

NutID	Nutrient	TotFoods
255	Water	8188
210	Sucrose	1373
211	Glucose (dextrose)	1376
212	Fructose	1375
213	Lactose	1355
214	Maltose	1343
287	Galactose	1225
209	Starch	895
301	Calcium	7830
303	Iron	8047
304	Magnesium	7451
305	Phosphorus	7570
306	Potassium	7732
307	Sodium	8111
309	Zinc	7437
312	Copper	6977
315	Manganese	6159
317	Selenium	6425
313	Fluoride	552
401	Vitamin C	7395
404	Thiamin	7473
405	Riboflavin	7495
406	Niacin	7468
410	Pantothenic acid	6179
415	Vitamin B-6	7201
417	Folate	7042
431	Folic acid	6391
432	Folate	6590
435	DFE	6381
421	Choline	4192
454	Betaine	1848
418	Vitamin B-12	6966
320	Vitamin A	6674
319	Retinol	6360
321	beta Carotene	4827
322	alpha Carotene	4740
334	beta Cryptoxanthin	4731
318	Vitamin A	7479
337	Lycopene	4705
338	Lutein + zeaxanthin	4681
323	Vitamin E (alpha-tocopherol)	5054
341	Tocopherol, beta	1509
342	Tocopherol, gamma	1504
343	Tocopherol, delta	1489
328	Vitamin D (D2 + D3)	4763
325	Vitamin D2 (ergocalciferol)	52
326	Vitamin D3 (cholecalciferol)	1373
324	Vitamin D	4761
430	Vitamin K (phylloquinone)	4620
429	Dihydrophylloquinone	1299
428	Menaquinone-4	477
607	4:0	5072
608	6:0	5117
609	8:0	5361
610	10:0	5755
611	12:0	6021
696	13:0	238
612	14:0	6395
652	15:0	1801
613	16:0	6608
653	17:0	2012
614	18:0	6596
615	20:0	2108
624	22:0	1751
654	24:0	1480
625	14:1	2010

697 15:1 1497  
626 16:1 6359  
687 17:1 1704  
617 18:1 6624  
859 18:1-11t 154  
628 20:1 5750  
671 24:1 c 788  
675 18:2 n-6 c,c 1129  
670 18:2 CLAs 782  
669 18:2 t,t 216  
666 18:2 i 60  
619 18:3 undifferentiated 6540  
851 18:3 n-3 c,c,c (ALA) 1308  
685 18:3 n-6 c,c,c 1113  
856 18:3i 126  
627 18:4 5101  
672 20:2 n-6 c,c 1784  
689 20:3 undifferentiated 1602  
852 20:3 n-3 487  
853 20:3 n-6 568  
620 20:4 undifferentiated 5761  
855 20:4 n-6 7  
629 20:5 n-3 (EPA) 5183  
857 21:5 102  
858 22:4 630  
631 22:5 n-3 (DPA) 5136  
621 22:6 n-3 (DHA) 5139  
601 Cholesterol 7834  
636 Phytosterols 514  
638 Stigmasterol 128  
639 Campesterol 127  
641 Beta-sitosterol 128  
501 Tryptophan 4797  
502 Threonine 4843  
503 Isoleucine 4847  
504 Leucine 4846  
505 Lysine 4860  
506 Methionine 4857  
507 Cystine 4786  
508 Phenylalanine 4843  
509 Tyrosine 4812  
510 Valine 4847  
511 Arginine 4832  
512 Histidine 4840  
513 Alanine 4789  
514 Aspartic acid 4792  
515 Glutamic acid 4792  
516 Glycine 4789  
517 Proline 4780  
518 Serine 4790  
521 Hydroxyproline 1175  
221 ethanol 4887  
262 Caffeine 4657  
263 Theobromine 4633