcal	360		0	MC	9		90		
Energy	kj	1506				9		377		
Protein	g	1.70		0	MC	9		0.43		
Total lipid (fat)	g	1.00		0	NR	4		0.25		
Ash	g	2.10		0	MC	9		0.53		
Carbohydrate, by difference		91.00		0	MC	9		22.75		
Fiber, total dietary		1.3		0	MC	9		0.3		
Sugars, total		60.10		0	MC	9		15.03		
Starch		33.23		·				20.00		
Minerals:	5									
Calcium, Ca	ma	21		0	MC	9		5		
Iron, Fe		2.68		0	MC	9		0.67		
Magnesium, Mg				•				0.0.		
Phosphorus, P		72		0	MC	9		18		
Potassium, K		351		0	MC	9		88		
Sodium, Na	-	426		0	MC	9		107		
Zinc, Zn				•						
Copper, Cu										
Manganese, Mn										
Selenium, Se										
,	0									
Vitamins:		0.0		0		•		0.0		
Vitamin C, total ascorbic acid		0.0		U	MC	9		0.0		
Thiamin										
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin B-12 Vitamin A, IU		1		0	MC	9		0		
Vitamin A, IU Vitamin A, RAE		±		U	PIC	9		J		
Vitamin A, KAEVitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D	-									
Vitamin D Vitamin K (phylloquinone)										
Lipids:	J									
Fatty acids, total saturated	a	0.600	1	0	MC	9		0.150		
Fatty acids, total monounsaturated		0.000	•	U	PIC	9		0.130		
Fatty acids, total monounsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols		Ū		J	110	,		J		

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Common Measures:

Measure 1 = 25g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder

Food Group: 19 Sweets

NDB No. 19287
Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder Kraft Foods, Inc.

		Amount in 100 grams of edible portio Number of Data Deriv Source							edible portion e	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.10		0	MC	9		0.71		
Energy	kcal	374		0	MC	9		86		
Energy		1565				9		360		
Protein		0.10		0	MC	9		0.02		
Total lipid (fat)	_	0.10		0	NR	4		0.02		
Ash		2.20		0	MC	9		0.51		
Carbohydrate, by difference		94.30		0	MC	9		21.69		
		0.3		0	MC	9		0.1		
Fiber, total dietary		69.70		0	MC	9		16.03		
Sugars, total		69.70		U	MC	9		16.03		
Minerals:										
Calcium, Ca	mg	10		0	MC	9		2		
Iron, Fe	mg	0.18		0	MC	9		0.04		
Magnesium, Mg	mg									
Phosphorus, P	mg	7		0	MC	9		2		
Potassium, K	mg	12		0	MC	9		3		
Sodium, Na		599		0	MC	9		138		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.100)	0	MC	9		0.023		
Fatty acids, total monounsaturated.	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 23g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder

Food Group: 19 Sweets

NDB No. 19288

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		75.70		0	MC	9		85.54		
Energy	kcal	90		0	MC	9		102		
Energy	kj	377				9		426		
Protein	g	2.50		0	MC	9		2.83		
Total lipid (fat)	g	0.40		0	NR	4		0.45		
Ash	g	1.10		0	MC	9		1.24		
Carbohydrate, by difference	g	20.10		0	MC	9		22.71		
Fiber, total dietary		0.8		0	MC	9		0.9		
Sugars, total		15.30		0	MC	9		17.29		
Starch										
Minerals:										
Calcium, Ca	mg	79		0	MC	9		89		
Iron, Fe	mg	0.53		0	MC	9		0.60		
Magnesium, Mg	mg									
Phosphorus, P	mg	76		0	MC	9		86		
Potassium, K	mg	208		0	MC	9		235		
Sodium, Na	mg	170		0	MC	9		192		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.3		0	MC	9		0.3		
Thiamin	-									
Riboflavin	mg									
Niacin										
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	154		0	MC	9		174		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>	_			•		•				
Fatty acids, total saturated	-	0.300)	0	MC	9		0.339		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	2		0	MC	9		2		
Phytosterols	mg									

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Common Measures:

Measure 1 = 113g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

Food Group: 19 Sweets

NDB No. 19289

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat

Kraft Foods, Inc.

Refuse: 0%

		Amount in 100 grams of edible portion Number of Data Deriv Source Confidence							edible portion e	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		75.90		0	MC	9		85.77		
Energy	kcal	92		0	MC	9		104		
Energy	kj	385				9		435		
Protein	g	2.10		0	MC	9		2.37		
Total lipid (fat)	g	0.20		0	NR	4		0.23		
Ash	g	1.00		0	MC	9		1.13		
Carbohydrate, by difference		20.50		0	MC	9		23.17		
Fiber, total dietary		0.1		0	MC	9		0.1		
Sugars, total		15.80		0	MC	9		17.85		
Starch		20.00		·				27.00		
Minerals:										
Calcium, Ca	mg	76		0	MC	9		86		
Iron, Fe	mg	0.04		0	MC	9		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg	102		0	MC	9		115		
Potassium, K	mg	109		0	MC	9		123		
Sodium, Na	mg	213		0	MC	9		241		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	154		0	MC	9		174		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.200)	0	MC	9		0.226		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	2		0	MC	9		2		
Phytosterols	ma									

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Common Measures:

Measure 1 = 113g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat

Food Group: 19 Sweets

NDB No. 19275

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame ar acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		Amount in 100 grams of edible portion Number							edible portion	of common
				Number				me	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.50		0	MC	9		0.50		
Energy	kcal	310		0	MC	9		34		
Energy	kj	1297				9		143		
Protein	g	4.90		0	MC	9		0.54		
Total lipid (fat)	g	2.40		0	NR	4		0.26		
Ash	g	9.90		0	MC	9		1.09		
Carbohydrate, by difference (1)	g	74.60		0	MC	9		8.21		
Fiber, total dietary	-	7.9		0	MC	9		0.9		
Sugars, total		0.70		0	MC	9		0.08		
Starch	=			-		-				
Minerals:										
Calcium, Ca	mg	126		0	MC	9		14		
Iron, Fe	mg	7.17		0	MC	9		0.79		
Magnesium, Mg	mg									
Phosphorus, P	mg	1717		0	MC	9		189		
Potassium, K	mg	1105		0	MC	9		122		
Sodium, Na	mg	2887		0	MC	9		318		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	2		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	-	1.000)	0	MC	9		0.110		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 11.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame ar acesulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19276

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		Amount in 100 grams of edible portion Number							edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		5.70		0	MC	9		0.46		
Energy	kcal	331		0	MC	9		26		
Energy	kj	1385				9		111		
Protein	g	0.80		0	MC	9		0.06		
Total lipid (fat)	g	0.90		0	NR	4		0.07		
Ash	g	11.40		0	MC	9		0.91		
Carbohydrate, by difference (1)	g	77.90		0	MC	9		6.23		
Fiber, total dietary	-	1.3		0	MC	9		0.1		
Sugars, total		0.90		0	MC	9		0.07		
Starch	-	0.50		·						
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	147		0	MC	9		12		
Iron, Fe	mg	0.08		0	MC	9		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg	2368		0	MC	9		189		
Potassium, K	mg	31		0	MC	9		2		
Sodium, Na	mg	4154		0	MC	9		332		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin										
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.100)	0	MC	9		0.008		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	ma									

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Common Measures:

Measure 1 = 8.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19284
Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Kraft Foods, Inc.

Refuse: 0%

		Amount in 100 grams of edible portion						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
Proximates:										
Water		1.60		0	MC	9		0.45		
Energy	kcal	355		0	MC	9		99		
Energy	kj	1485				9		416		
Protein	g	1.50		0	MC	9		0.42		
Total lipid (fat)	g	1.20		0	NR	4		0.34		
Ash	g	4.80		0	MC	9		1.34		
Carbohydrate, by difference (1)		89.60		0	MC	9		25.09		
Fiber, total dietary		2.4		0	MC	9		0.7		
Sugars, total		66.70		0	MC	9		18.68		
Starch		331.73		·				20.00		
<u> Ainerals:</u>										
Calcium, Ca	mg	16		0	MC	9		4		
Iron, Fe	mg	2.13		0	MC	9		0.60		
Magnesium, Mg	mg									
Phosphorus, P		938		0	MC	9		263		
Potassium, K	mg	290		0	MC	9		81		
Sodium, Na	mg	1477		0	MC	9		414		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.500)	0	MC	9		0.140		
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	ma									

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Common Measures:

Measure 1 = 28g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19285

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder

Kraft Foods, Inc.

Refuse: 0%

		Amount in 100 grams of edible portion						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 :
Proximates:										
Water		1.10		0	MC	9		0.28		
Energy	kcal	375		0	MC	9		94		
Energy		1569				9		392		
Protein	g	0.10		0	MC	9		0.03		
Total lipid (fat)	g	0.80		0	NR	4		0.20		
Ash		3.60		0	MC	9		0.90		
Carbohydrate, by difference		93.50		0	MC	9		23.38		
Fiber, total dietary		0.1		0	MC	9		0.0		
Sugars, total		74.90		0	MC	9		18.73		
Starch		74.50		U	мс	9		10.73		
Minerals:										
Calcium, Ca	mg	4		0	MC	9		1		
Iron, Fe	mg	0.12		0	MC	9		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg	795		0	MC	9		199		
Potassium, K	mg	5		0	MC	9		1		
Sodium, Na		1411		0	MC	9		353		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.200)	0	MC	9		0.050		
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	ma									

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

Common Measures:

Measure 1 = 25g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder

Food Group: 19 Sweets

NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		8.30		0	MC	9		0.83		
Energy	kcal	310		0	MC	9		31		
Energy	kj	1297				9		130		
Protein	g	6.10		0	MC	9		0.61		
Total lipid (fat)	g	3.00		0	NR	4		0.30		
Ash	g	6.00		0	MC	9		0.60		
Carbohydrate, by difference (1)	g	74.50		0	MC	9		7.45		
Fiber, total dietary	-	9.3		0	MC	9		0.9		
Sugars, total		0.70		0	MC	9		0.07		
Starch				•		-				
Minerals:										
Calcium, Ca	mg	69		0	MC	9		7		
Iron, Fe	mg	11.83		0	MC	9		1.18		
Magnesium, Mg	mg									
Phosphorus, P	mg	212		0	MC	9		21		
Potassium, K	mg	1390		0	MC	9		139		
Sodium, Na	mg	1085		0	MC	9		109		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	-	1.600)	0	MC	9		0.160		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 10.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		10.10		0	MC	9		0.61		
Energy	kcal	349		0	MC	9		21		
Energy	kj	1460				9		88		
Protein	g	1.00		0	MC	9		0.06		
Total lipid (fat)	g	0.30		0	NR	4		0.02		
Ash	g	5.20		0	MC	9		0.31		
Carbohydrate, by difference (1)	g	82.30		0	MC	9		4.94		
Fiber, total dietary	g	0.9		0	MC	9		0.1		
Sugars, total		2.90		0	MC	9		0.17		
Starch	_									
Minerals:										
Calcium, Ca	mg	42		0	MC	9		3		
Iron, Fe	mg	0.36		0	MC	9		0.02		
Magnesium, Mg										
Phosphorus, P		29		0	MC	9		2		
Potassium, K	mg	38		0	MC	9		2		
Sodium, Na	mg	1887		0	MC	9		113		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.100)	0	MC	9		0.006		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 6.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
Nutrients and Un	:40	Maan	Std. Error		Deriv	Source Code	Confidence Code		easures of food Measure 2	Measure 3
Nutrients and on	its	Mean	Sid. Error	Tomics	Oode	Oode	Ooue	Measure 1	weasure 2	weasure 3
Proximates:										
Water	g	3.90				4				
Energy	kcal	342				4				
Energy	kj	1431				4				
Protein	g	1.30				4				
Total lipid (fat)	g	0.80				4				
Ash	g	12.50		0	NR	4				
Carbohydrate, by difference	g	81.50				4				
Fiber, total dietary	g	0.9		0	FLM	4				
Sugars, total	g	0.90		0	FLM	4				
Starch	g									
Minamala										
Minerals:	ma	19				4				
Calcium, Ca	_	0.24				4				
Iron, FeMagnesium, Mg		7				4				
Phosphorus, P		2179				4				
Potassium, K		47				4				
Sodium, Na		4232				4				
Zine, Zn		0.00				4				
Copper, Cu		0.000)			4				
Manganese, Mn										
Selenium, Se		0.8		0	BFZN	4				
¥7*4										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0				4				
Thiamin		0.000				4				
Riboflavin	_	0.000				4				
Niacin		0.000	,			4				
Pantothenic acid Vitamin B-6		0.000	,			4				
Folate, total		0.000	•			4				
Folic acid		0		0	FLM	4				
Folate, food		0		•		4				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.01				4				
Vitamin A, IU		0		0	NC	4				
Vitamin A, RAE	mcg RAE	0		0	NC	4				
Retinol		0		0	FLM	4				
Vitamin E (alpha-tocopherol)		0.05		0	FLM	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4				
Lipids:										
	a	0.163	,			4				
Fatty acids, total saturated		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	-	2.000				-				
14:0		0.000)			4				
15:0	-	2.000				-				
16:0		0.163	3			4				
17:0										
18:0		0.013	3			4				
20:0										
22:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				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		0.240				4				
14:1										
15:1 16:1 undifferentiated	-	0.000				4				
17:1		0.000				4				
18:1 undifferentiated		0.240				4				
20:1		0.240				4				
22:1 undifferentiated	-	0.000				4				
24:1 c		0.000				-				
Fatty acids, total polyunsaturated		0.318				4				
18:2 undifferentiated		0.305				4				
18:3 undifferentiated	-	0.013				4				
18:4		0.000				4				
20:2 n-6 c.c.		0.000				-				
20:3 undifferentiated										
20:4 undifferentiated	-	0.000				4				
20:5 n-3		0.000				4				
22:5 n-3	-	0.000				4				
22:6 n-3	_	0.000				4				
Fatty acids, total trans	g									
Cholesterol		0				7				
Phytosterols										
Others:										
Alcohol, ethyl	g	0.0				7				
Caffeine	mg	0		0	FLM	4				
Theobromine	mg	0		0	FLM	4				
Carotenoids:										
Carotene, beta	mcg	0		0	FLM	4				
Carotene, alpha	mcg	0		0	FLM	4				
Cryptoxanthin, beta	mcg	0		0	FLM	4				
Lycopene		0		0	FLM	4				
Lutein + zeaxanthin	mcg	0		0	FLM	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 10			le portio	<u>n</u>		edible portion	
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:	_	40.40								
Water	-	10.40				4				
Energy		356				4				
Energy		1490				4				
Protein		1.60				4				
Total lipid (fat)		0.10				4				
Ash		3.20		0	NR	4				
Carbohydrate, by difference		84.70				4				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.84		0	BFSN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	49				4				
Iron, Fe.	-	0.05				4				
Magnesium, Mg		17				4				
Phosphorus, P		12				4				
Potassium, K		18				4				
Sodium, Na		1765				4				
Zinc, Zn		0.19				4				
Copper, Cu		0.040	1			4				
Manganese, Mn										
Selenium, Se		0.9		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				4				
Thiamin		0.000				4				
Riboflavin		0.000				4				
Niacin		0.000				4				
Pantothenic acid		0.000				-				
Vitamin B-6		0.000	1			4				
Folate, total	-	0				4				
Folic acid		0		0	BFSN	4				
Folate, food	_	0		0	BFSN	4				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.00				4				
Vitamin A, IU		0				4				
Vitamin A, RAE	mca RAE	0		0	BFSN	4				
Retinol		0		0	BFSN	4				
Vitamin E (alpha-tocopherol)		0.05		0	BFSN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.1		0	BFSN	4				
Lipids: Fatty acids, total saturated	a	0.018				4				
		0.000				4				
4:0		0.000				4				
6:0 8:0		0.000				4				
10:0		0.000				4				
12:0	-	0.000				4				
13:0	-	0.000				-				
14:0		0.000	1			4				
15:0		5.000				-				
16:0		0.018				4				
17:0		0.010				-				
18:0		0.002				4				
20:0		0.002				-				
22:0	-									
44.U	9									

		<u>Ar</u>	mount in 10	00 grams	of edib	Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.032				4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000				4				
17:1	g									
18:1 undifferentiated	g	0.032				4				
20:1	g	0.000				4				
22:1 undifferentiated	g	0.000				4				
24:1 c										
Fatty acids, total polyunsaturated	g	0.050				4				
18:2 undifferentiated	g	0.050				4				
18:3 undifferentiated	g	0.000				4				
18:4	g	0.000				4				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000				4				
20:5 n-3	g	0.000				4				
22:5 n-3	g	0.000				4				
22:6 n-3	g	0.000				4				
Fatty acids, total trans	g									
Cholesterol	mg	0				4				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7				
Caffeine	mg	0		0	BFSN	4				
Theobromine	mg	0		0	BFSN	4				
Carotenoids:										
Carotene, beta	mcg	0		0	BFSN	4				
Carotene, alpha	_	0		0	BFSN	4				
Cryptoxanthin, beta		0		0	BFSN	4				
Lycopene		0		0	BFSN	4				
Lutein + zeaxanthin		0		0	BFSN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.80	0.054	6		1		2.77	0.70	
Energy	kcal	367		0	NC	4		363	92	
Energy	kj	1536				4		1520	384	
Protein (N x 6.4)	g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat)	g	0.60	0.074	6		1		0.59	0.15	
Ash	g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference	g	92.70		0	NC	4		91.77	23.18	
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	6		1		4		6	2	
Iron, Fe	_	0.12		1		4		0.12	0.03	
Magnesium, Mg	_	2		1		4		2	1	
Phosphorus, P		804		1		4		796	201	
Potassium, K	_	15		0		4		15	4	
Sodium, Na		1499		0		4		1484	375	
Zinc, Zn	mg	0.04		1		4		0.04	0.01	
Copper, Cu	mg	0.021	•	1		4		0.021	0.005	
Manganese, Mn	mg	0.010	1	1		4		0.010	0.003	
Selenium, Se	mcg	0.8		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	_	0.001		1		4		0.001	0.000	
Riboflavin	-	0.001		1		4		0.001	0.001	
Niacin	=	0.002		1		4		0.002	0.001	
Pantothenic acid	_	0.006		1		4		0.006	0.002	
Vitamin B-6	-	0.001		1		4		0.001	0.000	
Folate, total	-	0		1		4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.01		1		4		0.01	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.090)	0		1		0.089	0.023	
4:0	g	0.000	1	1		1		0.000	0.000	
6:0	g	0.000	1	1		1		0.000	0.000	
8:0	g	0.000	1	1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	-	0.000	1	1		1		0.000	0.000	
13:0	-									
14:0	-	0.000)	1		1		0.000	0.000	
15:0										
16:0		0.060)	1		1		0.059	0.015	
17:0										
18:0		0.020	1	1		1		0.020	0.005	
20:0										
22:0	~									

		An	nount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.140	0		1		0.139	0.035	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.000	1		1		0.000	0.000	
17:1									
18:1 undifferentiated		0.140	1		1		0.139	0.035	
20:1		0.000	1		1		0.000	0.000	
22:1 undifferentiated	•								
24:1 c									
Fatty acids, total polyunsaturated	g	0.350	0		1		0.347	0.088	
18:2 undifferentiated	g	0.310	1		1		0.307	0.078	
18:3 undifferentiated	g	0.040	1		1		0.040	0.010	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	-								
Cholesterol	mg	0	1		4		0	0	
Phytosterols	mg								
Others:									
Alcohol, ethyl	g								
Caffeine	mg	0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	00 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	-	74.52		0	RPA	1				
Energy	kcal	105		0	RPI	6				
Energy	kj	441		0	RPI	6				
Protein	g	2.76		0	RPA	1				
Total lipid (fat)	g	1.70		0	RPA	1				
Ash	g	1.26		0	RPA	1				
Carbohydrate, by difference	g	19.74		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	_	102		0	RPI	6				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.06		0	RPI	6				
Magnesium, Mg		12		0	RPI	6				
Phosphorus, P	_	216		0	RPI	6				
Potassium, K	-	131		0	RPI	6				
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	296		0	RPI	6				
Zinc, Zn		0.33		0	RPI	6				
Copper, Cu	-	0.010		0	RPI	6				
Manganese, Mn		0.003	3	0	RPI	6				
Selenium, Se	mcg	2.0		0	RPI	6				
/itamins:										
Vitamin C, total ascorbic acid	ma	0.8		0	RPI	6				
Thiamin	-	0.033	2	0	RPI	6				
Riboflavin	-	0.033		0	RPI	6				
		0.137		0	RPI	6				
Niacin	-	0.072		0	RPI	6				
Pantothenic acid	_	0.267		0	RPI	6				
Vitamin B-6	_		•	0						
Folate, total		4 0		0	RPI	6				
Folic acid					RPI	6				
Folate, food		4		0	RPI	6				
Folate, DFE		4		0	NC	4				
Vitamin B-12		0.30		0	RPI	6				
Vitamin A, IU		170		0	RPI	6				
Vitamin A, RAE		46		0	NC	4				
Retinol		46		0	RPA	1				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta				_		_				
Vitamin D		33.200)	0	RPI	6				
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	0.971	ı	0	RPA	1				
4:0		0.051		0	RPA	1				
6:0	_	0.031		0	RPA	1				
8:0	-	0.017		0	RPA	1				
10:0		0.040		0	RPA	1				
12:0	_	0.045		0	RPA	1				
13:0	-	0.040	-	v	M.A	-				
14:0		0.160	1	0	RPA	1				
15:0		0.160	•	U	MFA	1				
		0.429	.	0	RPA	1				
16:0		0.423	•	U	MFA	1				
17:0		0.197	,	0	RPA	1				
18:0		0.197	•	U	KPA	1				
20:0	_									
22:0	g g									

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portio	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	•
			of D	ata Deriv	Source	Confidence			
Nutrients and Units	•	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.460		0 RPA	1				
14:1	_								
15:1	-								
16:1 undifferentiated	-	0.036		0 RPA	1				
17:1	-	0.405							
18:1 undifferentiated		0.425		0 RPA	1				
20:1	-	0.000		0 RPA	1				
22:1 undifferentiated	•	0.000		0 RPA	1				
24:1 c		0 110							
Fatty acids, total polyunsaturated		0.118		0 RPA	1				
18:2 undifferentiated		0.088		0 RPA	1				
18:3 undifferentiated		0.030		0 RPA	1				
18:4	_	0.000		0 RPA	1				
20:2 n-6 c,c	-								
20:3 undifferentiated					_				
20:4 undifferentiated	_	0.000		0 RPA	1				
20:5 n-3	-	0.000		0 RPA	1				
22:5 n-3		0.000		0 RPA	1				
22:6 n-3		0.000		0 RPA	1				
Fatty acids, total trans	-				_				
Cholesterol		6		0 RPI	6				
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.039		0 RPA	1				
Threonine		0.125		0 RPA	1				
Isoleucine	-	0.167		0 RPA	1				
Leucine	_	0.271		0 RPA	1				
Lysine	-	0.219		0 RPA	1				
Methionine		0.070		0 RPA	1				
Cystine		0.026		0 RPA	1				
Phenylalanine		0.134		0 RPA	1				
Tyrosine		0.134		0 RPA	1				
Valine	-	0.185		0 RPA	1				
Arginine		0.100		0 RPA	1				
Histidine		0.075		0 RPA	1				
Alanine	-	0.095		0 RPA	1				
Aspartic acid		0.210		0 RPA	1				
Glutamic acid		0.579		0 RPA	1				
Glycine	-	0.058		0 RPA	1				
Proline		0.268		0 RPA	1				
Serine	_	0.150		0 RPA	1				
Hydroxyproline		0.130		O KIA	-				
11ydroxypronne	9								
Others:									
Alcohol, ethyl	g	0.0		0 RPI	6				
Caffeine	mg	0		0 RPI	6				
Theobromine	mg	0		0 RPI	6				
Carotenoids:									
<u> </u>	mca	10		0 0	4				
Carotene, beta	_	10		0	4				
Carotene, alpha									
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin	iiog								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 2% milk

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.51		0	RPA	1				
Energy	kcal	115		0	RPI	6				
Energy	kj	482		0	RPI	6				
Protein	g	2.73		0	RPA	1				
Total lipid (fat)	g	2.87		0	RPA	1				
Ash	g	1.24		0	RPA	1				
Carbohydrate, by difference	g	19.63		0	RPI	6				
Fiber, total dietary	g	0.0		0	RPI	6				
Sugars, total	g									
Starch										
Minerals:						_				
Calcium, Ca	-	100		0	RPI	6				
Iron, Fe		0.06		0	RPI	6				
Magnesium, Mg		11		0	RPI	6				
Phosphorus, P	-	214		0	RPI	6				
Potassium, K	_	128		0	RPI	6				
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	296		0	RPI	6				
Zinc, Zn		0.32		0	RPI	6				
Copper, Cu	_	0.012		0	RPI	6				
Manganese, Mn		0.005	5	0	RPI	6				
Selenium, Se	mcg	1.8		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0	RPI	6				
Thiamin	_	0.032	•	0	RPI	6				
Riboflavin	_	0.135		0	RPI	6				
Niacin		0.070		0	RPI	6				
Pantothenic acid	_	0.262		0	RPI	6				
Vitamin B-6	-	0.035		0	RPI	6				
Folate, total	-	4		0	RPI	6				
Folic acid		0		0	RPI	6				
Folate, food		4		0	RPI	6				
Folate, DFE		4		0	NC	4				
Vitamin B-12		0.30		0	RPI	6				
Vitamin A, IU		105		0	RPI	6				
Vitamin A, RAE		24		0	NC	4				
Retinol		23		0	RPI	6				
Vitamin E (alpha-tocopherol)		-5		v		•				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated	g	1.679	•	0	RPA	1				
4:0	g	0.090)	0	RPA	1				
6:0	g	0.053	3	0	RPA	1				
8:0	g	0.031	L	0	RPA	1				
10:0	g	0.070)	0	RPA	1				
12:0	g	0.078	3	0	RPA	1				
13:0	g									
14:0	g	0.279	•	0	RPA	1				
15:0	g									
16:0		0.740)	0	RPA	1				
17:0										
18:0		0.340)	0	RPA	1				
20:0										
22:0										
24:0										

	<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.783		0	RPA	1				
15:1g 16:1 undifferentiatedg	0.062		0	RPA	1				
17:1g 18:1 undifferentiated	0.721		0	RPA	1				
20:1g	0.000		0	RPA	1				
22:1 undifferentiatedg	0.000		0	RPA	1				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.162		0	RPA	1 1				
18:2 undifferentiated	0.115 0.047		0	RPA RPA	1				
18:4g	0.000		0	RPA	1				
20:2 n-6 c.c	0.000		·		_				
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RPA	1				
20:5 n-3g	0.000		0	RPA	1				
22:5 n-3g	0.000		0	RPA	1				
22:6 n-3g	0.000		0	RPA	1				
Fatty acids, total trans	11		0	RPI	6				
Cholesterolmg Phytosterolsmg	11		U	RPI	6				
Fllytosterois									
Amino Acids:									
Tryptophang	0.038		0	RPA	1				
Threonine	0.124		0	RPA	1 1				
Isoleucine	0.165 0.267		0 0	RPA RPA	1				
Lysineg	0.217		0	RPA	1				
Methionineg	0.069		0	RPA	1				
Cystineg	0.025		0	RPA	1				
Phenylalanineg	0.132		0	RPA	1				
Tyrosineg	0.132		0	RPA	1				
Valineg	0.183		0	RPA	1				
Arginineg	0.099		0	RPA	1				
Histidineg	0.074		0	RPA	1				
Alanineg	0.094		0	RPA	1 1				
Aspartic acid	0.208 0.572		0	RPA RPA	1				
Glycine 9	0.058		0	RPA	1				
Prolineg	0.265		o	RPA	1				
Serine9	0.149		0	RPA	1				
Hydroxyproline									
Othores									
Others: Alcohol, ethylg	0.0		0	RPI	6				
Caffeineg	0.0		0	RPI	6				
Theobromine mg	0		0	RPI	6				
Carotenoids:	-		-		-				
	15		0	0	4				
Carotene, betamcg Carotene, alphamcg	13		U	U	4				
Cryptoxanthin, beta mcg									
Lycopene mcg									
Lutein + zeaxanthin mcg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19319

Puddings, banana, dry mix, instant, prepared with whole milk

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 gr	rams o	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
			of I	Data [Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.80	0.054	6		1		2.77	0.70		
Energy	kcal	386		0		4		382	97		
Energy	kj	1615				4		1599	404		
Protein (N x 6.4)	g	0.00	0.000	6		1		0.00	0.00		
Total lipid (fat)	g	4.40		0		1		4.36	1.10		
Ash	g	3.80	0.013	6		1		3.76	0.95		
Carbohydrate, by difference	g	89.00		0		4		88.11	22.25		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	6		0		1		6	2		
Iron, Fe	_	0.12		0		4		0.12	0.03		
Magnesium, Mg	_	2		0		4		2	1		
Phosphorus, P		804		0		4		796	201		
Potassium, K	_	15		0		4		15	4		
Sodium, Na		1499		0		4		1484	375		
Zinc, Zn	mg	0.04		0		4		0.04	0.01		
Copper, Cu	mg	0.021	•	0		4		0.021	0.005		
Manganese, Mn	mg	0.010	1	0		4		0.010	0.003		
Selenium, Se	mcg	0.8		0	RA	4		0.8	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin	_	0.001		0		4		0.001	0.000		
Riboflavin	_	0.001		0		4		0.001	0.001		
Niacin	-	0.002		0		4		0.002	0.001		
Pantothenic acid	_	0.006		0		4		0.006	0.002		
Vitamin B-6	-	0.001		0		4		0.001	0.000		
Folate, total	-	0		0		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.01		0		4		0.01	0.00		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Incg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.790)	0		4		0.782	0.198		
4:0	g	0.000	1	0		4		0.000	0.000		
6:0	g	0.000	1	0		4		0.000	0.000		
8:0	g	0.000	1	0		4		0.000	0.000		
10:0	g	0.000		0		4		0.000	0.000		
12:0	-	0.000	1	0		4		0.000	0.000		
13:0	-										
14:0	-	0.000)	0		4		0.000	0.000		
15:0											
16:0	-	0.620)	0		4		0.614	0.155		
17:0											
18:0		0.160	1	0		4		0.158	0.040		
20:0	-										
22:0	~										

	<u>A</u>	mount in 100 gram	Amount in edible portion of common					
		Numbe		_		me	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F. (1) (1)	.g 1.300	0		4		1.287	0.325	
Fatty acids, total monounsaturated	0	U		4		1.287	0.325	
14:1								
15:1		0		4		0.000	0.000	
17:1		U		4		0.000	0.000	
18:1 undifferentiated		0		4		1.277	0.323	
20:1	-			4		0.000	0.000	
22:1 undifferentiated		•		-		0.000	0.000	
24:1 c	•							
Fatty acids, total polyunsaturated	•	0		4		2.099	0.530	
18:2 undifferentiated				4		1.970	0.498	
18:3 undifferentiated				4		0.119	0.030	
18:4		·		•		0.113	0.030	
20:2 n-6 c.c.								
20:3 undifferentiated	_							
20:4 undifferentiated								
20:5 n-3								
22:5 n-3								
22:6 n-3	_							
Fatty acids, total trans								
Cholesterol		0		4		0	0	
Phytosterols								
Others:								
Alcohol, ethyl	g.							
Caffeine	mg 0	0	Z	7		0	0	
Theobromine	mg 0	0	Z	7		0	0	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>	
Nutrients and Uni	ts	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:		4.10	0.100					2 61			
Water		4.10	0.100	6		1		3.61	0.90		
Energy		376		0		4		331	83		
Energy		1573		_		4		1384	346		
Protein (N x 6.2)		0.00		0		4		0.00	0.00		
Total lipid (fat)		0.40	0.030	3		1		0.35	0.09		
Ash		2.50	0.079	6		1		2.20	0.55		
Carbohydrate, by difference		92.90		0	NC	4		81.75	20.44		
Fiber, total dietary		0.3		0	FLM	4		0.3	0.1		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	20		1		4		18	4		
Iron, Fe	_	0.05		1		4		0.04	0.01		
Magnesium, Mg	-	8		1		4		7	2		
Phosphorus, P	mg	5		1		4		4	1		
Potassium, K	mg	17		0		4		15	4		
Sodium, Na	mg	788		0		4		693	173		
Zinc, Zn	mg	0.09		1		4		0.08	0.02		
Copper, Cu		0.020		1		4		0.018	0.004		
Manganese, Mn		0.013	1	1		4		0.011	0.003		
Selenium, Se	mcg	0.9		0	BFZN	4		0.8	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0		
Thiamin	_	0.000)	1		4		0.000	0.000		
Riboflavin		0.000	1	1		4		0.000	0.000		
Niacin		0.000	1	1		4		0.000	0.000		
Pantothenic acid		0.000	1	1		4		0.000	0.000		
Vitamin B-6	mg	0.000)	1		4		0.000	0.000		
Folate, total	mcg	0		1		4		0	0		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		0		1		4		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12	mcg	0.00		1		4		0.00	0.00		
Vitamin A, IU	IU	0		1		4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Illog										
Lipids:											
Fatty acids, total saturated	g	0.090)	0		1		0.079	0.020		
4:0	g										
6:0											
8:0											
10:0											
12:0											
13:0											
14:0											
15:0		0.000									
16:0		0.080	•	1		1		0.070	0.018		
17:0		0.000		-		-		0.000	2 222		
18:0		0.000	•	1		1		0.000	0.000		
20:0	9										
22:0	~										

	Amo	ount in 100 grams		portion	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.030	0		1		0.026	0.007	
14:1g	0.030	·		-		0.020	0.007	
15:1g								
16:1 undifferentiated								
17:1g								
18:1 undifferentiatedg	0.030	1		1		0.026	0.007	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.160	0		1		0.141	0.035	
18:2 undifferentiatedg	0.160	1		1		0.141	0.035	
18:3 undifferentiatedg	0.010	1		1		0.009	0.002	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated								
20:5 n-3g								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans	0	1		4		0	0	
Cholesterolmg Phytosterolsmg	U	1		4		U	U	
rilytosteroising								
Amino Acids:								
Tryptophang	0.000	0		1		0.000	0.000	
Threonineg	0.001	0		1		0.001	0.000	
Isoleucineg	0.001	0		1		0.001	0.000	
Leucine9	0.005	0		1		0.004	0.001	
Lysineg	0.001	0		1		0.001	0.000	
Methionineg	0.001	0		1		0.001	0.000	
Cystineg	0.001	0		1		0.001	0.000	
Phenylalanineg	0.002	0		1		0.002	0.000	
Tyrosine9	0.001	0		1		0.001	0.000	
Valineg	0.002	0		1		0.002	0.000	
Arginine	0.002	0		1		0.002	0.000	
Histidine	0.001	0		1		0.001	0.000	
Alanineg	0.003	0		1 1		0.003	0.001	
Aspartic acid	0.003 0.007	0		1		0.003 0.006	0.001	
Glutamic acid		•					0.002	
Glycine	0.001 0.003	0		1 1		0.001 0.003	0.000	
Proline	0.003	0		1		0.003	0.001	
Serine	0.002	U		1		0.002	0.000	
Hydroxyprolineg								
Others:								
Alcohol, ethylg								
Caffeinemg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>.</u>	
Nutrients and Unit	:s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	75.90		0	RP	4					
	_	101		0	RP	4					
Energy		422		0							
Energy				-	RP	4					
Protein	-	2.90		0	RP	4					
Total lipid (fat)		1.73		0	RP	4					
Ash	g	1.03		0	RP	4					
Carbohydrate, by difference	g	18.43		0	RP	4					
Fiber, total dietary	g	0.0		0	RP	4					
Sugars, total.	g										
Starch	g										
<u>Minerals:</u>											
Calcium, Ca	-	109		0	RP	4					
Iron, Fe	-	0.05		0	RP	4					
Magnesium, Mg		13		0	RP	4					
Phosphorus, P	mg	83		0	RP	4					
Potassium, K	mg	137		0	RP	4					
Sodium, Na	mg	164		0	RP	4					
Zinc, Zn	mg	0.35		0	RP	4					
Copper, Cu	mg	0.010)	0	RP	4					
Manganese, Mn	mg	0.004	1	0	RP	4					
Selenium, Se	mcg	2.1		0	RP	4					
7*.											
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	-	0.7		0	RP	4					
Thiamin	-	0.031		0	RP	4					
Riboflavin	mg	0.144	1	0	RP	4					
Niacin	<u>mg</u>	0.075	5	0	RP	4					
Pantothenic acid	mg	0.278	3	0	RP	4					
Vitamin B-6	mg	0.034	1	0	RP	4					
Folate, total	mcg	4		0	RP	4					
Folic acid		0		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.25		0	RP	4					
Vitamin A, IU		178		0	RP	4					
Vitamin A, RAE		50		0	NC	4					
Retinol		49		0	RP	4					
		49		U	KF	-					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		24 701		0							
Vitamin D		34.791	<u>.</u>	U	RP	4					
Vitamin K (phylloquinone)	fricg										
ipids:											
Fatty acids, total saturated	а	1.015	5	0	RP	4					
4:0		0.054		0	RP	4					
6:0		0.032		0	RP	4					
8:0	_	0.018		0	RP	4					
10:0	_	0.010		0	RP	4					
	_	0.042		0	RP	4					
12:0	-	0.04/	•	U	RP	4					
13:0				_							
14:0		0.168	5	0	RP	4					
15:0				_		_					
16:0		0.452	2	0	RP	4					
17:0											
10.0	а	0.203	3	0	RP	4					
18:0	9	0.200									
20:0		0.200									

		<u>A</u>	mount in 100 gra	ams of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	•	
			of D	ata Deriv	Source	Confidence				
Nutrients and Units	5	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.462		0 RP	4					
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		0 RP	4					
17:1	-									
18:1 undifferentiated		0.425		0 RP	4					
20:1	-	0.000		0 RP	4					
22:1 undifferentiated	•	0.000		0 RP	4					
24:1 c										
Fatty acids, total polyunsaturated		0.088		0 RP	4					
18:2 undifferentiated		0.062		0 RP	4					
18:3 undifferentiated		0.026		0 RP	4					
18:4		0.000		0 RP	4					
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0 RP	4					
20:5 n-3	-	0.000		0 RP	4					
22:5 n-3		0.000		0 RP	4					
22:6 n-3	g	0.000		0 RP	4					
Fatty acids, total trans										
Cholesterol	mg	7		0 RP	4					
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.041		0 RP	4					
Threonine		0.131		0 RP	4					
Isoleucine	-	0.175		0 RP	4					
Leucine	_	0.284		0 RP	4					
Lysine	-	0.230		0 RP	4					
Methionine		0.073		0 RP	4					
Cystine		0.027		0 RP	4					
Phenylalanine		0.140		0 RP	4					
Tyrosine		0.140		0 RP	4					
Valine	-	0.194		0 RP	4					
Arginine		0.106		0 RP	4					
Histidine		0.078		0 RP	4					
		0.100		0 RP	4					
AlanineAspartic acid		0.221		0 RP	4					
Glutamic acid		0.607		0 RP	4					
Glycine	-	0.061		0 RP	4					
Proline		0.281		0 RP	4					
	_	0.158		0 RP	4					
Serine Hydroxyproline		0.156		U RP	4					
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0 RP	4					
Caffeine		0		0 RP	4					
Theobromine		0		0 RP	4					
Carotenoids:										
	mca	10		0 0	4					
Carotene, beta	_	10		0	4					
Carotene, alpha										
Cryptoxanthin, beta										
LycopeneLutein + zeaxanthin										
Lutem + zeaxanthin	9									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19122

Puddings, banana, dry mix, regular, prepared with 2% milk

Food Group: 19 Sweets

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	1	
							Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	74.84		0	RP	4					
Energy		111		0	RP	4					
Energy	kj	466		0	RP	4					
Protein	-	2.86		0	RP	4					
Total lipid (fat)		2.97		0	RP	4					
Ash		1.01		0	RP	4					
Carbohydrate, by difference	g	18.31		0	RP	4					
Fiber, total dietary	g	0.0		0	RP	4					
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	107		0	RP	4					
Iron, Fe	-	0.05		0	RP	4					
Magnesium, Mg	-	13		0	RP	4					
Phosphorus, P		82		0	RP	4					
Potassium, K	_	134		0	RP	4					
Sodium, Na	_	164		0	RP	4					
Zinc, Zn	-	0.34		0	RP	4					
Copper, Cu		0.012	2	0	RP	4					
Manganese, Mn		0.005	5	0	RP	4					
Selenium, Se		1.9		0	RP	4					
7.4											
Vitamins:	ma #4	0.7		•							
Vitamin C, total ascorbic acid	-	0.7 0.030		0 0	RP	4 4					
Thiamin	-	0.030		0	RP RP	4					
Riboflavin				-							
Niacin		0.073		0	RP RP	4 4					
Pantothenic acid	-	0.273		0	RP RP	4					
Vitamin B-6	_	4	•	0	RP	4					
Folate, totalFolic acid		0		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.25		0	RP	4					
Vitamin A, IU		110		0	RP	4					
Vitamin A, RAE		26		0	NC	4					
Retinol		25		0	RP	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
	a	1.757	,	0	RP	4					
Fatty acids, total saturated		0.094		0	RP	4					
6:0		0.054		0	RP	4					
8:0		0.036		0	RP	4					
10:0	_	0.032		0	RP	4					
12:0	_	0.073		0	RP	4					
13:0	-	0.002	-	·		•					
14:0		0.292	2	0	RP	4					
15:0	_	0.232	-	·		•					
16:0		0.777	7	0	RP	4					
17:0		0,		·		•					
18:0		0.352	2	0	RP	4					
20:0		0.002		•		-					
22:0											
24:0											

	<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			Number		_		<u></u>	easures or roou	
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.800	1	0	RP	4				
14:1g									
15:1	0.065		•						
16:1 undifferentiatedg	0.065	1	0	RP	4				
17:1	0.735		0	RP	4				
18:1 undifferentiatedg	0.735		0	RP	4				
20:1	0.000		0	RP	4				
	0.000	•	U	RP	4				
24:1 c	0.134		0	RP	4				
Fatty acids, total polyunsaturatedg	0.134		0	RP RP	4				
18:2 undifferentiated	0.090		0	RP RP	4				
18:4g	0.000		0	RP	4				
20:2 n-6 c.cg	0.000		U	RP	4				
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	RP	4				
20:5 n-3	0.000		0	RP	4				
20.5 n-3g	0.000		0	RP	4				
22:5 n-3	0.000		0	RP RP	4				
Fatty acids, total trans	0.000		U	KF	-				
Cholesterolg	12		0	RP	4				
Phytosterols mg	0		0	RP	4				
r llytosterois	v		Ū	KE	-				
Amino Acids:									
Tryptophang	0.040	1	0	RP	4				
Threonineg	0.130)	0	RP	4				
Isoleucineg	0.173	1	0	RP	4				
Leucineg	0.281		0	RP	4				
Lysineg	0.227		0	RP	4				
Methionineg	0.072		0	RP	4				
Cystineg	0.026	i	0	RP	4				
Phenylalanineg	0.139)	0	RP	4				
Tyrosineg	0.138		0	RP	4				
Valineg	0.192		0	RP	4				
Arginineg	0.104		0	RP	4				
Histidineg	0.078		0	RP	4				
Alanineg	0.099		0	RP	4				
Aspartic acidg	0.218		0	RP	4				
Glutamic acidg	0.600		0	RP	4				
Glycineg	0.061		0	RP	4				
Prolineg	0.278		0	RP	4				
Serineg	0.156	i	0	RP	4				
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RP	4				
Caffeine mg	0		0	RP	4				
Theobromine mg	0		0	RP	4				
Carotenoids:	•		•		-				
					_				
Carotene, beta mcg	16		0	0	4				
Carotene, alphamcg									
Cryptoxanthin, betamcg									
Lycopene mcg									
Lutein + zeaxanthin mcg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole milk

Food Group: 19 Sweets

		<u>A</u> :	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	4.10	0.100	6		1		3.61	0.90		
Energy	kcal	387		0	NC	4		341	85		
Energy	kj	1619				4		1425	356		
Protein (N x 6.2)	g	0.00		0		4		0.00	0.00		
Total lipid (fat)	g	5.00		0		1		4.40	1.10		
Ash		2.50	0.079	6		1		2.20	0.55		
Carbohydrate, by difference	g	88.40		0		4		77.79	19.45		
Fiber, total dietary		0.3		0	BFZN	4		0.3	0.1		
Sugars, total											
Starch											
Minerals:				_		_			_		
Calcium, Ca	_	20		1		4		18	4		
Iron, Fe		0.05		1		4		0.04	0.01		
Magnesium, Mg		8		1		-		7	2		
Phosphorus, P		5 17		1 0		4 4		4 15	1 4		
Potassium, K		788		0		4		693	173		
Sodium, NaZinc, Zn		0.09		1		4		0.08	0.02		
Copper, Cu		0.020	1	1		4		0.018	0.004		
Manganese, Mn		0.020		1		4		0.018	0.004		
Selenium, Se		0.9	•	0	RA	4		0.8	0.2		
Scientini, Sc	9	0.5		·		-		0.0	V		
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0		
Thiamin		0.000		1		4		0.000	0.000		
Riboflavin		0.000		1		4		0.000	0.000		
Niacin		0.000		1		4		0.000	0.000		
Pantothenic acid	_	0.000		1		4		0.000	0.000		
Vitamin B-6	-	0.000)	1		4		0.000	0.000		
Folate, total		0		1	_	4		0	0		
Folic acid		0		0	Z	7		0 0	0 0		
Folate, food		0		1 0	NC	4 4		0	0		
Folate, DFE		0.00		1	NC	4		-	0.00		
Vitamin B-12 Vitamin A, IU	Ilicy	0.00		1		4		0.00 0	0.00		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		Ū		Ū		,		Ü	U		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
rtta											
Lipids:	~	0.900		0		1		0.792	0.198		
Fatty acids, total saturated		0.900	,	U		_		0.792	0.196		
4:0 6:0											
8:0											
10:0											
12:0											
13:0											
14:0											
15:0											
16:0		0.700)	0		1		0.616	0.154		
17:0				-					- · · - -		
18:0		0.180)	0		1		0.158	0.040		
20:0											
22:0	-										
24:0	-										

	<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 monounsaturated9	1.480	0		1		1.302	0.326	
14:1								
15:1								
17:1g								
18:1 undifferentiatedg	1.470	0		1		1.294	0.323	
20:1g	1.470	·		-		1.254	0.323	
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturatedg	2.410	0		1		2.121	0.530	
18:2 undifferentiated	2.270	0		1		1.998	0.499	
18:3 undifferentiatedg	0.140	0		1		0.123	0.031	
18:4g	0.210	·		-		0.120	0.002	
20:2 n-6 c.c								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	0	1		4		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.000	0		1		0.000	0.000	
Threonineg	0.001	0		1		0.001	0.000	
Isoleucineg	0.001	0		1		0.001	0.000	
Leucine9	0.005	0		1		0.004	0.001	
Lysineg	0.001	0		1		0.001	0.000	
Methionineg	0.001	0		1		0.001	0.000	
Cystineg	0.001	0		1		0.001	0.000	
Phenylalanineg	0.002	0		1		0.002	0.000	
Tyrosine9	0.001	0		1		0.001	0.000	
Valineg	0.002	0		1		0.002	0.000	
Arginineg	0.002	0		1		0.002	0.000	
Histidineg	0.001	0		1		0.001	0.000	
Alanineg	0.003	0		1		0.003	0.001	
Aspartic acidg	0.003	0		1		0.003	0.001	
Glutamic acidg	0.007	0		1		0.006	0.002	
Glycineg	0.001	0		1		0.001	0.000	
Prolineg	0.003	0		1		0.003	0.001	
Serineg	0.002	0		1		0.002	0.000	
Hydroxyprolineg								
Others:								
Alcohol, ethylg								
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	72.00	0.157	19		1		20.41	102.24		
Energy	kcal	127		0	NC	4		36	180		
Energy	kj	531				4		151	755		
Protein (N x 6.4)	g	2.40	0.023	19		1		0.68	3.41		
Total lipid (fat)	g	3.60	0.043	19		1		1.02	5.11		
Ash	g	0.90	0.007	19		1		0.26	1.28		
Carbohydrate, by difference	g	21.20		0	NC	4		6.01	30.10		
Fiber, total dietary	g	0.1		0		4		0.0	0.1		
Sugars, total	g										
Starch	g										
Ainerals:											
Calcium, Ca	mg	85	0.426	19		1		24	121		
Iron. Fe.	_	0.13	0.010	19		1		0.04	0.18		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8	0.086	19		1		2	11		
Phosphorus, P		69	0.472	19		1		20	98		
Potassium, K	•	110	0.932	19		1		31	156		
Sodium, Na	_	196	1.459	19		1		56	278		
Zinc, Zn	mg	0.28	0.005	19		1		0.08	0.40		
Copper, Cu	mg	0.028	0.002	19		1		0.008	0.040		
Manganese, Mn	mg	0.008		1		4		0.002	0.011		
Selenium, Se	mcg	1.4		0	BFZN	4		0.4	2.0		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.5		1		4		0.1	0.7		
Thiamin	-	0.020	0.000	19		1		0.006	0.028		
Riboflavin		0.147		19		1		0.042	0.209		
Niacin		0.163	0.029	19		1		0.046	0.231		
Pantothenic acid		0.160		1		4		0.045	0.227		
Vitamin B-6	mg	0.021		1		4		0.006	0.030		
Folate, total	mcg	2		1		4		1	3		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		2		1		4		1	3		
Folate, DFE	mcg_DFE	2		0	NC	4		1	3		
Vitamin B-12		0.18		1		4		0.05	0.26		
Vitamin A, IU		21		0	0	4		6	30		
Vitamin A, RAE		6		0	NC	4		2	9		
Retinol		6		0	0	4		2	9		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Vitamin K (phynoquinone)	Illog										
<u> ipids:</u>											
Fatty acids, total saturated	g	0.560		0		1		0.159	0.795		
4:0	-	0.000		1		1		0.000	0.000		
6:0	g	0.000		1		1		0.000	0.000		
8:0	_	0.000		1		1		0.000	0.000		
10:0	-	0.000		1		1		0.000	0.000		
12:0	_	0.000		1		1		0.000	0.000		
13:0	_			_		_					
14:0	-	0.010		1		1		0.003	0.014		
15:0						_		0.100			
16:0		0.360		1		1		0.102	0.511		
17:0		0 100		1		4		0.051	0.055		
18:0		0.180		1		1		0.051	0.256		
20:0	_										
22:0 24:0	_										

	<u>A</u> 1	mount in 100 grams		<u>ortion</u>	Amount in edible portion of common measures of food		
		Number			<u>m</u>	easures of 1000	
Nutrients and Units	Mean	Std. Error Points		rce Confidence de Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.530	0	1		0.434	2.173	
14:1g 15:1	1.550	· ·	-	•	0.454	2.173	
15.1	0.020	1	1	L	0.006	0.028	
18:1 undifferentiatedg 20:1g	1.520	1	1	L	0.431	2.158	
22:1 undifferentiated		_					
Fatty acids, total polyunsaturated9	1.330		1		0.377 0.352	1.889	
18:2 undifferentiatedg	0.090			=	0.352	1.761 0.128	
18:3 undifferentiated	0.090	1	-	L	0.026	0.128	
20:2 n-6 c,cg 20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3							
20.5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterolg	0	1	4	1	0	0	
Phytosterolsmg	•	_	•		·	·	
Amino Acids:							
Tryptophang	0.031		1		0.009	0.044	
Threonineg	0.101		1	=	0.029	0.143	
Isoleucineg	0.136		1		0.039	0.193	
Leucineg	0.222		1		0.063	0.315	
Lysineg	0.177		1	-	0.050	0.251	
Methionineg	0.056		1		0.016	0.080	
Cystineg	0.021		1	=	0.006	0.030	
Phenylalanineg	0.109		1		0.031	0.155	
Tyrosineg	0.108		1		0.031	0.153	
Valineg	0.151		1		0.043	0.214	
Arginineg	0.082		1	=	0.023	0.116	
Histidineg	0.061		1		0.017	0.087	
Alanineg	0.079		1	=	0.022	0.112	
Aspartic acid	0.171		1	=	0.048	0.243	
Glutamic acid	0.472		1	=	0.134	0.670	
Glycine	0.048	-	_	=	0.014	0.068	
Prolineg	0.218		1		0.062	0.310	
Serineg	0.122	0	1	L	0.035	0.173	
Hydroxyproline							
Others:							
Alcohol, ethylg							
Caffeinemg	0	0	z 7		0	0	
Theobrominemg	0	0	z 7	1	0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 142g: 1 can (5 oz)

Calories Factors: Protein 4.3 Fat 8.8 Carbohydrate 4

Food Group: 19 Sweets

		Al	mount in 10		edible portion					
				Number				<u>m</u>	easures of food	<u>l</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	4.20				4				
Energy	_	321				4				
Energy		1343				4				
Protein		5.30				4				
Total lipid (fat)	g	4.20				4				
Ash	g	11.50		0	NR	4				
Carbohydrate, by difference	g	74.80				4				
Fiber, total dietary	g	0.8				4				
Sugars, total	g	0.70		0	FLM	4				
Starch	g									
Minerals:										
Calcium. Ca	mg	43				4				
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	3.67				4				
Magnesium, Mg	-	112				4				
Phosphorus, P		1660				4				
Potassium, K	mg	1279				4				
Sodium, Na	-	2838				4				
Zine, Zn		0.41				4				
Copper, Cu		0.838				4				
Manganese, Mn										
Selenium, Se	mcg	3.9		0	BFPN	4				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0				4				
Thiamin	-	0.020	1			4				
Riboflavin		0.090				4				
Niacin		0.400				4				
Pantothenic acid	-									
Vitamin B-6	-	0.040				4				
Folate, total		0		0	FLM	4				
Folate, food		0		U	FIM	4				
Folate, DFE		0		0	NC	4				
Vitamin B-12		0.03		-		4				
Vitamin A, IU		0		0	NC	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	z	7				
Vitamin E (alpha-tocopherol)		0.03		0	FLM	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	Ilicg	0.8		0	FLM	4				
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.232				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	1	0	Z	7				
13:0		0.006				4				
14:0		0.006	i			4				
15:0 16:0		1.025				4				
17:0		1.025				-				
18:0		1.180	ı			4				
20:0		1.100				-				
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		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.938				4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.000				4					
17:1g										
18:1 undifferentiatedg	0.938				4					
20:1g	0.000				4					
22:1 undifferentiatedg	0.000	1			4					
24:1 cg										
Fatty acids, total polyunsaturated9	0.145				4					
18:2 undifferentiatedg	0.144				4					
18:3 undifferentiatedg	0.001				4					
18:4g	0.000	1			4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4					
20:5 n-3g	0.000				4					
22:5 n-3g	0.000				4					
22:6 n-3g	0.000				4					
Fatty acids, total transg					_					
Cholesterol mg	0				7					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7					
Caffeine mg	6		0	BFCN	4					
Theobrominemg	198		0	BFCN	4					
Carotenoids:										
Carotene, betamcg	0		0	FLM	4					
Carotene, alphamcg	0		0	FLM	4					
Cryptoxanthin, beta mcg	0		0	FLM	4					
Lycopene mcg	0		0	FLM	4					
Lutein + zeaxanthin mcg	9		0	FLM	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

Number N			<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u>l</u>
Water							Source	Confidence			
Water	pximates: //ater	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Eacrgy	Proximates:										
Finergy		_					4				
Protein 9 6.20 4 Ash 9 7.10 0 NR 4 Carbolydate, by difference 9 7.46 4 5 5 6 5 7.10 0 NR 4 5 6 1							4				
Total Ippd (Tath							4				
Ash. 9 7.1.0 0 NR 4 Carbollydrine, by difference. 9 74.60 9 74.60 9 0.86 0 BFSN 4 Slarch. 9 Wilterath: Cakcium, Ca. mg 88 Cakcium, Mg. mg 137 Plouseium, Mg. mg 137 Plouseium, K. mg 1502 Sodium, Na mg 663 Sanch. mg 4.59 Cancium, Ca. mg 612 Carper, Ca. mg 613 Carper, Ca. mg 612 Carper, Ca. mg 613 Carper, Carper, Ca. mg 613 Carper, Ca. mg 613 Carper, Ca. mg 613 Carper, Carper, Ca. mg 613 Carper, Carper, Ca. mg 613 Carper, Ca		-					4				
Carbolydrae, by difference. 9	• ` ` /						4				
Fiber, total dictary					0	NR	4				
Sugars, total 9 0.66 0 BFSN 4 Whinerals: Calcium, Ca. ng 9 4 Colicium, Ca. ng 4.09 4 Magresium, Mg ng 137 4 Plassjohrus, P. ng 157 4 Plassjohrus, P. ng 1502 4 Soddium, Na ng 1523 4 Soddium, Na ng 10.76 4 Manganes, Mm ng 1.76 4 Manganes, Mm ng 0.94 4 Manganes, Mm ng 0.94 4 Vlatamin C, total ascorbic acid ng 0.0 4 Thairm ng 0.20 4 Thairm ng 0.10 4 Niacim ng 0.10 4 Niacim ng 0.10 ng Tolka cid ng 0.0 ng Tolka cid ng 0.0 ng							•				
Minerals:	Fiber, total dietary	g					4				
Minerals:	e ,		0.66		0	BFSN	4				
Calcium, C. Mg 89 4 Hon, F. Mg 137 4 Magnesium, Mg. Mg 137 4 Phosphorus, P. Mg 1502 4 Scidium, N. Mg 1502 4 Scidium, N. Mg 0.76 4 Copper, C. Mg 0.984 4 Manganese, Mm. Mg 0.984 4 Manganese, Mm. Mg 0.0 BFFN 4 Vitamin, C. total ascorbic acid. Mg 0.0 4 4 Vitamin, C. total ascorbic acid. Mg 0.0 4 4 Nicaria. Mg 0.0 4 4 Nicaria. Mg 0.050 4 4 Patorbeic acid. Mg 0.050 4 4 Patorbeic acid. Mg 0.0 0.00 1 4 Polica acid. Mg 0.0 0.00 1 4 Vitamin B. Cotal. <td< td=""><td>Starch</td><td>g</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	Starch	g									
Lale Lung, Ca. Mg 89 4 Magnesium, Mg. mg 137 4 Magnesium, Mg. mg 137 4 Phesphorus, P. mg 1502 4 Sodium, Na. mg 603 4 Zin, Zh. mg 1.76 4 Copper, Ch. mg 0.984 4 Manganese, Mn. mg 0.82 8 Solenium, Se. mcg 0.0 8PFN 4 Vitamin C, total sacerbic acid. mg 0.0 4 4 Witamin C, total sacerbic acid. mg 0.0 4 4 Witamin C, total sacerbic acid. mg 0.0 4 4 Witamin C, total sacerbic acid. mg 0.0 4 4 Witamin C, total sacerbic acid. mg 0.0 4 4 Patric acid. mg 0.050 4 4 Patric acid. mg 0.050 8FSN 4 Folate, tota	Minerals:										
Ton, F.C.		ma	89				4				
Magnesium, Mg. ng 137 4 Phosphoris, P. ng 192 4 Phosphoris, P. ng 1502 4 Scolium, Na. ng 603 4 Zinc, Zn. ng 1.76 4 Copper, C. ng 0.894 4 Marganese, Mn. ng No. 8 Sclentum, Sc. nog 4.5 0.8FPM 4 Vitamin C, total ascorbic scid. ng 0.0 4 4 Niacin. ng 0.020 4 4 Pathothesia scid. ng 0.010 4 4 Pathothesia scid. ng 0.050 4 4 Pathothesia scid. ng 0.050 4 4 Pathothesia scid. ng 0.050 4 4 Polate, total. ng 0.050 4 4 Foliate, food. ng 0.0 8 EPSN 4 Vitamin B, 12. ng	,	• • • • • • • • • • • • • • • • • • • •					4				
Phosphoris P.	, , , , , , , , , , , , , , , , , , , ,	•					4				
Potassim, K. mg 1502 4 Scolium, Na. mg 603 4 Zinc, Zn. mg 0.984 4 Mangames, Mn. mg 0.984 4 Mangames, Mn. mg Selentium, Se. mg 0.00 Vitamin C, total ascorbic acid mg 0.020 4 Recommendation of the commendation of the commenda			197				4				
Zinc, Zn. mg 1.76 4 Copper, Cu. mg 0.984 4 Manganese, Mn. mg . Witamin C, total ascorbic acid. mg 0.0 4 Witamin C, total ascorbic acid. mg 0.020 4 Rhoflavin. mg 0.110 4 Niacin. mg 0.470 4 Panothenic acid. mg . 4 Panothenic acid. mg 0.050 4 Vitamin B-6. mg 0.050 5 4 Folate, total. mg 0 0 BFSN 4 Folate, total. mg 0 0 BFSN 4 Folate, food. mg 0 0 BFSN 4 Folate, food. mg 0 0 BFSN 4 Folate, food. mg 0 0 BFSN 4 Vitamin A, U. U 0 0 BFSN 4	•	_	1502				4				
Copper, Cu. mg 0.984 4 Margansee, Mn. mg 4.5 0 BFPN 4 Vitamins: Vitamins. Vitamins. 4		_	603				4				
Manganese, M. mg Sclenium, Se. mCg 4.5 0 BFFN 4 Vitaminist. Vitaminist. Witaminist. Witaminist. Witaminist. Vitaminist. mg 0.020 4 4 Riboflavin. mg 0.110 4 4 Riboflavin. mg 0.470 4 4 Panothenia acid. mg 0.470 4 4 Piantice of Miscolor (mg) 0.050 W 4 4 Piantice of Miscolor (mg) 0.050 W 4	Zinc, Zn	mg	1.76				4				
Selenim, Se. mog 4.5 0 BFFN 4 Vitamin C. total ascorbic acid. mg 0.0 4 4 Thiamin. mg 0.020 4 4 Ribollavin. mg 0.470 4 4 Pantofheric acid. mg 0.470 4 4 Pathoric acid. mg 0.050 4 4 Foltacid. mg 0 0 BFSN 4 Foliac, folal. mg 0 0 BFSN 4 Foliac, fold. mg 0 0 BFSN 4 Foliac, Fold. mg 0 0 BFSN 4 Vitamin B.12. mg 0 0 NC 4 Vitamin A, U. U 0 NC 4 Retinol. mg 0.03 BFSN 4 Vitamin A, Electroscopherol. mg 0.03 BFSN 4 Tocopherol, delta. mg	Copper, Cu	mg	0.984				4				
Vitamins: Vitamin C, total ascorbic acid. mg 0.020 4 Thismin. mg 0.020 4 Riboflavin. mg 0.110 4 Niacin. mg 0.470 4 Pantohenic acid. mg 0.050 4 Folate, fold. mg 0.050 4 Folate, fold. mg 0 BFSN 4 Folate, fold. mg 0 0 NC 4 Vitamin B-12 mg 0.00 NC 4 Vitamin A, RAE mg 0 0 BFSN 4 Vitamin B (alpha-locopherol) mg 0.03 0 BFSN 4 Vitamin E (alpha-locopherol) mg 0.03 0 BFSN 4	Manganese, Mn	mg									
Vitamin C, total ascorbic acid. mg 0.02 4 Thiamin. mg 0.110 4 Riboflavin. mg 0.110 4 Niacin. mg 0.470 4 Pantothenic acid. mg	Selenium, Se	mcg	4.5		0	BFPN	4				
Vitamin C, total ascorbic acid. mg	Vitamine:										
Thiamin mg 0.020 4 Ribolavin mg 0.110 4 Niacin mg 0.470 4 Pantofhenic acid. mg 0.950 4 Vitamin B-6 mg 0.950 4 Foliac, total mcg 0 0 BFSN 4 Foliac, foed mcg 0 0 BFSN 4 Folate, foed mcg 0 0 BFSN 4 Folate, foed mcg 0 0 BFSN 4 Folate, foed mcg 0 0 NC 4 Vitamin B-12 mcg 0 0 NC 4 Vitamin A, IU IU 0 0 BFSN 4 Vitamin B (alpha-locopherol) mg 0 0 BFSN 4 Vitamin B (alpha-locopherol) mg 0 0 BFSN 4 Tocopherol, gamma mg 1 1 4		ma	0.0				1				
Riboflavin. mg 0.110 4 Niacin. mg 0.470 4 Pantothenic acid. mg 1 Vitamin B-6 mg 0.050 4 Folate, Cod. mcg 0 BFSN 4 Foliac, Fod. mcg 0 0 BFSN 4 Folate, DFE mcg 0 0 NC 4 Folate, DFE mcg 0 0 NC 4 Vitamin B-12 mcg 0.00 NC 4 Vitamin A, RAE mcg 0 0 NC 4 Vitamin A, RAE mcg_RAE 0 0 BFSN 4 Retinol. mcg 0 0 BFSN 4 Tocopherol, beta mg 0 0 BFSN 4 Lipids: Total K(phyloquinone) mcg 0 0 BFSN 4 Lipids: Total K(phyloquinone) mcg 0 0		_					4				
Niacin mg 0.470 4 Pantotheric acid. mg 0.050 4 Folate, total mg 0 0 8 FSN 4 Folate, total mg 0 0 8 FSN 4 Folate, food. mg 0 0 8 FSN 4 Folate, food. mg 0 0 NC 4 Folate, food. mg 0 0 NC 4 Vitamin FL2 mg 0 0 NC 4 Vitamin A, RL mg 0 0 NC 4 Vitamin B (alpha-tocopherol. mg 0 0 8 FSN 4 Vitamin B (alpha-tocopherol). mg 0.03 0 BFSN 4 Tocopherol, beta. mg 1 1 1 Vitamin K (phylloquinone). mg 0 7 0 BFSN 4 Lipids Tocopherol, deta. 4 4 4 4 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td>4</td> <td></td> <td></td> <td></td> <td></td>		-					4				
Pantothenia acid.							4				
Vitamin B-6.		_	0.470				•				
Folate, total		-	0.050)			4				
Folia esid. meg 0 0 0 BFSN 4 Folate, Fodd. mcg 0 0 0 BFSN 4 Folate, DFE. mcg_DFE 0 0 Nc 4 Vitamin B-12 mcg 0.00							4				
Folate, food.			0		0	BFSN	4				
Folate, DFE			0		0	BFSN	4				
Vitamin B-12. mcg 0.00 4 Vitamin A, IU. IU 0 NC 4 Vitamin A, RAE. mcg 0 0 BFSN 4 Retinol. mcg 0 0 BFSN 4 Vitamin E (alpha-tocopherol) mg 0.03 0 BFSN 4 Tocopherol, beta. mg Tocopherol, gamma. Tocopherol, gamma. mg Tocopherol, gamma. Tocopherol, gamma.<			E 0		0	NC	4				
Vitamin A, IU IU 0 NC 4 Vitamin A, RAE mcg_RAE 0 0 BFSN 4 Retinol mcg 0 0 BFSN 4 Vitamin E (alpha-tocopherol) mg 0.03 0 BFSN 4 Tocopherol, beta mg 1							4				
Vitamin A, RAE mcg_RAE 0 0 BFSN 4 Retinol mcg 0 0 BFSN 4 Vitamin E (alpha-tocopherol) mg 0.03 0 BFSN 4 Tocopherol, beta mg 100 100 100 Vitamin D IU 100 100 100 Vitamin K (phylloquinone) mcg 0.7 0 BFSN 4 4 Lipids: Fatty acids, total saturated g 1.590 4 4 4 40 g 0.000 4<	Vitamin A, IU	IU	0		0	NC	4				
Retinol. mcg 0 0 BFSN 4 Vitamin E (alpha-tocopherol) mg 0.03 0 BFSN 4 Tocopherol, gamma mg Vitamin D. UU Vitamin D. IU Lipids: Fatty acids, total saturated. g 1.590 4 4:0. g 0.000 4 6:0. g 0.000 4 8:0. g 0.000 4 10:0. g 0.000 4 12:0. g 0.000 4 13:0. g 0.000 4 14:0. g 0.000 4 15:0. g 0.004 4 15:0. g 0.731 4 17:0. g 0.841 4 20:0. g 0.841 4			E 0		0	BFSN	4				
Tocopherol, beta					0	BFSN	4				
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D U Vitamin K (phylloquinone) mcg 0.7 0 BFSN 4 Lipids: Fatty acids, total saturated g 1.590 4 4.0 9 0.000 4 6:0 9 0.000 4 8:0 9 0.000 4 10:0 9 0.000 4 11:0 9 0.000 4 12:0 9 0.000 4 12:0 9 0.000 4 13:0 9 1 14:0 9 0.004 4 15:0 9 0.004 4 15:0 9 0.004 4 15:0 9 0.004 4 15:0 9 0.004 4 17:0 9 0.004 4 17:0 9 0.004 4 17:0 9 0.004 4 18:0 9 0.841 4 20:0 9	Vitamin E (alpha-tocopherol)	mg	0.03		0	BFSN	4				
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D. IU Vitamin K (phylloquinone). mcg 0.7 0 BFSN 4 Lipids: Fatty acids, total saturated. 9 1.590 4 4:0. 9 0.000 4 6:0. 9 0.000 4 8:0. 9 0.000 4 10:0. 9 0.000 4 12:0. 9 0.000 4 13:0. 9 14:0. 9 0.004 4 15:0. 9 16:0. 9 0.731 4 17:0. 9 18:0. 9 0.841 4 20:0. 9	Tocopherol, gamma	mg									
Vitamin K (phylloquinone) mcg 0.7 0 BFSN 4 Lipids: Fatty acids, total saturated .9 1.590 4 4:0 .9 0.000 4 6:0 .9 0.000 4 8:0 .9 0.000 4 10:0 .9 0.000 4 12:0 .9 0.000 4 13:0 .9 14:0 .9 0.004 4 15:0 .9 16:0 .9 0.731 4 17:0 .9 18:0 .9 0.841 4 20:0 .9											
Lipids: Fatty acids, total saturated 9 1.590 4 4:0 9 0.000 4 6:0 9 0.000 4 8:0 9 0.000 4 10:0 9 0.000 4 12:0 9 0.000 4 13:0 9 14:0 9 0.004 4 15:0 9 16:0 9 0.731 4 17:0 9 18:0 9 0.841 4 20:0 9											
Fatty acids, total saturated 9 1.590 4 4:0 9 0.000 4 6:0 9 0.000 4 8:0 9 0.000 4 10:0 9 0.000 4 12:0 9 0.000 4 13:0 9 14:0 9 0.004 4 15:0 9 0.731 4 17:0 9 18:0 9 0.841 4 20:0 9 0.841 4	Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4				
Fatty acids, total saturated 9 1.590 4 4:0	Lipids:										
4:0		g	1.590)			4				
6:0	•		0.000	1			4				
10:0 g 0.000 4 12:0 g 0.000 4 13:0 g 14:0 g 0.004 4 15:0 g 16:0 g 0.731 4 17:0 g 18:0 g 0.841 4 20:0 g			0.000	1			4				
12:0	8:0	g	0.000)			4				
12:0.	10:0	g					4				
14:0	12:0	g	0.000)			4				
14:0	13:0	g									
15:0			0.004				4				
17:0											
18:0g 0.841 4 20:0g	16:0	g	0.731				4				
20:0g	17:0	g									
	18:0	g	0.841				4				
22:0g	20:0	g									
	22:0	g									

	<u>Aı</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of commo					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3			
	0.934				4							
Fatty acids, total monounsaturatedg	0.934				4							
14:1g												
15:1	0.000				4							
17:1g	0.000				4							
18:1 undifferentiated	0.934				4							
20:1g	0.000				4							
22:1 undifferentiated	0.000				4							
24:1 c9	0.000				•							
Fatty acids, total polyunsaturated9	0.110				4							
18:2 undifferentiated	0.110				4							
18:3 undifferentiated	0.000				4							
18:4g	0.000				4							
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.000				4							
20:5 n-3g	0.000				4							
22:5 n-3g	0.000				4							
22:6 n-3g	0.000				4							
Fatty acids, total transg												
Cholesterol mg	0				4							
Phytosterolsmg												
Others:												
Alcohol, ethylg	0.0				7							
Caffeinemg	9		0	BFCN	4							
Theobrominemg	304		0	BFCN	4							
Carotenoids:												
Carotene, betamcg	0		0	BFSN	4							
Carotene, alphamcg	0		0	BFSN	4							
Cryptoxanthin, betamcg	0		0	BFSN	4							
Lycopene mcg	0		0	BFSN	4							
Lutein + zeaxanthin mcg	9		0	BFSN	4							

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of edib	<u>n</u>		edible portion		
			Nι	umbei	r			<u>m</u>	easures of food	<u> </u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.20	0.067	8		1		3.17	0.80	
Energy	kcal	377		0	NC	4		373	94	
Energy		1578		0	NC	4		1562	394	
Protein (N x 6.25)	g	2.30	0.122	8		1		2.28	0.58	
Total lipid (fat)	g	1.90	0.117	8		1		1.88	0.48	
Ash	g	4.70	0.025	8		1		4.65	1.18	
Carbohydrate, by difference	g	87.70		0	NC	4		86.82	21.93	
Fiber, total dietary		3.6		1	LC	8		3.5	0.9	
Sugars, total		67.86		1	LC	8		67.18	16.96	
Starch										
Minerals:				_		_			_	
Calcium, Ca		12		0	FLC	4		12	3	
Iron, Fe		1.29		1	LC	8		1.27	0.32	
Magnesium, Mg		45		0	FLC	4		45	11	
Phosphorus, P		938	40.504	0	BFZN	4		929	235	
Potassium, K		236	10.534	17		1		234	59	
Sodium, Na		1429	30.403	17	TT 0	1 4		1415	357	
Zinc, Zn		0.62		0	FLC	4		0.61	0.15	
Copper, Cu		0.354 0.367		0	FLC FLC	4		0.350 0.364	0.088 0.092	
Manganese, Mn		2.5		0	FLC	4		2.5	0.092	
Selenium, Se	Illog	2.5		U	FLC	4		2.5	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0	0.0	
Thiamin	mg	0.010)	0	FLC	4		0.010	0.003	
Riboflavin	mg	0.055	;	0	FLC	4		0.054	0.014	
Niacin	mg	0.234	ļ	0	FLC	4		0.232	0.058	
Pantothenic acid	mg	0.025	5	0	FLC	4		0.024	0.006	
Vitamin B-6	mg	0.012	?	0	FLC	4		0.012	0.003	
Folate, total	mcg	3		0	FLC	4		3	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food		3		0	FLC	4		3	1	
Folate, DFE	mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLC	4		0	0	
Vitamin A, RAE		0		0	FLC	4		0	0	
Retinol		0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLC	4		0.07	0.02	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	1.5		0	FLC	4		1.5	0.4	
Lipids:										
Fatty acids, total saturated	q	0.640)	0		1		0.634	0.160	
4:0		0.000		1		1		0.000	0.000	
6:0		0.000		1		1		0.000	0.000	
8:0	_	0.000)	1		1		0.000	0.000	
10:0	_	0.000		1		1		0.000	0.000	
12:0	_	0.000		1		1		0.000	0.000	
13:0	-									
14:0		0.000)	1		1		0.000	0.000	
15:0	g									
16:0		0.310)	1		1		0.307	0.078	
17:0										
18:0	_	0.320)	1		1		0.317	0.080	
20:0	_									
22:0	g									
24:0	n									

		<u>A</u>	mount in 100		Amount in edible portion of common measures of food					
			C	lumber of Data	Deriv		Confidence			
Nutrients and Uni	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.720		0		1		0.713	0.180	
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1 16:1 undifferentiated	_	0.010	1	1		1		0.010	0.003	
17:1	_									
18:1 undifferentiated	g	0.720		1		1		0.713	0.180	
20:1	_	0.000	1	0		1		0.000	0.000	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturat		0.420		0		1		0.416	0.105	
18:2 undifferentiated		0.400		1		1		0.396	0.100	
18:3 undifferentiated	=	0.030		1		1		0.030	0.008	
18:4	_	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000	1	0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans								0.000	0.000	
Cholesterol		0		0	FLC	4		0	0	
Phytosterols	_									
-	•									
Amino Acids:				_		_				
Tryptophan		0.032		0		1		0.032	0.008	
Threonine	=	0.087		0		1		0.086	0.022	
Isoleucine	-	0.089		0		1		0.088	0.022	
Leucine	-	0.142		0		1 1		0.141	0.036 0.029	
Lysine Methionine		0.114 0.025		0		1		0.113 0.025	0.029	
Cystine		0.023		0		1		0.025	0.007	
Phenylalanine		0.105		0		1		0.104	0.026	
Tyrosine		0.084		0		1		0.083	0.020	
Valine	=	0.132		0		1		0.131	0.033	
Arginine	-	0.120		0		1		0.119	0.030	
Histidine	-	0.040		0		1		0.040	0.010	
Alanine	• • • • • • • • • • • • • • • • • • • •	0.100		0		1		0.099	0.025	
Aspartic acid		0.213		0		1		0.211	0.053	
Glutamic acid		0.341		0		1		0.338	0.085	
Glycine	=	0.093		0		1		0.092	0.023	
Proline		0.105		0		1		0.104	0.026	
Serine	-	0.096		0		1		0.095	0.024	
Hydroxyproline										
	-									
Others:	a	0.0		^	ET ~	4		0.0	0.0	
Alcohol, ethyl		0.0 7		0	FLC FLC	4 4		0.0 7	0.0 2	
Caffeine		7 245		0	FLC	4		, 243	2 61	
Theobromine	9	243		U	FLC	4		243	9.7	
Carotenoids:										
Carotene, beta		0		0	FLC	4		0.000	0.000	
Carotene, alpha	_	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	
Lycopene		0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin	mcg	4		0	FLC	4		3.485	0.880	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Puddings, chocolate, dry mix, instant

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100 gra	ms of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir		Code	Code	Measure 1	Measure 2	Measure :
Proximates: Water	a	74.59		0 RPA	1				
Energy.	=	105		0 RPI					
· ·		441		0 RPI 0 RPI					
Energy									
Protein		3.15		0 RPA					
Total lipid (fat)		1.92		O RPA					
Ash		1.41		0 RPA					
Carbohydrate, by difference		18.89		0 RPI					
Fiber, total dietary		0.4		0 RPI	6				
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	ma	104		0 RPI	6				
Iron, Fe	-	0.40		0 RPI	6				
Magnesium, Mg		19		0 RPI	6				
Phosphorus, P		238		O RPI	6				
Potassium, K	-	168		O RPA	1				
Sodium, Na		284		O RPA	1				
Zinc, Zn	_	0.43		0 RPI	6				
Copper, Cu		0.45		0 RPI	6				
Manganese, Mn		0.062		0 RPI	6				
Selenium, Se		2.3		0 RPI	6				
Selemum, Se	nog	2.5		O REI	· ·				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.8		0 RPI	6				
Thiamin	mg	0.034	Į.	0 RPI	6				
Riboflavin	mg	0.147	1	0 RPI	6				
Niacin	mg	0.108	3	0 RPI	6				
Pantothenic acid	mg	0.274	<u>l</u>	0 RPI	6				
Vitamin B-6	mg	0.038	3	0 RPI	6				
Folate, total	mcg	5		0 RPI	6				
Folic acid		0		0 RPI	6				
Folate, food	mcg	5		0 RPI	6				
Folate, DFE		5		0 NC	4				
Vitamin B-12		0.31		0 RPI	6				
Vitamin A, IU		170		0 RPI	6				
Vitamin A, RAE		46		0 NC	4				
Retinol		46		0 RPA	1				
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		33.200)	0 RPI	6				
Vitamin K (phylloquinone)									
	_								
<u>Lipids:</u>									
Fatty acids, total saturated	g	1.064		0 RPA	1				
4:0		0.051	L	0 RPA	1				
6:0		0.031		0 RPA	1				
8:0	-	0.017		0 RPA	1				
10:0		0.040		0 RPA	1				
12:0	_	0.045	5	0 RPA	1				
13:0	_								
14:0		0.160)	0 RPA	1				
15:0	g								
16:0	g	0.472	2	0 RPA	1				
17:0	g								
18:0	g	0.248	3	0 RPA	1				
20:0	g								
22:0	g								
24:0	a								

		<u>A</u>	mount in 100 g	rams of e	dible porti	<u>on</u>		edible portion	
			Nui	mber			<u>m</u>	easures of food	
			of	Data Deri	v Source	Confidence			
Nutrients and Units	3	Mean	Std. Error Po				Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.561		0 RP	A 1				
14:1	_								
15:1	-								
16:1 undifferentiated	-	0.037		0 RP	A 1				
17:1	-	0 500							
18:1 undifferentiated		0.523		0 RP					
20:1	-	0.000		0 RP					
22:1 undifferentiated	•	0.000		0 RP	A 1				
24:1 c		0.132		0 RP	A 1				
Fatty acids, total polyunsaturated		0.132		0 RP					
18:2 undifferentiated		0.104		0 RP					
18:3 undifferentiated		0.000		0 RP					
		0.000		U RP	A 1				
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated		0.000		0 RP	A 1				
20:5 n-3	_	0.000		0 RP					
	_	0.000		0 RP					
22:5 n-3 22:6 n-3	-	0.000		0 RP					
Fatty acids, total trans		0.000		0 KF	n 1				
Cholesterol	-	6		0 RP	I 6				
Phytosterols		·		O RE	_ 0				
F llytosterois									
Amino Acids:									
Tryptophan	g	0.044		0 RP	A 1				
Threonine	g	0.139	1	0 RP	A 1				
Isoleucine	g	0.182		0 RP	A 1				
Leucine	g	0.295	i	0 RP	A 1				
Lysine		0.239		0 RP					
Methionine	g	0.074		0 RP					
Cystine	g	0.030		0 RP					
Phenylalanine	g	0.151		0 RP					
Tyrosine	g	0.148		0 RP					
Valine		0.208		0 RP					
Arginine		0.121		0 RP					
Histidine		0.082		0 RP					
Alanine		0.112		0 RP					
Aspartic acid		0.246		0 RP					
Glutamic acid	-	0.636		0 RP					
Glycine	g	0.074		0 RP					
Proline	-	0.286		0 RP					
Serine		0.167		0 RP	A 1				
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0		0 RP	I 6				
Caffeine		1		0 RP					
Theobromine		39		0 RP					
Carotenoids:									
				•					
Carotene, beta	-	10		0 0	4				
Carotene, alpha									
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin	iiicā								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Puddings, chocolate, dry mix, instant, prepared with 2% milk

Food Group: 19 Sweets

NDB No. 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk

		<u>A</u> 1	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	73.60	0		1		108.19	432.03	
Energy	kcal	111	0	NC	4		163	652	
Energy		464			4		683	2726	
Protein (N x 0)	g	3.10	0		1		4.56	18.20	
Total lipid (fat)	g	3.10	0		1		4.56	18.20	
Ash	g	1.40	0		1		2.06	8.22	
Carbohydrate, by difference	g	18.80	0	NC	4		27.64	110.36	
Fiber, total dietary	g	1.0	0		4		1.5	5.9	
Sugars, total	g								
Starch	g								
Minouala									
Minerals: Calcium, Ca	ma	102	0		1		150	599	
Iron, Fe	-	0.29	0		1		0.43	1.70	
Magnesium, Mg		18	0		1		26	106	
Phosphorus, P		239	0		1		351	1403	
Potassium, K	-	166	0		1		244	974	
Sodium, Na		284	0		1		417	1667	
Zinc, Zn		0.42	0		1		0.62	2.47	
Copper, Cu	mg	0.064	0		1		0.094	0.376	
Manganese, Mn		0.042			1		0.062	0.247	
Selenium, Se	mcg	1.7	0.309 12	A	1		2.5	10.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.9	0		1		1.3	5.3	
Thiamin		0.033			1		0.049	0.194	
Riboflavin		0.141	. 0		1		0.207	0.828	
Niacin		0.096	5 0		1		0.141	0.564	
Pantothenic acid	mg	0.269	0		1		0.395	1.579	
Vitamin B-6	mg	0.038	0		1		0.056	0.223	
Folate, total	mcg	4	0		1		6	23	
Folic acid		0	0	0	4		0	0	
Folate, food	mcg	4	0		1		6	23	
Folate, DFE		4	0	NC	4		6	23	
Vitamin B-12		0.30	0		1		0.44	1.76	
Vitamin A, IU		120	0	0	4		176	704	
Vitamin A, RAE		26	0	NC	4		38	153	
Retinol		24	0	0	4		35	141	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>			_		_				
Fatty acids, total saturated		1.830			1		2.690	10.742	
4:0		0.090			1 1		0.132	0.528	
6:0		0.050			1		0.074	0.294	
8:0 10:0	-	0.030			1		0.044 0.103	0.176 0.411	
12:0	-	0.080			1		0.103	0.411	
13:0	-	0.000			-		3.110	0.470	
14:0	-	0.290	0		1		0.426	1.702	
15:0	-	50	ŭ		-		0.420	,02	
16:0	-	0.820	0		1		1.205	4.813	
17:0	-		-						
18:0		0.410	0		1		0.603	2.407	
20:0									

					ole portio	<u></u>		edible portion of	of common
			Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.920		0		1		1.352	5.400	
14:1g									
15:1g 16:1 undifferentiatedg	0.070		0		1		0.103	0.411	
17:1	0.850		0		1		1.250	4.990	
20:1	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg	0.000		U		_		0.000	0.000	
Fatty acids, total polyunsaturated9	0.180		0		1		0.265	1.057	
18:2 undifferentiatedg	0.130		0		1		0.191	0.763	
18:3 undifferentiatedg	0.050		0		1		0.074	0.294	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg	0.000		·		_		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000		0		1		0.000	0.000	
20:5 n-3	0.000		0		1		0.000	0.000	
22:5 n-3	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans9							0.000	0.000	
Cholesterol mg	11		0		1		16	65	
Phytosterols mg	0		0		1		0	0	
11,000,001									
Amino Acids:									
Tryptophang	0.042		0		1		0.062	0.247	
Threonineg	0.132		0		1		0.194	0.775	
Isoleucineg	0.173		0		1		0.254	1.016	
Leucineg	0.279		0		1		0.410	1.638	
Lysineg	0.226		0		1		0.332	1.327	
Methionineg	0.069		0		1		0.101	0.405	
Cystineg	0.029		0		1		0.043	0.170	
Phenylalanineg	0.143		0		1		0.210	0.839	
Tyrosineg	0.140		0		1		0.206	0.822	
Valineg	0.197		0		1		0.290	1.156	
Arginineg	0.115		0		1		0.169	0.675	
Histidineg	0.078		0		1		0.115	0.458	
Alanineg	0.107		0		1		0.157	0.628	
Aspartic acidg	0.234		0		1		0.344	1.374	
Glutamic acidg	0.603		0		1		0.886	3.540	
Glycineg	0.071		0		1		0.104	0.417	
Prolineg	0.270		0		1		0.397	1.585	
Serineg	0.158		0		1		0.232	0.927	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	2		0	BFZN	4		3	12	
Theobromine mg	62		0	BFZN	4		91	364	
<u>Carotenoids:</u>									
Carotene, betamcg	24		0	0	4		35.280	140.880	
Carotene, alpha mcg			Ü	J	-		33.200	140.000	
Cryptoxanthin, betamcg									
Lycopene mcg									
Lutein + zeaxanthinmcg									

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Puddings, chocolate, dry mix, instant, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	rams	s of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımbe	r			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	4.00	0.061	11		1		3.96	1.00	
Energy	_	387	0.001	0	NC	4		383	97	
0.		1617		0	NC	4		1601	404	
Energy			0.100	11	NC	1				
Protein (N x 6.25)		2.60 2.10	0.109	11		1		2.57	0.65	
Total lipid (fat)			0.148			1		2.08	0.53	
Ash		2.00	0.056	11				1.98	0.50	
Carbohydrate, by difference		89.30		0	NC	4		88.41	22.33	
Fiber, total dietary		4.5		0	FLA	4		4.4	1.1	
Sugars, total	-	42.64		0	FLA	4		42.21	10.66	
Starch	g									
Minerals:										
Calcium. Ca	ma	53	2.086	4		1		52	13	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg		67	3.031	0	FLA	4		66	17	
Phosphorus, P		88	9.481	4		1		87	22	
Potassium, K	_	209	13.072	20		1		207	52	
Sodium, Na		353	23.265	18		1		349	88	
Zinc, Zn		0.90	23.203	0	FLA	4		0.89	0.23	
Copper, Cu		0.518	1	0	FLA	4		0.512	0.129	
Manganese, Mn		0.510		0	FLA	4		0.532	0.123	
Selenium, Se		3.3		0	FLA	4		3.2	0.8	
Selemum, Se	Illog	3.3		Ü	LIIA	-		3.2	0.0	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	mg	0.015	5	0	FLA	4		0.015	0.004	
Riboflavin	mg	0.202	2	2		1		0.200	0.051	
Niacin	mg	0.330)	0	FLA	4		0.327	0.083	
Pantothenic acid	mg	0.035	5	0	FLA	4		0.035	0.009	
Vitamin B-6	mg	0.016	5	0	FLA	4		0.016	0.004	
Folate, total	mcg	4		0	FLA	4		4	1	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	4		0	FLA	4		4	1	
Folate, DFE	mcg_DFE	4		0	NC	4		4	1	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		3		0	FLA	4		3	1	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
<u>_ipids:</u>	_			_		_				
Fatty acids, total saturated		1.210		0		1		1.198	0.303	
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	-	0.000)	1		1		0.000	0.000	
15:0	-									
16:0		0.530)	1		1		0.525	0.133	
17:0	g									
18:0	g	0.680)	1		1		0.673	0.170	
20:0	g									
22:0	g									
24:0	a									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
- Tuttionto una c		ou	Otta: 2::01							ououro o
Fatty acids, total monounsaturate	dg	0.690		0		1		0.683	0.173	
14:1	_									
15:1				_		_				
16:1 undifferentiated	_	0.000		1		1		0.000	0.000	
17:1	_	0.680		1		1		0.673	0 170	
18:1 undifferentiated 20:1	_	0.000		0		7		0.673	0.170 0.000	
22:1 undifferentiated	_	0.000		0		7		0.000	0.000	
24:1 c	•	0.000		U		,		0.000	0.000	
Fatty acids, total polyunsaturated		0.070		0		1		0.069	0.018	
18:2 undifferentiated		0.070		1		1		0.069	0.018	
18:3 undifferentiated		0.000		1		1		0.000	0.000	
18:4	_	0.000		0		7		0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0		7		0.000	0.000	
20:5 n-3	g	0.000		0		7		0.000	0.000	
22:5 n-3	g	0.000		0		7		0.000	0.000	
22:6 n-3		0.000		0		7		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	1		0		4		1	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.037		0		1		0.037	0.009	
Threonine		0.101		0		1		0.100	0.009	
Isoleucine	_	0.099		0		1		0.098	0.025	
Leucine		0.158		0		1		0.156	0.040	
Lysine	-	0.127		0		1		0.126	0.032	
Methionine		0.027		0		1		0.027	0.007	
Cystine		0.032		0		1		0.032	0.008	
Phenylalanine		0.122		0		1		0.121	0.031	
Tyrosine		0.096		0		1		0.095	0.024	
Valine	_	0.153		0		1		0.151	0.038	
Arginine	_	0.144		0		1		0.143	0.036	
Histidine		0.044		0		1		0.044	0.011	
Alanine		0.118		0		1		0.117	0.030	
Aspartic acid		0.253		0		1		0.250	0.063	
Glutamic acid		0.385		0		1		0.381	0.096	
Glycine	-	0.114		0		1		0.113	0.029	
Proline		0.111		0		1		0.110	0.028	
Serine	g	0.110		0		1		0.109	0.028	
Hydroxyproline	g									
Others:	a	0.0		^		7		0.0	0.0	
Alcohol, ethyl		0.0 11		0	EPT 2	7 4		0.0 11	0.0 3	
Caffeine		362		0	FLA FLA	4		359	3 91	
Theobromine		362		U	E TH	4		202	31	
Carotenoids:										
Carotene, beta		0		0	FLA	4		0.000	0.000	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 serving amount to make 1/2 cup

Puddings, chocolate, dry mix, regular

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> :	mount in 10			ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		74.15		0	RP	4				
Energy	kcal	109		0	RP	4				
Energy	kj	457		0	RP	4				
Protein	g	3.28		0	RP	4				
Total lipid (fat)	g	1.99		0	RP	4				
Ash	g	0.98		0	RP	4				
Carbohydrate, by difference	g	19.55		0	RP	4				
Fiber, total dietary	g	0.3		0	RP	4				
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	112		0	RP	4				
Iron, Fe	-	0.36		0	RP	4				
Magnesium, Mg		21		0	RP	4				
Phosphorus, P	-	96		0	RP	4				
Potassium, K	-	167		0	RP	4				
Sodium, Na	-	104		0	RP	4				
Zinc, Zn		0.46		0	RP	4				
Copper, Cu		0.073		0	RP	4				
Manganese, Mn		0.043	3	0	RP	4				
Selenium, Se	mcg	2.2		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		0	RP	4				
Thiamin	-	0.032	•	0	RP	4				
Riboflavin	-	0.032		0	RP	4				
Niacin		0.105		0	RP	4				
Pantothenic acid		0.100		0	RP	4				
Vitamin B-6	-	0.236		0	RP	4				
	-	4	,	0	RP	4				
Folate, total		0		0	RP	4				
Folic acid		4		0	RP	4				
Folate, DFE		4		0	NC	4				
		0.25		0		4				
Vitamin B-12		176		0	RP RP	4				
Vitamin A, IU				-		_				
Vitamin A, RAE		47		0	NC	4				
Retinol		46		0	RP	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	1.189	•	0	RP	4				
4:0		0.053		0	RP	4				
6:0		0.031		0	RP	4				
8:0		0.018		0	RP	4				
10:0.	-	0.041		0	RP	4				
12:0		0.046		0	RP	4				
13:0	-			-		-				
14:0	-	0.164	I	0	RP	4				
15:0	-			-		-				
16:0		0.521	L	0	RP	4				
17:0		0.021		·		-				
18:0		0.316	5	0	RP	4				
20:0		0.510	-	·		•				
22:0 24:0										

		<u>A</u> 1	mount in 100	<u>) grams</u> Number		ole portic	<u>on</u>		edible portion o	f common
Nutrients and Un	its	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.565		0	RP	4				
14:1	g	0.505		v	142	•				
15:1	g	0.037		0	RP	4				
17:1	-	0.528		0	RP	4				
20:1	-	0.000		0	RP	4				
22:1 undifferentiated		0.000		0	RP	4				
24:1 c	-									
Fatty acids, total polyunsaturated	g	0.072		0	RP	4				
18:2 undifferentiated		0.049		0	RP	4				
18:3 undifferentiated		0.024		0	RP	4				
18:4	-	0.000		0	RP	4				
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	RP	4				
20:5 n-3		0.000		0	RP	4				
22:5 n-3	-	0.000		0	RP	4				
22:6 n-3	-	0.000		0	RP	4				
Fatty acids, total trans	g									
Cholesterol	mg	7		0	RP	4				
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.046		0	RP	4				
Threonine	g	0.145		0	RP	4				
Isoleucine	g	0.188		0	RP	4				
Leucine	-	0.304		0	RP	4				
Lysine		0.246		0	RP	4				
Methionine		0.076		0	RP	4				
Cystine		0.032		0 0	RP	4 4				
Phenylalanine Tyrosine		0.158 0.153		0	RP RP	4				
Valine	_	0.216		0	RP	4				
Arginine		0.128		o	RP	4				
Histidine	_	0.084		0	RP	4				
Alanine	-	0.118		0	RP	4				
Aspartic acid		0.259		0	RP	4				
Glutamic acid	g	0.659		0	RP	4				
Glycine	g	0.079		0	RP	4				
Proline	-	0.293		0	RP	4				
Serine	-	0.173		0	RP	4				
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4				
Caffeine		2		0	RP	4				
Theobromine	<u>mg</u>	63		0	RP	4				
Carotenoids:										
Carotene, beta	mcg	10		0	0	4				
Carotene, alpha	mcg									
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	iuca									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Puddings, chocolate, dry mix, regular, prepared with 2% milk

Food Group: 19 Sweets

NDB No. 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk

Refuse: 0%

		<u>A</u>	mount in 100) grams	ot edil	ole portio	<u>n</u>	Amount in	edible portion of	f common
			1	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
D : 4										
Proximates: Water	g	73.30		0	RP	4		104.08	417.78	
Energy		119		0	RP	4		169	677	
Energy		497		0	RP	4		706	2834	
Protein		3.21		0	RP	4		4.56	18.32	
Total lipid (fat)	g	3.15		0	RP	4		4.47	17.96	
Ash	g	0.94		0	RP	4		1.33	5.35	
Carbohydrate, by difference	g	19.40		0	RP	4		27.55	110.59	
Fiber, total dietary	g	0.8		0	RP	4		1.1	4.4	
Sugars, total	g	11.92		0	RP	4		16.93	67.95	
Starch	g									
Minerals:										
Calcium, Ca	mg	96		0	RP	4		136	546	
Iron, Fe	-	0.35		0	RP	4		0.49	1.97	
Magnesium, Mg		20		0	RP	4		29	116	
Phosphorus, P		87		0	RP	4		124	497	
Potassium, K	mg	150		0	RP	4		213	856	
Sodium, Na		98		0	RP	4		140	561	
Zinc, Zn		0.48		0	RP	4		0.69	2.76	
Copper, Cu		0.110		0	RP	4		0.156	0.625	
Manganese, Mn		0.096	5	0	RP	4		0.136	0.548	
Selenium, Se	mcg	3.7		0	RP	4		5.3	21.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0	0.0	
Thiamin		0.036	6	0	RP	4		0.052	0.207	
Riboflavin	mg	0.192		0	RP	4		0.272	1.093	
Niacin	-	0.149		0	RP	4		0.212	0.852	
Pantothenic acid		0.317		0	RP	4		0.449	1.804	
Vitamin B-6	-	0.031	L	0	RP	4		0.044	0.176	
Folate, total		4		0	RP	4		6	25	
Folic acid		0		0	RP	4		0	0	
Folate, food	mcg	4 4		0	RP	4		6 6	25	
Folate, DFE				0	NC	4			25	
Vitamin B-12 Vitamin A, IU		0.30 88		0	RP RP	4 4		0.43 125	1.71 501	
Vitamin A, RAE		24		0	RP	4		35	139	
Retinol		24		0	RP	4		34	137	
Vitamin E (alpha-tocopherol)		0.05		0	RP	4		0.07	0.28	
Tocopherol, beta		0.03		·		•		0.07	0.20	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.2		0	RP	4		0.3	1.1	
Lipids:										
Fatty acids, total saturated	g	1.809	9	0	RP	4		2.569	10.311	
4:0		0.064	4	0	RP	4		0.091	0.364	
6:0		0.064	1	0	RP	4		0.091	0.364	
8:0	g	0.064	1	0	RP	4		0.091	0.364	
10:0	g	0.064	4	0	RP	4		0.091	0.364	
12:0	g	0.066	6	0	RP	4		0.093	0.374	
13:0	g	0.000)	0	RP	4		0.000	0.000	
14:0	g	0.254	1	0	RP	4		0.361	1.450	
15:0	g	0.000)	0	RP	4		0.000	0.000	
16:0	g	0.803	3	0	RP	4		1.140	4.575	
17:0	g	0.000)	0	RP	4		0.000	0.000	
18:0	g	0.431	L	0	RP	4		0.612	2.456	
20:0		0.000)	0	RP	4		0.000	0.000	
22:0	g	0.000	ס	0	RP	4		0.000	0.000	
24:0		0.000)	0	RP	4		0.000	0.000	

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.814		0	RP	4		1.157	4.642	
14:1	-	0.000		0	RP	4		0.000	0.000	
15:1	-	0.000		•						
16:1 undifferentiated 17:1		0.000		0	RP	4		0.000	0.000	
18:1 undifferentiated		0.814		0	RP	4		1.157	4.642	
20:1	-	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated	-	0.000		0	RP	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated		0.179		0	RP	4		0.254	1.020	
18:2 undifferentiated		0.115		0	RP	4		0.163	0.656	
18:3 undifferentiated	-	0.064		0 0	RP	4		0.091	0.364	
18:4	-	0.000		U	RP	4		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	RP	4		0.000	0.000	
20:5 n-3	-	0.000		0	RP	4		0.000	0.000	
22:5 n-3	-	0.000		0	RP	4		0.000	0.000	
22:6 n-3	-	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol	mg	9		0	RP	4		13	52	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.071		0	RP	4		0.100	0.402	
Threonine		0.140		0	RP	4		0.199	0.798	
Isoleucine	g	0.159		0	RP	4		0.225	0.904	
Leucine	g	0.255		0	RP	4		0.362	1.453	
Lysine	g	0.142		0	RP	4		0.202	0.811	
Methionine		0.069		0	RP	4		0.098	0.392	
Cystine	_	0.020		0	RP	4		0.028	0.114	
Phenylalanine		0.147		0	RP	4		0.209	0.839	
TyrosineValine	_	0.147 0.191		0 0	RP RP	4 4		0.208 0.272	0.836 1.090	
Arginine	_	0.191		0	RP	4		0.272	0.508	
Histidine	_	0.003		0	RP	4		0.102	0.409	
Alanine		0.109		0	RP	4		0.154	0.619	
Aspartic acid		0.247		0	RP	4		0.351	1.410	
Glutamic acid		0.622		0	RP	4		0.884	3.548	
Glycine	g	0.084		0	RP	4		0.119	0.478	
Proline	g	0.312		0	RP	4		0.443	1.780	
Serine	g	0.111		0	RP	4		0.157	0.631	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0	0.0	
Caffeine	-	2		0	RP	4		3	11	
Theobromine	mg	63		0	RP	4		89	359	
Carotenoids:										
Carotene, beta	mcg	4		0	RP	4		6.326	25.395	
Carotene, alpha	_	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta		0		0	RP	4		0.000	0.000	
Lycopene	mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	RP	4		0.000	0.000	

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

Puddings, chocolate, dry mix, regular, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>Ar</u>	mount in 100 g	<u>rams</u>	of edit	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	69.30	0.237	39		1		19.65	98.41	78.31
Energy	kcal	139		0	NC	4		39	197	157
Energy	kj	581		0	NC	4		165	825	656
Protein (N x 6.25)	g	2.70	0.064	36		1		0.77	3.83	3.05
Total lipid (fat)	g	4.00	0.078	36		1		1.13	5.68	4.52
Ash	g	1.00	0.018	36		1		0.28	1.42	1.13
Carbohydrate, by difference	g	23.00		0	NC	4		6.52	32.66	25.99
Fiber, total dietary		1.0		0	FLA	4		0.3	1.4	1.1
Sugars, total		17.85		0	FLA	4		5.06	25.35	20.17
Starch	g									
Ainerals:										
Calcium, Ca	mg	90	2.697	38		1		26	128	102
Iron, Fe	_	0.51	0.039	37		1		0.14	0.72	0.5
Magnesium, Mg	_	21	0.578	39		1		6	30	24
Phosphorus, P		80	2.265	36		1		23	114	90
Potassium, K	_	180	5.168	38		1		51	256	203
Sodium, Na		129		1		1		37	183	146
Zinc, Zn	mg	0.42	0.025	38		1		0.12	0.60	0.4
Copper, Cu	mg	0.116	0.006	38		1		0.033	0.165	0.1
Manganese, Mn	mg	0.069	0.009	10		1		0.020	0.098	0.0
Selenium, Se	mcg	2.4		0	FLA	4		0.7	3.5	2.8
/itamins:										
Vitamin C, total ascorbic acid	ma	1.8		2		1		0.5	2.6	2.0
Thiamin	-	0.026	0.001	36		1		0.007	0.037	0.0
Riboflavin		0.155		36		1		0.044	0.220	0.1
Niacin		0.347		36		1		0.098	0.493	0.3
Pantothenic acid	_	0.143		2		1		0.041	0.203	0.1
Vitamin B-6	-	0.028		2		1		0.008	0.040	0.0
Folate, total	-	3		2		1		1	4	3
Folic acid		0		0	FLA	4		0	0	0
Folate, food		3		2		1		1	4	3
Folate, DFE		3		0	NC	4		1	4	3
Vitamin B-12		0.00		2		1		0.00	0.00	0.0
Vitamin A, IU		36		2		1		10	51	41
Vitamin A, RAE	mcg_RAE	10		0	FLA	4		3	14	11
Retinol	mcg	10		0	FLA	4		3	14	11
Vitamin E (alpha-tocopherol)	mg	0.29		0	FLA	4		0.08	0.41	0.3
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.0		0	FLA	4		0.3	1.4	1.1
Vitamin K (phynoquinone)	illog	1.0		U	FLIA	•		0.3	1.4	1.1
<u> ipids:</u>										
Fatty acids, total saturated	g	0.710		0		1		0.201	1.008	0.8
4:0	g	0.000		1		1		0.000	0.000	0.0
6:0	-	0.000		1		1		0.000	0.000	0.0
8:0		0.000		1		1		0.000	0.000	0.0
10:0	-	0.000		1		1		0.000	0.000	0.0
12:0		0.000		1		1		0.000	0.000	0.0
13:0				_		_		_		
14:0		0.010		1		1		0.003	0.014	0.0
15:0				_		_		_		_
16:0	-	0.440		1		1		0.125	0.625	0.4
17:0	-			_		_				_
18:0	-	0.260		1		1		0.074	0.369	0.2
20:0	-									
22:0	g									

		<u>A</u> 1	mount in 10			ole portio	<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	itedg	1.700		0		1		0.482	2.414	1.921
14:1	g									
15:1	_			_		_				
16:1 undifferentiated	_	0.020		1		1		0.006	0.028	0.023
17:1 18:1 undifferentiated	_	1.690		1		1		0.479	2.400	1.910
20:1	_	0.000		0		1		0.479	0.000	0.000
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	_	0.000		Ū		-		0.000	0.000	0.000
Fatty acids, total polyunsaturate		1.430		0		1		0.405	2.031	1.616
18:2 undifferentiated		1.330		1		1		0.377	1.889	1.503
18:3 undifferentiated		0.100		1		1		0.028	0.142	0.113
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	3		2		1		1	4	3
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.036		0		1		0.010	0.051	0.041
Threonine		0.115		0		1		0.033	0.163	0.130
Isoleucine	_	0.148		0		1		0.042	0.210	0.167
Leucine	_	0.240		0		1		0.068	0.341	0.271
Lysine	g	0.192		0		1		0.054	0.273	0.217
Methionine		0.059		0		1		0.017	0.084	0.067
Cystine	g	0.026		0		1		0.007	0.037	0.029
Phenylalanine	g	0.126		0		1		0.036	0.179	0.142
Tyrosine	g	0.121		0		1		0.034	0.172	0.137
Valine	g	0.171		0		1		0.048	0.243	0.193
Arginine	g	0.104		0		1		0.029	0.148	0.118
Histidine	g	0.066		0		1		0.019	0.094	0.075
Alanine	g	0.095		0		1		0.027	0.135	0.107
Aspartic acid	g	0.208		0		1		0.059	0.295	0.235
Glutamic acid	g	0.519		0		1		0.147	0.737	0.586
Glycine	g	0.067		0		1		0.019	0.095	0.076
Proline	g	0.228		0		1		0.065	0.324	0.258
Serine	g	0.136		0		1		0.039	0.193	0.154
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine		5		1		1		1	7	6
Theobromine		62		1		1		18	88	70
Carotenoids:	.									
	mca	2		0	FLA	4		0.520	2.605	2.073
Carotene, beta		0		0	FLA	4		0.520	0.000	0.000
Carotene, alpha Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000
Lycopene		0		0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

Puddings, chocolate, ready-to-eat

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>me</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.02		0	FLA	4				
Energy	kcal	97		0	NC	4				
Energy	kj	406		0	NC	4				
Protein	g	3.06		0	FLA	4				
Total lipid (fat)	g	0.40		0	FLA	4				
Ash		1.13		0	FLA	4				
Carbohydrate, by difference		20.30		0	FLA	4				
Fiber, total dietary		0.8		0	FLA	4				
Sugars, total		15.30		0	FLA	4				
Starch		20.00		•		-				
Starcii	9									
Minerals:										
Calcium, Ca	mg	73		0	FLA	4				
Iron, Fe	-	0.80		0	FLA	4				
Magnesium, Mg		19		0	FLA	4				
Phosphorus, P		76		0	FLA	4				
Potassium, K	-	140		0	FLA	4				
Sodium, Na	-	170		0	FLA	4				
Zinc, Zn	-	0.82		0	FLA	4				
Copper, Cu	-	0.106	5	0	FLA	4				
Manganese, Mn		0.125		0	FLA	4				
Selenium, Se	-	2.9		0	FLA	4				
Seremann, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4				
Thiamin	-	0.029)	0	FLA	4				
Riboflavin	mg	0.153	3	0	FLA	4				
Niacin	mg	0.134	l	0	FLA	4				
Pantothenic acid	mg	0.281	L	0	FLA	4				
Vitamin B-6	mg	0.025	5	0	FLA	4				
Folate, total	mcg	4		0	FLA	4				
Folic acid	mcg	0		0	FLA	4				
Folate, food	mcg	4		0	FLA	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12		0.22		0	FLA	4				
Vitamin A, IU	IU	156		0	FLA	4				
Vitamin A, RAE		47		0	FLA	4				
Retinol		47		0	FLA	4				
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	FLA	4				
	-									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.245		0	FLA	4				
4:0		0.003	3	0	FLA	4				
6:0	g	0.000)	0	FLA	4				
8:0	g	0.001	L	0	FLA	4				
10:0	-	0.002	2	0	FLA	4				
12:0		0.001	L	0	FLA	4				
13:0										
14:0	g	0.007	7	0	FLA	4				
15:0	g									
16:0		0.115	5	0	FLA	4				
17:0										
18:0	-	0.116	5	0	FLA	4				
20:0	-									
22:0	-									
24:0	-									

	Amo	unt in 100 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
		Number				<u>m</u>	easures of food	
Nutrients and Units	Mean S	of Data td. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.122	0	FLA	4				
14:1g								
15:1	0.002	0	FLA	4				
16:1 undifferentiated9 17:1	0.002	U	FLA	4				
18:1 undifferentiated	0.119	0	FLA	4				
20:1g	0.000	0	FLA	4				
22:1 undifferentiated	0.000	0	FLA	4				
24:1 c9	0.000	U	FLIA	-				
Fatty acids, total polyunsaturatedg	0.013	0	FLA	4				
18:2 undifferentiatedg	0.013	0	FLA	4				
18:3 undifferentiated	0.001	0	FLA	4				
18:4g	0.000	0	FLA	4				
20:2 n-6 c,cg	0.000	v		•				
20:3 undifferentiated								
20:4 undifferentiated	0.000	0	FLA	4				
20:5 n-3g	0.000	0	FLA	4				
22:5 n-3g	0.000	0	FLA	4				
22:6 n-3	0.000	0	FLA	4				
Fatty acids, total trans								
Cholesterol mg	1	0	FLA	4				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4				
Caffeine mg	2	0	FLA	4				
Theobromine mg	68	0	FLA	4				
<u>Carotenoids:</u>								
Carotene, betamcg	0	0	FLA	4				
Carotene, alpha mcg	0	0	FLA	4				
Cryptoxanthin, beta mcg	0	0	FLA	4				
Lycopenemcg	0	0	FLA	4				
Lutein + zeaxanthinmcg	1	0	FLA	4				

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> :	mount in 100 gra	ns of edi	ble portio	<u>on</u>		edible portion	
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	2.20	0.496	ļ	1		2.18	0.55	
Energy	kcal	434	(NC NC	4		429	108	
Energy	kj	1814	(NC NC	4		1796	454	
Protein (N x 6.25)	g	0.90	0.159	ŀ	1		0.89	0.23	
Total lipid (fat)	g	10.00	1	LC	8		9.90	2.50	
Ash		1.88	(NR.	4		1.87	0.47	
Carbohydrate, by difference	g	85.02	(4		84.17	21.25	
Fiber, total dietary		4.0	1		8		4.0	1.0	
Sugars, total	g	64.00	1	LC	8		63.36	16.00	
Starch	g								
Minerals:									
Calcium, Ca	mg	8	C	FLA	4		8	2	
Iron, Fe	-	0.72			4		0.71	0.18	
Magnesium, Mg	-	17	Ċ		4		17	4	
* Phosphorus, P		721	1		4		714	180	
Potassium, K	-	96	C	FLA	4		95	24	
* Sodium, Na		1040	1	LC	8		1030	260	
Zinc, Zn	mg	0.30	1		1		0.30	0.08	
Copper, Cu	mg	0.151	. (FLA	4		0.149	0.038	
Manganese, Mn		0.489			4		0.484	0.122	
Selenium, Se	mcg	4.0	C	FLA	4		4.0	1.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.3	C	FLA	4		0.3	0.1	
Thiamin	-	0.013			4		0.013	0.003	
Riboflavin	-	0.053			4		0.052	0.013	
Niacin	_	0.219) (FLA	4		0.217	0.055	
Pantothenic acid	-	0.149)	FLA	4		0.148	0.037	
Vitamin B-6	-	0.059)	FLA	4		0.059	0.015	
Folate, total	mcg	2	C	FLA	4		2	0	
Folic acid		0	C	FLA	4		0	0	
Folate, food		2	C	FLA	4		2	0	
Folate, DFE	mcg_DFE	2	C	NC	4		2	0	
Vitamin B-12		0.00	C	FLA	4		0.00	0.00	
Vitamin A, IU		0	C	FLA	4		0	0	
Vitamin A, RAE		0	C		4		0	0	
Retinol		0	C		4		0	0	
Vitamin E (alpha-tocopherol)		0.08	C	FLA	4		0.08	0.02	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		0.1	C	FLA	4		0.1	0.0	
vitamin K (pnylloquinone)	Ilicg	0.1	•	FLA	4		0.1	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated	g	10.104		NC	4		10.003	2.526	
4:0	g	0.000) (FLA	4		0.000	0.000	
6:0	g	0.065	5 (FLA	4		0.064	0.016	
8:0	g	0.798	3 (FLA	4		0.790	0.200	
10:0	-	0.634			4		0.628	0.159	
12:0		5.054		FLA	4		5.004	1.264	
13:0			_						
14:0		1.996	5	FLA	4		1.976	0.499	
15:0					_		_		
16:0	-	0.967	' C	FLA	4		0.958	0.242	
17:0	_						c ==:		
18:0	_	0.590) (FLA	4		0.584	0.148	
20:0 22:0	_								
	CI CI								

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and U	Inite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and o	mits	Wearr	Stu. Elloi					Weasure i	Measure 2	Weasure 3
Fatty acids, total monounsaturate	edg	0.000		0	z	7		0.000	0.000	
14:1	-									
15:1	_	0.000		0	z	7		0.000	0.000	
17:1					_	•				
18:1 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
20:1	g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated	•	0.000		0	FLA	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated		0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
18:4	-	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated				_						
20:4 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	-	0.000		0	FLA	4		0.000	0.000	
22:5 n-3		0.000		0	FLA	4		0.000	0.000	
22:6 n-3		0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans		_		_				_	_	
Cholesterol	_	0		0	FLA	4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.010		0		1		0.010	0.003	
Threonine		0.031		0		1		0.031	0.008	
Isoleucine	g	0.035		0		1		0.035	0.009	
Leucine	g	0.066		0		1		0.065	0.017	
Lysine	g	0.039		0		1		0.039	0.010	
Methionine	g	0.016		0		1		0.016	0.004	
Cystine	g	0.015		0		1		0.015	0.004	
Phenylalanine	g	0.041		0		1		0.041	0.010	
Tyrosine	g	0.028		0		1		0.028	0.007	
Valine	g	0.050		0		1		0.050	0.013	
Arginine	g	0.117		0		1		0.116	0.029	
Histidine	g	0.020		0		1		0.020	0.005	
Alanine	g	0.041		0		1		0.041	0.010	
Aspartic acid	g	0.078		0		1		0.077	0.020	
Glutamic acid	g	0.185		0		1		0.183	0.046	
Glycine	g	0.036		0		1		0.036	0.009	
Proline	g	0.042		0		1		0.042	0.011	
Serine	g	0.043		0		1		0.043	0.011	
Hydroxyproline	g									
Others:										
	0	0.0		0	FLA	4		0.0	0.0	
Alcohol, ethyl		0.0		0	FLA	4		0.0	0.0	
Theobromine	-	0		0	FLA	4		0	0	
		v		J	Z LIFA	-		J	J	
Carotenoids:										
Carotene, beta		0		0	FLA	4		0.000	0.000	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

^{*}Vitamin or mineral added for enrichment or fortification

Puddings, coconut cream, dry mix, instant

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Nutrients and Units			Nu	Number							
								_	easures of food		
			of	Data [Deriv	Source	Confidence				
	8	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	q	74.40		0		1		109.37	436.73		
Energy	-	107		0	NC	4		157	628		
Energy		448				4		658	2628		
Protein		2.90		0		1		4.26	17.02		
Total lipid (fat)	-	2.30		0		1		3.38	13.50		
Ash		1.20		0		1		1.76	7.04		
Carbohydrate, by difference		19.20		0	NC	4		28.22	112.70		
Fiber, total dietary		0.1		0		4		0.1	0.6		
Sugars, total				-		_			0.0		
Starch	-										
Starch	9										
<u> Minerals:</u>											
Calcium, Ca		102		0		1		150	599		
Iron, Fe	_	0.15		0		1		0.22	0.88		
Magnesium, Mg		14		0		1		21	82		
Phosphorus, P	•	201		0		1		295	1180		
Potassium, K	_	132		0		1		194	775		
Sodium, Na		246		0		1		362	1444		
Zinc, Zn		0.33		0		1		0.49	1.94		
Copper, Cu		0.025		0		1		0.037	0.147		
Manganese, Mn		0.019	9	0		1		0.028	0.112		
Selenium, Se	mcg	2.0		0	BFZN	4		2.9	11.7		
/itamins:											
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.2	4.7		
Thiamin		0.034	1	0		1		0.050	0.200		
Riboflavin		0.138		0		1		0.203	0.810		
Niacin		0.086	5	0		1		0.126	0.505		
Pantothenic acid	-	0.271	<u>[</u>	0		1		0.398	1.591		
Vitamin B-6		0.038	3	0		1		0.056	0.223		
Folate, total	-	4		0		1		6	23		
Folic acid		0		0	z	7		0	0		
Folate, food		4		0		1		6	23		
Folate, DFE	mcg DFE	4		0	NC	4		6	23		
Vitamin B-12		0.30		0		1		0.44	1.76		
Vitamin A, IU		150		0	0	4		221	881		
Vitamin A, RAE		45		0	NC	4		66	264		
Retinol		45		0	0	4		66	264		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	a	1.370)	0		1		2.014	8.042		
4:0		0.050		0		1		0.074	0.294		
6:0		0.030		0		1		0.044	0.176		
8:0		0.050		0		1		0.044	0.294		
10:0	-	0.050		0		1		0.074	0.352		
12:0	-	0.210		0		1		0.309	1.233		
13:0	-	0.210	-	•		-		0.303	1.233		
14:0	-	0.230)	0		1		0.338	1.350		
15:0	-	3.230	-	•		-		0.550	1.550		
16:0	-	0.500)	0		1		0.735	2.935		
17:0	-	3.300	-	•		-		0.755	,,,,		
18:0		0.230)	0		1		0.338	1.350		
20:0		0.230	-	•		-		0.550	1.550		
22:0	-										

Nutrients and Units			<u>A</u>	mount in 100 grams		ole portion	1		edible portion o	of common
141	Nutrients and Ur	nits	Mean	of Data	Deriv			Measure 1	Measure 2	Measure 3
15	Fatty acids, total monounsaturated	g	0.620	0		1		0.911	3.639	
161 undifferentiated		-								
181 undifferentiated		-	0.040	0		1		0.059	0.235	
20-1		_	0 500	0		1		0.053	2 405	
241 c. 9 Fatty acids, total polymosturated. 9 18.7 undifficentiated. 9 18.2 undifficentiated. 9 18.3 undifficentiated. 9 20.2 not 6 c. 9 20.3 undifficentiated. 9 20.2 not 6 c. 9 20.3 undifficentiated. 9 20.3 undifficentiated. 9 20.4 undifficentiated. 9 20.5 undifficentiated. 9 20.6 undifficentiated. 9 20.6 undifficentiated. 9 20.6 undifficentiated. 9 20.7 undifficentiated. 9 20.7 undifficentiated. 9 20.8 undifficentia			0.560	· ·		1		0.853	3.405	
Fatly acids, solal polyusstrated. 9 0.190 0 1 0.279 1.115 18.2 undifferentiated. 9 0.160 0 1 0.235 0.399 18.3 undifferentiated. 9 0.030 0 1 0.0044 0.176 18.4 18.4 19.2 19.2 19.2 19.2 19.2 19.2 19.2 19.2		-								
18.2 undifferentiated. g 0.160 0 1 0.235 0.399 18.4 9 9 0.000 0 1 0.004 0.176 18.4 9 9 0.000 0 1 0.000 20.2 0.6 c.c. 9 20.2 undifferentiated. 9 0.000 0 1 0.000 20.5 n.3 9 0.25 n.3 9 0.25 n.3 22.5 n.3 9 0.25 n.3 9 0.000 0 1 0.000 20.5 n.3 9 0.000 0 0 0 0 20.5 n.3 9 0.000 0.000 20.5 n.3 9 0.000 0 0 0 20.5 n.3 9 0.000 0.000 20.5 n.3 9 0.000 0 0 0 20.5 n.3 9 0.000 0.000 20.5 n.3 9 0.000 0.000 20.5 n.3 9 0.000 0.000 20.5 n.3 9 0.000 0 0 0 0 20.5 n.3 9 0.000 0.000 20.5 n.3 9 0.000 0 0 0 20.5 n.3 0.000 0.000 20.5 n.3 0.000 0.000			0.190	0		1		0.279	1.115	
184_			0.160	0		1		0.235	0.939	
20.2 n.6 c.c. 9 20.3 mid firerwinted. 9 0.000 0 1 0.000 0.00	18:3 undifferentiated	g	0.030	0		1		0.044	0.176	
20.3 undifferentiated		-								
20-4 undifferentiated g 0.000 0 1 0.000										
20.5 n-3				_						
22.5 n.3		_	0.000	0		1		0.000	0.000	
Section Sect										
Fatty acids, total trans.										
Cholesterol. mg mg mg mg mg mg mg m		-								
Phytosterols. mg Phytost	,	_	6	0		1		9	35	
Amino Acids: Tryptophan								-		
Tryptophan.	•									
Threonine										
Soleucine	2									
Leucine		_								
Lysine										
Methionine 9 0.069 0 1 0.101 0.405 Cystine 9 0.027 0 1 0.040 0.158 Phenylalanine 9 0.134 0 1 0.197 0.787 Tyrosine 9 0.132 0 1 0.194 0.775 Valine 9 0.185 0 1 0.194 0.775 Valine 9 0.185 0 1 0.169 0.675 Histidine 9 0.075 0 1 0.110 0.440 Alanine 9 0.075 0 1 0.110 0.440 Alanine 9 0.098 0 1 0.114 0.575 Aspartic acid 9 0.213 0 1 0.313 1.250 Glycine 9 0.062 0 1 0.081 0.331 1.250 Glycine 9 0.262 0 1 0.395 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-								
Cystine 9 0.027 0 1 0.040 0.158 Phenylalanine 9 0.134 0 1 0.197 0.787 Tyrosine 9 0.132 0 1 0.194 0.775 Valine 9 0.185 0 1 0.272 1.086 Arginine 9 0.115 0 1 0.169 0.675 Histidine 9 0.075 0 1 0.110 0.440 Alanine 9 0.098 0 1 0.114 0.575 Aspartic acid 9 0.213 0 1 0.313 1.250 Glutamic acid 9 0.253 0 1 0.857 3.422 Glycine 9 0.062 0 1 0.857 3.422 Glycine 9 0.262 0 1 0.385 1.538 Serine 9 0.150 0 1 0.221 0.881	2									
Phenylalanine										
Tyrosine 9 0.132 0 1 0.194 0.775 Valine 9 0.185 0 1 0.272 1.086 Arginine 9 0.115 0 1 0.169 0.675 Histidine 9 0.075 0 1 0.110 0.440 Alanine 9 0.098 0 1 0.114 0.575 Aspartic acid 9 0.098 0 1 0.144 0.575 Aspartic acid 9 0.213 0 1 0.313 1.250 Glutamic acid 9 0.583 0 1 0.857 3.422 Glycine 9 0.062 0 1 0.0857 3.422 Proline 9 0.262 0 1 0.385 1.538 Serine 9 0.150 0 1 0.221 0.881 Hydroxyproline 9 0 2 7 0 0 <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	-									
Valine 9 0.185 0 1 0.272 1.086 Arginine 9 0.115 0 1 0.169 0.675 Histidine 9 0.075 0 1 0.110 0.440 Alanine 9 0.098 0 1 0.114 0.575 Aspartic acid 9 0.213 0 1 0.313 1.250 Glutamic acid 9 0.583 0 1 0.857 3.422 Glycine 9 0.062 0 1 0.857 3.422 Glycine 9 0.062 0 1 0.857 3.422 Glycine 9 0.062 0 1 0.857 3.422 Glycine 9 0.262 0 1 0.385 1.538 Serine 9 0.150 0 1 0.221 0.881 Hydroxyproline 9 0 2 7 0 0 </td <td>2</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	2									
Arginine .g 0.115 0 1 0.169 0.675 Histidine .g 0.075 0 1 0.110 0.440 Alanine .g 0.098 0 1 0.144 0.575 Aspartic acid .g 0.213 0 1 0.313 1.250 Glutamic acid .g 0.583 0 1 0.857 3.422 Glycine .g 0.062 0 1 0.091 0.364 Proline .g 0.262 0 1 0.385 1.538 Serine .g 0.150 0 1 0.221 0.881 Hydroxyproline .g 0 1 0.221 0.881 Hydroxyproline .g Caffeine .mg 0 0 2 7 0 0 Caffeine .mg 0 0 2 7 0 0 Carotene, beta .mg 0 0 0 4 0.000 0.000	•	-	0.185	0		1		0.272	1.086	
Alanine			0.115	0		1		0.169	0.675	
Aspartic acid. 9 0.213 0 1 0.313 1.250 Glutamic acid. 9 0.583 0 1 0.857 3.422 Glycine. 9 0.062 0 1 0.091 0.364 Proline. 9 0.262 0 1 0.385 1.538 Serine. 9 0.150 0 1 0.221 0.881 Hydroxyproline. 9 Others: Alcohol, ethyl. 9 Caffeine. mg 0 0 0 z 7 0 0 0 Theobromine. mg 0 0 0 z 7 0 0 0 Carotene, alpha. mcg Cryptoxanthin, beta. mcg Cryptoxanthin, beta. mcg Lycopene. mcg	Histidine	g	0.075	0		1		0.110	0.440	
Glutamic acid. 9 0.583 0 1 0.857 3.422 Glycine. 9 0.062 0 1 0.091 0.364 Proline. 9 0.262 0 1 0.385 1.538 Serine. 9 0.150 0 1 0.221 0.881 Hydroxyproline. 9 Chers: Alcohol, ethyl 9 0 0 2 7 0 0 0 Theobromine. mg 0 0 0 z 7 0 0 0 Carotene, beta mcg 0 0 0 4 0.000 0.000 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene. mcg	Alanine	g	0.098	0		1		0.144	0.575	
Glycine 9 0.062 0 1 0.091 0.364 Proline 9 0.262 0 1 0.385 1.538 Serine 9 0.150 0 1 0.221 0.881 Hydroxyproline 9 Cthers: Alcohol, ethyl 9 0 0 Z 7 0 0 0 Theobromine mg 0 0 0 Z 7 0 0 0 Carotene, beta mcg 0 0 0 Z 7 0 0 0 Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg	Aspartic acid	g	0.213	0		1		0.313	1.250	
Proline g 0.262 0 1 0.385 1.538 Serine g 0.150 0 1 0.221 0.881 Hydroxyproline g Others: Alcohol, ethyl g 0 z 7 0 0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mcg 0 0 4 0.000 0.000 Carotene, alpha mcg 0 0 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 4 0.000 0.000			0.583	0				0.857	3.422	
Serine 9 0.150 0 1 0.221 0.881 Hydroxyproline 9 Chres: Alcohol, ethyl 9 0 0 z 7 0 0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mcg 0 0 4 0.000 0.000 Carotene, alpha mcg 0 0 0 4 0.000 0.000 Cryptoxanthin, beta mcg pcg mcg	-									
Hydroxyproline .9 Others: Alcohol, ethyl <		•								
Others: Alcohol, ethyl		-	0.150	0		1		0.221	0.881	
Alcohol, ethyl	Hydroxyproline	g								
Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mcg 0 0 4 0.000 0.000 Carotene, alpha mcg 0 0 4 0.000 0.000 Cryptoxanthin, beta mcg 0 0 4 0.000 0.000 Lycopene mcg 0 0 4 0.000 0.000		α								
Theobromine mg 0 0 z 7 0 0 Carotenoids: Carotene, beta mcg 0 0 0 4 0.000 0.000 Carotene, alpha mcg 0 0 4 0.000 0.000 Cryptoxanthin, beta mcg 0	, ,	-	0	0	7	7		0	0	
Carotenoids: Carotene, beta										
Carotene, beta			Ŭ	O .		,		Ŭ	3	
Carotene, alpha mcg Cryptoxanthin, beta mcg Lycopene mcg	<u> </u>	med	•	^	^	4		0 000	0 000	
Cryptoxanthin, betamcg Lycopenemcg	-		U	0	O	4		0.000	0.000	
Lycopenemcg										

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.40		0		1		107.90	430.86	
Energy	kcal	117		0	NC	4		172	687	
Energy	kj	490				4		720	2874	
Protein	g	2.90		0		1		4.26	17.02	
Total lipid (fat)	g	3.50		0		1		5.15	20.55	
Ash	g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference	g	19.10		0	NC	4		28.08	112.12	
Fiber, total dietary	g	0.1		0		4		0.1	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Vilherais: Calcium. Ca	ma	100		0		1		147	587	
Iron, Fe		0.15		0		1		0.22	0.88	
Magnesium, Mg	_	14		0		1		21	82	
Phosphorus, P		200		0		1		294	1174	
Potassium, K	-	129		0		1		190	757	
Sodium, Na	-	246		0		1		362	1444	
Zinc, Zn	mg	0.33		0		1		0.49	1.94	
Copper, Cu	mg	0.026	5	0		1		0.038	0.153	
Manganese, Mn	mg	0.019	•	0		1		0.028	0.112	
Selenium, Se	mcg	2.0		0	RP	4		2.9	11.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0		1		1.2	4.7	
Thiamin	_	0.033	1	0		1		0.049	0.194	
Riboflavin		0.035		0		1		0.200	0.798	
Niacin		0.084		0		1		0.123	0.493	
Pantothenic acid		0.266		0		1		0.391	1.561	
Vitamin B-6		0.037		0		1		0.054	0.217	
Folate, total	-	4		0		1		6	23	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		6	23	
Folate, DFE		4		0	NC	4		6	23	
Vitamin B-12		0.30		0		1		0.44	1.76	
Vitamin A, IU		105		0		1		154	616	
Vitamin A, RAE		24		0	NC	4		36	144	
Retinol	mcg	23		0	0	4		34	136	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	2.100)	0		1		3.087	12.327	
4:0		0.090)	0		1		0.132	0.528	
6:0	g	0.050)	0		1		0.074	0.294	
8:0		0.060)	0		1		0.088	0.352	
10:0	g	0.090)	0		1		0.132	0.528	
12:0	g	0.250)	0		1		0.368	1.468	
13:0	-									
14:0	g	0.350)	0		1		0.515	2.055	
15:0										
16:0		0.830)	0		1		1.220	4.872	
17:0										
18:0		0.380)	0		1		0.559	2.231	
20:0	-									
22:0	q									

		<u>Aı</u>	mount in 100 grams		portio	<u>n</u>		edible portion o	of common
			Number				<u>me</u>	easures of food	
Nutrients and	Units	Mean	of Data Std. Error Points	-	ource Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.960	0		1		1.411	5.635	
14:1									
15:1					_				
16:1 undifferentiated		0.070	0		1		0.103	0.411	
17:1		0.000	•				1 000		
18:1 undifferentiated		0.890	0		1		1.308	5.224	
20:1									
22:1 undifferentiated	-								
24:1 c	-	0.240	0		1		0.353	1 400	
Fatty acids, total polyunsaturate		0.240 0.190			1 1		0.353 0.279	1.409 1.115	
18:2 undifferentiated	•	0.190			1		0.279	0.294	
	=	0.050	U		1		0.074	0.294	
18:4 20:2 n-6 c.c									
20:2 n-6 c,c	-								
20:4 undifferentiated		0.000	0		1		0.000	0.000	
20:5 n-3		0.000	U		1		0.000	0.000	
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol		11	0		1		16	65	
Phytosterols		0	0		1		0	0	
T ily tosterois		v	v		-		Ü	Ü	
Amino Acids:									
Tryptophan	g	0.038			1		0.056	0.223	
Threonine	g	0.123			1		0.181	0.722	
Isoleucine		0.164			1		0.241	0.963	
Leucine	-	0.266			1		0.391	1.561	
Lysine		0.213			1		0.313	1.250	
Methionine		0.068			1		0.100	0.399	
Cystine		0.027			1		0.040	0.158	
Phenylalanine		0.133			1		0.196	0.781	
Tyrosine	-	0.130			1		0.191	0.763	
Valine		0.183			1		0.269	1.074	
Arginine	-	0.114			1		0.168	0.669	
Histidine		0.074			1		0.109	0.434	
Alanine		0.097			1		0.143	0.569	
Aspartic acid		0.211			1		0.310	1.239	
Glutamic acid	-	0.577			1		0.848	3.387	
Glycine	-	0.061			1		0.090	0.358	
Proline	-	0.259			1		0.381	1.520	
Serine	_	0.149	0		1		0.219	0.875	
Hydroxyproline	g								
Carotenoids:									
Carotene, beta	mcg	15	0	0	4		21.962	87.698	
Carotene, alpha									
Cryptoxanthin, beta	mcg								
Lycopene									
Lutein + zeaxanthin	mcq								

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Food Group: 19 Sweets

		<u>A</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 Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	3.70	0.051	6		1		3.26	0.93		
Energy	kcal	434		0	NC	4		382	108		
Energy	kj	1814		0	NC	4		1597	454		
Protein (N x 6.25)	g	1.00		1		1		0.88	0.25		
Total lipid (fat)	g	11.36		1	LC	8		10.00	2.84		
Ash	g	2.10	0.075	6		1		1.85	0.53		
Carbohydrate, by difference	g	81.84		0	NC	4		72.02	20.46		
Fiber, total dietary	g	4.5		1	LC	8		4.0	1.1		
Sugars, total	g	63.64		1	LC	8		56.00	15.91		
Starch	g										
** 1											
<u>Minerals:</u> Calcium. Ca	ma	8		0	FLA	4		7	2		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	8 0.57		0	FLA	4		0.50	0.14		
Magnesium, Mg		15		0	FLA	4		13	4		
Phosphorus, P		35		0	FLA	4		31	9		
Potassium, K	_	133		0	FLA	4		117	33		
Sodium, Na	_	682		1	LC	8		600	170		
Zinc, Zn	-	0.35		0	FLA	4		0.31	0.09		
Copper, Cu		0.143	3	0	FLA	4		0.126	0.036		
Manganese, Mn		0.462		0	FLA	4		0.407	0.116		
Selenium, Se		3.6		0	FLA	4		3.2	0.9		
•	-										
<u>'itamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.3		0	FLA	4		0.2	0.1		
Thiamin		0.010		0	FLA	4		0.009	0.003		
Riboflavin		0.029		0	FLA	4		0.026	0.007		
Niacin		0.102		0	FLA	4		0.090	0.025		
Pantothenic acid		0.135		0	FLA	4		0.118	0.034		
Vitamin B-6	_	0.050 2	,	0	FLA	4		0.044 1	0.013 0		
Foliae, total		0		0	FLA FLA	4 4		0	0		
Folic acid		2		0	FLA	4		1	0		
Folate, foodFolate, DFE		2		0	NC	4		1	0		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.07		0	FLA	4		0.06	0.02		
Tocopherol, beta		0.07		·		-		0.00	0.02		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.0	0.0		
<u>ipids:</u>	~	11 26				•		10 000	0.041		
Fatty acids, total saturated		11.364		1 0	LC	8 4		10.000	2.841		
4:0		0.000		0	FLA	4		0.000	0.000		
6:0 8:0.	-			0	FLA	4		0.063	0.018		
8:0 10:0		0.886		0	FLA FLA	4		0.780 0.620	0.222 0.176		
12:0	-	5.612		0	FLA	4		4.938	1.403		
13:0		5.012	•	•	2 1161	-		4.550	1.403		
14:0		2.216	;	0	FLA	4		1.950	0.554		
15:0		2.210	•	-		•		1.550	0.554		
16:0		1.074	Ļ	0	FLA	4		0.945	0.268		
17:0	-	2.074		-		•		0.545	0.200		
18:0	_	0.655	i	0	FLA	4		0.576	0.164		
20:0	_	0.055	•	-		•		3.3.0	0.104		
22:0	_										
24:0	_										

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion of	
				of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.000		0	z	7		0.000	0.000	
14:1	g									
15:1 16:1 undifferentiated	_	0.000		0	z	7		0.000	0.000	
17:1	_	0.000		U	2	,		0.000	0.000	
18:1 undifferentiated		0.000		0	z	7		0.000	0.000	
20:1	_	0.000		0	z	7		0.000	0.000	
22:1 undifferentiated	_	0.000		0	FLA	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	Z	7		0.000	0.000	
20:5 n-3	_	0.000		0	z	7		0.000	0.000	
22:5 n-3	_	0.000		0	FLA	4		0.000	0.000	
22:6 n-3		0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans		_		_				_	_	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	FLA	4		0	0	
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.011		0		1		0.010	0.003	
Threonine	g	0.034		0		1		0.030	0.009	
Isoleucine	g	0.036		0		1		0.032	0.009	
Leucine	g	0.071		0		1		0.062	0.018	
Lysine	g	0.040		0		1		0.035	0.010	
Methionine	g	0.018		0		1		0.016	0.005	
Cystine	g	0.019		0		1		0.017	0.005	
Phenylalanine		0.047		0		1		0.041	0.012	
Tyrosine	_	0.029		0		1		0.026	0.007	
Valine	_	0.056		0		1		0.049	0.014	
Arginine	_	0.147		0		1		0.129	0.037	
Histidine	_	0.022		0		1		0.019	0.006	
Alanine		0.048		0		1		0.042	0.012	
Aspartic acid		0.090		0		1		0.079	0.023	
Glutamic acid	• • • • • • • • • • • • • • • • • • • •	0.211		0		1		0.186	0.053	
Glycine		0.043		0		1		0.038	0.011	
Proline	_	0.041		0		1		0.036	0.010	
Serine		0.048		0		1		0.042	0.012	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	FLA	4		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha	_	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

^{*}Vitamin or mineral added for enrichment or fortification

Puddings, coconut cream, dry mix, regular

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk

		<u>A</u>	mount in 100 gra	ms of edi	pie 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 Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	75.60		0	1		105.84	422.60	
Energy	_	104		0 NC			146	581	
Energy		435			4		609	2432	
Protein		3.10		0	1		4.34	17.33	
Total lipid (fat)	-	2.50		0	1		3.50	13.98	
Ash		1.00		0	1		1.40	5.59	
Carbohydrate, by difference		17.80		0 NC	4		24.92	99.50	
Fiber, total dietary		0.2		0	4		0.3	1.1	
Sugars, total				•	_				
Starch	-								
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	113		0	1		158	632	
Iron, Fe	-	0.20		0	1		0.28	1.12	
Magnesium, Mg		16		0	1		22	89	
Phosphorus, P	•	89		0	1		125	498	
Potassium, K		159		0	1		223	889	
Sodium, Na		163		0	1		228	911	
Zinc, Zn		0.37		0	1		0.52	2.07	
Copper, Cu		0.025		0	1		0.035	0.140	
Manganese, Mn		0.037	7	0	1		0.052	0.207	
Selenium, Se	mcg	2.3		0 RP	4		3.2	12.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.7		0	1		1.0	3.9	
Thiamin		0.032	2	0	1		0.045	0.179	
Riboflavin		0.146		0	1		0.204	0.816	
Niacin		0.091		0	1		0.127	0.509	
Pantothenic acid		0.290		0	1		0.406	1.621	
Vitamin B-6		0.145		0	1		0.203	0.811	
Folate, total	_	4		0	1		6	22	
Folic acid		0		0 Z	7		0	0	
Folate, food		4		0	1		6	22	
Folate, DFE	mca DFE	4		0 NC	4		6	22	
Vitamin B-12		0.26		0	1		0.36	1.45	
Vitamin A, IU		170		0 0	4		238	950	
Vitamin A, RAE		49		0 NC	4		69	274	
Retinol		48		0 0	4		67	268	
Vitamin E (alpha-tocopherol)					_				
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
inida									
Lipids:	a	1.800	1	0	1		2.520	10.062	
Fatty acids, total saturated		0.060		0	1		0.084	0.335	
4:0 6:0		0.040		0	1		0.056	0.335	
8:0		0.040		0	1		0.056	0.224	
10:0	-	0.080		0	1		0.112	0.447	
12:0		0.420		0	1		0.126	2.348	
13:0	-	0.420	•	•	_		0.566	2.340	
14:0		0.320)	0	1		0.448	1.789	
	_	0.320	•	v	1		0.448	1.789	
15:0	_	0.530	1	0	1		0.742	2.963	
16:0	_	0.530	•	•	1		0.742	2.903	
17:0		0.260	1	0	1		0 364	1 453	
18:0		0.200	•	v	1		0.364	1.453	
20:0	_								
22:0 24:0									

		<u>A</u>	mount in 100 gram		ole portio	<u>on</u>		edible portion of easures of food	
			Numbe	er			1111	easures or roou	_
			of Data	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.520	0		1		0.728	2.907	
15:1	-								
16:1 undifferentiated	_	0.040	0		1		0.056	0.224	
17:1	g								
18:1 undifferentiated	g	0.470	0		1		0.658	2.627	
20:1	g	0.000	0		7		0.000	0.000	
22:1 undifferentiated	g	0.000	0		7		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	g	0.070	0		1		0.098	0.391	
18:2 undifferentiated		0.050	0		1		0.070	0.280	
18:3 undifferentiated	g	0.030	0		1		0.042	0.168	
18:4	g	0.000	0		7		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated	_	0.000			1		0.000	0.000	
20:5 n-3		0.000			7		0.000	0.000	
22:5 n-3		0.000			7		0.000	0.000	
22:6 n-3		0.000	0		7		0.000	0.000	
Fatty acids, total trans	-								
Cholesterol		7	0		1		10	39	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.041	. 0		1		0.057	0.229	
Threonine		0.131	. 0		1		0.183	0.732	
Isoleucine	-	0.174	0		1		0.244	0.973	
Leucine	-	0.283	0		1		0.396	1.582	
Lysine	g	0.227	0		1		0.318	1.269	
Methionine		0.072	. 0		1		0.101	0.402	
Cystine	g	0.028	0		1		0.039	0.157	
Phenylalanine	g	0.141	. 0		1		0.197	0.788	
Tyrosine		0.138	0		1		0.193	0.771	
Valine	g	0.195	0		1		0.273	1.090	
Arginine	g	0.123	0		1		0.172	0.688	
Histidine	g	0.079	0		1		0.111	0.442	
Alanine	g	0.103	0		1		0.144	0.576	
Aspartic acid	g	0.225	0		1		0.315	1.258	
Glutamic acid	g	0.614	0		1		0.860	3.432	
Glycine	g	0.066	0		1		0.092	0.369	
Proline	g	0.275	0		1		0.385	1.537	
Serine	g	0.158	0		1		0.221	0.883	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine	-	0.0	v		•			3.0	
Theobromine									
Carotenoids:									
					_			<u> </u>	
Carotene, beta		12	0	0	4		16.800	67.080	
Carotene, alpha									
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin	iiica								

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19325 Puddings, coconut cream, dry mix, regular, prepared with whole milk

		<u>A</u>	mount in 100 gra	ms of edi	pie 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 Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	74.60		0	1		104.44	417.01		
Energy	_	114		0 NC	4		160	637		
Energy		477			4		668	2666		
Protein		3.00		0	1		4.20	16.77		
Total lipid (fat)	-	3.80		0	1		5.32	21.24		
Ash		1.00		0	1		1.40	5.59		
Carbohydrate, by difference		17.70		0 NC	4		24.78	98.94		
Fiber, total dietary		0.2		0	4		0.3	1.1		
Sugars, total				-	_					
Starch	_									
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	111)	1		155	620		
Iron, Fe	-	0.20)	1		0.28	1.12		
Magnesium, Mg		16)	1		22	89		
Phosphorus, P	-	88)	1		123	492		
Potassium, K		157)	1		220	878		
Sodium, Na		162)	1		227	906		
Zinc, Zn		0.36)	1		0.50	2.01		
Copper, Cu		0.027)	1		0.038	0.151		
Manganese, Mn		0.037			1		0.052	0.207		
Selenium, Se	mcg	2.3) BFZN	4		3.2	12.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7)	1		1.0	3.9		
Thiamin		0.032)	1		0.045	0.179		
Riboflavin		0.143)	1		0.200	0.799		
Niacin		0.089)	1		0.125	0.498		
Pantothenic acid	-	0.285)	1		0.399	1.593		
Vitamin B-6		0.144)	1		0.202	0.805		
Folate, total	_	4)	1		6	22		
Folic acid		0) z	7		0	0		
Folate, food		4)	1		6	22		
Folate, DFE	mca DFE	4) NC	4		6	22		
Vitamin B-12		0.25)	1		0.35	1.40		
Vitamin A, IU		110)	1		154	615		
Vitamin A, RAE		26) NC	4		36	145		
Retinol		25) 0	4		34	138		
Vitamin E (alpha-tocopherol)								200		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
11.4										
Lipids:	~	0					2 500	14 200		
Fatty acids, total saturated		2.570)	1		3.598	14.366		
4:0		0.090)	1		0.126	0.503		
6:0		0.060)	1		0.084	0.335		
8:0	-	0.090)	1		0.126	0.503		
10:0		0.120)	1		0.168	0.671		
12:0	-	0.460	,)	1		0.644	2.571		
13:0	_	0.454	1	1	1		0 (20	0.516		
14:0	_	0.450	,)	1		0.630	2.516		
15:0	_	0.000	,	`	•		1 000	4 010		
16:0	_	0.880	,)	1		1.232	4.919		
17:0		0.400	,	,	4		0 500	0.040		
18:0		0.420	,)	1		0.588	2.348		
20:0	_									
22:0 24:0										

		<u>Aı</u>	mount in 100 grams		portio	<u>n</u>	Amount in edible portion of common measures of food			
			Numbe				<u>me</u>	easures of food		
Nutrients and	Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura		0.880	0		1		1.232	4.919		
14:1										
15:1		0.070	•				0.000	0 201		
16:1 undifferentiated		0.070	0		1		0.098	0.391		
17:1		0.810	0		1		1.134	4.528		
18:1 undifferentiated		0.810	U		1		1.134	4.528		
22:1 undifferentiated										
24:1 c	_									
Fatty acids, total polyunsaturate	_	0.120	0		1		0.168	0.671		
18:2 undifferentiated		0.080			1		0.112	0.447		
18:3 undifferentiated	•	0.050			1		0.070	0.280		
18:4		0.000	· ·		_		0.070	0.200		
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000	0		1		0.000	0.000		
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		12	0		1		17	67		
Phytosterols	mg	0	0		1		0	0		
Amino Acids:										
Tryptophan	а	0.040	0		1		0.056	0.224		
Threonine		0.129			1		0.181	0.721		
Isoleucine		0.172			1		0.241	0.961		
Leucine	_	0.280			1		0.392	1.565		
Lysine	_	0.224			1		0.314	1.252		
Methionine		0.072			1		0.101	0.402		
Cystine		0.028	0		1		0.039	0.157		
Phenylalanine		0.140			1		0.196	0.783		
Tyrosine		0.137			1		0.192	0.766		
Valine		0.193			1		0.270	1.079		
Arginine		0.122			1		0.171	0.682		
Histidine	_	0.078			1		0.109	0.436		
Alanine		0.102	0		1		0.143	0.570		
Aspartic acid		0.223	0		1		0.312	1.247		
Glutamic acid		0.608	0		1		0.851	3.399		
Glycine	_	0.065	0		1		0.091	0.363		
Proline	-	0.272	0		1		0.381	1.520		
Serine	g	0.157	0		1		0.220	0.878		
Hydroxyproline	g									
Carotenoids:										
Carotene, beta	mcg	16	0	0	4		21.911	87.489		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene	mcg									
Lutein + zeaxanthin	mca									

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Food Group: 19 Sweets

		<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>	easures of food	<u> </u>	
			0	f Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.70		2		1		0.69	0.18		
Energy	kcal	378		0	NC	4		374	95		
Energy	kj	1582				4		1566	395		
Protein (N x 6.4)	g	0.00		2		1		0.00	0.00		
Total lipid (fat)	g	0.70		2		1		0.69	0.18		
Ash	g	3.20		2		1		3.17	0.80		
Carbohydrate, by difference	g	95.40		0	NC	4		94.45	23.85		
Fiber, total dietary	g	0.0		0	FLM	4		0.0	0.0		
Sugars, total.	g										
Starch	g										
Nimovala.											
<u>Minerals:</u> Calcium, Ca	ma	2		1		4		2	1		
Iron, Fe	-	0.08		1		4		0.08	0.02		
Magnesium, Mg	-	0.08		1		4		0.08	0.02		
Phosphorus, P		752		2		1		744	188		
Potassium, K	-	8	1.932			1		8	2		
Sodium, Na	-	1332	32.979			1		1319	333		
Zine, Zn	-	0.05	02.07.0	1		4		0.05	0.01		
Copper, Cu		0.015	5	1		4		0.015	0.004		
Manganese, Mn		0.009		1		4		0.009	0.002		
Selenium, Se		0.8		0		1		0.8	0.2		
/itamins:				_							
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0		
Thiamin		0.001		1		4		0.001	0.000		
Riboflavin		0.003		1		4		0.003	0.001		
Niacin		0.001		1 1		4 4		0.001	0.000		
Pantothenic acid Vitamin B-6		0.000		1		4		0.006 0.001	0.002 0.000		
	-	0.001	L	1		4		0.001	0.000		
Folic acid		0		0	z	7		0	0		
Folate, food		0		1	-	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.01		1	110	4		0.01	0.00		
Vitamin A, IU		0		1		4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	а	0.100)	0		1		0.099	0.025		
4:0		0.000		1		1		0.000	0.000		
6:0		0.000		1		1		0.000	0.000		
8:0		0.000		1		1		0.000	0.000		
10:0	-	0.000		1		1		0.000	0.000		
12:0	_	0.000		1		1		0.000	0.000		
13:0	-										
14:0	-	0.000)	1		1		0.000	0.000		
15:0	g										
16:0		0.070)	1		1		0.069	0.018		
17:0											
18:0		0.030)	1		1		0.030	0.008		
20:0											
20.0											

	<u>A</u> 1	mount in 100 grams		rtion	Amount in edible portion of common measures of food			
			Deriv Sou	rce Confidence				
Nutrients and Units	Mean	Std. Error Points	Code Co	de Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.280	0	1	_	0.277	0.070		
14:1g								
15:1g 16:1 undifferentiatedg	0.000	1	1		0.000	0.000		
17:1g	0.000	· <u>+</u>	-	-	0.000	0.000		
18:1 undifferentiated	0.280	1	1	-	0.277	0.070		
20:1g								
22:1 undifferentiatedg								
24:1 c	0.250	0	1		0.040	0.000		
Fatty acids, total polyunsaturatedg					0.248	0.063		
18:2 undifferentiatedg	0.230		1	='	0.228	0.058		
18:3 undifferentiatedg	0.020	1	_		0.020	0.005		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated								
• • • • • • • • • • • • • • • • • • • •								
22:5 n-3g 22:6 n-3g								
Fatty acids, total trans								
Cholesterolg	0	1	4	l	0	0		
Phytosterolsmg	·	_	•	•	·	·		
Amino Acids:								
Tryptophang	0.000	0	1	-	0.000	0.000		
Threonineg	0.000	0	1	-	0.000	0.000		
Isoleucineg	0.000	0	1	-	0.000	0.000		
Leucineg	0.000	0	1	-	0.000	0.000		
Lysineg	0.000	0	1	-	0.000	0.000		
Methionineg	0.000	0	1	-	0.000	0.000		
Cystineg	0.000	0	1	-	0.000	0.000		
Phenylalanine9	0.000	0	1	-	0.000	0.000		
Tyrosineg	0.000	0	1	-	0.000	0.000		
Valineg	0.000	0	1	-	0.000	0.000		
Arginineg	0.000	0	1	-	0.000	0.000		
Histidineg	0.000	0	1	-	0.000	0.000		
Alanineg	0.000	0	1	-	0.000	0.000		
Aspartic acidg	0.000	0	1	-	0.000	0.000		
Glutamic acidg	0.000	0	1	-	0.000	0.000		
Glycineg	0.000	0	1	-	0.000	0.000		
Prolineg	0.000	0	1	-	0.000	0.000		
Serineg	0.000	0	1	-	0.000	0.000		
Hydroxyprolineg								
Others:								
Alcohol, ethylg								
Caffeine mg	0	0	z 7		0	0		
Theobrominemg	0	0	z 7	<u>' </u>	0	0		

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u>	mount in 10	ou grams	of edib	ie portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	74.16		0	RPA	1					
Energy	-	107		0	RPI	6					
Energy		449		0	RPI	6					
Protein		2.76		0	RPA	1					
Total lipid (fat)	-	1.71		0	RPA	1					
Ash		1.16		0	RPA	1					
Carbohydrate, by difference	-	20.20		0	RPI	6					
Fiber, total dietary		0.0		0	RPI	6					
Sugars, total		0.0		U	KFI	Ü					
Starch	-										
Starch	9										
Minerals:											
Calcium, Ca	-	101		0	RPI	6					
Iron, Fe	-	0.06		0	RPI	6					
Magnesium, Mg	mg	11		0	RPI	6					
Phosphorus, P		207		0	RPA	1					
Potassium, K	-	130		0	RPA	1					
Sodium, Na	-	268		0	RPA	1					
Zinc, Zn		0.33		0	RPI	6					
Copper, Cu	-	0.009		0	RPI	6					
Manganese, Mn	-	0.003	3	0	RPI	6					
Selenium, Se	mcg	2.0		0	RPA	1					
Vitamins:	ma	0.0		0	DDT	•					
Vitamin C, total ascorbic acid		0.8	,	0	RPI	6 6					
ThiaminRiboflavin	-	0.033		0	RPI RPI	6					
	-	0.137		0	RPI	6					
Niacin Pantothenic acid	-	0.072		0	RPI	6					
Vitamin B-6		0.207		0	RPI	6					
Folate, total		4	,	0	RPI	6					
Folic acid		0		0	RPI	6					
Folate, food		4		0	RPI	6					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.30		0	RPI	6					
Vitamin A, IU		170		0	RPI	6					
Vitamin A, RAE		46		0	NC	4					
Retinol		45		0	RPA	1					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		33.200)	0	RPI	6					
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.974	l	0	RPA	1					
4:0	g	0.051		0	RPA	1					
6:0	g	0.031		0	RPA	1					
8:0	g	0.017		0	RPA	1					
10:0	-	0.040		0	RPA	1					
12:0	-	0.045	5	0	RPA	1					
13:0											
14:0		0.160)	0	RPA	1					
15:0	g										
16:0	g	0.431	L	0	RPA	1					
17:0											
18:0	g	0.198	3	0	RPA	1					
20:0	-										
22:0	g										
24:0	g										

		<u>A</u> 1	mount in 100 gra		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
			Num	ıber			<u>m</u>	<u>easures 01 1000</u>	•	
			of D	ata Deriv	Source	Confidence				
Nutrients and Units	5	Mean	Std. Error Poin	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.484		0 RPA	1					
14:1	_									
15:1	-	0.000		0						
16:1 undifferentiated	-	0.036		0 RPA	1					
17:1	-	0.440		0 555	1					
18:1 undifferentiated		0.448		0 RPA 0 RPA	1					
20:1	-	0.000			1					
22:1 undifferentiated	•	0.000		0 RPA	1					
24:1 c		0 101		0 RPA	1					
Fatty acids, total polyunsaturated		0.101			1					
18:2 undifferentiated		0.075		0 RPA	1					
18:3 undifferentiated		0.027		0 RPA	1					
18:4	_	0.000		0 RPA	1					
20:2 n-6 c,c	_									
20:3 undifferentiated	-	0.000								
20:4 undifferentiated	_	0.000		0 RPA	1					
20:5 n-3	-	0.000		0 RPA	1					
22:5 n-3		0.000		0 RPA	1					
22:6 n-3		0.000		0 RPA	1					
Fatty acids, total trans	-				_					
Cholesterol		6		0 RPI	6					
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.039		0 RPA	1					
Threonine		0.125		0 RPA	1					
Isoleucine	_	0.167		0 RPA	1					
Leucine	-	0.271		0 RPA	1					
Lysine	-	0.219		0 RPA	1					
Methionine		0.070		0 RPA	1					
Cystine		0.026		0 RPA	1					
Phenylalanine		0.134		0 RPA	1					
Tyrosine		0.134		0 RPA	1					
Valine	_	0.185		0 RPA	1					
Arginine		0.100		0 RPA	1					
Histidine		0.075		0 RPA	1					
Alanine	_	0.095		0 RPA	1					
Aspartic acid		0.210		0 RPA	1					
Glutamic acid		0.579		0 RPA	1					
Glycine	-	0.058		0 RPA	1					
Proline		0.268		0 RPA	1					
Serine	-	0.150		0 RPA	1					
Hydroxyproline		0.150		0 1111	-					
11ydroxyprome	9									
Others:										
Alcohol, ethyl	g	0.0		0 RPI	6					
Caffeine	mg	0		0 RPI	6					
Theobromine	mg	0		0 RPI	6					
Carotenoids:										
Carotene, beta	mca	10		0 0	4					
, , , , , , , , , , , , , , , , , , ,	_	10			4					
Carotene, alpha										
Cryptoxanthin, beta										
LycopeneLutein + zeaxanthin										
Luiciii + zcaxanullii	<u>!!</u> !!09									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19204

Puddings, lemon, dry mix, instant, prepared with 2% milk

Food Group: 19 Sweets

NDB No. 19331 Puddings, lemon, dry mix, instant, prepared with whole milk

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
			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	73.20	0		1		107.60	429.68	
Energy	kcal	115	0	NC	4		169	675	
Energy		481			4		707	2824	
Protein	g	2.70	0		1		3.97	15.85	
Total lipid (fat)	g	2.90	0		1		4.26	17.02	
Ash	g	1.10	0		1		1.62	6.46	
Carbohydrate, by difference	g	20.10	0	NC	4		29.55	117.99	
Fiber, total dietary	g	0.0	0		4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minopole									
Minerals: Calcium, Ca	ma	99	0		1		146	581	
Iron, Fe	-	0.06	0		1		0.09	0.35	
Magnesium, Mg		11	0		1		16	65	
Phosphorus, P		205	0		1		301	1203	
Potassium, K	-	127	0		1		187	745	
Sodium, Na		267	0		1		392	1567	
Zinc, Zn	mg	0.32	0		1		0.47	1.88	
Copper, Cu	mg	0.011	. 0		1		0.016	0.065	
Manganese, Mn	<u>mg</u>	0.003			1		0.004	0.018	
Selenium, Se	mcg	1.8	0	BFZN	4		2.6	10.6	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.8	0		1		1.2	4.7	
Thiamin		0.032			1		0.047	0.188	
Riboflavin		0.135	0		1		0.198	0.792	
Niacin		0.070	0		1		0.103	0.411	
Pantothenic acid	mg	0.262	2 0		1		0.385	1.538	
Vitamin B-6	mg	0.035	0		1		0.051	0.205	
Folate, total	mcg	4	0		1		6	23	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	4	0		1		6	23	
Folate, DFE		4	0	NC	4		6	23	
Vitamin B-12		0.30	0		1		0.44	1.76	
Vitamin A, IU		105	0		1		154	616	
Vitamin A, RAE		24	0	NC	4		36	144	
Retinol		23	0	0	4		34	136	
Vitamin E (alpha-tocopherol)	=								
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		1.740			1		2.558	10.214	
4:0		0.090			1		0.132	0.528	
6:0		0.050			1		0.074	0.294	
8:0		0.030			1		0.044	0.176	
10:0		0.070			1		0.103	0.411	
12:0	-	0.080	0		1		0.118	0.470	
13:0	-	0.290	0		1		0 426	1.702	
14:0 15:0	-	0.290	, 0		_		0.426	1.702	
16:0	-	0.770	0		1		1.132	4.520	
17:0	-	0.770			1		1.132	4.520	
18:0		0.360	0		1		0.529	2.113	
20:0		2.500	v		-		0.323	2.113	
22:0	-								
24:0									

		<u>Aı</u>	mount in 100 grams		rtion	Amount in edible portion of common measures of food			
			Number			<u>m</u> :	<u> </u>		
Nutrients and	Units	Mean	of Data Std. Error Points		rce Confidence de Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura		0.850	0	1		1.250	4.990		
14:1	_								
15:1		0.070	0	1		0 102	0 411		
16:1 undifferentiated		0.070	U	1		0.103	0.411		
18:1 undifferentiated	_	0.780	0	1		1.147	4.579		
20:1		0.700	v	-		1.14/	4.379		
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •								
24:1 c	_								
Fatty acids, total polyunsaturat	_	0.150	0	1		0.221	0.881		
18:2 undifferentiated		0.100		1		0.147	0.587		
18:3 undifferentiated	•	0.050		1		0.074	0.294		
18:4			-						
20:2 n-6 c.c.									
20:3 undifferentiated	_								
20:4 undifferentiated		0.000	0	1		0.000	0.000		
20:5 n-3									
22:5 n-3									
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	11	0	1		16	65		
Phytosterols	mg	0	0	1		0	0		
Amino Acids:									
Tryptophan	а	0.036	0	1		0.053	0.211		
Threonine		0.117		1		0.172	0.687		
Isoleucine		0.158		1		0.232	0.927		
Leucine	_	0.255		1		0.375	1.497		
Lysine	_	0.207		1		0.304	1.215		
Methionine		0.065		1		0.096	0.382		
Cystine		0.024		1		0.035	0.141		
Phenylalanine		0.126		1		0.185	0.740		
Tyrosine		0.126		1		0.185	0.740		
Valine		0.174		1		0.256	1.021		
Arginine		0.094		1		0.138	0.552		
Histidine	_	0.071		1		0.104	0.417		
Alanine		0.090		1		0.132	0.528		
Aspartic acid		0.198		1		0.291	1.162		
Glutamic acid		0.545	0	1		0.801	3.199		
Glycine	_	0.055	0	1		0.081	0.323		
Proline	_	0.252	0	1		0.370	1.479		
Serine		0.141		1		0.207	0.828		
Hydroxyproline	-								
Carotenoids:									
Carotene, beta	mcg	15	0	0 4		21.962	87.698		
Carotene, alpha									
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin									

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein Fat Carbohydrate

NDB No. 19331

Puddings, lemon, dry mix, instant, prepared with whole milk

Food Group: 19 Sweets

		<u>A</u>	mount in 100 gı	rams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u>l</u>	
						e Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints Cod	e Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	=	5.20		2	1		4.42	1.09		
Energy	kcal	363		0 1	IC 4		309	76		
Energy	kj	1519			4		1291	319		
Protein (N x 6.25)		0.10		2	1		0.09	0.02		
Total lipid (fat)	g	0.50		1	4		0.43	0.11		
Ash	g	2.40		2	1		2.04	0.50		
Carbohydrate, by difference		91.80			IC 4		78.03	19.28		
Fiber, total dietary	g	0.1		0 F	LM 4		0.1	0.0		
Sugars, total	g									
Starch	g									
<u>finerals:</u>		-								
Calcium, Ca	_	5		1	4		4	1		
Iron, Fe.	-	0.17 4		1	4		0.14	0.04		
Magnesium, Mg		4 3		1	4		3 3	1 1		
Phosphorus, P		5		1	4		3 4	1		
Potassium, K		506		1	4		430	106		
Zinc, Zn		0.02		1	4		0.02	0.00		
Copper, Cu		0.024	i	1	4		0.020	0.005		
Manganese, Mn		0.025		1	4		0.021	0.005		
Selenium, Se		1.1	,	0 BF			0.9	0.2		
itamins: Vitamin C, total ascorbic acid	ma	0.0		1	4		0.0	0.0		
Thiamin	_	0.005	:	1	4		0.004	0.001		
Riboflavin		0.024		1	4		0.020	0.005		
Niacin		0.019		1	4		0.016	0.004		
Pantothenic acid		0.030		1	4		0.026	0.006		
Vitamin B-6	-	0.005		1	4		0.004	0.001		
Folate, total	_	0	•	1	4		0	0		
Folic acid		0		0 2			0	0		
Folate, food		0		1	4		0	0		
Folate, DFE		0		0 N			0	0		
Vitamin B-12		0.00		1	4		0.00	0.00		
Vitamin A, IU	IU	0		1	4		0	0		
Vitamin A, RAE		0		0 A	s 1		0	0		
Retinol		0		0 2			0	0		
Vitamin E (alpha-tocopherol)								-		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>ipids:</u>										
Fatty acids, total saturated										
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans		^		1			^	^		
CholesterolPhytosterols		0		1	4		0	0		
mino Acids:	U									
Tryptophan	g	0.000)	0	1		0.000	0.000		
Threonine		0.002		0	1		0.002	0.000		
Isoleucine		0.002		0	1		0.002	0.000		
Leucine	_	0.008		0	1		0.007	0.002		
Lysine	-	0.001		0	1		0.001	0.002		
Methionine		0.001		0	1		0.001	0.000		
	g g	0.001		0	1		0.001	0.000		

		Ame	ount in 100 grams	Amount in edible portion of common					
			Numbe	r			<u>me</u>	easures of food	
Nutrients a	and Units	Mean S	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine	g	0.003	0		1		0.003	0.001	
Tyrosine	g	0.002	0		1		0.002	0.000	
Valine	g	0.003	0		1		0.003	0.001	
Arginine	g	0.003	0		1		0.003	0.001	
Histidine	g	0.002	0		1		0.002	0.000	
Alanine	g	0.004	0		1		0.003	0.001	
Aspartic acid	g	0.004	0		1		0.003	0.001	
Glutamic acid	g	0.011	0		1		0.009	0.002	
Glycine	g	0.002	0		1		0.002	0.000	
Proline	g	0.005	0		1		0.004	0.001	
Serine	g	0.002	0		1		0.002	0.000	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g								
Caffeine	<u>mg</u>	0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19333 Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

		<u>A</u> 1	mount in 10	u grams	ot edil	oie portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u> e	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	72.90		0	RP	4					
Energy	-	113		0	RP	4					
Energy		474		0	RP	4					
Protein		0.70		0	RP	4					
Total lipid (fat)		1.32		0	RP	4					
Ash		0.43		0	RP	4					
Carbohydrate, by difference		24.64		0	RP	4					
Fiber, total dietary		0.0		0	RP	4					
Sugars, total											
Starch											
Minerals:		_		_	_	_					
Calcium, Ca	_	8		0	RP	4					
Iron, Fe.		0.18		0 0	RP	4 4					
Magnesium, Mg		2 21		0	RP RP	4					
Phosphorus, P Potassium, K	-	5		0	RP RP	4					
Sodium, Na		64		0	RP	4					
Zinc, Zn		0.16		0	RP	4					
Copper, Cu		0.014	ı	0	RP	4					
Manganese, Mn		0.007		0	RP	4					
Selenium, Se		2.1		0	RP	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4					
Thiamin		0.006	5	0	RP	4					
Riboflavin		0.028	3	0	RP	4					
Niacin	mg	0.003	3	0	RP	4					
Pantothenic acid	<u>.</u> mg	0.159	•	0	RP	4					
Vitamin B-6	mg	0.014	l	0	RP	4					
Folate, total	mcg	4		0	RP	4					
Folic acid		0		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.10		0	RP	4					
Vitamin A, IU		79		0	RP	4					
Vitamin A, RAE		23		0	NC	4					
Retinol		23		0	RP	4					
Vitamin E (alpha-tocopherol)	=										
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.390)	0	RP	4					
4:0		0.000)	0	RP	4					
6:0		0.000)	0	RP	4					
8:0	g	0.000)	0	RP	4					
10:0	g	0.000)	0	RP	4					
12:0	g	0.000)	0	RP	4					
13:0	_										
14:0	_	0.004		0	RP	4					
15:0		0.001		0	RP	4					
16:0		0.280		0	RP	4					
17:0		0.002		0	RP	4					
18:0	_	0.099		0	RP	4					
20:0	-	0.001		0	RP	4					
22:0	g	0.002	<u>?</u>)	0	RP	4					

		<u>Aı</u>	mount in 100			ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.480	1	0	RP	4					
14:1	g	0.001	•	0	RP	4					
15:1											
16:1 undifferentiated	-	0.038	1	0	RP	4					
17:1	-										
18:1 undifferentiated		0.437		0	RP	4					
20:1	•	0.004		0	RP	4					
22:1 undifferentiated	-	0.000	1	0	RP	4					
24:1 c											
Fatty acids, total polyunsaturated		0.172		0	RP	4					
18:2 undifferentiated		0.145		0	RP	4					
18:3 undifferentiated		0.004		0	RP	4					
18:4	-	0.000	1	0	RP	4					
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	-	0.018		0	RP	4					
20:5 n-3		0.000		0	RP	4					
22:5 n-3		0.000		0	RP	4					
22:6 n-3		0.005	i	0	RP	4					
Fatty acids, total trans											
Cholesterol		52		0	RP	4					
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.008	!	0	RP	4					
Threonine		0.037	,	0	RP	4					
Isoleucine		0.035	i	0	RP	4					
Leucine		0.061		0	RP	4					
Lysine		0.054	l	0	RP	4					
Methionine		0.017	,	0	RP	4					
Cystine	g	0.012	!	0	RP	4					
Phenylalanine		0.030	1	0	RP	4					
Tyrosine	g	0.031		0	RP	4					
Valine		0.038	!	0	RP	4					
Arginine		0.049	1	0	RP	4					
Histidine	_	0.018	1	0	RP	4					
Alanine		0.036	;	0	RP	4					
Aspartic acid		0.067	,	0	RP	4					
Glutamic acid	-	0.088		0	RP	4					
Glycine	-	0.021		0	RP	4					
Proline		0.029	1	0	RP	4					
Serine	-	0.059		0	RP	4					
Hydroxyproline											
Others:											
Alcohol, ethyl	q	0.0		0	RP	4					
Caffeine		0		0	RP	4					
Theobromine		0		0	RP	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

NDB No. 19708 Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

		<u>A</u>	mount in 100 gra	ms of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.20		2	1		4.42	1.09	
Energy	-	366		0 NC	4		311	77	
Energy		1531			4		1302	322	
Protein (N x 6.25)		0.10		2	1		0.09	0.02	
Total lipid (fat)		1.50		0	1		1.28	0.32	
Ash		2.40		2	1		2.04	0.50	
Carbohydrate, by difference		90.30		0 NC	4		76.76	18.96	
Fiber, total dietary		0.1		0 BFZN	4		0.1	0.0	
Sugars, total									
Starch	_								
S	5								
Minerals:									
Calcium, Ca				_	_				
Iron, Fe		0.17		1	4		0.14	0.04	
Magnesium, Mg		4		1	4		3	1	
Phosphorus, P		3		1	4		3	1	
Potassium, K	-	257		0 0	1 1		218 722	54 178	
Sodium, Na	_	849 0.02		0 1	4		0.02	0.00	
Zinc, Zn		0.02		1 1	4		0.02	0.00	
Copper, Cu		0.025		1	4		0.020	0.005	
Selenium, Se		0.025		0 RA	4		0.6	0.1	
Scientini, Sc	9	0.7			•		0.0	0.1	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0	0.0	
Thiamin		0.005		1	4		0.004	0.001	
Riboflavin		0.024	<u>l</u>	1	4		0.020	0.005	
Niacin		0.019		1	4		0.016	0.004	
Pantothenic acid		0.030		1	4		0.026	0.006	
Vitamin B-6	-	0.005		1	4		0.004	0.001	
Folate, total		0		1	4		0	0	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	0		1	4		0	0	
Folate, DFE		0		0 NC	4		0	0	
Vitamin B-12		0.00		1	4		0.00	0.00	
Vitamin A, IU		0		1	4		0	0	
Vitamin A, RAE		0 0		0 AS 0 Z	1 7		0 0	0	
Retinol		U		U Z	,		U	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
* * * * *	············								
<u>Lipids:</u>				_			_		
Fatty acids, total saturated		0.270)	0	1		0.230	0.057	
4:0									
6:0									
8:0									
10:0									
12:0									
13:0 14:0		0.000)	1	1		0.000	0.000	
		0.000	•	•	1		0.000	0.000	
15:0		0.210)	0	1		0.179	0.044	
16:0		0.210	•	•	1		0.1/9	0.044	
17:0 18:0		0.050)	0	1		0.043	0.011	
20:0		0.050	•	•	1		0.043	0.011	
22:0	_								

	<u>An</u>	nount in 100 grams Number		<u>ion</u>		edible portion c	of common
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Sourc Code Code		Measure 1	Measure 2	Measure 3
Fatty aside total management of G	0.440	0	1		0.374	0.092	
Fatty acids, total monounsaturated9 14:19	0.440	Ü	-		0.374	0.092	
15:1g 16:1 undifferentiatedg	0.010	1	1		0.009	0.002	
17:1g							
18:1 undifferentiatedg	0.440	0	1		0.374	0.092	
20:1g							
22:1 undifferentiatedg 24:1 cg							
Fatty acids, total polyunsaturated9	0.720	0	1		0.612	0.151	
18:2 undifferentiatedg	0.680	0	1		0.578	0.131	
18:3 undifferentiatedg	0.040	0	1		0.034	0.008	
18:4g					0.001	0.000	
20:2 n-6 c.cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9	_	_			_	_	
Cholesterol mg	0	1	4		0	0	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.000	0	1		0.000	0.000	
Threonineg	0.002	0	1		0.002	0.000	
Isoleucineg	0.002	0	1		0.002	0.000	
Leucineg	0.008	0	1		0.007	0.002	
Lysineg	0.001	0	1		0.001	0.000	
Methionineg	0.001	0	1		0.001	0.000	
Cystineg	0.001	0	1		0.001	0.000	
Phenylalanine9	0.003	0	1		0.003	0.001	
Tyrosine9	0.002	0	1		0.002	0.000	
Valineg	0.003	0	1		0.003	0.001	
Arginine	0.003	0	1 1		0.003	0.001	
Histidine	0.002	0	1		0.002	0.000 0.001	
Alanine	0.004 0.004	0	1		0.003 0.003	0.001	
Aspartic acid	0.004	0	1		0.003	0.001	
Glutamic acid	0.011	0	1		0.009	0.002	
Prolineg	0.002	0	1		0.002	0.000	
Serine	0.003	0	1		0.004	0.001	
Hydroxyproline	0.002	V	-		3.002	0.000	
Others:							
Alcohol, ethyl	^	^	, ,		0	^	
Caffeine mg	0	0	z 7 z 7		0	0 0	
Theobromine mg	U	0	z 7		U	U	

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	<u>ırams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u> e	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	71.60	0.100	30		1		20.30	101.67		
Energy	kcal	125		0	NC	4		35	178		
Energy	kj	523				4		148	743		
Protein (N x 6.25)		0.10	0.008	11		1		0.03	0.14		
Total lipid (fat)	g	3.00	0.068	30		1		0.85	4.26		
Ash		0.30	0.022	29		1		0.09	0.43		
Carbohydrate, by difference		25.00		0	NC	4		7.09	35.50		
Fiber, total dietary		0.1		0	FLM	4		0.0	0.1		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	2		1		1		1	3		
Iron, Fe		0.07		1		4		0.02	0.10		
Magnesium, Mg	mg	1		1		1		0	1		
Phosphorus, P		5		1		1		1	7		
Potassium, K		1		1		1		0	1		
Sodium, Na		140		1		1		40	199		
Zinc, Zn	-	0.03		1		4		0.01	0.04		
Copper, Cu		0.015		1 1		4 4		0.004 0.002	0.021 0.011		
Manganese, Mn		1.8	3	0	BFZN	4		0.002	2.6		
Selenium, Se	Illog	1.0		U	DF ZN	4		0.5	2.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.1		1		4		0.0	0.1		
Thiamin		0.000		1		4		0.000	0.000		
Riboflavin		0.004		1		4		0.001	0.006		
Niacin		0.002		1		4		0.001	0.003		
Pantothenic acid	-	0.006		1		4		0.002	0.009		
Vitamin B-6	-	0.000)	1		4		0.000	0.000		
Folate, total		0 0		1 0	z	4 7		0 0	0 0		
Folic acidFolate, food		0		1	2	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		1	NC	4		0.00	0.00		
Vitamin A, IU	IU	0		1		4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.450)	0		1		0.128	0.639		
4:0	g										
6:0	g										
8:0	g										
10:0											
12:0											
13:0								0.000	2 222		
14:0		0.000	,	1		1		0.000	0.000		
15:0		0.300	•	1		1		0.005	0.400		
16:0		0.300	,	1		1		0.085	0.426		
17:0 18:0	-	0.150	1	1		1		0.043	0.213		
20:0	-	0.130	•	_		-		0.043	0.213		
22:0	-										
24:0	-										

	<u>A</u>	mount in 100 gra	ms of ed	ible portio	<u>on</u>	Amount in edible portion of common			
		Num			Confidence		easures of food		
Nutrients and Units	Mean	Std. Error Poin			Confidence	Measure 1	Measure 2	Measure 3	
Esta eside total management d	1.300)	1		0.369	1.846		
Fatty acids, total monounsaturatedg 14:1g	1.300	'	,	1		0.369	1.846		
15:1g									
16:1 undifferentiated	0.010)	L	1		0.003	0.014		
17:1g									
18:1 undifferentiatedg	1.280)	L	1		0.363	1.818		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated9	1.140))	1		0.323	1.619		
18:2 undifferentiatedg	1.060)	L	1		0.301	1.505		
18:3 undifferentiatedg	0.080)	L	1		0.023	0.114		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	0	:	L	4		0	0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.000)	1		0.000	0.000		
Threonineg	0.002)	1		0.001	0.003		
Isoleucineg	0.003)	1		0.001	0.004		
Leucineg	0.009)	1		0.003	0.013		
Lysineg	0.002)	1		0.001	0.003		
Methionineg	0.001)	1		0.000	0.001		
Cystineg	0.002)	1		0.001	0.003		
Phenylalanineg	0.004)	1		0.001	0.006		
Tyrosineg	0.003)	1		0.001	0.004		
Valineg	0.004)	1		0.001	0.006		
Arginineg	0.004)	1		0.001	0.006		
Histidineg	0.002)	1		0.001	0.003		
Alanineg	0.005)	1		0.001	0.007		
Aspartic acidg	0.005)	1		0.001	0.007		
Glutamic acidg	0.014)	1		0.004	0.020		
Glycineg	0.002)	1		0.001	0.003		
Prolineg	0.007)	1		0.002	0.010		
Serineg	0.003)	1		0.001	0.004		
Hydroxyprolineg									
Others:									
Alcohol, ethyl	^			-		0	•		
Caffeine mg	0) Z	7		0	0 0		
Theobrominemg	U) Z	7		U	U		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Calories Factors: Protein 3.4 Fat 8.8 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Aı</u>	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	,				easures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	4.80		1		4		5.09	1.30		
Energy	kcal	376		0		4		399	102		
Energy		1573				4		1668	425		
Protein (N x 6)		2.70		1		4		2.86	0.73		
Total lipid (fat)		0.10		1		4		0.11	0.03		
Ash		1.10		1		4		1.17	0.30		
Carbohydrate, by difference		91.20		0	NC	4		96.67	24.62		
Fiber, total dietary		0.7		0	FLM	4		0.7	0.2		
Sugars, total						_			V		
Starch											
Staten	9										
Minerals:											
Calcium, Ca	mg	14		1		4		15	4		
Iron, Fe	mg	1.79		1		4		1.90	0.48		
Magnesium, Mg	mg	8		1		4		8	2		
Phosphorus, P	mg	39		1		4		41	11		
Potassium, K	mg	5		1		4		5	1		
Sodium, Na	mg	366		1		4		388	99		
Zinc, Zn	mg	0.31		1		1		0.33	0.08		
Copper, Cu	mg	0.062		1		4		0.066	0.017		
Manganese, Mn		0.300		1		4		0.318	0.081		
Selenium, Se	mcg	0.5		0	FLM	4		0.5	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0		
Thiamin	-	0.248		1		4		0.263	0.067		
Riboflavin	-	0.012		1		4		0.013	0.003		
Niacin	-	2.013		1		4		2.134	0.544		
Pantothenic acid		0.108		1		4		0.114	0.029		
Vitamin B-6		0.013		1		4		0.014	0.004		
Folate, total		1		1		4		1	0.004		
Folic acid		0		0	z	7		0	0		
Folate, food		1		1	_	4		1	0		
Folate, DFE		1		0	NC	4		1	Ö		
Vitamin B-12		0.00		1	110	4		0.00	0.00		
Vitamin A, IU		0		1		4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol	mca_rvvc	Ö		0	Z	7		0	Ö		
Vitamin E (alpha-tocopherol)		Ū		Ū		,		Ü	O .		
m 1 11 .											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	a										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		1		4		0	0		
Phytosterols		Ū		-		-		J	•		

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 = 106g: 1 package

NDB No. 19194 Puddings, rice, dry mix

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100 g	grams	ot edik	oie portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u>	easures of food	<u> </u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	73.43		0	RP	4					
Energy	_	111		0	RP	4					
Energy		465		0	RP	4					
		3.29		0	RP	4					
Protein		1.63		0	RP	4					
Total lipid (fat)		0.82		0	RP	4					
Ash											
Carbohydrate, by difference		20.81		0	RP	4					
Fiber, total dietary		0.1		0	RP	4					
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	ma	105		0	RP	4					
Iron, Fe	_	0.37		0	RP	4					
Magnesium, Mg		13		0	RP	4					
Phosphorus, P		87		0	RP	4					
Potassium, K	_	130		0	RP	4					
Sodium, Na		109		0	RP	4					
Zinc, Zn	-	0.38		0	RP	4					
Copper, Cu		0.018	2	0	RP	4					
Manganese, Mn		0.010		0	RP	4					
Selenium, Se		1.9	•	0	RP	4					
Selemum, Se	1110g	1.5		Ū	KE	-					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4					
Thiamin	mg	0.075	5	0	RP	4					
Riboflavin	mg	0.141	L	0	RP	4					
Niacin	mg	0.443	3	0	RP	4					
Pantothenic acid	mg	0.288	3	0	RP	4					
Vitamin B-6	mg	0.035	5	0	RP	4					
Folate, total	mcg	4		0	RP	4					
Folic acid		0		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.24		0	RP	4					
Vitamin A, IU		172		0	RP	4					
Vitamin A, RAE		46		0	NC	4					
Retinol		45		0	RP	4					
Vitamin E (alpha-tocopherol)				-		_					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		33.536	5	0	RP	4					
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.967	7	0	RP	4					
4:0	g	0.052		0	RP	4					
6:0	-	0.031		0	RP	4					
8:0	_	0.018		0	RP	4					
10:0		0.040		0	RP	4					
12:0	g	0.045	5	0	RP	4					
13:0	g										
14:0	g	0.162	2	0	RP	4					
15:0	g										
16:0		0.423	3	0	RP	4					
17:0	g										
18:0		0.195	5	0	RP	4					
20:0											
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Units	•	wean	Siu. Error	Tomics	Oode	Oode	Oode	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.441		0	RP	4				
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.036		0	RP	4				
17:1	-	0.405		•	D.D.					
18:1 undifferentiated	-	0.405		0	RP	4 4				
20:1		0.000		0	RP	_				
22:1 undifferentiated	-	0.000		0	RP	4				
24:1 c		0.000		0						
Fatty acids, total polyunsaturated		0.060			RP	4				
18:2 undifferentiated		0.036		0	RP	4				
18:3 undifferentiated		0.023		0 0	RP	4 4				
18:4	-	0.000		0	RP	4				
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		•	D.D.					
20:4 undifferentiated		0.000		0	RP	4 4				
20:5 n-3	-	0.000		0	RP	_				
22:5 n-3	-	0.000		0 0	RP	4				
22:6 n-3		0.000		U	RP	4				
Fatty acids, total trans				0						
Cholesterol		6		U	RP	4				
Phytosterols	IIIY									
Amino Acids:										
Tryptophan	g	0.039		0	RP	4				
Threonine		0.126		0	RP	4				
Isoleucine	g	0.169		0	RP	4				
Leucine	-	0.273		0	RP	4				
Lysine	g	0.221		0	RP	4				
Methionine		0.070		0	RP	4				
Cystine	g	0.026		0	RP	4				
Phenylalanine		0.135		0	RP	4				
Tyrosine		0.135		0	RP	4				
Valine	g	0.187		0	RP	4				
Arginine	g	0.101		0	RP	4				
Histidine		0.075		0	RP	4				
Alanine	-	0.096		0	RP	4				
Aspartic acid		0.212		0	RP	4				
Glutamic acid		0.584		0	RP	4				
Glycine	-	0.059		0	RP	4				
Proline		0.271		0	RP	4				
Serine	-	0.152		0	RP	4				
Hydroxyproline										
	-									
Others:				_		_				
Alcohol, ethyl		0.0		0	RP	4				
Caffeine	_	0		0	RP	4				
Theobromine	mg	0		0	RP	4				
Carotenoids:										
Carotene, beta	mcg	10		0	0	4				
Carotene, alpha										
Cryptoxanthin, beta	-									
Lycopene										
Lutein + zeaxanthin										

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19208

Puddings, rice, dry mix, prepared with 2% milk

Food Group: 19 Sweets

		<u>A</u> :	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	72.42		0	RP	4					
Energy	kcal	121		0	RP	4					
Energy	kj	507		0	RP	4					
Protein	g	3.25		0	RP	4					
Total lipid (fat)	g	2.82		0	RP	4					
Ash	g	0.81		0	RP	4					
Carbohydrate, by difference	g	20.68		0	RP	4					
Fiber, total dietary	g	0.1		0	RP	4					
Sugars, total	g										
Starch											
<u>Minerals:</u>						_					
Calcium, Ca		103		0	RP	4					
Iron, Fe	_	0.37		0	RP	4					
Magnesium, Mg		13		0	RP	4					
Phosphorus, P	-	85		0	RP	4					
Potassium, K	-	128		0	RP	4					
Sodium, Na	_	108		0	RP	4					
Zinc, Zn		0.38		0	RP	4					
Copper, Cu		0.020		0	RP	4					
Manganese, Mn		0.059)	0	RP	4					
Selenium, Se	mcg	1.8		0	RP	4					
itamins:											
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4					
Thiamin	_	0.074	ļ	0	RP	4					
Riboflavin	_	0.138		0	RP	4					
Niacin		0.441		0	RP	4					
Pantothenic acid		0.283		0	RP	4					
Vitamin B-6	-	0.034		0	RP	4					
Folate, total	-	4		0	RP	4					
Folic acid		0		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.24		0	RP	4					
Vitamin A, IU		115		0	0	4					
Vitamin A, RAE		29		0	NC	4					
Retinol		28		0	RP	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		33.526	5	0	RP	4					
Vitamin K (phylloquinone)											
<u> ipids:</u>											
Fatty acids, total saturated		1.682		0	RP	4					
4:0	-	0.091		0	RP	4					
6:0	-	0.054		0	RP	4					
8:0	-	0.031		0	RP	4					
10:0	-	0.070		0	RP	4					
12:0	-	0.079	,	0	RP	4					
13:0		<u>.</u>		_	_	_					
14:0		0.282	!	0	RP	4					
15:0		0 ===	•	_							
16:0		0.737	,	0	RP	4					
17:0		0.000		_							
18:0		0.339	,	0	RP	4					
20:0	-										
22:0	a										

	<u>Aı</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			umber		0	0 5 - 1	<u> </u>	easures or roou		
Nutrients and Units	Mean	Std. Error P			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.767		0	RP	4					
15:1g										
16:1 undifferentiatedg	0.063		0	RP	4					
17:1g										
18:1 undifferentiatedg	0.704		0	RP	4					
20:1g	0.000		0	RP	4					
22:1 undifferentiatedg	0.000		0	RP	4					
24:1 cg			_		_					
Fatty acids, total polyunsaturatedg	0.104		0	RP	4					
18:2 undifferentiated	0.063		0	RP	4					
18:3 undifferentiated	0.041		0	RP RP	4 4					
18:4g	0.000		U	RP	4					
20:2 n-6 c,cg 20:3 undifferentiatedg										
20:4 undifferentiated	0.000		0	RP	4					
20:5 n-3g	0.000		0	RP	4					
20.5 n-3	0.000		0	RP	4					
22:6 n-3g	0.000		0	RP	4					
Fatty acids, total trans	0.000		·		-					
Cholesterolmg	11		0	RP	4					
Phytosterols mg	0		0	RP	4					
-										
Amino Acids:										
Tryptophang	0.039		0	RP	4					
Threonineg	0.125		0	RP	4					
Isoleucineg	0.167		0	RP	4					
Leucineg	0.270		0	RP	4					
Lysine	0.219		0	RP	4					
Methionine	0.070		0	RP	4					
Cystine	0.025		0	RP	4 4					
Phenylalanine	0.133		0	RP	4					
Tyrosine	0.133 0.184		0	RP RP	4					
Valine			0	RP	4					
Arginine	0.100 0.075		0	RP	4					
Alanineg	0.075		0	RP	4					
Aspartic acid	0.093		0	RP	4					
Glutamic acid	0.577		0	RP	4					
Glycine	0.059		0	RP	4					
Proline 9	0.267		0	RP	4					
Serine	0.150		0	RP	4					
Hydroxyproline	0.200		•		-					
Others:										
Alcohol, ethylg	0.0		0	RP	4					
Caffeinemg	0		0	RP	4					
Theobromine mg	0		0	RP	4					
Carotenoids:										
Carotene, betamcg	15		0	0	4					
Carotene, alphamcg										
Cryptoxanthin, betamcg										
Lycopenemcg										
Lutein + zeaxanthin mcg										

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19195

Puddings, rice, dry mix, prepared with whole milk

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	rams	of ear	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	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
)											
Proximates: Water	a	67.90	0.296	16		1		19.25	96.42		
Energy	_	163		0	NC	4		46	231		
Energy		682				4		193	968		
Protein (N x 6.3)	=	2.00	0.021	15		1		0.57	2.84		
Total lipid (fat)		7.50	0.069	15		1		2.13	10.65		
Ash		0.60	0.007	15		1		0.17	0.85		
Carbohydrate, by difference		22.00		0	NC	4		6.24	31.24		
Fiber, total dietary		0.1		0		4		0.0	0.1		
Sugars, total									**-		
Starch	_										
<u>Minerals:</u>									_		
Calcium, Ca		52	1.429	15		1		15	74		
Iron, Fe	-	0.30		1		4		0.09	0.43		
Magnesium, Mg		8		1		4		2	11		
Phosphorus, P	-	68		1		4		19	97		
Potassium, K		60 85		1 1		4 4		17 24	85 121		
Sodium, Na	-	85 0.49		1		4 1		0.14	121 0.70		
Zinc, Zn Copper, Cu		0.49	,	1		4		0.14	0.031		
Manganese, Mn		0.022		1		1		0.036	0.179		
Selenium, Se		2.2	,	0	FLA	4		0.6	3.1		
Scientini, Sc	9			·		-		0.0	3.1		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.5		1		4		0.1	0.7		
Thiamin		0.018	0.001	15		1		0.005	0.026		
Riboflavin	mg	0.072	0.002	15		1		0.020	0.102		
Niacin	-	0.161		14		1		0.046	0.229		
Pantothenic acid		0.232		1		4		0.066	0.329		
Vitamin B-6	-	0.029)	1		4		0.008	0.041		
Folate, total		3		1		4		1	4		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	3		1		4		1	4		
Folate, DFE		3		0	NC	4		1	4		
Vitamin B-12		0.21		1	_	4		0.06	0.30		
Vitamin A, IU		85		0	0	4		24	121		
Vitamin A, RAE		25		0	NC O	4 4		7 7	36		
Retinol		25		U	U	4		,	36		
Vitamin E (alpha-tocopherol)											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
<u> Lipids:</u>	_			•		_		0 000			
Fatty acids, total saturated		1.170		0 1		1 1		0.332	1.661		
4:0		0.000		1		1		0.000	0.000		
6:0		0.000		1		1		0.000	0.000		
8:0		0.000		1		1		0.000	0.000		
10:0 12:0	_	0.000		1		1		0.000 0.000	0.000 0.000		
13:0	-	0.000	•	-		1		0.000	0.000		
14:0	-	0.020)	1		1		0.006	0.028		
15:0		0.020	•	-		-		0.006	0.026		
16:0	_	0.760)	1		1		0.215	1.079		
17:0		0.760	•	-		1		0.213	1.079		
18:0		0.380)	1		1		0.108	0.540		
20:0		0.500	•	-		-		3.100	0.540		

Nutrients and Units Mean Std. Error Points Code	Amount in 100 grams of edible portion								
Nutrients and Units Mean Std. Error Points Code			edible portion of easures of food						
14:1	Source Confidence Code Code	Measure 1	Measure 2	Measure 3					
14:1	1	0.910	4.558						
16:1 undifferentiated	-	0.310	4.555						
18:1 undifferentiated 9 3.170 1 20:1 9 22:1 undifferentiated 9 24:1 c 9 2.790 0 Fatty acids, total polyunsaturated 9 2.590 1 18:2 undifferentiated 9 0.190 1 18:3 undifferentiated 9 0.190 1 18:4 9 9 20:3 undifferentiated 9 20:3 undifferentiated 9 9 20:4 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 9 20:5 n-3 9 22:5 n-3 9 22:5 n-3 9 22:6 n-3 9 1	1	0.009	0.043						
22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 2.790 0 18:2 undifferentiated 9 0.190 1 18:3 undifferentiated 9 0.190 1 18:4 9 9 9 20:2 n-6 c,c 9 9 9 20:3 undifferentiated 9 9 9 20:5 n-3 9 9 9 22:5 n-3 9 9 9 22:6 n-3 9 9 1 Phytosterols mg 1 1 Phytosterols mg 1 1 Phytosterols mg 1 1 Trytophan 9 0.026 0 Threonine 9 0.084 0 Isoleucine 9 0.112 0 Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.048 0 <	1	0.899	4.501						
Fatty acids, total polyunsaturated									
18:3 undifferentiated 9 0.190 1 18:4 9 9 9 20:2 n-6 c,c 9 9 9 20:3 undifferentiated 9 9 9 20:5 n-3 9 22:5 n-3 9 22:5 n-3 9 9 0 Cholesterol mg 1 1 Phytosterols mg Amino Acids: Tryptophan 9 0.026 0 Threonine 9 0.084 0 Isolaucine 9 0.112 0 Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.094 0 Tyrosine 9 0.094 0 Tyrosine 9 0.094 0 Tyrosine 9 </td <td>1</td> <td>0.791</td> <td>3.962</td> <td></td>	1	0.791	3.962						
20:2 n-6 c,c. 9 20:3 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg 1 Phytosterols mg Tryptophan 9 0.026 0 Threonine 9 0.084 0 Isoleucine 9 0.112 0 Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.091 0 Arginine 9 0.051 0 Histidine 9 0.051 0 Aspartic acid 9 0.072 0 Aspartic acid 9 0.072 0 Aspirice 9 0.046 0 <	1 1	0.734 0.054	3.678 0.270						
20:3 undifferentiated .9 20:4 undifferentiated .9 20:5 n-3 .9 22:5 n-3 .9 22:6 n-3 .9 Fatty acids, total trans .9 Cholesterol .mg 1 Phytosterols .mg Amino Acids: Tryptophan .g 0 .026 0 Threonine .g 0 .084 0 Isoleucine .g 0 .112 0 Leucine .g 0 .186 0 Lysine .g 0 .142 0 Methionine .g 0 .048 0 Cystine .g 0 .019 0 Phenylalanine .g 0 .094 0 Tyrosine .g 0 .091 0 Valine .g 0 .127 0 Arginine .g 0 .051 0 Histidine .g 0 .051 0 Alanine .g 0 .072 0 Aspartic acid .g 0 .046 0									
20:5 n-3 g 22:6 n-3 g 22:6 n-3 g Fatty acids, total trans g Cholesterol mg 1 1 Phytosterols mg Amino Acids: Tryptophan g 0.026 0 Threonine g 0.084 0 Isoleucine g 0.112 0 Leucine g 0.186 0 Lysine g 0.142 0 Methionine g 0.048 0 Cystine g 0.019 0 Phenylalanine g 0.094 0 Tyrosine g 0.091 0 Valine g 0.127 0 Arginine g 0.080 0 Histidine g 0.051 0 Alanine g 0.072 0 Aspartic acid g 0.150 0 Glivcine g 0.046 0 Proline g 0.176									
22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg 1 Phytosterols mg Amino Acids: Tryptophan 9 0.026 0 Threonine 9 0.084 0 Isoleucine 9 0.112 0 Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.091 0 Valine 9 0.080 0 Histidine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glivamic acid 9 0.046 0 Proline 9 0.176 0									
Cholesterol. mg 1 1 Phytosterols. mg Amino Acids: Tryptophan. 9 0.026 0 Threonine. 9 0.084 0 Isoleucine. 9 0.112 0 Leucine. 9 0.186 0 Lysine. 9 0.142 0 Methionine. 9 0.048 0 Cystine. 9 0.019 0 Phenylalanine. 9 0.019 0 Phenylalanine. 9 0.094 0 Tyrosine. 9 0.091 0 Valine. 9 0.127 0 Arginine. 9 0.127 0 Alanine. 9 0.051 0 Alanine. 9 0.072 0 Aspartic acid. 9 0.150 0 Glycine. 9 0.046 0 Proline. 9									
Amino Acids: Tryptophan. g 0.026 0 Threonine. g 0.084 0 Isoleucine. g 0.112 0 Leucine. g 0.186 0 Lysine. g 0.142 0 Methionine. g 0.048 0 Cystine. g 0.019 0 Phenylalanine. g 0.094 0 Tyrosine. g 0.091 0 Valine. g 0.127 0 Arginine. g 0.127 0 Histidine. g 0.051 0 Alanine. g 0.072 0 Aspartic acid. g 0.150 0 Glutamic acid. g 0.399 0 Glycine. g 0.046 0 Proline. g 0.176 0 Serine. g 0.104 0	4	0	1						
Threonine 9 0.084 0 Isoleucine 9 0.112 0 Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.127 0 Arginine 9 0.127 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0									
Isoleucine 9 0.112 0 Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.127 0 Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.007	0.037						
Leucine 9 0.186 0 Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.127 0 Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.024	0.119						
Lysine 9 0.142 0 Methionine 9 0.048 0 Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.127 0 Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.032	0.159						
Methionine g 0.048 0 Cystine g 0.019 0 Phenylalanine g 0.094 0 Tyrosine g 0.091 0 Valine g 0.127 0 Arginine g 0.080 0 Histidine g 0.051 0 Alanine g 0.072 0 Aspartic acid g 0.150 0 Glutamic acid g 0.399 0 Glycine g 0.046 0 Proline g 0.176 0 Serine g 0.104 0	1	0.053	0.264						
Cystine 9 0.019 0 Phenylalanine 9 0.094 0 Tyrosine 9 0.091 0 Valine 9 0.127 0 Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.040	0.202						
Phenylalanine. 9 0.094 0 Tyrosine. 9 0.091 0 Valine. 9 0.127 0 Arginine. 9 0.080 0 Histidine. 9 0.051 0 Alanine. 9 0.072 0 Aspartic acid. 9 0.150 0 Glutamic acid. 9 0.399 0 Glycine. 9 0.046 0 Proline. 9 0.176 0 Serine. 9 0.104 0	1	0.014	0.068						
Tyrosine 9 0.091 0 Valine 9 0.127 0 Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.005	0.027						
Valine 9 0.127 0 Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.027	0.133						
Arginine 9 0.080 0 Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.026	0.129						
Histidine 9 0.051 0 Alanine 9 0.072 0 Aspartic acid 9 0.150 0 Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.036	0.180						
Alanine g 0.072 0 Aspartic acid g 0.150 0 Glutamic acid g 0.399 0 Glycine g 0.046 0 Proline g 0.176 0 Serine g 0.104 0	1	0.023	0.114						
Aspartic acid. 9 0.150 0 Glutamic acid. 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.014	0.072						
Glutamic acid 9 0.399 0 Glycine 9 0.046 0 Proline 9 0.176 0 Serine 9 0.104 0	1	0.020	0.102						
Glycine g 0.046 0 Proline g 0.176 0 Serine g 0.104 0	1	0.043	0.213						
Proline 9 0.176 0 Serine 9 0.104 0	1	0.113	0.567						
Serineg 0.104 0	1	0.013	0.065						
	1	0.050	0.250						
	1	0.029	0.148						
Hydroxyproline									
Carotenoids: Carotene, beta	4	0.000	0.000						
Carotene, alphamcg	•	0.000	3.000						
Cryptoxanthin, betamcg									
Lycopenemcg									
Lutein + zeaxanthinmcg									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 142g: 1 can (5 oz)

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 4

NDB No. 19193

Puddings, rice, ready-to-eat

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		Amount in edible portion of common			
			N	umbei	•			<u>m</u> e	easures of food	_		
			0	f Data	Deriv	Source	Confidence					
Nutrients and Units	3	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	4.00	0.043	6		1		3.68	0.92			
Energy	kcal	369		0		4		339	85			
Energy		1544				4		1420	355			
Protein (N x 6.25)	g	0.10		0		4		0.09	0.02			
Total lipid (fat)		0.10		0		4		0.09	0.02			
Ash		1.40	0.040	6		1		1.29	0.32			
Carbohydrate, by difference		94.30		0	NC	4		86.76	21.69			
Fiber, total dietary		0.2		0	FLM	4		0.2	0.0			
Sugars, total		65.00		0	LC	8		59.80	14.95			
Starch		55.55		•	0	•		05.00	14.55			
Starcii	9											
Minerals:												
Calcium, Ca	mg	4		0		4		4	1			
Iron, Fe	mg	0.12		0		4		0.11	0.03			
Magnesium, Mg		2		0		4		2	0			
Phosphorus, P	mg	4		0		4		4	1			
Potassium, K	mg	5		0		4		5	1			
Sodium, Na	mg	477		0		4		439	110			
Zinc, Zn	mg	0.08		0		4		0.07	0.02			
Copper, Cu	_. mg	0.029)	0		4		0.027	0.007			
Manganese, Mn	mg	0.033	3	0		4		0.030	0.008			
Selenium, Se	mcg	0.9		0	FLM	4		0.8	0.2			
Vitamins:												
	ma	0.0		0		4		0.0	0.0			
Vitamin C, total ascorbic acid	-	0.001		0		4		0.001	0.00			
ThiaminRiboflavin		0.001		0		4		0.001	0.000			
	-	0.004		0		4		0.004	0.001			
Niacin Pantothenic acid	-	0.004		0		4		0.004	0.001			
Vitamin B-6	-	0.013		0	FLM	4		0.014	0.003			
		0.001	-	0	E TWI	4		0.001	0.000			
Foliate, total		0		0	z	7		0	0			
		0		0	2	4		0	0			
Folate, foodFolate, DFE		0		0	NC	4		0	0			
Vitamin B-12		0.00		0	NC	4		0.00	0.00			
Vitamin B-12 Vitamin A, IU		0.00		0		4		0.00	0.00			
		0		0	7.0	-		0	0			
Vitamin A, RAERetinol		0		0	AS Z	1 7		0	0			
		U		U	4	,		U	U			
Vitamin E (alpha-tocopherol)	-											
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta Vitamin D												
Vitamin K (phylloquinone)												
ramm K (phynoquinone)	y											
<u>Lipids:</u>												
Fatty acids, total saturated	g											
Fatty acids, total monounsaturated	g											
Fatty acids, total polyunsaturated	g											
Fatty acids, total trans												
Cholesterol	mg	0		0		4		0	0			
Phytosterols	_. mg											
Amino Acids:												
Tryptophan	а	0.002	•	0		1		0.002	0.000			
Threonine		0.002		0		1		0.002	0.000			
Isoleucine		0.004		0		1		0.004	0.001			
Leucine	-	0.009		0		1		0.004	0.001			
Lysine	_	0.003		0		1		0.004	0.002			
Methionine		0.004		0		1		0.004	0.001			
	•	0.002		0		1		0.002				
Cystine	9	0.003	•	U		1		0.003	0.001			

	Amount i	n 100 grams of e	dible portion	Amount in	Amount in edible portion of common			
Nutrients and Units	Mean Std. E	Number of Data Dei rror Points Cod	riv Source Confide de Code Cod	ence	Measure 2	Measure 3		
Phenylalanine	0.004	0	1	0.004	0.001			
Tyrosineg	0.003	0	1	0.003	0.001			
Valineg	0.005	0	1	0.005	0.001			
Arginineg	0.012	0	1	0.011	0.003			
Histidineg	0.003	0	1	0.003	0.001			
Alanineg	0.006	0	1	0.006	0.001			
Aspartic acidg	0.009	0	1	0.008	0.002			
Glutamic acidg	0.024	0	1	0.022	0.006			
Glycineg	0.004	0	1	0.004	0.001			
Prolineg	0.007	0	1	0.006	0.002			
Serineg	0.004	0	1	0.004	0.001			
Hydroxyprolineg								

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

Nutrients and Units Proximates: Water. Energy. Energy. Protein. Total lipid (fat).		Mean	Std. Error	Number of Data		Source	Confidence	<u>m</u>	easures of food	<u> </u>
Proximates: Water		Mean	Std. Error		Deriv	Source	Confidence			
Proximates: Water		Weari	Stu. Liitii	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Water	g			. 0				Weasure i	Measure 2	Weasure
EnergyProtein	9	== 04		•						
Energy		75.01		0	RP	4				
Protein		105		0	RP	4				
	kj	438		0	RP	4				
Total lipid (fat)	-	2.88		0	RP	4				
()	g	1.67		0	RP	4				
Ash	g	0.87		0	RP	4				
Carbohydrate, by difference	g	19.56		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch	g									
	_									
<u>Minerals:</u>										
Calcium, Ca		105		0	RP	4				
Iron, Fe	-	0.06		0	RP	4				
Magnesium, Mg		12		0	RP	4				
Phosphorus, P	mg	82		0	RP	4				
Potassium, K	-	133		0	RP	4				
Sodium, Na	-	121		0	RP	4				
Zinc, Zn		0.35		0	RP	4				
Copper, Cu	mg	0.012	<u>!</u>	0	RP	4				
Manganese, Mn	mg	0.007	,	0	RP	4				
Selenium, Se	mcg	2.0		0	RP	4				
itamins:										
		0.7		0						
Vitamin C, total ascorbic acid	-	0.7			RP	4				
Thiamin	-	0.030		0	RP	4				
Riboflavin		0.143		-	RP	4				
Niacin	-	0.075		0	RP	4				
Pantothenic acid	-	0.277		0	RP	4				
Vitamin B-6	-	0.033	3	0	RP	4				
Folate, total		4		0	RP	4				
Folic acid		0		0	RP	4				
Folate, food		4		0	RP	4				
Folate, DFE		4		0	NC	4				
Vitamin B-12		0.25		0	RP	4				
Vitamin A, IU		160		0	0	4				
Vitamin A, RAE		47		0	NC	4				
Retinol		46		0	RP	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		34.373	3	0	RP	4				
Vitamin K (phylloquinone)	mcg									
ipids:										
	a	0 001		0	D.D.	4				
Fatty acids, total saturated		0.991		0	RP RP	4				
4:0		0.053		•		4				
6:0	-	0.032		0	RP	4				
8:0	-	0.018		0	RP	4				
10:0	-	0.041		0	RP	4				
12:0	-	0.046	•	0	RP	4				
13:0			_	_		_				
14:0		0.166	•	0	RP	4				
15:0				_		_				
16:0		0.434	l .	0	RP	4				
17:0										
18:0		0.200)	0	RP	4				
20:0	-									
22:0	g									

	<u>Ar</u>	nount in 100 gram	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Training and onto		Otal Ello				mododio i		ououro o
Fatty acids, total monounsaturatedg	0.452	0	RP	4				
14:1g		_		_				
15:1g								
16:1 undifferentiatedg	0.037	0	RP	4				
17:19	0.445							
18:1 undifferentiated	0.415		RP	4				
20:1g	0.000		RP	4				
22:1 undifferentiatedg	0.000	0	RP	4				
24:1 cg								
Fatty acids, total polyunsaturated9	0.061		RP	4				
18:2 undifferentiated	0.037		RP	4				
18:3 undifferentiatedg	0.024		RP	4				
18:4g	0.000	0	RP	4				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.000		RP	4				
20:5 n-3g	0.000		RP	4				
22:5 n-3g	0.000		RP	4				
22:6 n-3g	0.000	0	RP	4				
Fatty acids, total trans								
Cholesterol mg		0	RP	4				
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.041	0	RP	4				
Threonineg	0.130	0	RP	4				
Isoleucineg	0.173		RP	4				
Leucineg	0.282	0	RP	4				
Lysineg	0.228	0	RP	4				
Methionine	0.073	0	RP	4				
Cystineg	0.027	0	RP	4				
Phenylalanine	0.139		RP	4				
Tyrosineg	0.139	0	RP	4				
Valine 9	0.192	0	RP	4				
Arginineg	0.106	0	RP	4				
Histidine	0.078		RP	4				
Alanine	0.100		RP	4				
Aspartic acid	0.219		RP	4				
Glutamic acid	0.603		RP	4				
Glycine	0.061		RP	4				
Prolineg	0.279		RP	4				
Serineg	0.156		RP	4				
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	RP	4				
Caffeine mg	0	0	RP	4				
Theobromine mg	0	0	RP	4				
Carotenoids:								
Carotene, betamcg	10	0	0	4				
Carotene, alphamcg		v	•	-				
Cryptoxanthin, beta mcg								
Lycopene mcg								
-,r · · · · · · · · ·								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19209

Puddings, tapioca, dry mix, prepared with 2% milk

Food Group: 19 Sweets

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number					measures of food					
				of Data	Deriv	Source	Confidence					
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
D												
Proximates: Water	a	73.97		0	RP	4						
Energy	_	115		0	RP	4						
Energy		481		0	RP	4						
Protein		2.84		0	RP	4						
Total lipid (fat)		2.89		0	RP	4						
Ash		0.85		0	RP	4						
Carbohydrate, by difference		19.43		0	RP	4						
Fiber, total dietary		0.0		0	RP	4						
Sugars, total		0.0		Ū		•						
Starch												
Starcii	9											
Minerals:												
Calcium, Ca	mg	103		0	RP	4						
Iron, Fe		0.06		0	RP	4						
Magnesium, Mg		12		0	RP	4						
Phosphorus, P	-	81		0	RP	4						
Potassium, K		131		0	RP	4						
Sodium, Na	_	120		0	RP	4						
Zinc, Zn		0.34		0	RP	4						
Copper, Cu		0.013		0	RP	4						
Manganese, Mn		0.009	,	0 0	RP	4 4						
Selenium, Se	Ilicy	1.9		U	RP	4						
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.7		0	RP	4						
Thiamin	mg	0.030)	0	RP	4						
Riboflavin		0.140)	0	RP	4						
Niacin		0.073	3	0	RP	4						
Pantothenic acid	mg	0.272	2	0	RP	4						
Vitamin B-6	mg	0.033	3	0	RP	4						
Folate, total	mcg	4		0	RP	4						
Folic acid		0		0	RP	4						
Folate, food	mcg	4		0	RP	4						
Folate, DFE	mcg_DFE	4		0	NC	4						
Vitamin B-12		0.25		0	RP	4						
Vitamin A, IU	IU	108		0	RP	4						
Vitamin A, RAE	mcg_RAE	25		0	NC	4						
Retinol		24		0	RP	4						
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta												
Vitamin D		34.362	2	0	RP	4						
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	g	1.724	1	0	RP	4						
4:0		0.093		0	RP	4						
6:0		0.055		0	RP	4						
8:0	_	0.032		0	RP	4						
10:0	_	0.072		0	RP	4						
12:0	_	0.081		0	RP	4						
13:0	_											
14:0	-	0.289	9	0	RP	4						
15:0	_											
16:0		0.755	5	0	RP	4						
17:0												
18:0		0.348	3	0	RP	4						
20:0												
22:0	_											
24:0	_											

	<u>A</u>	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
					Source	Confidence			
Nutrients and Units		Mean	Std. Error Poin			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.786		RP	4				
14:1	-								
15:1	-								
16:1 undifferentiated	-	0.064	(RP	4				
17:1 18:1 undifferentiated	-	0.722		RP	4				
20:1	-	0.722			4				
22:1 undifferentiated		0.000			4				
24:1 c	•	0.000	`		-				
Fatty acids, total polyunsaturated		0.107		RP	4				
18:2 undifferentiated		0.064		RP	4				
18:3 undifferentiated		0.042		RP	4				
18:4		0.000	(RP	4				
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000	(RP	4				
20:5 n-3	g	0.000	(RP	4				
22:5 n-3		0.000			4				
22:6 n-3		0.000	(RP	4				
Fatty acids, total trans									
Cholesterol		12	(4				
Phytosterols	mg	0	(RP	4				
Amino Acids:									
Tryptophan	g	0.040		RP	4				
Threonine		0.129		RP	4				
Isoleucine		0.172		RP	4				
Leucine	g	0.278	(RP	4				
Lysine	g	0.225	(RP	4				
Methionine	g	0.072		RP	4				
Cystine	g	0.026	(RP	4				
Phenylalanine	g	0.137	(RP	4				
Tyrosine	g	0.137			4				
Valine	g	0.190			4				
Arginine		0.104			4				
Histidine		0.077			4				
Alanine	-	0.098			4				
Aspartic acid		0.216			4				
Glutamic acid	-	0.596			4				
Glycine	_	0.061			4				
Proline		0.275 0.154			4				
Serine Hydroxyproline		0.154	•	, KP	4				
	9								
Others:									
Alcohol, ethyl		0.0	(4				
Caffeine		0	(4				
Theobromine	.mg	0	(RP	4				
Carotenoids:									
Carotene, beta	mcg	15	(0	4				
Carotene, alpha	mcg								
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin	mcg								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Puddings, tapioca, dry mix, prepared with whole milk

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00	0.043	6		1		3.68	0.92	
Energy	kcal	369		0		4		339	85	
Energy	kj	1544				4		1420	355	
Protein (N x 6.25)	g	0.10		1		4		0.09	0.02	
Total lipid (fat)	g	0.10		1		4		0.09	0.02	
Ash	_	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference		94.30		0	NC	4		86.76	21.69	
Fiber, total dietary		0.2		0	BFZN	4		0.2	0.0	
Sugars, total									0.0	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	mg	4		1		4		4	1	
Iron, Fe	_. mg	0.12		1		4		0.11	0.03	
Magnesium, Mg	mg	2		1		4		2	0	
Phosphorus, P	mg	4		1		4		4	1	
Potassium, K	mg	5		1		4		5	1	
Sodium, Na	mg	8		0		1		7	2	
Zinc, Zn	_. mg	0.08		1		4		0.07	0.02	
Copper, Cu	mg	0.029)	1		4		0.027	0.007	
Manganese, Mn	mg	0.033	3	1		4		0.030	0.008	
Selenium, Se	mcg	0.1		0	BFZN	4		0.1	0.0	
¥7*.										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0	
Thiamin	-	0.001		1		4		0.001	0.000	
Riboflavin	-	0.006		1		4		0.006	0.001	
Niacin	-	0.004		1		4		0.004	0.001	
Pantothenic acid		0.015		1		4		0.014	0.003	
Vitamin B-6	_	0.032	2	1		4		0.029	0.007	
Folate, total		0		1		4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Linida										
<u>Lipids:</u>	~									
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0		1		4		0	0	
Cholesterol	_	U		1		4		U	U	
Phytosterols	III9									
Amino Acids:										
Tryptophan	g	0.002	2	0		1		0.002	0.000	
Threonine		0.004	Į.	0		1		0.004	0.001	
Isoleucine		0.004		0		1		0.004	0.001	
Leucine	_	0.009		0		1		0.008	0.002	
Lysine	_	0.004		0		1		0.004	0.001	
Methionine		0.002		0		1		0.004	0.001	
14104110111110	g g	0.002		0		1		0.002	0.000	

	<u>An</u>	nount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common			
		Numbe	r			<u>m</u> e	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Phenylalanineg	0.004	0		1		0.004	0.001		
Tyrosineg	0.003	0		1		0.003	0.001		
Valineg	0.005	0		1		0.005	0.001		
Arginine9	0.012	0		1		0.011	0.003		
Histidine9	0.003	0		1		0.003	0.001		
Alanine9	0.006	0		1		0.006	0.001		
Aspartic acid9	0.009	0		1		0.008	0.002		
Glutamic acid9	0.024	0		1		0.022	0.006		
Glycineg	0.004	0		1		0.004	0.001		
Prolineg	0.007	0		1		0.006	0.002		
Serineg	0.004	0		1		0.004	0.001		
Hydroxyprolineg									
Others:									
Alcohol, ethylg									
Caffeine mg	0	0	Z	7		0	0		
Theobromine mg	0	0	Z	7		0	0		

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	-			<u>m</u> e	easures of food		
			•		Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.20	0.209	43		1		21.04	105.36	83.85	
Energy	kcal	119		0	NC	4		34	169	134	
Energy	kj	497		0	NC	4		141	706	562	
Protein (N x 6.25)		2.00	0.050	43		1		0.57	2.84	2.26	
Total lipid (fat)	g	3.70	0.100	43		1		1.05	5.25	4.18	
Ash		0.70	0.020	43		1		0.20	0.99	0.79	
Carbohydrate, by difference		19.40		0	NC	4		5.50	27.55	21.92	
Fiber, total dietary		0.1		0	FLC	4		0.0	0.1	0.1	
Sugars, total		17.70		0	LC	8		5.02	25.13	20.00	
Starch	g										
Minerals:											
Calcium, Ca	mg	84	3.895	43		1		24	119	95	
Iron, Fe		0.23	0.019	17		1		0.07	0.33	0.2	
Magnesium, Mg		8	0.095	17		1		2	11	9	
Phosphorus, P		79	0.762	17		1		22	112	89	
Potassium, K	mg	96		0	FLC	4		27	136	108	
Sodium, Na	mg	159		0	LC	8		45	226	180	
Zinc, Zn	<u>mg</u>	0.27	0.006	17		1		0.08	0.38	0.3	
Copper, Cu		0.027		17		1		0.008	0.038	0.0	
Manganese, Mn		0.007		0	FLC	4		0.002	0.009	0.00	
Selenium, Se	mcg	1.7		0	FLC	4		0.5	2.5	2.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.4		0	FLC	4		0.1	0.5	0.4	
Thiamin	-	0.022	0.001	43		1		0.006	0.031	0.02	
Riboflavin		0.098	0.003	43		1		0.028	0.139	0.13	
Niacin		0.312	0.017	17		1		0.088	0.443	0.3	
Pantothenic acid	mg	0.189)	0	FLC	4		0.054	0.269	0.2	
Vitamin B-6	mg	0.019)	0	FLC	4		0.005	0.027	0.0	
Folate, total	mcg	3		0	FLC	4		1	4	3	
Folic acid	mcg	0		0	FLC	4		0	0	0	
Folate, food		3		0	FLC	4		1	4	3	
Folate, DFE	mcg_DFE	3		0	NC	4		1	4	3	
Vitamin B-12		0.21		0	FLC	4		0.06	0.30	0.24	
Vitamin A, IU		1		0	FLC	4		0	2	1	
Vitamin A, RAE		0		0	FLC	4		0	0	0	
Retinol		0		0	FLC	4		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.30		0	FLC	4		0.08	0.42	0.33	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.9		0	FLC	4		0.3	1.3	1.0	
vitanini K (priyrioquiione)		0.5		·	110	-		0.5	1.3	1.0	
<u>Lipids:</u>											
Fatty acids, total saturated		0.600		0		1		0.170	0.852	0.6	
4:0	g	0.000)	1		1		0.000	0.000	0.0	
6:0	-	0.000		1		1		0.000	0.000	0.00	
8:0	-	0.000		1		1		0.000	0.000	0.0	
10:0		0.000		1		1		0.000	0.000	0.0	
12:0		0.000	1	1		1		0.000	0.000	0.0	
13:0	-			_		_				-	
14:0	_	0.010	1	1		1		0.003	0.014	0.0	
15:0				_		_					
16:0		0.390	1	1		1		0.111	0.554	0.4	
17:0	-			_		_		0.054			
18:0	-	0.190	1	1		1		0.054	0.270	0.2	
20:0	-										
22:0	y										

						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 monounsatur	ratedg	1.580)	0		1		0.448	2.244	1.785	
14:1	-										
15:1	-			_		_					
16:1 undifferentiated	-	0.020)	1		1		0.006	0.028	0.023	
17:1 18:1 undifferentiated	-	1.570	,	1		1		0.445	2.229	1.774	
20:1	-	0.000		0		1		0.445	0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	-	0.000	•	Ū		-		0.000	0.000	0.000	
Fatty acids, total polyunsatura		1.360)	0		1		0.386	1.931	1.537	
18:2 undifferentiated		1.270)	1		1		0.360	1.803	1.435	
18:3 undifferentiated		0.100		1		1		0.028	0.142	0.113	
18:4		0.000)	0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000)	0		1		0.000	0.000	0.000	
20:5 n-3	g	0.000)	0		1		0.000	0.000	0.000	
22:5 n-3	g	0.000)	0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000)	0		1		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	1		0	FLC	4		0	1	1	
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.027	,	0		1		0.008	0.038	0.031	
Threonine		0.085		0		1		0.024	0.121	0.096	
Isoleucine	-	0.114		0		1		0.032	0.162	0.129	
Leucine	-	0.185		0		1		0.052	0.263	0.209	
Lysine	-	0.149		0		1		0.042	0.212	0.168	
Methionine		0.048		0		1		0.014	0.068	0.054	
Cystine		0.019)	0		1		0.005	0.027	0.021	
Phenylalanine		0.092		0		1		0.026	0.131	0.104	
Tyrosine		0.091		0		1		0.026	0.129	0.103	
Valine	-	0.127	,	0		1		0.036	0.180	0.144	
Arginine	-	0.073	3	0		1		0.021	0.104	0.082	
Histidine	g	0.052	2	0		1		0.015	0.074	0.059	
Alanine	g	0.067	•	0		1		0.019	0.095	0.076	
Aspartic acid		0.145	i	0		1		0.041	0.206	0.164	
Glutamic acid		0.399)	0		1		0.113	0.567	0.451	
Glycine	g	0.041	=	0		1		0.012	0.058	0.046	
Proline	g	0.182	2	0		1		0.052	0.258	0.206	
Serine	g	0.103	3	0		1		0.029	0.146	0.116	
Hydroxyproline	g										
Others											
Others:	0	0.0		0	FLC	4		0.0	0.0	0.0	
Alcohol, ethyl		0.0		0	FLC	4		0.0	0.0	0.0	
Theobromine		0		0	FLC	4		0	0	0	
	9	J		·	2110	-		J	J	O	
Carotenoids:											
Carotene, beta		0		0	FLC	4		0.018	0.093	0.074	
Carotene, alpha	-	0		0	FLC	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	0.000	
Lycopene		0		0	FLC	4		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLC	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

Puddings, tapioca, ready-to-eat

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 10	u grams	ot edib	ie portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	76.84		0	FLA	4					
Energy	_	89		0	NC	4					
Energy		373		0	NC	4					
Protein (N x 6.25)		1.80		0	FLA	4					
Total lipid (fat)		0.04		0	FLA	4					
Ash		0.92		0	FLA	4					
Carbohydrate, by difference		20.40		0	FLA	4					
Fiber, total dietary		0.0		0	FLA	4					
Sugars, total		15.90		0	FLA	4					
Starch											
Minerals:											
Calcium, Ca	-	50		0	FLA	4					
Iron, Fe	-	0.35		0	FLA	4					
Magnesium, Mg		5		0	FLA	4					
Phosphorus, P		40		0	FLA	4					
Potassium, K		53		0	FLA	4					
Sodium, Na	-	212		0	FLA	4					
Zinc, Zn		0.46 0.011		0 0	FLA	4 4					
Copper, Cu Manganese, Mn		0.011		0	FLA FLA	4					
Selenium, Se		1.8		0	FLA	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4					
Thiamin	mg	0.018	3	0	FLA	4					
Riboflavin	mg	0.099	•	0	FLA	4					
Niacin		0.050		0	FLA	4					
Pantothenic acid		0.196		0	FLA	4					
Vitamin B-6	-	0.015	5	0	FLA	4					
Folate, total		2		0	FLA	4					
Folic acid		0		0	FLA	4					
Folate, food		2		0	FLA	4					
Folate, DFE		2		0	NC	4					
Vitamin B-12		0.15 108		0 0	FLA FLA	4 4					
Vitamin A, IU Vitamin A, RAE		32		0	FLA	4					
Retinol		32		0	FLA	4					
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4					
Tocopherol, beta	ma	0.00		·		-					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4					
Lipids:				_	_						
Fatty acids, total saturated		0.000		0	FLA	4					
4:0		0.000		0	FLA	4					
6:0	-	0.000		0	FLA	4					
8:0		0.000		0 0	FLA FLA	4 4					
10:0 12:0		0.000		0	FLA	4					
13:0		0.000	•	U	EHA	-					
14:0		0.000)	0	FLA	4					
15:0	-	0.000	•	·		•					
16:0		0.000)	0	FLA	4					
17:0				-		•					
18:0	-	0.000)	0	FLA	4					
20:0	-										
22:0	-										
24:0	g										

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	FLA	4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLA	4				
17:1g									
18:1 undifferentiatedg	0.000		0	FLA	4				
20:1g	0.000		0	FLA	4				
22:1 undifferentiatedg	0.000		0	FLA	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	FLA	4				
18:2 undifferentiatedg	0.000		0	FLA	4				
18:3 undifferentiatedg	0.000		0	FLA	4				
18:4g	0.000		0	FLA	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4				
20:5 n-3g	0.000		0	FLA	4				
22:5 n-3g	0.000		0	FLA	4				
22:6 n-3g	0.000		0	FLA	4				
Fatty acids, total transg									
Cholesterol mg	1		0	FLA	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4				
Caffeinemg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	0		0	FLA	4				
Carotene, alphamcg	0		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopenemcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	0		0	FLA	4				

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımbeı	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.60	0.158	20		1		2.57	0.65		
Energy	kcal	377		0	NC	4		373	94		
Energy	kj	1577		0	NC	4		1562	394		
Protein (N x 6.25)	g	0.00	0.000	20		1		0.00	0.00		
Total lipid (fat)	g	0.60	0.024	20		1		0.59	0.15		
Ash	g	3.90	0.067	20		1		3.86	0.98		
Carbohydrate, by difference	g	92.90		0	NC	4		91.97	23.22		
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0		
Sugars, total	g	92.90		0	NR	4		91.97	23.22		
Starch	g										
Minorals											
Minerals:	ma	12	1.932	3		1		12	3		
Calcium, CaIron, Fe	-	0.01	1.932	0	FLA	4		0.01	0.00		
Magnesium, Mg	-	1		0	FLA	4		1	0.00		
Phosphorus, P		705	9.672	3	ELIA	1		698	176		
Potassium, K	-	12	1.856	16		1		12	3		
Sodium. Na		1441	33.880	16		1		1427	360		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.06	0.002	4		1		0.06	0.02		
Copper, Cu		0.093		2		1		0.092	0.023		
Manganese, Mn		0.000		0	FLA	4		0.000	0.000		
Selenium, Se		0.7		0	FLA	4		0.7	0.2		
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0	FLA	4		0.0	0.0		
Thiamin	-	0.002		0	FLA	4		0.002	0.001		
Riboflavin		0.028		0	FLA	4		0.028	0.007		
Niacin	-	0.006		0	FLA	4		0.006	0.001		
Pantothenic acid	-	0.026		0	FLA	4		0.025	0.006		
Vitamin B-6	-	0.002	!	0	FLA	4		0.002	0.001		
Folate, total		0		0	FLA	4		0	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		0		0	FLA	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.02		0	FLA	4		0.02	0.00		
Vitamin A, IU		2		0	FLA	4		2	0		
Vitamin A, RAE		1		0	FLA	4		1	0		
Retinol		1		0	FLA	4		1	0		
Vitamin E (alpha-tocopherol)		0.02		U	FLA	4		0.02	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.1	0.0		
				•		-			0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.100		0		1		0.099	0.025		
4:0		0.000		1		1		0.000	0.000		
6:0	-	0.000		1		1		0.000	0.000		
8:0	-	0.000		1		1		0.000	0.000		
10:0	-	0.000		1		1		0.000	0.000		
12:0		0.000	1	1		1		0.000	0.000		
13:0				_		_		_	_		
14:0		0.000	1	1		1		0.000	0.000		
15:0				_		_					
16:0		0.060	1	1		1		0.059	0.015		
17:0	-			_		_					
18:0	-	0.030	1	1		1		0.030	0.008		
20:0	-										
22:0	-										
24:0	g										

	<u>Ar</u>	nount in 100 gram		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.270	0		1		0.267	0.068		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	1		1		0.000	0.000		
17:1g									
18:1 undifferentiatedg	0.270	1		1		0.267	0.068		
20:1g	0.000	0		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg		_							
Fatty acids, total polyunsaturatedg	0.240	0		1		0.238	0.060		
18:2 undifferentiatedg	0.220	1		1		0.218	0.055		
18:3 undifferentiatedg	0.020	1		1		0.020	0.005		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg		_							
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total trans9									
Cholesterol mg	0	0	FLA	4		0	0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.000	0		1		0.000	0.000		
Threonineg	0.000	0		1		0.000	0.000		
Isoleucine	0.000	0		1		0.000	0.000		
Leucine	0.000	0		1		0.000	0.000		
Lysine	0.000	0		1		0.000	0.000		
Methionine	0.000	0		1		0.000	0.000		
Cystineg	0.000	0		1		0.000	0.000		
	0.000	0		1		0.000	0.000		
Phenylalanine	0.000	0		1		0.000	0.000		
Valine	0.000	0		1		0.000	0.000		
_	0.000	0		1		0.000	0.000		
Arginine		0		1		0.000			
Histidine	0.000			1			0.000		
Alanine	0.000	0		1		0.000	0.000		
Aspartic acid	0.000					0.000	0.000		
Glutamic acid	0.000	0		1		0.000	0.000		
Glycine9	0.000			1		0.000	0.000		
Prolineg	0.000	0		1		0.000	0.000		
Serineg	0.000	0		1		0.000	0.000		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0		
Caffeine mg	0	0	FLA	4		0	0		
Theobromine mg	0	0	FLA	4		0	0		
Carotenoids:	-	·		=		-	•		
Carotene, beta mcg	0	0	FLA	4		0.108	0.027		
Carotene, alphamcg	0	0	FLA	4		0.000	0.000		
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000		
Lycopenemcg	0	0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	0	0	FLA	4		0.000	0.000		

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Puddings, vanilla, dry mix, instant

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

NDB No. 19203 Puddings, vanilla, dry mix, instant, prepared with whole milk

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>l</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	73.50	0		1		104.37	418.22		
Energy	kcal	114	0	NC	4		162	649		
Energy		477			4		677	2714		
Protein (N x 0)	g	2.70	0		1		3.83	15.36		
Total lipid (fat)	g	2.90	0		1		4.12	16.50		
Ash	g	1.30	0		1		1.85	7.40		
Carbohydrate, by difference	g	19.70	0	NC	4		27.97	112.09		
Fiber, total dietary	g	0.0	0		4		0.0	0.0		
Sugars, total	g									
Starch	g									
M. 1										
Minerals:	ma	101	^		4		142	E7F		
Calcium, Ca	-	101 0.07	0		1 1		143 0.10	575 0.40		
Iron, Fe		12	0		1		0.10 17	0.40 68		
Phosphorus, P		197	0		1		280	68 1121		
Potassium, K	-	128	0		1		182	728		
Sodium, Na		286	0		1		406	1627		
Zinc, Zn		0.33	0		1		0.47	1.88		
Copper, Cu		0.024			1		0.034	0.137		
Manganese, Mn		0.007			1		0.010	0.040		
Selenium, Se		1.6	0	BFPN	4		2.3	9.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8	0		1		1.1	4.6		
Thiamin		0.033			1		0.047	0.188		
Riboflavin		0.136			1		0.193	0.774		
Niacin		0.074			1		0.105	0.421		
Pantothenic acid	-	0.262			1		0.372	1.491		
Vitamin B-6		0.036			1		0.051	0.205		
Folate, total	-	4	0		1		6	23		
Folic acid		0	0	0	4		0	0		
Folate, food		4	0		1		6	23		
Folate, DFE	mcg_DFE	4	0	0	4		6	23		
Vitamin B-12		0.30	0		1		0.43	1.71		
Vitamin A, IU	IU	105	0		1		149	597		
Vitamin A, RAE	mcg_RAE	25	0	NC	4		35	141		
Retinol		23	0	0	4		33	133		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		1.740			1		2.471	9.901		
4:0		0.090			1		0.128	0.512		
6:0		0.050			1		0.071	0.285		
8:0		0.030			1		0.043	0.171		
10:0	-	0.070			1		0.099	0.398		
12:0	-	0.080	0		1		0.114	0.455		
13:0	-	0.000	0		1		0 410	1 (50		
14:0	-	0.290	, 0		1		0.412	1.650		
15:0	-	0.770	0		1		1 003	4.381		
16:0	-	0.770	, 0		1		1.093	4.381		
17:0		0.360	0		1		0.511	2.048		
18:0 20:0		0.360	. 0		_		0.511	2.048		
	-									
22:0	g g									

	<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 of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.840	1	0		1		1.193	4.780	
14:1g									
15:1g 16:1 undifferentiatedg	0.070		0		1		0.099	0.398	
17:1g	0.070	'	Ū		-		0.033	0.550	
18:1 undifferentiated	0.780)	0		1		1.108	4.438	
20:1g	0.000)	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000)	0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.150)	0		1		0.213	0.854	
18:2 undifferentiatedg	0.100		0		1		0.142	0.569	
18:3 undifferentiatedg	0.050		0		1		0.071	0.285	
18:4g	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000	1	0		1		0.000	0.000	
Fatty acids, total trans9					_				
Cholesterol mg	11 0		0		1 1		16	63	
Phytosterolsmg	U		U		1		0	0	
Amino Acids:									
Tryptophang	0.036	i	0		1		0.051	0.205	
Threonineg	0.117	,	0		1		0.166	0.666	
Isoleucineg	0.158	1	0		1		0.224	0.899	
Leucineg	0.255	i	0		1		0.362	1.451	
Lysineg	0.207	'	0		1		0.294	1.178	
Methionineg	0.065	i	0		1		0.092	0.370	
Cystineg	0.024		0		1		0.034	0.137	
Phenylalanineg	0.126	i	0		1		0.179	0.717	
Tyrosineg	0.126		0		1		0.179	0.717	
Valineg	0.174	ŀ	0		1		0.247	0.990	
Arginineg	0.094		0		1		0.133	0.535	
Histidineg	0.071		0		1		0.101	0.404	
Alanineg	0.090		0		1		0.128	0.512	
Aspartic acidg	0.198		0		1		0.281	1.127	
Glutamic acidg	0.545		0		1		0.774	3.101	
Glycineg	0.055		0		1		0.078	0.313	
Prolineg	0.252		0		1		0.358	1.434	
Serine	0.141		0		1		0.200	0.802	
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	18		0	0	4		25.560	102.420	
Carotene, alpha			-	-	=				
Cryptoxanthin, betamcg									
Lycopene mcg									
Lutein + zeaxanthinmcg									

Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

Puddings, vanilla, dry mix, instant, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 100 g	grams	s of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımbeı	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.90	0.165	22		1		3.43	0.86		
Energy	kcal	379		0	NC	4		333	83		
Energy	kj	1585		0	NC	4		1395	349		
Protein (N x 6.25)	g	0.30		1		1		0.26	0.07		
Total lipid (fat)	g	0.40	0.037	11		1		0.35	0.09		
Ash	g	2.00	0.087	22		1		1.76	0.44		
Carbohydrate, by difference	g	93.50		0	NC	4		82.28	20.57		
Fiber, total dietary	g	0.6		0	FLA	4		0.5	0.1		
Sugars, total	g	72.73		0	LC	8		64.00	16.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	5		0	FLA	4		4	1		
Iron, Fe	-	0.08		0	FLA	4		0.07	0.02		
Magnesium, Mg	-	0		0	FLA	4		0	0		
Phosphorus, P		2		0	FLA	4		2	0		
Potassium, K	-	20	1.431	17		1		18	4		
Sodium, Na		754	17.337	17		1		664	166		
Zinc, Zn	mg	0.02		0	FLA	4		0.02	0.01		
Copper, Cu	mg	0.021		0	FLA	4		0.018	0.005		
Manganese, Mn	mg	0.008	3	0	FLA	4		0.007	0.002		
Selenium, Se	mcg	0.9		0	FLA	4		0.8	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0	0.0		
Thiamin	-	0.000	1	0	FLA	4		0.000	0.000		
Riboflavin	-	0.013		0	FLA	4		0.011	0.003		
Niacin	=	0.001		0	FLA	4		0.001	0.000		
Pantothenic acid	-	0.000		0	FLA	4		0.000	0.000		
Vitamin B-6	=	0.000		0	FLA	4		0.000	0.000		
Folate, total	-	0		0	FLA	4		0	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		0		0	FLA	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU	IU -	0		0	FLA	4		0	0		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	0.090)	0		1		0.079	0.020		
4:0		0.000)	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	g	0.000)	0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	g	0.000)	0		1		0.000	0.000		
13:0	-										
14:0	g	0.000)	0		1		0.000	0.000		
15:0											
16:0	g	0.090)	1		1		0.079	0.020		
17:0	-										
18:0	-	0.000)	1		1		0.000	0.000		
20:0	-										
22:0	-										
24:0	g										

		<u>An</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 Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ı a	0.030		0		1		0.026	0.007	
14:1		0.000		·		_		0.020	0.007	
15:1	g									
16:1 undifferentiated	_	0.000		0		1		0.000	0.000	
17:1	-					_				
18:1 undifferentiated	_	0.030		1		1		0.026	0.007	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		0.170		0		1		0.150	0.037	
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.170		1		1		0.130	0.037	
18:3 undifferentiated		0.010		1		1		0.009	0.002	
18:4		0.000		0		1		0.000	0.002	
20:2 n-6 c.c.	_	0.000		v		-		0.000	0.000	
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	FLA	4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.001		0		1		0.001	0.000	
Threonine		0.009		0		1		0.008	0.002	
Isoleucine	-	0.010		0		1		0.009	0.002	
Leucine	-	0.035		0		1		0.031	0.008	
Lysine		0.006		0		1		0.005	0.001	
Methionine		0.005		0		1		0.004	0.001	
Cystine		0.006		0		1		0.005	0.001	
Phenylalanine		0.013		0		1		0.011	0.003	
Tyrosine		0.010		0		1		0.009	0.002	
Valine	g	0.013		0		1		0.011	0.003	
Arginine	g	0.012		0		1		0.011	0.003	
Histidine	g	0.008		0		1		0.007	0.002	
Alanine	g	0.019		0		1		0.017	0.004	
Aspartic acid	g	0.020		0		1		0.018	0.004	
Glutamic acid	-	0.052		0		1		0.046	0.011	
Glycine	g	0.009		0		1		0.008	0.002	
Proline	g	0.024		0		1		0.021	0.005	
Serine		0.011		0		1		0.010	0.002	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	FLA	4		0.000	0.000	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	-	0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Puddings, vanilla, dry mix, regular

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> :	mount in 10			ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> :	easures of food	<u>.</u>
Nutrients and Uni	40	Maan	Std. Error			Source Code	Confidence Code	Manaura 1	Measure 2	Measure
Nutrients and Oni	ıs	Mean	Sid. Error	Tomics	Oode	Oode	Joue	Measure 1	Measure 2	weasure
Proximates:										
Water	-	75.86		0	RP	4				
Energy		101		0	RP	4				
Energy	kj	425		0	RP	4				
Protein	-	2.94		0	RP	4				
Total lipid (fat)	g	1.73		0	RP	4				
Ash	g	0.95		0	RP	4				
Carbohydrate, by difference	g	18.53		0	RP	4				
Fiber, total dietary	g	0.0		0	RP	4				
Sugars, total	g									
Starch										
<u> Iinerals:</u>										
Calcium, Ca	_	108		0	RP	4				
Iron, Fe	_	0.06		0	RP	4				
Magnesium, Mg	mg	12		0	RP	4				
Phosphorus, P	mg	83		0	RP	4				
Potassium, K	mg	137		0	RP	4				
Sodium, Na	mg	159		0	RP	4				
Zinc, Zn	<u>mg</u>	0.34		0	RP	4				
Copper, Cu	mg	0.013	3	0	RP	4				
Manganese, Mn	<u>mg</u>	0.004	ļ	0	RP	4				
Selenium, Se	mcg	2.1		0	RP	4				
7•.										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	0.7		0	RP	4				
Thiamin	_	0.031		0	RP	4				
Riboflavin	mg	0.146		0	RP	4				
Niacin	mg	0.075		0	RP	4				
Pantothenic acid	-	0.278		0	RP	4				
Vitamin B-6	mg	0.034	ļ	0	RP	4				
Folate, total	mcg	4		0	RP	4				
Folic acid	mcg	0		0	RP	4				
Folate, food		4		0	RP	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12	mcg	0.25		0	RP	4				
Vitamin A, IU	IU	160		0	0	4				
Vitamin A, RAE		48		0	NC	4				
Retinol		47		0	RP	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		34.791	_	0	RP	4				
Vitamin K (phylloquinone)										
viamini it (phynoquinone)										
<u> ipids:</u>										
Fatty acids, total saturated	g	1.017	,	0	RP	4				
4:0	g	0.054	<u>l</u>	0	RP	4				
6:0	g	0.032	?	0	RP	4				
8:0	g	0.018	3	0	RP	4				
10:0	-	0.042		0	RP	4				
12:0	-	0.047		0	RP	4				
13:0	-									
14:0		0.168	3	0	RP	4				
15:0		3.230		v		-				
16:0		0.453	3	0	RP	4				
17:0		0.430		v		•				
18:0		0.203	ı	0	RP	4				
		0.203	•	U	K.F	-				
20:0	-									
22:0	9									

		<u>A</u>	mount in 100 g	rams of	edib	le portio	<u>on</u>		edible portion o	f common
			Nui	mber				<u>m</u>	easures of food	
			of	Data De	eriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.462	!	0	RP	4				
14:1	_									
15:1	-			_		_				
16:1 undifferentiated	-	0.037	'	0	RP	4				
17:1		0.405		•	D D					
18:1 undifferentiated		0.425			RP	4 4				
20:1	-	0.000			RP	4				
22:1 undifferentiated	•	0.000		U .	RP	4				
Fatty acids, total polyunsaturated		0.088	,	0	RP	4				
18:2 undifferentiated		0.062			RP	4				
18:3 undifferentiated		0.026			RP	4				
18:4		0.000			RP	4				
20:2 n-6 c.c.	-	0.000	•		KF	-				
20:3 undifferentiated										
20:4 undifferentiated		0.000	1	0	RP	4				
20:5 n-3	_	0.000			RP	4				
22:5 n-3	-	0.000			RP	4				
22:6 n-3		0.000			RP	4				
Fatty acids, total trans		0.000				•				
Cholesterol		7		0	RP	4				
Phytosterols		•				•				
T flytosterois	9									
Amino Acids:										
Tryptophan	g	0.041	•	0	RP	4				
Threonine	g	0.132			RP	4				
Isoleucine	_	0.176			RP	4				
Leucine	-	0.289			RP	4				
Lysine		0.231			RP	4				
Methionine		0.074			RP	4				
Cystine		0.028			RP	4				
Phenylalanine		0.142			RP	4				
Tyrosine	-	0.142			RP	4				
Valine		0.196			RP	4				
Arginine		0.107			RP	4				
Histidine		0.080			RP	4				
Alanine		0.103			RP	4				
Aspartic acid		0.223			RP	4				
Glutamic acid	-	0.614			RP	4				
Glycine		0.062			RP	4				
Proline	_	0.285			RP	4				
Serine		0.159	1	0	RP	4				
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	RP	4				
Caffeine		0		0	RP	4				
Theobromine		0		0	RP	4				
Carotenoids:										
	maa			•	_					
Carotene, beta	_	10		0	0	4				
Carotene, alpha										
Cryptoxanthin, beta										
LycopeneLutein + zeaxanthin										
Luteni + zeaxanulin	!!!09									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Puddings, vanilla, dry mix, regular, prepared with 2% milk

Food Group: 19 Sweets

NDB No. 19207 Puddings, vanilla, dry mix, regular, prepared with whole milk

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	f common
			N	umber				m	easures of food	
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	g	74.66		0	RP	4		104.52	417.35	
Energy		112		0	RP	4		157	628	
Energy		470		0	RP	4		658	2626	
Protein	=	2.86		0	RP	4		4.01	16.00	
Total lipid (fat)	-	2.90		0	RP	4		4.06	16.22	
Ash		0.92		0	RP	4		1.28	5.12	
Carbohydrate, by difference		18.68		0	RP	4		26.15	104.40	
Fiber, total dietary		0.1		0	RP	4		0.1	0.5	
Sugars, total		16.05		0	RP	4		22.47	89.71	
Starch										
Minerals:										
Calcium, Ca	mg	89		0	RP	4		125	497	
Iron, Fe	-	0.04		0	RP	4		0.06	0.23	
Magnesium, Mg		9		0	RP	4		12	50	
Phosphorus, P		74		0	RP	4		103	411	
Potassium, K		119		0	RP	4		167	666	
Sodium, Na		156		0	RP	4		219	875	
Zinc, Zn		0.34		0	RP	4		0.47	1.88	
Copper, Cu		0.023		0	RP	4		0.033	0.130	
Manganese, Mn		0.004	1	0	RP	4		0.006	0.022	
Selenium, Se	mcg	3.3		0	RP	4		4.7	18.7	
Vitamins:		0.0		0						
Vitamin C, total ascorbic acid		0.0 0.034	4	0	RP RP	4 4		0.0 0.048	0.0 0.192	
ThiaminRiboflavin		0.034		0	RP	4		0.048	0.192	
Niacin		0.102		0	RP	4		0.220	0.525	
Pantothenic acid	_	0.034		0	RP	4		0.131	1.769	
Vitamin B-6		0.029		0	RP	4		0.040	0.160	
Folate, total	-	4		0	RP	4		5	21	
Folic acid		0		0	RP	4		0	0	
Folate, food		4		0	RP	4		5	21	
Folate, DFE	mcg DFE	4		0	NC	4		5	21	
Vitamin B-12		0.31		0	RP	4		0.43	1.71	
Vitamin A, IU		89		0	RP	4		125	498	
Vitamin A, RAE	mcg_RAE	25		0	RP	4		35	139	
Retinol		24		0	RP	4		34	137	
Vitamin E (alpha-tocopherol)	mg	0.05		0	RP	4		0.07	0.28	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		^	D.D.			0.3		
Vitamin K (phylloquinone)	mcg	0.2		0	RP	4		0.3	1.1	
<u>Lipids:</u>	a	1 643		•	22			2 201	0.106	
Fatty acids, total saturated		1.643		0	RP RP	4 4		2.301	9.186	
4:0		0.065						0.091	0.364	
6:0 8:0		0.065		0	RP RP	4 4		0.091 0.091	0.364 0.364	
10:0	-	0.065		0	RP	4		0.091	0.364	
12:0		0.067		0	RP	4		0.091	0.374	
13:0	-	0.000		0	RP	4		0.094	0.000	
14:0	-	0.259		0	RP	4		0.363	1.449	
15:0		0.233		0	RP	4		0.000	0.000	
16:0	-	0.738		0	RP	4		1.033	4.126	
17:0	-	0.000		0	RP	4		0.000	0.000	
18:0	-	0.319		0	RP	4		0.446	1.781	
20:0	-	0.000		0	RP	4		0.446	0.000	
22:0		0.000		0	RP	4		0.000	0.000	
24:0		0.000		0	RP	4		0.000	0.000	

	<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
			Number	•			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.714	Į.	0	RP	4		1.000	3.993	
14:1g	0.000)	0	RP	4		0.000	0.000	
15:1g									
16:1 undifferentiatedg	0.000)	0	RP	4		0.000	0.000	
17:1g	0 714		•				1 000		
18:1 undifferentiated	0.714		0 0	RP	4		1.000	3.993	
20:1g 22:1 undifferentiatedg	0.000		0	RP RP	4 4		0.000 0.000	0.000 0.000	
22:1 undifferentiated	0.000	,	U	RP	4		0.000	0.000	
Fatty acids, total polyunsaturated9	0.197	,	0	RP	4		0.275	1.100	
18:2 undifferentiatedg	0.130		0	RP	4		0.182	0.727	
18:3 undifferentiated	0.067		0	RP	4		0.102	0.373	
18:4g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c.c	3.300		•		-		3.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000)	0	RP	4		0.000	0.000	
20:5 n-3g	0.000		0	RP	4		0.000	0.000	
22:5 n-3g	0.000		0	RP	4		0.000	0.000	
22:6 n-3g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans									
Cholesterol mg	9		0	RP	4		13	51	
Phytosterolsmg									
•									
Amino Acids:		_							
Tryptophan9	0.066		0	RP	4		0.092	0.366	
Threonineg	0.126		0	RP	4		0.177	0.706	
Isoleucine	0.146		0	RP	4		0.204	0.815	
Leucine	0.237		0	RP	4		0.332	1.327	
Lysine	0.123		0	RP	4		0.173	0.690	
Methionineg	0.066		0	RP	4 4		0.093	0.370	
Cystine	0.016 0.130		0	RP RP	4		0.022 0.183	0.087	
Phenylalanineg			0	RP	4		0.188	0.729 0.749	
Tyrosine	0.134 0.170		0	RP	4		0.188	0.749	
Valine	0.067		0	RP	4		0.094	0.376	
-	0.067		0	RP	4		0.093	0.376	
Histidine	0.067		0	RP	4		0.093	0.372	
Aspartic acid	0.210		0	RP	4		0.295	1.176	
Glutamic acid	0.574		0	RP	4		0.804	3.210	
Glycine	0.067		0	RP	4		0.093	0.373	
Proline	0.302		0	RP	4		0.423	1.690	
Serine q	0.095		0	RP	4		0.133	0.531	
Hydroxyproline	3.332		•		-		2.200	0.551	
Others:									
Alcohol, ethylg	0.0		0	RP	4		0.0	0.0	
Caffeine mg	0		0	RP	4		0	0	
Theobromine mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta mcg	5		0	RP	4		6.356	25.381	
Carotene, alpha mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	RP	4		0.000	0.000	
Lycopene mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	RP	4		0.000	0.000	

Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Puddings, vanilla, dry mix, regular, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımber	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	3.90	0.165	22		1		3.43	0.86	
Energy	kcal	369		0	NC	4		325	81	
Energy	kj	1544				4		1359	340	
Protein (N x 6.25)	g	0.30		1		1		0.26	0.07	
Total lipid (fat)	g	1.10		0		1		0.97	0.24	
Ash	g	2.00	0.087	22		1		1.76	0.44	
Carbohydrate, by difference	g	92.40		0	NC	4		81.31	20.33	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	15		0		4		13	3	
Iron, Fe	-	0.05		0		4		0.04	0.01	
Magnesium, Mg	-	5		0		4		4	1	
Phosphorus, P		3		0		4		3	1	
Potassium, K	•	20	1.431	17		1		18	4	
Sodium, Na	-	754	17.337	17		1		664	166	
Zinc, Zn	mg	0.09		0		4		0.08	0.02	
Copper, Cu	mg	0.020)	0		4		0.018	0.004	
Manganese, Mn	mg	0.013	3	1		4		0.011	0.003	
Selenium, Se	mcg	0.9		0	BFZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.000	1	0		4		0.000	0.000	
Riboflavin		0.000		0		4		0.000	0.000	
Niacin		0.000		0		4		0.000	0.000	
Pantothenic acid		0.004		1		4		0.004	0.001	
Vitamin B-6		0.000		0		4		0.000	0.000	
Folate, total	-	0		1		4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.200)	0		1		0.176	0.044	
4:0										
6:0	-									
8:0	g									
10:0	g									
12:0	-									
13:0										
14:0	-									
15:0	-									
16:0		0.160)	0		1		0.141	0.035	
17:0										
18:0	-	0.040)	0		1		0.035	0.009	
20:0	-									
22:0	a									

	<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			umber				m	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Esta vida datal managarantal	0.320	.	0		1		0.282	0.070	
Fatty acids, total monounsaturatedg	0.320	,	U		1		0.282	0.070	
14:1g 15:1g									
16:1 undifferentiatedg									
17:1g									
18:1 undifferentiatedg	0.320	1	0		1		0.282	0.070	
20:1g	0.520	,	Ū		-		0.202	0.070	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.530)	0		1		0.466	0.117	
18:2 undifferentiatedg	0.500		0		1		0.440	0.110	
18:3 undifferentiated	0.030		0		1		0.026	0.007	
18:4g	0.000	•	·		_		0.020	0.007	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	0		0		4		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.001		0		1		0.001	0.000	
Threonineg	0.009)	0		1		0.008	0.002	
Isoleucineg	0.010)	0		1		0.009	0.002	
Leucine	0.035	5	0		1		0.031	0.008	
Lysineg	0.006	5	0		1		0.005	0.001	
Methionineg	0.005	5	0		1		0.004	0.001	
Cystineg	0.006	5	0		1		0.005	0.001	
Phenylalanineg	0.013		0		1		0.011	0.003	
Tyrosine9	0.010)	0		1		0.009	0.002	
Valineg	0.013	3	0		1		0.011	0.003	
Arginineg	0.012		0		1		0.011	0.003	
Histidine9	0.008		0		1		0.007	0.002	
Alanineg	0.019	•	0		1		0.017	0.004	
Aspartic acidg	0.020		0		1		0.018	0.004	
Glutamic acidg	0.052		0		1		0.046	0.011	
Glycineg	0.009		0		1		0.008	0.002	
Prolineg	0.024	l	0		1		0.021	0.005	
Serineg	0.011	L	0		1		0.010	0.002	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	_		_		_		_	_	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

		<u>Ar</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.20	0.127	64		1		20.19	80.46	
Energy	kcal	129		0	NC	4		37	146	
Energy	kj	541		0	NC	4		153	611	
Protein (N x 6.25)	g	2.30	0.041	64		1		0.65	2.60	
Total lipid (fat)	g	3.60	0.053	64		1		1.02	4.07	
Ash	g	0.90	0.012	63		1		0.26	1.02	
Carbohydrate, by difference	g	21.90		0	NC	4		6.21	24.75	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g	20.20		1	LC	8		5.73	22.83	
Starch	g									
Ainerals:										
Calcium, Ca	ma	88	1.246	63		1		25	99	
Iron, Fe	_	0.13	0.007	61		1		0.04	0.15	
Magnesium, Mg	_	8	0.007	65		1		2	9	
Phosphorus, P		68	1.110	63		1		19	77	
Potassium, K	_	113	1.713	63		1		32	128	
Sodium. Na.		135		1		4		38	153	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.25	0.007	62		1		0.07	0.28	
Copper, Cu		0.030		62		1		0.009	0.034	
Manganese, Mn		0.004		0	FLA	4		0.001	0.004	
Selenium, Se		2.0		0	FLA	4		0.6	2.3	
	_									
<u>'itamins:</u>				_		_				
Vitamin C, total ascorbic acid	_	0.0	0.041	5		1		0.0	0.0	
Thiamin	_	0.022		63		1		0.006	0.025	
Riboflavin		0.139		63		1		0.039	0.157	
Niacin	_	0.252		63		1		0.071	0.285	
Pantothenic acid	-	0.174		2		1		0.049	0.197	
Vitamin B-6	-	0.011		2		1		0.003	0.012	
Folate, total		0 0		2		1 4		0	0	
Folic acid		0			FLA			0	0	
Folate, food		0		2	NG	1 4		0 0	0	
Folate, DFE		-		2	NC			0.03	0 0.11	
Vitamin B-12 Vitamin A, IU		0.10 21	12.725	5		1 1		6		
Vitamin A, IU		6	12.725	0	FLA	4		2	24 7	
Retinol		6		0	FLA	4		2	6	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta		0.00		U	FLIA	-		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
<u>ipids:</u>										
Fatty acids, total saturated		0.570		0		1		0.162	0.644	
4:0		0.000		1		1		0.000	0.000	
6:0	-	0.000		1		1		0.000	0.000	
8:0	-	0.000		1		1		0.000	0.000	
10:0	-	0.000		1		1		0.000	0.000	
12:0		0.000		1		1		0.000	0.000	
13:0		0 010		1		4		0.000	0.011	
14:0		0.010		1		1		0.003	0.011	
15:0		0 050						0 10-		
16:0		0.370		1		1		0.105	0.418	
17:0	-	0 100						0.054	2 21 -	
18:0	-	0.190		1		1		0.054	0.215	
20:0	-									
22:0	g									

		<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>on</u>		edible portion o	of common
Nutrients and Units	S	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	1.540		0		1		0.437	1.740	
14:1	g	2.010		· ·		_		0.437	2.740	
15:1	g	0.020	1	1		1		0.006	0.023	
17:1	g	1.530		1		1		0.434	1.729	
20:122:1 undifferentiated		0.000		0 0		1 1		0.000 0.000	0.000 0.000	
24:1 c	g									
Fatty acids, total polyunsaturated 18:2 undifferentiated		1.340 1.240		0 1		1 1		0.380 0.352	1.514 1.401	
18:3 undifferentiated		0.090		1		1		0.026	0.102	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-	0.000		0		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3	-	0.000		0 0		1		0.000 0.000	0.000 0.000	
20.5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	mg	7		2		1		2	8	
Phytosterols	_{mg}									
Amino Acids:										
Tryptophan	g	0.030)	0		1		0.009	0.034	
Threonine	g	0.099)	0		1		0.028	0.112	
Isoleucine	g	0.132		0		1		0.037	0.149	
Leucine	-	0.216		0		1		0.061	0.244	
Lysine		0.173		0		1		0.049	0.195	
Methionine		0.055		0		1		0.016	0.062	
Cystine		0.020		0		1		0.006	0.023	
Phenylalanine		0.106		0		1		0.030	0.120	
Tyrosine	_	0.105 0.146		0 0		1 1		0.030 0.041	0.119 0.165	
Valine	-	0.080		0		1		0.023	0.165	
Histidine		0.060		0		1		0.023	0.068	
Alanine	-	0.076		0		1		0.022	0.086	
Aspartic acid		0.166		0		1		0.047	0.188	
Glutamic acid		0.459)	0		1		0.130	0.519	
Glycine	g	0.047		0		1		0.013	0.053	
Proline	g	0.212		0		1		0.060	0.240	
Serine	g	0.119	1	0		1		0.034	0.134	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	1		0	FLA	4		0.332	1.325	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 snack size (4 oz)

Puddings, vanilla, ready-to-eat

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion of	of common
				Number	,			<u>m</u> .	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	74.07		0	FLA	4				
Energy	-	93		0	NC	4				
Energy		387		0	NC	4				
Protein		2.20		0	FLA	4				
Total lipid (fat)	-	0.06		0	FLA	4				
Ash		0.99		0	FLA	4				
Carbohydrate, by difference		22.68		0	NC	4				
Fiber, total dietary		0.0		0	FLA	4				
Sugars, total		15.90		0	FLA	4				
Starch										
Minerals:										
Calcium, Ca	-	60		0	FLA	4				
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.36		0	FLA	4				
Magnesium, Mg		7 49		0	FLA	4 4				
Phosphorus, P	_	49 72		0	FLA FLA	4				
Potassium, KSodium, Na	-	213		0	FLA	4				
Zinc, Zn	_	0.56		0	FLA	4				
Copper, Cu		0.017	7	0	FLA	4				
Manganese, Mn		0.038		0	FLA	4				
Selenium, Se		2.2		0	FLA	4				
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	FLA	4				
Thiamin	_	0.022		0	FLA	4				
Riboflavin	-	0.125		0	FLA	4				
Niacin		0.084		0	FLA	4				
Pantothenic acid		0.233		0	FLA	4				
Vitamin B-6		0.020)	0	FLA	4				
Folate, total		3 0		0 0	FLA	4 4				
Folic acid		3		0	FLA FLA	4				
Folate, foodFolate, DFE		3		0	NC NC	4				
Vitamin B-12		0.19		0	FLA	4				
Vitamin A, IU		132		0	FLA	4				
Vitamin A, RAE	mca RAF	40		0	FLA	4				
Retinol		40		0	FLA	4				
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4				
Tocopherol, beta		0.00		·		-				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4				
Yanta										
<u>Lipids:</u>		0.00		•						
Fatty acids, total saturated		0.024		0	NC	4				
4:0		0.002		0	FLA	4 4				
6:0	-	0.000		0	FLA	=				
8:0	-	0.000		0	FLA FLA	4 4				
10:0 12:0		0.001		0	FLA	4				
13:0		0.001	_	U	ETIM	-				
14:0		0.004	1	0	FLA	4				
15:0	-	0.004	-	U	I LIN	-				
16:0		0.012	,	0	FLA	4				
17:0		0.012	-	Ū	- 117	~				
18:0	-	0.004	1	0	FLA	4				
20:0	-	0.004	-	Ū	LIIA	-				
22:0	-									
	g									

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Foto soids total management of a	0.022		0	NC	4				
Fatty acids, total monounsaturatedg	0.022		U	NC	4				
15:1g									
16:1 undifferentiated	0.003		0	FLA	4				
17:1g			•		_				
18:1 undifferentiated	0.019		0	FLA	4				
20:1g	0.000		0	FLA	4				
22:1 undifferentiatedg	0.000		0	FLA	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.005		0	NC	4				
18:2 undifferentiatedg	0.004		0	FLA	4				
18:3 undifferentiatedg	0.001		0	FLA	4				
18:4g	0.000		0	FLA	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4				
20:5 n-3g	0.000		0	FLA	4				
22:5 n-3g	0.000		0	FLA	4				
22:6 n-3g	0.000		0	FLA	4				
Fatty acids, total transg									
Cholesterolmg	1		0	FLA	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			FLC	4				
Caffeine mg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	0		0	FLA	4				
Carotene, alpha mcg	0		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopene mcg	0		0	FLA	4				
Lutein + zeaxanthinmcg	0		0	FLA	4				

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u> :	mount in 10	00 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	80.39		0	RPI	6				
Energy	kcal	85		0	RPI	6				
Energy	kj	357		0	RPI	6				
Protein	g	3.24		0	RPI	6				
Total lipid (fat)	g	2.06		0	RPI	6				
Ash	g	0.81		0	RPI	6				
Carbohydrate, by difference	g	13.47		0	RPI	6				
Fiber, total dietary	g	0.5		0	RPI	6				
Sugars, total	g									
Starch										
<u> Minerals:</u>										
Calcium, Ca		126		0	RPI	6				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.30		0	RPI	6				
Magnesium, Mg		20		0	RPI	6				
Phosphorus, P	-	98		0	RPI	6				
Potassium, K	-	182		0	RPI	6				
Sodium, Na		52		0	RPI	6				
Zinc, Zn		0.51		0	RPI	6				
Copper, Cu		0.081		0	RPI	6				
Manganese, Mn		0.066	•	0	RPI	6				
Selenium, Se	rncg	2.3		0	RPI	6				
itamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	RPI	6				
Thiamin	-	0.037	,	0	RPI	6				
Riboflavin	-	0.155		0	RPI	6				
Niacin		0.108		0	RPI	6				
Pantothenic acid	-	0.292		0	RPI	6				
Vitamin B-6	-	0.042		0	RPI	6				
Folate, total	-	5		0	RPI	6				
Folic acid		0		0	RPI	6				
Folate, food		5		0	RPI	6				
Folate, DFE		5		0	NC	4				
Vitamin B-12		0.33		0	RPI	6				
Vitamin A, IU		170		0	0	4				
Vitamin A, RAE		50		0	NC	4				
Retinol		50		0	RPI	6				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		36.000)	0	RPI	6				
Vitamin K (phylloquinone)										
• • • •										
<u>aipids:</u>	_			•		_				
Fatty acids, total saturated		1.231		0	RPA	1				
4:0		0.056		0	RPA	1				
6:0	-	0.033		0	RPA	1				
8:0	-	0.019		0	RPA	1				
10:0	-	0.043		0	RPA	1				
12:0	-	0.049	,	0	RPA	1				
13:0		^ 1-		^		-				
14:0		0.174	ŀ	0	RPA	1				
15:0		0 500	•	^	D.D.3	4				
16:0		0.539	,	0	RPA	1				
17:0		0 310	•	^	D.D.3	4				
18:0		0.319	,	0	RPA	1				
20:0	-									
22:0										

		Amount in 100 grams of edible portion							mount in edible portion of common measures of food asure 1 Measure 2 Measure 3		
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1		Measure 3	
Nutrionis una o		Medii	Ota. Error					medodie i	Micasare 2	Micasare 0	
Fatty acids, total monounsaturated	d q	0.581		0	RPA	1					
14:1	g										
15:1	_										
16:1 undifferentiated		0.040		0	RPA	1					
17:1	-	0 543		0	מתם	1					
18:1 undifferentiated	-	0.542 0.000		0	RPA RPA	1					
20:1 22:1 undifferentiated		0.000		0	RPA	1					
24:1 c	-	0.000		U	KFA	-					
Fatty acids, total polyunsaturated		0.073		0	RPA	1					
18:2 undifferentiated		0.048		0	RPA	1					
18:3 undifferentiated		0.025		0	RPA	1					
18:4		0.000		0	RPA	1					
20:2 n-6 c.c.	-	2.300		-	-	=					
20:3 undifferentiated	-										
20:4 undifferentiated		0.000		0	RPA	1					
20:5 n-3	-	0.000		0	RPA	1					
22:5 n-3	-	0.000		0	RPA	1					
22:6 n-3		0.000		0	RPA	1					
Fatty acids, total trans											
Cholesterol		7		0	RPI	6					
Phytosterols											
Amino Acids:											
Tryptophan		0.045		0	RPA	1					
Threonine	-	0.144		0	RPA	1					
Isoleucine	-	0.189		0	RPA	1					
Leucine	-	0.307		0 0	RPA	1 1					
Lysine		0.250 0.078		0	RPA RPA	1					
Methionine		0.030		0	RPA	1					
Cystine				0	RPA	1					
Phenylalanine Tyrosine		0.156 0.153		0	RPA	1					
Valine	-	0.133		0	RPA	1					
		0.124		0	RPA	1					
Arginine Histidine		0.124		0	RPA	1					
	-	0.117		0	RPA	1					
AlanineAspartic acid		0.117		0	RPA	1					
Aspartic acidGlutamic acid		0.251		0	RPA	1					
Glycine	-	0.082		0	RPA	1					
Proline	-	0.306		0	RPA	1					
Serine	-	0.173		0	RPA	1					
Hydroxyproline		0.175		·		-					
2 2.											
Others:											
Alcohol, ethyl		0.0		0	RPI	6					
Caffeine	-	1		0	RPI	6					
Theobromine	mg	42		0	RPI	6					
Carotenoids:											
Carotene, beta	mca	11		0	0	4					
Carotene, alpha		==		-	-	=					
Cryptoxanthin, beta	_										
Lycopene											
Lutein + zeaxanthin											

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Rennin, chocolate, dry mix, prepared with 2% milk

Food Group: 19 Sweets

		<u>A</u>	mount in 10			ole portio	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
Proximates: Water	a	79.29		0	RPI	6				
Energy	_	96		0	RPI	6				
Energy		403		0	RPI	6				
		3.20		0	RPI	6				
Protein Total lipid (fat)		3.34		0	RPI	6				
		0.79		0	RPI	6				
AshCarbohydrate, by difference		13.34		0	RPI	6				
Fiber, total dietary		0.5		0	RPI	6				
-		0.5		·	KEI	·				
Sugars, total										
Starcii	9									
Minerals:										
Calcium, Ca	mg	124		0	RPI	6				
Iron, Fe	mg	0.30		0	RPI	6				
Magnesium, Mg	mg	20		0	RPI	6				
Phosphorus, P	-	97		0	RPI	6				
Potassium, K		179		0	RPI	6				
Sodium, Na		51		0	RPI	6				
Zinc, Zn		0.50		0	RPI	6				
Copper, Cu		0.083		0	RPI	6				
Manganese, Mn		0.068	3	0	RPI	6				
Selenium, Se	fricg	2.1		0	RPI	6				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	RPI	6				
Thiamin	mg	0.036	5	0	RPI	6				
Riboflavin	mg	0.152	2	0	RPI	6				
Niacin	mg	0.106	5	0	RPI	6				
Pantothenic acid	mg	0.287	7	0	RPI	6				
Vitamin B-6	mg	0.041	L	0	RPI	6				
Folate, total	mcg	5		0	RPI	6				
Folic acid	mcg	0		0	RPI	6				
Folate, food		5		0	RPI	6				
Folate, DFE		5		0	NC	4				
Vitamin B-12		0.32		0	RPI	6				
Vitamin A, IU		110		0	0	4				
Vitamin A, RAE		27		0	NC	4				
Retinol		25		0	RPI	6				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		36.000	,	0	RPI	6				
Vitamin D Vitamin K (phylloquinone)		36.000	,	U	RPI	6				
v namm K (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.999)	0	RPA	1				
4:0	g	0.097		0	RPA	1				
6:0	_	0.058		0	RPA	1				
8:0	_	0.033		0	RPA	1				
10:0	_	0.076		0	RPA	1				
12:0	_	0.085	5	0	RPA	1				
13:0										
14:0		0.302	2	0	RPA	1				
15:0										
16:0		0.875	Ď	0	RPA	1				
17:0				_	_	_				
18:0		0.474	l	0	RPA	1				
20:0	g									
22:0										

		<u>A</u> ı	mount in 10			edible portion o	f common			
Nutrients and Ui	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.932		0	RPA	1				
15:1 16:1 undifferentiated	g	0.069		0	RPA	1				
17:1 18:1 undifferentiated	-	0.863		0	RPA	1				
20:1 22:1 undifferentiated		0.000		0 0	RPA RPA	1 1				
24:1 cFatty acids, total polyunsaturated.	g	0.121		0	RPA	1				
18:2 undifferentiated	g	0.077		0	RPA RPA	1				
18:4	g	0.000		0	RPA	1				
20:2 n-6 c,c 20:3 undifferentiated	g			•		_				
20:4 undifferentiated 20:5 n-3	g	0.000 0.000		0 0	RPA RPA	1 1				
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000 0.000		0 0	RPA RPA	1 1				
Fatty acids, total trans Cholesterol		12		0	RPI	6				
Phytosterols	mg	0		0	RPA	1				
Amino Acids: Tryptophan	a	0.044		0	RPA	1				
Threonine		0.143		0	RPA	1				
Isoleucine		0.188		0	RPA	1				
Leucine		0.303		0	RPA	1				
Lysine	g	0.247		0	RPA	1				
Methionine	g	0.077		0	RPA	1				
Cystine	_	0.030		0	RPA	1				
Phenylalanine		0.154		0	RPA	1				
Tyrosine	_	0.151		0	RPA	1				
Valine		0.211		0	RPA	1				
Arginine		0.122 0.084		0 0	RPA	1 1				
Histidine	• • • • • • • • • • • • • • • • • • • •	0.084		0	RPA RPA	1				
	_	0.113		0	RPA	1				
Aspartic acidGlutamic acid		0.655		0	RPA	1				
Glycine	_	0.082		0	RPA	1				
Proline	=	0.302		0	RPA	1				
Serine		0.171		0	RPA	1				
Hydroxyproline		***				_				
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6				
Caffeine	g	1		0	RPI	6				
Theobromine	mg	42		0	RPI	6				
Carotenoids:										
Carotene, beta	mcg	16		0	0	4				
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19221

Rennin, chocolate, dry mix, prepared with whole milk

Food Group: 19 Sweets

Nutrients and Units			<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	_
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u>.</u>
Water					of Data	Deriv	Source	Confidence			
Water	Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Eacry	Proximates:										
Section	Water	g	82.11		0	RPI	6				
Protein	Energy	kcal	77		0	RPI	6				
Protein	Energy	kj	324		0	RPI	6				
Ash	Protein	g	3.06		0	RPI	6				
Carbohystate, by difference	Total lipid (fat)	g	1.77		0	RPI	6				
Fiber, total dictary	Ash	g	0.73		0	RPI	6				
Sugars, botal	Carbohydrate, by difference	g	12.34		0	RPI	6				
Sugars, total 9 9	Fiber, total dietary	g	0.0		0	RPI	6				
Surch	· · · · · · · · · · · · · · · · ·										
Since Calcium, Ca.	9 -										
Calcium, Ca.	Survii										
Iron, Fe	<u> Ainerals:</u>										
Маделейши Мде. mg 13 0 RPI 6 Photosylous P. mg 142 0 RPI 6 Potassim K. mg 142 0 RPI 6 Zine, Zn. mg 0 356 0 RPI 6 Copper, Cu. mg 0 0.023 0 RPI 6 Mangance, Mn. mg 0 0.033 0 RPI 6 Selentius, Sc. mg 0 0.93 0 RPI 6 Selentius, Sc. mg 0 9 0 RPI 6 Selentius, Sc. mg 0 9 0 RPI 6 Selentius, Sc. mg 0 9 0 RPI 6 Stations, Male mg 0 9 0 RPI 6 Vitamin Sc. mg 0 0 RPI 6 Vitamin Sc. mg 0 0		_									
Phosphoras.p.	,	• • • • • • • • • • • • • • • • • • • •									
Potestium K.											
Sadium Na.	Phosphorus, P	mg	95		0	RPI					
Zine, Zn. mg 0.36 0 RPI 6 Copper, Cu. mg 0.003 0 RPI 6 Muganese, Mn. mg 0.003 0 RPI 6 Sclentum, Se. mg 0.9 0 RPI 6 Vitamin C, total ascorbic acid mg 0.9 0 RPI 6 Riboflavin. mg 0.036 0 RPI 6 Riboflavin. mg 0.025 0 RPI 6 Riboflavin. mg 0.024 0 RPI 6 Riboflavin. mg 0.079 0 RPI 6 Riboflavin. mg 0.040 0 RPI 6 Vitamin B-6. mg 0.040 0 RPI 6 Folate, food mcg 5 0 RPI 6 Folate, food mcg 5 0 RPI 6 Folate, food mcg 5	,	-				RPI					
Copper, Cu. mg 0.012 0 RPI 6 Manganese, Mn. mg 0.0033 0 RPI 6 Stelmium, Se. mg 0.9 0 RPI 6 Vitamin S. Vitamin C, total ascorbic acid. mg 0.09 RPI 6 Thinain. mg 0.036 0 RPI 6 Ribotlavin. mg 0.153 0 RPI 6 Niscin. mg 0.079 0 RPI 6 Niscin. mg 0.079 0 RPI 6 Pattotheric acid. mg 0.040 0 RPI 6 Vitamin B6. mg 0.040 0 RPI 6 6 Folate, foal. meg 5 0 RPI 6 6 6 7 7 7 8 7 7 8 7 8 7 8 7 8 7 9 1 6 </td <td>Sodium, Na</td> <td>mg</td> <td>46</td> <td></td> <td>0</td> <td>RPI</td> <td>6</td> <td></td> <td></td> <td></td> <td></td>	Sodium, Na	mg	46		0	RPI	6				
Minganese, Mn.	Zinc, Zn	mg	0.36		0	RPI	6				
Selenium, Se. mog 2.1 0 RPI 6	Copper, Cu	mg	0.012	2	0	RPI	6				
Vitamins: Vitamin C, total ascorbic acid. mg 0.9 0 RPI 6 Thiamin. mg 0.036 0 RPI 6 Riboflavin. mg 0.153 0 RPI 6 Riboflavin. mg 0.294 0 RPI 6 Patothenic acid. mg 0.294 0 RPI 6 Vitamin B-6. mg 0.940 0 RPI 6 Folate, food. mcg 5 0 RPI 6 Folia caid. mcg 5 0 RPI 6 Vitamin B (malphate) mcg 5 0 RPI 6 Vitamin E (alpha-tocopherol)	Manganese, Mn	mg	0.003	3	0	RPI	6				
Vitamin C, total ascorbic acid. mg 0.9 0 RPI 6 Thiamin. mg 0.153 0 RPI 6 Ribollavin. mg 0.153 0 RPI 6 Niacin. mg 0.079 0 RPI 6 Parlottheric acid. mg 0.079 0 RPI 6 Vitamin B-6. mg 0.040 0 RPI 6 Folate, Cotal. mg 0 0 RPI 6 Folate, DEC. mg 0 0 RPI 6 Folate, DEC. mg 0 0 RPI 6 Folate, DEC. mg 0 NC 4 Vitamin B. L. mg 0.33 0 RPI 6 Vitamin A, U. U 170 0 0 4 Retinol mg 5 0 RPI 6 Vitamin E, Ophanin mg 0 RPI <t< td=""><td>Selenium, Se</td><td>mcg</td><td>2.1</td><td></td><td>0</td><td>RPI</td><td>6</td><td></td><td></td><td></td><td></td></t<>	Selenium, Se	mcg	2.1		0	RPI	6				
Vitamin C, total ascorbic acid. mg	litaming.										
Thiamin mg 0.036 0 RPI 6 Riboflavin mg 0.153 0 RPI 6 Riboflavin mg 0.153 0 RPI 6 Riboflavin mg 0.079 0 RPI 6 Pantotheric acid mg 0.294 0 RPI 6 Vitamin B-6 mg 0.040 0 RPI 6 Folate, total mcg 5 0 RPI 6 Folate, total mcg 5 0 RPI 6 Folate, food mcg 5 0 RPI 6 Vitamin B-12 mcg 0.33 0 RPI 6 Vitamin A, IU IU 170 0 RPI 6 Vitamin A, RAE mcg, RAE 51 0 RC 4 Vitamin A, RAE mcg, RAE 51 0 RC 4 Vitamin B (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, beta mg Vitamin D IU 36.800 0 RPI 6 Vitamin D IU 36.800 0 RPI 6 Vitamin K (phylloquinone) mg Tocopherol, delta mg Vitamin D IU 36.800 0 RPI 6 0 RPA 1 40 99 0.057 0 RPA 1 40 99 0.057 0 RPA 1 60 99 0.050 0 RPA 1 100 99 0.050 0 RPA 1 120 99 0.050 0 RPA 1 150 9		ma	0.0		•	DDT	_				
Riboflavin		-		_							
Niacin mg 0.079 0 RPI 6 Pantohenic acid mg 0.294 0 RPI 6 Vitamin B-6 mg 0.040 0 RPI 6 Folate, total mcg 5 0 RPI 6 Folate, food mcg 5 0 RPI 6 Folate, food mcg 5 0 NC 4 Vitamin Go 0.33 0 RPI 6 Folate, pDFE mcg 0.33 0 RPI 6 Vitamin B-12 mcg 0.33 0 RPI 6 Vitamin B-12 mcg 51 0 NC 4 Vitamin A, RAE mcg_RAE 51 0 NC 4 Vitamin B (alpha-tocopherol) mg 7 0 RPI 6 Vitamin K (phylloquinone) mcg 1 0 RPI 6 Vitamin K (phylloquinone) mcg 1		-									
Pantothenic acid											
Vitamin B-6. mg 0.040 0 RPI 6 Folate, total. mcg 5 0 RPI 6 Folate, food. mcg 5 0 RPI 6 Folate, food. mcg 5 0 RPI 6 Folate, DPE. mcg DFE 5 0 NC 4 Vitamin B-12. mcg 0.33 0 RPI 6 Vitamin B-12. mcg 0.33 0 RPI 6 Vitamin A, U. IU 170 0 0 4 Vitamin B, Recompletion, mcg 51 0 NC 4 Retinolomous mcg mg 1 0 RPI 6 Vitamin E (alpha-tocopherol). mg 1 0 RPI 6 Vitamin E (alpha-tocopherol). mg 1 0 RPI 6 Vitamin K (phylloquinone). mcg 1 0 RPA 1 Vitamin K (phylloquinone).		-									
Folate, total		_			-						
Folic acid		_)							
Folate, food											
Folate, DFE											
Vitamin B-12. mcg 0.33 0 RPI 6 Vitamin A, IU. IU 170 0 0 4 Vitamin A, RAE. mcg 51 0 NC 4 Retinol. mcg 51 0 RPI 6 Vitamin E (alpha-tocopherol). mg 7 7 8 8 7 6 Tocopherol, beta. mg 7 7 8 8 1 6 8 8 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 6 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9 1 9			_								
Vitamin A, IU. IU 170 0 0 4 Vitamin A, RAE. mcg_RAE 51 0 NC 4 Retinol. mcg 51 0 RPI 6 Vitamin E (alpha-tocopherol) mg 7 7 7 7 7 Tocopherol, beta. mg 7 7 8 7 8 7 8 8 8 8 9 1 06 8PI 6 6 9 0 0.057 0 RPA 1 9 1 0 RPA 1 9 1 0 RPA 1 0 RPA 1 0 RPA 1 0 0 RPA 1 0 0 0 0 0 0 0 0			_								
Vitamin A, RAE mcg_RAE 51 0 NC 4 Retinol mcg 51 0 RPI 6 Vitamin E (alpha-tocopherol) mg 7 7 8 7 8 8 8 9 1 9 9 1 9 9 1 9 9 1 9 1 9 9 1 9 1 9 9 1 9					-						
Retinol mcg 51 0 RPI 6 Vitamin E (alpha-tocopherol). mg Tocopherol, gamma. mg Tocopherol, gamma. mg Vitamin D IU 36.800 0 RPI 6 Vitamin K (phylloquinone). mcg **Total Saturated. mcg **Total Saturated. 9 1.061 0 RPA 1 4:0. 9 0.057 0 RPA 1 6:0. 9 0.034 0 RPA 1 8:0. 9 0.019 0 RPA 1 10:0. 9 0.044 0 RPA 1 12:0. 9 0.050 0 RPA 1 13:0. 9 0.178 0 RPA 1 15:0. 9 16:0. 9 0.465 0 RPA 1 17:0. 9 18:0. 9 0.214 0 RPA 1 20:0. 9 0.214 0 RPA 1											
Vitamin E (alpha-tocopherol), beta mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU 36.800 0 RPI 6 Vitamin K (phylloquinone) mcg 6 FIT 6 Sipids: Fatty acids, total saturated. 9 1.061 0 RPA 1 4:0. 9 0.057 0 RPA 1 4:0. 9 0.034 0 RPA 1 8:0. 9 0.019 0 RPA 1 10:0. 9 0.044 0 RPA 1 12:0. 9 0.050 0 RPA 1 13:0. 9 0.178 0 RPA 1 15:0. 9 0.465 0 RPA 1 17:0. 9 0.214 0 RPA 1 18:0. 9 0.214 0 RPA 1											
Tocopherol, beta			51		0	RPI	6				
Tocopherol, gamma											
Tocopherol, delta. mg Vitamin D. IU 36.800 0 RPI 6 Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated. g 1.061 0 RPA 1 4:0. g 0.057 0 RPA 1 6:0. g 0.034 0 RPA 1 8:0. g 0.019 0 RPA 1 10:0. g 0.044 0 RPA 1 12:0. g 0.050 0 RPA 1 13:0. g 0.178 0 RPA 1 15:0. g 0.465 0 RPA 1 17:0. g 0.2465 0 RPA 1 17:0. g 0.214 0 RPA 1 20:0. g 0.214 0 RPA 1	-										
Vitamin D. IU 36.800 0 RPI 6 Vitamin K (phylloquinone) mcg 1 6 RPI 6 Lipids: Fatty acids, total saturated g 1.061 0 RPA 1 4:0. g 0.057 0 RPA 1 6:0. g 0.019 0 RPA 1 8:0. g 0.019 0 RPA 1 10:0. g 0.050 0 RPA 1 12:0. g 0.050 0 RPA 1 13:0. g 0.178 0 RPA 1 15:0. g 0.465 0 RPA 1 17:0. g 0.214 0 RPA 1 18:0. g 0.214 0 RPA 1 20:0. g 0.214 0 RPA 1											
Vitamin K (phylloquinone)mcg Lipids: Fatty acids, total saturated											
Lipids: Fatty acids, total saturated 9 1.061 0 RPA 1 4:0 9 0.057 0 RPA 1 6:0 9 0.034 0 RPA 1 8:0 9 0.019 0 RPA 1 10:0 9 0.044 0 RPA 1 12:0 9 0.050 0 RPA 1 13:0 9 14:0 9 0.178 0 RPA 1 15:0 9 0.465 0 RPA 1 17:0 9 18:0 9 0.214 0 RPA 1 20:0 9			36.800)	0	RPI	6				
Fatty acids, total saturated g 1.061 0 RPA 1 4:0 g 0.057 0 RPA 1 6:0 g 0.034 0 RPA 1 8:0 g 0.019 0 RPA 1 10:0 g 0.044 0 RPA 1 12:0 g 0.050 0 RPA 1 13:0 g 0.178 0 RPA 1 15:0 g 0.178 0 RPA 1 16:0 g 0.465 0 RPA 1 17:0 g 0.214 0 RPA 1 20:0 g 0.214 0 RPA 1	Vitamin K (phylloquinone)	mcg									
Fatty acids, total saturated g 1.061 0 RPA 1 4:0 g 0.057 0 RPA 1 6:0 g 0.034 0 RPA 1 8:0 g 0.019 0 RPA 1 10:0 g 0.044 0 RPA 1 12:0 g 0.050 0 RPA 1 13:0 g 0.178 0 RPA 1 15:0 g 0.178 0 RPA 1 16:0 g 0.465 0 RPA 1 17:0 g 0.214 0 RPA 1 20:0 g 0.214 0 RPA 1	inide										
4:0		а	1 061		0	RDΔ	1				
6:0.	• .										
8:0											
10:0 g 0.044 0 RPA 1 12:0 g 0.050 0 RPA 1 13:0 g 14:0 g 0.178 0 RPA 1 15:0 g 16:0 g 0.465 0 RPA 1 17:0 g 18:0 g 0.214 0 RPA 1 20:0 g		_			-						
12:0		_									
13:0		_									
14:0		-	0.050	,	U	KPA	1				
15:0			0 150	,	^	D.C.2	4				
16:0			0.178	•	0	RPA	1				
17:0					^						
18:0g 0.214 0 RPA 1 20:0g			0.465	•	U	RPA	1				
20:0g					_		_				
			0.214	ı	0	RPA	1				
22:0g		_									
24:0g		_									

	<u>Ar</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in	edible portion of	of common
		Numbe		0	Cantidanas		easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.484	0	RPA	1				
14:1g	0.404	U	KFA	_				
15:1g								
16:1 undifferentiated	0.040	0	RPA	1				
17:1g		_		_				
18:1 undifferentiated	0.444	0	RPA	1				
20:1g	0.000	0	RPA	1				
22:1 undifferentiatedg	0.000	0	RPA	1				
24:1 cg								
Fatty acids, total polyunsaturated9	0.065	0	RPA	1				
18:2 undifferentiatedg	0.040	0	RPA	1				
18:3 undifferentiatedg	0.026	0	RPA	1				
18:4g	0.000	0	RPA	1				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	RPA	1				
20:5 n-3g	0.000	0	RPA	1				
22:5 n-3g	0.000	0	RPA	1				
22:6 n-3g	0.000	0	RPA	1				
Fatty acids, total transg								
Cholesterol mg	7	0	RPI	6				
Phytosterolsmg	1							
Amino Acids:								
Tryptophang	0.043	0	RPA	1				
Threonineg	0.138	0	RPA	1				
Isoleucineg	0.185	0	RPA	1				
Leucineg	0.300	0	RPA	1				
Lysineg	0.243	0	RPA	1				
Methionineg	0.077	0	RPA	1				
Cystineg	0.029	0	RPA	1				
Phenylalanineg	0.148		RPA	1				
Tyrosineg	0.148	0	RPA	1				
Valineg	0.205	0	RPA	1				
Arginineg	0.111		RPA	1				
Histidineg	0.083	0	RPA	1				
Alanineg	0.106		RPA	1				
Aspartic acidg	0.233		RPA	1				
Glutamic acidg	0.641		RPA	1				
Glycine9	0.064		RPA	1				
Proline	0.297		RPA	1				
Serine	0.167	0	RPA	1				
Hydroxyproline								
Others:	_			_				
Alcohol, ethylg	0.0	0	RPI	6				
Caffeinemg	0	0	RPI	6				
Theobromine mg	0	0	RPI	6				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	80.98		0	RPI	6				
Energy	kcal	89		0	RPI	6				
Energy	kj	371		0	RPI	6				
Protein		3.03		0	RPI	6				
Total lipid (fat)	g	3.07		0	RPI	6				
Ash		0.71		0	RPI	6				
Carbohydrate, by difference		12.21		0	RPI	6				
Fiber, total dietary		0.0		0	RPI	6				
Sugars, total										
Starch										
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	119		0	RPI	6				
Iron, Fe	mg	0.05		0	RPI	6				
Magnesium, Mg	mg	12		0	RPI	6				
Phosphorus, P		93		0	RPI	6				
Potassium, K	mg	140		0	RPI	6				
Sodium, Na	mg	46		0	RPI	6				
Zinc, Zn	mg	0.35		0	RPI	6				
Copper, Cu	mg	0.014	1	0	RPI	6				
Manganese, Mn	mg	0.004	1	0	RPI	6				
Selenium, Se	mcg	1.9		0	RPI	6				
7*4										
<u>Vitamins:</u>				_		_				
Vitamin C, total ascorbic acid	_	0.9	_	0	RPI	6				
Thiamin	_	0.035		0	RPI	6				
Riboflavin		0.151		0	RPI	6				
Niacin	_	0.077		0	RPI	6				
Pantothenic acid	-	0.289		0	RPI	6				
Vitamin B-6	-	0.039	9	0	RPI	6				
Folate, total		5		0	RPI	6				
Folic acid		0		0	RPI	6				
Folate, food		5		0	RPI	6				
Folate, DFE		5		0	NC	4				
Vitamin B-12		0.33		0	RPI	6				
Vitamin A, IU		115		0	0	4				
Vitamin A, RAE		27		0	NC	4				
Retinol		26		0	RPI	6				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D		36.800)	0	RPI	6				
Vitamin K (phylloquinone)	mcg									
inide										
Lipids:	~	1 044	•	0	RPA	1				
Fatty acids, total saturated		1.846		0		1				
4:0		0.099			RPA					
6:0	-	0.059		0	RPA	1				
8:0	-	0.034		0	RPA	1				
10:0	-	0.077		0	RPA	1				
12:0	-	0.086	•	0	RPA	1				
13:0				•		_				
14:0		0.309	,	0	RPA	1				
15:0				_		_				
16:0		0.809	,	0	RPA	1				
17:0				_	_	_				
18:0		0.373	3	0	RPA	1				
20:0	-									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	f common
Nutrients and Ur	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_									
Fatty acids, total monounsaturated 14:1	g	0.842		0	RPA	1				
15:1 16:1 undifferentiated	-	0.069		0	RPA	1				
17:1 18:1 undifferentiated	-	0.773		0	RPA	1				
20:1 22:1 undifferentiated		0.000		0 0	RPA RPA	1 1				
24:1 cFatty acids, total polyunsaturated	g	0.114		0	RPA	1				
18:2 undifferentiated	g	0.069		0	RPA RPA	1				
18:4	g	0.000		0	RPA	1				
20:2 n-6 c,c 20:3 undifferentiated	g			•		_				
20:4 undifferentiated 20:5 n-3	g	0.000 0.000		0 0	RPA RPA	1 1				
22:5 n-322:6 n-3		0.000 0.000		0 0	RPA RPA	1 1				
Fatty acids, total trans Cholesterol		13		0	RPI	6				
Phytosterols	mg	0		0	RPA	1				
Amino Acids: Tryptophan	a	0.042		0	RPA	1				
Threonine		0.137		0	RPA	1				
Isoleucine	g	0.183		0	RPA	1				
Leucine		0.296		0	RPA	1				
Lysine	g	0.240		0	RPA	1				
Methionine		0.076		0	RPA	1				
Cystine	_	0.028		0	RPA	1				
Phenylalanine		0.146		0	RPA	1				
Tyrosine	_	0.146		0	RPA	1				
Valine		0.202		0	RPA	1				
Arginine		0.109 0.082		0 0	RPA	1 1				
Histidine		0.082		0	RPA RPA	1				
Alanine		0.104		0	RPA	1				
Aspartic acidGlutamic acid		0.634		0	RPA	1				
Glycine	-	0.064		0	RPA	1				
Proline	=	0.293		0	RPA	1				
Serine		0.165		0	RPA	1				
Hydroxyproline	_	0.100		•		-				
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6				
Caffeine	mg	0		0	RPI	6				
Theobromine	mg	0		0	RPI	6				
Carotenoids:										
Carotene, beta	<u>m</u> cg	17		0	0	4				
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 19223

Rennin, vanilla, dry mix, prepared with whole milk

Food Group: 19 Sweets

Sokol and Co. or Sokol Blosser Winery

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure
Proximates:										
Water	a	26.60		1	A	1		9.58		
Energy	_	332		0	NC	4		119		
Energy		1388				4		500		
Protein		4.80		1	A	1		1.73		
Total lipid (fat)		8.90		1	A	1		3.20		
Ash		1.60		1	A	1		0.58		
Carbohydrate, by difference		58.10		0	NC	4		20.92		
Fiber, total dietary										
Sugars, total										
Starch										
Sur on										
<u> 1 dinerals:</u>										
Calcium, Ca	-	322		1	A	1		116		
Iron, Fe										
Magnesium, Mg										
Phosphorus, P										
Potassium, K				_	_	_		0.7		
Sodium, Na		74		1	A	1		27		
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	nicg									
<u>ipids:</u>										
Fatty acids, total saturated	g	1.030)	1	A	1		0.371		
4:0	g									
6:0	g									
8:0	g	0.005	i	1	A	1		0.002		
10:0	g	0.005	i	1	A	1		0.002		
12:0	g	0.005	i	1	A	1		0.002		
13:0	g									
14:0	g	0.005	i	1	A	1		0.002		
15:0	g	0.005	i	1	A	1		0.002		
16:0		0.848		1	A	1		0.305		
17:0		0.005		1	A	1		0.002		
18:0	-	0.182		1	A	1		0.066		
20:0		0.010		1	A	1		0.004		
22:0	_	0.005	i	1	A	1		0.002		
24:0										
Fatty acids, total monounsaturated.	• • • • • • • • • • • • • • • • • • • •	1.306		0		4		0.470		
14:1		0.005	•	1	A	1		0.002		
15:1	-			_	_	_				
16:1 undifferentiated		0.019		1	A	1		0.007		
17:1	-	0.005		1	A	1		0.002		
18:1 undifferentiated		1.282		1	A -	1		0.462		
20:1	_	0.005	•	1	A	1		0.002		
22:1 undifferentiated										
24:1 c		F F70		•						
Fatty acids, total polyunsaturated		5.578		0	_	4		2.008		
18:2 undifferentiated		5.506		1	A	1		1.982		
18:3 undifferentiated	•	0.067		1	A	1		0.024		
18:4										
20:2 n-6 c,c		0.005		1	74	1		0 000		
20:3 undifferentiated		0.005		1	A			0.002		
20:4 undifferentiated		0.005	•	1	A	1		0.002		
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	mg									

NDB No. 19251 SOKOL, SOLO Poppy Seed Filling

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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 = 36g: 2 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

Measure 3

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	66.10	0.297	40		1		48.91	43.63	
Energy	kcal	144		0	NC	4		107	95	
Energy	kj	602		0	NC	4		446	398	
Protein (N x 6.25)	g	1.10	0.330	41		1		0.81	0.73	
Total lipid (fat)	g	2.00	0.057	23		1		1.48	1.32	
Ash	g	0.40		1		1		0.30	0.26	
Carbohydrate, by difference	g	30.40		0	NC	4		22.50	20.06	
Fiber, total dietary	g	3.3		0	FLA	4		2.4	2.1	
Sugars, total	g	24.32		0	LC	8		18.00	16.05	
Starch	g									
Ainerals:										
Calcium, Ca	mg	54	4.021	10		1		40	36	
Iron, Fe	-	0.14	0.027	6		1		0.10	0.09	
Magnesium, Mg	-	8	1.167	8		1		6	5	
Phosphorus, P		40	4.817	7		1		30	26	
Potassium, K	mg	96	13.153	12		1		71	63	
Sodium, Na	-	46	5.938	12		1		34	30	
Zine, Zn		0.48	0.292	10		1		0.36	0.32	
Copper, Cu		0.028		5		1		0.021	0.018	
Manganese, Mn		0.011	0.002	4		1		0.008	0.007	
Selenium, Se	mcg	1.3		0	FLA	4		1.0	0.9	
itamins:										
Vitamin C, total ascorbic acid	mg	5.8		0	FLA	4		4.3	3.8	
Thiamin	mg	0.031		0	FLA	4		0.023	0.021	
Riboflavin	mg	0.089	ı	0	FLA	4		0.066	0.059	
Niacin		0.076	i	0	FLA	4		0.057	0.050	
Pantothenic acid	<u>mg</u>	0.220		0	FLA	4		0.163	0.145	
Vitamin B-6	mg	0.027		0	FLA	4		0.020	0.018	
Folate, total		7		0	FLA	4		5	5	
Folic acid		0		0	FLA	4		0	0	
Folate, food		7		0	FLA	4		5	5	
Folate, DFE		7		0	NC	4		5	5	
Vitamin B-12		0.12		0	FLA	4		0.09	0.08	
Vitamin A, IU		45		0	FLA	4		33	30	
Vitamin A, RAE		10 9		0	FLA	4 4		7 7	6	
Retinol		0.03		0	FLA FLA	4		0.02	6 0.02	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.03		U	FLA	4		0.02	0.02	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
ipids:	_			•					0.866	
Fatty acids, total saturated		1.160		0 1		1 1		0.858	0.766	
4:0		0.060 0.030		1		1		0.044	0.040	
6:0	-	0.030		1		1		0.022 0.015	0.020 0.013	
8:0 10:0.	-	0.020		1		1		0.015	0.013	
12:0		0.050		1		1		0.037	0.033	
13:0		0.030		-		-		3.03.	0.055	
14:0		0.200	1	1		1		0.148	0.132	
15:0								-	- · -	
16:0		0.510	ı	1		1		0.377	0.337	
17:0										
18:0	-	0.230	ı	1		1		0.170	0.152	
10.0										
20:0	g									

	<u>Ar</u>	nount in 100 gram		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Number of Data	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.530	0		1		0.392	0.350	
14:1g								
15:1g								
16:1 undifferentiatedg	0.050	1		1		0.037	0.033	
17:1g	0.400	4						
18:1 undifferentiatedg	0.490	1		1		0.363	0.323	
20:1g	0.000	1		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		7		0.000	0.000	
24:1 cg		•		_				
Fatty acids, total polyunsaturatedg	0.080	0		1		0.059	0.053	
18:2 undifferentiatedg	0.050	1		1		0.037	0.033	
18:3 undifferentiatedg	0.030	1		1		0.022	0.020	
18:4g	0.000	0		7		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated		_		_				
20:4 undifferentiatedg	0.000	0		7		0.000	0.000	
20:5 n-3g	0.000	0		7		0.000	0.000	
22:5 n-3g	0.000	0		7		0.000	0.000	
22:6 n-3g	0.000	0		7		0.000	0.000	
Fatty acids, total trans						_	_	
Cholesterol mg		0	FLA	4		0	0	
Phytosterols mg								
Amino Acids:								
Tryptophan	0.014	0		1		0.010	0.009	
Threonine g	0.044	0		1		0.033	0.029	
Isoleucine	0.059	0		1		0.044	0.039	
Leucine	0.096	0		1		0.071	0.063	
Lysine	0.077	0		1		0.057	0.051	
Methionine	0.024	0		1		0.018	0.016	
Cystine	0.010	0		1		0.013	0.007	
Phenylalanine	0.048	0		1		0.036	0.032	
Tyrosine	0.047	0		1		0.035	0.031	
Valine	0.066			1		0.049	0.044	
Arginine	0.042	0		1		0.043	0.028	
	0.042	0		1		0.031	0.028	
Histidine	0.027	0		1		0.026	0.018	
Alanine	0.035	0		1		0.026	0.023	
Aspartic acid	0.085	0		1		0.152	0.036	
Glutamic acid	0.022	0		1				
Glycine						0.016	0.015	
	0.100	0		1 1		0.074	0.066	
Serine	0.054	U		1		0.040	0.036	
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
	_	-					,	
Carotene, beta mcg	3	0	FLA	4		1.954	1.742	
Carotene, alpha mcg	0	0	FLA	4		0.322	0.287	
Cryptoxanthin, beta mcg	13	0	FLA	4		9.876	8.808	
Lycopenemcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	17	0	FLA	4		12.551	11.194	

Common Measures:

Measure 1 = 74g: .5 cup (4 fl oz) Measure 2 = 66g: 1 bar (2.75 fl oz) NDB No. 19097 Sherbet, orange

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
				mber				<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	13.90	0.777	6		1		3.20		
Energy	-	351	0.777	0		4		81		
Energy		1469		·		4		338		
Protein (N x 5.9)		1.80	0.059	6		1		0.41		
Total lipid (fat)		5.30	0.884	6		1		1.22		
Ash		0.50	0.020	6		1		0.12		
Carbohydrate, by difference		78.50		0		4		18.06		
Fiber, total dietary		3.5		0	BFSN	4		0.8		
Sugars, total										
Starch										
Minerals:			_			_		_		
Calcium, Ca	-	29	0.929	3		1		7		
Iron, Fe		0.80	0.094	3		1		0.18		
Magnesium, Mg		22	0.751	3		1		5		
Phosphorus, P		55 138	0.550 7.126	3 3		1 1		13 32		
Potassium, K		138 77	20.131	3 6		1		18		
Sodium, NaZinc, Zn		0.19	20.131	0		4		0.04		
Copper, Cu		0.13		0		4		0.039		
Manganese, Mn		0.184		0		4		0.042		
Selenium, Se		2.6		0	BFSN	4		0.6		
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	70.0	0.000	3		1		16.1		
Thiamin		0.043		3		1		0.010		
Riboflavin		0.030		1		1		0.007		
Niacin		0.100		0		4		0.023		
Pantothenic acid	-	0.075		0		4		0.017		
Vitamin B-6	_	0.300	1	0		4		0.069		
Folate, total		4		0	_	4		1		
Folic acid		0		0	Z	7		0 1		
Folate, food		4		0	170	4		1		
Folate, DFE		4 0.00		0	NC	4 4				
Vitamin B-12 Vitamin A, IU	riicg	116		0		4		0.00 27		
		6		0	NC	4		1		
Vitamin A, RAE Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		Ü		U	2	,		U		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_						
Fatty acids, total saturated		4.020	1	0		4		0.925		
4:0		0.010		1		4		0.002		
6:0				1		4				
8:0		0.160 0.180		1		4		0.037 0.041		
10:0 12:0	_	2.300		1		4		0.529		
13:0	_	2.300		-		-2		0.529		
14:0	-	0.800	1	1		4		0.184		
15:0	_	0.800		_		4		0.104		
16:0	-	0.420	1	1		4		0.097		
17:0	_	0.420		-		-		0.031		
18:0	-	0.140)	1		4		0.032		
20:0	_	0.140		-		-		2.032		
22:0										
24:0										

		<u>Ar</u>	mount in 10		ole portio	<u>on</u>		edible portion of easures of food	
				Number of Data	Source	Confidence		<u> </u>	
Nutrients and Units	;	Mean	Std. Error		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.630		0	4		0.145		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.000		1	4		0.000		
17:1	g								
18:1 undifferentiated	g	0.630		1	4		0.145		
20:1	g	0.000		1	4		0.000		
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.180		0	4		0.041		
18:2 undifferentiated	g	0.180		1	4		0.041		
18:3 undifferentiated	g	0.000		1	4		0.000		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0	4		0		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.020		0	4		0.005		
Threonine		0.050		0	4		0.012		
Isoleucine		0.062		0	4		0.014		
Leucine		0.121		0	4		0.028		
Lysine		0.047		0	4		0.011		
Methionine	-	0.030		0	4		0.007		
Cystine	-	0.036		0	4		0.008		
Phenylalanine		0.085		0	4		0.020		
Tyrosine		0.050		0	4		0.012		
Valine	-	0.073		0	4		0.017		
Arginine		0.069		0	4		0.016		
Histidine		0.038		0	4		0.009		
Alanine	•	0.059		0	4		0.014		
Aspartic acid	-	0.111		0	4		0.026		
Glutamic acid		0.546		0	4		0.126		
Glycine	-	0.064		0	4		0.015		
Proline	-	0.188		0	4		0.043		
Serine	•	0.087		0	4		0.020		

Common Measures:

Measure 1 = 23g: 1 bar

Calories Factors: Protein 3.8 Fat 8.6 Carbohydrate 3.8

Food Group: 19 Sweets

Nutrients and Units			<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
Nutrionts and Units				Nu	ımbei				me	easures of food	
Nutrients and Units							Source	Confidence			
Water	Nutrients and Un	nits	Mean	Ψ.					Measure 1	Measure 2	Measure
Water											
Energy		a	12 30	0 676	Ω		1		3 40	3 32	2.58
Fasegy				0.070		NC					74
Process 1											308
Troal lipfol (fat)				0 004		NC					0.21
Anh						7.0					0.21
Carbehydrate by difference	• • •					цС					0.21
Fiber, road dictary				0.143		NC					17.75
Sugras, total				0 000							0.0
Sinch											
Sample S	•		57.58	2.507	4	LC	8		16.32	15.55	12.09
Calcium, Ca	Starch	9									
Calcium, Ca	Minerals:										
Inn. F.		mg	18		2		1		5	5	4
Magnesium Mg. mg 14 0.949 7 1 4 4 Phosphorus P. mg 164 6.462 7 1 46 44 Potassium K. mg 104 6.462 7 1 114 109 Zine, Zn. mg 0.19 0 4 0.08 0.05 Copper, Cu. mg 0.172 0 4 0.08 0.050 Manganese, Mn. mg 0.184 0 4 0.052 0.050 Selenium, Se. mg 0.184 0 8FSN 4 0.052 0.050 Selenium, Se. mg 0.184 0 4 0.052 0.050 Selenium, Se. mg 0.102 1 1 1.022 0.012 Titamins: Vitamin Cotal ascorbic acid mg 0.043 0 4 0.022 0.012 Riboflavium mg 0.100 1 1 1 0.028			0.75		2		1		0.21	0.20	0.16
Potassium K.	Magnesium, Mg	mg	14	0.949	7		1		4	4	3
Sodium, Na.	Phosphorus, P	mg	24	3.157	6		1		7	6	5
Zinc, Zn. mg 0.19 0 4 0.05 0.05 Copper, Cu. mg 0.171 0 4 0.048 0.046 Manganese, Mn. mg 0.184 0 4 0.052 0.050 Selenium, Sc. mG 2.7 0 BFSN 4 0.052 0.050 Yitamins. mg 0.100 1 1 15.9 15.1 Thianim mg 0.043 0 4 0.012 0.012 Ribollavin mg 0.100 1 1 0.028 0.027 Niacin mg 0.100 1 1 0.028 0.027 Niacin mg 0.330 0 4 0.085 0.081 Vitamin B-6 mg 0.300 0 2 7 0 0 Folia cid. mcg 0 0 2 7 0 0 Folate, food. mcg 0 NC	Potassium, K	mg	164	6.462	7		1		46	44	34
Copper, Cu. Mg 0.171 0 4 0.048 0.046 Manganese, Mn. mg 0.184 0 4 0.052 0.050 Sclenhum, Se. mcg 2.7 0 BFSN 4 0.052 0.050 Vitamins. Vitamin C, total accorbic acid mg 56.0 0.000 7 1 15.9 15.1 Thishamin mg 0.043 0 4 0.012 0.012 Riboflavin mg 0.100 1 1 1 0.028 0.027 Niacin. mg 0.100 1 1 1 0.028 0.027 Pathotheric acid. mg 0.319 0 4 0.028 0.027 Pathotheric acid. mg 0.300 0 4 0.085 0.081 Folate, food. mg 4 0 BFZN 4 1 1 1 Folate, food. mcg 0 0 <td>Sodium, Na</td> <td>mg</td> <td>403</td> <td>27.419</td> <td>7</td> <td></td> <td>1</td> <td></td> <td>114</td> <td>109</td> <td>85</td>	Sodium, Na	mg	403	27.419	7		1		114	109	85
Manganese, Mn. Mg 0.184 0 4 0.052 0.050 Selenium, Sc. meg 2.7 0 BFSN 4 0.82 0.7 Yitamins. Vitamin C, total ascorbic acid mg 56.0 0.000 7 1 15.9 15.1 Thiamin mg 0.100 1 1 1 0.028 0.027 Niacin mg 0.100 1 1 1 0.028 0.027 Pantotheric acid mg 0.100 1 1 1 0.028 0.027 Pantotheric acid mg 0.300 0 EFZN 4 0.090 0.086 Vitamin B-6 mg 0.300 0 EFZN 4 1 1 1 Folic acid mcg 4 0 BFZN 4 1 1 1 Folic acid mcg 0 0 EFZN 4 1 1 1 1 1	Zinc, Zn	mg	0.19		0		4		0.05	0.05	0.04
Selenium, Se.	Copper, Cu	mg	0.171		0		4		0.048	0.046	0.03
Vitamin C, total ascorbic acid.	Manganese, Mn	mg	0.184	Į.	0		4		0.052	0.050	0.03
Vitamin C, total ascorbic acid.	Selenium, Se	mcg	2.7		0	BFSN	4		0.8	0.7	0.6
Vitamin C, total ascorbic acid. mg 56.0 0.000 7 1 15.9 15.1	Vitamine.										
Thiamin		ma	56.0	0.000	7		1		15 0	15 1	11.8
Riboflavin		_									0.00
Niacin mg 0.100 1 1 0.028 0.027 Pantothenic acid mg 0.319 0 4 0.090 0.086 Vitamin B-6 mg 0.300 0 4 0.085 0.081 Folate, fotal mCg 4 0 BFZN 4 1 1 Folate, fotal mCg 4 0 BFZN 4 1 1 Folate, food mCg 4 0 BFZN 4 1 1 1 Folate, food mCg 4 0 BFZN 4 1 1 1 Folate, food mCg 0.00 0 C 4 0.00 1		-									0.00
Pantothenic acid mg 0.319 0 4 0.090 0.086 Vitamin B-6 mg 0.300 0 4 0.085 0.081 Folate, food mcg 4 0 DBFZN 4 1 1 Foliac, food mcg 4 0 BFZN 4 1 1 Folate, food mcg 4 0 BFZN 4 1 1 Folate, DFE mcg 4 0 NC 4 1 1 Folate, DFE mcg 0 0 BFZN 4 1 1 Folate, DFE mcg 0 0 BFZN 4 0 0 0 Vitamin A, U U 58 0 BFZN 4 2 2 2 Retirol mcg 0 0.56 0 BFZN 4 0.16 0.15 Vitamin E, Gapha-tocopherol mcg 18.2 0 BFZN											0.02
Vitamin B-6. mg 0.300 0 BFZN 4 0.085 0.081 Folate, total mcg 4 0 BFZN 4 1 1 Folate, total mcg 0 0 z 7 0 0 Folate, food mcg 4 0 BFZN 4 1 1 Folate, DFE mcg 0.00 NC 4 0.00 0.00 Vitamin B-12 mcg 0.00 0 4 0.00 0.00 Vitamin A, IU IU 58 0 BFZN 4 16 16 Vitamin A, RAE mcg 0 0 0 4 0 0 Retinol mcg 0 0 0 4 0.16 0.15 Tocopherol, beta mg 0 0 BFZN 4 5.2 4.9 Vitamin E (alpha-tocopherol) mcg 18.2 0 BFZN 4 5.2		-									0.02
Folate, total											0.06
Folic acid. mcg 0 0 2 7 7 0 0 0 7 Folate, Food. mcg 4 0 BFZN 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		_		•		DETN					1
Folate, food. mcg											0
Folate, DFE.											1
Vitamin B-12 mcg 0.00 0 4 0.00 0.00 Vitamin A, IU IU 58 0 BFZN 4 16 16 Vitamin A, RAE mcg 6 0 BFZN 4 2 2 2 Retinol mcg 0 0 0 4 0 0 0 Vitamin E (alpha-tocopherol) mg 0.56 0 BFZN 4 0.16 0.15 Tocopherol, gamma mg 1 2 4 9 <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></th<>											1
Vitamin A, IU IU 58 0 BFZN 4 16 16 Vitamin A, RAE mcg 0 0 BFZN 4 2 2 Retinol mcg 0 0 0 4 0 0 Vitamin E (alpha-tocopherol) mg 0.56 0 BFZN 4 0.16 0.15 Tocopherol, beta mg 1 2 2 2 2 4 9 2 4 9 </td <td></td> <td></td> <td>-</td> <td></td> <td></td> <td>NC</td> <td></td> <td></td> <td></td> <td></td> <td>0.00</td>			-			NC					0.00
Vitamin A, RAE mcg_RAE 6 0 BFZN 4 2 2 Retinol mcg 0 0 0 4 0 0 Vitamin E (alpha-tocopherol) mg 0.56 0 BFZN 4 0.16 0.15 Tocopherol, beta. mg 1 1 1 1 1 1 1 1 1 2 1 2 1 2 4 0.16 0.15 1 2 4 0.16 0.15 1 2 1 2 1 2 1 2 1 2 2 4 2 2 4 9 2 4 9 2 4 9 2 4 9 2 4 9 2 4 9 2 4 9 2 4 9 2 4 9 0 0 0 0 0 0 0 0 0 0 0 <td></td> <td></td> <td></td> <td></td> <td>-</td> <td>DETM</td> <td></td> <td></td> <td></td> <td></td> <td>12</td>					-	DETM					12
Retinol. mcg 0 0 0 4 0 0 Vitamin E (alpha-tocopherol). mg 0.56 0 BFZN 4 0.16 0.15 Tocopherol, beta. mg					-						1
Vitamin E (alpha-tocopherol). mg 0.56 0 BFZN 4 0.16 0.15 Tocopherol, beta											0
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 18.2 0 BFZN 4 5.2 4.9 Lipids: Fatty acids, total saturated g 0.229 0 NC 4 0.065 0.062 4:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 112:0 g 0.000 0 BFZN 4 0.000 0.000 12:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.000 0 BFZN 4 0.000 0.000 15:0 g 0.000 0 BFZN 4 0.001 0.001			-						-		0.12
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 18.2 0 BFZN 4 5.2 4.9 Lipids: Fatty acids, total saturated g 0.229 0 NC 4 0.065 0.062 4:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 12:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.000 0 BFZN 4 0.000 0.000 15:0 g 0.000 0 BFZN 4 0.001 0.001 15:0 g 0.000 0 BFZN 4 0.001 0.001 15:0 g 0.000 0 BFZN 4 0.0034 0.032 17:0 g 0.000 0 BFZN 4 0.0030 0.029			0.56		U	DF ZN	4		0.16	0.15	0.12
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg 18.2 0 BFZN 4 5.2 4.9 Lipids: Fatty acids, total saturated. g 0.229 0 NC 4 0.065 0.062 4:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 8:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.000 0 BFZN 4 0.001 0.001 15:0 g 0.004 0 BFZN 4 0.001 0.001 15:0 g 0.0120 0 BFZN 4 0.034 0.032 16:0 g 0.120 0 BFZN 4 0.030 0.032 17											
Vitamin K (phylloquinone) mcg 18.2 0 BFZN 4 5.2 4.9 Lipids: Fatty acids, total saturated. g 0.229 0 NC 4 0.065 0.062 4:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 8:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 12:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.004 0 BFZN 4 0.001 0.001 15:0 g 0.0120 0 BFZN 4 0.034 0.032 17:0 g 0.120 0 BFZN 4 0.030 0.032											
Lipids: Fatty acids, total saturated g 0.229 0 NC 4 0.065 0.062 4.0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 8:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 12:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.004 0 BFZN 4 0.001 0.001 15:0 g 0.120 0 BFZN 4 0.034 0.032 17:0 g 0.126 0 BFZN 4 0.030 0.032 18:0 g 0.106 0 BFZN 4 0.030 0.029			18.2		0	BFZN	4		5.2	4.9	3.8
Fatty acids, total saturated. 9 0.229 0 NC 4 0.065 0.062 4:0 9 0.000 0 BFZN 4 0.000 0.000 6:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 10:0 9 0.000 0 BFZN 4 0.000 0.000 12:0 9 0.000 0 BFZN 4 0.000 0.000 13:0 9 0.004 0 BFZN 4 0.001 0.001 15:0 9 0.120 0 BFZN 4 0.034 0.032 17:0 9 0.120 0 BFZN 4 0.034 0.032 18:0 9 0.106 0 BFZN 4 0.030 0.029	4 7 1 /										
4:0 9 0.000 0 BFZN 4 0.000 0.000 6:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 10:0 9 0.000 0 BFZN 4 0.000 0.000 13:0 9 0.000 0 BFZN 4 0.001 0.001 15:0 9 0.004 0 BFZN 4 0.034 0.032 16:0 9 0.120 0 BFZN 4 0.034 0.032 17:0 9 18:0 9 0.106 0 BFZN 4 0.030 0.029	<u>Lipids:</u>										
6:0	Fatty acids, total saturated	g				NC	4		0.065	0.062	0.04
8:0 g 0.000 0 BFZN 4 0.000 0.000 10:0 g 0.000 0 BFZN 4 0.000 0.000 12:0 g 0.000 0 BFZN 4 0.000 0.000 13:0 g 0.004 0 BFZN 4 0.001 0.001 15:0 g 0.120 0 BFZN 4 0.034 0.032 17:0 g 0.106 0 BFZN 4 0.030 0.029											0.00
10:0. 9 0.000 0 BFZN 4 0.000 0.000 12:0. 9 0.000 0 BFZN 4 0.000 0.000 13:0. 9 14:0. 9 0.004 0 BFZN 4 0.001 0.001 15:0. 9 16:0. 9 0.120 0 BFZN 4 0.034 0.032 17:0. 9 18:0. 9 0.106 0 BFZN 4 0.030 0.029	6:0	g	0.000)	0	BFZN	4		0.000	0.000	0.00
12:0. g 0.000 0 BFZN 4 0.000 0.000 13:0. g 14:0. g 0.004 0 BFZN 4 0.001 0.001 15:0. g 0.120 0 BFZN 4 0.034 0.032 17:0. g 0.106 0 BFZN 4 0.030 0.029		-									0.00
13:0 9 14:0 9 0.004 0 BFZN 4 0.001 0.001 15:0 9 16:0 9 0.120 0 BFZN 4 0.034 0.032 17:0 9 18:0 9 0.106 0 BFZN 4 0.030 0.029		-									0.00
14:0		-	0.000)	0	BFZN	4		0.000	0.000	0.00
15:0		-									
16:0 .g 0.120 0 BFZN 4 0.034 0.032 17:0 .g 18:0 .g 0.106 0 BFZN 4 0.030 0.029		-	0.004	Į.	0	BFZN	4		0.001	0.001	0.00
17:0											
18:0			0.120)	0	BFZN	4		0.034	0.032	0.0
•		-									
20:0g		-	0.106	5	0	BFZN	4		0.030	0.029	0.0
		-									
22:0g	22:0	g									

	<u>An</u>	nount in 10			ole portic	<u>on</u>		edible portion o	of common
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.522		0	NC	4		0.148	0.141	0.110
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.522		0	BFZN	4		0.148	0.141	0.110
20:1g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.194		0	NC	4		0.055	0.052	0.041
18:2 undifferentiatedg	0.152		0	BFZN	4		0.043	0.041	0.032
18:3 undifferentiatedg	0.042		0	BFZN	4		0.012	0.011	0.009
18:4g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	0	0.00	0 4	LC	8		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta mcg	34		0	BFZN	4		9.698	9.236	7.184
Carotene, alphamcg	1		0	BFZN	4		0.227	0.216	0.168
Cryptoxanthin, betamcg	0		0	BFZN	4		0.133	0.126	0.098
Lycopene mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	51		0	BFZN	4		14.351	13.668	10.630

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 27g: 1 package

Measure 3 = 21g: 1 packet (.75 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Ai</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.20		1	AI	13		2.14	1.43	
Energy	kcal	371		0	NC	4		78	52	
Energy	kj	1552		0	NC	4		326	217	
Protein (N x 6.25)	g	0.10		1	AI	13		0.02	0.01	
Total lipid (fat)	g	3.00	0.510	17		1		0.63	0.42	
Ash	g	0.90	0.042	17		1		0.19	0.13	
Carbohydrate, by difference	g	85.70		0	NC	4		18.00	12.00	
Fiber, total dietary	g	3.3		0	FLA	4		0.7	0.5	
Sugars, total	g	48.21		2	LC	8		10.12	6.75	
Starch	g									
Ainavals:										
<u>finerals:</u> Calcium, Ca	ma	32	1.164	17		1		7	4	
Iron, Fe	-	1.01	0.115	17		1		0.21	0.14	
Magnesium, Mg	-	20	0.113	17		1		4	3	
Phosphorus, P		31	1.230	16		1		7	4	
Potassium, K	-	294	11.212	17		1		62	41	
Sodium. Na.		317		1	AI	13		67	44	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.19	0.012	7		1		0.04	0.03	
Copper, Cu		0.171	0.006	7		1		0.036	0.024	
Manganese, Mn		0.184	0.020	7		1		0.039	0.026	
Selenium, Se	mcg	0.4		0	FLA	4		0.1	0.1	
vitamins:										
	ma	120.0		1	AI	13		25.2	16.8	
Vitamin C, total ascorbic acid Thiamin	-	0.073	,	0	FLA	4		0.015	0.010	
Riboflavin		0.073		1	FLA	1		0.015	0.010	
Niacin		0.100		1		1		0.004	0.014	
Pantothenic acid		0.100		0	FLA	4		0.021	0.008	
Vitamin B-6	_	0.300		6		1		0.063	0.042	
Folate, total	_	4		0	FLA	4		1	1	
Folic acid		0		0	FLA	4		0	0	
Folate, food		4		0	FLA	4		1	1	
Folate, DFE		4		0	NC	4		1	1	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		58		0	FLA	4		12	8	
Vitamin A, RAE		6		0	FLA	4		1	1	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.56		0	FLA	4		0.12	0.08	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	18.2		0	FLA	4		3.8	2.6	
_ipids:										
Fatty acids, total saturated	a	0.650)	0		4		0.137	0.091	
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	g	0.000)	0		4		0.000	0.000	
12:0	_	0.000)	1		4		0.000	0.000	
13:0										
14:0		0.010)	1		4		0.002	0.001	
15:0										
16:0		0.340)	1		4		0.071	0.048	
17:0	g									
	a	0.300)	1		4		0.063	0.042	
18:0	9									
18:0 20:0	_									

	<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	Confidence				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
	1 400		0							
Fatty acids, total monounsaturated9 14:19	1.480	•	U		4		0.311	0.207		
15:1g										
16:1 undifferentiatedg	0.000)	1		4		0.000	0.000		
17:1g										
18:1 undifferentiatedg	1.480)	1		4		0.311	0.207		
20:1g	0.000)	0		4		0.000	0.000		
22:1 undifferentiatedg	0.000)	0		4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated9	0.540)	0		4		0.113	0.076		
18:2 undifferentiatedg	0.430		1		4		0.090	0.060		
18:3 undifferentiatedg	0.120		1		4		0.025	0.017		
18:4	0.000		0		4		0.025	0.000		
	0.000	,	U		4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg			_							
20:4 undifferentiatedg	0.000		0		4		0.000	0.000		
20:5 n-3g	0.000)	0		4		0.000	0.000		
22:5 n-3g	0.000)	0		4		0.000	0.000		
22:6 n-3g	0.000)	0		4		0.000	0.000		
Fatty acids, total trans9										
Cholesterol mg	0		0	FLA	4		0	0		
Phytosterolsmg										
Threonine 9 Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 Cystine 9 Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Glutamic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9										
Hydroxyproline										
Alcohol, ethylg	0.0		0	z	7		0.0	0.0		
Caffeine mg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:	-		-	· — •	-		-	•		
Carotene, betamcg	34		0	FLA	4		7.184	4.789		
Carotene, alphamcg	1		0	FLA	4		0.168	0.112		
Cryptoxanthin, betamcg	0		0	FLA	4		0.098	0.066		
Lycopene mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	51		0	FLA	4		10.630	7.087		

Common Measures:

Measure 1 = 21g: 1 large Measure 2 = 14.0g: 1 small

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 19014

Snacks, fruit leather, rolls

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u>	mount in 100 gram		ole portic	<u>on</u>		edible portion easures of food	
Nutrients and Un	its	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	1.77	0.116 7	JO	11		3.89	2.56	0.06
Energy		377	0.110	NC	4		829	546	12
Energy		1576	0	NC	4		3467	2285	50
Protein (N x 6.25)		0.00	1		4		0.00	0.00	0.00
Total lipid (fat)		0.00	1		1		0.00	0.00	0.00
Ash		0.90	0.121 5		1		1.98	1.31	0.03
Carbohydrate, by difference		97.33	0	NC	4		214.13	141.13	3.11
Fiber, total dietary		0.0	0	110	4		0.0	0.0	0.0
Sugars, total		96.21	0	NR	4		211.67	139.51	3.08
		90.61	1.598 9	JO	11		199.35	131.39	2.90
Sucrose	9	5.20	1.598 9	AI	13		11.44	7.54	0.17
Glucose (dextrose)	9		1	AI					
Fructose		0.40	1	Αſ	13		0.88	0.58	0.01
Lactose	g								
Maltose									
Galactose									
Starch	g								
Minerals:									
Calcium, Ca	mg	85	4.909 6		1		187	123	3
Iron, Fe	mg	1.91	0.267 6		1		4.20	2.77	0.06
Magnesium, Mg	mg	29	7.047 6		1		64	42	1
Phosphorus, P	mg	22	3.599 4		1		48	32	1
Potassium, K	mg	346	67.929 6		1		761	502	11
Sodium, Na	mg	39	7.367 6		1		86	57	1
Zinc, Zn	mg	0.18	0.049 6		1		0.40	0.26	0.01
Copper, Cu	mg	0.298	0.067 6		1		0.656	0.432	0.010
Manganese, Mn		0.320			1		0.704	0.464	0.010
Selenium, Se	mcg	1.2	0.433 4	AI	13		2.7	1.8	0.0
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	1		1		0.0	0.0	0.0
Thiamin	-	0.008	0.003 5		1		0.018	0.012	0.000
Riboflavin		0.007			1		0.015	0.010	0.000
Niacin	_	0.082	0.014 5		1		0.180	0.119	0.003
Pantothenic acid		0.111	0.042 5		1		0.244	0.161	0.004
Vitamin B-6		0.026	0.010 5		1		0.057	0.038	0.001
Folate, total		1	2		1		2	1	0
Folic acid		0	0	Z	7		0	0	0
Folate, food	mcg	1	2		1		2	1	0
Folate, DFE	mcg_DFE	1	0	NC	4		2	1	0
Vitamin B-12		0.00	1		1		0.00	0.00	0.00
Vitamin A, IU		0	1		1		0	0	0
Vitamin A, RAE		0	0	AS	1		0	0	0
Retinol		0	0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0	Z	7		0.00	0.00	0.00
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.0	0	Z	7		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated	a	0.000	0		1		0.000	0.000	0.000
4:0		0.000			4		0.000	0.000	0.000
		0.000			4		0.000	0.000	0.000
6:0 8:0		0.000			4		0.000	0.000	0.000
10:0		0.000			-± A		0.000	0.000	0.000
12:0	_	0.000			4		0.000	0.000	0.000
14.0	g g	0.000	, 0		4		0.000	0.000	0.000

	<u>Ar</u>	nount in 100 grams	r		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
14:0g	0.000	0		4		0.000	0.000	0.000	
15:0g		_							
16:0g	0.000	0		4		0.000	0.000	0.000	
17:0g	0.000	0		4				0.000	
18:0g	0.000	U		4		0.000	0.000	0.000	
20:0g									
22:0g									
24:0g	0.000	0		7		0.000	0.000	0.000	
Fatty acids, total monounsaturatedg	0.000	U		,		0.000	0.000	0.000	
15:1									
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
17:1g	0.000	· ·		•		0.000	0.000	0.000	
18:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:1g	0.000	0		4		0.000	0.000	0.000	
22:1 undifferentiated	0.000	0		4		0.000	0.000	0.000	
24:1 cg		-		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.000	0		7		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
18:3 undifferentiated	0.000	0		4		0.000	0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	0.000	
Fatty acids, total trans9									
Cholesterol mg	0	1		4		0	0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeine mg	0	0	z	7		0	0	0	
Theobromine mg	0	0	z	7		0	0	0	
Carotenoids:									
Carotene, betamcg	0	0	NR	4		0.000	0.000	0.000	
Carotene, alpha mcg	0	0	NR	4		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0	0	NR	4		0.000	0.000	0.000	
Lycopene mcg	0	0	NR	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0	0	NR	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 220g: 1 cup, packed packed

Measure 2 = 145g: 1 cup, unpacked unpacked

Measure 3 = 3.2g: 1 tsp brownulated

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.87

Food Group: 19 Sweets

sucrose Refuse: 0%

		<u>Aı</u>	mount in 100 gr	ams of	f edib	ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and Uni	its	Mean		Data D		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		0.03	0.005	4	MC	9		0.00	0.00	0.05
Energy		387		0	NC	4		11	16	774
Energy		1619		0 1	NC	4 4		45	68	3238
Protein (N x 6.25) Total lipid (fat)		0.00	0.005	3		1		0.00 0.00	0.00	0.00 0.00
Ash	-	0.00	0.005	6		1		0.00	0.00	0.00
Carbohydrate, by difference		99.98	0.013	0	NC	4		2.80	4.20	199.95
Fiber, total dietary		0.0		0	-1.0	4		0.0	0.0	0.0
Sugars, total		99.91		0	NR	4		2.80	4.20	199.81
Starch										
Minerals:	ma		0.000	17				•	^	•
Calcium, Ca	-	1 0.01		17 17	A n	1 1		0 0.00	0 0.00	2 0.02
Iron, FeMagnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0.01		17	A A	1		0.00	0.00	0.02
Phosphorus, P	_	0		17	A	1		0	0	0
Potassium, K	_	2		17	A	1		0	0	5
Sodium, Na		0		17	A	1		0	0	1
Zinc, Zn		0.00	0.001	17	A	1		0.00	0.00	0.00
Copper, Cu	mg	0.000	0.000	17	A	1		0.000	0.000	0.000
Manganese, Mn	mg	0.000	0.000	17	A	1		0.000	0.000	0.000
Selenium, Se	mcg	0.6		2	A	1		0.0	0.0	1.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	0.0
Thiamin	mg	0.000	1	1		4		0.000	0.000	0.000
Riboflavin	mg	0.019	0.006	3		1		0.001	0.001	0.038
Niacin	mg	0.000	0.000	3		1		0.000	0.000	0.000
Pantothenic acid		0.000	0.000	3		1		0.000	0.000	0.000
Vitamin B-6		0.000		3		1		0.000	0.000	0.000
Folate, total		0	0.000	3	_	1		0	0	0
Folic acid		0	0.000	0	Z	7		0	0	0
Folate, food		0	0.000	3 0	z	1 7		0 0	0	0
Folate, DFEVitamin B-12		0.00		1	Z	4		0.00	0.00	0.00
Vitamin A, IU		0.00		1		4		0.00	0.00	0.00
Vitamin A, RAE	mca RAE	0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D				•		•		0.0		
Vitamin K (phylloquinone)	mcg	0.0		2	JA	6		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000)	0		1		0.000	0.000	0.000
4:0	g	0.000	1	0		4		0.000	0.000	0.000
6:0	-	0.000		0		4		0.000	0.000	0.000
8:0		0.000		0		4		0.000	0.000	0.000
10:0		0.000		0		4		0.000	0.000	0.000
12:0	-	0.000	•	0		4		0.000	0.000	0.000
13:0 14:0	-	0.000	1	0		4		0.000	0.000	0.000
15:0	-	0.000	•	•		-		0.000	0.000	0.000
16:0		0.000)	0		4		0.000	0.000	0.000
17:0	-	5.000		-		-		0.000	0.000	2.000
18:0		0.000	1	0		4		0.000	0.000	0.000
20:0	-									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 10	00 grams Number			_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0		7		0.000	0.000	0.000	
14:1g	0.000		·		•		0.000	0.000	0.000	
15:1g										
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
17:1g										
18:1 undifferentiated	0.000		0		4		0.000	0.000	0.000	
20:1g	0.000		0		4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated	0.000		0		7		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0		1		4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	0	
Theobrominemg	0		0	z	7		0	0	0	
Carotenoids:										
Carotene, betamcg	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 = 2.8g: 1 serving packet

Measure 2 = 4.2g: 1 tsp Measure 3 = 200g: 1 cup

Calories Factors: Protein Fat Carbohydrate 3.87

Food Group: 19 Sweets

		<u>A</u>	mount in 100 g	rams of ed	ible portion	<u>on</u>	Amount in edible portion of common			
			Nui	mber			m	easures of food		
				Data Deri	/ Source	Confidence				
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Measure 1	Moasuro 2	Measure	
Nutrients and On		Weali	Std. Liloi · ·				Weasure 1	2.27 100 420 0.03 0.06 0.23 25.77 0.0 24.06 26 0.46 5 1 78 3 1.72 0.028 1.254 0.2 0.0 0.003 0.004 0.011 0.014 0.001 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Weasure	
Proximates:										
Water	g	8.00		1	4		0.24	2.27	2.24	
Energy	kcal	354		0	4		11	100	99	
Energy	kj	1481			4		44	420	415	
Protein (N x 6.25)	g	0.10		1	4		0.00	0.03	0.03	
Total lipid (fat)		0.20		1	4		0.01	0.06	0.06	
Ash		0.80		1	4		0.02	0.23	0.22	
Carbohydrate, by difference		90.90		0 N	2 4		2.73	25.77	25.45	
Fiber, total dietary		0.0		0	4		0.0	0.0	0.0	
Sugars, total		84.87		0 FI	A 4		2.55	24.06	23.76	
Starch		01.01					2.55	24.00	2017	
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	90		1	4		3	26	25	
Iron, Fe	mg	1.61		1	4		0.05	0.46	0.4	
Magnesium, Mg	mg	19		1	4		1	5	5	
Phosphorus, P	mg	3		1	4		0	1	1	
Potassium, K	mg	274		1	4		8	78	77	
Sodium, Na	mg	11		1	4		0	3	3	
Zinc, Zn	<u>mg</u>	6.06		1	4		0.18	1.72	1.7	
Copper, Cu		0.099	9	1	4		0.003	0.028	0.0	
Manganese, Mn	<u>mg</u>	4.422	2	1	4		0.133	1.254	1.2	
Selenium, Se	mcg	0.8		0 BFS	N 4		0.0	0.2	0.2	
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	4		0.0	0.0	0.0	
Thiamin	mg	0.009	9	1	4		0.000	0.003	0.0	
Riboflavin	mg	0.013	3	1	4		0.000	0.004	0.0	
Niacin	mg	0.040)	1	4		0.001	0.011	0.0	
Pantothenic acid	mg	0.048	3	1	4		0.001	0.014	0.0	
Vitamin B-6	mg	0.003	3	1	4		0.000	0.001	0.0	
Folate, total	mcg	0		0 FL	A 4		0	0	0	
Folic acid	mcg	0		0 FL	A 4		0	0	0	
Folate, food		0		0 FL	A 4		0	0	0	
Folate, DFE	mcg_DFE	0		0 NO	4		0	0	0	
Vitamin B-12		0.00		1	4		0.00	0.00	0.0	
Vitamin A, IU	IU	0		0 FL	A 4		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0 FL	A 4		0	0	0	
Retinol		0		0 FL	A 4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0 FL	A 4		0.00	0.00	0.0	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0 FL	A 4		0.0	0.0	0.0	
<u> ipids:</u>										
Fatty acids, total saturated	g	0.036	5	0	4		0.001	0.010	0.0	
4:0	g	0.000)	0	4		0.000	0.000	0.0	
6:0	g	0.000)	0	4		0.000	0.000	0.0	
8:0	g	0.000)	0	4		0.000	0.000	0.0	
10:0	-	0.000)	0	4		0.000	0.000	0.0	
12:0		0.000)	0	4		0.000	0.000	0.0	
13:0	-									
14:0	-	0.000)	0	4		0.000	0.000	0.0	
15:0	-									
16:0	-	0.036	5	0	4		0.001	0.010	0.0	
17:0					=					
18:0	-	0.004	1	0	4		0.000	0.001	0.0	
20:0	-			-	-		2			
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	-41 G	0.064		0		4		0.002	0.018	0.018	
Fatty acids, total monounsatura		0.064		U		4		0.002	0.018	0.016	
15:1 16:1 undifferentiated		0.000		0		4		0.000	0.000	0.000	
17:1	_	0.000		U		-		0.000	0.000	0.000	
18:1 undifferentiated		0.064		0		4		0.002	0.018	0.018	
20:1		0.000		0		4		0.002	0.000	0.000	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	0.000	
24:1 c	•	0.000		·		•		0.000	0.000	0.000	
Fatty acids, total polyunsaturate		0.100		0		4		0.003	0.028	0.028	
18:2 undifferentiated		0.100		0		4		0.003	0.028	0.028	
18:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000	
18:4	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c.c.	_	0.000		·		-		0.000	0.000	0.000	
20:3 undifferentiated											
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000	
20:5 n-3	_	0.000		0		4		0.000	0.000	0.000	
22:5 n-3	_	0.000		0		4		0.000	0.000	0.000	
22:6 n-3	_	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total trans	_										
Cholesterol		0		1		4		0	0	0	
Phytosterols											
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0	
Caffeine	-	0		0	FLA	4		0	0	0	
Theobromine	-	0		0	FLA	4		0	0	0	
Carotenoids:											
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000	0.000	
Carotene, alpha	_	0		0	FLA	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 3.0g: 1 tsp Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece $(1-3/4" \times 1-1/4" \times 1/2")$

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

		<u>A</u> :	mount in 100	grams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			N	lumber	r			<u>m</u>	easures of food	•	
Nutrients and Un	its	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	q	0.30	0.031	L 4		1		0.36	0.30	0.02	
Energy	=	389		0	NC	4		467	389	31	
Energy		1629		0	NC	4		1954	1629	130	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)	g	0.10	0.027	7 4		1		0.12	0.10	0.01	
Ash	g	0.00		0	FLA	4		0.00	0.00	0.00	
Carbohydrate, by difference	g	99.60		0	NC	4		119.52	99.60	7.97	
Fiber, total dietary	g	0.0		1	LC	8		0.0	0.0	0.0	
Sugars, total	g	97.91		0	FLA	4		117.49	97.91	7.83	
Sucrose	g	96.32	0.446	5 7	MC	9		115.58	96.32	7.71	
Glucose (dextrose)	g										
Fructose											
Lactose											
Maltose	g										
Galactose											
Starch	g										
Minerals:	ma	1		0	FLA	4		1	1	0	
Calcium, Ca	-	0.02		0	FLA	4 4		0.02	0.02	0.00	
Magnesium, Mg		0.02		0	FLA	4		0.02	0	0.00	
Phosphorus, P		ō		0	FLA	4		0	0	0	
Potassium, K		2		0	FLA	4		3	2	0	
Sodium, Na		1		0	FLA	4		1	1	0	
Zinc, Zn	mg	0.00		0	FLA	4		0.00	0.00	0.00	
Copper, Cu		0.001	L	0	FLA	4		0.001	0.001	0.00	
Manganese, Mn	mg	0.001	L	0	FLA	4		0.001	0.001	0.00	
Selenium, Se	mcg	0.6		0	FLA	4		0.8	0.6	0.1	
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	FLA	4		0.0	0.0	0.0	
Thiamin		0.000		0	FLA	4		0.000	0.000	0.00	
Riboflavin		0.019		0	FLA	4		0.022	0.019	0.00	
Niacin Pantothenic acid.	-	0.000				1 1		0.000 0.000	0.000	0.00	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.000				1		0.000	0.000 0.000	0.00	
Folate, total		0.000	0.000			1		0.000	0.000	0.00	
Folic acid		0	0.000	0	FLA	4		0	0	0	
Folate, food		0		0	FLA	4		0	0	0	
Folate, DFE		0		0	FLA	4		0	0	0	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	0	
Vitamin A, RAE		0		0	FLA	4		0	0	0	
Retinol	mcg	0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	0.0	
	g	0.0		U	T. TIEV	*		0.0	0.0	0.0	
ipids:	a	0.018	1	0		4		0.022	0.018	0.00	
Fatty acids, total saturated		0.018		0		4		0.022	0.018	0.00	
6:0	_	0.000		0		- <u>-</u> -		0.000	0.000	0.00	
8:0	_	0.000		0		4		0.000	0.000	0.00	
10:0	_	0.000		0		4		0.000	0.000	0.00	
12:0	-	0.000		0		4		0.000	0.000	0.00	
13:0				-		=					

		<u>Ar</u>	nount in 10	00 grams Number		ole portion	!	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.018		0		4		0.022	0.018	0.001	
17:0 18:0 20:0.	g	0.002		0		4		0.002	0.002	0.000	
22:0 24:0	g g	0.000		•						0.000	
Fatty acids, total monounsaturated 14:1	g	0.032		0		4		0.038	0.032	0.003	
16:1 undifferentiated17:1	g	0.000		0		4		0.000	0.000	0.000	
18:1 undifferentiated	•	0.032		0		4		0.038	0.032	0.003	
20:1	-	0.000		0		4		0.000	0.000	0.000	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	0.000	
24:1 c						_					
Fatty acids, total polyunsaturated		0.050		0		4		0.060	0.050	0.004	
18:2 undifferentiated	-	0.050		0		4		0.060	0.050	0.004	
18:3 undifferentiated	_	0.000		0		4		0.000	0.000	0.000	
18:4		0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated						_					
20:4 undifferentiated		0.000		0		4		0.000	0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	0.000	
Fatty acids, total trans		•		•				•	•	•	
Cholesterol	_	0		0	FLA	4		0	0	0	
Phytosterols											
Others:											
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	0	
Theobromine	mg	0		0	FLA	4		0	0	0	
Carotenoids:											
Carotene, beta	mca	0		0	FLA	4		0.000	0.000	0.000	
Carotene, alpha	-	0		0	FLA	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin	iiicg	U		U	r'LA	4		0.000	0.000	0.00	

Common Measures:

Measure 1 = 120g: 1 cup unsifted Measure 2 = 100g: 1 cup sifted Measure 3 = 8.0g: 1 tbsp unsifted

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19345 Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup Hershey Food Corp.

		<u>A</u>	mount in 10	0 grams	ot edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	64.32		0	NC	4		22.51			
Energy	kcal	144		0	NC	4		50			
Energy	kj	601		0	NC	4		210			
Protein	g	0.71		0	FLM	4		0.25			
Total lipid (fat)	g	0.52		0	FLM	4		0.18			
Ash		0.44		0	FLM	4		0.16			
Carbohydrate, by difference		34.01		0	NC	4		11.90			
Fiber, total dietary		0.0			LC	8		0.0			
Sugars, total		28.57			LC	8		10.00			
Starch	_										
Minerals:											
Calcium, Ca	mg	11		1	MA	12		4			
Iron, Fe	-	0.62		0	FLM	4		0.22			
Magnesium, Mg	-	19		0	FLM	4		7			
Phosphorus, P		29		0	FLM	4		10			
Potassium, K	-	100		0	FLM	4		35			
Sodium, Na	-	100			LC	8		35			
Zinc, Zn	-	0.26		0	FLM	4		0.09			
Copper, Cu	-	0.148	3	0	FLM	4		0.052			
Manganese, Mn	mg	0.147	,	0	FLM	4		0.052			
Selenium, Se	mcg	0.7		0	FLM	4		0.2			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0			LC	8		0.0			
Thiamin	mg	0.004	l	0	FLM	4		0.002			
Riboflavin	mg	0.024	l	0	FLM	4		0.009			
Niacin	mg	0.095	5	0	FLM	4		0.033			
Pantothenic acid	mg	0.010)	0	FLM	4		0.004			
Vitamin B-6	mg	0.005	5	0	FLM	4		0.002			
Folate, total	mcg	1		0	FLM	4		0			
Folic acid	mcg	0		0	FLM	4		0			
Folate, food		1		0	FLM	4		0			
Folate, DFE		1		0	NC	4		0			
Vitamin B-12		0.00		0	FLM	4		0.00			
Vitamin A, IU	IU	0			LC	8		0			
Vitamin A, RAE		0		0	FLM	4		0			
Retinol		0		0	FLM	4		0			
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLM	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.1		0	FLM	4		0.0			
				-		_					
Lipids: Fatty acids, total saturated	g	0.000)		LC	8		0.000			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	_	0.000		0	FLM	4		0.000			
10:0	_	0.000		0	FLM	4		0.000			
12:0		0.000		0	FLM	4		0.000			
13:0											
14:0	_	0.000)	0	FLM	4		0.000			
15:0											
16:0		0.000)	0	FLM	4		0.000			
17:0											
18:0	_	0.000)	0	FLM	4		0.000			
20:0	g										
22:0	g										
24:0	a										

	<u>Ar</u>	nount in 100	0 grams	<u>on</u>	Amount in edible portion of common				
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	FLM	4		0.000		
14:1g			-		_		0.000		
15:1									
16:1 undifferentiated.	0.000		0	FLM	4		0.000		
17:1g									
18:1 undifferentiated	0.000		0	FLM	4		0.000		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		0	FLM	4		0.000		
18:2 undifferentiated	0.000		0	FLM	4		0.000		
18:3 undifferentiated 9	0.000		0	FLM	4		0.000		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans9									
Cholesterol mg	0			LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	3		0	FLM	4		1		
Theobromine mg	104		0	FLM	4		36		
Carotenoids:									
Carotene, beta mcg	0		0	FLM	4		0.000		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	1		0	FLM	4		0.521		

Common Measures:

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<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		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	21.80		2	A	1		66.27	8.28		
Energy		350		0	NC	4		1064	133		
Energy	kj	1465		0	NC	4		4453	557		
Protein (N x 6.25)		4.60		1	A	1		13.98	1.75		
Total lipid (fat)	g	8.90		1	A	1		27.06	3.38		
Ash		1.80		1	A	1		5.47	0.68		
Carbohydrate, by difference		62.90		0	NC	4		191.22	23.90		
Fiber, total dietary		2.8		1	A	1		8.5	1.1		
Sugars, total		58.77		0	FLM	4		178.66	22.33		
Starch	g										
Minerals:											
Calcium, Ca	mg	100		0	FLM	4		305	38		
Iron, Fe	_	1.57		0	FLM	4		4.78	0.60		
Magnesium, Mg	_	64		0	FLM	4		193	24		
Phosphorus, P		168		0	FLM	4		511	64		
Potassium, K	_	451		0	FLM	4		1371	171		
Sodium, Na	mg	346		1	A	1		1052	131		
Zinc, Zn	<u>mg</u>	0.84		0	FLM	4		2.57	0.32		
Copper, Cu	mg	0.353	3	0	FLM	4		1.074	0.134		
Manganese, Mn		0.394	l	0	FLM	4		1.199	0.150		
Selenium, Se	mcg	4.7		0	FLM	4		14.3	1.8		
Vitamins:											
Vitamin C, total ascorbic acid	mα	0.1		0	FLM	4		0.4	0.1		
Thiamin	_	0.070)	0	FLM	4		0.213	0.027		
Riboflavin	-	0.282		0	FLM	4		0.856	0.107		
Niacin	-	0.367	,	0	FLM	4		1.117	0.140		
Pantothenic acid	_	0.611	L	0	FLM	4		1.857	0.232		
Vitamin B-6	-	0.075	5	0	FLM	4		0.228	0.029		
Folate, total	mcg	5		0	FLM	4		14	2		
Folic acid		0		0	FLM	4		0	0		
Folate, food	mcg	5		0	FLM	4		14	2		
Folate, DFE	mcg_DFE	5		0	NC	4		14	2		
Vitamin B-12	mcg	0.28		0	FLM	4		0.85	0.11		
Vitamin A, IU	IU	16		0	FLM	4		49	6		
Vitamin A, RAE		5		0	FLM	4		14	2		
Retinol		4		0	FLM	4		13	2		
Vitamin E (alpha-tocopherol)	mg	2.49		0	FLM	4		7.57	0.95		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•				6.0			
Vitamin K (phylloquinone)	riicg	2.2		0	FLM	4		6.8	0.9		
Lipids:											
Fatty acids, total saturated	g	3.980)	1	A	1		12.099	1.512		
4:0		0.000)	1	A	1		0.000	0.000		
6:0	g	0.000)	1	A	1		0.000	0.000		
8:0	g	0.018	3	1	A	1		0.055	0.007		
10:0	g	0.047	7	1	A	1		0.143	0.018		
12:0		0.056	5	1	A	1		0.170	0.021		
13:0		0.000)	0	FLM	4		0.000	0.000		
14:0	g	0.237	7	1	A	1		0.720	0.090		
15:0	g	0.000)	0	FLM	4		0.000	0.000		
16:0	g	1.801	L	1	A	1		5.475	0.684		
17:0	g	0.000)	0	FLM	4		0.000	0.000		
18:0	-	0.756	5	1	A	1		2.298	0.287		
20:0	-	0.000		0	FLM	4		0.000	0.000		
22:0		0.000		0	FLM	4		0.000	0.000		
24:0	g	0.000)	0	FLM	4		0.000	0.000		

	<u>A</u>	mount in 100 grar		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
			ta Deriv	Source	Confidence	<u>m</u>	leasures of food	
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a 3.857	, 0		4		11.725	1.466	
14:1	g 0.000	0	FLM	4		0.000	0.000	
15:1 undifferentiated	g 0.067	' 1	A	1		0.204	0.025	
17:1 18:1 undifferentiated	g 3.780			1		11.491	1.436	
20:122:1 undifferentiated	-			1 1		0.030 0.000	0.004 0.000	
24:1 cFatty acids, total polyunsaturated		3 0		4		0.845	0.106	
18:2 undifferentiated	g 0.249) 1	A	1		0.757	0.095	
18:4	g 0.000			1		0.073	0.009	
20:2 n-6 c,c 20:3 undifferentiated	g							
20:4 undifferentiated 20:5 n-3	-			1 1		0.015 0.000	0.002 0.000	
22:5 n-3 22:6 n-3	-			1 1		0.000	0.000	
Fatty acids, total trans	g	0		4		6	1	
Phytosterols	. 0	·	1111	-		· ·	_	
Amino Acids: Tryptophan	g 0.070) 0	FLA	4		0.213	0.027	
Threonine	g 0.226	5 0	FLA	4		0.687	0.086	
Isoleucine	-			4 4		0.666 1.070	0.083 0.134	
Lysine Methionine				4 4		0.900 0.213	0.112 0.027	
CystinePhenylalanine	g 0.066			4 4		0.201 0.584	0.025 0.073	
Tyrosine	g 0.161	. 0	FLA	4		0.489	0.061	
Valine	-			4 4		0.818 0.617	0.102 0.077	
HistidineAlanine	•			4 4		0.261 0.626	0.033 0.078	
Aspartic acidGlutamic acid	g 0.444			4 4		1.350 2.313	0.169 0.289	
Glycine	g 0.154	. 0	FLA	4		0.468	0.059	
ProlineSerine	g 0.213			4 4		0.775 0.648	0.097 0.081	
Hydroxyproline	g							
Others: Alcohol, ethylg		0		4		0.0	0.0	
Caffeine		0		4 4		22 752	3 94	
<u>Carotenoids:</u>								
Carotene, beta		0		4 4		2.570 0.000	0.321 0.000	
Cryptoxanthin, beta	ncg 0	0		4 4		0.000 0.000	0.000	
Lutein + zeaxanthin	3	0		4		10.796	1.350	

Common Measures:

Measure 1 = 304g: 1 cup Measure 2 = 38g: 2 tbsp NDB No. 19348

Syrups, chocolate, fudge-type

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100	grams	Amount in edible portion of common					
			N	umber	•			<u>m</u>	easures of food	<u>l</u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.01	0.790	6	JO	11		72.19	4.40	
Energy	kcal	286		0	NC	4		937	57	
Energy	kj	1195		0	NC	4		3918	239	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)	g	0.00	0.037	5		1		0.00	0.00	
Ash	g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference	g	77.59		0	NC	4		254.50	15.52	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	77.59		0	NR	4		254.50	15.52	
Sucrose	g									
Glucose (dextrose)										
Fructose										
Lactose	g									
Maltose	g									
Galactose	g									
Starch										
Minerals:										
	ma	18		1		1		59	4	
Calcium, Ca Iron, Fe		0.37		1		1		1.21	0.07	
Magnesium, Mg		8		1		1		26	2	
Phosphorus, P		11		1		1		36	2	
Potassium, K		44		1		1		144	9	
Sodium, Na		155		2		1		508	31	
Zinc, Zn		0.04	0.014	5		1		0.13	0.01	
Copper, Cu		0.053				1		0.174	0.011	
Manganese, Mn		0.100		5		1		0.328	0.020	
Selenium, Se		2.9		1	AI	13		9.5	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin		0.011		2		1		0.036	0.002	
Riboflavin		0.009		2		1		0.030	0.002	
Niacin		0.020		2		1		0.066	0.004	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.023		2		1		0.075	0.005	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.009		2		1		0.030	0.003	
Folate, total		0	•	2		1		0	0	
Folic acid		0		0	z	7		0	0	
Folate. food.		0		2	_	1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		1	140	4		0.00	0.00	
Vitamin A, IU		0.00		1		4		0.00	0.00	
Vitamin A, IUVitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00		U	4	,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	а	0.000)	0		7		0.000	0.000	
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		т <u>.</u> Л		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
		0.000		0		- <u>-</u> -		0.000	0.000	
12:0		0.000	•	U		4		0.000	0.000	
13:0										
14:0		0.000	1	0		4		0.000	0.000	

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.000	1	0		4		0.000	0.000		
17:0 18:0.		0.000	1	0		4		0.000	0.000		
20:0 22:0	g g										
24:0Fatty acids, total monounsaturate	dg	0.000	1	0		7		0.000	0.000		
15:1 16:1 undifferentiated 17:1	9	0.000	ı	0		4		0.000	0.000		
18:1 undifferentiated	•	0.000)	0		4		0.000	0.000		
20:1	g	0.000	1	0		4		0.000	0.000		
22:1 undifferentiated	g	0.000)	0		4		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.000)	0		7		0.000	0.000		
18:2 undifferentiated	g	0.000)	0		4		0.000	0.000		
18:3 undifferentiated	g	0.000)	0		4		0.000	0.000		
18:4	g	0.000)	0		4		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000	1	0		4		0.000	0.000		
20:5 n-3	g	0.000)	0		4		0.000	0.000		
22:5 n-3	g	0.000		0		4		0.000	0.000		
22:6 n-3	g	0.000)	0		4		0.000	0.000		
Fatty acids, total trans											
Cholesterol	mg	0		1		4		0	0		
Phytosterols	<u>mg</u>										
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:		· ·		·	_	•		•	·		
Carotene, beta	mcq	0		0	NR	4		0.000	0.000		
Carotene, alpha	_	0		0	NR	4		0.000	0.000		
Cryptoxanthin, beta		0		0	NR	4		0.000	0.000		
Lycopene		0		0	NR	4		0.000	0.000		
Lutein + zeaxanthin		0		0	NR	4		0.000	0.000		

Common Measures:

Measure 1 = 328g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.68

Food Group: 19 Sweets

		<u>Ar</u>	nount in 100 g		edible portion					
			Nu	ımbeı	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.00	1.499	6		1		74.40	4.56	
Energy	kcal	281		0	NC	4		871	53	
Energy	kj	1176				4		3645	223	
Protein (N x 6.25)	g	0.00	0.000	3		1		0.00	0.00	
Total lipid (fat)	g	0.00	0.000	3		1		0.00	0.00	
Ash	g	0.00	0.004	6		1		0.00	0.00	
Carbohydrate, by difference	g	76.00		0	NC	4		235.60	14.44	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	76.00		0	NR	4		235.60	14.44	
Starch	g									
Min and a										
Minerals:	ma	0	0.051	19		1		0	0	
Calcium, CaIron, Fe	-	0.03	0.051	19		1		0.09	0.01	
Magnesium, Mg	-	0.03	0.009	19		1		0.09	0.01	
Phosphorus, P		0	0.015	1		4		0	0	
Priospriorus, P	-	0	0.005	16		1		0	0	
Sodium, Na	-	2	0.491	19		1		6	0	
Zinc, Zn	_	0.02	0.008	19		1		0.06	0.00	
Copper, Cu		0.029		10		1		0.090	0.006	
Manganese, Mn		0.094		1		4		0.291	0.018	
Selenium, Se		0.7		0	BFSN	4		2.2	0.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1		4		0.0	0.0	
Thiamin	_	0.000		1		4		0.000	0.000	
Riboflavin	_	0.019		3		1		0.059	0.004	
Niacin	-	0.000		3		1		0.000	0.000	
Pantothenic acid	-	0.011		3		1		0.034	0.002	
Vitamin B-6	-	0.000	0.000	3		1		0.000	0.000	
Folate, total		0		1	_	4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0		1	***	4		0	0	
Vitamin A, RAE		0 0		0	NC	4		0	0	
Retinol		-		0	Z	7		•	0	
Vitamin E (alpha-tocopherol)		0.00		U	NR	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	
	9	0.0		·	_	•		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	
4:0		0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0	-			_		_		_	_	
14:0		0.000		0		4		0.000	0.000	
15:0				-		_		_		
16:0		0.000		0		4		0.000	0.000	
17:0	-			-		_				
18:0	-	0.000		0		4		0.000	0.000	
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 100	grams umber	of edik	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		f Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.000		0		7		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0		4		0.000	0.000	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		0		7		0.000	0.000	
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0		1		4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	NR	4		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	NR	4		0.000	0.000	
Lycopenemcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	NR	4		0.000	0.000	

Common Measures:

Measure 1 = 310g: 1 cup Measure 2 = 19g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate 3.7

Food Group: 19 Sweets

			-	rams	Amount in edible portion of common					
			Nu	ımber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	20.07	1.828	7	JO	11		65.84	4.01	
Energy	kcal	293		0	NC	4		961	59	
Energy	kj	1226		0	NC	4		4021	245	
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	
Total lipid (fat)	g	0.10	0.100	6	JA	6		0.33	0.02	
Ash	9	0.20	0.200	5	JA	6		0.66	0.04	
Carbohydrate, by difference	g	79.63		0	NC	4		261.18	15.93	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	79.63		0	NR	4		261.18	15.93	
Starch	g									
Minorals:										
<u>/linerals:</u> Calcium, Ca	ma	3		1		1		10	1	
Iron, Fe	_	0.05		1		1		0.16	0.01	
Magnesium, Mg		2		1		1		7	0	
Phosphorus, P		2		1		1		7	0	
Potassium, K		4		1		1		13	1	
Sodium, Na		121		2		1		397	24	
Zinc, Zn		0.02	0.004	5		1		0.07	0.00	
Copper, Cu	mg	0.010	0.005	5		1		0.033	0.002	
Manganese, Mn	mg	0.088	0.019	5		1		0.289	0.018	
Selenium, Se	mcg	0.7		0	BFSN	4		2.3	0.1	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0	0.0	
Thiamin	-	0.011		2		1		0.036	0.002	
Riboflavin		0.001		2		1		0.030	0.002	
Niacin		0.020		2		1		0.066	0.004	
Pantothenic acid		0.023		2		1		0.075	0.005	
Vitamin B-6	_	0.009		2		1		0.030	0.002	
Folate, total	-	0		2		1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		2		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU	IU	0		1		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•	_	-		0.0		
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
_ipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.000		0		4		0.000	0.000	
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
17:1										
18:1 undifferentiated		0.000		0		4		0.000	0.000	
20:1	_	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.000		0		4		0.000	0.000	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
18:3 undifferentiated	_	0.000		0		4		0.000	0.000	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		1		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	NR	4		0.000	0.000	
Carotene, alpha	-	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta		0		0	NR	4		0.000	0.000	
Lycopene	mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin		0		0	NR	4		0.000	0.000	

Common Measures:

Measure 1 = 328g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0 Fat 0 Carbohydrate 3.68

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.00				4		120.00	7.50	
Energy	kcal	40				1		96	6	
Energy	kj	167				1		402	25	
Protein	g	0.80				1		1.92	0.12	
Total lipid (fat)	g	0.00				1		0.00	0.00	
Ash	g	0.07		0	FLC	4		0.17	0.01	
Carbohydrate, by difference	g	49.20				4		118.08	7.38	
Fiber, total dietary	g	3.0		0	FLC	4		7.2	0.5	
Sugars, total	g	2.37		0	FLC	4		5.68	0.36	
Starch	g									
X										
Minerals:	ma	0						0	^	
Calcium, Ca		0.00				4		0.00	0 0.00	
Iron, Fe		0.00				4		0.00	0.00	
Phosphorus, P		0				<u>ч</u> Л		0	0	
Potassium, K		0				4		0	0	
Sodium, Na		21				4		50	3	
Zinc, Zn		0.00				4		0.00	0.00	
Copper, Cu		0.000)			4		0.000	0.000	
Manganese, Mn		0.000		0	FLC	4		0.001	0.000	
Selenium, Se		0.5		0	BFSN	4		1.2	0.1	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0				4		0.0	0.0	
Thiamin		0.000				4		0.000	0.000	
Riboflavin		0.000				4		0.000	0.000	
Niacin	-	0.000				4		0.000	0.000	
Pantothenic acid	=	0.002		0	FLC	4		0.004	0.000	
Vitamin B-6	-	0.000)			4		0.000	0.000	
Folate, total		0				4		0	0	
Folic acid		0		0	FLC	4		0	0	
Folate, food		0		0	FLC	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00				4		0.00	0.00	
Vitamin A, IU		0		^	TT 0	4		-	0	
Vitamin A, RAE		0		0	FLC FLC	4		0	0 0	
Retinol		0.00		0	FLC	4		0.00	0.00	
Vitamin E (alpha-tocopherol)		0.00		U	FLC	4		0.00	0.00	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		0.000		•		7		0.000	0.000	
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	0.000	
10:0	-	0.000				4			0.000	
12:0 13:0	-	0.000	,	0		4		0.000	0.000	
14:0	-	0.000	1	0		4		0.000	0.000	
15:0	=	0.000	•	U		*		0.000	0.000	
16:0		0.000)	0		4		0.000	0.000	
17:0		0.000	•	Ū		-		0.000	0.000	
18:0	-	0.000)	0		4		0.000	0.000	
20:0	-	0.000		J		-		0.000	0.000	
22:0	-									
v	g									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.000				7		0.000	0.000	
14:1										
15:1										
16:1 undifferentiated		0.000		0		4		0.000	0.000	
17:1				_						
18:1 undifferentiated		0.000		0		4		0.000	0.000	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.000				7		0.000	0.000	
18:2 undifferentiated		0.000		0		4		0.000	0.000	
18:3 undifferentiated		0.000		0		4		0.000	0.000	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0				7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	FLC	4		0	0	
Theobromine	mg	0		0	FLC	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha	mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	
Lycopene	mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<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 Unit	ts	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	32.40				4		6.48	2.17	
Energy	kcal	266		0	NC	4		53	18	
Energy		1115		0	NC	4		223	75	
Protein (N x 6.25)		0.00				4		0.00	0.00	
Total lipid (fat)		0.00				4		0.00	0.00	
Ash		1.00		0	0	4		0.20	0.07	
Carbohydrate, by difference		66.60		0	NC	4		13.32	4.46	
Fiber, total dietary		0.0				4		0.0	0.0	
Sugars, total		66.60		0	NR	4		13.32	4.46	
Starch										
Minerals:		_				_		_	_	
Calcium, Ca	-	6				4		1	0	
Iron, Fe		0.05				4		0.01	0.00	
Magnesium, Mg		4				4		1	0	
Phosphorus, P		4				4		1	0	
Potassium, K		28				4		6	2	
Sodium, Na		27				4		5	2	
Zinc, Zn	-	0.13				4		0.03	0.01	
Copper, Cu		0.026)			4		0.005	0.002	
Manganese, Mn		0.6		•				0.1	0.0	
Selenium, Se	mcg	0.6		0	BFSN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0	0.0	
Thiamin	mg	0.000	1			4		0.000	0.000	
Riboflavin		0.010	1			4		0.002	0.001	
Niacin		0.000	1			4		0.000	0.000	
Pantothenic acid										
Vitamin B-6	mg	0.000)			4		0.000	0.000	
Folate, total	mcg	0				4		0	0	
Folic acid	mcg	0		0	BFSN	4		0	0	
Folate, food		0				4		0	0	
Folate, DFE	mcg_DFI	E 0		0	NC	4		0	0	
Vitamin B-12		0.00				7		0.00	0.00	
Vitamin A, IU	IU	0				4		0	0	
Vitamin A, RAE		E 0		0	BFSN	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
	~	0.000						0.000	0.000	
Fatty acids, total saturated		0.000		0		4		0.000	0.000 0.000	
4:0				0		4		0.000		
6:0	-	0.000		0		4		0.000	0.000	
8:0	_	0.000		-		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000	•	U		4		0.000	0.000	
13:0	-	0.000		0		4		0.000	0 000	
14:0	_	0.000	•	U		4		0.000	0.000	
15:0	-	0.000		0		4		0.000	0.000	
16:0	-	0.000	•	0		4		0.000	0.000	
17:0				^						
18:0		0.000	1	0		4		0.000	0.000	
20:0	_									
22:0	a									

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

Common Measures:

Measure 1 = 20g: 1 tbsp Measure 2 = 6.7g: 1 tsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100 gram	s of edit	le portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	
			of Data	a Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	21.10	1		1		81.02	5.06	
Energy	kcal	318	0	NC	4		1221	76	
Energy		1331			4		5109	319	
Protein (N x 6.25)	g	6.20	1		1		23.81	1.49	
Total lipid (fat)	g	0.00	1		1		0.00	0.00	
Ash	g	1.30	1		1		4.99	0.31	
Carbohydrate, by difference	g	71.30	0	NC	4		273.79	17.11	
Fiber, total dietary	g	0.0	0	BFZN	4		0.0	0.0	
Sugars, total	g								
Starch									
Minerals:		6 -	_		_		004		
Calcium, Ca	_	61	1		1		234	15	
Iron, Fe		0.96 72	1		1 1		3.69 276	0.23	
Magnesium, Mg		236	1		1		276 906	17 57	
Phosphorus, P	-	320	1		1		1229	57 77	
Potassium, KSodium, Na		35	1		1		134	8	
Zinc, Zn		0.14	1		1		0.54	0.03	
Copper, Cu		0.14			1		0.768	0.048	
Manganese, Mn		0.100			1		0.384	0.024	
Selenium, Se		12.3	0	BFSN	4		47.2	3.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	1		1		0.0	0.0	
Thiamin		0.011			4		0.042	0.003	
Riboflavin	mg	0.393			1		1.509	0.094	
Niacin	-	8.120			1		31.181	1.949	
Pantothenic acid		0.171			1		0.657	0.041	
Vitamin B-6	_	0.500			1		1.920	0.120	
Folate, total		12	1		1		46	3	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	12	1		1		46	3	
Folate, DFE		12	0	NC	4		46	3	
Vitamin B-12		0.00	1		1		0.00	0.00	
Vitamin A, IU		0	1		1		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (phynoquinone)	iiiog								
Lipids:									
Fatty acids, total saturated		0.000		CAFN	4		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000		CAFN	4		0.000	0.000	
Fatty acids, total polyunsaturated		0.000	0	CAFN	4		0.000	0.000	
Fatty acids, total trans	-								
Cholesterol	-	0	1		4		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.075	5 0		1		0.288	0.018	
Threonine		0.208			1		0.799	0.050	
Isoleucine	-	0.210			1		0.806	0.050	
Leucine	-	0.378			1		1.452	0.091	
Lysine		0.267			1		1.025	0.064	
Methionine		0.110			1		0.422	0.026	
Cystine		0.065			1		0.250	0.016	

		<u>Am</u>	ount in 100 gram	Amount in edible portion of common measures of food					
Nutrients a	and Units	Mean :	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine		0.260	0		1		0.998	0.062	
Tyrosine		0.169	0		1		0.649	0.041	
Valine	g	0.304	0		1		1.167	0.073	
Arginine	g	0.283	0		1		1.087	0.068	
Histidine	g	0.132	0		1		0.507	0.032	
Alanine	g	0.271	0		1		1.041	0.065	
Aspartic acid	g	0.558	0		1		2.143	0.134	
Glutamic acid		1.006	0		1		3.863	0.241	
Glycine	g	0.252	0		1		0.968	0.060	
Proline	g	0.459	0		1		1.763	0.110	
Serine	g	0.232	0		1		0.891	0.056	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	0	Z	7		0.0	0.0	
Caffeine	mg								
Theobromine	mg								

Common Measures:

Measure 1 = 384g: 1 cup Measure 2 = 24g: 1 tbsp

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	umber	•			<u>m</u>	easures of food	<u>.</u>
Notation to and Unit	_	Maan	of Std. Error Po		Deriv	Source Code	Confidence Code	Manager 4	M	M
Nutrients and Unit	:S	Mean	Sta. Error	Onits	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	32.11	0.429	7	JA	6		103.41	6.42	
Energy	kcal	261		0	NC	4		841	52	
Energy	kj	1093		0	NC	4		3520	219	
Protein (N x 6.25)		0.00	0.010	3		1		0.00	0.00	
Total lipid (fat)	g	0.20	0.116	3		1		0.64	0.04	
Ash		0.60	0.019	3		1		1.93	0.12	
Carbohydrate, by difference		67.09		0	NC	4		216.02	13.42	
Fiber, total dietary		0.0		2	LC	8		0.0	0.0	
Sugars, total		59.52		0	NR	4		191.67	11.90	
Sucrose	g	56.28	1.650	9	AI	13		181.21	11.26	
Glucose (dextrose)		2.37	0.591	9	AI	13		7.64	0.47	
Fructose		0.88	0.190	9	AI	13		2.82	0.18	
Lactose										
Maltose	9									
Galactose	g									
Starch	g									
<u> finerals:</u>										
Calcium, Ca		67	3.466	10		1		216	13	
Iron, Fe		1.20		1		4		3.86	0.24	
Magnesium, Mg		14	2.204	11		1		45	3	
Phosphorus, P		2	0.929	3		1		6	0	
Potassium, K		204	12.020	10		1		657	41	
Sodium, Na		9	3.455	13		1		29	2	
Zinc, Zn		4.16	0.700	10		1		13.40	0.83	
Copper, Cu		0.074		10		1		0.238	0.015	
Manganese, Mn		3.298 0.6	0.974	10 0	BFSN	1 4		10.620 1.9	0.660 0.1	
Selenium, Se	Tricg	0.6		U	DFSN	4		1.9	0.1	
Vitamins:	ma	0.0		2	LC	8		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.006	0.001	3	пс	1		0.019	0.001	
Riboflavin		0.010		3		1		0.019	0.001	
Niacin		0.010		3		1		0.032	0.002	
Pantothenic acid	-	0.036		3		1		0.037	0.007	
Vitamin B-6		0.002		3		1		0.006	0.000	
Folate, total		0.002	0.167	3		1		0	0	
Folic acid		0	0.107	0	z	7		0	0	
Folate, food		0	0.167	3		1		0	0	
Folate, DFE		0	0.107	0	NR	4		0	0	
Vitamin B-12		0.00		1	1414	4		0.00	0.00	
Vitamin A, IU		0		2	LC	8		0	0	
Vitamin A, RAE		0		0	NC	4		0	Ö	
Retinol		Ö		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00	
Tocopherol, beta		0.00		O		,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	
ipids:										
Fatty acids, total saturated	g	0.036	5	0		4		0.116	0.007	
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	
	-			0		4		0.000	0.000	
10:0	q	0.000	,							
10:0 12:0		0.000		0		4				
10:0 12:0 13:0	g	0.000				4		0.000	0.000	

		<u>Ar</u>	nount in 10	0 grams Number of Data	•		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.036		0		4		0.116	0.007		
17:0				•							
18:0		0.004		0		4		0.013	0.001		
20:0 22:0	-										
24:0	-										
Fatty acids, total monounsaturate	-	0.064		0		4		0.206	0.013		
14:1									****		
15:1	-										
16:1 undifferentiated	g	0.000		0		4		0.000	0.000		
17:1	g										
18:1 undifferentiated	g	0.064		0		4		0.206	0.013		
20:1		0.000		0		4		0.000	0.000		
22:1 undifferentiated	_	0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.100		0		4		0.322	0.020		
18:2 undifferentiated		0.100		0		4		0.322	0.020		
18:3 undifferentiated	-	0.000		0		4		0.000	0.000		
18:4	-	0.000		0		4		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated		0.000		•				0.000	0.000		
20:4 undifferentiated		0.000		0		4 4		0.000	0.000		
20:5 n-3		0.000		0		4		0.000	0.000 0.000		
22:5 n-3 22:6 n-3	-	0.000		0		4		0.000	0.000		
Fatty acids, total trans		0.000		U		-		0.000	0.000		
Cholesterol	_	0		2	LC	8		0	0		
Phytosterols	_	Ü		_	20	·		ŭ	v		
-											
Others:				_		_					
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	NR	4		0.000	0.000		
Carotene, alpha	mcg	0		0	NR	4		0.000	0.000		
Cryptoxanthin, beta		0		0	NR	4		0.000	0.000		
Lycopene	_	0		0	NR	4		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	NR	4		0.000	0.000		

Common Measures:

Measure 1 = 322g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.70		0	0	4		74.91	4.77	
Energy	kcal	290		0	NC	4		957	61	
Energy		1213		0	NC	4		4002	255	
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00	
Total lipid (fat)		0.00		1		4		0.00	0.00	
Ash		2.40		1		1		7.92	0.50	
Carbohydrate, by difference		74.90		0	NC	4		247.17	15.73	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		74.90		0	NR	4		247.17	15.73	
Starch										
~										
Minerals:										
Calcium, Ca		150		1		1		495	32	
Iron, Fe	_	3.80		1		1		12.54	0.80	
Magnesium, Mg		100		1		1		330	21	
Phosphorus, P		56		1		1		185	12	
Potassium, K		1000		1		1		3300	210	
Sodium, Na		8		1		1		26	2	
Zinc, Zn		0.41		1		1		1.35	0.09	
Copper, Cu		0.130		1		1		0.429	0.027	
Manganese, Mn		1.530)	1		4		5.049	0.321	
Selenium, Se	mcg	1.7		1	AI	13		5.6	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0	
Thiamin	-	0.100)	1		4		0.330	0.021	
Riboflavin		0.155		1		1		0.512	0.033	
Niacin	-	0.100)	1		4		0.330	0.021	
Pantothenic acid	_	0.804	l	1		4		2.653	0.169	
Vitamin B-6	-	0.670		1		4		2.211	0.141	
Folate, total		0		1		4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		1		4		0	0	
Folate, DFE		0		0	z	7		0	0	
Vitamin B-12		0.00		1		4		0.00	0.00	
Vitamin A, IU		0		1		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	_	0.00		0	z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
T:-:3										
<u>Lipids:</u>	~	0.000		^		-		0.000	0.000	
Fatty acids, total saturated		0.000		0		7		0.000	0.000	
4:0		0.000		0 0		4 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	0.000	
10:0 12:0	-	0.000		0		4		0.000	0.000 0.000	
13:0	-	0.000	•	U		4		0.000	0.000	
14:0	-	0.000	1	0		4		0.000	0.000	
	-	0.000	•	J		*		0.000	0.000	
15:0 16:0		0.000	1	0		4		0.000	0.000	
17:0		0.000	-	3		-		0.000	0.000	
18:0	-	0.000	1	0		4		0.000	0.000	
20:0	-	0.000	•	U		*		0.000	0.000	
22:0	-									
44.U	y									

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.000		0		7		0.000	0.000	
14:1										
15:1	-			_		_				
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
17:1	_									
18:1 undifferentiated	-	0.000		0		4		0.000	0.000	
20:1	_	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c						7				
Fatty acids, total polyunsaturated		0.000		0		-		0.000	0.000	
18:2 undifferentiated	-	0.000		0		4		0.000	0.000	
18:3 undifferentiated	-	0.000		0		4		0.000	0.000	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0		4		0.000	0.000	
				0				0.000	0.000	
20:5 n-3		0.000		-		4		0.000	0.000	
22:5 n-3		0.000		0		4 4		0.000	0.000	
22:6 n-3		0.000		U		4		0.000	0.000	
Fatty acids, total trans		0		1		4		0	0	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	U		1		4		U	U	
Phytosterols	Ing									
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 = 330g: 1 cup Measure 2 = 21g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate 3.87

Food Group: 19 Sweets

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	30.10		0	BFZN	4		94.82	6.02	
Energy	kcal	278		0	NC	4		877	56	
Energy	kj	1165		0	NC	4		3669	233	
Protein (N x 6.25)	g	0.00		0	FLA	4		0.00	0.00	
Total lipid (fat)	g	0.03		0	FLA	4		0.11	0.01	
Ash	g	0.35		0	FLA	4		1.10	0.07	
Carbohydrate, by difference	g	69.52		0	NC	4		218.98	13.90	
Fiber, total dietary	g	0.1		0	FLA	4		0.5	0.0	
Sugars, total	g	69.37		0	NR	4		218.52	13.87	
Starch	g									
X.C. 1										
Minerals:	ma	10		^	DT 3			30	2	
Calcium, Ca	-	12 0.19		0 0	FLA FLA	4 4		39 0.59	2 0.04	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.19		0	FLA FLA	4		0.59 7	0.04	
Magnesium, Mg Phosphorus, P		0		0	FLA	4		1	0	
• .	-	53		0	FLA	4		166	11	
Potassium, K Sodium. Na		104		0	FLA	4		328	21	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.63		0	FLA	4		1.98	0.13	
Copper, Cu		0.017	,	0	FLA	4		0.053	0.003	
Manganese, Mn		0.495		0	FLA	4		1.559	0.003	
Selenium, Se		0.5	•	0	FLA	4		1.5	0.1	
Scientifi, Sc				-		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	FLA	4		0.0	0.0	
Thiamin	-	0.001		0	FLA	4		0.003	0.000	
Riboflavin	mg	0.014		0	FLA	4		0.044	0.003	
Niacin	mg	0.005		0	FLA	4		0.015	0.001	
Pantothenic acid	-	0.005		0	FLA	4		0.017	0.001	
Vitamin B-6	-	0.000)	0	FLA	4		0.001	0.000	
Folate, total		0		0	FLA	4		0	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food		0		0	FLA	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		0		0	FLA	4		0	0	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
vitamin K (phynodumone)	9			·		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.020		0	FLA	4		0.062	0.004	
4:0		0.000		0	FLA	4		0.000	0.000	
6:0	-	0.000		0	FLA	4		0.000	0.000	
8:0	-	0.000		0	FLA	4		0.000	0.000	
10:0		0.000		0	FLA	4		0.000	0.000	
12:0		0.000)	0	FLA	4		0.000	0.000	
13:0				_				_	_	
14:0		0.000)	0	FLA	4		0.000	0.000	
15:0				_						
16:0		0.018	5	0	FLA	4		0.056	0.004	
17:0	-			_						
18:0	-	0.002	:	0	FLA	4		0.006	0.000	
20:0	-									
22:0	-									
24:0	g									

<u>Ar</u>	nount in 10	0 grams	ole portio	<u>n</u>	Amount in edible portion of common			
		of Data	Deriv			_		
Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
0.032		0	FLA	4		0.101	0.006	
						0.202	0.000	
0.000		0	FLA	4		0.001	0.000	
0.031		0	FLA	4		0.098	0.006	
0.000		0	FLA	4		0.001	0.000	
0.000		0	FLA	4		0.000	0.000	
0.050		0	FLA	4		0.157	0.010	
0.046		0	FLA	4		0.144	0.009	
0.000		0	FLA	4		0.000	0.000	
0.000		0	FLA	4		0.000	0.000	
0.000		0	FLA	4		0.001	0.000	
0.004		0	FLA	4		0.012	0.001	
0.000		0	FLA	4		0.000	0.000	
0.000		0	FLA	4		0.000	0.000	
0		0	FLA	4		0	0	
0.0		0	FLA	4		0.0	0.0	
0		0	FLA	4		0	0	
0		0	FLA	4		0	0	
0		0	FLA	4		0.000	0.000	
0		0	FLA	4		0.000	0.000	
0		0	FLA	4		0.000	0.000	
0		0	FLA	4		0.000	0.000	
0		0	FLA	4		0.000	0.000	
	Mean 0.032 0.000 0.031 0.000 0.050 0.046 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	0.032 0.000 0.031 0.000 0.000 0.046 0.000 0.000 0.004 0.000 0.000 0.000 0.000 0.000 0.000 0.000	Number of Data Points	Mean Number of Data Points Deriv Code 0.032 0 FLA 0.000 0 FLA 0.001 0 FLA 0.002 0 FLA 0.003 0 FLA 0.000 0 FLA 0.046 0 FLA 0.000 0 FLA 0.001 0 FLA 0.002 0 FLA 0.003 0 FLA 0.004 0 FLA 0 0 FLA	Number Of Data Deriv Code	Mean Std. Error of Data Points Deriv Code Source Code Code 0.032 0 FLA 4 0.000 0 FLA 4 0.031 0 FLA 4 0.000 0 FLA 4 0.050 0 FLA 4 0.046 0 FLA 4 0.000 0 FLA 4 0 0 FLA 4 0 0 FLA 4 0 0	Number Source Confidence Code Code Code Measure 1	Number

Common Measures:

Measure 1 = 315g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<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	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		15.60		1		1		49.30	3.12		
Energy	kcal	319		0		4		1008	64		
Energy	kj	1335				4		4218	267		
Protein (N x 6.25)	g	0.00		1		4		0.00	0.00		
Total lipid (fat)	g	0.00		1		4		0.00	0.00		
Ash	g	0.50		1		1		1.58	0.10		
Carbohydrate, by difference	g	83.90		0	NC	4		265.12	16.78		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch											
Minerals:											
Calcium. Ca	mg	23		1		1		73	5		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.74		1		1		2.34	0.15		
Magnesium, Mg		9		1		1		28	2		
Phosphorus, P		8		1		1		25	2		
Potassium, K	mg	63		1		1		199	13		
Sodium, Na	mg	71		1		1		224	14		
Zinc, Zn	mg	0.03		1		1		0.09	0.01		
Copper, Cu	mg	0.060)	1		1		0.190	0.012		
Manganese, Mn	mg	0.088	1	1		4		0.278	0.018		
Selenium, Se	mcg	0.8		0	BFSN	4		2.5	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0	0.0		
Thiamin	mg	0.006	i	1		1		0.019	0.001		
Riboflavin	mg	0.047	,	1		1		0.149	0.009		
Niacin	<u>mg</u>	0.020)	1		1		0.063	0.004		
Pantothenic acid		0.035	i	1		1		0.111	0.007		
Vitamin B-6		0.009)	1		4		0.028	0.002		
Folate, total		3		1		1		9	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		3		1		1		9	1		
Folate, DFE	mcg_DFE	3		0	NC	4		9	1		
Vitamin B-12		0.00		1		4		0.00	0.00		
Vitamin A, IU		0		1		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	incg										
Lipids:	a	0.000		0		4		0 000	0.000		
Fatty acids, total saturated Fatty acids, total monounsaturated	-	0.000	•	U		4		0.000	0.000		
,	-										
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0		1		4		0	0		
Phytosterols	-	U		1		4		U	U		

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

Common Measures:

Measure 1 = 316g: 1 cup

NDB No. 19362 Syrups, table blends, corn, refiner, and sugar

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Aı</u>	nount in 100 gra	ams of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	nber			<u>m</u>	easures of food	<u> </u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	-	37.98		0 FLO			119.25	7.60		
Energy		234		0 NC			733	47		
Energy	kj	977		0 NC			3069	195		
Protein (N x 6.25)		0.00		2	1		0.00	0.00		
Total lipid (fat)		0.00		2	1		0.00	0.00		
Ash		0.13		0 FLO			0.42	0.03		
Carbohydrate, by difference		61.47		1 LC			193.00	12.29		
Fiber, total dietary		0.7		0 FLO			2.3	0.1		
Sugars, total		60.71		0 FLO	4		190.63	12.14		
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.246	18 A	1		10	1		
Iron, Fe	-	0.03		18 A	1		0.10	0.01		
Magnesium, Mg	-	2		18 A	1		6	0		
Phosphorus, P		9		18 A	1		29	2		
Potassium, K	•	15		18 A	1		48	3		
Sodium, Na	mg	82	7.230	18 A	1		259	16		
Zinc, Zn	mg	0.08	0.017	18 A	1		0.24	0.02		
Copper, Cu	mg	0.032		0 FLC	4		0.101	0.006		
Manganese, Mn	<u>mg</u>	0.068	0.013	18 A	1		0.213	0.014		
Selenium, Se	mcg	0.0	0.037	20 JA	6		0.1	0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0 FLC	4		0.0	0.0		
Thiamin	-	0.006		0 FLC			0.019	0.001		
Riboflavin	-	0.009		0 FLC			0.027	0.002		
Niacin	=	0.011		0 FLC			0.034	0.002		
Pantothenic acid	-	0.014		0 FLC			0.043	0.003		
Vitamin B-6	=	0.005		0 FLC			0.015	0.001		
Folate, total	-	0		0 FLC			0	0		
Folic acid		0		0 FLC	4		0	0		
Folate, food		0		0 FLC	4		0	0		
Folate, DFE		0		0 NC	4		0	0		
Vitamin B-12		0.00		0 FLC	4		0.00	0.00		
Vitamin A, IU	IU -	0		0 FLC	4		0	0		
Vitamin A, RAE		0		0 FLC	4		0	0		
Retinol	mcg	0		0 FLC	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00		0 FLC	4		0.00	0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D					_					
Vitamin K (phylloquinone)	mcg	0.0		1 A	1		0.0	0.0		
Lipids:										
Fatty acids, total saturated	g	0.000		1 LC	8		0.000	0.000		
4:0		0.000		0	4		0.000	0.000		
6:0	g	0.000		0	4		0.000	0.000		
8:0	-	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										
14:0	g	0.000		0	4		0.000	0.000		
15:0										
16:0	g	0.000		0	4		0.000	0.000		
17:0	g									
18:0	g	0.000		0	4		0.000	0.000		
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturatedg	0.000		1	LC	•		0.000	0.000	
14:1g 15:1g									
16:1 undifferentiated	0.000		0		4		0.000	0.000	
17:1g	0.000		v		-		0.000	0.000	
18:1 undifferentiated	0.000		0		4		0.000	0.000	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLC	4		0.000	0.000	
Carotene, alphamcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	
Lycopenemcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 314g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

Refuse: 0%

		<u>A</u>	mount in 100 g	rams o	of edib	ne portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	•	
			of	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	a	54.90		1		4		131.76	8.24	15.56	
Energy	-	164		0		4		394	25	46	
Energy		686		·		4		1647	103	195	
Protein (N x 6.25)		0.00		1		4		0.00	0.00	0.00	
Total lipid (fat)	-	0.00		1		4		0.00	0.00	0.00	
Ash		0.70		1		4		1.68	0.11	0.20	
Carbohydrate, by difference		44.30		0	NC	4		106.32	6.65	12.56	
Fiber, total dietary		0.0		0	140	4		0.0	0.03	0.0	
Sugars, total		32.80		2	LC	8		78.72	4.92	9.30	
Starch	-	32.00		_	ш	J		70.72	4.32	3.30	
Minerals:											
Calcium, Ca	mg	1		1		4		2	0	0	
Iron, Fe.	_	0.02		1		4		0.05	0.00	0.01	
Magnesium, Mg	_	0		1		4		0	0	0	
Phosphorus, P		43		1		4		103	6	12	
Potassium, K	_	3		1		4		7	0	1	
Sodium, Na	mg	200	17.901	4		1		480	30	57	
Zinc, Zn	mg	0.02		1		4		0.05	0.00	0.03	
Copper, Cu		0.003	3	1		4		0.007	0.000	0.00	
Manganese, Mn		0.088	3	1		4		0.211	0.013	0.02	
Selenium, Se	mcg	0.4		0	BFSN	4		1.0	0.1	0.1	
/itamins:											
Vitamin C, total ascorbic acid		0.0		1		4		0.0	0.0	0.0	
Thiamin		0.011		1		4		0.026	0.002	0.00	
Riboflavin		0.009		1		4		0.022	0.001	0.00	
Niacin		0.020		1		4		0.048	0.003	0.00	
Pantothenic acid		0.023		1		4		0.055	0.003	0.00	
Vitamin B-6	-	0.000)	1		4		0.000	0.000	0.0	
Folate, total		0		1 0		4		0 0	0	0	
Folic acid		0		0	FLC FLC	4 4		0	0	0	
Folate, food		0		0	NC	4		0	0	0	
Folate, DFEVitamin B-12		0.00		1	NC	4		0.00	0.00	0.00	
Vitamin B-12		0.00		1		4		0.00	0.00	0.00	
Vitamin A, RAE		0		0	FLC	4		0	0	0	
Retinol		0		0	FLC	4		Ö	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00	0.00	0.00	
Tocopherol, beta	ma			-		_					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.000)	0		7		0.000	0.000	0.0	
4:0		0.000		0		4		0.000	0.000	0.00	
6:0		0.000		0		4		0.000	0.000	0.00	
8:0	-	0.000		0		4		0.000	0.000	0.0	
10:0	-	0.000		0		4		0.000	0.000	0.0	
12:0		0.000)	0		4		0.000	0.000	0.0	
13:0								_	_		
14:0		0.000)	0		4		0.000	0.000	0.0	
15:0				_		_		_		_	
16:0		0.000)	0		4		0.000	0.000	0.0	
17:0	-			_		_				_	
18:0	-	0.000)	0		4		0.000	0.000	0.0	
20:0	-										
22:0	9										

	<u>Am</u>	ount in 100 g	<u>ırams</u> ımber	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	0.000		0		7		0.000	0.000	0.000	
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
17:1g										
18:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
20:1g	0.000		0		4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000		0		7		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0		1		4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	0	
Theobromine mg	0		0	FLC	4		0	0	0	
Carotenoids:										
Carotene, beta mcg	0		0	FLC	4		0.090	0.006	0.011	
Carotene, alphamcg	0		0	FLC	4		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	0.000	
Lycopene mcg	0		0	FLC	4		0.000	0.000	0.000	
Lutein + zeaxanthinmcg	1		0	FLC	4		1.263	0.079	0.149	

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp Measure 3 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate 3.7

Food Group: 19 Sweets

		<u>A</u> 1	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	30.10	1.274	3		1		94.82	6.02		
Energy	kcal	265		0	NC	4		835	53		
Energy	kj	1109				4		3493	222		
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00		
Total lipid (fat)	g	0.10	0.060	3		1		0.32	0.02		
Ash	g	0.20	0.064	3		1		0.63	0.04		
Carbohydrate, by difference	g	69.60		0	NC	4		219.24	13.92		
Fiber, total dietary	g	0.0		0	FLC	4		0.0	0.0		
Sugars, total	g	63.90		0	FLC	4		201.29	12.78		
Starch	g										
Minerals:											
Calcium, Ca	ma	5		2		1		16	1		
Iron, Fe	-	0.07		2		1		0.22	0.01		
Magnesium, Mg	-	2		2		1		6	0		
Phosphorus, P		10		2		1		32	2		
Potassium, K	•	6		1		1		19	1		
Sodium, Na		61	10.136	7		1		192	12		
Zinc, Zn	mg	0.23		2		1		0.72	0.05		
Copper, Cu		0.045	i	2		1		0.142	0.009		
Manganese, Mn	mg	0.185	5	2		1		0.583	0.037		
Selenium, Se	mcg	0.4		0	FLC	4		1.4	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4		0.0	0.0		
Thiamin	-	0.005	;	2	120	1		0.016	0.001		
Riboflavin	_	0.017		2		1		0.054	0.003		
Niacin	_	0.003		0	FLC	4		0.009	0.001		
Pantothenic acid	-	0.008		2		1		0.025	0.002		
Vitamin B-6	-	0.000)	2		1		0.000	0.000		
Folate, total	-	0		2		1		0	0		
Folic acid		0		0	FLC	4		0	0		
Folate, food		0		0	FLC	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	FLC	4		0.00	0.00		
Vitamin A, IU	IU	0		0	FLC	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0	0		
Retinol	mcg	0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D						_					
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	0.018	3	0		4		0.057	0.004		
4:0		0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	g	0.000)	0		4		0.000	0.000		
10:0		0.000)	0		4		0.000	0.000		
12:0		0.000)	0		4		0.000	0.000		
13:0											
14:0	g	0.000)	0		4		0.000	0.000		
15:0											
16:0	g	0.018	3	0		4		0.057	0.004		
17:0	-										
18:0	-	0.002		0		4		0.006	0.000		
20:0	-										
22:0	-										
24:0	g										

		<u>Ar</u>				ole portio	Amount in 100 grams of edible portion Number									
Nutrients and L	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3						
Fatty acids, total monounsaturate		0.032		0		4		0.101	0.006							
14:1																
15:1	-															
16:1 undifferentiated	-	0.000		0		4		0.000	0.000							
17:1																
18:1 undifferentiated		0.032		0		4		0.101	0.006							
20:1		0.000		0		4		0.000	0.000							
22:1 undifferentiated	•	0.000		0		4		0.000	0.000							
24:1 c																
Fatty acids, total polyunsaturated		0.050		0		4		0.158	0.010							
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.050		0		4		0.158	0.010							
18:3 undifferentiated	-	0.000		0		4		0.000	0.000							
18:4	-	0.000		0		4		0.000	0.000							
20:2 n-6 c,c																
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •															
20:4 undifferentiated	-	0.000		0		4		0.000	0.000							
20:5 n-3	•••••••••••••••••••••••••••••••••••••••	0.000		0		4		0.000	0.000							
22:5 n-3	-	0.000		0		4		0.000	0.000							
22:6 n-3		0.000		0		4		0.000	0.000							
Fatty acids, total trans																
Cholesterol		0		1	LC	8		0	0							
Phytosterols	mg															
Others:																
Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0							
Caffeine	mg	0		0	FLC	4		0	0							
Theobromine	mg	0		0	FLC	4		0	0							
Carotenoids:																
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000							
Carotene, alpha		0		0	FLC	4		0.000	0.000							
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000							
Lycopene		0		0	FLC	4		0.000	0.000							
Lutein + zeaxanthin		0		0	FLC	4		0.000	0.000							

Common Measures:

Measure 1 = 315g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				mber					easures of food	_	
Nutrients and Uni	its	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		30.10	1.274	3		1		94.82	6.02		
Energy	kcal	265		0	NC	4		835	53		
Energy	kj	1109				4		3493	222		
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00		
Total lipid (fat)	g	0.10	0.060	3		1		0.32	0.02		
Ash	g	0.20	0.064	3		1		0.63	0.04		
Carbohydrate, by difference	g	69.60		0	NC	4		219.24	13.92		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	5		2		1		16	1		
Iron, Fe	mg	0.07		2		1		0.22	0.01		
Magnesium, Mg	mg	2		2		1		6	0		
Phosphorus, P	mg	10		2		1		32	2		
Potassium, K	mg	22		0		1		69	4		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	61	10.136	7		1		192	12		
Zinc, Zn		0.23		2		1		0.72	0.05		
Copper, Cu		0.045		2		1		0.142	0.009		
Manganese, Mn	_	0.185	i	2		1		0.583	0.037		
Selenium, Se	mcg	0.6		0	BFSN	4		1.9	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		1		4		0.0	0.0		
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.005		2		1		0.016	0.001		
Riboflavin		0.017		2		1		0.054	0.003		
Niacin		0.020		1		4		0.063	0.004		
Pantothenic acid	-	0.008		2		1		0.025	0.002		
Vitamin B-6		0.000	1	2		1		0.000	0.000		
Folate, total		0		2	_	1		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		2		1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		1 1		4 4		0.00	0.00		
Vitamin A, IU	mca DAE	0		0	NC	4		0	0 0		
Vitamin A, RAERetinol		0		0	NC Z	4 7		0	0		
		U		U	4	,		U	U		
Vitamin E (alpha-tocopherol) Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.000	1	0		4		0.000	0.000		
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		1		4		0	0		
Phytosterols	ma										

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

Common Measures:

Measure 1 = 315g: 1 cup

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			ļ	Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	24.00		0		1		75.60	4.80		
Energy	kcal	296		0	NC	4		932	59		
Energy	kj	1238				4		3901	248		
Protein (N x 0)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	1.60		0		1		5.04	0.32		
Ash	g	0.20		0		1		0.63	0.04		
Carbohydrate, by difference	g	74.10		0	NC	4		233.42	14.82		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	2		0		1		6	0		
Iron, Fe	_	0.09		0		1		0.28	0.02		
Magnesium, Mg	_	2		0		1		6	0.02		
Phosphorus, P		10		0		1		32	2		
Potassium, K	•	3		0		1		9	1		
Sodium, Na		98		0		1		309	20		
Zinc, Zn	-	0.04		0		1		0.13	0.01		
Copper, Cu		0.209)	0		1		0.658	0.042		
Manganese, Mn		0.086		0		1		0.271	0.017		
Selenium, Se		0.7		0	RA	4		2.2	0.1		
7.											
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		0		1		0.0	0.0		
Thiamin	-	0.011		0		1		0.035	0.002		
Riboflavin	=	0.009		0		1		0.028	0.002		
Niacin	_	0.020		0		1		0.063	0.004		
Pantothenic acid	-	0.025		0		1		0.079	0.005		
Vitamin B-6	-	0.000)	0		1		0.000	0.000		
Folate, total		0 0		0 0	RA Z	4 7		0 0	0		
Folic acid		0		0	RA.	4		0	0 0		
Folate, food		0		0	NC	4		0	0		
Folate, DFE		0.00		0	NC	1		0.00	0.00		
Vitamin B-12		61		0		1		192			
Vitamin A, IU Vitamin A, RAE		14		0	NC	4		44	12 3		
Retinol		13		0	NC	4		41	3		
Vitamin E (alpha-tocopherol)		13		U	NC	-		41	3		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•										
<u>Lipids:</u>											
Fatty acids, total saturated		1.010		0		1		3.182	0.202		
4:0		0.050		0		1		0.158	0.010		
6:0	-	0.030		0		1		0.095	0.006		
8:0	-	0.020		0		1		0.063	0.004		
10:0	-	0.040		0		1 1		0.126	0.008		
12:0	-	0.050	,	U		1		0.158	0.010		
13:0	-	0 166	1	0		1		0 504	0.000		
14:0	-	0.160	,	U		1		0.504	0.032		
15:0		0.430	,	0		1		1.355	0.086		
16:0		0.430	,	U		1		1.333	0.086		
17:0		0.200	1	0		1		0.630	0.040		
18:0		0.200	•	U		_		0.630	0.040		
20:0	-										
22:0	g										

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.470		0		1		1.481	0.094		
14:1	g										
15:1	• • • • • • • • • • • • • • • • • • • •										
16:1 undifferentiated	_	0.040		0		1		0.126	0.008		
17:1											
18:1 undifferentiated	-	0.410		0		1		1.292	0.082		
20:1	g										
22:1 undifferentiated	g										
24:1 c											
Fatty acids, total polyunsaturated	g	0.060		0		1		0.189	0.012		
18:2 undifferentiated		0.040		0		1		0.126	0.008		
18:3 undifferentiated	g	0.020		0		1		0.063	0.004		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000	0.000		
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol		4		0		1		13	1		
Phytosterols	_										
Amino Acids:											
Tryptophan	g	0.000		0		1		0.000	0.000		
Threonine		0.001		0		1		0.003	0.000		
Isoleucine		0.001		0		1		0.003	0.000		
Leucine		0.002		0		1		0.006	0.000		
Lysine		0.001		0		1		0.003	0.000		
Methionine	-	0.000		0		1		0.000	0.000		
Cystine	-	0.000		0		1		0.000	0.000		
Phenylalanine		0.001		0		1		0.003	0.000		
Tyrosine		0.001		0		1		0.003	0.000		
Valine	_	0.001		0		1		0.003	0.000		
Arginine		0.001		0		1		0.003	0.000		
Histidine		0.001		0		1		0.003	0.000		
Alanine	•	0.000		0		1		0.003	0.000		
	-	0.001		0		1		0.003	0.000		
Aspartic acid		0.001		0		1		0.003	0.000		
Glutamic acid	_										
Glycine	-	0.000		0		1		0.000	0.000		
Proline	•	0.002		0		1		0.006	0.000		
Serine	_	0.001		0		1		0.003	0.000		
Hydroxyproline	g										

Common Measures:

Measure 1 = 315g: 1 cup Measure 2 = 20g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 19 Sweets

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>n</u>	Amount in edible portion of common			
			N	Number				m	easures of food		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	32.00		1		4		13.12			
Energy		252		0		4		103			
Energy		1054		_		4		432			
Protein (N x 6.38)		1.50		2 2		1		0.62			
Total lipid (fat)		0.10 0.50		1		1 4		0.04 0.21			
AshCarbohydrate, by difference		65.90		0	NC	4		27.02			
Fiber, total dietary		0.9		0	NC	4		0.4			
Sugars, total		0.9		U		7		0.4			
Starch	_										
Staten	9										
Minerals:											
Calcium, Ca	_	53		2		1		22			
Iron, Fe	-	0.20		2		1		0.08			
Magnesium, Mg		7		1		1		3			
Phosphorus, P		47		1		4		19			
Potassium, K Sodium, Na		84 349		1 1		4 4		34 143			
Zinc, Zn	_	0.19		1		4		0.08			
Copper, Cu		0.19	1	1		4		0.010			
Manganese, Mn		0.050		1		4		0.021			
Selenium, Se		0.0		0	BFFN	4		0.0			
•											
Vitamins:				_							
Vitamin C, total ascorbic acid		0.3		1		4		0.1			
ThiaminRiboflavin	_	0.012 0.095		1 2		1		0.005 0.039			
Niacin		0.039		1		4		0.016			
Pantothenic acid		0.03		1		4		0.016			
Vitamin B-6		0.014		1		4		0.005			
Folate, total	-	2	-	1		4		1			
Folic acid		0		0	z	7		0			
Folate, food		2		1		4		1			
Folate, DFE		2		0	NC	4		1			
Vitamin B-12		0.09		1		4		0.04			
Vitamin A, IU		90		1		4		37			
Vitamin A, RAE	mcg_RAE	27		0	NC	4		11			
Retinol		27		0	0	4		11			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Vitamin K (pnylloquinone)	incg										
<u>Lipids:</u>											
Fatty acids, total saturated		0.110		0		1		0.045			
4:0	-	0.000		1		1		0.000			
6:0	-	0.000		1		1		0.000			
8:0	-	0.010		1		1		0.004			
10:0	-	0.010		1		1		0.004			
12:0	-	0.040	J	1		1		0.016			
13:0		0.000	1	1		1		0.000			
14:0		0.020	,	1		T		0.008			
15:0		0.020	1	1		1		0.008			
16:0 17:0		0.020	,	1		1		0.008			
18:0		0.010)	1		1		0.004			
20:0		3.010	-	-		-		0.004			
22:0											
24:0											

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food				
				Number	_		<u></u>	easures or roou	
Nutrients and Units		Mean	Std. Error		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.020		0	1		0.008		
14:1	-								
15:1									
16:1 undifferentiated	-	0.000		1	1		0.000		
17:1									
18:1 undifferentiated		0.020		1	1		0.008		
20:1									
22:1 undifferentiated	-								
24:1 c	g								
Fatty acids, total polyunsaturated		0.000		0	1		0.000		
18:2 undifferentiated	g	0.000		1	1		0.000		
18:3 undifferentiated	g	0.000		1	1		0.000		
18:4									
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	1		1	4		0		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.020		0	1		0.008		
Threonine	g	0.066		0	1		0.027		
Isoleucine	g	0.088		0	1		0.036		
Leucine	g	0.143		0	1		0.059		
Lysine	g	0.116		0	1		0.048		
Methionine	g	0.036		0	1		0.015		
Cystine	g	0.013		0	1		0.005		
Phenylalanine	g	0.070		0	1		0.029		
Tyrosine	g	0.070		0	1		0.029		
Valine	g	0.098		0	1		0.040		
Arginine		0.053		0	1		0.022		
Histidine		0.040		0	1		0.016		
Alanine	g	0.050		0	1		0.021		
Aspartic acid	g	0.111		0	1		0.046		
Glutamic acid		0.305		0	1		0.125		
Glycine	-	0.031		0	1		0.013		
Proline		0.141		0	1		0.058		
Serine	-	0.079		0	1		0.032		
Hydroxyproline	-			-	-				
	3								

Common Measures:

Measure 1 = 41g: 2 tbsp

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.7

Food Group: 19 Sweets

	<u>A1</u>	inount in 10	o grains	Amount in edible portion of common						
			Number				measures of food			
			of Data	Deriv	Source	Confidence				
s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
-	19.80		1	A	1		5.61	39.20		
			0	NC	4			638		
kj					4			2668		
				A				1.58		
	46.80		1	A	1		13.27	92.66		
g										
mg	3		0	BFSN	4		1	6		
_	0.22		0	BFSN	4		0.06	0.44		
_	2		0	BFSN	4		1	4		
	8		0	BFSN	4		2	16		
_	5		0	BFSN	4		1	10		
	80	12.96	3 3	LC	8		23	158		
mg	0.04		0	BFSN	4		0.01	0.08		
mg	0.095	5	0	BFSN	4		0.027	0.188		
	0.008	3	0	BFSN	4		0.002	0.016		
mcg	1.9		0	BFZN	4		0.5	3.8		
ma	0.0		0	BESN	4		0.0	0.0		
_										
_										
-										
_			0		4					
-	0.002	<u>!</u>	0	BFSN	4		0.001			
-	1		0	BFSN	4		0	2		
	0		0	Z	7		0	0		
	1		0	BFSN	4		0	2		
	1		0	NC	4		0	2		
	0.00		0	BFSN	4		0.00	0.00		
IU	1		0	BFSN	4		0	2		
mcg_RAE	0		0	NC	4		0	0		
mcg	0		0	Z	7		0	0		
mg	0.00		0		7		0.00	0.00		
	0.0		•				0.0			
fricg	0.0		U	BFSN	4		0.0	0.0		
g	0.056	5	0	BFFN	4		0.016	0.111		
g	0.000)	0	BFFN	4		0.000	0.000		
g	0.000)	0	BFFN	4		0.000	0.000		
g	0.000)	0	BFFN	4		0.000	0.000		
-	0.000)	0	BFFN	4		0.000	0.000		
	0.000)	0	BFFN	4		0.000	0.000		
g	0.001	-	0	BFFN	4		0.000	0.002		
g										
g	0.040)	0	BFFN	4		0.011	0.079		
g										
-	0.015	5	0	BFFN	4		0.004	0.030		
~										
g g										
	g	## Mean S	S Mean Std. Error 9	Sample Std. Error Points Std. Error Std. Error	Number of Data Deriv	Sample	S Mean Std. Error Points Code Code Code Code Code Code Code Code	Number	Number	

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.080		0	BFFN	4		0.023	0.158	
15:1 undifferentiated	g	0.004		0	BFFN	4		0.001	0.008	
17:1	g	0.076		0	BFFN	4		0.022	0.150	
20:122:1 undifferentiated	g	0.000 0.000		0 0	BFFN BFFN	4 4		0.000 0.000	0.000 0.000	
Fatty acids, total polyunsaturated	g	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated 18:3 undifferentiated 18:4.	g	0.045 0.001 0.000		0 0 0	BFFN BFFN BFFN	4 4 4		0.013 0.000 0.000	0.089 0.002 0.000	
20:2 n-6 c,c 20:3 undifferentiated	g	0.000		Ü	DFFN	4		0.000	0.000	
20:4 undifferentiated 20:5 n-3	g	0.001 0.000		0 0	BFFN BFFN	4 4		0.000	0.002	
22:5 n-3	g	0.000		0	BFFN BFFN	4 4		0.000	0.000	
Fatty acids, total trans	g	0		0	BFSN	4		0	0	
Phytosterols	mg									
Amino Acids: Tryptophan		0.000		0		4		0.000	0.000	
Threonine	-	0.03 4 0.028		0 0		4 4		0.010 0.008	0.067 0.055	
Leucine	g	0.06 4 0.075		0 0		4 4		0.018 0.021	0.127 0.149	
Methionine	g	0.015		0		4		0.004	0.030	
Phenylalanine	g	0.041		0		4		0.012 0.003	0.081	
Valine	g	0.049 0.144		0 0 0		4 4 4		0.014 0.041 0.005	0.097 0.285	
HistidineAlanineAspartic acid.	g	0.017 0.176 0.118		0		4		0.050 0.033	0.034 0.348 0.234	
Glutamic acid	g	0.203 0.407		0		4		0.058 0.115	0.402 0.806	
Proline	g	0.269		0		4		0.076 0.017	0.533 0.117	
Hydroxyproline	-									
Others: Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
CaffeineTheobromine		0 0		0 0	BFSN BFSN	4 4		0 0	0 0	
Carotenoids: Carotene, beta	mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha	mcg	0		0	BFSN BFSN	4 4		0.000	0.000	
LycopeneLutein + zeaxanthin	mcg	0		0	BFSN BFSN	4 4		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 198g: 1 jar NDB No. 19365

Toppings, marshmallow cream

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<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	i	
				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	14.69		0	FLA	4		48.19	6.02		
Energy	kcal	448		0	NC	4		1470	184		
Energy	kj	1876		0	NC	4		6152	769		
Protein (N x 6.25)	g	4.50		2		1		14.76	1.85		
Total lipid (fat)	g	22.00		2		1		72.16	9.02		
Ash	g	0.73		0	FLA	4		2.40	0.30		
Carbohydrate, by difference	g	58.08		0	NC	4		190.49	23.81		
Fiber, total dietary	g	2.3		0	FLA	4		7.4	0.9		
Sugars, total	g	53.72		0	FLA	4		176.21	22.03		
Starch											
Minerals:		6-		_							
Calcium, Ca	_	35		0	FLA	4		114	14		
Iron, Fe	_	1.05		2		1		3.44	0.43		
Magnesium, Mg		54		0	FLA	4		178	22		
Phosphorus, P	_	118		0	FLA	4		386	48		
Potassium, K		151		0	FLA	4		495	62		
Sodium, Na	•	42		1		4		138	17		
Zinc, Zn		1.05		0	FLA	4 4		3.45	0.43		
Copper, Cu		0.540 1.207		0	FLA FLA	4		1.771 3.958	0.221 0.495		
Manganese, Mn Selenium, Se		2.1	•	0	FLA	4		6.9	0.495		
Seienium, Se	Ilicy	2.1		U	FLA	4		6.9	0.9		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3		0	FLA	4		1.1	0.1		
Thiamin	mg	0.180)	2		1		0.590	0.074		
Riboflavin	mg	0.120)	1		1		0.394	0.049		
Niacin	mg	0.373	3	0	FLA	4		1.223	0.153		
Pantothenic acid	mg	0.207	7	0	FLA	4		0.679	0.085		
Vitamin B-6	mg	0.178	3	0	FLA	4		0.583	0.073		
Folate, total	mcg	26		0	FLA	4		86	11		
Folic acid		0		0	FLA	4		0	0		
Folate, food		26		0	FLA	4		86	11		
Folate, DFE	mcg_DFE	26		0	NC	4		86	11		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU		7		0	FLA	4		21	3		
Vitamin A, RAE		0		0	FLA	4		1	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.23		0	FLA	4		0.77	0.10		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		0	FLA	4		2.9	0.4		
Vitamin K (phylloquinone)	Ilicy	0.9		U	FLA	4		2.9	0.4		
Lipids:											
Fatty acids, total saturated	g	1.960)	0		1		6.429	0.804		
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	0.070)	1		1		0.230	0.029		
15:0	g										
16:0	g	1.510)	1		1		4.953	0.619		
17:0	g										
18:0	g	0.380)	1		1		1.246	0.156		
20:0	g										
22:0	g										
24:0	а										

		<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common			
				Number		_			measures of food				
Nutrients and I	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
F		4.970		0		1		16 200	0.000				
Fatty acids, total monounsaturat		4.970		U		_		16.302	2.038				
15:1	g												
16:1 undifferentiated	_	0.060		1		1		0.197	0.025				
17:1	-												
18:1 undifferentiated	_	4.730		1		1		15.514	1.939				
20:1		0.190		1		1		0.623	0.078				
22:1 undifferentiated	•	0.000		0		1		0.000	0.000				
24:1 c													
Fatty acids, total polyunsaturate		13.730		0		1		45.034	5.629				
18:2 undifferentiated		11.300		1		1		37.064	4.633				
18:3 undifferentiated		2.420		1		1		7.938	0.992				
18:4	_	0.000		0		1		0.000	0.000				
20:2 n-6 c,c	_												
20:3 undifferentiated	_												
20:4 undifferentiated	_	0.010		1		1		0.033	0.004				
20:5 n-3	_	0.000		0		1		0.000	0.000				
22:5 n-3	-	0.000		0		1		0.000	0.000				
22:6 n-3	g	0.000		0		1		0.000	0.000				
Fatty acids, total trans													
Cholesterol	mg	0		0	FLA	4		0	0				
Phytosterols	mg												
Amino Acids:													
Tryptophan	0	0.059		0		1		0.194	0.024				
Threonine		0.139		0		1		0.456	0.057				
Isoleucine	-	0.139		0		1		0.577	0.037				
Leucine	-	0.309		0		1		1.014	0.127				
Lysine		0.121		0		1		0.397	0.050				
Methionine		0.087		0		1		0.285	0.036				
Cystine		0.108		0		1		0.354	0.044				
•		0.108		0		1		0.643	0.080				
Phenylalanine Tyrosine		0.137		0		1		0.449	0.056				
Valine	-	0.225		0		1		0.738	0.092				
Arginine	-	0.655		0		1		2.148	0.269				
Histidine		0.033		0		1		0.367	0.269				
		0.112		0		1		0.623	0.048				
Alanine Aspartic acid		0.190		0		1		1.506	0.188				
1	-	0.439		0		1		2.870	0.188				
Glutamic acid	-	0.235		0		1		0.771	0.339				
Glycine				0		1							
Proline		0.172		0		1		0.564	0.071 0.100				
Serine		0.244		U		1		0.800	0.100				
Hydroxyproline	9												
Others:													
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0				
Caffeine		0		0	FLA	4		0	0				
Theobromine		0		0	FLA	4		0	0				
Carotenoids:													
		_		•				10 00=					
Carotene, beta	-	4		0	FLA	4		12.885	1.611				
Carotene, alpha		0		0	FLA	4		0.000	0.000				
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000				
Lycopene		0		0	FLA	4		0.000	0.000				
Lutein + zeaxanthin	riicg	3		0	FLA	4		9.476	1.185				

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

NDB No. 19367

Toppings, nuts in syrup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 19 Sweets

		<u>A</u>	mount in 100	0 grams	of edik	le portio	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	33.00		1		4		112.20	13.86	
Energy	kcal	253		0		4		860	106	
Energy	kj	1059				4		3599	445	
Protein (N x 6.25)	g	0.10		0		4		0.34	0.04	
Total lipid (fat)	g	0.10		1		4		0.34	0.04	
Ash	g	0.40		1		4		1.36	0.17	
Carbohydrate, by difference	g	66.40		0	NC	4		225.76	27.89	
Fiber, total dietary	g	0.4		0	FLC	4		1.5	0.2	
Sugars, total	g	64.52		0	FLC	4		219.38	27.10	
Starch	g									
X.C. 1										
Minerals:	ma	_		^	ET C			21	3	
Calcium, Ca		6 0.12		0 0	FLC	4		21 0.42	3 0.05	
Iron, Fe		6		0	FLC FLC	4 4		0.42 19	0.05 2	
Magnesium, Mg		3		0	FLC	4		19 10	2 1	
Phosphorus, P		43		0	FLC	4		146	18	
Potassium, K		42		0	FLC	4		141	17	
Sodium, NaZinc, Zn		0.05		0	FLC	4		0.17	0.02	
Copper, Cu		0.052	2	0	FLC	4		0.17	0.022	
Manganese, Mn		0.032		0	FLC	4		0.173	0.022	
Selenium, Se		0.7	•	0	FLC	4		2.3	0.3	
Scientini, Sc.	g	0.,		·	120	•		2.3	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0	FLC	4		10.7	1.3	
Thiamin	mg	0.038	3	0	FLC	4		0.128	0.016	
Riboflavin	mg	0.018	3	0	FLC	4		0.062	0.008	
Niacin	mg	0.101	L	0	FLC	4		0.345	0.043	
Pantothenic acid	mg	0.012	2	0	FLC	4		0.042	0.005	
Vitamin B-6	mg	0.028	3	0	FLC	4		0.096	0.012	
Folate, total	mcg	2		0	FLC	4		6	1	
Folic acid	mcg	0		0	FLC	4		0	0	
Folate, food		2		0	FLC	4		6	1	
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU	IU	17		0	FLC	4		57	7	
Vitamin A, RAE		1		0	FLC	4		3	0	
Retinol	mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLC	4		0.02	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.2		0	FLC	4		0.8	0.1	
Lipids:										
Fatty acids, total saturated	g	0.018	3	0		4		0.061	0.008	
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	g									
14:0	-	0.000)	0		4		0.000	0.000	
15:0	=									
16:0		0.018	3	0		4		0.061	0.008	
17:0										
18:0	-	0.002	2	0		4		0.007	0.001	
20:0	-									
22:0	-									
24:0	a									

		<u>An</u>	nount in 10	00 grams Number	Amount in edible portion of common measures 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 monounsaturat		0.032		0		4		0.109	0.013	
14:1										
15:1										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
17:1										
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.032		0		4		0.109	0.013	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate	dg	0.050		0		4		0.170	0.021	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.050		0		4		0.170	0.021	
18:3 undifferentiated	-	0.000		0		4		0.000	0.000	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	FLC	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0	
Caffeine	mg	0		0	FLC	4		0	0	
Theobromine	mg	0		0	FLC	4		0	0	
Carotenoids:										
Carotene, beta	mcg	10		0	FLC	4		34.000	4.200	
Carotene, alpha	mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	FLC	4		0.000	0.000	
Lycopene	mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLC	4		0.000	0.000	

Common Measures:

Measure 1 = 340g: 1 cup Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets

		<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				<u>me</u>	easures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Duovimatori											
Proximates: Water	а	33.00		1		4		112.20	13.86		
Energy	-	254		0		4		864	107		
Energy		1063				4		3613	446		
Protein (N x 6.25)		0.20		0		4		0.68	0.08		
Total lipid (fat)		0.10		0		4		0.34	0.04		
Ash		0.40		1		4		1.36	0.17		
Carbohydrate, by difference		66.30		0	NC	4		225.42	27.85		
Fiber, total dietary		0.7		0	FLC	4		2.4	0.3		
Sugars, total		65.00		1	LC	8		221.00	27.30		
Starch											
<u>Minerals:</u>											
Calcium, Ca	-	6		0	FLC	4		22	3		
Iron, Fe	_	0.28		0	FLC	4		0.95	0.12		
Magnesium, Mg		4		0	FLC	4		15	2		
Phosphorus, P		5		0	FLC	4		17	2		
Potassium, K		51		0	FLC	4		172	21		
Sodium, Na		21		0		4		71	9		
Zinc, Zn		0.06		0	FLC	4		0.20	0.02		
Copper, Cu		0.032		0	FLC	4		0.110	0.014		
Manganese, Mn		0.167	7	0	FLC	4		0.568	0.070		
Selenium, Se	mcg	0.8		0	FLC	4		2.6	0.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	13.7		0	FLC	4		46.7	5.8		
Thiamin	-	0.011	L	0	FLC	4		0.037	0.005		
Riboflavin		0.024	1	0	FLC	4		0.080	0.010		
Niacin		0.161	L	0	FLC	4		0.546	0.067		
Pantothenic acid		0.048	3	0	FLC	4		0.165	0.020		
Vitamin B-6	_	0.012		0	FLC	4		0.042	0.005		
Folate, total	-	6		0	FLC	4		19	2		
Folic acid		0		0	FLC	4		0	0		
Folate, food		6		0	FLC	4		19	2		
Folate, DFE		6		0	NC	4		19	2		
Vitamin B-12		0.00		0	FLC	4		0.00	0.00		
Vitamin A, IU	IU	18		0		4		61	8		
Vitamin A, RAE		1		0	FLC	4		3	0		
Retinol		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.10		0	FLC	4		0.32	0.04		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)		0.7		0	FLC	4		2.5	0.3		
<u> ipids:</u>			_	_							
Fatty acids, total saturated		0.005		0		4		0.017	0.002		
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	J	0		4		0.000	0.000		
13:0	-	0.000	,	^							
14:0	-	0.000	J	0		4		0.000	0.000		
15:0			_	-		_					
16:0		0.004	1	0		4		0.014	0.002		
17:0	-					_					
18:0	-	0.001	L	0		4		0.003	0.000		
20:0	g										
22:0											

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Ui	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.014		0		4		0.048	0.006	
14:1										
15:1						_				
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
17:1										
18:1 undifferentiated		0.014		0		4		0.048	0.006	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated.		0.050		0		4		0.170	0.021	
18:2 undifferentiated	_	0.029		0		4		0.099	0.012	
18:3 undifferentiated	-	0.021		0		•		0.071	0.009	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	_	0.000		•						
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans		_				_		_	_	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	FLC	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	FLC	4		0	0	
Theobromine	mg	0		0	FLC	4		0	0	
Carotenoids:	_									
Carotene, beta	mcq	9		0	FLC	4		30.600	3.780	
Carotene, alpha	-	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	
Lycopene		0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		9		0	FLC	4		29.844	3.687	

Common Measures:

Measure 1 = 340g: 1 cup Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 19 Sweets