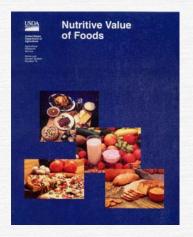


NUTRITIVE VALUE OF FOODS: A REVISED USDA CONSUMER PUBLICATION



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Abstract

USDA Home and Garden Bulletin 72, Nutritive Value of Foods (HG72), has been an important and popular source of food composition data for consumers since its first edition in 1960. The current revision includes many enhancements to the primary table, Nutritive Value of the Edible Part of Food. About 300 foods have been added, for a total of over 1200 items. New foods include more popular foods such as low-fat, fat-free, brand-name and fast-food items. Household measures focus on realistic, individual portions, though some measures were selected for ease of calculation. Dietary fiber values were added to the table, replacing phosphorus values. The nutrient data were derived from the USDA Nutrient Database for Standard Reference, Release 13. New tables added to HG72 include Tips for Estimating Amounts of Food; Daily Values: and Caffeine Values. Other tables were revised: Recommended Daily Dietary Intakes was updated to incorporate some of the newly revised Dietary Reference Intakes; Food Sources of Additional Nutrients was expanded to include vitamin K and phosphorus; Amount of Fat That Provides 30 Percent of Calories was modified to include the amount of saturated fat that provides 10 Percent of calories for diets at various total calorie levels. HG72 is a handy educational tool for dietitians and paraprofessionals. In addition, the primary table along with eight additional tables will assist consumers with their food selection and diet

Introduction

Nutritive Value of Foods, Home and Garden Bulletin 72 (HG72), has been one of the Government Printing Office's best-selling consumer publications. Table 9, Nutritive Value of the Edible Part of Food, is the primary focus of HG72. It contains nutrient data in a consumer-friendly format, based on household measures for 1,274 foods items commonly consumed in the US. The 19 nutrients in the table are water; calories; protein; total fat; saturated, monounsaturated, and polyunsaturated fatty acids; cholesterol; total dietary fiber; calcium; iron; potassium; sodium; vitamin A in IU and RE units; thiamin; riboflavin; niacin; and ascorbic acid. The current revision of HG72 updates the nutrient data with data from the latest release of the USDA National Nutrient Database for Standard Reference; adds and drops foods to reflect the current US food consumption; and adds dietary fiber to the table. HG72 is available in print, on the Internet at www.nal.usda.gov/fnic/foodcomp, and will be on CD-ROM.

		Measure				Pro-	Total	Satu-	Mono- unsatu-	Poly- uns atu-	Choles-					Potas					Ribo-		Ascor-	
Food		of edible	Weight		Calories		fat	rated	rated	rated	terol		dietary						nin A	Thiamir			bic acid	
	Food Description	portion	(g)	(%)	(kcal)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	fiber(g)	(mg)	(mg)	(mg)	(mg)	(IU)	(RE)	(mg)	(mg)	(mg)	(mg)	No.
	tables and Vegetal																							
1037 /	Vfälfä sprouts, raw	.1 cup	33	91	10	1	Tr	Tr	Tr	0.1	0	1	0.8	11	0.3	26	2	51	5	0.03	0.04	0.2	3	10
1038 /	Artichokes, globe or French,																							
	cooked, drained	1 cup	168	84	84	6	Tr	0.1	Tr	0.1	0	19	9.1	76	22	595	160	297	30	0.11	0.11	1.7	17	103
1039		1 medium	120	84	60	4	Tr	Tr	Tr	0.1	0	13	6.5	54	1.5	425	114	212	22	0.08	0.08	1.2	12	103
	Soparagus, green Cooked, drained																							
1040	From raw	1 cup	180	92	43	5	1	0.1	Tr	0.2	0	8	29	36	1.3	288	20	970	97	0.22	0.23	1.9	19	104
1041		4 spears	60	92	14	2	Tr	Tr	Tr	0.1	0	3	1.0	12	0.4	96	7	323	32	0.07	0.08	0.6	6	10
1042	From frozen	1 cup	180	91	50	5	1	0.2	Tr	0.3	0	9	29	41	1.2	392	7	1,472	148	0.12	0.19	1.9	44	104
1043	larmed spears, about 5"	4 spears	60	91	17	2	Tr	0.1	Tr	0.1	0	3	1.0	14	0.4	131	2	491	49	0.04	0.06	0.6	15	104
	kng dained	1 cup	242	94	46	5	2	0.4	0.1	0.7	0	6	3.9	39	44	416	695	1.285	128	0.15	0.24	23	45	104
1045		4 spears	72	94	14	2	Tr	0.1	Tr	0.2	0	2	1.2	12	13	124	207	382	38	0.04	0.07	0.7	13	104
	Parriboo shoots, canned.		-			_	-		-			-		-	-					-				
10-0	drained	1 cup	131	94	25	2	- 1	0.1	Tr	0.2	0	4	1.8	10	0.4	105	9	10	1	0.03	0.03	0.2	- 1	104
I	kans																							
	Lima, immature seeds, frozer cooked, drained	3																						
1047	Ford hooks	. 1 cup	170	74	170	10	- 1	0.1	Tr	0.3	0	32	9.9	37	23	694	90	323	32	0.13	0.10	1.8	22	10
1048	Baby lims	1 cup	180	72	189	12	1	0.1	Tr	0.3	0	35	10.8	50	3.5	740	52	301	31	0.13	0.10	1.4	10	10
	Snap, cut Cooked, drained Fromraw																							
1049	Green	1 cup	125	89	44	2	Tr	0.1	Tr	0.2	0	10	4.0	58	1.6	374	4	833	84	0.09	0.12	0.8	12	10
1050	Yellow	1 cup	125	89	44	2	Tr	0.1	Tr	0.2	0	10	4.1	58	1.6	374	4	101	10	0.09	0.12	0.8	12	103
	From frozen																							
1051	Green	1 cup	135	91	38	2	Tr	0.1	Tr	0.1	0	9	4.1	66	1.2	170	12	541	54	0.05	0.12	0.5	6	103
1052	Yellow	1 cup	135	91	38	2	Tr	0.1	Tr	0.1	0	9	4.1	66	1.2	170	12	151	15	0.05	0.12	0.5	6	103
	Canned, drained																							
1053	Green	l cup	135	93	27	2	Tr	Tr	Tr	0.1	0	6	2.6	35	1.2	147	354	471	47	0.02	0.08	0.3	6	103
1054	Yellow	1 cup	135	93	27	2	Tr	Tr	Tr	0.1	0	6	1.8	35	1.2	147	339	142	15	0.02	0.08	0.3	6	105
	kans, dry. See Legumes. kan sprouts (mung)																							
1055	Raw	1 cup	104	90	31	3	Tr	Tr	Tr	0.1	0	6	1.9	14	0.9	155	6	22	2	0.09	0.13	0.8	14	103
1056 I	Cooked, drained	1 cup	124	93	26	3	Tr	Tr	Tr	Tr	0	5	1.5	15	0.8	125	12	17	1	0.06	0.13	1.0	14	105
	Cooked drained																							
1057	Slices	1 cup	170	87	75	3	Tr	Tr	0.1	0.1	0	17	3.4	27	1.3	519	131	60	7	0.05	0.07	0.6	6	103
1058	Whole beet, 2' dia	1 beet	50	87	22	- 1	Tr	Tr	Tr	Tr	0	5	1.0	8	0.4	153	39	18	2	0.01	0.02	0.2	2	103
	Canned, drained																							
1059	Slices	1 cup	170	91	53	2	Tr	Tr	Tr	0.1	0	12	29	26	3.1	252	330	19	2	0.02	0.07	0.3	7	10
1060	Whole beet	1 beet	24	91	7	Tr	Tr	Tr	Tr	Tr	0	2	0.4	4	0.4	36	47	3	Tr	Tr	0.01	Tr	- 1	100
1061 E	Beet greens, leaves and stems,																							
	cooked, drained, 1" pieces.	1 cup	144	89	39	4	Tr	Tr	0.1	0.1	0	8	4.2	164	2.7	1,309	347	7,344	734	0.17	0.42	0.7	36	100

Advantages the Revised Edition Offers

- More current nutrient data, based on Nutrient Database for Standard Reference, Release 13.
- New tables to further help consumers with their food choices –
 Tips for Estimating Amounts of Food; Daily Values; and Caffeine
 Values
- Updated tables:

Over 300 New Foods

- Recommended Daily Dietary Intakes replaced some RDA's with DRI's published through 2000.
- Food Sources revised foods listed for each nutrient and added vitamin K and phosphorus food sources.
- Amount of Fat That Provides 30 and 35 Percent of Caloriesreplaced 35% calories from fat with 10% calories from saturated fat
- Reorganized tables and text explanatory text precedes each table; Nutritive Value of the Edible Part of Food is last table, next to index to that table. All results in better flow and reduces need to flin pages
- Further Information section refers to various Web sites and publications as additional consumer resources.

Nutritive Value of the Edible Part of Food table

Type:	Examples:
Low fat	Canned soups, ice cream, tortilla chips, waffles
Reduced fat	Chocolate chip cookies, peanut butter
Fat free	Brownies, potato chips, pound cake, pudding, sour cream
Reduced calorie	Bread, pancake syrup
Sugar free	Cocoa, gelatin dessert
Fast food	Chicken fillet sandwich, double cheeseburger, pepperoni pizza
Brand name	BUTTERFINGER Bar, KIT KAT Wafer Bar,
	SNICKERS Bar; CHEX, KIX, and LIFE breakfast cereal
Ethnic foods	Chimichanga, hoisin sauce, hummus, matso, miso, salsa
Additional Changes	
Change:	Examples:
Added new nutrient	Replaced phosphorus with dietary fiber
Dropped some foods - no longer on market, used infrequently,	
or lacked valid data	Beef heart, black walnuts, Boston brown bread, brewer's yeast, fondant
Focus on individual portions	Dropped whole pies and cakes and ½ gallon ice cream
Added new household	
measures	1 strawberry, 1 tbsp cream cheese, 6 large shrimp, 4" bagel
Updated nutrient data	Based on Nutrient Database for Standard Reference,

Release 13, 1999 (former edition used 1985 data)

Caffeine is a compound found mostly in coffee, tea, cola, cocoa, chocolate, and in foods containing these. Table 8		
lists the amounts of caffeine found in these beverages and		
foods.		
Food	Serving size	Caffeine (mg)
Beverages		
Chocolate milk, includes malted milk	8 fl oz	5-8
Chocolate shake	16 fl oz	8
Cocoa, prepared from powder		
Regular	6 fl oz	4-6
Sugar-free	6 fl oz	15
Coffee, regular		
Brewed	6 fl oz	103
Prepared from instant	6 fl oz	57
Coffee, decaffeinated		
Brewed	6 fl oz	2
Prepared from instant	6 fl oz	2
Coffee liqueur	1.5 fl oz	14
Cola or pepper-type, with caffeine	12 fl oz	37
Diet cola, with caffeine	12 fl oz	50
Tea, regular		
Brewed	6 fl oz	36
Instant, prepared	8 fl oz	26-36
Tea, chamomile	6 fl oz	0
Tea, decaffeinated, brewed	6 fl oz	2
Chocolate Foods		
Baking chocolate, unsweetened	1 square (1 oz)	58
Brownies	1	1-3
Candies		
Dark chocolate	1.45-oz bar	30
Milk chocolate bar	1.55-oz bar	11
Semisweet chocolate chips	1/4 cup	26-28
Chocolate with other ingredients (nuts, crisped rice, etc.)	about 1.5 oz	3-11
Cereal (containing cocoa)	1 oz	1
Cocoa powder, unsweetened	1 tbsp	12
Cookies (chocolate chip, devil's food, chocolate sandwich)	1	1
Chocolate cupcake with chocolate frosting	i	1-2
Frosting	1/12 pkg	1-2
	(2 tbsp)	
Fudge	1 piece	2-3
	(about 3/4 oz)	
((,
Ice cream/frozen yogurt Pudding	1/2 cup	2
	1/0	,
Prepared from dry mix	1/2 cup	6
Ready-to-cat	4 oz	0
Syrup	1.4	
Thin-type	1 tbsp	3
Fudge-type	1 tbsp	1

Future Editions:

- Replace more nutrients?
 - Considering adding vitamin E (alpha-tocopherol), folate (DFE), and zinc.
 - < Considering dropping thiamin, riboflavin, and niacin.
 - < Vitamin A, RAE will replace vitamin A, RE.
- Update nutrient values with new SR data, mostly derived from National Food and Nutrient Analysis Program (NFNAP).
- Nutritive Value of the Edible Part of Food table will be available online for user to download and expand and edit as needed.
- Continue to add and drop foods to reflect market availability.
- Update gram weights for household measures, based on NFNAP
 data