

Table 1.—Number of Foods in the Database (*n* = 8,194) Containing a Value for the Specified Nutrient

Nutr. No.	Nutrient	Number of Foods	Nutr. No.	Nutrient	Number of Foods
255	Water	8188	418	Vitamin B-12	6966
208	Energy	8194	578	Vitamin B-12, added	4257
203	Protein	8194	320	Vitamin A, RAE	6674
204	Total lipid (fat)	8194	319	Retinol	6360
207	Ash	7855	321	Carotene, beta	4827
205	Carbohydrate, by difference	8194	322	Carotene, alpha	4740
291	Fiber, total dietary	7498	334	Cryptoxanthin, beta	4731
269	Sugars, total	6139	318	Vitamin A, IU	7479
210	Sucrose	1373	337	Lycopene	4705
211	Glucose (dextrose)	1376	338	Lutein + zeaxanthin	4681
212	Fructose	1375	323	Vitamin E (alpha-tocopherol)	5054
213	Lactose	1355			
214	Maltose	1343	573	Vitamin E, added	4082
287	Galactose	1225	341	Tocopherol, beta	1509
209	Starch	895	342	Tocopherol, gamma	1504
301	Calcium, Ca	7830	343	Tocopherol, delta	1489
303	Iron, Fe	8047	328	Vitamin D (D2 + D3)	4763
304	Magnesium, Mg	7451	325	Vitamin D2 (ergocalciferol)	52
305	Phosphorus, P	7570	326	Vitamin D3 (cholecalciferol)	1373
306	Potassium, K	7732	324	Vitamin D	4761
307	Sodium, Na	8111	430	Vitamin K (phylloquinone)	4620
309	Zinc, Zn	7437	429	Dihydrophyllloquinone	1299
312	Copper, Cu	6977	428	Menaquinone-4	477
315	Manganese, Mn	6159	606	Fatty acids, total saturated	7855
317	Selenium, Se	6425	607	4:0	5072
313	Fluoride, F	552	608	6:0	5117
401	Vitamin C, total ascorbic acid	7395	609	8:0	5361
			610	10:0	5755
404	Thiamin	7473	611	12:0	6021
405	Riboflavin	7495	696	13:0	238
406	Niacin	7468	612	14:0	6395
410	Pantothenic acid	6179	652	15:0	1801
415	Vitamin B-6	7201	613	16:0	6608
417	Folate, total	7042	653	17:0	2012
431	Folic acid	6391	614	18:0	6596
432	Folate, food	6590	615	20:0	2108
435	Folate, DFE	6381	624	22:0	1751
421	Choline, total	4192	654	24:0	1480
454	Betaine	1848	645	Fatty acids, total monounsaturated	7491

Nutr. No.	Nutrient	Number of Foods	Nutr. No.	Nutrient	Number of Foods
625	14:1	2010	858	22:4	630
697	15:1	1497	631	22:5 n-3 (DPA)	5136
626	16:1 undifferentiated	6359	621	22:6 n-3 (DHA)	5139
673	16:1 c	686	605	Fatty acids, total trans	2606
662	16:1 t	566	693	Fatty acids, total trans- monoenoic	1156
687	17:1	1704	695	Fatty acids, total trans- polyenoic	906
617	18:1 undifferentiated	6624	601	Cholesterol	7834
674	18:1 c	1171	636	Phytosterols	514
663	18:1 t	1185	638	Stigmasterol	128
859	18:1-11t (18:1t n-7)	154	639	Campesterol	127
628	20:1	5750	641	Beta-sitosterol	128
630	22:1 undifferentiated	5169	501	Tryptophan	4797
676	22:1 c	604	502	Threonine	4843
664	22:1 t	488	503	Isoleucine	4847
671	24:1 c	788	504	Leucine	4846
646	Fatty acids, total polyunsaturated	7498	505	Lysine	4860
618	18:2 undifferentiated	6642	506	Methionine	4857
675	18:2 n-6 c,c	1129	507	Cystine	4786
670	18:2 CLAs	782	508	Phenylalanine	4843
669	18:2 t,t	216	509	Tyrosine	4812
666	18:2 i	60	510	Valine	4847
665	18:2 t not further defined	651	511	Arginine	4832
619	18:3 undifferentiated	6540	512	Histidine	4840
851	18:3 n-3 c,c,c (ALA)	1308	513	Alanine	4789
685	18:3 n-6 c,c,c	1113	514	Aspartic acid	4792
856	18:3i	126	515	Glutamic acid	4792
627	18:4	5101	516	Glycine	4789
672	20:2 n-6 c,c	1784	517	Proline	4780
689	20:3 undifferentiated	1602	518	Serine	4790
852	20:3 n-3	487	521	Hydroxyproline	1175
853	20:3 n-6	568	221	Alcohol, ethyl	4887
620	20:4 undifferentiated	5761	262	Caffeine	4657
855	20:4 n-6	7	263	Theobromine	4633
629	20:5 n-3 (EPA)	5183			
857	21:5	102			

*Indicates the 65 nutrients included in the USDA Food and Nutrient Database for Dietary Studies (FNDDS).

† Nutrients included in the Abbreviated file (p. 37).