

- Fruits
- Dry Beans Peas Other Legumes Nuts and Seeds
- Eggs
- Vegetables
- Milk and Milk Products
- Grain Product
- Meat Poultry Fish and Mixtures
- Sugars Sweets and Beverages
- Fats Oils and Salad Dressings
- MISSING

- Copper
- Added Vitamin B-12
- Riboflavin
- Added Vitamin E
- Thiamin
- Vitamin B-6
- Alcohol
- Vitamin B-12
- Vitamin D (D2 + D3)
- Vitamin E, alpha-tocopherol
- Zinc
- Iron
- Fiber, total dietary
- Niacin
- Cryptoxanthin, beta
- Vitamin C
- Theobromine
- Protein
- Sugars, total
- Total Fat
- Caffine
- Selenium
- Vitamin K, phylloquinone
- Carotene, alpha
- Folic acid
- Carbohydrates
- Folate, food
- Magnesium
- Folate, total
- Chloine, total
- Cholesterol
- Retinol
- Folate
- Vitamin A
- Calcium
- Phosphorus
- Lutein + zeaxanthin
- Carotene, beta
- Potassium
- Lycopene
- Sodium
- MISSING