

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
		8194	320	Vitamin A, RAE	6674
203	Protein				
		8194	319	Retinol	6360
204	Total lipid (fat)				
		7855	321	Carotene, beta	4827
207	Ash				
		8194	322	Carotene, alpha	4740
205	Carbohydrate, by difference				
		7498	334	Cryptoxanthin, beta	4731
291	Fiber, total dietary				
		6139	318	Vitamin A, IU	7479
269	Sugars, total				
		1373	337	Lycopene	4705
210	Sucrose				
			338	Lutein + zeaxanthin	4681
211	Glucose (dextrose)	1376			
		1375	323	Vitamin E (alpha-	5054
212	Fructose				
				tocopherol)	
213	Lactose	1355			
		1343	573	Vitamin E, added	4082
214	Maltose				
		1225	341	Tocopherol, beta	1509
287	Galactose				
			342	Tocopherol, gamma	1504
209	Starch	895			
		7830	343	Tocopherol, delta	1489
301	Calcium, Ca				
		8047	328	Vitamin D (D2 + D3)	4763
303	Iron, Fe				
			325	Vitamin D2 (ergocalciferol)	52
304	Magnesium, Mg	7451			
		7570	326	Vitamin D3 (cholecalciferol)	1373
305	Phosphorus, P				
		7732	324	Vitamin D	4761
306	Potassium, K				
		8111	430	Vitamin K (phylloquinone)	4620
307	Sodium, Na				
		7437	429	Dihydrophyllloquinone	1299
309	Zinc, Zn				
			428	Menaquinone-4	477
312	Copper, Cu	6977			
		6159	606	Fatty acids, total saturated	7855
315	Manganese, Mn				
		6425	607	4:0	5072
317	Selenium, Se				
			608	6:0	5117
313	Fluoride, F	552			
		7395	609	8:0	5361
401	Vitamin C, total ascorbic				
	acid		610	10:0	5755
		7473	611	12:0	6021
404	Thiamin				
		7495	696	13:0	238
405	Riboflavin				
			612	14:0	6395
406	Niacin	7468			
		6179	652	15:0	1801
410	Pantothenic acid				
		7201	613	16:0	6608

415	Vitamin B-6	7042	653	17:0	2012
417	Folate, total	6391	614	18:0	6596
431	Folic acid	6590	615	20:0	2108
432	Folate, food	6381	624	22:0	1751
435	Folate, DFE	4192	654	24:0	1480
421	Choline, total				
454	Betaine	1848		645 Fatty acids, total	7491
				monounsaturated	
		9			
Nutr.		Number	Nutr.		Number
No.	Nutrient	of Foods	No.	Nutrient	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			
617	18:1 undifferentiated	6624	695	Fatty acids, total trans-polyenoic	906
674	18:1 c	1171			
663	18:1 t	1185	601	Cholesterol	7834
859	18:1-11t (18:1t n-7)	154	636	Phytosterols	514
628	20:1	5750	638	Stigmasterol	128
630	22:1 undifferentiated	5169	639	Campesterol	127
676	22:1 c	604	641	Beta-sitosterol	128
664	22:1 t	488	501	Tryptophan	4797
671	24:1 c	788	502	Threonine	4843
646	Fatty acids, total	7498	503	Isoleucine	4847
	polyunsaturated		504	Leucine	4846
618	18:2 undifferentiated	6642	505	Lysine	4860
675	18:2 n-6 c,c	1129	506	Methionine	4857
670	18:2 CLAs	782	507	Cystine	4786
669	18:2 t,t	216	508	Phenylalanine	4843
666	18:2 i	60	509	Tyrosine	4812
665	18:2 t not further defined	651	510	Valine	4847
619	18:3 undifferentiated	6540	511	Arginine	4832
851	18:3 n-3 c,c,c (ALA)	1308	512	Histidine	4840
685	18:3 n-6 c,c,c	1113	513	Alanine	4789
856	18:3i	126	514	Aspartic acid	4792
			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		