

USDA Table of Nutrient Retention Factors, Release 6

Retention Code	Food Group Code	Retention Description	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zinc, Zn	Copper, Cu	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate, food	Folic acid	Folate, total	Choline, total	Vitamin B-12	Vitamin A, IU	Vitamin A, RE	Alcohol, ethyl	Carotene, beta	Carotene, alpha	Cryptoxanthin, beta	Lycopene	Lutein + zeaxanthin
0001	01	CHEESE,BAKED	100	100	100	100	100	100	100	65	75	100	100	75	80	80	80	75	55	100	100	100	100	100	100	100	100	100
0003	01	CHEESE,BROILED	100	100	100	100	100	100	100	65	75	100	100	75	80	80	80	75	55	100	100	100	100	100	100	100	100	100
0005	01	CHEESE,COOKED W/LIQUID	100	100	100	100	100	100	100	65	75	100	100	75	80	80	80	75	55	100	100	100	100	100	100	100	100	100
0007	01	CHEESE,REHEATED	100	100	100	100	100	100	100	95	95	100	100	95	95	95	95	95	95	100	100	100	100	100	100	100	100	100
0101	01	EGGS,BAKED	100	100	100	100	100	100	100	80	80	95	90	95	75	75	75	80	80	100	100	100	100	100	100	100	100	100
0103	01	EGGS,FRIED,SCRAMBLED	100	100	100	100	100	100	100	80	85	95	95	95	75	75	75	85	85	100	100	100	100	100	100	100	100	100
0105	01	EGGS,HARD COOKED	100	100	100	100	100	100	100	80	85	95	95	95	75	75	75	80	85	100	100	100	100	100	100	100	100	100
0107	01	EGGS,POACHED	100	100	100	100	100	100	100	80	80	85	85	85	75	75	75	80	80	100	100	100	100	100	100	100	100	100
0109	01	EGGS,REHEATED	100	100	100	100	100	100	100	95	95	100	100	95	95	95	95	85	95	100	100	100	100	100	100	100	100	100
2151	01	MILK,HEATED APPROX 10MIN	100	100	100	100	100	100	100	85	90	100	100	90	85	85	85	90	80	100	100	100	100	100	100	100	100	100
2152	01	MILK,HEATED APPROX 30MIN	100	100	100	100	100	100	100	65	75	100	100	75	80	80	80	75	55	100	100	100	100	100	100	100	100	100
2153	01	MILK,HEATED APPROX 1 HOUR	100	100	100	100	100	100	100	45	60	100	100	55	70	70	70	60	30	100	100	100	100	100	100	100	100	100
2154	01	MILK,REHEATED	100	100	100	100	100	100	100	95	95	100	100	95	95	95	95	95	95	100	100	100	100	100	100	100	100	100
0801	05	CHICKEN,BROILED	95	90	75	80	80	80	100	95	80	70	90	80	80	60	60	60	70	65	75	75	100	75	75	75	75	75
0803	05	CHICKEN,FRIED,WO/COATING	95	90	75	80	80	80	100	95	80	70	90	80	80	60	60	60	70	65	75	75	100	75	75	75	75	75
0804	05	CHICKEN,FRIED,W/COATING	95	90	75	80	80	80	100	95	80	70	90	80	80	60	60	60	70	65	75	75	100	75	75	75	75	75
0805	05	CHICKEN,ROASTED	95	90	75	80	80	80	100	95	80	70	90	80	80	60	60	60	70	65	75	75	100	75	75	75	75	75
0851	05	CHICKEN,BROWN,SIMMER,WO/DRIPPINGS	80	90	65	70	60	70	100	90	80	55	95	60	50	60	60	60	70	50	75	75	100	75	75	75	75	75
0852	05	CHICKEN,BROWN,SIMMER,W/DRIPPINGS	100	100	100	100	100	100	100	85	75	100	95	65	70	70	70	70	65	80	80	100	80	80	80	80	80	80
0855	05	CHICKEN,SIMMERED,WO/DRIPPINGS	80	90	65	70	60	70	100	90	80	55	95	60	50	60	60	60	70	50	75	75	100	75	75	75	75	75
0856	05	CHICKEN,SIMMERED,W/DRIPPINGS	100	100	100	100	100	100	100	85	75	100	95	65	70	70	70	70	65	80	80	100	80	80	80	80	80	80
0864	05	CHICKEN,REHEATED	100	100	100	100	100	100	100	95	95	100	100	95	95	95	95	70	95	100	100	100	100	100	100	100	100	100
1805	05	TURKEY,ROASTED	100	95	80	80	75	75	100	70	80	65	85	90	70	60	60	60	70	65	75	75	100	75	75	75	75	75

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			Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zinc, Zn	Copper, Cu	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folate, food	Folic acid	Folate, total	Choline, total	Vitamin B-12	Vitamin A, IU	Vitamin A, RE	Alcohol, ethyl	Carotene, beta	Carotene, alpha	Cryptoxanthin, beta	Lycopene
1851	05	TURKEY,SIMMERED,WO/DRIPPINGS	85	95	65	70	55	70	100	95	80	55	95	60	50	60	60	60	70	50	75	75	100	75	75	75	75
1852	05	TURKEY,SIMMERED,W/DRIPPINGS	100	100	100	100	100	100	100	100	85	75	100	95	70	70	70	70	70	80	80	100	80	80	80	80	80
1860	05	TURKEY,REHEATED	100	100	100	100	100	100	100	100	95	95	100	100	95	95	95	95	70	95	100	100	100	100	100	100	100
0351	08	OATMEAL,INST,COOKED	100	100	100	100	100	100	100	100	90	90	95	95	100	100	100	100	100	100	100	100	100	100	100	100	100
0352	08	OATMEAL,REG/QUICK,COOKED	100	95	100	95	95	100	100	95	80	80	90	90	90	70	70	70	100	100	90	90	100	90	90	90	90
0357	08	CEREAL,INST,COOKED	100	100	100	100	100	100	100	100	90	90	95	95	100	100	100	100	100	100	100	100	100	100	100	100	100
0358	08	CEREAL,REG/QUICK,COOKED	100	95	100	95	95	100	100	95	80	80	90	90	90	70	70	70	100	100	90	90	100	90	90	90	90
0151	09	FRUITS,FRESH(NOT CITRUS),BAKED	95	100	100	100	90	100	100	90	80	80	95	90	95	60	60	60	100	100	85	85	100	85	85	85	85
0152	09	FRUITS,FRESH(NOT CITRUS),BROILED	95	100	100	100	90	100	100	90	80	80	95	90	95	60	60	60	100	100	85	85	100	85	85	85	85
0153	09	FRUITS,FRESH(NOT CITRUS),SAUTEED	95	100	100	100	90	100	100	90	70	80	90	90	90	50	50	50	100	100	75	75	100	75	75	75	75
0154	09	FRUITS,CANNED	95	100	100	100	90	100	100	90	50	80	90	90	90	50	50	50	100	100	75	75	100	75	75	75	75
0155	09	FRUITS,FRESH(NOT CITRUS),STEWED	95	100	100	100	90	100	100	90	70	80	90	90	90	50	50	50	100	100	75	75	100	75	75	75	75
0156	09	FRUITS,FROZEN	95	100	100	100	90	100	100	90	70	95	100	100	100	95	95	95	100	100	95	95	100	95	95	95	95
0157	09	FRUITS,FRESH(NOT CITRUS),REHEATED	100	100	100	100	100	100	100	100	95	95	100	100	100	95	95	95	100	100	95	95	100	95	95	95	95
0158	09	FRUITS,DRIED	100	100	100	100	100	100	100	100	20	70	90	90	90	50	50	50	100	100	50	50	100	50	50	50	50
0251	09	FRUITS(DRIED),BAKED	95	100	100	100	90	100	100	90	80	80	95	90	95	60	60	60	100	100	85	85	100	85	85	85	85
0253	09	FRUITS(DRIED),SAUTEED	95	100	100	100	90	100	100	90	70	80	90	90	90	50	50	50	100	100	75	75	100	75	75	75	75
0255	09	FRUITS(DRIED),STEWED	95	100	100	100	90	100	100	90	70	80	90	90	90	50	50	50	100	100	75	75	100	75	75	75	75
0257	09	FRUITS(DRIED),REHEATED	100	100	100	100	100	100	100	100	95	95	100	100	100	95	95	95	100	100	95	95	100	95	95	95	95
0270	09	FRUITS,CITRUS,CKD	100	100	100	100	100	100	100	100	95	95	95	95	95	70	70	70	100	100	95	95	100	95	95	95	95
1251	10	PORK,FRESH,BROILED	75	80	95	90	85	90	100	95	80	70	100	80	65	85	85	85	100	90	75	75	100	75	75	75	75
1252	10	PORK,FRESH,FRIED,WO/COATING	75	80	95	90	85	90	100	95	80	70	100	80	65	85	85	85	100	90	75	75	100	75	75	75	75
1253	10	PORK,FRESH,FRIED,W/COATING	75	80	95	90	85	90	100	95	80	70	100	80	65	85	85	85	100	90	75	75	100	75	75	75	75