

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0001	CHEESE,BAKED	301	Calcium, Ca	100				
		303	Iron, Fe	100				
		304	Magnesium, Mg	100				
		305	Phosphorus, P	100				
		306	Potassium, K	100				
		307	Sodium, Na	100				
		309	Zinc, Zn	100				
		312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	65				
		404	Thiamin	75				
		405	Riboflavin	100				
		406	Niacin	100				
		415	Vitamin B-6	75				
		417	Folate, total	80				
		431	Folic acid	80				
		432	Folate, food	80				
		418	Vitamin B-12	55				
		318	Vitamin A, IU	100				
		392	Vitamin A, RE	100				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	100				
		322	Carotene, alpha	100				
		334	Cryptoxanthin, beta	100				
		337	Lycopene	100				
		338	Lutein + zeaxanthin	100				
		0003	CHEESE,BROILED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
		312	Copper, Cu	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0003	CHEESE,BROILED	401	Vitamin C, total ascorbic acid	65		
		404	Thiamin	75		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	75		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	55		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		0005	CHEESE,COOKED W/LIQUID	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			65		
404	Thiamin			75		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			75		
417	Folate, total			80		
431	Folic acid			80		
432	Folate, food	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0005	CHEESE, COOKED W/LIQUID	418	Vitamin B-12	55		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		0007	CHEESE, REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			95		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			95		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta			100		
322	Carotene, alpha			100		
334	Cryptoxanthin, beta			100		
337	Lycopene	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0007	CHEESE, REHEATED	338	Lutein + zeaxanthin	100		
0101	EGGS, BAKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	90		
		415	Vitamin B-6	95		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
0103	EGGS, FRIED, SCRAMBLED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0103	EGGS,FRIED,SCRAMBLED	312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	85				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	75				
		431	Folic acid	75				
		432	Folate, food	75				
		418	Vitamin B-12	85				
		318	Vitamin A, IU	100				
		392	Vitamin A, RE	100				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	100				
		322	Carotene, alpha	100				
		334	Cryptoxanthin, beta	100				
		337	Lycopene	100				
		338	Lutein + zeaxanthin	100				
		0105	EGGS,HARD COOKED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			85				
405	Riboflavin			95				
406	Niacin			95				
415	Vitamin B-6			95				
417	Folate, total	75						
431	Folic acid	75						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0105	EGGS,HARD COOKED	432	Folate, food	75		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		0107	EGGS,POACHED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			80		
405	Riboflavin			85		
406	Niacin			85		
415	Vitamin B-6			85		
417	Folate, total			75		
431	Folic acid			75		
432	Folate, food			75		
418	Vitamin B-12			80		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta			100		
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0107	EGGS, POACHED	337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
0109	EGGS, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
2153	MILK, HEATED APPROX 1 HOUR	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2153	MILK,HEATED APPROX 1 HOUR	309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	45		
		404	Thiamin	60		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	55		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	30		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		2151	MILK,HEATED APPROX 10MIN	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			90		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			90		
417	Folate, total	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
2151	MILK,HEATED APPROX 10MIN	431	Folic acid	85				
		432	Folate, food	85				
		418	Vitamin B-12	80				
		318	Vitamin A, IU	100				
		392	Vitamin A, RE	100				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	100				
		322	Carotene, alpha	100				
		334	Cryptoxanthin, beta	100				
		337	Lycopene	100				
		338	Lutein + zeaxanthin	100				
		2152	MILK,HEATED APPROX 30MIN	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			65				
404	Thiamin			75				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			75				
417	Folate, total			80				
431	Folic acid			80				
432	Folate, food			80				
418	Vitamin B-12			55				
318	Vitamin A, IU			100				
392	Vitamin A, RE			100				
221	Alcohol, ethyl			100				
321	Carotene, beta			100				
322	Carotene, alpha			100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2152	MILK,HEATED APPROX 30MIN	334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
2154	MILK,REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
0801	CHICKEN,BROILED	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	80		
		306	Potassium, K	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0801	CHICKEN,BROILED	307	Sodium, Na	80		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	80		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	65		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0852	CHICKEN,BROWN,SIMMER,W/DR IPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	75		
		405	Riboflavin	100		
		406	Niacin	95		
415	Vitamin B-6	65				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0852	CHICKEN, BROWN, SIMMER, W/DRIPPINGS	417	Folate, total	70				
		431	Folic acid	70				
		432	Folate, food	70				
		418	Vitamin B-12	65				
		318	Vitamin A, IU	80				
		392	Vitamin A, RE	80				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	80				
		322	Carotene, alpha	80				
		334	Cryptoxanthin, beta	80				
		337	Lycopene	80				
		338	Lutein + zeaxanthin	80				
		0851	CHICKEN, BROWN, SIMMER, WO/D RIPPINGS	301	Calcium, Ca	80		
				303	Iron, Fe	90		
304	Magnesium, Mg			65				
305	Phosphorus, P			70				
306	Potassium, K			60				
307	Sodium, Na			70				
309	Zinc, Zn			100				
312	Copper, Cu			90				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			55				
405	Riboflavin			95				
406	Niacin			60				
415	Vitamin B-6			50				
417	Folate, total			60				
431	Folic acid			60				
432	Folate, food			60				
418	Vitamin B-12			50				
318	Vitamin A, IU			75				
392	Vitamin A, RE			75				
221	Alcohol, ethyl			100				
321	Carotene, beta	75						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0851	CHICKEN, BROWN, SIMMER, WO/D RIPPINGS	322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0804	CHICKEN, FRIED, W/COATING	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	80		
		306	Potassium, K	80		
		307	Sodium, Na	80		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	80		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	65		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
0803	CHICKEN, FRIED, WO/COATING	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0803	CHICKEN, FRIED, WO/COATING	306	Potassium, K	80		
		307	Sodium, Na	80		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	80		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	65		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
338	Lutein + zeaxanthin	75				
0864	CHICKEN, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
405	Riboflavin	100				
406	Niacin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0864	CHICKEN, REHEATED	415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		0805	CHICKEN, ROASTED	301	Calcium, Ca	95
303	Iron, Fe			90		
304	Magnesium, Mg			75		
305	Phosphorus, P			80		
306	Potassium, K			80		
307	Sodium, Na			80		
309	Zinc, Zn			100		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			70		
405	Riboflavin			90		
406	Niacin			80		
415	Vitamin B-6			80		
417	Folate, total			60		
431	Folic acid			60		
432	Folate, food			60		
418	Vitamin B-12			65		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0805	CHICKEN, ROASTED	321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0856	CHICKEN, SIMMERED, W/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	75		
		405	Riboflavin	100		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	65		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
0855	CHICKEN, SIMMERED, WO/DRIPPINGS	301	Calcium, Ca	80		
		303	Iron, Fe	90		
		304	Magnesium, Mg	65		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0855	CHICKEN, SIMMERED, WO/DRIPPINGS	305	Phosphorus, P	70		
		306	Potassium, K	60		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	95		
		406	Niacin	60		
		415	Vitamin B-6	50		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	50		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1860	TURKEY, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
405	Riboflavin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1860	TURKEY, REHEATED	406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		1805	TURKEY, ROASTED	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			80		
305	Phosphorus, P			80		
306	Potassium, K			75		
307	Sodium, Na			75		
309	Zinc, Zn			100		
312	Copper, Cu			70		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			65		
405	Riboflavin			85		
406	Niacin			90		
415	Vitamin B-6			70		
417	Folate, total			60		
431	Folic acid			60		
432	Folate, food			60		
418	Vitamin B-12			65		
318	Vitamin A, IU			75		
392	Vitamin A, RE	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1805	TURKEY, ROASTED	221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1852	TURKEY, SIMMERED, W/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	75		
		405	Riboflavin	100		
		406	Niacin	95		
		415	Vitamin B-6	70		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		1851	TURKEY, SIMMERED, WO/DRIPPINGS	221	Alcohol, ethyl	100
321	Carotene, beta			80		
322	Carotene, alpha			80		
334	Cryptoxanthin, beta			80		
337	Lycopene			80		
338	Lutein + zeaxanthin			80		
1851	TURKEY, SIMMERED, WO/DRIPPINGS	301	Calcium, Ca	85		
		303	Iron, Fe	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1851	TURKEY, SIMMERED, WO/DRIPPINGS	304	Magnesium, Mg	65		
		305	Phosphorus, P	70		
		306	Potassium, K	55		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	95		
		406	Niacin	60		
		415	Vitamin B-6	50		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	50		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0357	CEREAL, INST, COOKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	90		
404	Thiamin	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0357	CEREAL, INST, COOKED	405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	100		
		417	Folate, total	100		
		431	Folic acid	100		
		432	Folate, food	100		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		0358	CEREAL, REG/QUICK, COOKED	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			100		
305	Phosphorus, P			95		
306	Potassium, K			95		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			80		
405	Riboflavin			90		
406	Niacin			90		
415	Vitamin B-6			90		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12	100				
318	Vitamin A, IU	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0358	CEREAL,REG/QUICK,COOKED	392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		0351	OATMEAL, INST, COOKED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			90		
404	Thiamin			90		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			100		
417	Folate, total			100		
431	Folic acid			100		
432	Folate, food			100		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta			100		
322	Carotene, alpha			100		
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
0352	OATMEAL, REG/QUICK, COOKED	301	Calcium, Ca	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0352	OATMEAL,REG/QUICK,COOKED	303	Iron, Fe	95		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	95		
		306	Potassium, K	95		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
338	Lutein + zeaxanthin	90				
0251	FRUITS(DRIED),BAKED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	90		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
401	Vitamin C, total ascorbic acid	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0251	FRUITS(DRIED),BAKED	404	Thiamin	80				
		405	Riboflavin	95				
		406	Niacin	90				
		415	Vitamin B-6	95				
		417	Folate, total	60				
		431	Folic acid	60				
		432	Folate, food	60				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	85				
		392	Vitamin A, RE	85				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	85				
		322	Carotene, alpha	85				
		334	Cryptoxanthin, beta	85				
		337	Lycopene	85				
		338	Lutein + zeaxanthin	85				
		0257	FRUITS(DRIED),REHEATED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			95				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			100				
417	Folate, total			95				
431	Folic acid			95				
432	Folate, food			95				
418	Vitamin B-12			100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0257	FRUITS(DRIED), REHEATED	318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
0253	FRUITS(DRIED), SAUTEED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	90		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0255	FRUITS(DRIED),STEWED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	90		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		0154	FRUITS,CANNED	301	Calcium, Ca	95
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			90		
307	Sodium, Na			100		
309	Zinc, Zn			100		
		312	Copper, Cu	90		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0154	FRUITS,CANNED	401	Vitamin C, total ascorbic acid	50		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		0270	FRUITS,CITRUS,CKD	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0270	FRUITS,CITRUS,CKD	418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		0158	FRUITS,DRIED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			20		
404	Thiamin			70		
405	Riboflavin			90		
406	Niacin			90		
415	Vitamin B-6			90		
417	Folate, total			50		
431	Folic acid			50		
432	Folate, food			50		
418	Vitamin B-12			100		
318	Vitamin A, IU			50		
392	Vitamin A, RE			50		
221	Alcohol, ethyl			100		
321	Carotene, beta			50		
322	Carotene, alpha			50		
334	Cryptoxanthin, beta			50		
337	Lycopene	50				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0158	FRUITS,DRIED	338	Lutein + zeaxanthin	50		
0151	FRUITS,FRESH(NOT CITRUS),BAKED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	90		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	90		
		415	Vitamin B-6	95		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
0152	FRUITS,FRESH(NOT CITRUS),BROILED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	90		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0152	FRUITS,FRESH(NOT CITRUS),BROILED	312	Copper, Cu	90				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	80				
		405	Riboflavin	95				
		406	Niacin	90				
		415	Vitamin B-6	95				
		417	Folate, total	60				
		431	Folic acid	60				
		432	Folate, food	60				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	85				
		392	Vitamin A, RE	85				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	85				
		322	Carotene, alpha	85				
		334	Cryptoxanthin, beta	85				
		337	Lycopene	85				
		338	Lutein + zeaxanthin	85				
		0157	FRUITS,FRESH(NOT CITRUS),REHEATED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			95				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			100				
417	Folate, total	95						
431	Folic acid	95						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0157	FRUITS,FRESH(NOT CITRUS),REHEATED	432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		0153	FRUITS,FRESH(NOT CITRUS),SAUTEED	301	Calcium, Ca	95
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			90		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			90		
401	Vitamin C, total ascorbic acid			70		
404	Thiamin			80		
405	Riboflavin			90		
406	Niacin			90		
415	Vitamin B-6			90		
417	Folate, total			50		
431	Folic acid			50		
432	Folate, food			50		
418	Vitamin B-12			100		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0153	FRUITS,FRESH(NOT CITRUS),SAUTEED	337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0155	FRUITS,FRESH(NOT CITRUS),STEWED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	90		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		0156	FRUITS,FROZEN	221	Alcohol, ethyl	100
321	Carotene, beta			75		
322	Carotene, alpha			75		
334	Cryptoxanthin, beta			75		
337	Lycopene			75		
338	Lutein + zeaxanthin			75		
301	Calcium, Ca			95		
303	Iron, Fe			100		
304	Magnesium, Mg	100				
305	Phosphorus, P	100				
306	Potassium, K	90				
307	Sodium, Na	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0156	FRUITS,FROZEN	309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		1456	BACON,BROILED/FRIED	301	Calcium, Ca	75
303	Iron, Fe			80		
304	Magnesium, Mg			95		
305	Phosphorus, P			90		
306	Potassium, K			85		
307	Sodium, Na			90		
309	Zinc, Zn			100		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			45		
405	Riboflavin			95		
406	Niacin			90		
415	Vitamin B-6			80		
417	Folate, total	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1456	BACON,BROILED/FRIED	431	Folic acid	80				
		432	Folate, food	80				
		418	Vitamin B-12	90				
		318	Vitamin A, IU	65				
		392	Vitamin A, RE	65				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	65				
		322	Carotene, alpha	65				
		334	Cryptoxanthin, beta	65				
		337	Lycopene	65				
		338	Lutein + zeaxanthin	65				
		1522	HAM/PICNIC,CURED,SIMMERED ,W/DRIP	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			55				
405	Riboflavin			90				
406	Niacin			95				
415	Vitamin B-6			65				
417	Folate, total			70				
431	Folic acid			70				
432	Folate, food			70				
418	Vitamin B-12			75				
318	Vitamin A, IU			80				
392	Vitamin A, RE			80				
221	Alcohol, ethyl			100				
321	Carotene, beta	80						
322	Carotene, alpha	80						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1522	HAM/PICNIC,CURED,SIMMERED ,W/DRIP	334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1521	HAM/PICNIC,CURED,SIMMERED ,WO/DRIP	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1451	PORK,CURED,BROILED	301	Calcium, Ca	75		
		303	Iron, Fe	80		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	90		
		306	Potassium, K	85		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1451	PORK,CURED,BROILED	307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	100		
		406	Niacin	80		
		415	Vitamin B-6	65		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1603	PORK,CURED,GROUND,BRWN,SIMR,W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	90		
		406	Niacin	95		
415	Vitamin B-6	65				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1603	PORK,CURED,GROUND,BRWN,SI MR,W/DRIP	417	Folate, total	70				
		431	Folic acid	70				
		432	Folate, food	70				
		418	Vitamin B-12	75				
		318	Vitamin A, IU	80				
		392	Vitamin A, RE	80				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	80				
		322	Carotene, alpha	80				
		334	Cryptoxanthin, beta	80				
		337	Lycopene	80				
		338	Lutein + zeaxanthin	80				
		1602	PORK,CURED,GROUND,BRWN,SI MR,WO/DRIP	301	Calcium, Ca	80		
				303	Iron, Fe	100		
304	Magnesium, Mg			65				
305	Phosphorus, P			65				
306	Potassium, K			75				
307	Sodium, Na			70				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			75				
404	Thiamin			40				
405	Riboflavin			75				
406	Niacin			80				
415	Vitamin B-6			50				
417	Folate, total			65				
431	Folic acid			65				
432	Folate, food			65				
418	Vitamin B-12			60				
318	Vitamin A, IU			75				
392	Vitamin A, RE			75				
221	Alcohol, ethyl			100				
321	Carotene, beta	75						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1602	PORK,CURED,GROUND,BRWN,SI MR,WO/DRIP	322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1605	PORK,CURED,GROUND,SIMMERE D,W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	90		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
321	Carotene, beta	80				
322	Carotene, alpha	80				
334	Cryptoxanthin, beta	80				
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
1604	PORK,CURED,GROUND,SIMMERE D,WO/DRIP	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1604	PORK,CURED,GROUND,SIMMERE D,WO/DRIP	306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
338	Lutein + zeaxanthin	75				
1606	PORK,CURED,REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
405	Riboflavin	100				
406	Niacin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1606	PORK,CURED,REHEATED	415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		1459	PORK,CURED,ROASTED	301	Calcium, Ca	95
303	Iron, Fe			100		
304	Magnesium, Mg			75		
305	Phosphorus, P			85		
306	Potassium, K			80		
307	Sodium, Na			80		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			60		
405	Riboflavin			95		
406	Niacin			85		
415	Vitamin B-6			85		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			80		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1459	PORK,CURED,ROASTED	321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1551	PORK,CURED,SLICE,BRWN,SIM MR,WO/DRIP	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1552	PORK,CURED,SLICE,BRWN,SIM MRD,W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1552	PORK,CURED,SLICE,BRWN,SIM MRD,W/DRIP	305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	90		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
		1556	PORK,CURED,SLICES,SIMMERE D,W/DRIP	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			55		
405	Riboflavin	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1556	PORK,CURED,SLICES,SIMMERE D,W/DRIP	406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1555	PORK,CURED,SLICES,SIMMERE D,WO/DRIP	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
392	Vitamin A, RE	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1555	PORK,CURED,SLICES,SIMMERE D,WO/DRIP	221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1251	PORK,FRESH,BROILED	301	Calcium, Ca	75		
		303	Iron, Fe	80		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	90		
		306	Potassium, K	85		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	100		
		406	Niacin	80		
		415	Vitamin B-6	65		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		1253	PORK,FRESH,FRIED,W/COATIN G	221	Alcohol, ethyl	100
321	Carotene, beta			75		
322	Carotene, alpha			75		
334	Cryptoxanthin, beta			75		
337	Lycopene			75		
338	Lutein + zeaxanthin			75		
1253	PORK,FRESH,FRIED,W/COATIN G	301	Calcium, Ca	75		
		303	Iron, Fe	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1253	PORK, FRESH, FRIED, W/COATING	304	Magnesium, Mg	95		
		305	Phosphorus, P	90		
		306	Potassium, K	85		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	100		
		406	Niacin	80		
		415	Vitamin B-6	65		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1252	PORK, FRESH, FRIED, WO/COATING	301	Calcium, Ca	75		
		303	Iron, Fe	80		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	90		
		306	Potassium, K	85		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
404	Thiamin	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1252	PORK, FRESH, FRIED, WO/COATING	405	Riboflavin	100		
		406	Niacin	80		
		415	Vitamin B-6	65		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1407	PORK, FRESH, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
432	Folate, food	95				
418	Vitamin B-12	95				
318	Vitamin A, IU	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1407	PORK, FRESH, REHEATED	392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		1302	PORK, FRESH, ROAST, SIMMERED W/DRIPPNG	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			55		
405	Riboflavin			90		
406	Niacin			95		
415	Vitamin B-6			65		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			75		
318	Vitamin A, IU			80		
392	Vitamin A, RE			80		
221	Alcohol, ethyl			100		
321	Carotene, beta			80		
322	Carotene, alpha			80		
334	Cryptoxanthin, beta			80		
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
1301	PORK, FRESH, ROAST, SIMMERED WO/DRIP	301	Calcium, Ca	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1301	PORK, FRESH, ROAST, SIMMERED WO/DRIP	303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
338	Lutein + zeaxanthin	75				
1254	PORK, FRESH, ROASTED	301	Calcium, Ca	95		
		303	Iron, Fe	100		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	85		
		306	Potassium, K	80		
		307	Sodium, Na	80		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
401	Vitamin C, total ascorbic acid	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1254	PORK, FRESH, ROASTED	404	Thiamin	60				
		405	Riboflavin	95				
		406	Niacin	85				
		415	Vitamin B-6	85				
		417	Folate, total	95				
		431	Folic acid	95				
		432	Folate, food	95				
		418	Vitamin B-12	80				
		318	Vitamin A, IU	75				
		392	Vitamin A, RE	75				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	75				
		322	Carotene, alpha	75				
		334	Cryptoxanthin, beta	75				
		337	Lycopene	75				
		338	Lutein + zeaxanthin	75				
		1352	PORK, FRSH, CHOPS, BRWN, SIMM RD, W/DRIP	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			55				
405	Riboflavin			90				
406	Niacin			95				
415	Vitamin B-6			65				
417	Folate, total			70				
431	Folic acid			70				
432	Folate, food			70				
418	Vitamin B-12			75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1352	PORK,FRSH,CHOPS,BRWN,SIMM RD,W/DRIP	318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1351	PORK,FRSH,CHOPS,BRWN,SIMM RD,WO/DRIP	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1354	PORK,FRSH,CHOPS,SIMMERED, W/DRIPPNGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	90		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		1353	PORK,FRSH,CHOPS,SIMMERED, WO/DRIPPNG	221	Alcohol, ethyl	100
321	Carotene, beta			80		
322	Carotene, alpha			80		
334	Cryptoxanthin, beta			80		
337	Lycopene			80		
338	Lutein + zeaxanthin			80		
301	Calcium, Ca			80		
303	Iron, Fe			100		
304	Magnesium, Mg			65		
305	Phosphorus, P			65		
306	Potassium, K			75		
307	Sodium, Na			70		
309	Zinc, Zn	100				
312	Copper, Cu	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1353	PORK,FRSH,CHOPS,SIMMERED,WO/DRIPPNG	401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	80		
		415	Vitamin B-6	50		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1401	PORK,FRSH,GROUND,BRWN,SIMMR,WO/DRIP	301	Calcium, Ca	80
303	Iron, Fe			100		
304	Magnesium, Mg			65		
305	Phosphorus, P			65		
306	Potassium, K			75		
307	Sodium, Na			70		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			75		
404	Thiamin			40		
405	Riboflavin			75		
406	Niacin			80		
415	Vitamin B-6			50		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food	65				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1401	PORK,FRSH,GROUND,BRWN,SIM MR,WO/DRIP	418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1402	PORK,FRSH,GROUND,BRWN,SIM MRD,W/DRIP	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			55		
405	Riboflavin			90		
406	Niacin			95		
415	Vitamin B-6			65		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			75		
318	Vitamin A, IU			80		
392	Vitamin A, RE			80		
221	Alcohol, ethyl			100		
321	Carotene, beta	80				
322	Carotene, alpha	80				
334	Cryptoxanthin, beta	80				
337	Lycopene	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1402	PORK,FRSH,GROUND,BRWN,SIMMRD,W/DRIP	338	Lutein + zeaxanthin	80		
1406	PORK,FRSH,GROUND,SIMMERED,W/DRIPPNG	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	90		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1405	PORK,FRSH,GROUND,SIMMERED,WO/DRIP	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	75		
		307	Sodium, Na	70		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1405	PORK,FRSH,GROUND,SIMMERED,WO/DRIP	312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	75				
		404	Thiamin	40				
		405	Riboflavin	75				
		406	Niacin	80				
		415	Vitamin B-6	50				
		417	Folate, total	65				
		431	Folic acid	65				
		432	Folate, food	65				
		418	Vitamin B-12	60				
		318	Vitamin A, IU	75				
		392	Vitamin A, RE	75				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	75				
		322	Carotene, alpha	75				
		334	Cryptoxanthin, beta	75				
		337	Lycopene	75				
		338	Lutein + zeaxanthin	75				
		1707	SAUSAGE,RAW,PORK,OTHER,BR OILED	301	Calcium, Ca	85		
				303	Iron, Fe	65		
304	Magnesium, Mg			75				
305	Phosphorus, P			75				
306	Potassium, K			85				
307	Sodium, Na			75				
309	Zinc, Zn			75				
312	Copper, Cu			95				
401	Vitamin C, total ascorbic acid			50				
404	Thiamin			65				
405	Riboflavin			75				
406	Niacin			75				
415	Vitamin B-6			60				
417	Folate, total	30						
431	Folic acid	30						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1707	SAUSAGE, RAW, PORK, OTHER, BROILED	432	Folate, food	30		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1706	SAUSAGE, RAW, PORK, OTHER, CURED, W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	85		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
321	Carotene, beta	80				
322	Carotene, alpha	80				
334	Cryptoxanthin, beta	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1706	SAUSAGE, RAW, PORK, OTHER, CK D, W/DRIP	337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1705	SAUSAGE, RAW, PORK, OTHER, CK D, WO/DRIP	301	Calcium, Ca	85		
		303	Iron, Fe	65		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	75		
		306	Potassium, K	85		
		307	Sodium, Na	75		
		309	Zinc, Zn	75		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	50		
		404	Thiamin	65		
		405	Riboflavin	75		
		406	Niacin	75		
		415	Vitamin B-6	60		
		417	Folate, total	30		
		431	Folic acid	30		
		432	Folate, food	30		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1709	SAUSAGE, RAW, PORK, OTHER, SA UTEED	301	Calcium, Ca	85		
		303	Iron, Fe	65		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	75		
		306	Potassium, K	85		
		307	Sodium, Na	75		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1709	SAUSAGE, RAW, PORK, OTHER, SA UTEED	309	Zinc, Zn	75		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	50		
		404	Thiamin	65		
		405	Riboflavin	75		
		406	Niacin	75		
		415	Vitamin B-6	60		
		417	Folate, total	30		
		431	Folic acid	30		
		432	Folate, food	30		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1712	SAUSAGE, REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			95		
417	Folate, total	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1712	SAUSAGE, REHEATED	431	Folic acid	95				
		432	Folate, food	95				
		418	Vitamin B-12	95				
		318	Vitamin A, IU	100				
		392	Vitamin A, RE	100				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	100				
		322	Carotene, alpha	100				
		334	Cryptoxanthin, beta	100				
		337	Lycopene	100				
		338	Lutein + zeaxanthin	100				
		1657	SAUSAGE, RTE, FRANKS, ETC, BROILED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			95				
305	Phosphorus, P			95				
306	Potassium, K			95				
307	Sodium, Na			95				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			90				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			90				
415	Vitamin B-6			90				
417	Folate, total			90				
431	Folic acid			90				
432	Folate, food			90				
418	Vitamin B-12			95				
318	Vitamin A, IU			85				
392	Vitamin A, RE			85				
221	Alcohol, ethyl			100				
321	Carotene, beta			85				
322	Carotene, alpha	85						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1657	SAUSAGE, RTE, FRANKS, ETC, BROILED	334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
1655	SAUSAGE, RTE, FRANKS, ETC, CKD, W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	90		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
321	Carotene, beta	95				
322	Carotene, alpha	95				
334	Cryptoxanthin, beta	95				
337	Lycopene	95				
338	Lutein + zeaxanthin	95				
1654	SAUSAGE, RTE, FRANKS, ETC, CKD, WO/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	95		
		306	Potassium, K	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1654	SAUSAGE, RTE, FRANKS, ETC, CK D, WO/DRIP	307	Sodium, Na	95		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
		405	Riboflavin	95		
		406	Niacin	90		
		415	Vitamin B-6	80		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
1659	SAUSAGE, RTE, FRANKS, ETC, SA UTEED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	95		
		306	Potassium, K	95		
		307	Sodium, Na	95		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	90		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	90		
415	Vitamin B-6	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1659	SAUSAGE, RTE, FRANKS, ETC, SA UTEED	417	Folate, total	90				
		431	Folic acid	90				
		432	Folate, food	90				
		418	Vitamin B-12	95				
		318	Vitamin A, IU	85				
		392	Vitamin A, RE	85				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	85				
		322	Carotene, alpha	85				
		334	Cryptoxanthin, beta	85				
		337	Lycopene	85				
		338	Lutein + zeaxanthin	85				
		3302	POTATOES, BAKED IN CASSEROLE	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			80				
405	Riboflavin			95				
406	Niacin			95				
415	Vitamin B-6			95				
417	Folate, total			75				
431	Folic acid			75				
432	Folate, food			75				
418	Vitamin B-12			100				
318	Vitamin A, IU			100				
392	Vitamin A, RE			100				
221	Alcohol, ethyl			100				
321	Carotene, beta	100						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3302	POTATOES,BAKED IN CASSEROLE	322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3301	POTATOES,BAKED IN SKIN	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
3307	POTATOES,BOILED IN SKIN	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3307	POTATOES,BOILED IN SKIN	306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
338	Lutein + zeaxanthin	100				
3309	POTATOES,BOILED(PARED) WATER USED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
405	Riboflavin	95				
406	Niacin	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3309	POTATOES,BOILED(PARED) WATER USED	415	Vitamin B-6	95		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		3308	POTATOES,BOILED(PARED)DRA IN	301	Calcium, Ca	95
303	Iron, Fe			95		
304	Magnesium, Mg			95		
305	Phosphorus, P			95		
306	Potassium, K			90		
307	Sodium, Na			95		
309	Zinc, Zn			95		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			75		
404	Thiamin			80		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			75		
431	Folic acid			75		
432	Folate, food			75		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3308	POTATOES,BOILED(PARED)DRAIN	321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3310	POTATOES,BOILED,BROWNED	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	95		
		306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	60		
		404	Thiamin	65		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
3311	POTATOES,BOILED,STORED,BROWNED	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3311	POTATOES,BOILED,STORED,BROWNED	305	Phosphorus, P	95		
		306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	25		
		404	Thiamin	40		
		405	Riboflavin	85		
		406	Niacin	80		
		415	Vitamin B-6	90		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
3371	POTATOES,CANNED,BOILED,WATER USED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
405	Riboflavin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3371	POTATOES, CANNED, BOILED, WATER USED	406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		3373	POTATOES, CANNED, BROILED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			90		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3373	POTATOES,CANNED,BROILED	221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3375	POTATOES,CANNED,FRIED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		3382	POTATOES,CKD FROM FRZN,BAKED STUFFD	221	Alcohol, ethyl	100
321	Carotene, beta			100		
322	Carotene, alpha			100		
334	Cryptoxanthin, beta			100		
337	Lycopene			100		
338	Lutein + zeaxanthin			100		
3382	POTATOES,CKD FROM FRZN,BAKED STUFFD	301	Calcium, Ca	100		
		303	Iron, Fe	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3382	POTATOES,CKD FROM FRZN,BAKED STUFFD	304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
3381	POTATOES,CKD FROM FRZN,FRENCH FRY	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
401	Vitamin C, total ascorbic acid	80				
404	Thiamin	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3381	POTATOES,CKD FROM FRZN,FRENCH FRY	405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3380	POTATOES,CKD FROM FRZN,HASH BROWN	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	50		
		404	Thiamin	75		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	60		
		431	Folic acid	60		
432	Folate, food	60				
418	Vitamin B-12	100				
318	Vitamin A, IU	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3380	POTATOES,CKD FROM FRZN,HASH BROWN	392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		3315	POTATOES,FRIED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			80		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			75		
431	Folic acid			75		
432	Folate, food			75		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta			100		
322	Carotene, alpha			100		
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
3316	POTATOES,MASHED	301	Calcium, Ca	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3316	POTATOES, MASHED	303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	95		
		306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
338	Lutein + zeaxanthin	100				
3379	POTATOES, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
401	Vitamin C, total ascorbic acid	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3379	POTATOES, REHEATED	404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		3701	SWEETPOTATOES, BAKED IN SKIN	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			90		
431	Folic acid			90		
432	Folate, food			90		
418	Vitamin B-12			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3701	SWEETPOTAOTES,BAKED IN SKIN	318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
3702	SWEETPOTATOES, BAKED IN CASSEROLE	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				
337	Lycopene	90				
338	Lutein + zeaxanthin	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
3709	SWEETPOTATOES, BLD (PARED) WATER USED	301	Calcium, Ca	100				
		303	Iron, Fe	100				
		304	Magnesium, Mg	100				
		305	Phosphorus, P	100				
		306	Potassium, K	100				
		307	Sodium, Na	100				
		309	Zinc, Zn	100				
		312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	85				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	90				
		431	Folic acid	90				
		432	Folate, food	90				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	95				
		392	Vitamin A, RE	95				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	95				
		322	Carotene, alpha	95				
		334	Cryptoxanthin, beta	95				
		337	Lycopene	95				
		338	Lutein + zeaxanthin	95				
		3708	SWEETPOTATOES, BOILED (PARED) DRAINED	301	Calcium, Ca	95		
				303	Iron, Fe	95		
				304	Magnesium, Mg	95		
305	Phosphorus, P			95				
306	Potassium, K			90				
307	Sodium, Na			95				
309	Zinc, Zn			95				
		312	Copper, Cu	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
3708	SWEETPOTATOES,BOILED (PARED)DRAINED	401	Vitamin C, total ascorbic acid	75				
		404	Thiamin	80				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	75				
		431	Folic acid	75				
		432	Folate, food	75				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	85				
		392	Vitamin A, RE	85				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	85				
		322	Carotene, alpha	85				
		334	Cryptoxanthin, beta	85				
		337	Lycopene	85				
		338	Lutein + zeaxanthin	85				
		3707	SWEETPOTATOES,BOILED IN SKIN	301	Calcium, Ca	95		
				303	Iron, Fe	95		
304	Magnesium, Mg			95				
305	Phosphorus, P			95				
306	Potassium, K			90				
307	Sodium, Na			95				
309	Zinc, Zn			95				
312	Copper, Cu			95				
401	Vitamin C, total ascorbic acid			75				
404	Thiamin			80				
405	Riboflavin			95				
406	Niacin			95				
415	Vitamin B-6			95				
417	Folate, total			90				
431	Folic acid			90				
432	Folate, food	90						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3707	SWEETPOTATOES,BOILED IN SKIN	418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		3712	SWEETPOTATOES,CKD FROM FRN,BAKED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			80		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			80		
431	Folic acid			80		
432	Folate, food			80		
418	Vitamin B-12			100		
318	Vitamin A, IU			90		
392	Vitamin A, RE			90		
221	Alcohol, ethyl			100		
321	Carotene, beta			90		
322	Carotene, alpha			90		
334	Cryptoxanthin, beta			90		
337	Lycopene	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3712	SWEETPOTATOES,CKD FROM FRN,BAKED	338	Lutein + zeaxanthin	90		
3713	SWEETPOTATOES,CKD FROM FRZN,BOILED	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	95		
		306	Potassium, K	95		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	80		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
3710	SWEETPOTATOES,FRIED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
3710	SWEETPOTATOES, FRIED	312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	80				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	75				
		431	Folic acid	75				
		432	Folate, food	75				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	80				
		392	Vitamin A, RE	80				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	80				
		322	Carotene, alpha	80				
		334	Cryptoxanthin, beta	80				
		337	Lycopene	80				
		338	Lutein + zeaxanthin	80				
		3711	SWEETPOTATOES, REHEATED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			95				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			100				
417	Folate, total	95						
431	Folic acid	95						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3711	SWEETPOTATOES, REHEATED	432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3751	TOMATOES, BOILED/BAKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
321	Carotene, beta	95				
322	Carotene, alpha	95				
334	Cryptoxanthin, beta	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3751	TOMATOES,BOILED/BAKED	337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
3752	TOMATOES,FRIED/BROILED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
3754	TOMATOES,REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3754	TOMATOES, REHEATED	309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	100		
		404	Thiamin	100		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		3001	VEG, GREENS, BAKED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			70		
404	Thiamin			90		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3001	VEG, GREENS, BAKED	431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		3004	VEG, GREENS, BOILD, LITTLE WATER DRAIN	301	Calcium, Ca	95
303	Iron, Fe			95		
304	Magnesium, Mg			95		
305	Phosphorus, P			90		
306	Potassium, K			90		
307	Sodium, Na			95		
309	Zinc, Zn			95		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			60		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			90		
415	Vitamin B-6			90		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food			65		
418	Vitamin B-12			100		
318	Vitamin A, IU			95		
392	Vitamin A, RE			95		
221	Alcohol, ethyl			100		
321	Carotene, beta			95		
322	Carotene, alpha			95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3004	VEG, GREENS, BOILD, LITTLE WATER DRAIN	334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
3005	VEG, GREENS, BOILED, WATER COVER DRAIN	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	85		
		306	Potassium, K	85		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	55		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	85		
		415	Vitamin B-6	85		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
321	Carotene, beta	95				
322	Carotene, alpha	95				
334	Cryptoxanthin, beta	95				
337	Lycopene	95				
338	Lutein + zeaxanthin	95				
3006	VEG, GREENS, BOILED, WATER USED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3006	VEG, GREENS, BOILED, WATER USED	307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
3019	VEG, GREENS, COOKED FROM FROZEN, DRAIN	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	60		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	90		
		415	Vitamin B-6	90		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3019	VEG, GREENS, COOKED FROM FROZEN, DRAIN	417	Folate, total	55		
		431	Folic acid	55		
		432	Folate, food	55		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		3018	VEG, GREENS, REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			100		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3018	VEG, GREENS, REHEATED	322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3015	VEG, GREENS, STIR FRY	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
3771	VEG, OTHER, BAKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3771	VEG, OTHER, BAKED	306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
338	Lutein + zeaxanthin	95				
3774	VEG, OTHER, BLD, LITTLE WATER, DRAINED	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	90		
		306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
405	Riboflavin	95				
406	Niacin	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3774	VEG, OTHER, BLD, LITTLE WATER, DRAINED	415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		3775	VEG, OTHER, BLD, WATER COVER, DRAINED	301	Calcium, Ca	95
303	Iron, Fe			95		
304	Magnesium, Mg			95		
305	Phosphorus, P			90		
306	Potassium, K			90		
307	Sodium, Na			95		
309	Zinc, Zn			95		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			75		
404	Thiamin			80		
405	Riboflavin			90		
406	Niacin			85		
415	Vitamin B-6			85		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food			65		
418	Vitamin B-12			100		
318	Vitamin A, IU			90		
392	Vitamin A, RE			90		
221	Alcohol, ethyl			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3775	VEG, OTHER, BLD, WATER COVER, DRAINED	321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
3776	VEG, OTHER, BLD, WATER USED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	90		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
337	Lycopene	95				
338	Lutein + zeaxanthin	95				
3789	VEG, OTHER, CKD FROM FRZN (BLD, DRAIND)	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3789	VEG,OTHER,CKD FROM FRZN(BLD,DRAIN)	305	Phosphorus, P	90		
		306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		3780	VEG,OTHER,FRIED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			85		
405	Riboflavin	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3780	VEG,OTHER,FRIED	406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		3788	VEG,OTHER,REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			90		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3788	VEG,OTHER,REHEATED	221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3784	VEG,OTHER,STEAMED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	90		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		3785	VEG,OTHER,STIR FRY	221	Alcohol, ethyl	100
321	Carotene, beta			95		
322	Carotene, alpha			95		
334	Cryptoxanthin, beta			95		
337	Lycopene			95		
338	Lutein + zeaxanthin			95		
3785	VEG,OTHER,STIR FRY	301	Calcium, Ca	100		
		303	Iron, Fe	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3785	VEG,OTHER,STIR FRY	304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
3451	VEG,ROOTS,ETC,BAKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
404	Thiamin	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3451	VEG,ROOTS,ETC,BAKED	405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		3454	VEG,ROOTS,ETC,BLD,DRAIN, LITTLE WTR	301	Calcium, Ca	95
303	Iron, Fe			95		
304	Magnesium, Mg			95		
305	Phosphorus, P			90		
306	Potassium, K			90		
307	Sodium, Na			95		
309	Zinc, Zn			95		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			70		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			100		
318	Vitamin A, IU			90		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3454	VEG,ROOTS,ETC,BLD,DRAIN, LITTLE WTR	392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		3455	VEG,ROOTS,ETC,BLD,DRAIN, WTR COVER	301	Calcium, Ca	95
303	Iron, Fe			95		
304	Magnesium, Mg			95		
305	Phosphorus, P			90		
306	Potassium, K			90		
307	Sodium, Na			95		
309	Zinc, Zn			95		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			65		
404	Thiamin			80		
405	Riboflavin			90		
406	Niacin			90		
415	Vitamin B-6			90		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food			65		
418	Vitamin B-12			100		
318	Vitamin A, IU			90		
392	Vitamin A, RE			90		
221	Alcohol, ethyl			100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
3456	VEG,ROOTS,ETC,BOILED,WATER USED	301	Calcium, Ca	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3456	VEG,ROOTS,ETC,BOILED,WATER USED	303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
338	Lutein + zeaxanthin	90				
3469	VEG,ROOTS,ETC,CKD FROM FRZN,DRAINED	301	Calcium, Ca	95		
		303	Iron, Fe	95		
		304	Magnesium, Mg	95		
		305	Phosphorus, P	90		
		306	Potassium, K	90		
		307	Sodium, Na	95		
		309	Zinc, Zn	95		
		312	Copper, Cu	95		
401	Vitamin C, total ascorbic acid	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
3469	VEG,ROOTS,ETC,CKD FROM FRZN,DRAINED	404	Thiamin	90				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	70				
		431	Folic acid	70				
		432	Folate, food	70				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	90				
		392	Vitamin A, RE	90				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	90				
		322	Carotene, alpha	90				
		334	Cryptoxanthin, beta	90				
		337	Lycopene	90				
		338	Lutein + zeaxanthin	90				
		3468	VEG,ROOTS,ETC,REHEATED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			95				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			100				
417	Folate, total			95				
431	Folic acid			95				
432	Folate, food			95				
418	Vitamin B-12			100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3468	VEG,ROOTS,ETC,REHEATED	318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
3460	VEG,ROOTS,ETC,SAUTEED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	85		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
338	Lutein + zeaxanthin	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
3464	VEG,ROOTS,ETC,STEAMED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		3465	VEG,ROOTS,ETC,STIR FRY	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
		312	Copper, Cu	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
3465	VEG,ROOTS,ETC,STIR FRY	401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	90				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	80				
		431	Folic acid	80				
		432	Folate, food	80				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	90				
		392	Vitamin A, RE	90				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	90				
		322	Carotene, alpha	90				
		334	Cryptoxanthin, beta	90				
		337	Lycopene	90				
		338	Lutein + zeaxanthin	90				
		2201	NUTS,BAKED,W/DRIPPINGS	301	Calcium, Ca	100		
				303	Iron, Fe	100		
				304	Magnesium, Mg	100		
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			85				
405	Riboflavin			95				
406	Niacin			95				
415	Vitamin B-6			95				
417	Folate, total			80				
431	Folic acid			80				
432	Folate, food	80						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2201	NUTS,BAKED,W/DRIPPINGS	418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		2204	NUTS,BOILED,W/DRIPPINGS	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			95		
417	Folate, total			80		
431	Folic acid			80		
432	Folate, food			80		
418	Vitamin B-12			100		
318	Vitamin A, IU			95		
392	Vitamin A, RE			95		
221	Alcohol, ethyl			100		
321	Carotene, beta	95				
322	Carotene, alpha	95				
334	Cryptoxanthin, beta	95				
337	Lycopene	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2204	NUTS,BOILED,W/DRIPPINGS	338	Lutein + zeaxanthin	95		
2202	NUTS,BROILED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
2203	NUTS,ROASTED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	80		
		306	Potassium, K	100		
		307	Sodium, Na	95		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
2203	NUTS,ROASTED	312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	85				
		405	Riboflavin	95				
		406	Niacin	95				
		415	Vitamin B-6	95				
		417	Folate, total	80				
		431	Folic acid	80				
		432	Folate, food	80				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	80				
		392	Vitamin A, RE	80				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	80				
		322	Carotene, alpha	80				
		334	Cryptoxanthin, beta	80				
		337	Lycopene	80				
		338	Lutein + zeaxanthin	80				
		0602	BEEF,BROILED CUT	301	Calcium, Ca	100		
				303	Iron, Fe	95		
304	Magnesium, Mg			85				
305	Phosphorus, P			90				
306	Potassium, K			85				
307	Sodium, Na			85				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			70				
405	Riboflavin			90				
406	Niacin			80				
415	Vitamin B-6			60				
417	Folate, total			85				
431	Folic acid	85						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0602	BEEF,BROILED CUT	432	Folate, food	85		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		0603	BEEF,BROILED GROUND	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			85		
305	Phosphorus, P			90		
306	Potassium, K			85		
307	Sodium, Na			85		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			80		
405	Riboflavin			95		
406	Niacin			90		
415	Vitamin B-6			60		
417	Folate, total			85		
431	Folic acid			85		
432	Folate, food			85		
418	Vitamin B-12			80		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0603	BEEF,BROILED GROUND	337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0605	BEEF,FRIED	301	Calcium, Ca	100		
		303	Iron, Fe	95		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	90		
		306	Potassium, K	85		
		307	Sodium, Na	85		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	60		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		0604	BEEF,FRIED,W/O COATING	221	Alcohol, ethyl	100
321	Carotene, beta			75		
322	Carotene, alpha			75		
334	Cryptoxanthin, beta			75		
337	Lycopene			75		
338	Lutein + zeaxanthin			75		
301	Calcium, Ca			100		
303	Iron, Fe			95		
304	Magnesium, Mg			85		
305	Phosphorus, P			90		
306	Potassium, K	85				
307	Sodium, Na	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0604	BEEF,FRIED,W/O COATING	309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	70		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	60		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		0750	BEEF,GROUND,BAKED,W/DRIPPINGS	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			60		
405	Riboflavin			100		
406	Niacin			90		
415	Vitamin B-6			50		
417	Folate, total	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0750	BEEF,GROUND,BAKED,W/DRIPPINGS	431	Folic acid	70				
		432	Folate, food	70				
		418	Vitamin B-12	75				
		318	Vitamin A, IU	80				
		392	Vitamin A, RE	80				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	80				
		322	Carotene, alpha	80				
		334	Cryptoxanthin, beta	80				
		337	Lycopene	80				
		338	Lutein + zeaxanthin	80				
		0749	BEEF,GROUND,BAKED,WO/DRIPPINGS	301	Calcium, Ca	80		
				303	Iron, Fe	100		
304	Magnesium, Mg			65				
305	Phosphorus, P			65				
306	Potassium, K			55				
307	Sodium, Na			55				
309	Zinc, Zn			100				
312	Copper, Cu			95				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			45				
405	Riboflavin			85				
406	Niacin			55				
415	Vitamin B-6			35				
417	Folate, total			65				
431	Folic acid			65				
432	Folate, food			65				
418	Vitamin B-12			60				
318	Vitamin A, IU			75				
392	Vitamin A, RE			75				
221	Alcohol, ethyl			100				
321	Carotene, beta			75				
322	Carotene, alpha			75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0749	BEEF,GROUND,BAKED,WO/DRIP PINGS	334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0752	BEEF,GROUND,BRWN,SIMMER,W /DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
		405	Riboflavin	100		
		406	Niacin	90		
		415	Vitamin B-6	50		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
321	Carotene, beta	80				
322	Carotene, alpha	80				
334	Cryptoxanthin, beta	80				
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
0751	BEEF,GROUND,BRWN,SIMMER,W O/DRIPPING	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	55		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0751	BEEF,GROUND,BRWN,SIMMER,W O/DRIPPING	307	Sodium, Na	55		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
		405	Riboflavin	85		
		406	Niacin	55		
		415	Vitamin B-6	35		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0754	BEEF,GROUND,SIMMERED,W/DR IPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
		405	Riboflavin	100		
		406	Niacin	90		
		415	Vitamin B-6	50		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0754	BEEF,GROUND,SIMMERED,W/DRIPPINGS	417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
		0753	BEEF,GROUND,SIMMERED,WO/DRIPPINGS	301	Calcium, Ca	80
303	Iron, Fe			100		
304	Magnesium, Mg			65		
305	Phosphorus, P			65		
306	Potassium, K			55		
307	Sodium, Na			55		
309	Zinc, Zn			100		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			45		
405	Riboflavin			85		
406	Niacin			55		
415	Vitamin B-6			35		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food			65		
418	Vitamin B-12			60		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		
321	Carotene, beta	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0753	BEEF,GROUND,SIMMERED,WO/D RIPPINGS	322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0770	BEEF,REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
0652	BEEF,ROAST,BRAISED,W/DRIP PINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0652	BEEF,ROAST,BRAISED,W/DRIP PINGS	306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
		405	Riboflavin	100		
		406	Niacin	90		
		415	Vitamin B-6	50		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
338	Lutein + zeaxanthin	80				
0651	BEEF,ROAST,BRAISED,WO/DRI PPINGS	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	55		
		307	Sodium, Na	55		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
405	Riboflavin	85				
406	Niacin	55				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0651	BEEF, ROAST, BRAISED, WO/DRI PPINGS	415	Vitamin B-6	35		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		0654	BEEF, ROAST, SIMMERED, W/DRI P	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			60		
405	Riboflavin			100		
406	Niacin			90		
415	Vitamin B-6			50		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			75		
318	Vitamin A, IU			80		
392	Vitamin A, RE			80		
221	Alcohol, ethyl	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0654	BEEF,ROAST,SIMMERED,W/DRI P	321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
0653	BEEF,ROAST,SIMMERED,WO/DR IPPINGS	301	Calcium, Ca	80		
		303	Iron, Fe	100		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	55		
		307	Sodium, Na	55		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
		405	Riboflavin	85		
		406	Niacin	55		
		415	Vitamin B-6	35		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
0601	BEEF,ROASTED	301	Calcium, Ca	90		
		303	Iron, Fe	100		
		304	Magnesium, Mg	85		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0601	BEEF,ROASTED	305	Phosphorus, P	85		
		306	Potassium, K	80		
		307	Sodium, Na	85		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	55		
		405	Riboflavin	95		
		406	Niacin	75		
		415	Vitamin B-6	50		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
338	Lutein + zeaxanthin	75				
0702	BEEF, SLICES, BRWN, SIMMER, W /DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
405	Riboflavin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0702	BEEF, SLICES, BRWN, SIMMER, W /DRIPPINGS	406	Niacin	90		
		415	Vitamin B-6	50		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
		0701	BEEF, SLICES, BRWN, SIMMER, W O/DRIPPING	301	Calcium, Ca	80
303	Iron, Fe			100		
304	Magnesium, Mg			65		
305	Phosphorus, P			65		
306	Potassium, K			55		
307	Sodium, Na			55		
309	Zinc, Zn			100		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			45		
405	Riboflavin			85		
406	Niacin			55		
415	Vitamin B-6			35		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food			65		
418	Vitamin B-12			60		
318	Vitamin A, IU			75		
392	Vitamin A, RE	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0701	BEEF, SLICES, BRWN, SIMMER, W O/DRIPPING	221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
0704	BEEF, SLICES, SIMMERED, W/DR IPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
		405	Riboflavin	100		
		406	Niacin	90		
		415	Vitamin B-6	50		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		0703	BEEF, SLICES, SIMMERED, WO/D RIPPINGS	221	Alcohol, ethyl	100
321	Carotene, beta			80		
322	Carotene, alpha			80		
334	Cryptoxanthin, beta			80		
337	Lycopene			80		
338	Lutein + zeaxanthin			80		
301	Calcium, Ca			80		
303	Iron, Fe			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0703	BEEF, SLICES, SIMMERED, WO/D RIPPINGS	304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	55		
		307	Sodium, Na	55		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
		405	Riboflavin	85		
		406	Niacin	55		
		415	Vitamin B-6	35		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1153	LIVER, SIMMERED, W/DRIPPING S	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
404	Thiamin	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1153	LIVER, SIMMERED, W/DRIPPING S	405	Riboflavin	100		
		406	Niacin	90		
		415	Vitamin B-6	55		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1152	LIVER, SIMMERED, WO/DRIPPIN GS	301	Calcium, Ca	95		
		303	Iron, Fe	60		
		304	Magnesium, Mg	60		
		305	Phosphorus, P	70		
		306	Potassium, K	45		
		307	Sodium, Na	45		
		309	Zinc, Zn	90		
		312	Copper, Cu	75		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	65		
		405	Riboflavin	55		
		406	Niacin	45		
		415	Vitamin B-6	45		
		417	Folate, total	65		
		431	Folic acid	65		
432	Folate, food	65				
418	Vitamin B-12	60				
318	Vitamin A, IU	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1152	LIVER, SIMMERED, WO/DRIPPING GS	392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1181	ORGAN MEATS (NOT LIVER) FRIED	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			85		
305	Phosphorus, P			90		
306	Potassium, K			85		
307	Sodium, Na			85		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			70		
405	Riboflavin			90		
406	Niacin			80		
415	Vitamin B-6			60		
417	Folate, total			85		
431	Folic acid			85		
432	Folate, food			85		
418	Vitamin B-12			80		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1184	ORGAN MEATS (NOT LIVER) REHEATED	301	Calcium, Ca	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1184	ORGAN MEATS (NOTLIVER) REHEATED	303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
338	Lutein + zeaxanthin	100				
1183	ORGAN MEATS (NOTLIVER) SIMMRD, W/D RIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
401	Vitamin C, total ascorbic acid	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1183	ORGAN MEATS (NOTLIVER) SIMMRD, W/D RIP	404	Thiamin	80		
		405	Riboflavin	100		
		406	Niacin	90		
		415	Vitamin B-6	55		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
		1182	ORGAN MEATS (NOTLIVER) SIMMRD, WO/ DRIP	301	Calcium, Ca	95
303	Iron, Fe			60		
304	Magnesium, Mg			60		
305	Phosphorus, P			70		
306	Potassium, K			45		
307	Sodium, Na			45		
309	Zinc, Zn			90		
312	Copper, Cu			75		
401	Vitamin C, total ascorbic acid			75		
404	Thiamin			65		
405	Riboflavin			55		
406	Niacin			45		
415	Vitamin B-6			45		
417	Folate, total			65		
431	Folic acid			65		
432	Folate, food			65		
418	Vitamin B-12			60		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1182	ORGAN MEATS (NOT LIVER) SIMMRD, WO/ DRIP	318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		5003	ALC BEV, FLAMED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			100		
404	Thiamin			100		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			100		
431	Folic acid			100		
432	Folate, food			100		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			75		
321	Carotene, beta			100		
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
5001	ALC BEV,NO HEAT,STORED OVERNIGHT	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	100		
		404	Thiamin	100		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	100		
		431	Folic acid	100		
		432	Folate, food	100		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		5010	ALC BEV,NOT STIRRED IN,BKD 25 MIN	221	Alcohol, ethyl	70
321	Carotene, beta			100		
322	Carotene, alpha			100		
334	Cryptoxanthin, beta			100		
337	Lycopene			100		
338	Lutein + zeaxanthin			100		
301	Calcium, Ca			100		
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
5010	ALC BEV,NOT STIRRED IN,BKD 25 MIN	401	Vitamin C, total ascorbic acid	100		
		404	Thiamin	100		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	100		
		431	Folic acid	100		
		432	Folate, food	100		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	45		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		5002	ALC BEV,STIRRED INTO HOT LIQ	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			100		
404	Thiamin			100		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			100		
431	Folic acid			100		
432	Folate, food	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
5002	ALC BEV,STIRRED INTO HOT LIQ	418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	85		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		5006	ALC BEV,STIRRED,BKD/SIMMRD 1 HR	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			100		
404	Thiamin			100		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			100		
431	Folic acid			100		
432	Folate, food			100		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			25		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
5006	ALC BEV, STIRRED, BKD/SIMMRD 1 HR	338	Lutein + zeaxanthin	100		
5007	ALC BEV, STIRRED, BKD/SIMMRD 1.5 HR	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	100		
		404	Thiamin	100		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	100		
		431	Folic acid	100		
		432	Folate, food	100		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	20		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
5004	ALC BEV, STIRRED, BKD/SIMMRD 15 MIN	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
5004	ALC BEV, STIRRED, BKD/SIMMRD 15 MIN	309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	100		
		404	Thiamin	100		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	100		
		431	Folic acid	100		
		432	Folate, food	100		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	40		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		5008	ALC BEV, STIRRED, BKD/SIMMRD 2 HR	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			100		
404	Thiamin			100		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6	100				
417	Folate, total	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
5008	ALC BEV, STIRRED, BKD/SIMMRD 2 HR	431	Folic acid	100				
		432	Folate, food	100				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	100				
		392	Vitamin A, RE	100				
		221	Alcohol, ethyl	10				
		321	Carotene, beta	100				
		322	Carotene, alpha	100				
		334	Cryptoxanthin, beta	100				
		337	Lycopene	100				
		338	Lutein + zeaxanthin	100				
		5009	ALC BEV, STIRRED, BKD/SIMMRD 2.5 HR	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			100				
404	Thiamin			100				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			100				
417	Folate, total			100				
431	Folic acid			100				
432	Folate, food			100				
418	Vitamin B-12			100				
318	Vitamin A, IU			100				
392	Vitamin A, RE			100				
321	Carotene, beta			100				
322	Carotene, alpha	100						
334	Cryptoxanthin, beta	100						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
5009	ALC BEV, STIRRED, BKD/SIMMRD 2.5 HR	337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
5005	ALC BEV, STIRRED, BKD/SIMMRD 30 MIN	301	Calcium, Ca			
		303	Iron, Fe			
		304	Magnesium, Mg			
		305	Phosphorus, P			
		306	Potassium, K			
		307	Sodium, Na			
		309	Zinc, Zn			
		312	Copper, Cu			
		401	Vitamin C, total ascorbic acid			
		404	Thiamin			
		405	Riboflavin			
		406	Niacin			
		415	Vitamin B-6			
		417	Folate, total			
		431	Folic acid			
		432	Folate, food			
		418	Vitamin B-12			
		318	Vitamin A, IU			
		392	Vitamin A, RE			
		221	Alcohol, ethyl		35	
		321	Carotene, beta			
		322	Carotene, alpha			
		334	Cryptoxanthin, beta			
		337	Lycopene			
		338	Lutein + zeaxanthin			
2601	FINFISH(FROZEN), FRIED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2601	FINFISH(FROZEN),FRIED	309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	90		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		2605	FINFISH(FROZEN),HEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			90		
404	Thiamin			90		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			95		
417	Folate, total	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
2605	FINFISH(FROZEN),HEATED	431	Folic acid	95				
		432	Folate, food	95				
		418	Vitamin B-12	95				
		318	Vitamin A, IU	90				
		392	Vitamin A, RE	90				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	90				
		322	Carotene, alpha	90				
		334	Cryptoxanthin, beta	90				
		337	Lycopene	90				
		338	Lutein + zeaxanthin	90				
		2302	FINFISH,<5%FAT,BAKED W/DRIPPINGS	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			85				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			95				
417	Folate, total			95				
431	Folic acid			95				
432	Folate, food			95				
418	Vitamin B-12			95				
318	Vitamin A, IU			90				
392	Vitamin A, RE			90				
221	Alcohol, ethyl			100				
321	Carotene, beta			90				
322	Carotene, alpha	90						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2302	FINFISH, <5%FAT, BAKED W/DRIPPINGS	334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2301	FINFISH, <5%FAT, BAKED, WO/D RIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
2306	FINFISH, <5%FAT, BROILED, W/ DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2306	FINFISH, <5%FAT, BROILED, W/ DRIPPINGS	307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2305	FINFISH, <5%FAT, BROILED, WO /DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
415	Vitamin B-6	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
2305	FINFISH, <5%FAT, BROILED, WO /DRIPPINGS	417	Folate, total	90				
		431	Folic acid	90				
		432	Folate, food	90				
		418	Vitamin B-12	90				
		318	Vitamin A, IU	90				
		392	Vitamin A, RE	90				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	90				
		322	Carotene, alpha	90				
		334	Cryptoxanthin, beta	90				
		337	Lycopene	90				
		338	Lutein + zeaxanthin	90				
		2310	FINFISH, <5%FAT, FRIED, W/CO ATING	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			85				
405	Riboflavin			95				
406	Niacin			100				
415	Vitamin B-6			90				
417	Folate, total			90				
431	Folic acid			90				
432	Folate, food			90				
418	Vitamin B-12			90				
318	Vitamin A, IU			85				
392	Vitamin A, RE			85				
221	Alcohol, ethyl			100				
321	Carotene, beta	85						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2310	FINFISH, <5%FAT, FRIED, W/COATING	322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
2309	FINFISH, <5%FAT, FRIED, WO/COATING	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
		405	Riboflavin	95		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
321	Carotene, beta	85				
322	Carotene, alpha	85				
334	Cryptoxanthin, beta	85				
337	Lycopene	85				
338	Lutein + zeaxanthin	85				
2402	FINFISH, <5%FAT, SIMMERED, W/DRIPPINGS	301	Calcium, Ca	80		
		303	Iron, Fe	80		
		304	Magnesium, Mg	80		
		305	Phosphorus, P	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2402	FINFISH, <5%FAT, SIMMERED, W /DRIPPINGS	306	Potassium, K	80		
		307	Sodium, Na	80		
		309	Zinc, Zn	80		
		312	Copper, Cu	80		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	90		
		405	Riboflavin	100		
		406	Niacin	95		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
338	Lutein + zeaxanthin	90				
2401	FINFISH, <5%FAT, SIMMERED, W O/DRIPPING	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	90		
		305	Phosphorus, P	90		
		306	Potassium, K	85		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	80		
405	Riboflavin	90				
406	Niacin	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2401	FINFISH, <5%FAT, SIMMERED, W/O/DRIPPING	415	Vitamin B-6	80		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
		2452	FINFISH, >5%FAT, BAKED, W/DRIPPINGS	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			100		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			95		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			80		
318	Vitamin A, IU			90		
392	Vitamin A, RE	90				
221	Alcohol, ethyl	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2452	FINFISH,>5%FAT,BAKED,W/DRIPPINGS	321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2451	FINFISH,>5%FAT,BAKED,WO/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
337	Lycopene	85				
338	Lutein + zeaxanthin	85				
2456	FINFISH,>5%FAT,BROILED,W/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2456	FINFISH,>5%FAT,BROILED,W/ DRIPPNGS	305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
2455	FINFISH,>5%FAT,BROILED,WO /DRIPPNG	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	95		
405	Riboflavin	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2455	FINFISH, >5%FAT, BROILED, WO /DRIPPNG	406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		2460	FINFISH, >5%FAT, FRIED, W/CO ATING	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			85		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			90		
417	Folate, total			90		
431	Folic acid			90		
432	Folate, food			90		
418	Vitamin B-12			75		
318	Vitamin A, IU			85		
392	Vitamin A, RE	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2460	FINFISH, >5%FAT, FRIED, W/COATING	221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
2459	FINFISH, >5%FAT, FRIED, WO/COATING	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		2552	FINFISH, >5%FAT, SIMMERED, W/DRIP	221	Alcohol, ethyl	100
321	Carotene, beta			85		
322	Carotene, alpha			85		
334	Cryptoxanthin, beta			85		
337	Lycopene			85		
338	Lutein + zeaxanthin			85		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2552	FINFISH,>5%FAT,SIMMERED,W/DRIP	304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	90		
		405	Riboflavin	100		
		406	Niacin	95		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
2551	FINFISH,>5%FAT,SIMMERED,W/O/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	90		
		305	Phosphorus, P	90		
		306	Potassium, K	85		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
404	Thiamin	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2551	FINFISH, >5%FAT, SIMMERED, W O/DRIP	405	Riboflavin	90		
		406	Niacin	85		
		415	Vitamin B-6	80		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		2554	FINFISH, REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			100		
431	Folic acid			100		
432	Folate, food			100		
418	Vitamin B-12	100				
318	Vitamin A, IU	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2554	FINFISH, REHEATED	392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		2901	SEAFOOD, FROG, TURTLE, BKD, W O/DRIP	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			90		
405	Riboflavin			100		
406	Niacin			95		
415	Vitamin B-6			90		
417	Folate, total			90		
431	Folic acid			90		
432	Folate, food			90		
418	Vitamin B-12			90		
318	Vitamin A, IU			90		
392	Vitamin A, RE			90		
221	Alcohol, ethyl			100		
321	Carotene, beta			90		
322	Carotene, alpha			90		
334	Cryptoxanthin, beta			90		
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
2908	SEAFOOD, FROG, TURTLE, BRAIS, W/DRIP	301	Calcium, Ca	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2908	SEAFOOD,FROG,TURTLE,BRAIS ,W/DRIP	303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	95		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	90		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	85		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
338	Lutein + zeaxanthin	90				
2910	SEAFOOD,FROG,TURTLE,BRLD, W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2910	SEAFOOD, FROG, TURTLE, BRLD, W/DRIP	404	Thiamin	90		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		2909	SEAFOOD, FROG, TURTLE, BRLD, WO/DRIP	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			90		
405	Riboflavin			100		
406	Niacin			95		
415	Vitamin B-6			90		
417	Folate, total			85		
431	Folic acid			85		
432	Folate, food			85		
418	Vitamin B-12			90		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2909	SEAFOOD,FROG,TURTLE,BRLD,WO/DRIP	318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2907	SEAFOOD,FROG,TURTLE,BRSD,WO/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	95		
		304	Magnesium, Mg	90		
		305	Phosphorus, P	80		
		306	Potassium, K	80		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	80		
		405	Riboflavin	80		
		406	Niacin	80		
		415	Vitamin B-6	75		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
321	Carotene, beta	85				
322	Carotene, alpha	85				
334	Cryptoxanthin, beta	85				
337	Lycopene	85				
338	Lutein + zeaxanthin	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2902	SEAFOOD, FROG, TURTLE, CKD, W /DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
337	Lycopene	90				
338	Lutein + zeaxanthin	90				
2912	SEAFOOD, FROG, TURTLE, FRIED ,W/COAT	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
312	Copper, Cu	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2912	SEAFOOD, FROG, TURTLE, FRIED, W/COAT	401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	85		
		405	Riboflavin	95		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		2911	SEAFOOD, FROG, TURTLE, FRYD, WO/COAT	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			100		
415	Vitamin B-6			90		
417	Folate, total			85		
431	Folic acid			85		
432	Folate, food	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2911	SEAFOOD, FROG, TURTLE, FRYD, WO/COAT	418	Vitamin B-12	85		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		2917	SEAFOOD, FROG, TURTLE, REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			100		
431	Folic acid			100		
432	Folate, food			100		
418	Vitamin B-12			100		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2917	SEAFOOD,FROG,TURTLE,REHEATED	338	Lutein + zeaxanthin	100		
2905	SEAFOOD,FROG,TURTLE,SIMM,WO/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	95		
		304	Magnesium, Mg	90		
		305	Phosphorus, P	80		
		306	Potassium, K	80		
		307	Sodium, Na	90		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	85		
		405	Riboflavin	85		
		406	Niacin	80		
		415	Vitamin B-6	80		
		417	Folate, total	80		
		431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2906	SEAFOOD,FROG,TURTLE,SIMRD,W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	95		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
2906	SEAFOOD, FROG, TURTLE, SIMRD, W/DRIP	312	Copper, Cu	100				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	90				
		405	Riboflavin	100				
		406	Niacin	95				
		415	Vitamin B-6	90				
		417	Folate, total	85				
		431	Folic acid	85				
		432	Folate, food	85				
		418	Vitamin B-12	95				
		318	Vitamin A, IU	90				
		392	Vitamin A, RE	90				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	90				
		322	Carotene, alpha	90				
		334	Cryptoxanthin, beta	90				
		337	Lycopene	90				
		338	Lutein + zeaxanthin	90				
		2701	SHELLFISH, W/SHELL, BOILED	301	Calcium, Ca	100		
				303	Iron, Fe	90		
304	Magnesium, Mg			85				
305	Phosphorus, P			70				
306	Potassium, K			70				
307	Sodium, Na			85				
309	Zinc, Zn			100				
312	Copper, Cu			90				
401	Vitamin C, total ascorbic acid			75				
404	Thiamin			90				
405	Riboflavin			75				
406	Niacin			75				
415	Vitamin B-6			90				
417	Folate, total	75						
431	Folic acid	75						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2701	SHELLFISH,W/SHELL,BOILED	432	Folate, food	75		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		2702	SHELLFISH,W/SHELL,STEAMED	301	Calcium, Ca	100
303	Iron, Fe			90		
304	Magnesium, Mg			100		
305	Phosphorus, P			75		
306	Potassium, K			90		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			85		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			95		
405	Riboflavin			95		
406	Niacin			90		
415	Vitamin B-6			95		
417	Folate, total			75		
431	Folic acid			75		
432	Folate, food			75		
418	Vitamin B-12			90		
318	Vitamin A, IU			90		
392	Vitamin A, RE			90		
221	Alcohol, ethyl			100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2702	SHELLFISH,W/SHELL,STEAMED	337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2750	SHELLFISH,WO/SHELL,BAKED, W/DRIPPNGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	90		
		431	Folic acid	90		
		432	Folate, food	90		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		2753	SHELLFISH,WO/SHELL,BROILE D	221	Alcohol, ethyl	100
321	Carotene, beta			95		
322	Carotene, alpha			95		
334	Cryptoxanthin, beta			95		
337	Lycopene			95		
338	Lutein + zeaxanthin			95		
301	Calcium, Ca			100		
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K	100				
307	Sodium, Na	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2753	SHELLFISH,WO/SHELL,BROILED	309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	90		
		405	Riboflavin	80		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		2756	SHELLFISH,WO/SHELL,FRIED,W/COATING	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			90		
417	Folate, total	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2756	SHELLFISH,WO/SHELL,FRIED, W/COATING	431	Folic acid	80		
		432	Folate, food	80		
		418	Vitamin B-12	85		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		2755	SHELLFISH,WO/SHELL,FRIED, WO/COATING	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			85		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			90		
417	Folate, total			75		
431	Folic acid			75		
432	Folate, food			75		
418	Vitamin B-12			85		
318	Vitamin A, IU			95		
392	Vitamin A, RE			95		
221	Alcohol, ethyl			100		
321	Carotene, beta	95				
322	Carotene, alpha	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2755	SHELLFISH,WO/SHELL,FRIED,WO/COATING	334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
2771	SHELLFISH,WO/SHELL,REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	100		
		431	Folic acid	100		
		432	Folate, food	100		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
2762	SHELLFISH,WO/SHELL,SIMMERED,W/DRIP	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	90		
		306	Potassium, K	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2762	SHELLFISH,WO/SHELL,SIMMERED,W/DRIP	307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	95		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	90		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	90		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
2761	SHELLFISH,WO/SHELL,SIMMERED,WO/DRIP	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	70		
		306	Potassium, K	70		
		307	Sodium, Na	85		
		309	Zinc, Zn	100		
		312	Copper, Cu	80		
		401	Vitamin C, total ascorbic acid	75		
		404	Thiamin	90		
		405	Riboflavin	75		
		406	Niacin	75		
415	Vitamin B-6	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
2761	SHELLFISH,WO/SHELL,SIMMERED,WO/DRIP	417	Folate, total	75				
		431	Folic acid	75				
		432	Folate, food	75				
		418	Vitamin B-12	60				
		318	Vitamin A, IU	90				
		392	Vitamin A, RE	90				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	90				
		322	Carotene, alpha	90				
		334	Cryptoxanthin, beta	90				
		337	Lycopene	90				
		338	Lutein + zeaxanthin	90				
		2770	SHELLFISH,WO/SHELL,STEAMED	301	Calcium, Ca	100		
				303	Iron, Fe	90		
304	Magnesium, Mg			100				
305	Phosphorus, P			75				
306	Potassium, K			90				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			85				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			95				
405	Riboflavin			95				
406	Niacin			90				
415	Vitamin B-6			90				
417	Folate, total			75				
431	Folic acid			75				
432	Folate, food			75				
418	Vitamin B-12			90				
318	Vitamin A, IU			90				
392	Vitamin A, RE			90				
221	Alcohol, ethyl			100				
321	Carotene, beta	90						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2770	SHELLFISH,WO/SHELL,STEAMED	322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
0503	LEGUMES,CKD 15/20MIN,BLD,DRAIN,D,BKD	301	Calcium, Ca	85		
		303	Iron, Fe	85		
		304	Magnesium, Mg	80		
		305	Phosphorus, P	90		
		306	Potassium, K	75		
		307	Sodium, Na	90		
		309	Zinc, Zn	85		
		312	Copper, Cu	70		
		401	Vitamin C, total ascorbic acid	60		
		404	Thiamin	60		
		405	Riboflavin	70		
		406	Niacin	65		
		415	Vitamin B-6	65		
		417	Folate, total	55		
		431	Folic acid	55		
		432	Folate, food	55		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
321	Carotene, beta	80				
322	Carotene, alpha	80				
334	Cryptoxanthin, beta	80				
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
0505	LEGUMES,CKD 15/20MIN,BLD,DRND,FRIED	301	Calcium, Ca	85		
		303	Iron, Fe	85		
		304	Magnesium, Mg	80		
		305	Phosphorus, P	90		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0505	LEGUMES,CKD 15/20MIN,BLD,DRND,FRIED	306	Potassium, K	75		
		307	Sodium, Na	90		
		309	Zinc, Zn	85		
		312	Copper, Cu	70		
		401	Vitamin C, total ascorbic acid	60		
		404	Thiamin	60		
		405	Riboflavin	70		
		406	Niacin	65		
		415	Vitamin B-6	65		
		417	Folate, total	55		
		431	Folic acid	55		
		432	Folate, food	55		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
338	Lutein + zeaxanthin	80				
0502	LEGUMES,CKD 15/20MIN,BLD,WATER USED	301	Calcium, Ca	90		
		303	Iron, Fe	90		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	95		
		306	Potassium, K	80		
		307	Sodium, Na	95		
		309	Zinc, Zn	90		
		312	Copper, Cu	75		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	70		
405	Riboflavin	80				
406	Niacin	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0502	LEGUMES,CKD 15/20MIN,BLD,WATER USED	415	Vitamin B-6	75		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		0504	LEGUMES,CKD 15/20MIN,BOILED+BAKED	301	Calcium, Ca	90
303	Iron, Fe			90		
304	Magnesium, Mg			85		
305	Phosphorus, P			95		
306	Potassium, K			80		
307	Sodium, Na			95		
309	Zinc, Zn			90		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			65		
404	Thiamin			65		
405	Riboflavin			75		
406	Niacin			70		
415	Vitamin B-6			70		
417	Folate, total			60		
431	Folic acid			60		
432	Folate, food			60		
418	Vitamin B-12			100		
318	Vitamin A, IU			85		
392	Vitamin A, RE			85		
221	Alcohol, ethyl	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0504	LEGUMES,CKD 15/20MIN,BOILED+BAKED	321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
0506	LEGUMES,CKD 15/20MIN,BOILED+FRIED	301	Calcium, Ca	90		
		303	Iron, Fe	90		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	95		
		306	Potassium, K	80		
		307	Sodium, Na	95		
		309	Zinc, Zn	90		
		312	Copper, Cu	75		
		401	Vitamin C, total ascorbic acid	65		
		404	Thiamin	65		
		405	Riboflavin	75		
		406	Niacin	70		
		415	Vitamin B-6	70		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
0501	LEGUMES,CKD 15/20MIN,BOILED,DRAINED	321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		301	Calcium, Ca	85		
		303	Iron, Fe	85		
304	Magnesium, Mg	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0501	LEGUMES,CKD 15/20MIN,BOILED,DRAINED	305	Phosphorus, P	90		
		306	Potassium, K	75		
		307	Sodium, Na	90		
		309	Zinc, Zn	85		
		312	Copper, Cu	70		
		401	Vitamin C, total ascorbic acid	65		
		404	Thiamin	65		
		405	Riboflavin	75		
		406	Niacin	70		
		415	Vitamin B-6	70		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
337	Lycopene	85				
338	Lutein + zeaxanthin	85				
0543	LEGUMES,CKD 2/2.5HRS,BLD,DRND,BKD	301	Calcium, Ca	85		
		303	Iron, Fe	75		
		304	Magnesium, Mg	70		
		305	Phosphorus, P	80		
		306	Potassium, K	65		
		307	Sodium, Na	90		
		309	Zinc, Zn	85		
		312	Copper, Cu	55		
		401	Vitamin C, total ascorbic acid	60		
404	Thiamin	35				
405	Riboflavin	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0543	LEGUMES,CKD 2/2.5HRS,BLD,DRND,BKD	406	Niacin	50		
		415	Vitamin B-6	45		
		417	Folate, total	25		
		431	Folic acid	25		
		432	Folate, food	25		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
		0545	LEGUMES,CKD 2/2.5HRS,BLD,DRND,FRIED	301	Calcium, Ca	85
303	Iron, Fe			75		
304	Magnesium, Mg			70		
305	Phosphorus, P			80		
306	Potassium, K			65		
307	Sodium, Na			90		
309	Zinc, Zn			85		
312	Copper, Cu			55		
401	Vitamin C, total ascorbic acid			60		
404	Thiamin			35		
405	Riboflavin			70		
406	Niacin			50		
415	Vitamin B-6			45		
417	Folate, total			25		
431	Folic acid			25		
432	Folate, food			25		
418	Vitamin B-12			100		
318	Vitamin A, IU			80		
392	Vitamin A, RE	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0545	LEGUMES,CKD 2/2.5HRS,BLD,DRND,FRIED	221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
0542	LEGUMES,CKD 2/2.5HRS,BLD,WATER USED	301	Calcium, Ca	90		
		303	Iron, Fe	80		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	85		
		306	Potassium, K	70		
		307	Sodium, Na	95		
		309	Zinc, Zn	90		
		312	Copper, Cu	60		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	45		
		405	Riboflavin	80		
		406	Niacin	60		
		415	Vitamin B-6	55		
		417	Folate, total	35		
		431	Folic acid	35		
		432	Folate, food	35		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		0544	LEGUMES,CKD 2/2.5HRS,BOILED+BAKED	221	Alcohol, ethyl	100
321	Carotene, beta			90		
322	Carotene, alpha			90		
334	Cryptoxanthin, beta			90		
337	Lycopene			90		
338	Lutein + zeaxanthin			90		
0544	LEGUMES,CKD 2/2.5HRS,BOILED+BAKED	301	Calcium, Ca	90		
		303	Iron, Fe	80		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0544	LEGUMES,CKD 2/2.5HRS,BOILED+BAKED	304	Magnesium, Mg	75		
		305	Phosphorus, P	85		
		306	Potassium, K	70		
		307	Sodium, Na	95		
		309	Zinc, Zn	90		
		312	Copper, Cu	60		
		401	Vitamin C, total ascorbic acid	65		
		404	Thiamin	40		
		405	Riboflavin	75		
		406	Niacin	55		
		415	Vitamin B-6	50		
		417	Folate, total	30		
		431	Folic acid	30		
		432	Folate, food	30		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
334	Cryptoxanthin, beta	85				
337	Lycopene	85				
338	Lutein + zeaxanthin	85				
0546	LEGUMES,CKD 2/2.5HRS,BOILED+FRIED	301	Calcium, Ca	90		
		303	Iron, Fe	80		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	85		
		306	Potassium, K	70		
		307	Sodium, Na	95		
		309	Zinc, Zn	90		
		312	Copper, Cu	60		
401	Vitamin C, total ascorbic acid	65				
404	Thiamin	40				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0546	LEGUMES,CKD 2/2.5HRS,BOILED+FRIED	405	Riboflavin	75		
		406	Niacin	55		
		415	Vitamin B-6	50		
		417	Folate, total	30		
		431	Folic acid	30		
		432	Folate, food	30		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		0541	LEGUMES,CKD 2/2.5HRS,BOILED,DRAINED	301	Calcium, Ca	85
303	Iron, Fe			75		
304	Magnesium, Mg			70		
305	Phosphorus, P			80		
306	Potassium, K			65		
307	Sodium, Na			90		
309	Zinc, Zn			85		
312	Copper, Cu			55		
401	Vitamin C, total ascorbic acid			65		
404	Thiamin			40		
405	Riboflavin			75		
406	Niacin			55		
415	Vitamin B-6			50		
417	Folate, total			30		
431	Folic acid			30		
432	Folate, food			30		
418	Vitamin B-12	100				
318	Vitamin A, IU	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0541	LEGUMES,CKD 2/2.5HRS,BOILED,DRAINED	392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
		0523	LEGUMES,CKD 45/75MIN,BLD,DRND,BKD	301	Calcium, Ca	85
303	Iron, Fe			80		
304	Magnesium, Mg			75		
305	Phosphorus, P			85		
306	Potassium, K			70		
307	Sodium, Na			90		
309	Zinc, Zn			85		
312	Copper, Cu			65		
401	Vitamin C, total ascorbic acid			60		
404	Thiamin			55		
405	Riboflavin			65		
406	Niacin			60		
415	Vitamin B-6			60		
417	Folate, total			40		
431	Folic acid			40		
432	Folate, food			40		
418	Vitamin B-12			100		
318	Vitamin A, IU			80		
392	Vitamin A, RE			80		
221	Alcohol, ethyl			100		
321	Carotene, beta	80				
322	Carotene, alpha	80				
334	Cryptoxanthin, beta	80				
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
0525	LEGUMES,CKD 45/75MIN,BLD,DRND,FRIED	301	Calcium, Ca	85		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0525	LEGUMES,CKD 45/75MIN,BLD,DRND,FRIED	303	Iron, Fe	80		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	85		
		306	Potassium, K	70		
		307	Sodium, Na	90		
		309	Zinc, Zn	85		
		312	Copper, Cu	65		
		401	Vitamin C, total ascorbic acid	60		
		404	Thiamin	55		
		405	Riboflavin	65		
		406	Niacin	60		
		415	Vitamin B-6	60		
		417	Folate, total	40		
		431	Folic acid	40		
		432	Folate, food	40		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		0522	LEGUMES,CKD 45/75MIN,BLD,WATER USED	321	Carotene, beta	80
322	Carotene, alpha			80		
334	Cryptoxanthin, beta			80		
337	Lycopene			80		
338	Lutein + zeaxanthin			80		
301	Calcium, Ca			90		
303	Iron, Fe			85		
304	Magnesium, Mg			80		
305	Phosphorus, P			90		
306	Potassium, K			75		
307	Sodium, Na			95		
309	Zinc, Zn			90		
312	Copper, Cu	70				
401	Vitamin C, total ascorbic acid	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0522	LEGUMES,CKD 45/75MIN,BLD,WATER USED	404	Thiamin	65		
		405	Riboflavin	75		
		406	Niacin	70		
		415	Vitamin B-6	70		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		0524	LEGUMES,CKD 45/75MIN,BOILED+BAKED	301	Calcium, Ca	90
303	Iron, Fe			85		
304	Magnesium, Mg			80		
305	Phosphorus, P			90		
306	Potassium, K			75		
307	Sodium, Na			95		
309	Zinc, Zn			90		
312	Copper, Cu			70		
401	Vitamin C, total ascorbic acid			65		
404	Thiamin			60		
405	Riboflavin			70		
406	Niacin			65		
415	Vitamin B-6			65		
417	Folate, total			45		
431	Folic acid			45		
432	Folate, food			45		
418	Vitamin B-12			100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0524	LEGUMES,CKD 45/75MIN,BOILED+BAKED	318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
		337	Lycopene	85		
		338	Lutein + zeaxanthin	85		
0526	LEGUMES,CKD 45/75MIN,BOILED+FRIED	301	Calcium, Ca	90		
		303	Iron, Fe	85		
		304	Magnesium, Mg	80		
		305	Phosphorus, P	90		
		306	Potassium, K	75		
		307	Sodium, Na	95		
		309	Zinc, Zn	90		
		312	Copper, Cu	70		
		401	Vitamin C, total ascorbic acid	65		
		404	Thiamin	60		
		405	Riboflavin	70		
		406	Niacin	65		
		415	Vitamin B-6	65		
		417	Folate, total	45		
		431	Folic acid	45		
		432	Folate, food	45		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
321	Carotene, beta	85				
322	Carotene, alpha	85				
334	Cryptoxanthin, beta	85				
337	Lycopene	85				
338	Lutein + zeaxanthin	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0521	LEGUMES,CKD 45/75MIN,BOILED,DRND	301	Calcium, Ca	85		
		303	Iron, Fe	80		
		304	Magnesium, Mg	75		
		305	Phosphorus, P	85		
		306	Potassium, K	70		
		307	Sodium, Na	90		
		309	Zinc, Zn	85		
		312	Copper, Cu	65		
		401	Vitamin C, total ascorbic acid	65		
		404	Thiamin	60		
		405	Riboflavin	70		
		406	Niacin	65		
		415	Vitamin B-6	65		
		417	Folate, total	45		
		431	Folic acid	45		
		432	Folate, food	45		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	85		
		392	Vitamin A, RE	85		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	85		
		322	Carotene, alpha	85		
		334	Cryptoxanthin, beta	85		
337	Lycopene	85				
338	Lutein + zeaxanthin	85				
0550	LEGUMES,REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0550	LEGUMES, REHEATED	401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		1001	LAMB, BROILED	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			85		
305	Phosphorus, P			85		
306	Potassium, K			85		
307	Sodium, Na			85		
309	Zinc, Zn			100		
312	Copper, Cu			90		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			60		
405	Riboflavin			90		
406	Niacin			80		
415	Vitamin B-6			65		
417	Folate, total			70		
431	Folic acid	70				
432	Folate, food	70				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1001	LAMB, BROILED	418	Vitamin B-12	80		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1004	LAMB, ROASTED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			80		
305	Phosphorus, P			85		
306	Potassium, K			75		
307	Sodium, Na			75		
309	Zinc, Zn			100		
312	Copper, Cu			80		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			60		
405	Riboflavin			90		
406	Niacin			80		
415	Vitamin B-6			75		
417	Folate, total			85		
431	Folic acid			85		
432	Folate, food			85		
418	Vitamin B-12			75		
318	Vitamin A, IU			75		
392	Vitamin A, RE			75		
221	Alcohol, ethyl			100		
321	Carotene, beta	75				
322	Carotene, alpha	75				
334	Cryptoxanthin, beta	75				
337	Lycopene	75				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1004	LAMB, ROASTED	338	Lutein + zeaxanthin	75		
1052	LAMB, BROWN, SIMMER, W/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	45		
		405	Riboflavin	85		
		406	Niacin	95		
		415	Vitamin B-6	70		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
1051	LAMB, BROWN, SIMMER, WO/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	95		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	55		
		307	Sodium, Na	65		
		309	Zinc, Zn	95		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1051	LAMB, BROWN, SIMMER, WO/DRIP PINGS	312	Copper, Cu	70				
		401	Vitamin C, total ascorbic acid	80				
		404	Thiamin	30				
		405	Riboflavin	60				
		406	Niacin	60				
		415	Vitamin B-6	45				
		417	Folate, total	55				
		431	Folic acid	55				
		432	Folate, food	55				
		418	Vitamin B-12	60				
		318	Vitamin A, IU	75				
		392	Vitamin A, RE	75				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	75				
		322	Carotene, alpha	75				
		334	Cryptoxanthin, beta	75				
		337	Lycopene	75				
		338	Lutein + zeaxanthin	75				
		1003	LAMB, GROUND, BROILED	301	Calcium, Ca	90		
				303	Iron, Fe	95		
304	Magnesium, Mg			80				
305	Phosphorus, P			85				
306	Potassium, K			85				
307	Sodium, Na			80				
309	Zinc, Zn			100				
312	Copper, Cu			75				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			70				
405	Riboflavin			80				
406	Niacin			85				
415	Vitamin B-6			75				
417	Folate, total	70						
431	Folic acid	70						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1003	LAMB,GROUND,BROILED	432	Folate, food	70		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1074	LAMB,REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			95		
417	Folate, total			95		
431	Folic acid			95		
432	Folate, food			95		
418	Vitamin B-12			95		
318	Vitamin A, IU			100		
392	Vitamin A, RE			100		
221	Alcohol, ethyl			100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1074	LAMB, REHEATED	337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
1056	LAMB, SIMMERED, W/DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	45		
		405	Riboflavin	85		
		406	Niacin	95		
		415	Vitamin B-6	70		
		417	Folate, total	65		
		431	Folic acid	65		
		432	Folate, food	65		
		418	Vitamin B-12	75		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		1055	LAMB, SIMMERED, WO/DRIPPING S	221	Alcohol, ethyl	100
321	Carotene, beta			80		
322	Carotene, alpha			80		
334	Cryptoxanthin, beta			80		
337	Lycopene			80		
338	Lutein + zeaxanthin			80		
301	Calcium, Ca			100		
303	Iron, Fe			95		
304	Magnesium, Mg			65		
305	Phosphorus, P			65		
306	Potassium, K	55				
307	Sodium, Na	65				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1055	LAMB, SIMMERED, WO/DRIPPING S	309	Zinc, Zn	95		
		312	Copper, Cu	70		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	30		
		405	Riboflavin	60		
		406	Niacin	60		
		415	Vitamin B-6	55		
		417	Folate, total	55		
		431	Folic acid	55		
		432	Folate, food	55		
		418	Vitamin B-12	60		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		1151	LIVER, FRIED	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			85		
305	Phosphorus, P			90		
306	Potassium, K			85		
307	Sodium, Na			85		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			70		
405	Riboflavin			90		
406	Niacin			80		
415	Vitamin B-6	60				
417	Folate, total	85				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1151	LIVER, FRIED	431	Folic acid	85				
		432	Folate, food	85				
		418	Vitamin B-12	80				
		318	Vitamin A, IU	75				
		392	Vitamin A, RE	75				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	75				
		322	Carotene, alpha	75				
		334	Cryptoxanthin, beta	75				
		337	Lycopene	75				
		338	Lutein + zeaxanthin	75				
		1154	LIVER, REHEATED	301	Calcium, Ca	100		
				303	Iron, Fe	100		
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			95				
404	Thiamin			95				
405	Riboflavin			100				
406	Niacin			100				
415	Vitamin B-6			95				
417	Folate, total			95				
431	Folic acid			95				
432	Folate, food			95				
418	Vitamin B-12			95				
318	Vitamin A, IU			100				
392	Vitamin A, RE			100				
221	Alcohol, ethyl			100				
321	Carotene, beta			100				
322	Carotene, alpha	100						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1154	LIVER, REHEATED	334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
1951	VEAL, BROILED	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	85		
		306	Potassium, K	85		
		307	Sodium, Na	85		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	65		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	65		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
1953	VEAL, FRIED, W/COATING	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	85		
		306	Potassium, K	85		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1953	VEAL, FRIED, W/COATING	307	Sodium, Na	85		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	65		
		405	Riboflavin	90		
		406	Niacin	80		
		415	Vitamin B-6	65		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	80		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
1952	VEAL, FRIED, WO/COATING	301	Calcium, Ca	95		
		303	Iron, Fe	90		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	85		
		306	Potassium, K	85		
		307	Sodium, Na	60		
		309	Zinc, Zn	100		
		312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	65		
		405	Riboflavin	75		
		406	Niacin	85		
415	Vitamin B-6	45				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
1952	VEAL, FRIED, WO/COATING	417	Folate, total	85				
		431	Folic acid	85				
		432	Folate, food	85				
		418	Vitamin B-12	90				
		318	Vitamin A, IU	75				
		392	Vitamin A, RE	75				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	75				
		322	Carotene, alpha	75				
		334	Cryptoxanthin, beta	75				
		337	Lycopene	75				
		338	Lutein + zeaxanthin	75				
		1954	VEAL, ROASTED	301	Calcium, Ca	95		
				303	Iron, Fe	85		
304	Magnesium, Mg			80				
305	Phosphorus, P			80				
306	Potassium, K			80				
307	Sodium, Na			80				
309	Zinc, Zn			100				
312	Copper, Cu			90				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			60				
405	Riboflavin			90				
406	Niacin			80				
415	Vitamin B-6			50				
417	Folate, total			85				
431	Folic acid			85				
432	Folate, food			85				
418	Vitamin B-12			85				
318	Vitamin A, IU			75				
392	Vitamin A, RE			75				
221	Alcohol, ethyl			100				
321	Carotene, beta	75						

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
1954	VEAL, ROASTED	322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
2064	VEAL, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	95		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	95		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
321	Carotene, beta	100				
322	Carotene, alpha	100				
334	Cryptoxanthin, beta	100				
337	Lycopene	100				
338	Lutein + zeaxanthin	100				
2002	VEAL, ROAST, BRAISED, W/DRIP PINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2002	VEAL, ROAST, BRAISED, W/DRIP PINGS	306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
338	Lutein + zeaxanthin	80				
2001	VEAL, ROAST, BRAISED, WO/DRIP PINGS	301	Calcium, Ca	100		
		303	Iron, Fe	95		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	60		
		307	Sodium, Na	60		
		309	Zinc, Zn	100		
		312	Copper, Cu	75		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
405	Riboflavin	75				
406	Niacin	65				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2001	VEAL, ROAST, BRAISED, WO/DRI PPINGS	415	Vitamin B-6	45		
		417	Folate, total	75		
		431	Folic acid	75		
		432	Folate, food	75		
		418	Vitamin B-12	65		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		2004	VEAL, ROAST, SIMMERED, W/DRI PPINGS	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			60		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			65		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			70		
318	Vitamin A, IU			80		
392	Vitamin A, RE			80		
221	Alcohol, ethyl	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2004	VEAL, ROAST, SIMMERED, W/DRI PPINGS	321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
2003	VEAL, ROAST, SIMMERED, WO/DR IPPINGS	301	Calcium, Ca	85		
		303	Iron, Fe	95		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	60		
		307	Sodium, Na	65		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
		405	Riboflavin	80		
		406	Niacin	65		
		415	Vitamin B-6	50		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	55		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
337	Lycopene	75				
338	Lutein + zeaxanthin	75				
2052	VEAL, SLICES, BRWN, SIMMRD, W /DRIPPINGS	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2052	VEAL, SLICES, BRWN, SIMMRD, W /DRIPPINGS	305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	60		
		405	Riboflavin	95		
		406	Niacin	95		
		415	Vitamin B-6	65		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	70		
		318	Vitamin A, IU	80		
		392	Vitamin A, RE	80		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
337	Lycopene	80				
338	Lutein + zeaxanthin	80				
2051	VEAL, SLICES, BRWN, SIMMRD, W O/DRIPPING	301	Calcium, Ca	85		
		303	Iron, Fe	95		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	60		
		307	Sodium, Na	65		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	80		
404	Thiamin	45				
405	Riboflavin	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2051	VEAL, SLICES, BRWN, SIMMRD, W O/DRIPPING	406	Niacin	65		
		415	Vitamin B-6	50		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	55		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	75		
		322	Carotene, alpha	75		
		334	Cryptoxanthin, beta	75		
		337	Lycopene	75		
		338	Lutein + zeaxanthin	75		
		2056	VEAL, SLICES, SIMMERED, W/DR IPPINGS	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			85		
404	Thiamin			60		
405	Riboflavin			95		
406	Niacin			95		
415	Vitamin B-6			65		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			70		
318	Vitamin A, IU	80				
392	Vitamin A, RE	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
2056	VEAL, SLICES, SIMMERED, W/DRIPPINGS	221	Alcohol, ethyl	100		
		321	Carotene, beta	80		
		322	Carotene, alpha	80		
		334	Cryptoxanthin, beta	80		
		337	Lycopene	80		
		338	Lutein + zeaxanthin	80		
2055	VEAL. SLICES, SIMMERED, WO/D RIPPINGS	301	Calcium, Ca	85		
		303	Iron, Fe	95		
		304	Magnesium, Mg	65		
		305	Phosphorus, P	65		
		306	Potassium, K	60		
		307	Sodium, Na	65		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	45		
		405	Riboflavin	80		
		406	Niacin	65		
		415	Vitamin B-6	50		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	55		
		318	Vitamin A, IU	75		
		392	Vitamin A, RE	75		
		0301	FLOUR/MEAL, BAKED	221	Alcohol, ethyl	100
321	Carotene, beta			75		
322	Carotene, alpha			75		
334	Cryptoxanthin, beta			75		
337	Lycopene			75		
338	Lutein + zeaxanthin			75		
0301	FLOUR/MEAL, BAKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0301	FLOUR/MEAL, BAKED	304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
0302	FLOUR/MEAL, BOILED, STEAMED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
404	Thiamin	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0302	FLOUR/MEAL, BOILED, STEAMED	405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		
		0304	FLOUR/MEAL, REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			100		
401	Vitamin C, total ascorbic acid			95		
404	Thiamin			95		
405	Riboflavin			100		
406	Niacin			100		
415	Vitamin B-6			100		
417	Folate, total			90		
431	Folic acid			90		
432	Folate, food			90		
418	Vitamin B-12	100				
318	Vitamin A, IU	100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0304	FLOUR/MEAL, REHEATED	392	Vitamin A, RE	100				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	100				
		322	Carotene, alpha	100				
		334	Cryptoxanthin, beta	100				
		337	Lycopene	100				
		338	Lutein + zeaxanthin	100				
		0305	FLOUR/MEAL, SAUTEED	301	Calcium, Ca	100		
303	Iron, Fe			100				
304	Magnesium, Mg			100				
305	Phosphorus, P			100				
306	Potassium, K			100				
307	Sodium, Na			100				
309	Zinc, Zn			100				
312	Copper, Cu			100				
401	Vitamin C, total ascorbic acid			80				
404	Thiamin			75				
405	Riboflavin			90				
406	Niacin			90				
415	Vitamin B-6			90				
417	Folate, total			65				
431	Folic acid			65				
432	Folate, food			65				
418	Vitamin B-12			100				
318	Vitamin A, IU			85				
392	Vitamin A, RE			85				
221	Alcohol, ethyl			100				
321	Carotene, beta			85				
322	Carotene, alpha			85				
334	Cryptoxanthin, beta			85				
337	Lycopene			85				
338	Lutein + zeaxanthin			85				
0306	FLOUR/MEAL, TOASTED			301	Calcium, Ca	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0306	FLOUR/MEAL, TOASTED	303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	85		
		404	Thiamin	80		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	85		
		431	Folic acid	85		
		432	Folate, food	85		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
338	Lutein + zeaxanthin	95				
0380	PASTA, BAKED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
401	Vitamin C, total ascorbic acid	80				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev		
0380	PASTA, BAKED	404	Thiamin	80				
		405	Riboflavin	90				
		406	Niacin	90				
		415	Vitamin B-6	90				
		417	Folate, total	70				
		431	Folic acid	70				
		432	Folate, food	70				
		418	Vitamin B-12	100				
		318	Vitamin A, IU	95				
		392	Vitamin A, RE	95				
		221	Alcohol, ethyl	100				
		321	Carotene, beta	95				
		322	Carotene, alpha	95				
		334	Cryptoxanthin, beta	95				
		337	Lycopene	95				
		338	Lutein + zeaxanthin	95				
		0381	PASTA, BOILED, DRAINED	301	Calcium, Ca	95		
				303	Iron, Fe	75		
304	Magnesium, Mg			85				
305	Phosphorus, P			85				
306	Potassium, K			30				
307	Sodium, Na			50				
309	Zinc, Zn			100				
312	Copper, Cu			90				
401	Vitamin C, total ascorbic acid			70				
404	Thiamin			65				
405	Riboflavin			75				
406	Niacin			65				
415	Vitamin B-6			80				
417	Folate, total			70				
431	Folic acid			70				
432	Folate, food			70				
418	Vitamin B-12			100				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0381	PASTA, BOILED, DRAINED	318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
0382	PASTA, BOILED, DRAINED, BAKE D	301	Calcium, Ca	95		
		303	Iron, Fe	75		
		304	Magnesium, Mg	85		
		305	Phosphorus, P	85		
		306	Potassium, K	30		
		307	Sodium, Na	50		
		309	Zinc, Zn	100		
		312	Copper, Cu	90		
		401	Vitamin C, total ascorbic acid	60		
		404	Thiamin	55		
		405	Riboflavin	75		
		406	Niacin	60		
		415	Vitamin B-6	75		
		417	Folate, total	50		
		431	Folic acid	50		
		432	Folate, food	50		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
321	Carotene, beta	90				
322	Carotene, alpha	90				
334	Cryptoxanthin, beta	90				
337	Lycopene	90				
338	Lutein + zeaxanthin	90				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0384	PASTA,BOILED,NOT DRAINED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	80		
		404	Thiamin	80		
		405	Riboflavin	90		
		406	Niacin	90		
		415	Vitamin B-6	90		
		417	Folate, total	70		
		431	Folic acid	70		
		432	Folate, food	70		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		0385	PASTA,REHEATED	301	Calcium, Ca	100
303	Iron, Fe			100		
304	Magnesium, Mg			100		
305	Phosphorus, P			100		
306	Potassium, K			100		
307	Sodium, Na			100		
309	Zinc, Zn			100		
		312	Copper, Cu	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0385	PASTA, REHEATED	401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
		0431	RICE, WHITE/BROWN, COOKED, D RAINED	301	Calcium, Ca	95
303	Iron, Fe			90		
304	Magnesium, Mg			95		
305	Phosphorus, P			90		
306	Potassium, K			85		
307	Sodium, Na			95		
309	Zinc, Zn			95		
312	Copper, Cu			90		
401	Vitamin C, total ascorbic acid			75		
404	Thiamin			75		
405	Riboflavin			90		
406	Niacin			95		
415	Vitamin B-6			90		
417	Folate, total			60		
431	Folic acid			60		
432	Folate, food	60				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0431	RICE, WHITE/BROWN, COOKED, DRAINED	418	Vitamin B-12	100		
		318	Vitamin A, IU	95		
		392	Vitamin A, RE	95		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	95		
		322	Carotene, alpha	95		
		334	Cryptoxanthin, beta	95		
		337	Lycopene	95		
		338	Lutein + zeaxanthin	95		
		0432	RICE, WHITE/BROWN, COOKED, WATER USED	301	Calcium, Ca	100
303	Iron, Fe			95		
304	Magnesium, Mg			100		
305	Phosphorus, P			95		
306	Potassium, K			95		
307	Sodium, Na			100		
309	Zinc, Zn			100		
312	Copper, Cu			95		
401	Vitamin C, total ascorbic acid			80		
404	Thiamin			80		
405	Riboflavin			90		
406	Niacin			100		
415	Vitamin B-6			95		
417	Folate, total			70		
431	Folic acid			70		
432	Folate, food			70		
418	Vitamin B-12			100		
318	Vitamin A, IU			95		
392	Vitamin A, RE			95		
221	Alcohol, ethyl			100		
321	Carotene, beta	95				
322	Carotene, alpha	95				
334	Cryptoxanthin, beta	95				
337	Lycopene	95				

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0432	RICE, WHITE/BROWN, COOKED, WATER USED	338	Lutein + zeaxanthin	95		
0434	RICE, WHITE/BROWN, REHEATED	301	Calcium, Ca	100		
		303	Iron, Fe	100		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	100		
		306	Potassium, K	100		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		
		312	Copper, Cu	100		
		401	Vitamin C, total ascorbic acid	95		
		404	Thiamin	95		
		405	Riboflavin	100		
		406	Niacin	100		
		415	Vitamin B-6	100		
		417	Folate, total	95		
		431	Folic acid	95		
		432	Folate, food	95		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	100		
		392	Vitamin A, RE	100		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	100		
		322	Carotene, alpha	100		
		334	Cryptoxanthin, beta	100		
		337	Lycopene	100		
		338	Lutein + zeaxanthin	100		
0433	RICE, WHITE/BROWN, SAUTEED+SIMMERED	301	Calcium, Ca	100		
		303	Iron, Fe	95		
		304	Magnesium, Mg	100		
		305	Phosphorus, P	95		
		306	Potassium, K	95		
		307	Sodium, Na	100		
		309	Zinc, Zn	100		

Retention Code	Retention Description	Nutrient Number	Nutrient Name	% Retention Value	N	Std Dev
0433	RICE, WHITE/BROWN, SAUTEED+ SIMMERED	312	Copper, Cu	95		
		401	Vitamin C, total ascorbic acid	70		
		404	Thiamin	75		
		405	Riboflavin	85		
		406	Niacin	100		
		415	Vitamin B-6	90		
		417	Folate, total	60		
		431	Folic acid	60		
		432	Folate, food	60		
		418	Vitamin B-12	100		
		318	Vitamin A, IU	90		
		392	Vitamin A, RE	90		
		221	Alcohol, ethyl	100		
		321	Carotene, beta	90		
		322	Carotene, alpha	90		
		334	Cryptoxanthin, beta	90		
		337	Lycopene	90		
		338	Lutein + zeaxanthin	90		