

NDB No. 43205

Beverage, instant breakfast powder, chocolate, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.314				4		0.023	0.116	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008				4		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.302				4		0.022	0.112	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.278				4		0.021	0.103	
18:2 undifferentiated.....g	0.247				4		0.018	0.091	
18:3 undifferentiated.....g	0.031				4		0.002	0.011	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	12				4		1	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	25		0	BFZN	4		2	9	
Theobromine.....mg	290		0	BFZN	4		21	107	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.4g: 1 tbsp

Measure 2 = 37g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43260

Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.189				4		0.067	0.238	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031				4		0.002	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.147				4		0.064	0.229	
20:1.....g	0.000				7		0.000	0.000	
22:1 undifferentiated.....g	0.000				7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.027				4		0.058	0.205	
18:2 undifferentiated.....g	0.911				4		0.051	0.182	
18:3 undifferentiated.....g	0.114				4		0.006	0.023	
18:4.....g	0.000				7		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	44				4		2	9	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	52		0	BFAN	4		3	10	
Theobromine.....mg	608		0	BFAN	4		34	122	
Carotenoids:									
Carotene, beta.....mcg	5		0	NR	4		0.280	1.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 5.6g: 1 tbsp

Measure 2 = 20g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43078

Beverage, milkshake mix, dry, not chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.332				4		0.023	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024				4		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.294				4		0.021	0.062	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060				4		0.004	0.013	
18:2 undifferentiated.....g	0.051				4		0.004	0.011	
18:3 undifferentiated.....g	0.009				4		0.001	0.002	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14				4		1	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	
Carotenoids:									
Carotene, beta.....mcg	39		0	NR		4	2.730	8.190	
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	
Lycopene.....mcg	0		0	Z		7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 tbsp

Measure 2 = 21g: 1 envelope

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01003
Butter oil, anhydrous

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	28.732		0		1		58.901	3.678	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.228		0		1		4.567	0.285	
17:1.....g									
18:1 undifferentiated.....g	25.026		0		1		51.303	3.203	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.694		0		1		7.573	0.473	
18:2 undifferentiated.....g	2.247		0		1		4.606	0.288	
18:3 undifferentiated.....g	1.447		0		1		2.966	0.185	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	256	0.000	19		1		525	33	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		4		0.008	0.001	
Threonine.....g	0.013		0		4		0.027	0.002	
Isoleucine.....g	0.017		0		4		0.035	0.002	
Leucine.....g	0.027		0		4		0.055	0.003	
Lysine.....g	0.022		0		4		0.045	0.003	
Methionine.....g	0.007		0		4		0.014	0.001	
Cystine.....g	0.003		0		4		0.006	0.000	
Phenylalanine.....g	0.014		0		4		0.029	0.002	
Tyrosine.....g	0.014		0		4		0.029	0.002	
Valine.....g	0.019		0		4		0.039	0.002	
Arginine.....g	0.010		0		4		0.021	0.001	
Histidine.....g	0.008		0		4		0.016	0.001	
Alanine.....g	0.010		0		4		0.021	0.001	
Aspartic acid.....g	0.021		0		4		0.043	0.003	
Glutamic acid.....g	0.059		0		4		0.121	0.008	
Glycine.....g	0.006		0		4		0.012	0.001	
Proline.....g	0.027		0		4		0.055	0.003	
Serine.....g	0.015		0		4		0.031	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	193		0	BFFN	4		396.001	24.726	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 01003
Butter oil, anhydrous

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.347		0	NC	4		75.697	4.735	1.667
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.764		0	A	1		1.734	0.108	0.038
16:1 c.....g	0.764	0.008	3	A	1		1.734	0.108	0.038
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	15.870		0	A	1		36.025	2.254	0.793
18:1 c.....g	13.499	0.397	3	A	1		30.642	1.917	0.675
18:1 t.....g	2.371	0.112	3	A	1		5.383	0.337	0.119
20:1.....g	0.079	0.009	3	A	1		0.180	0.011	0.004
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.867		0	NC	4		6.508	0.407	0.143
18:2 undifferentiated.....g	0.447		0	A	1		1.016	0.064	0.022
18:2 n-6 c,c.....g	1.722	0.024	3	A	1		3.909	0.244	0.086
18:2 CLAs.....g	0.212	0.017	3	A	1		0.481	0.030	0.011
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.235	0.048	3	A	1		0.534	0.033	0.012
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	215	1.261	3	A	1		489	31	11
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	3	A	1		0	0	0
Campesterol.....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol.....mg	4	0.118	3	A	1		9	1	0
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.027	0.002	0.001
Threonine.....g	0.038		0		1		0.086	0.005	0.002
Isoleucine.....g	0.051		0		1		0.116	0.007	0.003
Leucine.....g	0.083		0		1		0.188	0.012	0.004
Lysine.....g	0.067		0		1		0.152	0.010	0.003
Methionine.....g	0.021		0		1		0.048	0.003	0.001
Cystine.....g	0.008		0		1		0.018	0.001	0.000
Phenylalanine.....g	0.041		0		1		0.093	0.006	0.002
Tyrosine.....g	0.041		0		1		0.093	0.006	0.002
Valine.....g	0.057		0		1		0.129	0.008	0.003
Arginine.....g	0.031		0		1		0.070	0.004	0.002
Histidine.....g	0.023		0		1		0.052	0.003	0.001
Alanine.....g	0.029		0		1		0.066	0.004	0.001
Aspartic acid.....g	0.064		0		1		0.145	0.009	0.003
Glutamic acid.....g	0.178		0		1		0.404	0.025	0.009
Glycine.....g	0.018		0		1		0.041	0.003	0.001
Proline.....g	0.082		0		1		0.186	0.012	0.004
Serine.....g	0.046		0		1		0.104	0.007	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	158		2	A	1		357.525	22.365	7.875
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000

NDB No. 01001
Butter, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		2	A	1		0.000	0.000	0.000

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Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01002
Butter, whipped, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.426		0		1		35.373	2.202	0.890
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.816	0.059	71		1		2.742	0.171	0.069
17:1.....g									
18:1 undifferentiated.....g	20.405	0.266	78		1		30.812	1.918	0.775
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.012		0		1		4.548	0.283	0.114
18:2 undifferentiated.....g	1.832	0.064	74		1		2.766	0.172	0.070
18:3 undifferentiated.....g	1.180	0.064	65		1		1.782	0.111	0.045
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	219	6.371	7		1		331	21	8
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.018	0.001	0.000
Threonine.....g	0.038		0		1		0.057	0.004	0.001
Isoleucine.....g	0.051		0		1		0.077	0.005	0.002
Leucine.....g	0.083		0		1		0.125	0.008	0.003
Lysine.....g	0.067		0		1		0.101	0.006	0.003
Methionine.....g	0.021		0		1		0.032	0.002	0.001
Cystine.....g	0.008		0		1		0.012	0.001	0.000
Phenylalanine.....g	0.041		0		1		0.062	0.004	0.002
Tyrosine.....g	0.041		0		1		0.062	0.004	0.002
Valine.....g	0.057		0		1		0.086	0.005	0.002
Arginine.....g	0.031		0		1		0.047	0.003	0.001
Histidine.....g	0.023		0		1		0.035	0.002	0.001
Alanine.....g	0.029		0		1		0.044	0.003	0.001
Aspartic acid.....g	0.064		0		1		0.097	0.006	0.002
Glutamic acid.....g	0.178		0		1		0.269	0.017	0.007
Glycine.....g	0.018		0		1		0.027	0.002	0.001
Proline.....g	0.082		0		1		0.124	0.008	0.003
Serine.....g	0.046		0		1		0.069	0.004	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	158		0	BFFN	4		237.825	14.805	5.985
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 151g: 1 cup

Measure 2 = 9.4g: 1 tbsp

Measure 3 = 3.8g: 1 pat (1" sq, 1/3" high)

NDB No. 01002

Butter, whipped, with salt

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01145
Butter, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	21.021		0	NC	4		47.718	2.985	1.051
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.961		0	AS	1		2.181	0.136	0.048
16:1 c.....g	0.961	0.008	3	A	1		2.181	0.136	0.048
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	19.961		0	AS	1		45.311	2.834	0.998
18:1 c.....g	16.978	0.397	3	A	1		38.541	2.411	0.849
18:1 t.....g	2.982	0.112	3	A	1		6.770	0.423	0.149
20:1.....g	0.100	0.009	3	A	1		0.227	0.014	0.005
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.043		0	NC	4		6.908	0.432	0.152
18:2 undifferentiated.....g	2.728		0	AS	1		6.194	0.387	0.136
18:2 n-6 c,c.....g	2.166	0.024	3	A	1		4.916	0.308	0.108
18:2 CLAs.....g	0.267	0.017	3	A	1		0.605	0.038	0.013
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.296	0.048	3	A	1		0.672	0.042	0.015
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		0.715	0.045	0.016
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	215	1.261	3	A	1		489	31	11
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	3	A	1		0	0	0
Campesterol.....mg	0	0.000	3	A	1		0	0	0
Beta-sitosterol.....mg	4	0.118	3	A	1		9	1	0
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.027	0.002	0.001
Threonine.....g	0.038		0		1		0.086	0.005	0.002
Isoleucine.....g	0.051		0		1		0.116	0.007	0.003
Leucine.....g	0.083		0		1		0.188	0.012	0.004
Lysine.....g	0.067		0		1		0.152	0.010	0.003
Methionine.....g	0.021		0		1		0.048	0.003	0.001
Cystine.....g	0.008		0		1		0.018	0.001	0.000
Phenylalanine.....g	0.041		0		1		0.093	0.006	0.002
Tyrosine.....g	0.041		0		1		0.093	0.006	0.002
Valine.....g	0.057		0		1		0.129	0.008	0.003
Arginine.....g	0.031		0		1		0.070	0.004	0.002
Histidine.....g	0.023		0		1		0.052	0.003	0.001
Alanine.....g	0.029		0		1		0.066	0.004	0.001
Aspartic acid.....g	0.064		0		1		0.145	0.009	0.003
Glutamic acid.....g	0.178		0		1		0.404	0.025	0.009
Glycine.....g	0.018		0		1		0.041	0.003	0.001
Proline.....g	0.082		0		1		0.186	0.012	0.004
Serine.....g	0.046		0		1		0.104	0.007	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	158		2	A	1		357.525	22.365	7.875
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000

NDB No. 01145
Butter, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		2	A	1		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 227g: 1 cup
- Measure 2 = 14.2g: 1 tbsp
- Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01163
Cheese fondue

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	3.563		0		4		7.660	3.848	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.431		0		4		0.927	0.465	
17:1.....g									
18:1 undifferentiated.....g	2.951		0		4		6.345	3.187	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.484		0		4		1.041	0.523	
18:2 undifferentiated.....g	0.311		0		4		0.669	0.336	
18:3 undifferentiated.....g	0.173		0		4		0.372	0.187	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0		4		97	49	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.179		0		4		0.385	0.193	
Threonine.....g	0.466		0		4		1.002	0.503	
Isoleucine.....g	0.689		0		4		1.481	0.744	
Leucine.....g	1.328		0		4		2.855	1.434	
Lysine.....g	1.160		0		4		2.494	1.253	
Methionine.....g	0.352		0		4		0.757	0.380	
Cystine.....g	0.129		0		4		0.277	0.139	
Phenylalanine.....g	0.746		0		4		1.604	0.806	
Tyrosine.....g	0.759		0		4		1.632	0.820	
Valine.....g	0.961		0		4		2.066	1.038	
Arginine.....g	0.416		0		4		0.894	0.449	
Histidine.....g	0.477		0		4		1.026	0.515	
Alanine.....g	0.409		0		4		0.879	0.442	
Aspartic acid.....g	0.705		0		4		1.516	0.761	
Glutamic acid.....g	2.562		0		4		5.508	2.767	
Glycine.....g	0.228		0		4		0.490	0.246	
Proline.....g	1.656		0		4		3.560	1.788	
Serine.....g	0.735		0		4		1.580	0.794	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.3		0		4		0.6	0.3	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 215g: 1 cup
 Measure 2 = 108g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01045
Cheese food, cold pack, american

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.165		0		1		2.031	16.265	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.646		0		1		0.183	1.466	
17:1.....g									
18:1 undifferentiated.....g	6.015		0		1		1.705	13.654	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.719		0		1		0.204	1.632	
18:2 undifferentiated.....g	0.461		0		1		0.131	1.046	
18:3 undifferentiated.....g	0.257		0		1		0.073	0.583	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		18	144	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.287		0		4		0.081	0.651	
Threonine.....g	0.638		0		4		0.181	1.448	
Isoleucine.....g	0.909		0		4		0.258	2.063	
Leucine.....g	1.738		0		4		0.493	3.945	
Lysine.....g	1.951		0		4		0.553	4.429	
Methionine.....g	0.509		0		4		0.144	1.155	
Cystine.....g	0.126		0		4		0.036	0.286	
Phenylalanine.....g	0.999		0		4		0.283	2.268	
Tyrosine.....g	1.076		0		4		0.305	2.443	
Valine.....g	1.177		0		4		0.334	2.672	
Arginine.....g	0.823		0		4		0.233	1.868	
Histidine.....g	0.801		0		4		0.227	1.818	
Alanine.....g	0.493		0		4		0.140	1.119	
Aspartic acid.....g	1.208		0		4		0.342	2.742	
Glutamic acid.....g	4.080		0		4		1.157	9.262	
Glycine.....g	0.324		0		4		0.092	0.735	
Proline.....g	2.000		0		4		0.567	4.540	
Serine.....g	0.949		0		4		0.269	2.154	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 44048
Cheese food, imitation

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.380								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029								
17:1.....g									
18:1 undifferentiated.....g	0.327								
20:1.....g	0.020								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048								
18:2 undifferentiated.....g	0.029								
18:3 undifferentiated.....g	0.019								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	6								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01149

Cheese food, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.206		0		1		2.043	16.358	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.649		0		1		0.184	1.473	
17:1.....g									
18:1 undifferentiated.....g	6.050		0		1		1.715	13.734	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.723		0		1		0.205	1.641	
18:2 undifferentiated.....g	0.464		0		1		0.132	1.053	
18:3 undifferentiated.....g	0.259		0		1		0.073	0.588	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		18	145	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		4		0.081	0.649	
Threonine.....g	0.637		0		4		0.181	1.446	
Isoleucine.....g	0.907		0		4		0.257	2.059	
Leucine.....g	1.733		0		4		0.491	3.934	
Lysine.....g	1.946		0		4		0.552	4.417	
Methionine.....g	0.507		0		4		0.144	1.151	
Cystine.....g	0.126		0		4		0.036	0.286	
Phenylalanine.....g	0.996		0		4		0.282	2.261	
Tyrosine.....g	1.073		0		4		0.304	2.436	
Valine.....g	1.174		0		4		0.333	2.665	
Arginine.....g	0.821		0		4		0.233	1.864	
Histidine.....g	0.799		0		4		0.227	1.814	
Alanine.....g	0.491		0		4		0.139	1.115	
Aspartic acid.....g	1.205		0		4		0.342	2.735	
Glutamic acid.....g	4.070		0		4		1.154	9.239	
Glycine.....g	0.323		0		4		0.092	0.733	
Proline.....g	1.995		0		4		0.566	4.529	
Serine.....g	0.946		0		4		0.268	2.147	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.21	0.907	5	A	1		48.82	12.25	9.07
Energy.....kcal	330		0	NC	4		373	94	69
Energy.....kj	1382		0	NC	4		1561	392	290
Protein (N x 6.38).....g	18.40	0.261	5	A	1		20.80	5.22	3.86
Total lipid (fat).....g	25.18	0.122	5	A	1		28.46	7.14	5.29
Ash.....g	5.38	0.062	5	A	1		6.08	1.53	1.13
Carbohydrate, by difference.....g	7.83		0	NC	4		8.84	2.22	1.64
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	7.43		0	NR	4		8.40	2.11	1.56
Sucrose.....g									
Glucose (dextrose).....g	2.64		2	A	1		2.99	0.75	0.56
Fructose.....g	0.98	0.209	3		1		1.10	0.28	0.21
Lactose.....g	3.81	0.111	5	JA	6		4.31	1.08	0.80
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	570	8.192	5	A	1		644	161	120
Iron, Fe.....mg	0.57	0.040	5	A	1		0.64	0.16	0.12
Magnesium, Mg.....mg	31	1.134	5	A	1		35	9	6
Phosphorus, P.....mg	439	14.893	5	A	1		496	124	92
Potassium, K.....mg	291	17.452	5	A	1		329	82	61
Sodium, Na.....mg	1265	10.102	5	A	1		1429	359	266
Zinc, Zn.....mg	3.19	0.099	5	A	1		3.60	0.90	0.67
Copper, Cu.....mg	0.085	0.015	5	A	1		0.096	0.024	0.018
Manganese, Mn.....mg	0.073	0.008	5	A	1		0.082	0.021	0.015
Selenium, Se.....mcg	16.1	2.960	4	A	1		18.2	4.6	3.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.068		2	A	1		0.077	0.019	0.014
Riboflavin.....mg	0.517		2	A	1		0.584	0.147	0.109
Niacin.....mg	0.170		2	A	1		0.192	0.048	0.036
Pantothenic acid.....mg	0.974		2	A	1		1.100	0.276	0.204
Vitamin B-6.....mg	0.073		2	A	1		0.082	0.021	0.015
Folate, total.....mcg	7		0		4		8	2	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	7		0		4		8	2	2
Folate, DFE.....mcg_DFE	7		0	NC	4		8	2	2
Vitamin B-12.....mcg	1.26		2	A	1		1.43	0.36	0.27
Vitamin A, IU.....IU	761		0	NC	4		860	216	160
Vitamin A, RAE.....mcg_RAE	201		0	NC	4		228	57	42
Retinol.....mcg	196		0	BFFN	4		222	56	41
Vitamin E (alpha-tocopherol).....mg	0.22		0	BFFN	4		0.24	0.06	0.05
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4		1	A	1		3.8	1.0	0.7
Lipids:									
Fatty acids, total saturated.....g	14.895		0	NC	4		16.831	4.223	3.128
4:0.....g	0.798		0		1		0.902	0.226	0.168
6:0.....g	0.472		0		1		0.533	0.134	0.099
8:0.....g	0.361		0		1		0.408	0.102	0.076
10:0.....g	0.482	0.030	3	A	1		0.544	0.137	0.101
12:0.....g	0.704	0.044	3	A	1		0.796	0.200	0.148
13:0.....g	0.025	0.001	3	A	1		0.028	0.007	0.005
14:0.....g	2.340	0.123	3	A	1		2.645	0.663	0.491
15:0.....g	0.273	0.015	3	A	1		0.308	0.077	0.057

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	6.560	0.335	3	A	1		7.413	1.860	1.378
17:0.....g	0.147	0.005	3	A	1		0.166	0.042	0.031
18:0.....g	2.680	0.105	3	A	1		3.028	0.760	0.563
20:0.....g	0.052	0.002	3	A	1		0.059	0.015	0.011
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.214		0	NC	4		8.152	2.045	1.515
14:1.....g	0.256	0.012	3	A	1		0.289	0.072	0.054
15:1.....g									
16:1 undifferentiated.....g	0.452	0.023	3	A	1		0.511	0.128	0.095
17:1.....g	0.148	0.011	3	A	1		0.167	0.042	0.031
18:1 undifferentiated.....g	6.218	0.282	3	A	1		7.026	1.763	1.306
20:1.....g	0.141	0.010	3	A	1		0.159	0.040	0.030
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.108		0	NC	4		1.252	0.314	0.233
18:2 undifferentiated.....g	0.800	0.039	3	A	1		0.904	0.227	0.168
18:3 undifferentiated.....g	0.194	0.012	3	A	1		0.219	0.055	0.041
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.043	0.003	3	A	1		0.049	0.012	0.009
20:3 undifferentiated.....g	0.031	0.002	3	A	1		0.035	0.009	0.007
20:4 undifferentiated.....g	0.040	0.001	3	A	1		0.046	0.011	0.008
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	80		2	A	1		90	23	17
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0	A	1		0.298	0.075	0.055
Threonine.....g	0.786		0	A	1		0.889	0.223	0.165
Isoleucine.....g	0.937		0	A	1		1.059	0.266	0.197
Leucine.....g	1.738		0	A	1		1.964	0.493	0.365
Lysine.....g	1.421		0	A	1		1.606	0.403	0.298
Methionine.....g	0.415		0	A	1		0.469	0.118	0.087
Cystine.....g	0.190		0	A	1		0.215	0.054	0.040
Phenylalanine.....g	0.905		0	A	1		1.023	0.257	0.190
Tyrosine.....g	0.909		0	A	1		1.028	0.258	0.191
Valine.....g	1.103		0	A	1		1.246	0.313	0.232
Arginine.....g	0.670		0	A	1		0.757	0.190	0.141
Histidine.....g	0.489		0	A	1		0.552	0.139	0.103
Alanine.....g	0.566		0	A	1		0.639	0.160	0.119
Aspartic acid.....g	1.300		0	A	1		1.469	0.369	0.273
Glutamic acid.....g	3.816		0	A	1		4.312	1.082	0.801
Glycine.....g	0.351		0	A	1		0.397	0.100	0.074
Proline.....g	2.017		0	A	1		2.279	0.572	0.424
Serine.....g	1.017		0	A	1		1.149	0.288	0.214
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	65		0	BFFN	4		72.988	18.312	13.564
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Common Measures:

Measure 1 = 113g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01047

Cheese food, pasteurized process, swiss

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.801		0		4		1.928	15.438	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.653		0		4		0.185	1.482	
17:1.....g									
18:1 undifferentiated.....g	5.691		0		4		1.613	12.919	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0		4		0.170	1.362	
18:2 undifferentiated.....g	0.330		0		4		0.094	0.749	
18:3 undifferentiated.....g	0.270		0		4		0.077	0.613	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		23	186	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.319		0		4		0.090	0.724	
Threonine.....g	0.711		0		4		0.202	1.614	
Isoleucine.....g	1.013		0		4		0.287	2.300	
Leucine.....g	1.938		0		4		0.549	4.399	
Lysine.....g	2.175		0		4		0.617	4.937	
Methionine.....g	0.567		0		4		0.161	1.287	
Cystine.....g	0.141		0		4		0.040	0.320	
Phenylalanine.....g	1.113		0		4		0.316	2.527	
Tyrosine.....g	1.199		0		4		0.340	2.722	
Valine.....g	1.313		0		4		0.372	2.981	
Arginine.....g	0.917		0		4		0.260	2.082	
Histidine.....g	0.893		0		4		0.253	2.027	
Alanine.....g	0.550		0		4		0.156	1.249	
Aspartic acid.....g	1.346		0		4		0.382	3.055	
Glutamic acid.....g	4.549		0		4		1.290	10.326	
Glycine.....g	0.361		0		4		0.102	0.819	
Proline.....g	2.230		0		4		0.632	5.062	
Serine.....g	1.058		0		4		0.300	2.402	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42258

Cheese product, pasteurized process, cheddar or american, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.130								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370								
17:1.....g									
18:1 undifferentiated.....g	3.470								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410								
18:2 undifferentiated.....g	0.270								
18:3 undifferentiated.....g	0.150								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	53								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					
Carotenoids:									
Carotene, beta.....mcg	82		0	BFZN					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01164

Cheese sauce, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.735		0		1		11.506	1.421	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.358		0		1		0.870	0.107	
17:1.....g									
18:1 undifferentiated.....g	4.375		0		1		10.631	1.313	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.397		0		1		3.395	0.419	
18:2 undifferentiated.....g	1.213		0		1		2.948	0.364	
18:3 undifferentiated.....g	0.184		0		1		0.447	0.055	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	38		0		1		92	11	
Phytosterols.....mg	11		0		1		27	3	
<u>Amino Acids:</u>									
Tryptophan.....g	0.123		0		1		0.299	0.037	
Threonine.....g	0.355		0		1		0.863	0.107	
Isoleucine.....g	0.578		0		1		1.405	0.173	
Leucine.....g	0.902		0		1		2.192	0.271	
Lysine.....g	0.772		0		1		1.876	0.232	
Methionine.....g	0.243		0		1		0.590	0.073	
Cystine.....g	0.056		0		1		0.136	0.017	
Phenylalanine.....g	0.484		0		1		1.176	0.145	
Tyrosine.....g	0.452		0		1		1.098	0.136	
Valine.....g	0.627		0		1		1.524	0.188	
Arginine.....g	0.351		0		1		0.853	0.105	
Histidine.....g	0.311		0		1		0.756	0.093	
Alanine.....g	0.279		0		1		0.678	0.084	
Aspartic acid.....g	0.628		0		1		1.526	0.188	
Glutamic acid.....g	2.214		0		1		5.380	0.664	
Glycine.....g	0.170		0		1		0.413	0.051	
Proline.....g	1.021		0		1		2.481	0.306	
Serine.....g	0.539		0		1		1.310	0.162	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30g: 2 tbsp

Calories Factors: Protein 4.08

Fat 8.92

Carbohydrate 3.95

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43276

Cheese spread, cream cheese base

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.071				4		19.370	2.288	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.804				4		1.930	0.228	
17:1.....g									
18:1 undifferentiated.....g	6.874				4		16.498	1.949	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.033				4		2.479	0.293	
18:2 undifferentiated.....g	0.632				4		1.517	0.179	
18:3 undifferentiated.....g	0.402				4		0.965	0.114	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90				4		216	26	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	19		0	NR	4		45.600	5.387	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01150

Cheese spread, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.219		0		1		1.763	8.831	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560	0.044	4		1		0.159	0.795	
17:1.....g									
18:1 undifferentiated.....g	5.221		0		1		1.480	7.414	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.624		0		1		0.177	0.886	
18:2 undifferentiated.....g	0.400		0		1		0.113	0.568	
18:3 undifferentiated.....g	0.223	0.027	3		1		0.063	0.317	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		16	78	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.239		0		4		0.068	0.339	
Threonine.....g	0.628		0		1		0.178	0.892	
Isoleucine.....g	0.833		0		1		0.236	1.183	
Leucine.....g	1.780		0		1		0.505	2.528	
Lysine.....g	1.507		0		1		0.427	2.140	
Methionine.....g	0.538		0		1		0.153	0.764	
Cystine.....g	0.105		0		4		0.030	0.149	
Phenylalanine.....g	0.931		0		1		0.264	1.322	
Tyrosine.....g	0.890		0		1		0.252	1.264	
Valine.....g	1.366		0		1		0.387	1.940	
Arginine.....g	0.545		0		1		0.155	0.774	
Histidine.....g	0.509		0		1		0.144	0.723	
Alanine.....g	0.602		0		1		0.171	0.855	
Aspartic acid.....g	1.103		0		1		0.313	1.566	
Glutamic acid.....g	3.475		0		1		0.985	4.935	
Glycine.....g	0.311		0		1		0.088	0.442	
Proline.....g	2.320		0		1		0.658	3.294	
Serine.....g	1.037		0		1		0.294	1.473	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 jar (5 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.219		0		1		8.707	15.174	1.763
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560	0.044	4		1		0.784	1.366	0.159
17:1.....g									
18:1 undifferentiated.....g	5.221	0.179	4		1		7.309	12.739	1.480
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.624		0		1		0.874	1.523	0.177
18:2 undifferentiated.....g	0.400	0.040	4		1		0.560	0.976	0.113
18:3 undifferentiated.....g	0.223	0.027	3		1		0.312	0.544	0.063
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		77	135	16
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.239		0		4		0.335	0.583	0.068
Threonine.....g	0.628		0		1		0.879	1.532	0.178
Isoleucine.....g	0.833		0		1		1.166	2.033	0.236
Leucine.....g	1.780		0		1		2.492	4.343	0.505
Lysine.....g	1.507		0		1		2.110	3.677	0.427
Methionine.....g	0.538		0		1		0.753	1.313	0.153
Cystine.....g	0.105		0		4		0.147	0.256	0.030
Phenylalanine.....g	0.931		0		1		1.303	2.272	0.264
Tyrosine.....g	0.890		0		1		1.246	2.172	0.252
Valine.....g	1.366		0		1		1.912	3.333	0.387
Arginine.....g	0.545		0		1		0.763	1.330	0.155
Histidine.....g	0.509		0		1		0.713	1.242	0.144
Alanine.....g	0.602		0		1		0.843	1.469	0.171
Aspartic acid.....g	1.103		0		1		1.544	2.691	0.313
Glutamic acid.....g	3.475		0		1		4.865	8.479	0.985
Glycine.....g	0.311		0		1		0.435	0.759	0.088
Proline.....g	2.320		0		1		3.248	5.661	0.658
Serine.....g	1.037		0		1		1.452	2.530	0.294
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	55		0	BFFN	4		77.539	135.140	15.702
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 140g: 1 cup, diced
- Measure 2 = 244g: 1 cup
- Measure 3 = 28.35g: 1 oz

NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01161
Cheese substitute, mozzarella

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.243		0		1		7.055	1.770	1.124
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	6.243		1		1		7.055	1.770	1.124
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.738		0		1		1.964	0.493	0.313
18:2 undifferentiated.....g	1.664		1		1		1.880	0.472	0.300
18:3 undifferentiated.....g	0.074		1		1		0.084	0.021	0.013
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0		1		0.171	0.043	0.027
Threonine.....g	0.397		0		1		0.449	0.113	0.071
Isoleucine.....g	0.570		0		1		0.644	0.162	0.103
Leucine.....g	0.924		0		1		1.044	0.262	0.166
Lysine.....g	0.793		0		1		0.896	0.225	0.143
Methionine.....g	0.282		0		1		0.319	0.080	0.051
Cystine.....g	0.050		0		1		0.057	0.014	0.009
Phenylalanine.....g	0.525		0		1		0.593	0.149	0.095
Tyrosine.....g	0.572		0		1		0.646	0.162	0.103
Valine.....g	0.680		0		1		0.768	0.193	0.122
Arginine.....g	0.388		0		1		0.438	0.110	0.070
Histidine.....g	0.286		0		1		0.323	0.081	0.051
Alanine.....g	0.273		0		1		0.308	0.077	0.049
Aspartic acid.....g	0.682		0		1		0.771	0.193	0.123
Glutamic acid.....g	2.172		0		1		2.454	0.616	0.391
Glycine.....g	0.167		0		1		0.189	0.047	0.030
Proline.....g	1.036		0		1		1.171	0.294	0.186
Serine.....g	0.532		0		1		0.601	0.151	0.096
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 113g: 1 cup, shredded
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 18g: 1 cubic inch

NDB No. 01161

Cheese substitute, mozzarella

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43278

Cheese, american cheddar, imitation

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.102				4		9.188	0.738	0.861
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.369				4		0.827	0.066	0.077
17:1.....g									
18:1 undifferentiated.....g	3.442				4		7.710	0.620	0.723
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.409				4		0.916	0.074	0.086
18:2 undifferentiated.....g	0.264				4		0.591	0.048	0.055
18:3 undifferentiated.....g	0.145				4		0.325	0.026	0.030
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	36				4		81	6	8
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
Carotenoids:									
Carotene, beta.....mcg	37		0	BFFN		4	81.812	6.574	7.670
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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Common Measures:

- Measure 1 = 224g: 1 cup
- Measure 2 = 18g: 1 cubic inch
- Measure 3 = 21g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.778		0		1		2.205	1.322	10.500
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.816	0.103	10		1		0.231	0.139	1.102
17:1.....g									
18:1 undifferentiated.....g	6.622	0.175	10		1		1.877	1.126	8.940
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0		1		0.227	0.136	1.080
18:2 undifferentiated.....g	0.536	0.056	10		1		0.152	0.091	0.724
18:3 undifferentiated.....g	0.264	0.030	9		1		0.075	0.045	0.356
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	75	5.349	4		1		21	13	102
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.312		0		1		0.088	0.053	0.421
Threonine.....g	0.785		0		1		0.223	0.133	1.060
Isoleucine.....g	1.124		0		1		0.319	0.191	1.517
Leucine.....g	1.919		0		1		0.544	0.326	2.591
Lysine.....g	1.852		0		1		0.525	0.315	2.500
Methionine.....g	0.584		0		1		0.166	0.099	0.788
Cystine.....g	0.107		0		1		0.030	0.018	0.144
Phenylalanine.....g	1.087		0		1		0.308	0.185	1.467
Tyrosine.....g	1.295		0		1		0.367	0.220	1.748
Valine.....g	1.556		0		1		0.441	0.265	2.101
Arginine.....g	0.711		0		1		0.202	0.121	0.960
Histidine.....g	0.758		0		1		0.215	0.129	1.023
Alanine.....g	0.644		0		1		0.183	0.109	0.869
Aspartic acid.....g	1.436		0		1		0.407	0.244	1.939
Glutamic acid.....g	5.179		0		1		1.468	0.880	6.992
Glycine.....g	0.406		0		1		0.115	0.069	0.548
Proline.....g	2.100		0		1		0.595	0.357	2.835
Serine.....g	1.120		0		1		0.318	0.190	1.512
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	74		0	BFFN	4		20.898	12.531	99.515
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cubic inch

Measure 3 = 135g: 1 cup, crumbled, not packed

NDB No. 01004
Cheese, blue

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01005

Cheese, brick

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.598		0		1		11.349	9.716	2.438
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.817	0.070	7		1		1.078	0.923	0.232
17:1.....g									
18:1 undifferentiated.....g	7.401	0.245	7		1		9.769	8.363	2.098
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.784		0		1		1.035	0.886	0.222
18:2 undifferentiated.....g	0.491	0.051	7		1		0.648	0.555	0.139
18:3 undifferentiated.....g	0.293	0.040	7		1		0.387	0.331	0.083
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		125	107	27
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.324		0		1		0.428	0.366	0.092
Threonine.....g	0.882		0		1		1.164	0.997	0.250
Isoleucine.....g	1.137		0		1		1.501	1.285	0.322
Leucine.....g	2.244		0		1		2.962	2.536	0.636
Lysine.....g	2.124		0		1		2.804	2.400	0.602
Methionine.....g	0.565		0		1		0.746	0.638	0.160
Cystine.....g	0.131		0		1		0.173	0.148	0.037
Phenylalanine.....g	1.231		0		1		1.625	1.391	0.349
Tyrosine.....g	1.115		0		1		1.472	1.260	0.316
Valine.....g	1.472		0		1		1.943	1.663	0.417
Arginine.....g	0.874		0		1		1.154	0.988	0.248
Histidine.....g	0.823		0		1		1.086	0.930	0.233
Alanine.....g	0.670		0		1		0.884	0.757	0.190
Aspartic acid.....g	1.588		0		1		2.096	1.794	0.450
Glutamic acid.....g	5.515		0		1		7.280	6.232	1.564
Glycine.....g	0.437		0		1		0.577	0.494	0.124
Proline.....g	2.575		0		1		3.399	2.910	0.730
Serine.....g	1.289		0		1		1.701	1.457	0.365
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	76		0	BFFN	4		100.486	86.022	21.582
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01005
Cheese, brick

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Cheese, brie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.013		0		4		19.231	11.539	2.272
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.007		0		4		2.417	1.450	0.285
17:1.....g									
18:1 undifferentiated.....g	6.563		0		4		15.751	9.451	1.861
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.826		0		4		1.982	1.189	0.234
18:2 undifferentiated.....g	0.513		0		4		1.231	0.739	0.145
18:3 undifferentiated.....g	0.313		0		4		0.751	0.451	0.089
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	100		1		1		240	144	28
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.773	0.464	0.091
Threonine.....g	0.751		0		1		1.802	1.081	0.213
Isoleucine.....g	1.015		0		1		2.436	1.462	0.288
Leucine.....g	1.929		0		1		4.630	2.778	0.547
Lysine.....g	1.851		0		1		4.442	2.665	0.525
Methionine.....g	0.592		0		1		1.421	0.852	0.168
Cystine.....g	0.114		0		1		0.274	0.164	0.032
Phenylalanine.....g	1.158		0		1		2.779	1.668	0.328
Tyrosine.....g	1.200		0		1		2.880	1.728	0.340
Valine.....g	1.340		0		1		3.216	1.930	0.380
Arginine.....g	0.735		0		1		1.764	1.058	0.208
Histidine.....g	0.716		0		1		1.718	1.031	0.203
Alanine.....g	0.859		0		1		2.062	1.237	0.244
Aspartic acid.....g	1.350		0		1		3.240	1.944	0.383
Glutamic acid.....g	4.387		0		1		10.529	6.317	1.244
Glycine.....g	0.397		0		1		0.953	0.572	0.113
Proline.....g	2.459		0		1		5.902	3.541	0.697
Serine.....g	1.168		0		1		2.803	1.682	0.331
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	9		0	NR	4		21.600	12.960	2.552
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup, melted

Measure 2 = 144g: 1 cup, sliced

Measure 3 = 28.35g: 1 oz

NDB No. 01006
Cheese, brie

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01007
Cheese, camembert

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.023		0		1		17.277	1.991	1.194
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.883	0.056	7		1		2.172	0.250	0.150
17:1.....g									
18:1 undifferentiated.....g	5.752	0.302	7		1		14.150	1.631	0.978
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.724		0		1		1.781	0.205	0.123
18:2 undifferentiated.....g	0.450	0.041	7		1		1.107	0.128	0.077
18:3 undifferentiated.....g	0.274	0.022	7		1		0.674	0.078	0.047
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	72	4.445	4		1		177	20	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.307		0		1		0.755	0.087	0.052
Threonine.....g	0.717		0		1		1.764	0.203	0.122
Isoleucine.....g	0.968		0		1		2.381	0.274	0.165
Leucine.....g	1.840		0		1		4.526	0.522	0.313
Lysine.....g	1.766		0		1		4.344	0.501	0.300
Methionine.....g	0.565		0		1		1.390	0.160	0.096
Cystine.....g	0.109		0		1		0.268	0.031	0.019
Phenylalanine.....g	1.105		0		1		2.718	0.313	0.188
Tyrosine.....g	1.145		0		1		2.817	0.325	0.195
Valine.....g	1.279		0		1		3.146	0.363	0.217
Arginine.....g	0.701		0		1		1.724	0.199	0.119
Histidine.....g	0.683		0		1		1.680	0.194	0.116
Alanine.....g	0.819		0		1		2.015	0.232	0.139
Aspartic acid.....g	1.288		0		1		3.168	0.365	0.219
Glutamic acid.....g	4.187		0		1		10.300	1.187	0.712
Glycine.....g	0.379		0		1		0.932	0.107	0.064
Proline.....g	2.346		0		1		5.771	0.665	0.399
Serine.....g	1.114		0		1		2.740	0.316	0.189
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	12		0	NR	4		29.520	3.402	2.040
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 246g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 17g: 1 cubic inch

NDB No. 01007
Cheese, camembert

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01008
Cheese, caraway

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.275		0		4		2.346		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.885		0		4		0.251		
17:1.....g									
18:1 undifferentiated.....g	6.965		0		4		1.975		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0		4		0.235		
18:2 undifferentiated.....g	0.508		0		4		0.144		
18:3 undifferentiated.....g	0.322		0		4		0.091		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		4		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.324		0		4		0.092		
Threonine.....g	0.896		0		4		0.254		
Isoleucine.....g	1.563		0		4		0.443		
Leucine.....g	2.412		0		4		0.684		
Lysine.....g	2.095		0		4		0.594		
Methionine.....g	0.659		0		4		0.187		
Cystine.....g	0.126		0		4		0.036		
Phenylalanine.....g	1.326		0		4		0.376		
Tyrosine.....g	1.216		0		4		0.345		
Valine.....g	1.682		0		4		0.477		
Arginine.....g	0.952		0		4		0.270		
Histidine.....g	0.884		0		4		0.251		
Alanine.....g	0.711		0		4		0.202		
Aspartic acid.....g	1.618		0		4		0.459		
Glutamic acid.....g	6.160		0		4		1.746		
Glycine.....g	0.439		0		4		0.124		
Proline.....g	2.838		0		4		0.805		
Serine.....g	1.472		0		4		0.417		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01009
Cheese, cheddar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	9.803	0.315	18		1		12.940	23.919	11.077
17:0.....g									
18:0.....g	4.007	0.162	18		1		5.289	9.777	4.528
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.391		0		1		12.396	22.914	10.612
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.004	0.042	18		1		1.325	2.450	1.135
17:1.....g									
18:1 undifferentiated.....g	7.905	0.234	18		1		10.435	19.288	8.933
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.942		0		1		1.243	2.298	1.064
18:2 undifferentiated.....g	0.577	0.041	18		1		0.762	1.408	0.652
18:3 undifferentiated.....g	0.365	0.042	17		1		0.482	0.891	0.412
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	105	1.617	9		1		138	256	119
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.320		0		1		0.422	0.781	0.362
Threonine.....g	0.886		0		1		1.170	2.162	1.001
Isoleucine.....g	1.546		0		1		2.041	3.772	1.747
Leucine.....g	2.385		0		1		3.148	5.819	2.695
Lysine.....g	2.072		0		1		2.735	5.056	2.341
Methionine.....g	0.652		0		1		0.861	1.591	0.737
Cystine.....g	0.125		0		1		0.165	0.305	0.141
Phenylalanine.....g	1.311		0		1		1.731	3.199	1.481
Tyrosine.....g	1.202		0		1		1.587	2.933	1.358
Valine.....g	1.663		0		1		2.195	4.058	1.879
Arginine.....g	0.941		0		1		1.242	2.296	1.063
Histidine.....g	0.874		0		1		1.154	2.133	0.988
Alanine.....g	0.703		0		1		0.928	1.715	0.794
Aspartic acid.....g	1.600		0		1		2.112	3.904	1.808
Glutamic acid.....g	6.092		0		1		8.041	14.864	6.884
Glycine.....g	0.429		0		1		0.566	1.047	0.485
Proline.....g	2.806		0		1		3.704	6.847	3.171
Serine.....g	1.456		0		1		1.922	3.553	1.645
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	85		2	A	1		112.200	207.400	96.050
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		2	A	1		0.000	0.000	0.000

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NDB No. 01009

Cheese, cheddar

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01010
Cheese, cheshire

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.671		0		4		2.458		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.927		0		4		0.263		
17:1.....g									
18:1 undifferentiated.....g	7.299		0		4		2.069		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		4		0.247		
18:2 undifferentiated.....g	0.533		0		4		0.151		
18:3 undifferentiated.....g	0.337		0		4		0.096		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	103		1		1		29		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.300		0		1		0.085		
Threonine.....g	0.832		0		1		0.236		
Isoleucine.....g	1.451		0		1		0.411		
Leucine.....g	2.238		0		1		0.634		
Lysine.....g	1.945		0		1		0.551		
Methionine.....g	0.612		0		1		0.174		
Cystine.....g	0.117		0		1		0.033		
Phenylalanine.....g	1.231		0		1		0.349		
Tyrosine.....g	1.128		0		1		0.320		
Valine.....g	1.560		0		1		0.442		
Arginine.....g	0.883		0		1		0.250		
Histidine.....g	0.821		0		1		0.233		
Alanine.....g	0.659		0		1		0.187		
Aspartic acid.....g	1.502		0		1		0.426		
Glutamic acid.....g	5.718		0		1		1.621		
Glycine.....g	0.403		0		1		0.114		
Proline.....g	2.634		0		1		0.747		
Serine.....g	1.366		0		1		0.387		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01011
Cheese, colby

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.280		0		1		12.250	10.486	2.631
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.979	0.050	8		1		1.292	1.106	0.278
17:1.....g									
18:1 undifferentiated.....g	7.813	0.335	8		1		10.313	8.829	2.215
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.953		0		1		1.258	1.077	0.270
18:2 undifferentiated.....g	0.676	0.071	8		1		0.892	0.764	0.192
18:3 undifferentiated.....g	0.277	0.049	8		1		0.366	0.313	0.079
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	95	2.962	4		1		125	107	27
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.403	0.345	0.086
Threonine.....g	0.845		0		1		1.115	0.955	0.240
Isoleucine.....g	1.475		0		1		1.947	1.667	0.418
Leucine.....g	2.275		0		1		3.003	2.571	0.645
Lysine.....g	1.978		0		1		2.611	2.235	0.561
Methionine.....g	0.622		0		1		0.821	0.703	0.176
Cystine.....g	0.119		0		1		0.157	0.134	0.034
Phenylalanine.....g	1.251		0		1		1.651	1.414	0.355
Tyrosine.....g	1.147		0		1		1.514	1.296	0.325
Valine.....g	1.586		0		1		2.094	1.792	0.450
Arginine.....g	0.898		0		1		1.185	1.015	0.255
Histidine.....g	0.834		0		1		1.101	0.942	0.236
Alanine.....g	0.670		0		1		0.884	0.757	0.190
Aspartic acid.....g	1.527		0		1		2.016	1.726	0.433
Glutamic acid.....g	5.813		0		1		7.673	6.569	1.648
Glycine.....g	0.410		0		1		0.541	0.463	0.116
Proline.....g	2.678		0		1		3.535	3.026	0.759
Serine.....g	1.389		0		1		1.833	1.570	0.394
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	82		0	BFFN	4		108.713	93.065	23.349
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01011
Cheese, colby

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.285		0		1		1.452	2.699	2.891
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.161	0.013	7		1		0.182	0.338	0.362
17:1.....g									
18:1 undifferentiated.....g	1.056	0.038	7		1		1.193	2.218	2.376
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.139		0		1		0.157	0.292	0.313
18:2 undifferentiated.....g	0.099	0.008	7		1		0.112	0.208	0.223
18:3 undifferentiated.....g	0.040	0.005	7		1		0.045	0.084	0.090
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	15	1.483	5		1		17	31	34
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0		1		0.157	0.292	0.313
Threonine.....g	0.554		0		1		0.626	1.163	1.247
Isoleucine.....g	0.734		0		1		0.829	1.541	1.652
Leucine.....g	1.284		0		1		1.451	2.696	2.889
Lysine.....g	1.010		0		1		1.141	2.121	2.273
Methionine.....g	0.376		0		1		0.425	0.790	0.846
Cystine.....g	0.116		0		1		0.131	0.244	0.261
Phenylalanine.....g	0.673		0		1		0.760	1.413	1.514
Tyrosine.....g	0.666		0		1		0.753	1.399	1.499
Valine.....g	0.773		0		1		0.873	1.623	1.739
Arginine.....g	0.570		0		1		0.644	1.197	1.283
Histidine.....g	0.415		0		1		0.469	0.872	0.934
Alanine.....g	0.648		0		1		0.732	1.361	1.458
Aspartic acid.....g	0.846		0		1		0.956	1.777	1.904
Glutamic acid.....g	2.706		0		1		3.058	5.683	6.089
Glycine.....g	0.272		0		1		0.307	0.571	0.612
Proline.....g	1.447		0		1		1.635	3.039	3.256
Serine.....g	0.701		0		1		0.792	1.472	1.577
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	12		0	BFFN	4		13.071	24.292	26.027
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 210g: 1 cup, large curd (not packed)

Measure 3 = 225g: 1 cup, small curd (not packed)

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01013

Cheese, cottage, creamed, with fruit

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.036		0	RA	4		2.342	1.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		0	RA	4		0.310	0.155	
17:1.....g									
18:1 undifferentiated.....g	0.899		0	RA	4		2.033	1.016	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0	RA	4		0.281	0.140	
18:2 undifferentiated.....g	0.088		0	RA	4		0.198	0.099	
18:3 undifferentiated.....g	0.037		0	RA	4		0.083	0.041	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RA	4		29	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0	RA	4		0.267	0.134	
Threonine.....g	0.471		0	RA	4		1.064	0.532	
Isoleucine.....g	0.624		0	RA	4		1.410	0.705	
Leucine.....g	1.091		0	RA	4		2.467	1.233	
Lysine.....g	0.859		0	RA	4		1.940	0.970	
Methionine.....g	0.320		0	RA	4		0.722	0.361	
Cystine.....g	0.099		0	RA	4		0.223	0.111	
Phenylalanine.....g	0.572		0	RA	4		1.293	0.646	
Tyrosine.....g	0.566		0	RA	4		1.279	0.640	
Valine.....g	0.657		0	RA	4		1.485	0.742	
Arginine.....g	0.485		0	RA	4		1.095	0.547	
Histidine.....g	0.353		0	RA	4		0.797	0.399	
Alanine.....g	0.551		0	RA	4		1.245	0.622	
Aspartic acid.....g	0.719		0	RA	4		1.625	0.813	
Glutamic acid.....g	2.300		0	RA	4		5.198	2.599	
Glycine.....g	0.231		0	RA	4		0.523	0.261	
Proline.....g	1.230		0	RA	4		2.780	1.390	
Serine.....g	0.596		0	RA	4		1.347	0.673	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	RA	4		32.391	16.196	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01013

Cheese, cottage, creamed, with fruit

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01016

Cheese, cottage, lowfat, 1% milkfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.291		0		1		0.658	0.329	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036	0.005	7		1		0.081	0.041	
17:1.....g									
18:1 undifferentiated.....g	0.239	0.024	7		1		0.540	0.270	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.070	0.035	
18:2 undifferentiated.....g	0.022	0.003	7		1		0.050	0.025	
18:3 undifferentiated.....g	0.009	0.002	7		1		0.020	0.010	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		10	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0		1		0.312	0.156	
Threonine.....g	0.550		0		1		1.243	0.622	
Isoleucine.....g	0.728		0		1		1.645	0.823	
Leucine.....g	1.274		0		1		2.879	1.440	
Lysine.....g	1.002		0		1		2.265	1.132	
Methionine.....g	0.373		0		1		0.843	0.421	
Cystine.....g	0.115		0		1		0.260	0.130	
Phenylalanine.....g	0.668		0		1		1.510	0.755	
Tyrosine.....g	0.660		0		1		1.492	0.746	
Valine.....g	0.767		0		1		1.733	0.867	
Arginine.....g	0.565		0		1		1.277	0.638	
Histidine.....g	0.412		0		1		0.931	0.466	
Alanine.....g	0.643		0		1		1.453	0.727	
Aspartic acid.....g	0.839		0		1		1.896	0.948	
Glutamic acid.....g	2.684		0		1		6.066	3.033	
Glycine.....g	0.270		0		1		0.610	0.305	
Proline.....g	1.435		0		1		3.243	1.622	
Serine.....g	0.695		0		1		1.571	0.785	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		5.913	2.956	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01016

Cheese, cottage, lowfat, 1% milkfat

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42235

Cheese, cottage, lowfat, 1% milkfat, lactose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.290				1		0.658		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040				1		0.091		
17:1.....g									
18:1 undifferentiated.....g	0.240				1		0.545		
20:1.....g	0.000				1		0.000		
22:1 undifferentiated.....g	0.000				1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030				1		0.068		
18:2 undifferentiated.....g	0.020				1		0.045		
18:3 undifferentiated.....g	0.010				1		0.023		
18:4.....g	0.000				1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000		
20:5 n-3.....g	0.000				1		0.000		
22:5 n-3.....g	0.000				1		0.000		
22:6 n-3.....g	0.000				1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4				1		9		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		5.822		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43352

Cheese, cottage, lowfat, 1% milkfat, no sodium added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.284				4		0.642		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036				4		0.081		
17:1.....g									
18:1 undifferentiated.....g	0.235				4		0.531		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031				4		0.070		
18:2 undifferentiated.....g	0.022				4		0.050		
18:3 undifferentiated.....g	0.009				4		0.020		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4				1		9		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		5.797		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43396

Cheese, cottage, lowfat, 1% milkfat, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.282				4		0.637		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039				4		0.088		
17:1.....g									
18:1 undifferentiated.....g	0.233				4		0.527		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039				4		0.088		
18:2 undifferentiated.....g	0.029				4		0.066		
18:3 undifferentiated.....g	0.010				4		0.023		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3				4		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		
Carotenoids:									
Carotene, beta.....mcg	34		0	BFFN		4	76.183		
Carotene, alpha.....mcg	0		0	BFZN		4	0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN		4	0.000		
Lycopene.....mcg	0		0	BFZN		4	0.000		
Lutein + zeaxanthin.....mcg	16		0	BFZN		4	36.499		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01015

Cheese, cottage, lowfat, 2% milkfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.550		0		1		1.243	0.622	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069	0.006	7		1		0.156	0.078	
17:1.....g									
18:1 undifferentiated.....g	0.452	0.021	7		1		1.022	0.511	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.133	0.067	
18:2 undifferentiated.....g	0.042	0.004	7		1		0.095	0.047	
18:3 undifferentiated.....g	0.017	0.002	7		1		0.038	0.019	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		19	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0		1		0.346	0.173	
Threonine.....g	0.609		0		1		1.376	0.688	
Isoleucine.....g	0.808		0		1		1.826	0.913	
Leucine.....g	1.413		0		1		3.193	1.597	
Lysine.....g	1.111		0		1		2.511	1.255	
Methionine.....g	0.413		0		1		0.933	0.467	
Cystine.....g	0.127		0		1		0.287	0.144	
Phenylalanine.....g	0.741		0		1		1.675	0.837	
Tyrosine.....g	0.732		0		1		1.654	0.827	
Valine.....g	0.851		0		1		1.923	0.962	
Arginine.....g	0.627		0		1		1.417	0.709	
Histidine.....g	0.457		0		1		1.033	0.516	
Alanine.....g	0.713		0		1		1.611	0.806	
Aspartic acid.....g	0.930		0		1		2.102	1.051	
Glutamic acid.....g	2.976		0		1		6.726	3.363	
Glycine.....g	0.299		0		1		0.676	0.338	
Proline.....g	1.592		0		1		3.598	1.799	
Serine.....g	0.771		0		1		1.742	0.871	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	BFFN	4		11.187	5.594	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01015

Cheese, cottage, lowfat, 2% milkfat

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.110		0		1		0.160	0.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012	0.002	7		1		0.017	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.093	0.011	7		1		0.135	0.105	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.022	0.017	
18:2 undifferentiated.....g	0.011	0.002	7		1		0.016	0.012	
18:3 undifferentiated.....g	0.004	0.001	7		1		0.006	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.675	5		1		10	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0		1		0.278	0.217	
Threonine.....g	0.766		0		1		1.111	0.866	
Isoleucine.....g	1.015		0		1		1.472	1.147	
Leucine.....g	1.776		0		1		2.575	2.007	
Lysine.....g	1.397		0		1		2.026	1.579	
Methionine.....g	0.520		0		1		0.754	0.588	
Cystine.....g	0.160		0		1		0.232	0.181	
Phenylalanine.....g	0.931		0		1		1.350	1.052	
Tyrosine.....g	0.920		0		1		1.334	1.040	
Valine.....g	1.069		0		1		1.550	1.208	
Arginine.....g	0.788		0		1		1.143	0.890	
Histidine.....g	0.574		0		1		0.832	0.649	
Alanine.....g	0.896		0		1		1.299	1.012	
Aspartic acid.....g	1.169		0		1		1.695	1.321	
Glutamic acid.....g	3.741		0		1		5.424	4.227	
Glycine.....g	0.376		0		1		0.545	0.425	
Proline.....g	2.000		0		1		2.900	2.260	
Serine.....g	0.969		0		1		1.405	1.095	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 145g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43273

Cheese, cottage, with vegetables

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.189				4		2.687		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.148				4		0.334		
17:1.....g									
18:1 undifferentiated.....g	0.985				4		2.226		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140				4		0.316		
18:2 undifferentiated.....g	0.103				4		0.233		
18:3 undifferentiated.....g	0.037				4		0.084		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	RA	4		32		
Phytosterols.....mg	0		0	RA	4		1		
Amino Acids:									
Tryptophan.....g	0.134		0	RA	4		0.303		
Threonine.....g	0.533		0	RA	4		1.204		
Isoleucine.....g	0.704		0	RA	4		1.592		
Leucine.....g	1.230		0	RA	4		2.779		
Lysine.....g	0.968		0	RA	4		2.187		
Methionine.....g	0.359		0	RA	4		0.811		
Cystine.....g	0.110		0	RA	4		0.249		
Phenylalanine.....g	0.645		0	RA	4		1.457		
Tyrosine.....g	0.637		0	RA	4		1.441		
Valine.....g	0.742		0	RA	4		1.676		
Arginine.....g	0.553		0	RA	4		1.251		
Histidine.....g	0.397		0	RA	4		0.897		
Alanine.....g	0.623		0	RA	4		1.408		
Aspartic acid.....g	0.819		0	RA	4		1.851		
Glutamic acid.....g	2.605		0	RA	4		5.886		
Glycine.....g	0.267		0	RA	4		0.602		
Proline.....g	1.385		0	RA	4		3.131		
Serine.....g	0.673		0	RA	4		1.522		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		
Carotenoids:									
Carotene, beta.....mcg	142		0	RA	4		319.969		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	16		0	RA	4		36.499		

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Common Measures:

Measure 1 = 226g: 1 cup

NDB No. 43273

Cheese, cottage, with vegetables

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01017
Cheese, cream

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.838		0		1		22.824	1.427	0.984
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.984	0.060	11		1		2.283	0.143	0.098
17:1.....g									
18:1 undifferentiated.....g	8.381	0.345	11		1		19.444	1.215	0.838
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.265		0		1		2.935	0.183	0.127
18:2 undifferentiated.....g	0.774	0.080	11		1		1.796	0.112	0.077
18:3 undifferentiated.....g	0.491	0.056	10		1		1.139	0.071	0.049
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	110	2.649	8		1		255	16	11
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.155	0.010	0.007
Threonine.....g	0.321		0		1		0.745	0.047	0.032
Isoleucine.....g	0.399		0		1		0.926	0.058	0.040
Leucine.....g	0.731		0		1		1.696	0.106	0.073
Lysine.....g	0.676		0		1		1.568	0.098	0.068
Methionine.....g	0.181		0		1		0.420	0.026	0.018
Cystine.....g	0.066		0		1		0.153	0.010	0.007
Phenylalanine.....g	0.419		0		1		0.972	0.061	0.042
Tyrosine.....g	0.360		0		1		0.835	0.052	0.036
Valine.....g	0.443		0		1		1.028	0.064	0.044
Arginine.....g	0.286		0		1		0.664	0.041	0.029
Histidine.....g	0.271		0		1		0.629	0.039	0.027
Alanine.....g	0.230		0		1		0.534	0.033	0.023
Aspartic acid.....g	0.533		0		1		1.237	0.077	0.053
Glutamic acid.....g	1.714		0		1		3.976	0.249	0.171
Glycine.....g	0.149		0		1		0.346	0.022	0.015
Proline.....g	0.689		0		1		1.598	0.100	0.069
Serine.....g	0.398		0		1		0.923	0.058	0.040
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	89		0	BFFN	4		207.494	12.968	8.944
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

Measure 3 = 10.0g: 1 tbsp, whipped

NDB No. 01017
Cheese, cream

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01186
Cheese, cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.333		2	A		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		2	A		1			
17:1.....g									
18:1 undifferentiated.....g	0.293		2	A		1			
20:1.....g	0.004		2	A		1			
22:1 undifferentiated.....g	0.000		2	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		2	A		1			
18:2 undifferentiated.....g	0.045		2	A		1			
18:3 undifferentiated.....g	0.009		2	A		1			
18:4.....g	0.000		2	A		1			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		2	A		1			
20:5 n-3.....g	0.000		2	A		1			
22:5 n-3.....g	0.001		2	A		1			
22:6 n-3.....g	0.000		2	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2	A		1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43274
Cheese, cream, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.967				4		11.921	0.745	0.497
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.495				4		1.188	0.074	0.050
17:1.....g									
18:1 undifferentiated.....g	4.230				4		10.152	0.635	0.423
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.636				4		1.526	0.095	0.064
18:2 undifferentiated.....g	0.389				4		0.934	0.058	0.039
18:3 undifferentiated.....g	0.247				4		0.593	0.037	0.025
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	56				4		134	8	6
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	45		0	BFFN	4		108.347	6.772	4.514
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.125		0		1		2.303	16.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.813	0.090	7		1		0.230	1.610	
17:1.....g									
18:1 undifferentiated.....g	6.911	0.298	7		1		1.959	13.684	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.665		0		1		0.189	1.317	
18:2 undifferentiated.....g	0.418	0.031	7		1		0.119	0.828	
18:3 undifferentiated.....g	0.247	0.029	7		1		0.070	0.489	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89	1.301	4		1		25	177	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		4		0.100	0.697	
Threonine.....g	0.932		0		1		0.264	1.845	
Isoleucine.....g	1.308		0		1		0.371	2.590	
Leucine.....g	2.570		0		1		0.729	5.089	
Lysine.....g	2.660		0		1		0.754	5.267	
Methionine.....g	0.721		0		1		0.204	1.428	
Cystine.....g	0.255		0		4		0.072	0.505	
Phenylalanine.....g	1.434		0		1		0.407	2.839	
Tyrosine.....g	1.457		0		1		0.413	2.885	
Valine.....g	1.810		0		1		0.513	3.584	
Arginine.....g	0.964		0		1		0.273	1.909	
Histidine.....g	1.034		0		1		0.293	2.047	
Alanine.....g	0.764		0		1		0.217	1.513	
Aspartic acid.....g	1.747		0		1		0.495	3.459	
Glutamic acid.....g	6.150		0		1		1.744	12.177	
Glycine.....g	0.486		0		1		0.138	0.962	
Proline.....g	3.251		0		1		0.922	6.437	
Serine.....g	1.547		0		1		0.439	3.063	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	11		0	NR	4		3.119	21.780	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

NDB No. 01018
Cheese, edam

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Cheese, feta

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.623		0		1		6.935	1.311	0.786
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.385		1		1		0.578	0.109	0.065
17:1.....g									
18:1 undifferentiated.....g	3.975		1		1		5.963	1.127	0.676
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.591		0		1		0.887	0.168	0.100
18:2 undifferentiated.....g	0.326		1		1		0.489	0.092	0.055
18:3 undifferentiated.....g	0.265		1		1		0.398	0.075	0.045
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	89		1		1		134	25	15
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		4		0.300	0.057	0.034
Threonine.....g	0.637		0		4		0.956	0.181	0.108
Isoleucine.....g	0.803		0		4		1.205	0.228	0.137
Leucine.....g	1.395		0		4		2.093	0.395	0.237
Lysine.....g	1.219		0		4		1.829	0.346	0.207
Methionine.....g	0.368		0		4		0.552	0.104	0.063
Cystine.....g	0.083		0		4		0.125	0.024	0.014
Phenylalanine.....g	0.675		0		4		1.013	0.191	0.115
Tyrosine.....g	0.668		0		4		1.002	0.189	0.114
Valine.....g	1.065		0		4		1.598	0.302	0.181
Arginine.....g	0.470		0		4		0.705	0.133	0.080
Histidine.....g	0.397		0		4		0.596	0.113	0.067
Alanine.....g	0.639		0		4		0.959	0.181	0.109
Aspartic acid.....g	0.779		0		4		1.169	0.221	0.132
Glutamic acid.....g	2.421		0		4		3.632	0.686	0.412
Glycine.....g	0.097		0		4		0.146	0.027	0.016
Proline.....g	1.378		0		4		2.067	0.391	0.234
Serine.....g	1.169		0		4		1.754	0.331	0.199
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	3		0	NR	4		4.500	0.851	0.510
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 150g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz

Measure 3 = 17g: 1 cubic inch

NDB No. 01019

Cheese, feta

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01020
Cheese, fontina

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.687		0		1		11.467	9.382	2.463
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		2		1		1.175	0.961	0.252
17:1.....g									
18:1 undifferentiated.....g	7.100		2		1		9.372	7.668	2.013
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.654		0		1		2.183	1.786	0.469
18:2 undifferentiated.....g	0.864		2		1		1.140	0.933	0.245
18:3 undifferentiated.....g	0.790		2		1		1.043	0.853	0.224
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	116		1		1		153	125	33
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.361		0		4		0.477	0.390	0.102
Threonine.....g	0.935		0		4		1.234	1.010	0.265
Isoleucine.....g	1.384		0		4		1.827	1.495	0.392
Leucine.....g	2.664		0		4		3.516	2.877	0.755
Lysine.....g	2.328		0		4		3.073	2.514	0.660
Methionine.....g	0.706		0		4		0.932	0.762	0.200
Cystine.....g	0.261		0		4		0.345	0.282	0.074
Phenylalanine.....g	1.497		0		4		1.976	1.617	0.424
Tyrosine.....g	1.524		0		4		2.012	1.646	0.432
Valine.....g	1.926		0		4		2.542	2.080	0.546
Arginine.....g	0.835		0		4		1.102	0.902	0.237
Histidine.....g	0.959		0		4		1.266	1.036	0.272
Alanine.....g	0.823		0		4		1.086	0.889	0.233
Aspartic acid.....g	1.413		0		4		1.865	1.526	0.401
Glutamic acid.....g	5.136		0		4		6.780	5.547	1.456
Glycine.....g	0.457		0		4		0.603	0.494	0.130
Proline.....g	3.323		0		4		4.386	3.589	0.942
Serine.....g	1.477		0		4		1.950	1.595	0.419
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	32		0	NR	4		42.240	34.560	9.072
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 108g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01020
Cheese, fontina

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01021
Cheese, gjetost

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.879		0		1		2.234	17.885	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.534		1		1		0.151	1.212	
17:1.....g									
18:1 undifferentiated.....g	6.955		1		1		1.972	15.788	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.938		0		1		0.266	2.129	
18:2 undifferentiated.....g	0.508		1		1		0.144	1.153	
18:3 undifferentiated.....g	0.429		1		1		0.122	0.974	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		4		27	213	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.135		0		1		0.038	0.306	
Threonine.....g	0.393		0		1		0.111	0.892	
Isoleucine.....g	0.519		0		1		0.147	1.178	
Leucine.....g	0.992		0		1		0.281	2.252	
Lysine.....g	0.814		0		1		0.231	1.848	
Methionine.....g	0.318		0		1		0.090	0.722	
Cystine.....g	0.057		0		1		0.016	0.129	
Phenylalanine.....g	0.540		0		1		0.153	1.226	
Tyrosine.....g	0.541		0		1		0.153	1.228	
Valine.....g	0.765		0		1		0.217	1.737	
Arginine.....g	0.330		0		1		0.094	0.749	
Histidine.....g	0.293		0		1		0.083	0.665	
Alanine.....g	0.325		0		1		0.092	0.738	
Aspartic acid.....g	0.709		0		1		0.201	1.609	
Glutamic acid.....g	1.987		0		1		0.563	4.510	
Glycine.....g	0.189		0		1		0.054	0.429	
Proline.....g	1.180		0		1		0.335	2.679	
Serine.....g	0.470		0		1		0.133	1.067	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01156
Cheese, goat, hard type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.117		0		1		2.301		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.846		20		1		0.240		
17:1.....g									
18:1 undifferentiated.....g	7.272		20		1		2.062		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0		1		0.240		
18:2 undifferentiated.....g	0.845		20		1		0.240		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		30		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.321		0		1		0.091		
Threonine.....g	1.139		0		1		0.323		
Isoleucine.....g	1.263		0		1		0.358		
Leucine.....g	2.631		0		1		0.746		
Lysine.....g	2.191		0		1		0.621		
Methionine.....g	0.813		0		1		0.230		
Cystine.....g	0.139		0		1		0.039		
Phenylalanine.....g	1.215		0		1		0.344		
Tyrosine.....g	1.191		0		1		0.338		
Valine.....g	2.100		0		1		0.595		
Arginine.....g	0.904		0		1		0.256		
Histidine.....g	0.832		0		1		0.236		
Alanine.....g	0.526		0		1		0.149		
Aspartic acid.....g	1.517		0		1		0.430		
Glutamic acid.....g	5.688		0		1		1.613		
Glycine.....g	0.344		0		1		0.098		
Proline.....g	3.693		0		1		1.047		
Serine.....g	1.172		0		1		0.332		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	91		0	BFFN	4		25.879		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01156
Cheese, goat, hard type

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01157
Cheese, goat, semisoft type

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.808		0		1		1.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.709		20		1		0.201		
17:1.....g									
18:1 undifferentiated.....g	6.099		20		1		1.729		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.709		0		1		0.201		
18:2 undifferentiated.....g	0.709		20		1		0.201		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	79	2.040	7		1		22		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.227		0		1		0.064		
Threonine.....g	0.805		0		1		0.228		
Isoleucine.....g	0.893		0		1		0.253		
Leucine.....g	1.861		0		1		0.528		
Lysine.....g	1.549		0		1		0.439		
Methionine.....g	0.575		0		1		0.163		
Cystine.....g	0.098		0		1		0.028		
Phenylalanine.....g	0.859		0		1		0.244		
Tyrosine.....g	0.842		0		1		0.239		
Valine.....g	1.485		0		1		0.421		
Arginine.....g	0.639		0		1		0.181		
Histidine.....g	0.589		0		1		0.167		
Alanine.....g	0.372		0		1		0.105		
Aspartic acid.....g	1.072		0		1		0.304		
Glutamic acid.....g	4.022		0		1		1.140		
Glycine.....g	0.244		0		1		0.069		
Proline.....g	2.612		0		1		0.741		
Serine.....g	0.829		0		1		0.235		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	77		0	BFFN	4		21.698		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01157

Cheese, goat, semisoft type

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01159
Cheese, goat, soft type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.807		0		1		1.363		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.501		20		1		0.142		
17:1.....g									
18:1 undifferentiated.....g	4.307		20		1		1.221		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.501		0		1		0.142		
18:2 undifferentiated.....g	0.501		20		1		0.142		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	46		1		1		13		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0		1		0.055		
Threonine.....g	0.691		0		1		0.196		
Isoleucine.....g	0.766		0		1		0.217		
Leucine.....g	1.597		0		1		0.453		
Lysine.....g	1.330		0		1		0.377		
Methionine.....g	0.494		0		1		0.140		
Cystine.....g	0.084		0		1		0.024		
Phenylalanine.....g	0.737		0		1		0.209		
Tyrosine.....g	0.723		0		1		0.205		
Valine.....g	1.274		0		1		0.361		
Arginine.....g	0.549		0		1		0.156		
Histidine.....g	0.505		0		1		0.143		
Alanine.....g	0.319		0		1		0.090		
Aspartic acid.....g	0.920		0		1		0.261		
Glutamic acid.....g	3.452		0		1		0.979		
Glycine.....g	0.209		0		1		0.059		
Proline.....g	2.241		0		1		0.635		
Serine.....g	0.711		0		1		0.202		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	54		0	BFFN	4		15.328		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01159
Cheese, goat, soft type

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01022
Cheese, gouda

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.747		0		1		2.196	15.339	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.889		1		1		0.252	1.760	
17:1.....g									
18:1 undifferentiated.....g	6.388		1		1		1.811	12.648	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.657		0		1		0.186	1.301	
18:2 undifferentiated.....g	0.263		1		1		0.075	0.521	
18:3 undifferentiated.....g	0.394		1		1		0.112	0.780	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	114		1		1		32	226	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		4		0.100	0.697	
Threonine.....g	0.930		0		1		0.264	1.841	
Isoleucine.....g	1.306		0		1		0.370	2.586	
Leucine.....g	2.564		0		1		0.727	5.077	
Lysine.....g	2.654		0		1		0.752	5.255	
Methionine.....g	0.719		0		1		0.204	1.424	
Cystine.....g	0.254		0		4		0.072	0.503	
Phenylalanine.....g	1.431		0		1		0.406	2.833	
Tyrosine.....g	1.454		0		1		0.412	2.879	
Valine.....g	1.806		0		1		0.512	3.576	
Arginine.....g	0.962		0		1		0.273	1.905	
Histidine.....g	1.032		0		1		0.293	2.043	
Alanine.....g	0.762		0		1		0.216	1.509	
Aspartic acid.....g	1.743		0		1		0.494	3.451	
Glutamic acid.....g	6.137		0		1		1.740	12.151	
Glycine.....g	0.485		0		1		0.137	0.960	
Proline.....g	3.245		0		1		0.920	6.425	
Serine.....g	1.544		0		1		0.438	3.057	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	10		0	NR	4		2.835	19.800	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

NDB No. 01022
Cheese, gouda

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01023
Cheese, gruyere

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.043		0		1		13.257	10.846	2.847
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.724		1		1		0.956	0.782	0.205
17:1.....g									
18:1 undifferentiated.....g	8.582		1		1		11.328	9.269	2.433
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.733		0		1		2.288	1.872	0.491
18:2 undifferentiated.....g	1.300		1		1		1.716	1.404	0.369
18:3 undifferentiated.....g	0.433		1		1		0.572	0.468	0.123
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	110		0		1		145	119	31
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.421		0		1		0.556	0.455	0.119
Threonine.....g	1.089		0		1		1.437	1.176	0.309
Isoleucine.....g	1.612		0		1		2.128	1.741	0.457
Leucine.....g	3.102		0		1		4.095	3.350	0.879
Lysine.....g	2.710		0		1		3.577	2.927	0.768
Methionine.....g	0.822		0		1		1.085	0.888	0.233
Cystine.....g	0.304		0		1		0.401	0.328	0.086
Phenylalanine.....g	1.743		0		1		2.301	1.882	0.494
Tyrosine.....g	1.776		0		1		2.344	1.918	0.503
Valine.....g	2.243		0		1		2.961	2.422	0.636
Arginine.....g	0.972		0		1		1.283	1.050	0.276
Histidine.....g	1.117		0		1		1.474	1.206	0.317
Alanine.....g	0.958		0		1		1.265	1.035	0.272
Aspartic acid.....g	1.645		0		1		2.171	1.777	0.466
Glutamic acid.....g	5.981		0		1		7.895	6.459	1.696
Glycine.....g	0.533		0		1		0.704	0.576	0.151
Proline.....g	3.869		0		1		5.107	4.179	1.097
Serine.....g	1.719		0		1		2.269	1.857	0.487
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	33		0	NR	4		43.560	35.640	9.356
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 108g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01023
Cheese, gruyere

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01024
Cheese, limburger

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.606		0		1		11.532	2.440	1.549
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.013		1		1		1.357	0.287	0.182
17:1.....g									
18:1 undifferentiated.....g	7.179		1		1		9.620	2.035	1.292
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.495		0		1		0.663	0.140	0.089
18:2 undifferentiated.....g	0.339		1		1		0.454	0.096	0.061
18:3 undifferentiated.....g	0.156		1		1		0.209	0.044	0.028
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		121	26	16
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.289		0		1		0.387	0.082	0.052
Threonine.....g	0.739		0		1		0.990	0.210	0.133
Isoleucine.....g	1.219		0		1		1.633	0.346	0.219
Leucine.....g	2.093		0		1		2.805	0.593	0.377
Lysine.....g	1.675		0		1		2.245	0.475	0.302
Methionine.....g	0.619		0		1		0.829	0.175	0.111
Cystine.....g	0.110		0		4		0.147	0.031	0.020
Phenylalanine.....g	1.116		0		1		1.495	0.316	0.201
Tyrosine.....g	1.197		0		1		1.604	0.339	0.215
Valine.....g	1.439		0		1		1.928	0.408	0.259
Arginine.....g	0.698		0		1		0.935	0.198	0.126
Histidine.....g	0.578		0		1		0.775	0.164	0.104
Alanine.....g	0.666		0		1		0.892	0.189	0.120
Aspartic acid.....g	1.477		0		1		1.979	0.419	0.266
Glutamic acid.....g	4.510		0		1		6.043	1.279	0.812
Glycine.....g	0.409		0		1		0.548	0.116	0.074
Proline.....g	2.439		0		1		3.268	0.691	0.439
Serine.....g	1.144		0		1		1.533	0.324	0.206
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	15		0	NR	4		20.100	4.253	2.700
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 134g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 18g: 1 cubic inch

NDB No. 01024
Cheese, limburger

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01168

Cheese, low fat, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.082		0		1		2.748	2.353	0.590
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.231		0		1		0.305	0.261	0.065
17:1.....g									
18:1 undifferentiated.....g	1.851		0		1		2.443	2.092	0.525
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0		1		0.293	0.251	0.063
18:2 undifferentiated.....g	0.156		0		1		0.206	0.176	0.044
18:3 undifferentiated.....g	0.067		0		1		0.088	0.076	0.019
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0		1		28	24	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.378	0.323	0.081
Threonine.....g	0.798		0		1		1.053	0.902	0.226
Isoleucine.....g	1.389		0		1		1.833	1.570	0.394
Leucine.....g	2.145		0		1		2.831	2.424	0.608
Lysine.....g	1.866		0		1		2.463	2.109	0.529
Methionine.....g	0.588		0		1		0.776	0.664	0.167
Cystine.....g	0.111		0		1		0.147	0.125	0.031
Phenylalanine.....g	1.179		0		1		1.556	1.332	0.334
Tyrosine.....g	1.080		0		1		1.426	1.220	0.306
Valine.....g	1.496		0		1		1.975	1.690	0.424
Arginine.....g	0.847		0		1		1.118	0.957	0.240
Histidine.....g	0.786		0		1		1.038	0.888	0.223
Alanine.....g	0.633		0		1		0.836	0.715	0.179
Aspartic acid.....g	1.439		0		1		1.899	1.626	0.408
Glutamic acid.....g	5.480		0		1		7.234	6.192	1.554
Glycine.....g	0.385		0		1		0.508	0.435	0.109
Proline.....g	2.526		0		1		3.334	2.854	0.716
Serine.....g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	NR	4		5.280	4.520	1.134
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01168

Cheese, low fat, cheddar or colby

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01169

Cheese, low-sodium, cheddar or colby

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.189		0		1		12.129	10.384	2.605
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.036		0		1		1.368	1.171	0.294
17:1.....g									
18:1 undifferentiated.....g	8.153		0		1		10.762	9.213	2.311
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.972		0		1		1.283	1.098	0.276
18:2 undifferentiated.....g	0.595		0		1		0.785	0.672	0.169
18:3 undifferentiated.....g	0.376		0		1		0.496	0.425	0.107
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	100	1.687	13		1		132	113	28
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.378	0.323	0.081
Threonine.....g	0.798		0		1		1.053	0.902	0.226
Isoleucine.....g	1.389		0		1		1.833	1.570	0.394
Leucine.....g	2.145		0		1		2.831	2.424	0.608
Lysine.....g	1.866		0		1		2.463	2.109	0.529
Methionine.....g	0.588		0		1		0.776	0.664	0.167
Cystine.....g	0.111		0		1		0.147	0.125	0.031
Phenylalanine.....g	1.179		0		1		1.556	1.332	0.334
Tyrosine.....g	1.080		0		1		1.426	1.220	0.306
Valine.....g	1.496		0		1		1.975	1.690	0.424
Arginine.....g	0.847		0		1		1.118	0.957	0.240
Histidine.....g	0.786		0		1		1.038	0.888	0.223
Alanine.....g	0.633		0		1		0.836	0.715	0.179
Aspartic acid.....g	1.439		0		1		1.899	1.626	0.408
Glutamic acid.....g	5.480		0		1		7.234	6.192	1.554
Glycine.....g	0.385		0		1		0.508	0.435	0.109
Proline.....g	2.526		0		1		3.334	2.854	0.716
Serine.....g	1.309		0		1		1.728	1.479	0.371
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	84		0	BFFN	4		110.439	94.543	23.719
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01169

Cheese, low-sodium, cheddar or colby

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01165
Cheese, mexican, queso anejo

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.528		0		1		11.257	2.418	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.957		0		1		1.263	0.271	
17:1.....g									
18:1 undifferentiated.....g	7.571		0		1		9.994	2.146	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.901		0		1		1.189	0.255	
18:2 undifferentiated.....g	0.552		0		1		0.729	0.156	
18:3 undifferentiated.....g	0.349		0		1		0.461	0.099	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		139	30	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.215		0		1		0.284	0.061	
Threonine.....g	0.731		0		1		0.965	0.207	
Isoleucine.....g	1.054		0		1		1.391	0.299	
Leucine.....g	2.017		0		1		2.662	0.572	
Lysine.....g	1.452		0		1		1.917	0.412	
Methionine.....g	0.541		0		1		0.714	0.153	
Cystine.....g	0.084		0		1		0.111	0.024	
Phenylalanine.....g	1.119		0		1		1.477	0.317	
Tyrosine.....g	1.190		0		1		1.571	0.337	
Valine.....g	1.338		0		1		1.766	0.379	
Arginine.....g	0.699		0		1		0.923	0.198	
Histidine.....g	0.679		0		1		0.896	0.192	
Alanine.....g	0.618		0		1		0.816	0.175	
Aspartic acid.....g	1.334		0		1		1.761	0.378	
Glutamic acid.....g	4.769		0		1		6.295	1.352	
Glycine.....g	0.296		0		1		0.391	0.084	
Proline.....g	2.151		0		1		2.839	0.610	
Serine.....g	1.160		0		1		1.531	0.329	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	4		0	NR	4		5.280	1.134	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, crumbled
Measure 2 = 28.35g: 1 oz

NDB No. 01165

Cheese, mexican, queso anejo

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01166

Cheese, mexican, queso asadero

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.038		0		1		10.610	9.083	2.279
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.902		0		1		1.191	1.019	0.256
17:1.....g									
18:1 undifferentiated.....g	7.136		0		1		9.420	8.064	2.023
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		1.122	0.961	0.241
18:2 undifferentiated.....g	0.520		0		1		0.686	0.588	0.147
18:3 undifferentiated.....g	0.329		0		1		0.434	0.372	0.093
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		139	119	30
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0		1		0.355	0.304	0.076
Threonine.....g	0.737		0		1		0.973	0.833	0.209
Isoleucine.....g	1.225		0		1		1.617	1.384	0.347
Leucine.....g	2.123		0		1		2.802	2.399	0.602
Lysine.....g	1.548		0		1		2.043	1.749	0.439
Methionine.....g	0.593		0		1		0.783	0.670	0.168
Cystine.....g	0.103		0		1		0.136	0.116	0.029
Phenylalanine.....g	1.190		0		1		1.571	1.345	0.337
Tyrosine.....g	1.061		0		1		1.401	1.199	0.301
Valine.....g	1.426		0		1		1.882	1.611	0.404
Arginine.....g	0.760		0		1		1.003	0.859	0.215
Histidine.....g	0.694		0		1		0.916	0.784	0.197
Alanine.....g	0.501		0		1		0.661	0.566	0.142
Aspartic acid.....g	1.475		0		1		1.947	1.667	0.418
Glutamic acid.....g	5.072		0		1		6.695	5.731	1.438
Glycine.....g	0.246		0		1		0.325	0.278	0.070
Proline.....g	2.403		0		1		3.172	2.715	0.681
Serine.....g	1.169		0		1		1.543	1.321	0.331
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	NR	4		5.280	4.520	1.134
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01166

Cheese, mexican, queso asadero

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01167

Cheese, mexican, queso chihuahua

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.443		0		1		11.145	9.541	2.394
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.947		0		1		1.250	1.070	0.268
17:1.....g									
18:1 undifferentiated.....g	7.496		0		1		9.895	8.470	2.125
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.892		0		1		1.177	1.008	0.253
18:2 undifferentiated.....g	0.547		0		1		0.722	0.618	0.155
18:3 undifferentiated.....g	0.346		0		1		0.457	0.391	0.098
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	105		1		1		139	119	30
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.198		0		1		0.261	0.224	0.056
Threonine.....g	0.818		0		1		1.080	0.924	0.232
Isoleucine.....g	1.076		0		1		1.420	1.216	0.305
Leucine.....g	2.017		0		1		2.662	2.279	0.572
Lysine.....g	1.536		0		1		2.028	1.736	0.435
Methionine.....g	0.608		0		1		0.803	0.687	0.172
Cystine.....g	0.144		0		1		0.190	0.163	0.041
Phenylalanine.....g	1.037		0		1		1.369	1.172	0.294
Tyrosine.....g	1.019		0		1		1.345	1.151	0.289
Valine.....g	1.266		0		1		1.671	1.431	0.359
Arginine.....g	0.777		0		1		1.026	0.878	0.220
Histidine.....g	0.598		0		1		0.789	0.676	0.170
Alanine.....g	0.821		0		1		1.084	0.928	0.233
Aspartic acid.....g	1.397		0		1		1.844	1.579	0.396
Glutamic acid.....g	4.503		0		1		5.944	5.088	1.277
Glycine.....g	0.384		0		1		0.507	0.434	0.109
Proline.....g	2.249		0		1		2.969	2.541	0.638
Serine.....g	1.115		0		1		1.472	1.260	0.316
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	NR	4		5.280	4.520	1.134
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01167

Cheese, mexican, queso chihuahua

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01025
Cheese, monterey

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.751		0		4		11.551	9.889	2.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.923		0		4		1.218	1.043	0.262
17:1.....g									
18:1 undifferentiated.....g	7.368		0		4		9.726	8.326	2.089
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.899		0		4		1.187	1.016	0.255
18:2 undifferentiated.....g	0.637		0		4		0.841	0.720	0.181
18:3 undifferentiated.....g	0.261		0		4		0.345	0.295	0.074
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		4		117	101	25
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.315		0		1		0.416	0.356	0.089
Threonine.....g	0.871		0		1		1.150	0.984	0.247
Isoleucine.....g	1.519		0		1		2.005	1.716	0.431
Leucine.....g	2.344		0		1		3.094	2.649	0.665
Lysine.....g	2.037		0		1		2.689	2.302	0.577
Methionine.....g	0.641		0		1		0.846	0.724	0.182
Cystine.....g	0.123		0		1		0.162	0.139	0.035
Phenylalanine.....g	1.289		0		1		1.701	1.457	0.365
Tyrosine.....g	1.182		0		1		1.560	1.336	0.335
Valine.....g	1.635		0		1		2.158	1.848	0.464
Arginine.....g	0.925		0		1		1.221	1.045	0.262
Histidine.....g	0.859		0		1		1.134	0.971	0.244
Alanine.....g	0.691		0		1		0.912	0.781	0.196
Aspartic acid.....g	1.573		0		1		2.076	1.777	0.446
Glutamic acid.....g	5.990		0		1		7.907	6.769	1.698
Glycine.....g	0.422		0		1		0.557	0.477	0.120
Proline.....g	2.759		0		1		3.642	3.118	0.782
Serine.....g	1.431		0		1		1.889	1.617	0.406
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	78		0	BFFN	4		102.517	87.761	22.018
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01025
Cheese, monterey

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42155
Cheese, monterey, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.640				8		7.445	6.373	0.959
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840				4		1.109	0.949	0.143
17:1.....g									
18:1 undifferentiated.....g	4.560				4		6.019	5.153	0.775
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840				8		1.109	0.949	0.143
18:2 undifferentiated.....g	0.600				4		0.792	0.678	0.102
18:3 undifferentiated.....g	0.240				4		0.317	0.271	0.041
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	65				8		86	73	11
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	55		0	BFFN	4		73.130	62.604	9.418
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 132g: 1 cup, diced
- Measure 2 = 113g: 1 cup, shredded
- Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43597
Cheese, mozzarella, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.844				4		6.394	5.474	0.872
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.469				4		0.619	0.530	0.084
17:1.....g									
18:1 undifferentiated.....g	4.165				4		5.498	4.706	0.750
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.509				4		0.672	0.575	0.092
18:2 undifferentiated.....g	0.360				4		0.475	0.407	0.065
18:3 undifferentiated.....g	0.150				4		0.198	0.170	0.027
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	54				1		71	61	10
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	44		0	BFFN	4		57.894	49.561	7.895
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 132g: 1 cup, diced
- Measure 2 = 113g: 1 cup, shredded
- Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42304
Cheese, mozzarella, nonfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				7		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000				4		0.000		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				7		0.000		
18:2 undifferentiated.....g	0.000				4		0.000		
18:3 undifferentiated.....g	0.000				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	18				4		20		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	41		0	BFZN	4		46.141		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01028

Cheese, mozzarella, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.510		0		1		1.279		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440	0.059	5		1		0.125		
17:1.....g									
18:1 undifferentiated.....g	3.874	0.245	5		1		1.098		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.472		0		1		0.134		
18:2 undifferentiated.....g	0.335	0.057	5		1		0.095		
18:3 undifferentiated.....g	0.137	0.019	5		1		0.039		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		4		0.096		
Threonine.....g	0.924		0		1		0.262		
Isoleucine.....g	1.164		0		1		0.330		
Leucine.....g	2.365		0		1		0.670		
Lysine.....g	2.464		0		1		0.699		
Methionine.....g	0.677		0		1		0.192		
Cystine.....g	0.144		0		1		0.041		
Phenylalanine.....g	1.266		0		1		0.359		
Tyrosine.....g	1.403		0		1		0.398		
Valine.....g	1.517		0		1		0.430		
Arginine.....g	1.042		0		1		0.295		
Histidine.....g	0.913		0		1		0.259		
Alanine.....g	0.741		0		1		0.210		
Aspartic acid.....g	1.757		0		1		0.498		
Glutamic acid.....g	5.677		0		1		1.609		
Glycine.....g	0.464		0		1		0.132		
Proline.....g	2.498		0		1		0.708		
Serine.....g	1.415		0		1		0.401		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	41		0	BFFN	4		11.576		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01028

Cheese, mozzarella, part skim milk

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01029

Cheese, mozzarella, part skim milk, low moisture

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.730		0	NC	4		7.564	6.475	1.624
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.584	0.062	5		1		0.771	0.660	0.166
17:1.....g									
18:1 undifferentiated.....g	5.146	0.228	5		1		6.793	5.815	1.459
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.626		0	NC	4		0.827	0.708	0.178
18:2 undifferentiated.....g	0.445	0.060	5		1		0.587	0.502	0.126
18:3 undifferentiated.....g	0.182	0.020	5		1		0.240	0.205	0.051
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	54	5.571	7		1		71	61	15
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.603		0	A	1		0.795	0.681	0.171
Threonine.....g	1.151		0	A	1		1.520	1.301	0.326
Isoleucine.....g	1.329		0	A	1		1.755	1.502	0.377
Leucine.....g	2.138		0	A	1		2.823	2.416	0.606
Lysine.....g	1.130		0	A	1		1.491	1.277	0.320
Methionine.....g	0.603		0	A	1		0.795	0.681	0.171
Cystine.....g	0.135		0	A	1		0.178	0.153	0.038
Phenylalanine.....g	1.184		0	A	1		1.562	1.338	0.336
Tyrosine.....g	1.222		0	A	1		1.612	1.380	0.346
Valine.....g	1.548		0	A	1		2.043	1.749	0.439
Arginine.....g	0.603		0	A	1		0.795	0.681	0.171
Histidine.....g	0.603		0	A	1		0.795	0.681	0.171
Alanine.....g	0.828		0	A	1		1.093	0.935	0.235
Aspartic acid.....g	1.912		0	A	1		2.524	2.160	0.542
Glutamic acid.....g	5.220		0	A	1		6.891	5.899	1.480
Glycine.....g	0.603		0	A	1		0.795	0.681	0.171
Proline.....g	2.753		0	A	1		3.634	3.111	0.781
Serine.....g	0.860		0	A	1		1.135	0.972	0.244
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	44		0	BFFN	4		57.962	49.619	12.449
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01029

Cheese, mozzarella, part skim milk, low moisture

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01026
Cheese, mozzarella, whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	5.331		1		1		5.971	1.511	9.063
17:0.....g									
18:0.....g	2.442		1		1		2.735	0.692	4.151
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.573		0		1		7.362	1.863	11.174
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.597		1		1		0.669	0.169	1.015
17:1.....g									
18:1 undifferentiated.....g	5.649		1		1		6.327	1.601	9.603
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.765		0		1		0.857	0.217	1.301
18:2 undifferentiated.....g	0.393		1		1		0.440	0.111	0.668
18:3 undifferentiated.....g	0.372		1		1		0.417	0.105	0.632
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	79	3.649	6	A	1		89	22	135
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.515		0	A	1		0.576	0.146	0.875
Threonine.....g	0.983		0	A	1		1.101	0.279	1.671
Isoleucine.....g	1.135		0	A	1		1.271	0.322	1.930
Leucine.....g	1.826		0	A	1		2.045	0.518	3.104
Lysine.....g	0.965		0	A	1		1.081	0.274	1.640
Methionine.....g	0.515		0	A	1		0.576	0.146	0.875
Cystine.....g	0.115		0	A	1		0.129	0.033	0.196
Phenylalanine.....g	1.011		0	A	1		1.132	0.287	1.718
Tyrosine.....g	1.043		0	A	1		1.168	0.296	1.773
Valine.....g	1.322		0	A	1		1.480	0.375	2.247
Arginine.....g	0.515		0	A	1		0.576	0.146	0.875
Histidine.....g	0.515		0	A	1		0.576	0.146	0.875
Alanine.....g	0.707		0	A	1		0.792	0.200	1.202
Aspartic acid.....g	1.633		0	A	1		1.829	0.463	2.775
Glutamic acid.....g	4.458		0	A	1		4.993	1.264	7.579
Glycine.....g	0.515		0	A	1		0.576	0.146	0.875
Proline.....g	2.351		0	A	1		2.633	0.667	3.997
Serine.....g	0.735		0	A	1		0.823	0.208	1.249
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	57		0	BFFN	4		64.214	16.254	97.467
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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NDB No. 01026

Cheese, mozzarella, whole milk

Common Measures:

Measure 1 = 112g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz

Measure 3 = 170g: 6 slices

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01027

Cheese, mozzarella, whole milk, low moisture

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.027		0		1		1.992	1.265	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.822		1		1		0.233	0.148	
17:1.....g									
18:1 undifferentiated.....g	5.925		1		1		1.680	1.067	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.778		0		1		0.221	0.140	
18:2 undifferentiated.....g	0.566		1		1		0.160	0.102	
18:3 undifferentiated.....g	0.212		1		1		0.060	0.038	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		25	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.302		0		4		0.086	0.054	
Threonine.....g	0.823		0		1		0.233	0.148	
Isoleucine.....g	1.036		0		1		0.294	0.186	
Leucine.....g	2.106		0		1		0.597	0.379	
Lysine.....g	2.194		0		1		0.622	0.395	
Methionine.....g	0.603		0		1		0.171	0.109	
Cystine.....g	0.129		0		1		0.037	0.023	
Phenylalanine.....g	1.127		0		1		0.320	0.203	
Tyrosine.....g	1.249		0		1		0.354	0.225	
Valine.....g	1.351		0		1		0.383	0.243	
Arginine.....g	0.928		0		1		0.263	0.167	
Histidine.....g	0.813		0		1		0.230	0.146	
Alanine.....g	0.660		0		1		0.187	0.119	
Aspartic acid.....g	1.564		0		1		0.443	0.282	
Glutamic acid.....g	5.055		0		1		1.433	0.910	
Glycine.....g	0.413		0		1		0.117	0.074	
Proline.....g	2.224		0		1		0.631	0.400	
Serine.....g	1.259		0		1		0.357	0.227	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	63		0	BFFN	4		17.917	11.376	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 cubic inch

NDB No. 01027

Cheese, mozzarella, whole milk, low moisture

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01030
Cheese, muenster

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total monounsaturated.....g	8.711		0		1		11.499	9.843	2.470
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.973	0.049	6		1		1.284	1.099	0.276
17:1.....g									
18:1 undifferentiated.....g	7.338	0.182	6		1		9.686	8.292	2.080
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.661		0		1		0.873	0.747	0.187
18:2 undifferentiated.....g	0.431	0.027	6		1		0.569	0.487	0.122
18:3 undifferentiated.....g	0.230	0.015	6		1		0.304	0.260	0.065
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	96	3.402	4		1		126	108	27
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.327		0		1		0.432	0.370	0.093
Threonine.....g	0.888		0		1		1.172	1.003	0.252
Isoleucine.....g	1.145		0		1		1.511	1.294	0.325
Leucine.....g	2.260		0		1		2.983	2.554	0.641
Lysine.....g	2.139		0		1		2.823	2.417	0.606
Methionine.....g	0.569		0		1		0.751	0.643	0.161
Cystine.....g	0.132		0		1		0.174	0.149	0.037
Phenylalanine.....g	1.240		0		1		1.637	1.401	0.352
Tyrosine.....g	1.123		0		1		1.482	1.269	0.318
Valine.....g	1.482		0		1		1.956	1.675	0.420
Arginine.....g	0.881		0		1		1.163	0.996	0.250
Histidine.....g	0.829		0		1		1.094	0.937	0.235
Alanine.....g	0.675		0		1		0.891	0.763	0.191
Aspartic acid.....g	1.600		0		1		2.112	1.808	0.454
Glutamic acid.....g	5.555		0		1		7.333	6.277	1.575
Glycine.....g	0.440		0		1		0.581	0.497	0.125
Proline.....g	2.594		0		1		3.424	2.931	0.735
Serine.....g	1.299		0		1		1.715	1.468	0.368
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	13		0	NR	4		17.160	14.690	3.686
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01030
Cheese, muenster

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42303
Cheese, muenster, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.090				4		5.752	0.916	1.425
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394				4		0.445	0.071	0.110
17:1.....g									
18:1 undifferentiated.....g	4.421				4		4.996	0.796	1.238
20:1.....g	0.265				4		0.299	0.048	0.074
22:1 undifferentiated.....g	0.000				7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650				4		0.735	0.117	0.182
18:2 undifferentiated.....g	0.397				4		0.449	0.071	0.111
18:3 undifferentiated.....g	0.257				4		0.290	0.046	0.072
18:4.....g	0.000				7		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	0.000
20:5 n-3.....g	0.000				7		0.000	0.000	0.000
22:5 n-3.....g	0.000				7		0.000	0.000	0.000
22:6 n-3.....g	0.000				7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	63				4		71	11	18
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	8		0	BFFN	4		8.607	1.371	2.133
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 113g: 1 cup, shredded
- Measure 2 = 18g: 1 cubic inch
- Measure 3 = 28g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01031
Cheese, neufchatel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.772		0		1		1.920	5.756	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.737	0.030	6		1		0.209	0.626	
17:1.....g									
18:1 undifferentiated.....g	5.656	0.107	6		1		1.603	4.808	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650		0		1		0.184	0.553	
18:2 undifferentiated.....g	0.448	0.021	6		1		0.127	0.381	
18:3 undifferentiated.....g	0.202	0.011	6		1		0.057	0.172	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		22	65	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		0		1		0.025	0.076	
Threonine.....g	0.423		0		1		0.120	0.360	
Isoleucine.....g	0.526		0		1		0.149	0.447	
Leucine.....g	0.965		0		1		0.274	0.820	
Lysine.....g	0.891		0		1		0.253	0.757	
Methionine.....g	0.239		0		1		0.068	0.203	
Cystine.....g	0.087		0		1		0.025	0.074	
Phenylalanine.....g	0.553		0		1		0.157	0.470	
Tyrosine.....g	0.475		0		1		0.135	0.404	
Valine.....g	0.584		0		1		0.166	0.496	
Arginine.....g	0.378		0		1		0.107	0.321	
Histidine.....g	0.357		0		1		0.101	0.303	
Alanine.....g	0.303		0		1		0.086	0.258	
Aspartic acid.....g	0.703		0		1		0.199	0.598	
Glutamic acid.....g	2.261		0		1		0.641	1.922	
Glycine.....g	0.197		0		1		0.056	0.167	
Proline.....g	0.909		0		1		0.258	0.773	
Serine.....g	0.525		0		1		0.149	0.446	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01032
Cheese, parmesan, grated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	20.84	0.774	6	A	1		20.84	1.04	5.91
Energy.....kcal	431		0	NC	4		431	22	122
Energy.....kj	1805		0	NC	4		1805	90	512
Protein (N x 6.38).....g	38.46	0.132	6	A	1		38.46	1.92	10.90
Total lipid (fat).....g	28.61	0.148	6	A	1		28.61	1.43	8.11
Ash.....g	8.03	0.389	6	A	1		8.03	0.40	2.28
Carbohydrate, by difference.....g	4.06		0	NC	4		4.06	0.20	1.15
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.90	0.000	3	A	1		0.90	0.04	0.25
Sucrose.....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Glucose (dextrose).....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Fructose.....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Lactose.....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Maltose.....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Galactose.....g	0.15	0.000	3	A	1		0.15	0.01	0.04
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1109	15.109	6	A	1		1109	55	315
Iron, Fe.....mg	0.90	0.105	6	A	1		0.90	0.04	0.25
Magnesium, Mg.....mg	38	1.376	6	A	1		38	2	11
Phosphorus, P.....mg	729	10.001	6	A	1		729	36	207
Potassium, K.....mg	125	17.696	6	A	1		125	6	35
Sodium, Na.....mg	1529	51.778	6	A	1		1529	76	433
Zinc, Zn.....mg	3.87	0.831	6	A	1		3.87	0.19	1.10
Copper, Cu.....mg	0.238	0.064	6	A	1		0.238	0.012	0.067
Manganese, Mn.....mg	0.085	0.015	6	A	1		0.085	0.004	0.024
Selenium, Se.....mcg	17.7	3.528	3	A	1		17.7	0.9	5.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.029	0.004	3	A	1		0.029	0.001	0.008
Riboflavin.....mg	0.486	0.014	3	A	1		0.486	0.024	0.138
Niacin.....mg	0.114	0.008	3	A	1		0.114	0.006	0.032
Pantothenic acid.....mg	0.325		2	A	1		0.325	0.016	0.092
Vitamin B-6.....mg	0.049	0.003	3	A	1		0.049	0.002	0.014
Folate, total.....mcg	10		2	A	1		10	1	3
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10		2	A	1		10	1	3
Folate, DFE.....mcg_DFE	10		0	NC	4		10	1	3
Vitamin B-12.....mcg	2.26	0.237	3	A	1		2.26	0.11	0.64
Vitamin A, IU.....IU	442		0	NC	4		442	22	125
Vitamin A, RAE.....mcg_RAE	120		0	NC	4		120	6	34
Retinol.....mcg	117		0	NR	4		117	6	33
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFFN	4		0.26	0.01	0.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		2	A	1		1.9	0.1	0.5
Lipids:									
Fatty acids, total saturated.....g	17.301		0	NC	4		17.301	0.865	4.905
4:0.....g	1.510		1		1		1.510	0.076	0.428
6:0.....g	0.565		1		1		0.565	0.028	0.160
8:0.....g	0.052	0.005	3	A	1		0.052	0.003	0.015
10:0.....g	0.518	0.018	3	A	1		0.518	0.026	0.147
12:0.....g	0.787	0.024	3	A	1		0.787	0.039	0.223
13:0.....g	0.032	0.004	3	A	1		0.032	0.002	0.009

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	2.617	0.068	3	A	1		2.617	0.131	0.742
15:0.....g	0.307	0.016	3	A	1		0.307	0.015	0.087
16:0.....g	7.388	0.161	3	A	1		7.388	0.369	2.094
17:0.....g	0.168	0.008	3	A	1		0.168	0.008	0.048
18:0.....g	3.251	0.050	3	A	1		3.251	0.163	0.922
20:0.....g	0.068	0.003	3	A	1		0.068	0.003	0.019
22:0.....g	0.037	0.003	3	A	1		0.037	0.002	0.010
24:0.....g									
Fatty acids, total monounsaturated.....g	8.375		0	NC	4		8.375	0.419	2.374
14:1.....g	0.280	0.009	3	A	1		0.280	0.014	0.079
15:1.....g									
16:1 undifferentiated.....g	0.497	0.012	3	A	1		0.497	0.025	0.141
17:1.....g	0.148	0.009	3	A	1		0.148	0.007	0.042
18:1 undifferentiated.....g	7.273	0.135	3	A	1		7.273	0.364	2.062
20:1.....g	0.177		2	A	1		0.177	0.009	0.050
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.173		0	NC	4		1.173	0.059	0.333
18:2 undifferentiated.....g	0.943	0.056	3	A	1		0.943	0.047	0.267
18:3 undifferentiated.....g	0.190	0.019	3	A	1		0.190	0.009	0.054
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.041	0.003	3	A	1		0.041	0.002	0.012
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	88	6.080	3	A	1		88	4	25
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.518		0	A	1		0.518	0.026	0.147
Threonine.....g	1.455		0	A	1		1.455	0.073	0.412
Isoleucine.....g	1.969		0	A	1		1.969	0.098	0.558
Leucine.....g	3.718		0	A	1		3.718	0.186	1.054
Lysine.....g	2.980		0	A	1		2.980	0.149	0.845
Methionine.....g	1.016		0	A	1		1.016	0.051	0.288
Cystine.....g	0.122		0	A	1		0.122	0.006	0.035
Phenylalanine.....g	2.081		0	A	1		2.081	0.104	0.590
Tyrosine.....g	2.328		0	A	1		2.328	0.116	0.660
Valine.....g	2.524		0	A	1		2.524	0.126	0.716
Arginine.....g	1.567		0	A	1		1.567	0.078	0.444
Histidine.....g	1.092		0	A	1		1.092	0.055	0.309
Alanine.....g	1.163		0	A	1		1.163	0.058	0.330
Aspartic acid.....g	2.673		0	A	1		2.673	0.134	0.758
Glutamic acid.....g	8.696		0	A	1		8.696	0.435	2.465
Glycine.....g	0.759		0	A	1		0.759	0.038	0.215
Proline.....g	4.622		0	A	1		4.622	0.231	1.310
Serine.....g	2.292		0	A	1		2.292	0.115	0.650
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	31		0	NR	4		31.000	1.550	8.789
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01032
Cheese, parmesan, grated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 100g: 1 cup
- Measure 2 = 5.0g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01033
Cheese, parmesan, hard

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.515		0		1		2.131	0.774	10.671
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394		1		1		0.112	0.041	0.559
17:1.....g									
18:1 undifferentiated.....g	6.656		1		1		1.887	0.686	9.452
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.569		0		1		0.161	0.059	0.808
18:2 undifferentiated.....g	0.272		1		1		0.077	0.028	0.386
18:3 undifferentiated.....g	0.297		1		1		0.084	0.031	0.422
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	68	2.998	4		1		19	7	96
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.482		0		1		0.137	0.050	0.684
Threonine.....g	1.317		0		1		0.373	0.136	1.870
Isoleucine.....g	1.894		0		1		0.537	0.195	2.689
Leucine.....g	3.452		0		1		0.979	0.356	4.902
Lysine.....g	3.306		0		1		0.937	0.341	4.695
Methionine.....g	0.958		0		1		0.272	0.099	1.360
Cystine.....g	0.235		0		1		0.067	0.024	0.334
Phenylalanine.....g	1.922		0		1		0.545	0.198	2.729
Tyrosine.....g	1.995		0		1		0.566	0.205	2.833
Valine.....g	2.454		0		1		0.696	0.253	3.485
Arginine.....g	1.317		0		1		0.373	0.136	1.870
Histidine.....g	1.384		0		1		0.392	0.143	1.965
Alanine.....g	1.048		0		1		0.297	0.108	1.488
Aspartic acid.....g	2.236		0		1		0.634	0.230	3.175
Glutamic acid.....g	8.209		0		1		2.327	0.846	11.657
Glycine.....g	0.622		0		1		0.176	0.064	0.883
Proline.....g	4.180		0		1		1.185	0.431	5.936
Serine.....g	2.068		0		1		0.586	0.213	2.937
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	28		0	BFFN	4		7.935	2.883	39.744
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.3g: 1 cubic inch

Measure 3 = 142g: 5 package (5 oz)

NDB No. 01033
Cheese, parmesan, hard

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43340
Cheese, parmesan, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.721				4		8.721	0.436	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460				4		0.460	0.023	
17:1.....g									
18:1 undifferentiated.....g	7.732				4		7.732	0.387	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.659				4		0.659	0.033	
18:2 undifferentiated.....g	0.320				4		0.320	0.016	
18:3 undifferentiated.....g	0.340				4		0.340	0.017	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79				1		79	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	
Carotenoids:									
Carotene, beta.....mcg	32		0	BFFN		4	32.497	1.625	
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	
Lycopene.....mcg	0		0	Z		7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup, grated

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01146
Cheese, parmesan, shredded

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.734		0		1		0.437		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.458		1		1		0.023		
17:1.....g									
18:1 undifferentiated.....g	7.050		0		1		0.353		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.661		0		1		0.033		
18:2 undifferentiated.....g	0.290		0		1		0.015		
18:3 undifferentiated.....g	0.345		1		1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		4		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.560		0		1		0.028		
Threonine.....g	1.531		0		1		0.077		
Isoleucine.....g	2.202		0		1		0.110		
Leucine.....g	4.013		0		1		0.201		
Lysine.....g	3.843		0		1		0.192		
Methionine.....g	1.114		0		1		0.056		
Cystine.....g	0.274		0		1		0.014		
Phenylalanine.....g	2.234		0		1		0.112		
Tyrosine.....g	2.319		0		1		0.116		
Valine.....g	2.853		0		1		0.143		
Arginine.....g	1.531		0		1		0.077		
Histidine.....g	1.609		0		1		0.080		
Alanine.....g	1.218		0		1		0.061		
Aspartic acid.....g	2.599		0		1		0.130		
Glutamic acid.....g	9.543		0		1		0.477		
Glycine.....g	0.723		0		1		0.036		
Proline.....g	4.860		0		1		0.243		
Serine.....g	2.404		0		1		0.120		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43275

Cheese, pasteurized process, american, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.005				4		2.807	2.266	0.361
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.231				4		0.323	0.261	0.042
17:1.....g									
18:1 undifferentiated.....g	1.682				4		2.355	1.901	0.303
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222				4		0.311	0.251	0.040
18:2 undifferentiated.....g	0.137				4		0.192	0.155	0.025
18:3 undifferentiated.....g	0.085				4		0.119	0.096	0.015
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	35				1		49	40	6
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
Carotenoids:									
Carotene, beta.....mcg	18		0	BFFN		4	25.563	20.633	3.287
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01042

Cheese, pasteurized process, american, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.951		0		1		12.531	21.840	10.115
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.027	0.044	7		1		1.438	2.506	1.161
17:1.....g									
18:1 undifferentiated.....g	7.511	0.152	7		1		10.515	18.327	8.487
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0		1		1.386	2.416	1.119
18:2 undifferentiated.....g	0.607	0.040	7		1		0.850	1.481	0.686
18:3 undifferentiated.....g	0.383	0.027	6		1		0.536	0.935	0.433
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	94	5.148	7		1		132	230	107
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		0.452	0.788	0.365
Threonine.....g	0.719		0		1		1.007	1.754	0.812
Isoleucine.....g	1.024		0		1		1.434	2.499	1.157
Leucine.....g	1.958		0		1		2.741	4.778	2.213
Lysine.....g	2.198		0		1		3.077	5.363	2.484
Methionine.....g	0.573		0		1		0.802	1.398	0.647
Cystine.....g	0.142		0		1		0.199	0.346	0.160
Phenylalanine.....g	1.125		0		1		1.575	2.745	1.271
Tyrosine.....g	1.212		0		1		1.697	2.957	1.370
Valine.....g	1.326		0		1		1.856	3.235	1.498
Arginine.....g	0.927		0		1		1.298	2.262	1.048
Histidine.....g	0.903		0		1		1.264	2.203	1.020
Alanine.....g	0.555		0		1		0.777	1.354	0.627
Aspartic acid.....g	1.361		0		1		1.905	3.321	1.538
Glutamic acid.....g	4.597		0		1		6.436	11.217	5.195
Glycine.....g	0.365		0		1		0.511	0.891	0.412
Proline.....g	2.253		0		1		3.154	5.497	2.546
Serine.....g	1.069		0		1		1.497	2.608	1.208
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	82		0	BFFN	4		114.136	198.922	92.124
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

NDB No. 01042

Cheese, pasteurized process, american, with di sodium phosphate

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.951		0		1		2.538	1.611	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.027	0.044	7		1		0.291	0.185	
17:1.....g									
18:1 undifferentiated.....g	7.511		0		1		2.129	1.352	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0		1		0.281	0.178	
18:2 undifferentiated.....g	0.607		0		1		0.172	0.109	
18:3 undifferentiated.....g	0.383	0.027	6		1		0.109	0.069	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		27	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		0.092	0.058	
Threonine.....g	0.719		0		1		0.204	0.129	
Isoleucine.....g	1.024		0		1		0.290	0.184	
Leucine.....g	1.958		0		1		0.555	0.352	
Lysine.....g	2.198		0		1		0.623	0.396	
Methionine.....g	0.573		0		1		0.162	0.103	
Cystine.....g	0.142		0		1		0.040	0.026	
Phenylalanine.....g	1.125		0		1		0.319	0.203	
Tyrosine.....g	1.212		0		1		0.344	0.218	
Valine.....g	1.326		0		1		0.376	0.239	
Arginine.....g	0.927		0		1		0.263	0.167	
Histidine.....g	0.903		0		1		0.256	0.163	
Alanine.....g	0.555		0		1		0.157	0.100	
Aspartic acid.....g	1.361		0		1		0.386	0.245	
Glutamic acid.....g	4.597		0		1		1.303	0.827	
Glycine.....g	0.365		0		1		0.103	0.066	
Proline.....g	2.253		0		1		0.639	0.406	
Serine.....g	1.069		0		1		0.303	0.192	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	82		0	BFZN	4		23.112	14.675	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 cubic inch

NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42205

Cheese, pasteurized process, cheddar or american, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.229				1		0.037	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026				4		0.004	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.192				4		0.031	0.040	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025				1		0.004	0.005	
18:2 undifferentiated.....g	0.016				4		0.003	0.003	
18:3 undifferentiated.....g	0.010				4		0.002	0.002	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11				1		2	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 16g: 1 cubic inch

Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43398

Cheese, pasteurized process, cheddar or american, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.932				4		12.505	10.093	1.608
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.028				4		1.439	1.162	0.185
17:1.....g									
18:1 undifferentiated.....g	7.495				4		10.493	8.469	1.349
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.988				4		1.383	1.116	0.178
18:2 undifferentiated.....g	0.609				4		0.853	0.688	0.110
18:3 undifferentiated.....g	0.379				4		0.531	0.428	0.068
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	94				4		132	106	17
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	81		0	BFFN	4		113.909	91.941	14.645
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01043

Cheese, pasteurized process, pimento

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.937		0		1		12.512	21.806	10.099
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.026		0		1		1.436	2.503	1.159
17:1.....g									
18:1 undifferentiated.....g	7.499		0		1		10.499	18.298	8.474
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.988		0		1		1.383	2.411	1.116
18:2 undifferentiated.....g	0.606		0		1		0.848	1.479	0.685
18:3 undifferentiated.....g	0.382		0		1		0.535	0.932	0.432
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		132	230	106
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		0.452	0.788	0.365
Threonine.....g	0.718		0		1		1.005	1.752	0.811
Isoleucine.....g	1.023		0		1		1.432	2.496	1.156
Leucine.....g	1.956		0		1		2.738	4.773	2.210
Lysine.....g	2.196		0		1		3.074	5.358	2.481
Methionine.....g	0.572		0		1		0.801	1.396	0.646
Cystine.....g	0.142		0		1		0.199	0.346	0.160
Phenylalanine.....g	1.124		0		1		1.574	2.743	1.270
Tyrosine.....g	1.211		0		1		1.695	2.955	1.368
Valine.....g	1.325		0		1		1.855	3.233	1.497
Arginine.....g	0.926		0		1		1.296	2.259	1.046
Histidine.....g	0.902		0		1		1.263	2.201	1.019
Alanine.....g	0.555		0		1		0.777	1.354	0.627
Aspartic acid.....g	1.360		0		1		1.904	3.318	1.537
Glutamic acid.....g	4.592		0		1		6.429	11.204	5.189
Glycine.....g	0.364		0		1		0.510	0.888	0.411
Proline.....g	2.251		0		1		3.151	5.492	2.544
Serine.....g	1.068		0		1		1.495	2.606	1.207
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	151		0	RA	4		211.602	368.793	170.793
Carotene, alpha.....mcg	12		0	RA	4		16.673	29.059	13.457
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	20		0	RA	4		28.579	49.809	23.067

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Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 113g: 1 cup, shredded

NDB No. 01043

Cheese, pasteurized process, pimento

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43379

Cheese, pasteurized process, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.351				4		1.891	1.527	0.243
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.164				4		0.230	0.185	0.030
17:1.....g									
18:1 undifferentiated.....g	1.118				4		1.565	1.263	0.201
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180				4		0.252	0.203	0.032
18:2 undifferentiated.....g	0.115				4		0.161	0.130	0.021
18:3 undifferentiated.....g	0.065				4		0.091	0.073	0.012
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	35				4		49	40	6
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	13		0	BFFN	4		18.081	14.594	2.325
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01044

Cheese, pasteurized process, swiss, with di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.046		0		1		9.864	7.962	1.998
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.677	0.064	12		1		0.948	0.765	0.192
17:1.....g									
18:1 undifferentiated.....g	5.896	0.122	12		1		8.254	6.662	1.672
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.622		0		1		0.871	0.703	0.176
18:2 undifferentiated.....g	0.342	0.033	12		1		0.479	0.386	0.097
18:3 undifferentiated.....g	0.280	0.027	11		1		0.392	0.316	0.079
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		119	96	24
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.360		0		1		0.504	0.407	0.102
Threonine.....g	0.802		0		1		1.123	0.906	0.227
Isoleucine.....g	1.143		0		1		1.600	1.292	0.324
Leucine.....g	2.186		0		1		3.060	2.470	0.620
Lysine.....g	2.454		0		1		3.436	2.773	0.696
Methionine.....g	0.640		0		1		0.896	0.723	0.181
Cystine.....g	0.159		0		1		0.223	0.180	0.045
Phenylalanine.....g	1.256		0		1		1.758	1.419	0.356
Tyrosine.....g	1.353		0		1		1.894	1.529	0.384
Valine.....g	1.481		0		1		2.073	1.674	0.420
Arginine.....g	1.035		0		1		1.449	1.170	0.293
Histidine.....g	1.008		0		1		1.411	1.139	0.286
Alanine.....g	0.620		0		1		0.868	0.701	0.176
Aspartic acid.....g	1.519		0		1		2.127	1.716	0.431
Glutamic acid.....g	5.132		0		1		7.185	5.799	1.455
Glycine.....g	0.407		0		1		0.570	0.460	0.115
Proline.....g	2.516		0		1		3.522	2.843	0.713
Serine.....g	1.194		0		1		1.672	1.349	0.338
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	63		0	BFFN	4		88.670	71.569	17.956
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01044

Cheese, pasteurized process, swiss, with di sodium phosphate

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01148

Cheese, pasteurized process, swiss, without di sodium phosphate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.046		0		1		1.998	1.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.677	0.064	12		1		0.192	0.122	
17:1.....g									
18:1 undifferentiated.....g	5.896		0		1		1.672	1.061	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.622		0		1		0.176	0.112	
18:2 undifferentiated.....g	0.342		0		1		0.097	0.062	
18:3 undifferentiated.....g	0.280	0.027	11		1		0.079	0.050	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		24	15	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.360		0		1		0.102	0.065	
Threonine.....g	0.802		0		1		0.227	0.144	
Isoleucine.....g	1.143		0		1		0.324	0.206	
Leucine.....g	2.186		0		1		0.620	0.393	
Lysine.....g	2.454		0		1		0.696	0.442	
Methionine.....g	0.640		0		1		0.181	0.115	
Cystine.....g	0.159		0		1		0.045	0.029	
Phenylalanine.....g	1.256		0		1		0.356	0.226	
Tyrosine.....g	1.353		0		1		0.384	0.244	
Valine.....g	1.481		0		1		0.420	0.267	
Arginine.....g	1.035		0		1		0.293	0.186	
Histidine.....g	1.008		0		1		0.286	0.181	
Alanine.....g	0.620		0		1		0.176	0.112	
Aspartic acid.....g	1.519		0		1		0.431	0.273	
Glutamic acid.....g	5.132		0		1		1.455	0.924	
Glycine.....g	0.407		0		1		0.115	0.073	
Proline.....g	2.516		0		1		0.713	0.453	
Serine.....g	1.194		0		1		0.338	0.215	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01034
Cheese, port de salut

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.338		0		1		12.326	10.552	2.647
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.833		1		1		1.100	0.941	0.236
17:1.....g									
18:1 undifferentiated.....g	8.051		1		1		10.627	9.098	2.282
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.729		0		1		0.962	0.824	0.207
18:2 undifferentiated.....g	0.378		1		1		0.499	0.427	0.107
18:3 undifferentiated.....g	0.351		1		1		0.463	0.397	0.100
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	123		1		1		162	139	35
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.343		0		1		0.453	0.388	0.097
Threonine.....g	0.876		0		1		1.156	0.990	0.248
Isoleucine.....g	1.446		0		1		1.909	1.634	0.410
Leucine.....g	2.482		0		1		3.276	2.805	0.704
Lysine.....g	1.987		0		1		2.623	2.245	0.563
Methionine.....g	0.734		0		1		0.969	0.829	0.208
Cystine.....g	0.134		0		4		0.177	0.151	0.038
Phenylalanine.....g	1.323		0		1		1.746	1.495	0.375
Tyrosine.....g	1.420		0		1		1.874	1.605	0.403
Valine.....g	1.707		0		1		2.253	1.929	0.484
Arginine.....g	0.827		0		1		1.092	0.935	0.234
Histidine.....g	0.686		0		1		0.906	0.775	0.194
Alanine.....g	0.790		0		1		1.043	0.893	0.224
Aspartic acid.....g	1.752		0		1		2.313	1.980	0.497
Glutamic acid.....g	5.349		0		1		7.061	6.044	1.516
Glycine.....g	0.485		0		1		0.640	0.548	0.137
Proline.....g	2.892		0		1		3.817	3.268	0.820
Serine.....g	1.357		0		1		1.791	1.533	0.385
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	29		0	NR	4		38.280	32.770	8.222
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01034
Cheese, port de salut

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01035
Cheese, provolone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.393		0		1		9.759	2.096	1.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.878	0.064	10		1		1.159	0.249	0.149
17:1.....g									
18:1 undifferentiated.....g	6.164	0.174	10		1		8.136	1.747	1.048
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.769		0		1		1.015	0.218	0.131
18:2 undifferentiated.....g	0.494	0.050	10		1		0.652	0.140	0.084
18:3 undifferentiated.....g	0.275	0.022	10		1		0.363	0.078	0.047
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	69	4.603	4		1		91	20	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.345		0		4		0.455	0.098	0.059
Threonine.....g	0.982		0		1		1.296	0.278	0.167
Isoleucine.....g	1.091		0		1		1.440	0.309	0.185
Leucine.....g	2.297		0		1		3.032	0.651	0.390
Lysine.....g	2.646		0		1		3.493	0.750	0.450
Methionine.....g	0.686		0		1		0.906	0.194	0.117
Cystine.....g	0.116		0		1		0.153	0.033	0.020
Phenylalanine.....g	1.287		0		1		1.699	0.365	0.219
Tyrosine.....g	1.520		0		1		2.006	0.431	0.258
Valine.....g	1.640		0		1		2.165	0.465	0.279
Arginine.....g	1.022		0		1		1.349	0.290	0.174
Histidine.....g	1.115		0		1		1.472	0.316	0.190
Alanine.....g	0.706		0		1		0.932	0.200	0.120
Aspartic acid.....g	1.744		0		1		2.302	0.494	0.296
Glutamic acid.....g	6.235		0		1		8.230	1.768	1.060
Glycine.....g	0.433		0		1		0.572	0.123	0.074
Proline.....g	2.766		0		1		3.651	0.784	0.470
Serine.....g	1.471		0		1		1.942	0.417	0.250
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	68		0	BFFN	4		90.126	19.357	11.607
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 132g: 1 cup, diced
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 17g: 1 cubic inch

NDB No. 01035
Cheese, provolone

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01037
Cheese, ricotta, part skim milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.314		0		1		5.692	0.656	2.869
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.277	0.031	7		1		0.681	0.079	0.343
17:1.....g									
18:1 undifferentiated.....g	1.920	0.152	7		1		4.723	0.544	2.381
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.640	0.074	0.322
18:2 undifferentiated.....g	0.190	0.018	7		1		0.467	0.054	0.236
18:3 undifferentiated.....g	0.070	0.009	6		1		0.172	0.020	0.087
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0		1		76	9	38
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0		4		0.312	0.036	0.157
Threonine.....g	0.523		0		1		1.287	0.148	0.649
Isoleucine.....g	0.596		0		1		1.466	0.169	0.739
Leucine.....g	1.235		0		1		3.038	0.350	1.531
Lysine.....g	1.353		0		1		3.328	0.384	1.678
Methionine.....g	0.284		0		1		0.699	0.081	0.352
Cystine.....g	0.100		0		1		0.246	0.028	0.124
Phenylalanine.....g	0.562		0		1		1.383	0.159	0.697
Tyrosine.....g	0.596		0		1		1.466	0.169	0.739
Valine.....g	0.700		0		1		1.722	0.198	0.868
Arginine.....g	0.639		0		1		1.572	0.181	0.792
Histidine.....g	0.464		0		1		1.141	0.132	0.575
Alanine.....g	0.505		0		1		1.242	0.143	0.626
Aspartic acid.....g	1.007		0		1		2.477	0.285	1.249
Glutamic acid.....g	2.474		0		1		6.086	0.701	3.068
Glycine.....g	0.298		0		1		0.733	0.084	0.370
Proline.....g	1.078		0		1		2.652	0.306	1.337
Serine.....g	0.582		0		1		1.432	0.165	0.722
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	20		0	BFFN	4		49.909	5.752	25.157
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 246g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 124g: .5 cup

NDB No. 01037

Cheese, ricotta, part skim milk

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01036
Cheese, ricotta, whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.627		0		1		8.922	4.497	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.532	0.077	4		1		1.309	0.660	
17:1.....g									
18:1 undifferentiated.....g	2.872	0.225	4		1		7.065	3.561	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.385		0		1		0.947	0.477	
18:2 undifferentiated.....g	0.273	0.038	4		1		0.672	0.339	
18:3 undifferentiated.....g	0.112	0.022	4		1		0.276	0.139	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		124	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		4		0.308	0.155	
Threonine.....g	0.517		0		1		1.272	0.641	
Isoleucine.....g	0.589		0		1		1.449	0.730	
Leucine.....g	1.221		0		1		3.004	1.514	
Lysine.....g	1.338		0		1		3.291	1.659	
Methionine.....g	0.281		0		1		0.691	0.348	
Cystine.....g	0.099		0		1		0.244	0.123	
Phenylalanine.....g	0.556		0		1		1.368	0.689	
Tyrosine.....g	0.589		0		1		1.449	0.730	
Valine.....g	0.692		0		1		1.702	0.858	
Arginine.....g	0.632		0		1		1.555	0.784	
Histidine.....g	0.459		0		1		1.129	0.569	
Alanine.....g	0.499		0		1		1.228	0.619	
Aspartic acid.....g	0.995		0		1		2.448	1.234	
Glutamic acid.....g	2.446		0		1		6.017	3.033	
Glycine.....g	0.295		0		1		0.726	0.366	
Proline.....g	1.066		0		1		2.622	1.322	
Serine.....g	0.575		0		1		1.415	0.713	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	33		0	BFFN	4		81.899	41.282	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup
Measure 2 = 124g: .5 cup

NDB No. 01036

Cheese, ricotta, whole milk

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01038
Cheese, romano

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.838		0		4		2.222	11.130	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.411		0		4		0.117	0.584	
17:1.....g									
18:1 undifferentiated.....g	6.942		0		4		1.968	9.858	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.593		0		4		0.168	0.842	
18:2 undifferentiated.....g	0.284		0		4		0.081	0.403	
18:3 undifferentiated.....g	0.310		0		4		0.088	0.440	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	104		1		1		29	148	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.429		0		4		0.122	0.609	
Threonine.....g	1.171		0		4		0.332	1.663	
Isoleucine.....g	1.685		0		4		0.478	2.393	
Leucine.....g	3.071		0		4		0.871	4.361	
Lysine.....g	2.941		0		4		0.834	4.176	
Methionine.....g	0.852		0		4		0.242	1.210	
Cystine.....g	0.209		0		4		0.059	0.297	
Phenylalanine.....g	1.710		0		4		0.485	2.428	
Tyrosine.....g	1.775		0		4		0.503	2.521	
Valine.....g	2.183		0		4		0.619	3.100	
Arginine.....g	1.171		0		4		0.332	1.663	
Histidine.....g	1.231		0		4		0.349	1.748	
Alanine.....g	0.932		0		4		0.264	1.323	
Aspartic acid.....g	1.989		0		4		0.564	2.824	
Glutamic acid.....g	7.302		0		4		2.070	10.369	
Glycine.....g	0.553		0		4		0.157	0.785	
Proline.....g	3.718		0		4		1.054	5.280	
Serine.....g	1.840		0		4		0.522	2.613	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	69		0	BFFN	4		19.589	98.119	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 5 package (5 oz)

NDB No. 01038
Cheese, romano

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01039
Cheese, roquefort

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.474		0		1		2.402	7.203	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		1		1		0.207	0.621	
17:1.....g									
18:1 undifferentiated.....g	7.456		1		1		2.114	6.338	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.320		0		1		0.374	1.122	
18:2 undifferentiated.....g	0.616		1		1		0.175	0.524	
18:3 undifferentiated.....g	0.704		1		1		0.200	0.598	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		26	77	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.303		0		4		0.086	0.258	
Threonine.....g	0.965		0		4		0.274	0.820	
Isoleucine.....g	1.217		0		4		0.345	1.034	
Leucine.....g	2.114		0		4		0.599	1.797	
Lysine.....g	1.848		0		4		0.524	1.571	
Methionine.....g	0.558		0		4		0.158	0.474	
Cystine.....g	0.126		0		4		0.036	0.107	
Phenylalanine.....g	1.023		0		4		0.290	0.870	
Tyrosine.....g	1.012		0		4		0.287	0.860	
Valine.....g	1.614		0		4		0.458	1.372	
Arginine.....g	0.713		0		4		0.202	0.606	
Histidine.....g	0.602		0		4		0.171	0.512	
Alanine.....g	0.969		0		4		0.275	0.824	
Aspartic acid.....g	1.181		0		4		0.335	1.004	
Glutamic acid.....g	3.670		0		4		1.040	3.120	
Glycine.....g	0.148		0		4		0.042	0.126	
Proline.....g	2.089		0		4		0.592	1.776	
Serine.....g	1.772		0		4		0.502	1.506	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01040
Cheese, swiss

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	7.790	0.259	11		1		10.283	19.008	8.413
17:0.....g									
18:0.....g	3.248	0.350	11		1		4.287	7.925	3.508
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.274		0		1		9.602	17.749	7.856
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.879	0.063	10		1		1.160	2.145	0.949
17:1.....g									
18:1 undifferentiated.....g	6.017	0.253	11		1		7.942	14.681	6.498
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.972		0		1		1.283	2.372	1.050
18:2 undifferentiated.....g	0.620	0.074	11		1		0.818	1.513	0.670
18:3 undifferentiated.....g	0.352	0.087	10		1		0.465	0.859	0.380
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	92	3.839	10		1		121	224	99
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.401		0		1		0.529	0.978	0.433
Threonine.....g	1.038		0		1		1.370	2.533	1.121
Isoleucine.....g	1.537		0		1		2.029	3.750	1.660
Leucine.....g	2.959		0		1		3.906	7.220	3.196
Lysine.....g	2.585		0		1		3.412	6.307	2.792
Methionine.....g	0.784		0		1		1.035	1.913	0.847
Cystine.....g	0.290		0		1		0.383	0.708	0.313
Phenylalanine.....g	1.662		0		1		2.194	4.055	1.795
Tyrosine.....g	1.693		0		1		2.235	4.131	1.828
Valine.....g	2.139		0		1		2.823	5.219	2.310
Arginine.....g	0.927		0		1		1.224	2.262	1.001
Histidine.....g	1.065		0		1		1.406	2.599	1.150
Alanine.....g	0.914		0		1		1.206	2.230	0.987
Aspartic acid.....g	1.569		0		1		2.071	3.828	1.695
Glutamic acid.....g	5.704		0		1		7.529	13.918	6.160
Glycine.....g	0.508		0		1		0.671	1.240	0.549
Proline.....g	3.690		0		1		4.871	9.004	3.985
Serine.....g	1.640		0		1		2.165	4.002	1.771
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	70		0	BFFN	4		92.936	171.790	76.038
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01040

Cheese, swiss

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 244g: 1 cup, melted

Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43589
Cheese, swiss, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.351				4		1.783	1.459	0.203
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.164				4		0.216	0.177	0.025
17:1.....g									
18:1 undifferentiated.....g	1.119				4		1.477	1.209	0.168
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180				4		0.238	0.194	0.027
18:2 undifferentiated.....g	0.115				4		0.152	0.124	0.017
18:3 undifferentiated.....g	0.065				4		0.086	0.070	0.010
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	35				4		46	38	5
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	13		0	BFFN	4		17.048	13.949	1.937
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 132g: 1 cup, diced
- Measure 2 = 108g: 1 cup, shredded
- Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43405
Cheese, swiss, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.256				4		9.578	7.836	1.088
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.878				4		1.159	0.948	0.132
17:1.....g									
18:1 undifferentiated.....g	6.008				4		7.931	6.489	0.901
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.968				4		1.278	1.045	0.145
18:2 undifferentiated.....g	0.619				4		0.817	0.669	0.093
18:3 undifferentiated.....g	0.349				4		0.461	0.377	0.052
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	92				1		121	99	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	69		0	BFFN	4		91.575	74.925	10.406
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 132g: 1 cup, diced
- Measure 2 = 108g: 1 cup, shredded
- Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01041
Cheese, tilsit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.136		0		1		2.023	12.131	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.668		1		1		0.189	1.136	
17:1.....g									
18:1 undifferentiated.....g	6.073		1		1		1.722	10.324	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.721		0		1		0.204	1.226	
18:2 undifferentiated.....g	0.398		1		1		0.113	0.677	
18:3 undifferentiated.....g	0.323		1		1		0.092	0.549	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		1		1		29	173	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		1		0.100	0.598	
Threonine.....g	0.899		0		1		0.255	1.528	
Isoleucine.....g	1.484		0		1		0.421	2.523	
Leucine.....g	2.548		0		1		0.722	4.332	
Lysine.....g	2.039		0		1		0.578	3.466	
Methionine.....g	0.754		0		1		0.214	1.282	
Cystine.....g	0.138		0		4		0.039	0.235	
Phenylalanine.....g	1.358		0		1		0.385	2.309	
Tyrosine.....g	1.458		0		1		0.413	2.479	
Valine.....g	1.752		0		1		0.497	2.978	
Arginine.....g	0.849		0		1		0.241	1.443	
Histidine.....g	0.704		0		1		0.200	1.197	
Alanine.....g	0.811		0		1		0.230	1.379	
Aspartic acid.....g	1.798		0		1		0.510	3.057	
Glutamic acid.....g	5.490		0		1		1.556	9.333	
Glycine.....g	0.497		0		1		0.141	0.845	
Proline.....g	2.969		0		1		0.842	5.047	
Serine.....g	1.393		0		1		0.395	2.368	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42141
Cream substitute, liquid, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.030				1		4.913	0.609	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.030				4		4.913	0.609	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420				1		1.016	0.126	
18:2 undifferentiated.....g	0.399				4		0.966	0.120	
18:3 undifferentiated.....g	0.021				4		0.051	0.006	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		7.646	0.948	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup
 Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.551		0		1		18.122	2.265	1.133
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.559	0.243	7		1		18.142	2.268	1.134
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.027		0		1		0.065	0.008	0.004
18:2 undifferentiated.....g	0.022	0.008	7		1		0.053	0.007	0.003
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg	13		0		4		31	4	2
Amino Acids:									
Tryptophan.....g	0.015		0		1		0.036	0.005	0.002
Threonine.....g	0.043		0		1		0.103	0.013	0.006
Isoleucine.....g	0.056		0		1		0.134	0.017	0.008
Leucine.....g	0.085		0		1		0.204	0.026	0.013
Lysine.....g	0.068		0		1		0.163	0.020	0.010
Methionine.....g	0.015		0		1		0.036	0.005	0.002
Cystine.....g	0.018		0		1		0.043	0.005	0.003
Phenylalanine.....g	0.055		0		1		0.132	0.017	0.008
Tyrosine.....g	0.037		0		1		0.089	0.011	0.006
Valine.....g	0.056		0		1		0.134	0.017	0.008
Arginine.....g	0.080		0		1		0.192	0.024	0.012
Histidine.....g	0.028		0		1		0.067	0.008	0.004
Alanine.....g	0.047		0		1		0.113	0.014	0.007
Aspartic acid.....g	0.125		0		1		0.300	0.038	0.019
Glutamic acid.....g	0.201		0		1		0.482	0.060	0.030
Glycine.....g	0.047		0		1		0.113	0.014	0.007
Proline.....g	0.060		0		1		0.144	0.018	0.009
Serine.....g	0.057		0		1		0.137	0.017	0.009
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	9		0	NR	4		21.600	2.700	1.350
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 15.0g: 1 container, individual

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01068

Cream substitute, liquid, with lauric acid oil and sodium caseinate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.106		0		1		0.016	0.127	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.106	0.036	18		1		0.016	0.127	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		1		0.000	0.004	
18:2 undifferentiated.....g	0.003	0.002	18		1		0.000	0.004	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	9		0		4		1	11	
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.002	0.017	
Threonine.....g	0.042		0		1		0.006	0.050	
Isoleucine.....g	0.061		0		1		0.009	0.073	
Leucine.....g	0.099		0		1		0.015	0.119	
Lysine.....g	0.080		0		1		0.012	0.096	
Methionine.....g	0.030		0		1		0.005	0.036	
Cystine.....g	0.004		0		1		0.001	0.005	
Phenylalanine.....g	0.054		0		1		0.008	0.065	
Tyrosine.....g	0.057		0		1		0.009	0.068	
Valine.....g	0.072		0		1		0.011	0.086	
Arginine.....g	0.040		0		1		0.006	0.048	
Histidine.....g	0.030		0		1		0.005	0.036	
Alanine.....g	0.031		0		1		0.005	0.037	
Aspartic acid.....g	0.071		0		1		0.011	0.085	
Glutamic acid.....g	0.227		0		1		0.034	0.272	
Glycine.....g	0.020		0		1		0.003	0.024	
Proline.....g	0.113		0		1		0.017	0.136	
Serine.....g	0.062		0		1		0.009	0.074	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 120g: .5 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01069
Cream substitute, powdered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.968		0		1		0.910	0.019	0.029
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.969	0.163	8		1		0.911	0.019	0.029
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.013	0.000	0.000
18:2 undifferentiated.....g	0.003	0.004	8		1		0.003	0.000	0.000
18:3 undifferentiated.....g	0.010	0.009	8		1		0.009	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg	32		0		4		30	1	1
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.062	0.001	0.002
Threonine.....g	0.203		0		1		0.191	0.004	0.006
Isoleucine.....g	0.294		0		1		0.276	0.006	0.009
Leucine.....g	0.473		0		1		0.445	0.009	0.014
Lysine.....g	0.385		0		1		0.362	0.008	0.012
Methionine.....g	0.145		0		1		0.136	0.003	0.004
Cystine.....g	0.021		0		1		0.020	0.000	0.001
Phenylalanine.....g	0.257		0		1		0.242	0.005	0.008
Tyrosine.....g	0.274		0		1		0.258	0.005	0.008
Valine.....g	0.343		0		1		0.322	0.007	0.010
Arginine.....g	0.190		0		1		0.179	0.004	0.006
Histidine.....g	0.142		0		1		0.133	0.003	0.004
Alanine.....g	0.150		0		1		0.141	0.003	0.005
Aspartic acid.....g	0.339		0		1		0.319	0.007	0.010
Glutamic acid.....g	1.088		0		1		1.023	0.022	0.033
Glycine.....g	0.096		0		1		0.090	0.002	0.003
Proline.....g	0.540		0		1		0.508	0.011	0.016
Serine.....g	0.295		0		1		0.277	0.006	0.009
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	20		0	NR	4		18.800	0.400	0.600
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 94g: 1 cup
- Measure 2 = 2.0g: 1 tsp
- Measure 3 = 3.0g: 1 packet

NDB No. 01069

Cream substitute, powdered

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42136
Cream substitute, powdered, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.500				1		10.810	0.345	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.500				4		10.810	0.345	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198				1		0.186	0.006	
18:2 undifferentiated.....g	0.198				4		0.186	0.006	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	9		0	BFFN	4		8.319	0.266	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup
 Measure 2 = 3.0g: 1 packet

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01049
Cream, fluid, half and half

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.321		0		1		8.037	0.498	1.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.258		0		1		0.624	0.039	0.078
17:1.....g									
18:1 undifferentiated.....g	2.893		0		1		7.001	0.434	0.874
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		1.033	0.064	0.129
18:2 undifferentiated.....g	0.260		0		1		0.629	0.039	0.079
18:3 undifferentiated.....g	0.167		0		1		0.404	0.025	0.050
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	37		1		1		89	6	11
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.102	0.006	0.013
Threonine.....g	0.134		0		1		0.324	0.020	0.040
Isoleucine.....g	0.179		0		1		0.433	0.027	0.054
Leucine.....g	0.290		0		1		0.702	0.044	0.088
Lysine.....g	0.235		0		1		0.569	0.035	0.071
Methionine.....g	0.074		0		1		0.179	0.011	0.022
Cystine.....g	0.027		0		1		0.065	0.004	0.008
Phenylalanine.....g	0.143		0		1		0.346	0.021	0.043
Tyrosine.....g	0.143		0		1		0.346	0.021	0.043
Valine.....g	0.198		0		1		0.479	0.030	0.060
Arginine.....g	0.107		0		1		0.259	0.016	0.032
Histidine.....g	0.080		0		1		0.194	0.012	0.024
Alanine.....g	0.102		0		1		0.247	0.015	0.031
Aspartic acid.....g	0.225		0		1		0.545	0.034	0.068
Glutamic acid.....g	0.620		0		1		1.500	0.093	0.187
Glycine.....g	0.063		0		1		0.152	0.009	0.019
Proline.....g	0.287		0		1		0.695	0.043	0.087
Serine.....g	0.161		0		1		0.390	0.024	0.049
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	22		0	BFFN	4		54.041	3.350	6.744
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 242g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 30.2g: 1 fl oz

NDB No. 01049

Cream, fluid, half and half

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01053
Cream, fluid, heavy whipping

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.686		0		1		12.823	25.433	1.603
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.829		0		1		0.995	1.973	0.124
17:1.....g									
18:1 undifferentiated.....g	9.308		0		1		11.170	22.153	1.396
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.374		0		1		1.649	3.270	0.206
18:2 undifferentiated.....g	0.836		0		1		1.003	1.990	0.125
18:3 undifferentiated.....g	0.538		0		1		0.646	1.280	0.081
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	137	2.421	4		1		165	326	21
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.035	0.069	0.004
Threonine.....g	0.093		0		1		0.112	0.221	0.014
Isoleucine.....g	0.124		0		1		0.149	0.295	0.019
Leucine.....g	0.201		0		1		0.241	0.478	0.030
Lysine.....g	0.163		0		1		0.196	0.388	0.024
Methionine.....g	0.051		0		1		0.061	0.121	0.008
Cystine.....g	0.019		0		1		0.023	0.045	0.003
Phenylalanine.....g	0.099		0		1		0.119	0.236	0.015
Tyrosine.....g	0.099		0		1		0.119	0.236	0.015
Valine.....g	0.137		0		1		0.164	0.326	0.021
Arginine.....g	0.074		0		1		0.089	0.176	0.011
Histidine.....g	0.056		0		1		0.067	0.133	0.008
Alanine.....g	0.071		0		1		0.085	0.169	0.011
Aspartic acid.....g	0.156		0		1		0.187	0.371	0.023
Glutamic acid.....g	0.429		0		1		0.515	1.021	0.064
Glycine.....g	0.043		0		1		0.052	0.102	0.006
Proline.....g	0.199		0		1		0.239	0.474	0.030
Serine.....g	0.111		0		1		0.133	0.264	0.017
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	72		0	BFFN	4		86.216	170.996	10.777
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 120g: 1 cup, whipped
- Measure 2 = 238g: 1 cup, fluid (yields 2 cups whipped)
- Measure 3 = 15.0g: 1 tbsp

NDB No. 01053

Cream, fluid, heavy whipping

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.577		0		1		13.385	0.837	1.673
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.432		0		1		1.037	0.065	0.130
17:1.....g									
18:1 undifferentiated.....g	4.858		0		1		11.659	0.729	1.457
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.717		0		1		1.721	0.108	0.215
18:2 undifferentiated.....g	0.436		0		1		1.046	0.065	0.131
18:3 undifferentiated.....g	0.281		0		1		0.674	0.042	0.084
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	66	2.728	5		1		159	10	20
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.091	0.006	0.011
Threonine.....g	0.122		0		1		0.293	0.018	0.037
Isoleucine.....g	0.163		0		1		0.391	0.024	0.049
Leucine.....g	0.264		0		1		0.634	0.040	0.079
Lysine.....g	0.214		0		1		0.514	0.032	0.064
Methionine.....g	0.068		0		1		0.163	0.010	0.020
Cystine.....g	0.025		0		1		0.060	0.004	0.008
Phenylalanine.....g	0.130		0		1		0.312	0.020	0.039
Tyrosine.....g	0.130		0		1		0.312	0.020	0.039
Valine.....g	0.181		0		1		0.434	0.027	0.054
Arginine.....g	0.098		0		1		0.235	0.015	0.029
Histidine.....g	0.073		0		1		0.175	0.011	0.022
Alanine.....g	0.093		0		1		0.223	0.014	0.028
Aspartic acid.....g	0.205		0		1		0.492	0.031	0.062
Glutamic acid.....g	0.565		0		1		1.356	0.085	0.170
Glycine.....g	0.057		0		1		0.137	0.009	0.017
Proline.....g	0.262		0		1		0.629	0.039	0.079
Serine.....g	0.147		0		1		0.353	0.022	0.044
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	37		0	BFFN	4		89.991	5.624	11.249
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 30.0g: 1 fl oz

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01052
Cream, fluid, light whipping

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.093		0		1		10.912	21.732	1.364
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010	0.042	9		1		1.212	2.414	0.152
17:1.....g									
18:1 undifferentiated.....g	7.658	0.292	9		1		9.190	18.303	1.149
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.884		0		1		1.061	2.113	0.133
18:2 undifferentiated.....g	0.618	0.050	9		1		0.742	1.477	0.093
18:3 undifferentiated.....g	0.266	0.015	9		1		0.319	0.636	0.040
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	111		0		1		133	265	17
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.037	0.074	0.005
Threonine.....g	0.098		0		1		0.118	0.234	0.015
Isoleucine.....g	0.131		0		1		0.157	0.313	0.020
Leucine.....g	0.213		0		1		0.256	0.509	0.032
Lysine.....g	0.172		0		1		0.206	0.411	0.026
Methionine.....g	0.054		0		1		0.065	0.129	0.008
Cystine.....g	0.020		0		1		0.024	0.048	0.003
Phenylalanine.....g	0.105		0		1		0.126	0.251	0.016
Tyrosine.....g	0.105		0		1		0.126	0.251	0.016
Valine.....g	0.145		0		1		0.174	0.347	0.022
Arginine.....g	0.079		0		1		0.095	0.189	0.012
Histidine.....g	0.059		0		1		0.071	0.141	0.009
Alanine.....g	0.075		0		1		0.090	0.179	0.011
Aspartic acid.....g	0.165		0		1		0.198	0.394	0.025
Glutamic acid.....g	0.454		0		1		0.545	1.085	0.068
Glycine.....g	0.046		0		1		0.055	0.110	0.007
Proline.....g	0.210		0		1		0.252	0.502	0.032
Serine.....g	0.118		0		1		0.142	0.282	0.018
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	60		0	BFFN	4		72.026	143.451	9.003
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup, whipped

Measure 2 = 239g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

NDB No. 01052

Cream, fluid, light whipping

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01199
Cream, half and half, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.384		0	NC	4		0.928	0.058	0.116
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFFN	4		0.076	0.005	0.009
17:1.....g									
18:1 undifferentiated.....g	0.352		0	BFFN	4		0.852	0.053	0.106
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	NC	4		0.126	0.008	0.016
18:2 undifferentiated.....g	0.032		0	BFFN	4		0.077	0.005	0.010
18:3 undifferentiated.....g	0.020		0	BFFN	4		0.049	0.003	0.006
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	LC	8		12	1	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	LC	8		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		6.579	0.408	0.821
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup
 Measure 2 = 15.0g: 1 tbsp
 Measure 3 = 30.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01056
Cream, sour, cultured

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.054		0		1		13.924	0.726	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.469		0		1		1.079	0.056	
17:1.....g									
18:1 undifferentiated.....g	5.273		0		1		12.128	0.633	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.778		0		1		1.789	0.093	
18:2 undifferentiated.....g	0.473		0		1		1.088	0.057	
18:3 undifferentiated.....g	0.305		0		1		0.702	0.037	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	44	3.904	4		1		102	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		4		0.101	0.005	
Threonine.....g	0.143		0		4		0.329	0.017	
Isoleucine.....g	0.191		0		4		0.439	0.023	
Leucine.....g	0.309		0		4		0.711	0.037	
Lysine.....g	0.251		0		4		0.577	0.030	
Methionine.....g	0.080		0		4		0.184	0.010	
Cystine.....g	0.029		0		4		0.067	0.003	
Phenylalanine.....g	0.153		0		4		0.352	0.018	
Tyrosine.....g	0.153		0		4		0.352	0.018	
Valine.....g	0.211		0		4		0.485	0.025	
Arginine.....g	0.114		0		4		0.262	0.014	
Histidine.....g	0.085		0		4		0.196	0.010	
Alanine.....g	0.109		0		4		0.251	0.013	
Aspartic acid.....g	0.240		0		4		0.552	0.029	
Glutamic acid.....g	0.662		0		4		1.523	0.079	
Glycine.....g	0.067		0		4		0.154	0.008	
Proline.....g	0.306		0		4		0.704	0.037	
Serine.....g	0.172		0		4		0.396	0.021	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	41		0	BFFN	4		93.611	4.884	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 cup

Measure 2 = 12.0g: 1 tbsp

NDB No. 01056
Cream, sour, cultured

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01055

Cream, sour, reduced fat, cultured

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.466		0		1		8.388	0.520	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.269		0		1		0.651	0.040	
17:1.....g									
18:1 undifferentiated.....g	3.019		0		1		7.306	0.453	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.446		0		1		1.079	0.067	
18:2 undifferentiated.....g	0.271		0		1		0.656	0.041	
18:3 undifferentiated.....g	0.175		0		1		0.424	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0		1		93	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		4		0.099	0.006	
Threonine.....g	0.133		0		4		0.322	0.020	
Isoleucine.....g	0.178		0		4		0.431	0.027	
Leucine.....g	0.288		0		4		0.697	0.043	
Lysine.....g	0.233		0		4		0.564	0.035	
Methionine.....g	0.074		0		4		0.179	0.011	
Cystine.....g	0.027		0		4		0.065	0.004	
Phenylalanine.....g	0.142		0		4		0.344	0.021	
Tyrosine.....g	0.142		0		4		0.344	0.021	
Valine.....g	0.197		0		4		0.477	0.030	
Arginine.....g	0.106		0		4		0.257	0.016	
Histidine.....g	0.080		0		4		0.194	0.012	
Alanine.....g	0.101		0		4		0.244	0.015	
Aspartic acid.....g	0.223		0		4		0.540	0.033	
Glutamic acid.....g	0.616		0		4		1.491	0.092	
Glycine.....g	0.063		0		4		0.152	0.009	
Proline.....g	0.285		0		4		0.690	0.043	
Serine.....g	0.160		0		4		0.387	0.024	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	23		0	BFFN	4		56.390	3.495	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 01055

Cream, sour, reduced fat, cultured

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01054

Cream, whipped, cream topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.418		0		1		3.851	0.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.498		0		1		0.299	0.015	
17:1.....g									
18:1 undifferentiated.....g	5.590		0		1		3.354	0.168	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.825		0		1		0.495	0.025	
18:2 undifferentiated.....g	0.502		0		1		0.301	0.015	
18:3 undifferentiated.....g	0.323		0		1		0.194	0.010	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		46	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.027	0.001	
Threonine.....g	0.144		0		1		0.086	0.004	
Isoleucine.....g	0.194		0		1		0.116	0.006	
Leucine.....g	0.313		0		1		0.188	0.009	
Lysine.....g	0.254		0		1		0.152	0.008	
Methionine.....g	0.080		0		1		0.048	0.002	
Cystine.....g	0.030		0		1		0.018	0.001	
Phenylalanine.....g	0.154		0		1		0.092	0.005	
Tyrosine.....g	0.154		0		1		0.092	0.005	
Valine.....g	0.214		0		1		0.128	0.006	
Arginine.....g	0.116		0		1		0.070	0.003	
Histidine.....g	0.087		0		1		0.052	0.003	
Alanine.....g	0.110		0		1		0.066	0.003	
Aspartic acid.....g	0.243		0		1		0.146	0.007	
Glutamic acid.....g	0.670		0		1		0.402	0.020	
Glycine.....g	0.068		0		1		0.041	0.002	
Proline.....g	0.310		0		1		0.186	0.009	
Serine.....g	0.174		0		1		0.104	0.005	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	43		0	BFFN	4		25.888	1.294	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

- Measure 1 = 60g: 1 cup
- Measure 2 = 3.0g: 1 tbsp

NDB No. 01054

Cream, whipped, cream topping, pressurized

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01070
Dessert topping, powdered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.600		0		1		0.258	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.600	0.351	3		1		0.258	0.008	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.447		0		1		0.192	0.006	
18:2 undifferentiated.....g	0.447	0.105	3		1		0.192	0.006	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	36		0		4		15	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.068		0		1		0.029	0.001	
Threonine.....g	0.207		0		1		0.089	0.003	
Isoleucine.....g	0.301		0		1		0.129	0.004	
Leucine.....g	0.484		0		1		0.208	0.006	
Lysine.....g	0.394		0		1		0.169	0.005	
Methionine.....g	0.149		0		1		0.064	0.002	
Cystine.....g	0.021		0		1		0.009	0.000	
Phenylalanine.....g	0.263		0		1		0.113	0.003	
Tyrosine.....g	0.280		0		1		0.120	0.004	
Valine.....g	0.351		0		1		0.151	0.005	
Arginine.....g	0.194		0		1		0.083	0.003	
Histidine.....g	0.145		0		1		0.062	0.002	
Alanine.....g	0.153		0		1		0.066	0.002	
Aspartic acid.....g	0.347		0		1		0.149	0.005	
Glutamic acid.....g	1.113		0		1		0.479	0.014	
Glycine.....g	0.098		0		1		0.042	0.001	
Proline.....g	0.552		0		1		0.237	0.007	
Serine.....g	0.301		0		1		0.129	0.004	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	108		0	NR	4		46.440	1.404	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 43g: 1.5 oz

Measure 2 = 1.3g: 1 portion, amount to make 1 tbsp

NDB No. 01070

Dessert topping, powdered

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01071

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.843		0		1		0.674	0.034	1.349
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.042	0.002	0.085
17:1.....g									
18:1 undifferentiated.....g	0.754		0		1		0.603	0.030	1.206
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.161	0.008	0.322
18:2 undifferentiated.....g	0.166		0		1		0.133	0.007	0.266
18:3 undifferentiated.....g	0.034		0		1		0.027	0.001	0.054
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		8	0	16
Phytosterols.....mg	0		1		1		0	0	0
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.040	0.002	0.080
Threonine.....g	0.159		0		1		0.127	0.006	0.254
Isoleucine.....g	0.219		0		1		0.175	0.009	0.350
Leucine.....g	0.354		0		1		0.283	0.014	0.566
Lysine.....g	0.287		0		1		0.230	0.011	0.459
Methionine.....g	0.097		0		1		0.078	0.004	0.155
Cystine.....g	0.028		0		1		0.022	0.001	0.045
Phenylalanine.....g	0.180		0		1		0.144	0.007	0.288
Tyrosine.....g	0.185		0		1		0.148	0.007	0.296
Valine.....g	0.247		0		1		0.198	0.010	0.395
Arginine.....g	0.134		0		1		0.107	0.005	0.214
Histidine.....g	0.101		0		1		0.081	0.004	0.162
Alanine.....g	0.120		0		1		0.096	0.005	0.192
Aspartic acid.....g	0.267		0		1		0.214	0.011	0.427
Glutamic acid.....g	0.776		0		1		0.621	0.031	1.242
Glycine.....g	0.075		0		1		0.060	0.003	0.120
Proline.....g	0.369		0		1		0.295	0.015	0.590
Serine.....g	0.205		0		1		0.164	0.008	0.328
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0
Carotenoids:									
Carotene, beta.....mcg	32		0	RPI	6		25.406	1.270	50.813
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	0.000

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Common Measures:

Measure 1 = 80g: 1 cup

Measure 2 = 4.0g: 1 tbsp

Measure 3 = 160g: 1 package yields

NDB No. 01071

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01072
Dessert topping, pressurized

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.927		0		1		1.349	0.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.929	1.457	3		1		1.350	0.077	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.241		0		1		0.169	0.010	
18:2 undifferentiated.....g	0.241	0.192	3		1		0.169	0.010	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg	20		0		4		14	1	
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.010	0.001	
Threonine.....g	0.041		0		1		0.029	0.002	
Isoleucine.....g	0.060		0		1		0.042	0.002	
Leucine.....g	0.097		0		1		0.068	0.004	
Lysine.....g	0.079		0		1		0.055	0.003	
Methionine.....g	0.030		0		1		0.021	0.001	
Cystine.....g	0.004		0		1		0.003	0.000	
Phenylalanine.....g	0.053		0		1		0.037	0.002	
Tyrosine.....g	0.056		0		1		0.039	0.002	
Valine.....g	0.070		0		1		0.049	0.003	
Arginine.....g	0.039		0		1		0.027	0.002	
Histidine.....g	0.029		0		1		0.020	0.001	
Alanine.....g	0.031		0		1		0.022	0.001	
Aspartic acid.....g	0.069		0		1		0.048	0.003	
Glutamic acid.....g	0.223		0		1		0.156	0.009	
Glycine.....g	0.020		0		1		0.014	0.001	
Proline.....g	0.110		0		1		0.077	0.004	
Serine.....g	0.060		0		1		0.042	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	47		0	NR	4		32.900	1.880	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 70g: 1 cup
 Measure 2 = 4.0g: 1 tbsp

NDB No. 01072

Dessert topping, pressurized

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01073

Dessert topping, semi solid, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.616		0		1		1.212	0.065	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.241		2		1		0.181	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.375		2		1		1.031	0.055	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.523		0		1		0.392	0.021	
18:2 undifferentiated.....g	0.305		2		1		0.229	0.012	
18:3 undifferentiated.....g	0.218		2		1		0.164	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	23		0		4		17	1	
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.013	0.001	
Threonine.....g	0.053		0		1		0.040	0.002	
Isoleucine.....g	0.077		0		1		0.058	0.003	
Leucine.....g	0.123		0		1		0.092	0.005	
Lysine.....g	0.101		0		1		0.076	0.004	
Methionine.....g	0.038		0		1		0.029	0.002	
Cystine.....g	0.005		0		1		0.004	0.000	
Phenylalanine.....g	0.067		0		1		0.050	0.003	
Tyrosine.....g	0.072		0		1		0.054	0.003	
Valine.....g	0.089		0		1		0.067	0.004	
Arginine.....g	0.049		0		1		0.037	0.002	
Histidine.....g	0.037		0		1		0.028	0.001	
Alanine.....g	0.039		0		1		0.029	0.002	
Aspartic acid.....g	0.088		0		1		0.066	0.004	
Glutamic acid.....g	0.284		0		1		0.213	0.011	
Glycine.....g	0.025		0		1		0.019	0.001	
Proline.....g	0.141		0		1		0.106	0.006	
Serine.....g	0.077		0		1		0.058	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	86		0	NR	4		64.500	3.440	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 75g: 1 cup
 Measure 2 = 4.0g: 1 tbsp

NDB No. 01073

Dessert topping, semi solid, frozen

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01142
Egg substitute, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.435		0		1		5.844	1.461	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.437		1		1		5.849	1.462	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.241		0		1		14.978	3.745	
18:2 undifferentiated.....g	6.177		1		1		14.825	3.706	
18:3 undifferentiated.....g	0.064		1		1		0.154	0.038	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		5	1	
Phytosterols.....mg	95		0		4		228	57	
Amino Acids:									
Tryptophan.....g	0.164		0		4		0.394	0.098	
Threonine.....g	0.484		0		4		1.162	0.290	
Isoleucine.....g	0.660		0		4		1.584	0.396	
Leucine.....g	0.972		0		4		2.333	0.583	
Lysine.....g	0.713		0		4		1.711	0.428	
Methionine.....g	0.387		0		4		0.929	0.232	
Cystine.....g	0.229		0		4		0.550	0.137	
Phenylalanine.....g	0.645		0		4		1.548	0.387	
Tyrosine.....g	0.456		0		4		1.094	0.274	
Valine.....g	0.792		0		4		1.901	0.475	
Arginine.....g	0.577		0		4		1.385	0.346	
Histidine.....g	0.257		0		4		0.617	0.154	
Alanine.....g	0.624		0		4		1.498	0.374	
Aspartic acid.....g	0.928		0		4		2.227	0.557	
Glutamic acid.....g	1.690		0		4		4.056	1.014	
Glycine.....g	0.365		0		4		0.876	0.219	
Proline.....g	0.558		0		4		1.339	0.335	
Serine.....g	0.751		0		4		1.802	0.451	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	135		0	NR	4		324.000	81.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 60g: .25 cup

NDB No. 01142
Egg substitute, frozen

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01143
Egg substitute, liquid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.896		0		1		2.249	0.143	0.421
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.008	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.894		1		1		2.244	0.143	0.420
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.603		0		1		4.024	0.256	0.753
18:2 undifferentiated.....g	1.406		1		1		3.529	0.225	0.661
18:3 undifferentiated.....g	0.184		1		1		0.462	0.029	0.086
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		1		3	0	0
Phytosterols.....mg	4		0		4		10	1	2
Amino Acids:									
Tryptophan.....g	0.191		0		4		0.479	0.031	0.090
Threonine.....g	0.553		0		4		1.388	0.088	0.260
Isoleucine.....g	0.748		0		4		1.877	0.120	0.352
Leucine.....g	1.082		0		4		2.716	0.173	0.509
Lysine.....g	0.788		0		4		1.978	0.126	0.370
Methionine.....g	0.425		0		4		1.067	0.068	0.200
Cystine.....g	0.292		0		4		0.733	0.047	0.137
Phenylalanine.....g	0.766		0		4		1.923	0.123	0.360
Tyrosine.....g	0.495		0		4		1.242	0.079	0.233
Valine.....g	0.887		0		4		2.226	0.142	0.417
Arginine.....g	0.784		0		4		1.968	0.125	0.368
Histidine.....g	0.296		0		4		0.743	0.047	0.139
Alanine.....g	0.762		0		4		1.913	0.122	0.358
Aspartic acid.....g	1.197		0		4		3.004	0.192	0.563
Glutamic acid.....g	1.897		0		4		4.761	0.304	0.892
Glycine.....g	0.492		0		4		1.235	0.079	0.231
Proline.....g	0.525		0		4		1.318	0.084	0.247
Serine.....g	0.881		0		4		2.211	0.141	0.414
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	216		0	NR	4		542.160	34.560	101.520
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 251g: 1 cup
- Measure 2 = 16g: 1 tbsp
- Measure 3 = 47g: 1.5 fl oz

NDB No. 01143
Egg substitute, liquid

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01144
Egg substitute, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.341		0		1		0.529	1.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.496		1		1		0.049	0.099	
17:1.....g									
18:1 undifferentiated.....g	4.845		1		1		0.480	0.969	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.683		0		1		0.167	0.337	
18:2 undifferentiated.....g	1.413		1		1		0.140	0.283	
18:3 undifferentiated.....g	0.086		1		1		0.009	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.109		0		4		0.011	0.022	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	572		1		1		57	114	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 9.9g: .35 oz

Measure 2 = 20g: .7 oz

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01138
Egg, duck, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.525		0		1		4.568		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.441	0.032	4		1		0.309		
17:1.....g									
18:1 undifferentiated.....g	6.084	0.239	4		1		4.259		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.223		0		1		0.856		
18:2 undifferentiated.....g	0.558	0.168	4		1		0.391		
18:3 undifferentiated.....g	0.102	0.068	4		1		0.071		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.319	0.058	4		1		0.223		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	884		3		1		619		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.260		0		1		0.182		
Threonine.....g	0.736		0		1		0.515		
Isoleucine.....g	0.598		0		1		0.419		
Leucine.....g	1.097		0		1		0.768		
Lysine.....g	0.951		0		1		0.666		
Methionine.....g	0.576		0		1		0.403		
Cystine.....g	0.285		0		1		0.200		
Phenylalanine.....g	0.840		0		1		0.588		
Tyrosine.....g	0.613		0		1		0.429		
Valine.....g	0.885		0		1		0.620		
Arginine.....g	0.765		0		1		0.536		
Histidine.....g	0.320		0		1		0.224		
Alanine.....g	0.631		0		1		0.442		
Aspartic acid.....g	0.777		0		1		0.544		
Glutamic acid.....g	1.789		0		1		1.252		
Glycine.....g	0.422		0		1		0.295		
Proline.....g	0.480		0		1		0.336		
Serine.....g	0.963		0		1		0.674		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	14		0	BFFN	4		9.799		
Carotene, alpha.....mcg	0		0	BFFN	4		0.000		
Cryptoxanthin, beta.....mcg	12		0	BFFN	4		8.671		
Lycopene.....mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	459		0	BFFN	4		321.129		

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Common Measures:

Measure 1 = 70g: 1 egg

NDB No. 01138

Egg, duck, whole, fresh, raw

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01139
Egg, goose, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.747		0		1		8.276		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394		2		1		0.567		
17:1.....g									
18:1 undifferentiated.....g	5.353		2		1		7.708		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.672		0		1		2.408		
18:2 undifferentiated.....g	0.680		2		1		0.979		
18:3 undifferentiated.....g	0.554		2		1		0.798		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.279		2		1		0.402		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	852		0		4		1227		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.282		0		4		0.406		
Threonine.....g	0.797		0		4		1.148		
Isoleucine.....g	0.647		0		4		0.932		
Leucine.....g	1.188		0		4		1.711		
Lysine.....g	1.030		0		4		1.483		
Methionine.....g	0.624		0		4		0.899		
Cystine.....g	0.309		0		4		0.445		
Phenylalanine.....g	0.910		0		4		1.310		
Tyrosine.....g	0.664		0		4		0.956		
Valine.....g	0.958		0		4		1.380		
Arginine.....g	0.828		0		4		1.192		
Histidine.....g	0.346		0		4		0.498		
Alanine.....g	0.683		0		4		0.984		
Aspartic acid.....g	0.841		0		4		1.211		
Glutamic acid.....g	1.937		0		4		2.789		
Glycine.....g	0.457		0		4		0.658		
Proline.....g	0.520		0		4		0.749		
Serine.....g	1.043		0		4		1.502		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	13		0	BFFN	4		19.427		
Carotene, alpha.....mcg	0		0	BFFN	4		0.000		
Cryptoxanthin, beta.....mcg	12		0	BFFN	4		17.190		
Lycopene.....mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	442		0	BFFN	4		636.621		

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Common Measures:

Measure 1 = 144g: 1 egg

NDB No. 01139

Egg, goose, whole, fresh, raw

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01140
Egg, quail, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.324		0		1		0.389		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.473	0.051	8		1		0.043		
17:1.....g									
18:1 undifferentiated.....g	3.851	0.156	8		1		0.347		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.324		0		1		0.119		
18:2 undifferentiated.....g	0.940	0.081	8		1		0.085		
18:3 undifferentiated.....g	0.044	0.020	6		1		0.004		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.122	0.016	8		1		0.011		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	844		12		1		76		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.209		0		4		0.019		
Threonine.....g	0.641		0		4		0.058		
Isoleucine.....g	0.816		0		4		0.073		
Leucine.....g	1.146		0		4		0.103		
Lysine.....g	0.881		0		4		0.079		
Methionine.....g	0.421		0		4		0.038		
Cystine.....g	0.311		0		4		0.028		
Phenylalanine.....g	0.737		0		4		0.066		
Tyrosine.....g	0.543		0		4		0.049		
Valine.....g	0.940		0		4		0.085		
Arginine.....g	0.835		0		4		0.075		
Histidine.....g	0.315		0		4		0.028		
Alanine.....g	0.762		0		4		0.069		
Aspartic acid.....g	1.294		0		4		0.116		
Glutamic acid.....g	1.662		0		4		0.150		
Glycine.....g	0.434		0		4		0.039		
Proline.....g	0.518		0		4		0.047		
Serine.....g	0.992		0		4		0.089		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		0	BFFN	4		1.015		
Carotene, alpha.....mcg	0		0	BFFN	4		0.000		
Cryptoxanthin, beta.....mcg	10		0	BFFN	4		0.898		
Lycopene.....mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	369		0	BFFN	4		33.252		

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Common Measures:

Measure 1 = 9.0g: 1 egg

NDB No. 01140

Egg, quail, whole, fresh, raw

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01141
Egg, turkey, whole, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.571		0		1		3.611		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.672	0.099	4		1		0.531		
17:1.....g									
18:1 undifferentiated.....g	3.899	0.137	4		1		3.080		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.658		0		1		1.310		
18:2 undifferentiated.....g	1.166	0.121	4		1		0.921		
18:3 undifferentiated.....g	0.079	0.024	4		1		0.062		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.127	0.009	4		1		0.100		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	933		10		1		737		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.219		0		4		0.173		
Threonine.....g	0.672		0		4		0.531		
Isoleucine.....g	0.855		0		4		0.675		
Leucine.....g	1.201		0		4		0.949		
Lysine.....g	0.924		0		4		0.730		
Methionine.....g	0.442		0		4		0.349		
Cystine.....g	0.326		0		4		0.258		
Phenylalanine.....g	0.773		0		4		0.611		
Tyrosine.....g	0.569		0		4		0.450		
Valine.....g	0.985		0		4		0.778		
Arginine.....g	0.876		0		4		0.692		
Histidine.....g	0.330		0		4		0.261		
Alanine.....g	0.799		0		4		0.631		
Aspartic acid.....g	1.357		0		4		1.072		
Glutamic acid.....g	1.742		0		4		1.376		
Glycine.....g	0.455		0		4		0.359		
Proline.....g	0.543		0		4		0.429		
Serine.....g	1.040		0		4		0.822		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 egg

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01173
Egg, white, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	Z		7			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z		7			
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z		7			
20:1.....g	0.000		0	Z		7			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z		7			
18:2 undifferentiated.....g	0.000		0	Z		7			
18:3 undifferentiated.....g	0.000		0	Z		7			
18:4.....g	0.000		0	Z		7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z		7			
20:5 n-3.....g	0.000		0	Z		7			
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	Z		7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.999		0			1			
Threonine.....g	3.685		0			1			
Isoleucine.....g	4.581		0			1			
Leucine.....g	6.838		0			1			
Lysine.....g	5.515		0			1			
Methionine.....g	2.790		0			1			
Cystine.....g	2.102		0			1			
Phenylalanine.....g	4.736		0			1			
Tyrosine.....g	3.153		0			1			
Valine.....g	5.164		0			1			
Arginine.....g	4.412		0			1			
Histidine.....g	1.830		0			1			
Alanine.....g	4.684		0			1			
Aspartic acid.....g	8.253		0			1			
Glutamic acid.....g	10.770		0			1			
Glycine.....g	2.842		0			1			
Proline.....g	3.153		0			1			
Serine.....g	5.593		0			1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN		4			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

NDB No. 01173
Egg, white, dried

Food Group: 01 Dairy and Egg Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01135

Egg, white, dried, flakes, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000		
18:2 undifferentiated.....g	0.000		0		1		0.000		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.181		0		1		2.681		
Threonine.....g	3.421		0		1		7.766		
Isoleucine.....g	4.689		0		1		10.644		
Leucine.....g	6.695		0		1		15.198		
Lysine.....g	4.738		0		1		10.755		
Methionine.....g	2.991		0		1		6.790		
Cystine.....g	1.908		0		1		4.331		
Phenylalanine.....g	4.837		0		1		10.980		
Tyrosine.....g	3.089		0		1		7.012		
Valine.....g	5.760		0		1		13.075		
Arginine.....g	4.492		0		1		10.197		
Histidine.....g	1.748		0		1		3.968		
Alanine.....g	4.960		0		1		11.259		
Aspartic acid.....g	6.806		0		1		15.450		
Glutamic acid.....g	10.732		0		1		24.362		
Glycine.....g	2.880		0		1		6.538		
Proline.....g	2.892		0		1		6.565		
Serine.....g	5.674		0		1		12.880		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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Common Measures:

Measure 1 = 227g: .5 lb

NDB No. 01135

Egg, white, dried, flakes, glucose reduced

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01136

Egg, white, dried, powder, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	1.266		0		1		1.355	0.177	
Threonine.....g	3.665		0		1		3.922	0.513	
Isoleucine.....g	5.023		0		1		5.375	0.703	
Leucine.....g	7.172		0		1		7.674	1.004	
Lysine.....g	5.076		0		1		5.431	0.711	
Methionine.....g	3.204		0		1		3.428	0.449	
Cystine.....g	2.044		0		1		2.187	0.286	
Phenylalanine.....g	5.181		0		1		5.544	0.725	
Tyrosine.....g	3.309		0		1		3.541	0.463	
Valine.....g	6.170		0		1		6.602	0.864	
Arginine.....g	4.812		0		1		5.149	0.674	
Histidine.....g	1.872		0		1		2.003	0.262	
Alanine.....g	5.313		0		1		5.685	0.744	
Aspartic acid.....g	7.291		0		1		7.801	1.021	
Glutamic acid.....g	11.496		0		1		12.301	1.609	
Glycine.....g	3.085		0		1		3.301	0.432	
Proline.....g	3.098		0		1		3.315	0.434	
Serine.....g	6.078		0		1		6.503	0.851	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 107g: 1 cup, sifted

Measure 2 = 14.0g: 1 tbsp

NDB No. 01136

Egg, white, dried, powder, glucose reduced

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01124
Egg, white, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0	A	1		0.304	0.041	
Threonine.....g	0.449		0	A	1		1.090	0.148	
Isoleucine.....g	0.661		0	A	1		1.607	0.218	
Leucine.....g	1.016		0	A	1		2.469	0.335	
Lysine.....g	0.806		0	A	1		1.959	0.266	
Methionine.....g	0.399		0	A	1		0.969	0.132	
Cystine.....g	0.287		0	A	1		0.698	0.095	
Phenylalanine.....g	0.686		0	A	1		1.668	0.227	
Tyrosine.....g	0.457		0	A	1		1.110	0.151	
Valine.....g	0.809		0	A	1		1.966	0.267	
Arginine.....g	0.648		0	A	1		1.575	0.214	
Histidine.....g	0.290		0	A	1		0.705	0.096	
Alanine.....g	0.704		0	A	1		1.710	0.232	
Aspartic acid.....g	1.220		0	A	1		2.965	0.403	
Glutamic acid.....g	1.550		0	A	1		3.766	0.511	
Glycine.....g	0.413		0	A	1		1.004	0.136	
Proline.....g	0.435		0	A	1		1.057	0.144	
Serine.....g	0.798		0	A	1		1.939	0.263	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01124

Egg, white, raw, fresh

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 33g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01172
Egg, white, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	Z		7			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z		7			
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z		7			
20:1.....g	0.000		0	Z		7			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z		7			
18:2 undifferentiated.....g	0.000		0	Z		7			
18:3 undifferentiated.....g	0.000		0	Z		7			
18:4.....g	0.000		0	Z		7			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z		7			
20:5 n-3.....g	0.000		0	Z		7			
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	Z		7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0			1			
Threonine.....g	0.445		0			1			
Isoleucine.....g	0.554		0			1			
Leucine.....g	0.826		0			1			
Lysine.....g	0.666		0			1			
Methionine.....g	0.337		0			1			
Cystine.....g	0.254		0			1			
Phenylalanine.....g	0.572		0			1			
Tyrosine.....g	0.381		0			1			
Valine.....g	0.624		0			1			
Arginine.....g	0.533		0			1			
Histidine.....g	0.221		0			1			
Alanine.....g	0.566		0			1			
Aspartic acid.....g	0.997		0			1			
Glutamic acid.....g	1.301		0			1			
Glycine.....g	0.343		0			1			
Proline.....g	0.381		0			1			
Serine.....g	0.676		0			1			
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01128
Egg, whole, cooked, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.13		0	RA	4		31.80		
Energy.....kcal	201		0	NC	4		92		
Energy.....kj	840		0	NC	4		386		
Protein (N x 6.25).....g	13.63		0	RA	4		6.27		
Total lipid (fat).....g	15.31		0	RA	4		7.04		
Ash.....g	1.05		0	RA	4		0.48		
Carbohydrate, by difference.....g	0.88		0	RA	4		0.40		
Fiber, total dietary.....g	0.0		0	RA	4		0.0		
Sugars, total.....g	0.83		0	RA	4		0.38		
Sucrose.....g	0.12		0	RA	4		0.06		
Glucose (dextrose).....g	0.23		0	RA	4		0.10		
Fructose.....g	0.12		0	RA	4		0.06		
Lactose.....g	0.12		0	RA	4		0.06		
Maltose.....g	0.12		0	RA	4		0.06		
Galactose.....g	0.12		0	RA	4		0.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		0	RA	4		27		
Iron, Fe.....mg	1.98		0	RA	4		0.91		
Magnesium, Mg.....mg	13		0	RA	4		6		
Phosphorus, P.....mg	208		0	RA	4		95		
Potassium, K.....mg	147		0	RA	4		68		
Sodium, Na.....mg	204		0	RA	4		94		
Zinc, Zn.....mg	1.20		0	RA	4		0.55		
Copper, Cu.....mg	0.111		0	RA	4		0.051		
Manganese, Mn.....mg	0.041		0	RA	4		0.019		
Selenium, Se.....mcg	34.2		0	RA	4		15.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.075		0	RA	4		0.034		
Riboflavin.....mg	0.518		0	RA	4		0.239		
Niacin.....mg	0.077		0	RA	4		0.035		
Pantothenic acid.....mg	1.558		0	RA	4		0.717		
Vitamin B-6.....mg	0.155		0	RA	4		0.071		
Folate, total.....mcg	51		0	RA	4		23		
Folic acid.....mcg	0		0	RA	4		0		
Folate, food.....mcg	51		0	RA	4		23		
Folate, DFE.....mcg_DFE	51		0	NC	4		23		
Vitamin B-12.....mcg	1.39		0	RA	4		0.64		
Vitamin A, IU.....IU	729		0	RA	4		335		
Vitamin A, RAE.....mcg_RAE	198		0	RA	4		91		
Retinol.....mcg	193		0	RA	4		89		
Vitamin E (alpha-tocopherol).....mg	1.22		0	RA	4		0.56		
Tocopherol, beta.....mg	0.02		0	RA	4		0.01		
Tocopherol, gamma.....mg	0.54		0	RA	4		0.25		
Tocopherol, delta.....mg	0.02		0	RA	4		0.01		
Vitamin D.....IU	37.296		0	RA	4		17.156		
Vitamin K (phylloquinone).....mcg	5.6		0	RA	4		2.6		
Lipids:									
Fatty acids, total saturated.....g	4.294		0	RA	4		1.975		
4:0.....g	0.000		0	RA	4		0.000		
6:0.....g	0.000		0	RA	4		0.000		
8:0.....g	0.003		0	RA	4		0.001		
10:0.....g	0.003		0	RA	4		0.001		
12:0.....g	0.003		0	RA	4		0.001		
13:0.....g									
14:0.....g	0.048		0	RA	4		0.022		
15:0.....g	0.004		0	RA	4				

NDB No. 01128
Egg, whole, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.004			RA	4		0.002		
16:0.....g	2.949		0	RA	4		1.356		
17:0.....g	0.018		0	RA	4		0.008		
18:0.....g	1.238		0	RA	4		0.570		
20:0.....g	0.011		0	RA	4		0.005		
22:0.....g	0.013		0	RA	4		0.006		
24:0.....g	0.003		0	RA	4		0.001		
Fatty acids, total monounsaturated.....g	6.346		0	RA	4		2.919		
14:1.....g	0.009		0	RA	4		0.004		
15:1.....g									
16:1 undifferentiated.....g	0.333		0	RA	4		0.153		
17:1.....g									
18:1 undifferentiated.....g	5.971		0	RA	4		2.747		
20:1.....g	0.030		0	RA	4		0.014		
22:1 undifferentiated.....g	0.003		0	RA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0	RA	4		1.224		
18:2 undifferentiated.....g	2.342		0	RA	4		1.077		
18:3 undifferentiated.....g	0.121		0	RA	4		0.056		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.153		0	RA	4		0.071		
20:5 n-3.....g	0.004		0	RA	4		0.002		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.040		0	RA	4		0.018		
Fatty acids, total trans.....g									
Cholesterol.....mg	457		0	RA	4		210		
Phytosterols.....mg	8		0	RA	4		4		
<u>Amino Acids:</u>									
Tryptophan.....g	0.180		0	RA	4		0.083		
Threonine.....g	0.601		0	RA	4		0.276		
Isoleucine.....g	0.726		0	RA	4		0.334		
Leucine.....g	1.174		0	RA	4		0.540		
Lysine.....g	0.986		0	RA	4		0.454		
Methionine.....g	0.410		0	RA	4		0.189		
Cystine.....g	0.294		0	RA	4		0.135		
Phenylalanine.....g	0.735		0	RA	4		0.338		
Tyrosine.....g	0.539		0	RA	4		0.248		
Valine.....g	0.928		0	RA	4		0.427		
Arginine.....g	0.887		0	RA	4		0.408		
Histidine.....g	0.334		0	RA	4		0.154		
Alanine.....g	0.794		0	RA	4		0.365		
Aspartic acid.....g	1.436		0	RA	4		0.661		
Glutamic acid.....g	1.809		0	RA	4		0.832		
Glycine.....g	0.467		0	RA	4		0.215		
Proline.....g	0.554		0	RA	4		0.255		
Serine.....g	1.050		0	RA	4		0.483		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	46		0	RA	4		20.963		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	10		0	RA	4		4.442		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	358		0	RA	4		164.496		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01128

Egg, whole, cooked, fried

Common Measures:

Measure 1 = 46g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01129
Egg, whole, cooked, hard-boiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.077		0		1		5.545	0.347	2.039
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		37		1		0.422	0.026	0.155
17:1.....g									
18:1 undifferentiated.....g	3.725		37		1		5.066	0.317	1.863
20:1.....g	0.030		37		1		0.041	0.003	0.015
22:1 undifferentiated.....g	0.003		37		1		0.004	0.000	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.414		0		1		1.923	0.120	0.707
18:2 undifferentiated.....g	1.188		37		1		1.616	0.101	0.594
18:3 undifferentiated.....g	0.035		37		1		0.048	0.003	0.018
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.149		37		1		0.203	0.013	0.075
20:5 n-3.....g	0.005		37		1		0.007	0.000	0.003
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.038		37		1		0.052	0.003	0.019
Fatty acids, total trans.....g									
Cholesterol.....mg	424	4.337	7		1		577	36	212
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0		1		0.208	0.013	0.077
Threonine.....g	0.604		0		1		0.821	0.051	0.302
Isoleucine.....g	0.686		0		1		0.933	0.058	0.343
Leucine.....g	1.075		0		1		1.462	0.091	0.538
Lysine.....g	0.904		0		1		1.229	0.077	0.452
Methionine.....g	0.392		0		1		0.533	0.033	0.196
Cystine.....g	0.292		0		1		0.397	0.025	0.146
Phenylalanine.....g	0.668		0		1		0.908	0.057	0.334
Tyrosine.....g	0.513		0		1		0.698	0.044	0.257
Valine.....g	0.767		0		1		1.043	0.065	0.384
Arginine.....g	0.755		0		1		1.027	0.064	0.378
Histidine.....g	0.298		0		1		0.405	0.025	0.149
Alanine.....g	0.700		0		1		0.952	0.060	0.350
Aspartic acid.....g	1.264		0		1		1.719	0.107	0.632
Glutamic acid.....g	1.644		0		1		2.236	0.140	0.822
Glycine.....g	0.423		0		1		0.575	0.036	0.212
Proline.....g	0.501		0		1		0.681	0.043	0.251
Serine.....g	0.936		0		1		1.273	0.080	0.468
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	11		0	BFFN	4		14.670	0.917	5.393
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	10		0	BFFN	4		12.980	0.811	4.772
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	353		0	BFFN	4		480.731	30.046	176.739

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 136g: 1 cup, chopped
- Measure 2 = 8.5g: 1 tbsp
- Measure 3 = 50g: 1 large

NDB No. 01129

Egg, whole, cooked, hard-boiled

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01130
Egg, whole, cooked, omelet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.83		0	RA	4		11.37	46.26	
Energy.....kcal	153		0	RA	4		23	94	
Energy.....kj	642		0	RA	4		96	392	
Protein (N x 6.25).....g	10.62		0	RA	4		1.59	6.48	
Total lipid (fat).....g	12.02		0	RA	4		1.80	7.33	
Ash.....g	0.84		0	RA	4		0.13	0.51	
Carbohydrate, by difference.....g	0.69		0	RA	4		0.10	0.42	
Fiber, total dietary.....g	0.0		0	RA	4		0.0	0.0	
Sugars, total.....g	0.65		0	RA	4		0.10	0.39	
Sucrose.....g	0.09		0	RA	4		0.01	0.06	
Glucose (dextrose).....g	0.18		0	RA	4		0.03	0.11	
Fructose.....g	0.09		0	RA	4		0.01	0.06	
Lactose.....g	0.09		0	RA	4		0.01	0.06	
Maltose.....g	0.09		0	RA	4		0.01	0.06	
Galactose.....g	0.09		0	RA	4		0.01	0.06	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		0	RA	4		7	28	
Iron, Fe.....mg	1.54		0	RA	4		0.23	0.94	
Magnesium, Mg.....mg	10		0	RA	4		2	6	
Phosphorus, P.....mg	162		0	RA	4		24	99	
Potassium, K.....mg	114		0	RA	4		17	70	
Sodium, Na.....mg	161		0	RA	4		24	98	
Zinc, Zn.....mg	0.93		0	RA	4		0.14	0.57	
Copper, Cu.....mg	0.088		0	RA	4		0.013	0.054	
Manganese, Mn.....mg	0.032		0	RA	4		0.005	0.020	
Selenium, Se.....mcg	26.7		0	RA	4		4.0	16.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.058		0	RA	4		0.009	0.036	
Riboflavin.....mg	0.404		0	RA	4		0.061	0.246	
Niacin.....mg	0.060		0	RA	4		0.009	0.037	
Pantothenic acid.....mg	1.213		0	RA	4		0.182	0.740	
Vitamin B-6.....mg	0.121		0	RA	4		0.018	0.074	
Folate, total.....mcg	39		0	RA	4		6	24	
Folic acid.....mcg	0		0	RA	4		0	0	
Folate, food.....mcg	39		0	RA	4		6	24	
Folate, DFE.....mcg_DFE	39		0	NC	4		6	24	
Vitamin B-12.....mcg	1.09		0	RA	4		0.16	0.66	
Vitamin A, IU.....IU	572		0	NC	4		86	349	
Vitamin A, RAE.....mcg_RAE	155		0	NC	4		23	95	
Retinol.....mcg	152		0	RA	4		23	92	
Vitamin E (alpha-tocopherol).....mg	0.95		0	RA	4		0.14	0.58	
Tocopherol, beta.....mg	0.02		0	RA	4		0.00	0.01	
Tocopherol, gamma.....mg	0.42		0	RA	4		0.06	0.26	
Tocopherol, delta.....mg	0.02		0	RA	4		0.00	0.01	
Vitamin D.....IU	29.052		0	RA	4		4.358	17.722	
Vitamin K (phylloquinone).....mcg	4.5		0	RA	4		0.7	2.7	
Lipids:									
Fatty acids, total saturated.....g	3.365		0	RA	4		0.505	2.053	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.003		0	RA	4		0.000	0.002	
10:0.....g	0.003		0	RA	4		0.000	0.002	
12:0.....g	0.003		0	RA	4		0.000	0.002	
13:0.....g									
14:0.....g	0.038		0	RA	4		0.006	0.023	
15:0.....g	0.003		0	RA	4				

NDB No. 01130
Egg, whole, cooked, omelet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.003			RA	4		0.001	0.002	
16:0.....g	2.308		0	RA	4		0.346	1.408	
17:0.....g	0.014		0	RA	4		0.002	0.009	
18:0.....g	0.973		0	RA	4		0.146	0.593	
20:0.....g	0.008		0	RA	4		0.001	0.005	
22:0.....g	0.010		0	RA	4		0.002	0.006	
24:0.....g	0.003		0	RA	4		0.000	0.002	
Fatty acids, total monounsaturated.....g	4.990		0	RA	4		0.749	3.044	
14:1.....g	0.007		0	RA	4		0.001	0.004	
15:1.....g									
16:1 undifferentiated.....g	0.260		0	RA	4		0.039	0.158	
17:1.....g									
18:1 undifferentiated.....g	4.698		0	RA	4		0.705	2.866	
20:1.....g	0.024		0	RA	4		0.004	0.014	
22:1 undifferentiated.....g	0.003		0	RA	4		0.000	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.097		0	RA	4		0.315	1.279	
18:2 undifferentiated.....g	1.847		0	RA	4		0.277	1.127	
18:3 undifferentiated.....g	0.096		0	RA	4		0.014	0.059	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.119		0	RA	4		0.018	0.073	
20:5 n-3.....g	0.003		0	RA	4		0.001	0.002	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.031		0	RA	4		0.005	0.019	
Fatty acids, total trans.....g									
Cholesterol.....mg	356		0	RA	4		53	217	
Phytosterols.....mg	7		0	RA	4		1	4	
<u>Amino Acids:</u>									
Tryptophan.....g	0.140		0	RA	4		0.021	0.086	
Threonine.....g	0.468		0	RA	4		0.070	0.285	
Isoleucine.....g	0.565		0	RA	4		0.085	0.345	
Leucine.....g	0.915		0	RA	4		0.137	0.558	
Lysine.....g	0.768		0	RA	4		0.115	0.469	
Methionine.....g	0.320		0	RA	4		0.048	0.195	
Cystine.....g	0.229		0	RA	4		0.034	0.140	
Phenylalanine.....g	0.572		0	RA	4		0.086	0.349	
Tyrosine.....g	0.420		0	RA	4		0.063	0.256	
Valine.....g	0.723		0	RA	4		0.108	0.441	
Arginine.....g	0.691		0	RA	4		0.104	0.421	
Histidine.....g	0.260		0	RA	4		0.039	0.159	
Alanine.....g	0.619		0	RA	4		0.093	0.377	
Aspartic acid.....g	1.119		0	RA	4		0.168	0.682	
Glutamic acid.....g	1.409		0	RA	4		0.211	0.859	
Glycine.....g	0.363		0	RA	4		0.055	0.222	
Proline.....g	0.431		0	RA	4		0.065	0.263	
Serine.....g	0.818		0	RA	4		0.123	0.499	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	36		0	RA	4		5.434	22.099	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	8		0	RA	4		1.128	4.588	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	279		0	RA	4		41.783	169.916	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01130

Egg, whole, cooked, omelet

Common Measures:

Measure 1 = 15g: 1 tbsp

Measure 2 = 61g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01131
Egg, whole, cooked, poached

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.54		0	RKA	1		37.77		
Energy.....kcal	147		0	NC	4		73		
Energy.....kj	614		0	NC	4		307		
Protein (N x 6.25).....g	12.53		0	RKA	1		6.27		
Total lipid (fat).....g	9.90		0	RKA	1		4.95		
Ash.....g	1.26		0	RKA	1		0.63		
Carbohydrate, by difference.....g	0.76		0	RKI	6		0.38		
Fiber, total dietary.....g	0.0		0	RKI	6		0.0		
Sugars, total.....g	0.77		0	RKI	6		0.38		
Sucrose.....g	0.11		0	RKA	1		0.06		
Glucose (dextrose).....g	0.21		0	RKA	1		0.10		
Fructose.....g	0.11		0	RKA	1		0.06		
Lactose.....g	0.11		0	RKA	1		0.06		
Maltose.....g	0.11		0	RKA	1		0.06		
Galactose.....g	0.11		0	RKA	1		0.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		0	RKA	1		27		
Iron, Fe.....mg	1.83		0	RKA	1		0.91		
Magnesium, Mg.....mg	12		0	RKA	1		6		
Phosphorus, P.....mg	190		0	RKA	1		95		
Potassium, K.....mg	133		0	RKA	1		67		
Sodium, Na.....mg	294		0	RKA	1		147		
Zinc, Zn.....mg	1.10		0	RKA	1		0.55		
Copper, Cu.....mg	0.102		0	RKA	1		0.051		
Manganese, Mn.....mg	0.039		0	RKA	1		0.019		
Selenium, Se.....mcg	31.6		0	RKA	1		15.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.069		0	RKA	1		0.034		
Riboflavin.....mg	0.476		0	RKA	1		0.238		
Niacin.....mg	0.070		0	RKA	1		0.035		
Pantothenic acid.....mg	1.433		0	RKA	1		0.716		
Vitamin B-6.....mg	0.142		0	RKI	6		0.071		
Folate, total.....mcg	47		0	RKI	6		23		
Folic acid.....mcg	0		0	RKI	6		0		
Folate, food.....mcg	47		0	RKI	6		23		
Folate, DFE.....mcg_DFE	47		0	NC	4		23		
Vitamin B-12.....mcg	1.28		0	RKI	6		0.64		
Vitamin A, IU.....IU	485		0	RKA	1		243		
Vitamin A, RAE.....mcg_RAE	139		0	RKA	1		70		
Retinol.....mcg	138		0	RKI	6		69		
Vitamin E (alpha-tocopherol).....mg	0.96		0	RKI	6		0.48		
Tocopherol, beta.....mg	0.02		0	RKA	1		0.01		
Tocopherol, gamma.....mg	0.50		0	RKA	1		0.25		
Tocopherol, delta.....mg	0.02		0	RKA	1		0.01		
Vitamin D.....IU	34.410		0	RKA	1		17.205		
Vitamin K (phylloquinone).....mcg	0.3		0	RKI	6		0.1		
Lipids:									
Fatty acids, total saturated.....g	3.087		0	RKI	6		1.543		
4:0.....g	0.000		0	RKA	1		0.000		
6:0.....g	0.000		0	RKA	1		0.000		
8:0.....g	0.003		0	RKA	1		0.002		
10:0.....g	0.003		0	RKA	1		0.002		
12:0.....g	0.003		0	RKA	1		0.002		
13:0.....g									
14:0.....g	0.034		0	RKA	1		0.017		
15:0.....g	0.004		0	RKA	1				

NDB No. 01131
Egg, whole, cooked, poached

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.004			RKA	1		0.002		
16:0.....g	2.217		0	RKA	1		1.109		
17:0.....g	0.017		0	RKA	1		0.008		
18:0.....g	0.781		0	RKA	1		0.390		
20:0.....g	0.010		0	RKA	1		0.005		
22:0.....g	0.012		0	RKA	1		0.006		
24:0.....g	0.003		0	RKA	1		0.001		
Fatty acids, total monounsaturated.....g	3.795		0	RKI	6		1.897		
14:1.....g	0.008		0	RKA	1		0.004		
15:1.....g									
16:1 undifferentiated.....g	0.297		0	RKA	1		0.148		
17:1.....g									
18:1 undifferentiated.....g	3.459		0	RKA	1		1.730		
20:1.....g	0.028		0	RKA	1		0.014		
22:1 undifferentiated.....g	0.003		0	RKA	1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.359		0	RKI	6		0.679		
18:2 undifferentiated.....g	1.143		0	RKA	1		0.572		
18:3 undifferentiated.....g	0.033		0	RKA	1		0.016		
18:4.....g	0.000		0	RKA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.141		0	RKA	1		0.071		
20:5 n-3.....g	0.004		0	RKA	1		0.002		
22:5 n-3.....g	0.000		0	RKA	1		0.000		
22:6 n-3.....g	0.037		0	RKA	1		0.018		
Fatty acids, total trans.....g									
Cholesterol.....mg	422		0	RKI	6		211		
Phytosterols.....mg	0		0	RKA	1		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.166		0	RKA	1		0.083		
Threonine.....g	0.554		0	RKA	1		0.277		
Isoleucine.....g	0.670		0	RKA	1		0.335		
Leucine.....g	1.083		0	RKA	1		0.542		
Lysine.....g	0.910		0	RKA	1		0.455		
Methionine.....g	0.379		0	RKA	1		0.189		
Cystine.....g	0.271		0	RKA	1		0.136		
Phenylalanine.....g	0.678		0	RKA	1		0.339		
Tyrosine.....g	0.498		0	RKA	1		0.249		
Valine.....g	0.856		0	RKA	1		0.428		
Arginine.....g	0.818		0	RKA	1		0.409		
Histidine.....g	0.308		0	RKA	1		0.154		
Alanine.....g	0.733		0	RKA	1		0.366		
Aspartic acid.....g	1.325		0	RKA	1		0.662		
Glutamic acid.....g	1.669		0	RKA	1		0.834		
Glycine.....g	0.430		0	RKA	1		0.215		
Proline.....g	0.511		0	RKA	1		0.255		
Serine.....g	0.969		0	RKA	1		0.484		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	10		0	RKI	6		5.034		
Carotene, alpha.....mcg	0		0	RKI	6		0.000		
Cryptoxanthin, beta.....mcg	9		0	RKI	6		4.454		
Lycopene.....mcg	0		0	RKI	6		0.000		
Lutein + zeaxanthin.....mcg	330		0	RKI	6		164.963		

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NDB No. 01131

Egg, whole, cooked, poached

Common Measures:

Measure 1 = 50g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01132
Egg, whole, cooked, scrambled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.434		0		1		5.355	0.333	1.485
17:0.....g									
18:0.....g	0.981		0		1		2.158	0.134	0.598
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.768		0		1		10.490	0.653	2.908
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.263		0		1		0.579	0.036	0.160
17:1.....g									
18:1 undifferentiated.....g	4.473		0		1		9.841	0.613	2.729
20:1.....g	0.023		0		1		0.051	0.003	0.014
22:1 undifferentiated.....g	0.002		0		1		0.004	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.148		0		1		4.726	0.294	1.310
18:2 undifferentiated.....g	1.916		0		1		4.215	0.262	1.169
18:3 undifferentiated.....g	0.083		0		1		0.183	0.011	0.051
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.116		0		1		0.255	0.016	0.071
20:5 n-3.....g	0.003		0		1		0.007	0.000	0.002
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.030		0		1		0.066	0.004	0.018
Fatty acids, total trans.....g									
Cholesterol.....mg	352		0		1		774	48	215
Phytosterols.....mg	10		0		1		22	1	6
Amino Acids:									
Tryptophan.....g	0.136		0		1		0.299	0.019	0.083
Threonine.....g	0.528		0		1		1.162	0.072	0.322
Isoleucine.....g	0.608		0		1		1.338	0.083	0.371
Leucine.....g	0.954		0		1		2.099	0.131	0.582
Lysine.....g	0.800		0		1		1.760	0.110	0.488
Methionine.....g	0.340		0		1		0.748	0.047	0.207
Cystine.....g	0.245		0		1		0.539	0.034	0.149
Phenylalanine.....g	0.583		0		1		1.283	0.080	0.356
Tyrosine.....g	0.457		0		1		1.005	0.063	0.279
Valine.....g	0.678		0		1		1.492	0.093	0.414
Arginine.....g	0.644		0		1		1.417	0.088	0.393
Histidine.....g	0.264		0		1		0.581	0.036	0.161
Alanine.....g	0.598		0		1		1.316	0.082	0.365
Aspartic acid.....g	1.090		0		1		2.398	0.149	0.665
Glutamic acid.....g	1.508		0		1		3.318	0.207	0.920
Glycine.....g	0.361		0		1		0.794	0.049	0.220
Proline.....g	0.487		0		1		1.071	0.067	0.297
Serine.....g	0.806		0		1		1.773	0.110	0.492
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	33		0	RA	4		72.652	4.524	20.144
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	7		0	RA	4		14.561	0.907	4.037
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	245		0	RA	4		539.275	33.582	149.526

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NDB No. 01132

Egg, whole, cooked, scrambled

Common Measures:

Measure 1 = 220g: 1 cup

Measure 2 = 13.7g: 1 tbsp

Measure 3 = 61g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01133
Egg, whole, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.337		0	A	1		13.036	0.767	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.009		2	A	1		0.858	0.050	
17:1.....g									
18:1 undifferentiated.....g	14.162		2	A	1		12.038	0.708	
20:1.....g	0.116		2	A	1		0.099	0.006	
22:1 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.804		0	A	1		4.933	0.290	
18:2 undifferentiated.....g	4.614		2	A	1		3.922	0.231	
18:3 undifferentiated.....g	0.111		2	A	1		0.094	0.006	
18:4.....g	0.056		2	A	1		0.048	0.003	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.569		2	A	1		0.484	0.028	
20:5 n-3.....g	0.278		2	A	1		0.236	0.014	
22:5 n-3.....g	0.000		0	A	1		0.000	0.000	
22:6 n-3.....g	0.176		2	A	1		0.150	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	1715		2	A	1		1458	86	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.576		0	A	1		0.490	0.029	
Threonine.....g	2.273		0	A	1		1.932	0.114	
Isoleucine.....g	2.583		0	A	1		2.196	0.129	
Leucine.....g	4.046		0	A	1		3.439	0.202	
Lysine.....g	3.402		0	A	1		2.892	0.170	
Methionine.....g	1.477		0	A	1		1.255	0.074	
Cystine.....g	1.099		0	A	1		0.934	0.055	
Phenylalanine.....g	2.515		0	A	1		2.138	0.126	
Tyrosine.....g	1.932		0	A	1		1.642	0.097	
Valine.....g	2.886		0	A	1		2.453	0.144	
Arginine.....g	2.841		0	A	1		2.415	0.142	
Histidine.....g	1.121		0	A	1		0.953	0.056	
Alanine.....g	2.636		0	A	1		2.241	0.132	
Aspartic acid.....g	4.758		0	A	1		4.044	0.238	
Glutamic acid.....g	6.190		0	A	1		5.262	0.310	
Glycine.....g	1.591		0	A	1		1.352	0.080	
Proline.....g	1.886		0	A	1		1.603	0.094	
Serine.....g	3.523		0	A	1		2.995	0.176	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	41		0	BFSN	4		34.465	2.027	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	36		0	BFSN	4		30.497	1.794	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1329		0	BFSN	4		1129.448	66.438	

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Common Measures:

Measure 1 = 85g: 1 cup, sifted
 Measure 2 = 5.0g: 1 tbsp

NDB No. 01133
Egg, whole, dried

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01134

Egg, whole, dried, stabilized, glucose reduced

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.564		0		1		14.929	0.878	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.463		69		1		1.244	0.073	
17:1.....g									
18:1 undifferentiated.....g	16.102		69		1		13.687	0.805	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.713		0		1		4.856	0.286	
18:2 undifferentiated.....g	4.881		69		1		4.149	0.244	
18:3 undifferentiated.....g	0.124		32		1		0.105	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.368		47		1		0.313	0.018	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2017		0		1		1714	101	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.771		0		1		0.655	0.039	
Threonine.....g	2.366		0		1		2.011	0.118	
Isoleucine.....g	3.014		0		1		2.562	0.151	
Leucine.....g	4.231		0		1		3.596	0.212	
Lysine.....g	3.252		0		1		2.764	0.163	
Methionine.....g	1.557		0		1		1.323	0.078	
Cystine.....g	1.148		0		1		0.976	0.057	
Phenylalanine.....g	2.721		0		1		2.313	0.136	
Tyrosine.....g	2.004		0		1		1.703	0.100	
Valine.....g	3.468		0		1		2.948	0.173	
Arginine.....g	3.083		0		1		2.621	0.154	
Histidine.....g	1.164		0		1		0.989	0.058	
Alanine.....g	2.813		0		1		2.391	0.141	
Aspartic acid.....g	4.778		0		1		4.061	0.239	
Glutamic acid.....g	6.135		0		1		5.215	0.307	
Glycine.....g	1.603		0		1		1.363	0.080	
Proline.....g	1.911		0		1		1.624	0.096	
Serine.....g	3.661		0		1		3.112	0.183	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 cup, sifted

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01123
Egg, whole, raw, fresh

Refuse: 12% Shell

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.84	0.103	23	A	1		184.30	43.99	49.30
Energy.....kcal	147		0	NC	4		358	85	96
Energy.....kj	617		0	NC	4		1498	358	401
Protein (N x 6.25).....g	12.58	0.050	23	A	1		30.57	7.30	8.18
Total lipid (fat).....g	9.94	0.136	23	A	1		24.16	5.77	6.46
Ash.....g	0.86	0.012	23	A	1		2.10	0.50	0.56
Carbohydrate, by difference.....g	0.77		0	NC	4		1.86	0.45	0.50
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	0.77		2	A	1		1.87	0.45	0.50
Sucrose.....g	0.11		2	A	1		0.27	0.06	0.07
Glucose (dextrose).....g	0.21		2	A	1		0.51	0.12	0.14
Fructose.....g	0.11		2	A	1		0.27	0.06	0.07
Lactose.....g	0.11		2	A	1		0.27	0.06	0.07
Maltose.....g	0.11		2	A	1		0.27	0.06	0.07
Galactose.....g	0.11		2	A	1		0.27	0.06	0.07
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53	0.711	23	A	1		129	31	35
Iron, Fe.....mg	1.83	0.043	23	A	1		4.46	1.06	1.19
Magnesium, Mg.....mg	12	0.112	23	A	1		29	7	8
Phosphorus, P.....mg	191	2.666	23	A	1		464	111	124
Potassium, K.....mg	134	3.008	23	A	1		325	78	87
Sodium, Na.....mg	140	0.999	23	A	1		339	81	91
Zinc, Zn.....mg	1.11	0.049	23	A	1		2.69	0.64	0.72
Copper, Cu.....mg	0.102	0.011	23	A	1		0.249	0.059	0.067
Manganese, Mn.....mg	0.038	0.001	23	A	1		0.093	0.022	0.025
Selenium, Se.....mcg	31.7	4.518	4	A	1		77.1	18.4	20.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.069	0.003	8	A	1		0.167	0.040	0.045
Riboflavin.....mg	0.478	0.010	23	A	1		1.162	0.277	0.311
Niacin.....mg	0.070	0.004	4	A	1		0.170	0.041	0.045
Pantothenic acid.....mg	1.438		2	A	1		3.495	0.834	0.935
Vitamin B-6.....mg	0.143		1	A	1		0.347	0.083	0.093
Folate, total.....mcg	47	4.966	23	A	1		114	27	30
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	47	4.966	23	A	1		114	27	30
Folate, DFE.....mcg_DFE	47		0	NC	4		114	27	30
Vitamin B-12.....mcg	1.29	0.131	23	A	1		3.12	0.75	0.84
Vitamin A, IU.....IU	487			AS	1		1183	282	317
Vitamin A, RAE.....mcg_RAE	140			AS	1		340	81	91
Retinol.....mcg	139	9.245	8	A	1		337	81	90
Vitamin E (alpha-tocopherol).....mg	0.97	0.058	6	A	1		2.35	0.56	0.63
Tocopherol, beta.....mg	0.02	0.004	8	A	1		0.04	0.01	0.01
Tocopherol, gamma.....mg	0.50	0.031	8	A	1		1.21	0.29	0.32
Tocopherol, delta.....mg	0.02	0.003	8	A	1		0.05	0.01	0.01
Vitamin D.....IU	34.548	3.604	20	A	1		83.952	20.038	22.456
Vitamin K (phylloquinone).....mcg	0.3		2	A	1		0.7	0.2	0.2
Lipids:									
Fatty acids, total saturated.....g	3.099		0	NC	4		7.531	1.797	2.014
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.003		33		1		0.007	0.002	0.002
10:0.....g	0.003		33		1		0.007	0.002	0.002
12:0.....g	0.003		33		1		0.007	0.002	0.002
13:0.....g									
14:0.....g	0.034		33		1		0.083	0.020	0.022
15:0.....g	0.004		1		1				0.003

NDB No. 01123
Egg, whole, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.004				1		0.010	0.002	
16:0.....g	2.226		33		1		5.409	1.291	1.447
17:0.....g	0.017		1		1		0.041	0.010	0.011
18:0.....g	0.784		33		1		1.905	0.455	0.510
20:0.....g	0.010		1		1		0.024	0.006	0.007
22:0.....g	0.012		1		1		0.029	0.007	0.008
24:0.....g	0.003		1		1		0.007	0.002	0.002
Fatty acids, total monounsaturated.....g	3.810		0	NC	4		9.258	2.210	2.477
14:1.....g	0.008		1		1		0.019	0.005	0.005
15:1.....g									
16:1 undifferentiated.....g	0.298		33		1		0.724	0.173	0.194
17:1.....g									
18:1 undifferentiated.....g	3.473		33		1		8.439	2.014	2.257
20:1.....g	0.028		33		1		0.068	0.016	0.018
22:1 undifferentiated.....g	0.003		33		1		0.007	0.002	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.364		0	NC	4		3.315	0.791	0.887
18:2 undifferentiated.....g	1.148		33		1		2.790	0.666	0.746
18:3 undifferentiated.....g	0.033		33		1		0.080	0.019	0.021
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.142		33		1		0.345	0.082	0.092
20:5 n-3.....g	0.004		33		1		0.010	0.002	0.003
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.037		33		1		0.090	0.021	0.024
Fatty acids, total trans.....g									
Cholesterol.....mg	423	6.646	23	A	1		1029	245	275
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	10	2.767	5	A	1		24.563	5.863	6.570
Carotene, alpha.....mcg	0	0.000	5	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	9	2.236	5	A	1		21.735	5.188	5.814
Lycopene.....mcg	0	0.000	5	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	331		0	NR	4		804.938	192.125	215.313

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Common Measures:

- Measure 1 = 243g: 1 cup (4.86 large eggs)
- Measure 2 = 58g: 1 extra large
- Measure 3 = 65g: 1 jumbo

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01171
Egg, whole, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.886		0				1		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.258		2	A			1		
17:1.....g									
18:1 undifferentiated.....g	3.581		2	A			1		
20:1.....g	0.028		2	A			1		
22:1 undifferentiated.....g	0.000		0				1		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.412		0				1		
18:2 undifferentiated.....g	1.098		2	A			1		
18:3 undifferentiated.....g	0.028		2	A			1		
18:4.....g	0.009		2	A			1		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.143		2	A			1		
20:5 n-3.....g	0.088		2	A			1		
22:5 n-3.....g	0.000		0				1		
22:6 n-3.....g	0.046		2	A			1		
Fatty acids, total trans.....g									
Cholesterol.....mg	432		2	A			1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0				1		
Threonine.....g	0.574		0				1		
Isoleucine.....g	0.652		0				1		
Leucine.....g	1.021		0				1		
Lysine.....g	0.858		0				1		
Methionine.....g	0.373		0				1		
Cystine.....g	0.277		0				1		
Phenylalanine.....g	0.635		0				1		
Tyrosine.....g	0.488		0				1		
Valine.....g	0.728		0				1		
Arginine.....g	0.717		0				1		
Histidine.....g	0.283		0				1		
Alanine.....g	0.665		0				1		
Aspartic acid.....g	1.201		0				1		
Glutamic acid.....g	1.562		0				1		
Glycine.....g	0.402		0				1		
Proline.....g	0.476		0				1		
Serine.....g	0.889		0				1		
Hydroxyproline.....g									

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Common Measures:

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01137
Egg, yolk, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	21.129		0	A	1		14.156	0.845	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.373		2	A	1		0.920	0.055	
17:1.....g									
18:1 undifferentiated.....g	19.536		2	A	1		13.089	0.781	
20:1.....g	0.149		2	A	1		0.100	0.006	
22:1 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.895		0	A	1		5.290	0.316	
18:2 undifferentiated.....g	6.423		2	A	1		4.303	0.257	
18:3 undifferentiated.....g	0.126		2	A	1		0.084	0.005	
18:4.....g	0.068		2	A	1		0.046	0.003	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.837		2	A	1		0.561	0.033	
20:5 n-3.....g	0.203		2	A	1		0.136	0.008	
22:5 n-3.....g	0.000		0	A	1		0.000	0.000	
22:6 n-3.....g	0.239		2	A	1		0.160	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	2335		2	A	1		1564	93	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.400		0	A	1		0.268	0.016	
Threonine.....g	1.819		0	A	1		1.219	0.073	
Isoleucine.....g	1.732		0	A	1		1.160	0.069	
Leucine.....g	3.009		0	A	1		2.016	0.120	
Lysine.....g	2.718		0	A	1		1.821	0.109	
Methionine.....g	0.849		0	A	1		0.569	0.034	
Cystine.....g	0.614		0	A	1		0.411	0.025	
Phenylalanine.....g	1.463		0	A	1		0.980	0.059	
Tyrosine.....g	1.523		0	A	1		1.020	0.061	
Valine.....g	1.907		0	A	1		1.278	0.076	
Arginine.....g	2.444		0	A	1		1.637	0.098	
Histidine.....g	0.888		0	A	1		0.595	0.036	
Alanine.....g	1.759		0	A	1		1.179	0.070	
Aspartic acid.....g	3.348		0	A	1		2.243	0.134	
Glutamic acid.....g	4.340		0	A	1		2.908	0.174	
Glycine.....g	1.058		0	A	1		0.709	0.042	
Proline.....g	1.430		0	A	1		0.958	0.057	
Serine.....g	2.926		0	A	1		1.960	0.117	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	186		0	BFFN	4		124.473	7.431	
Carotene, alpha.....mcg	79		0	BFFN	4		53.169	3.174	
Cryptoxanthin, beta.....mcg	70		0	BFFN	4		47.007	2.806	
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2299		0	BFFN	4		1540.392	91.964	

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Common Measures:

Measure 1 = 67g: 1 cup, sifted
 Measure 2 = 4.0g: 1 tbsp

NDB No. 01137
Egg, yolk, dried

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01125
Egg, yolk, raw, fresh

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.31	0.204	12	A	1		127.10	8.89	
Energy.....kcal	322		0	NC	4		782	55	
Energy.....kj	1346		0	NC	4		3271	229	
Protein (N x 6.25).....g	15.86	0.087	12	A	1		38.53	2.70	
Total lipid (fat).....g	26.54	0.240	12	A	1		64.50	4.51	
Ash.....g	1.71	0.028	12	A	1		4.15	0.29	
Carbohydrate, by difference.....g	3.59		0	NC	4		8.71	0.61	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.56		1	A	1		1.35	0.09	
Sucrose.....g	0.07		1	A	1		0.18	0.01	
Glucose (dextrose).....g	0.18		1	A	1		0.45	0.03	
Fructose.....g	0.07		1	A	1		0.18	0.01	
Lactose.....g	0.07		1	A	1		0.18	0.01	
Maltose.....g	0.07		1	A	1		0.18	0.01	
Galactose.....g	0.07		1	A	1		0.18	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	129	2.670	12	A	1		313	22	
Iron, Fe.....mg	2.73	0.144	12	A	1		6.64	0.46	
Magnesium, Mg.....mg	5	0.225	12	A	1		11	1	
Phosphorus, P.....mg	390	9.897	12	A	1		948	66	
Potassium, K.....mg	109	3.859	12	A	1		265	19	
Sodium, Na.....mg	48	1.657	12	A	1		116	8	
Zinc, Zn.....mg	2.30	0.085	12	A	1		5.59	0.39	
Copper, Cu.....mg	0.077	0.006	12	A	1		0.186	0.013	
Manganese, Mn.....mg	0.055	0.004	12	A	1		0.135	0.009	
Selenium, Se.....mcg	56.0	8.030	4	A	1		136.0	9.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.176	0.021	4	A	1		0.427	0.030	
Riboflavin.....mg	0.528	0.027	12	A	1		1.284	0.090	
Niacin.....mg	0.024	0.002	4	A	1		0.059	0.004	
Pantothenic acid.....mg	2.990		1	A	1		7.266	0.508	
Vitamin B-6.....mg	0.350		1	A	1		0.850	0.059	
Folate, total.....mcg	146	6.989	7		1		355	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	146	6.989	7		1		355	25	
Folate, DFE.....mcg_DFE	146		0	NC	4		355	25	
Vitamin B-12.....mcg	1.95	0.316	12	A	1		4.75	0.33	
Vitamin A, IU.....IU	1442		0	NC	4		3503	245	
Vitamin A, RAE.....mcg_RAE	381		0	NC	4		926	65	
Retinol.....mcg	371		0	BFFN	4		900	63	
Vitamin E (alpha-tocopherol).....mg	2.58		0	BFFN	4		6.27	0.44	
Tocopherol, beta.....mg	0.05		0	BFFN	4		0.12	0.01	
Tocopherol, gamma.....mg	1.33		0	BFFN	4		3.24	0.23	
Tocopherol, delta.....mg	0.06		0	BFFN	4		0.14	0.01	
Vitamin D.....IU	107.423	43.754	12	A	1		261.039	18.262	
Vitamin K (phylloquinone).....mcg	0.7		1	A	1		1.7	0.1	
Lipids:									
Fatty acids, total saturated.....g	9.551		0	NC	4		23.209	1.624	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.009		33		1		0.022	0.002	
10:0.....g	0.009		33		1		0.022	0.002	
12:0.....g	0.009		33		1		0.022	0.002	
13:0.....g									
14:0.....g	0.104		33		1		0.253	0.018	
15:0.....g	0.013		1		1				

NDB No. 01125
Egg, yolk, raw, fresh

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.013				1		0.032	0.002	
16:0.....g	6.860		33		1		16.670	1.166	
17:0.....g	0.051		1		1		0.124	0.009	
18:0.....g	2.417		33		1		5.873	0.411	
20:0.....g	0.032		1		1		0.078	0.005	
22:0.....g	0.038		1		1		0.092	0.006	
24:0.....g	0.009		1		1		0.022	0.002	
Fatty acids, total monounsaturated.....g	11.738		0	NC	4		28.523	1.995	
14:1.....g	0.024		1		1		0.058	0.004	
15:1.....g									
16:1 undifferentiated.....g	0.918		33		1		2.231	0.156	
17:1.....g									
18:1 undifferentiated.....g	10.701		33		1		26.003	1.819	
20:1.....g	0.086		33		1		0.209	0.015	
22:1 undifferentiated.....g	0.009		33		1		0.022	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.204		0	NC	4		10.216	0.715	
18:2 undifferentiated.....g	3.538		33		1		8.597	0.601	
18:3 undifferentiated.....g	0.103		33		1		0.250	0.018	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.438		33		1		1.064	0.074	
20:5 n-3.....g	0.011		33		1		0.027	0.002	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.114		33		1		0.277	0.019	
Fatty acids, total trans.....g									
Cholesterol.....mg	1234	27.897	10	A	1		2999	210	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.177		0	A	1		0.430	0.030	
Threonine.....g	0.687		0	A	1		1.670	0.117	
Isoleucine.....g	0.866		0	A	1		2.104	0.147	
Leucine.....g	1.399		0	A	1		3.399	0.238	
Lysine.....g	1.217		0	A	1		2.957	0.207	
Methionine.....g	0.378		0	A	1		0.917	0.064	
Cystine.....g	0.264		0	A	1		0.642	0.045	
Phenylalanine.....g	0.681		0	A	1		1.654	0.116	
Tyrosine.....g	0.678		0	A	1		1.649	0.115	
Valine.....g	0.949		0	A	1		2.306	0.161	
Arginine.....g	1.099		0	A	1		2.670	0.187	
Histidine.....g	0.416		0	A	1		1.011	0.071	
Alanine.....g	0.836		0	A	1		2.031	0.142	
Aspartic acid.....g	1.550		0	A	1		3.766	0.263	
Glutamic acid.....g	1.970		0	A	1		4.788	0.335	
Glycine.....g	0.488		0	A	1		1.186	0.083	
Proline.....g	0.646		0	A	1		1.570	0.110	
Serine.....g	1.326		0	A	1		3.221	0.225	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	88	12.173	4	A	1		214.751	15.024	
Carotene, alpha.....mcg	38	4.877	4	A	1		91.732	6.417	
Cryptoxanthin, beta.....mcg	33	2.862	4	A	1		81.101	5.674	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	1094		0	NR	4		2657.618	185.924	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01125

Egg, yolk, raw, fresh

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 17g: 1 large

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01126
Egg, yolk, raw, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.20		2	A	1		127.57		
Energy.....kcal	303		0	NC	4		688		
Energy.....kj	1268				4		2878		
Protein (N x 6.25).....g	15.50		2	A	1		35.19		
Total lipid (fat).....g	25.60		2	A	1		58.11		
Ash.....g	1.55		2	A	1		3.52		
Carbohydrate, by difference.....g	1.15		0	NC	4		2.61		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.51		0	BFSN	4		1.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		2	A	1		313		
Iron, Fe.....mg	3.34		2	A	1		7.58		
Magnesium, Mg.....mg	9		2	A	1		20		
Phosphorus, P.....mg	417		2	A	1		947		
Potassium, K.....mg	118		2	A	1		268		
Sodium, Na.....mg	67		2	A	1		152		
Zinc, Zn.....mg	2.88		2	A	1		6.54		
Copper, Cu.....mg	0.024		2	A	1		0.054		
Manganese, Mn.....mg	0.062		2	A	1		0.141		
Selenium, Se.....mcg	41.8		0		1		94.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.155		2	A	1		0.352		
Riboflavin.....mg	0.520		2	A	1		1.180		
Niacin.....mg	0.045		2	A	1		0.102		
Pantothenic acid.....mg	3.530		2	A	1		8.013		
Vitamin B-6.....mg	0.345		2	A	1		0.783		
Folate, total.....mcg	116		2	A	1		263		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	116		2	A	1		263		
Folate, DFE.....mcg_DFE	116		0	NC	4		263		
Vitamin B-12.....mcg	1.82		2	A	1		4.13		
Vitamin A, IU.....IU	1609		0	NC	4		3653		
Vitamin A, RAE.....mcg_RAE	433		0	NC	4		983		
Retinol.....mcg	423		0	NC	4		960		
Vitamin E (alpha-tocopherol).....mg	2.49		0	BFFN	4		5.65		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	BFFN	4		1.5		
Lipids:									
Fatty acids, total saturated.....g	7.820		0	A	1		17.751		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0	A	1		0.000		
10:0.....g	0.000		0	A	1		0.000		
12:0.....g	0.000		0	A	1		0.000		
13:0.....g									
14:0.....g	0.085		2	A	1		0.193		
15:0.....g	0.000		0	A	1		0.000		
16:0.....g	5.678		2	A	1		12.889		
17:0.....g	0.000		0	A	1		0.000		
18:0.....g	2.017		2	A	1		4.579		
20:0.....g	0.000		0	A	1		0.000		
22:0.....g	0.000		0	A	1		0.000		
24:0.....g	0.000		0	A	1		0.000		

NDB No. 01126
Egg, yolk, raw, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.747		0	A	1		22.126		
14:1.....g	0.000		0	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.641		2	A	1		1.455		
17:1.....g									
18:1 undifferentiated.....g	9.007		2	A	1		20.446		
20:1.....g	0.063		2	A	1		0.143		
22:1 undifferentiated.....g	0.000		0	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.628		0	A	1		8.236		
18:2 undifferentiated.....g	2.944		2	A	1		6.683		
18:3 undifferentiated.....g	0.063		2	A	1		0.143		
18:4.....g	0.036		2	A	1		0.082		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.426		2	A	1		0.967		
20:5 n-3.....g	0.034		2	A	1		0.077		
22:5 n-3.....g	0.000		0	A	1		0.000		
22:6 n-3.....g	0.125		2	A	1		0.284		
Fatty acids, total trans.....g									
Cholesterol.....mg	1075		2	A	1		2440		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.181		0	A	1		0.411		
Threonine.....g	0.823		0	A	1		1.868		
Isoleucine.....g	0.784		0	A	1		1.780		
Leucine.....g	1.362		0	A	1		3.092		
Lysine.....g	1.230		0	A	1		2.792		
Methionine.....g	0.384		0	A	1		0.872		
Cystine.....g	0.278		0	A	1		0.631		
Phenylalanine.....g	0.662		0	A	1		1.503		
Tyrosine.....g	0.689		0	A	1		1.564		
Valine.....g	0.863		0	A	1		1.959		
Arginine.....g	1.106		0	A	1		2.511		
Histidine.....g	0.402		0	A	1		0.913		
Alanine.....g	0.796		0	A	1		1.807		
Aspartic acid.....g	1.515		0	A	1		3.439		
Glutamic acid.....g	1.964		0	A	1		4.458		
Glycine.....g	0.479		0	A	1		1.087		
Proline.....g	0.647		0	A	1		1.469		
Serine.....g	1.324		0	A	1		3.005		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	85		0	BFFN	4		193.478		
Carotene, alpha.....mcg	36		0	BFFN	4		82.645		
Cryptoxanthin, beta.....mcg	32		0	BFFN	4		73.067		
Lycopene.....mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	1055		0	BFFN	4		2394.353		

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Common Measures:

Measure 1 = 227g: .5 lb

NDB No. 01126
Egg, yolk, raw, frozen

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01160
Egg, yolk, raw, frozen, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.849		0	A	1		20.087		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.574		1	A	1		1.303		
17:1.....g									
18:1 undifferentiated.....g	8.175		1	A	1		18.557		
20:1.....g	0.064		1	A	1		0.145		
22:1 undifferentiated.....g	0.000		0	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.150		0	A	1		7.151		
18:2 undifferentiated.....g	2.513		1	A	1		5.705		
18:3 undifferentiated.....g	0.064		1	A	1		0.145		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.355		1	A	1		0.806		
20:5 n-3.....g	0.109		1	A	1		0.247		
22:5 n-3.....g									
22:6 n-3.....g	0.109		1	A	1		0.247		
Fatty acids, total trans.....g									
Cholesterol.....mg	955		1	A	1		2168		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.164		0	A	1		0.372		
Threonine.....g	0.744		0	A	1		1.689		
Isoleucine.....g	0.708		0	A	1		1.607		
Leucine.....g	1.230		0	A	1		2.792		
Lysine.....g	1.111		0	A	1		2.522		
Methionine.....g	0.347		0	A	1		0.788		
Cystine.....g	0.251		0	A	1		0.570		
Phenylalanine.....g	0.598		0	A	1		1.357		
Tyrosine.....g	0.623		0	A	1		1.414		
Valine.....g	0.780		0	A	1		1.771		
Arginine.....g	0.999		0	A	1		2.268		
Histidine.....g	0.363		0	A	1		0.824		
Alanine.....g	0.719		0	A	1		1.632		
Aspartic acid.....g	1.369		0	A	1		3.108		
Glutamic acid.....g	1.774		0	A	1		4.027		
Glycine.....g	0.432		0	A	1		0.981		
Proline.....g	0.585		0	A	1		1.328		
Serine.....g	1.196		0	A	1		2.715		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01127
Egg, yolk, raw, frozen, sugared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.614		0	A	1		19.554		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		2	A	1		1.249		
17:1.....g									
18:1 undifferentiated.....g	7.983		2	A	1		18.121		
20:1.....g	0.055		2	A	1		0.125		
22:1 undifferentiated.....g	0.000		0	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.244		0	A	1		7.364		
18:2 undifferentiated.....g	2.599		2	A	1		5.900		
18:3 undifferentiated.....g	0.055		2	A	1		0.125		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.363		2	A	1		0.824		
20:5 n-3.....g	0.100		2	A	1		0.227		
22:5 n-3.....g									
22:6 n-3.....g	0.104		2	A	1		0.236		
Fatty acids, total trans.....g									
Cholesterol.....mg	959		2	A	1		2177		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0	A	1		0.365		
Threonine.....g	0.733		0	A	1		1.664		
Isoleucine.....g	0.698		0	A	1		1.584		
Leucine.....g	1.212		0	A	1		2.751		
Lysine.....g	1.095		0	A	1		2.486		
Methionine.....g	0.342		0	A	1		0.776		
Cystine.....g	0.247		0	A	1		0.561		
Phenylalanine.....g	0.590		0	A	1		1.339		
Tyrosine.....g	0.614		0	A	1		1.394		
Valine.....g	0.768		0	A	1		1.743		
Arginine.....g	0.985		0	A	1		2.236		
Histidine.....g	0.358		0	A	1		0.813		
Alanine.....g	0.709		0	A	1		1.609		
Aspartic acid.....g	1.349		0	A	1		3.062		
Glutamic acid.....g	1.749		0	A	1		3.970		
Glycine.....g	0.426		0	A	1		0.967		
Proline.....g	0.576		0	A	1		1.308		
Serine.....g	1.179		0	A	1		2.676		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.36

Fat 9.02

Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.233		0		1		5.672	0.710	22.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.174		0		1		0.442	0.055	1.768
17:1.....g									
18:1 undifferentiated.....g	1.958		0		1		4.973	0.623	19.893
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.339		0		1		0.861	0.108	3.444
18:2 undifferentiated.....g	0.227		0		1		0.577	0.072	2.306
18:3 undifferentiated.....g	0.101		0		1		0.257	0.032	1.026
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0		1		0.015	0.002	0.061
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		149	19	596
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.137	0.017	0.549
Threonine.....g	0.175		0		1		0.445	0.056	1.778
Isoleucine.....g	0.230		0		1		0.584	0.073	2.337
Leucine.....g	0.369		0		1		0.937	0.117	3.749
Lysine.....g	0.298		0		1		0.757	0.095	3.028
Methionine.....g	0.087		0		1		0.221	0.028	0.884
Cystine.....g	0.038		0		1		0.097	0.012	0.386
Phenylalanine.....g	0.182		0		1		0.462	0.058	1.849
Tyrosine.....g	0.182		0		1		0.462	0.058	1.849
Valine.....g	0.253		0		1		0.643	0.080	2.570
Arginine.....g	0.149		0		1		0.378	0.047	1.514
Histidine.....g	0.095		0		1		0.241	0.030	0.965
Alanine.....g	0.136		0		1		0.345	0.043	1.382
Aspartic acid.....g	0.291		0		1		0.739	0.093	2.957
Glutamic acid.....g	0.769		0		1		1.953	0.245	7.813
Glycine.....g	0.084		0		1		0.213	0.027	0.853
Proline.....g	0.350		0		1		0.889	0.111	3.556
Serine.....g	0.217		0		1		0.551	0.069	2.205
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	6		0	RC	4		14.650	1.834	58.598
Carotene, alpha.....mcg	0		0	RC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	1		0	RC	4		3.693	0.462	14.774
Lycopene.....mcg	0		0	RC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	54		0	RC	4		136.787	17.125	547.147

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Common Measures:

- Measure 1 = 254g: 1 cup
- Measure 2 = 31.8g: 1 fl oz
- Measure 3 = 1016g: 1 quart

NDB No. 01057
Eggnog

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.9

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43285
Eggs, scrambled, frozen mixture

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.339								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057								
17:1.....g									
18:1 undifferentiated.....g	2.272								
20:1.....g	0.004								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.778								
18:2 undifferentiated.....g	1.635								
18:3 undifferentiated.....g	0.115								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019								
20:5 n-3.....g	0.001								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.005								
Fatty acids, total trans.....g									
Cholesterol.....mg	65								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					
Carotenoids:									
Carotene, beta.....mcg	246		0	NR					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43528
Ensure plus, liquid nutrition

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.283		0	NC	4		3.233	0.404	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.283				4		3.233	0.404	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.111		0	NC	4		7.840	0.980	
18:2 undifferentiated.....g	3.074				4		7.746	0.968	
18:3 undifferentiated.....g	0.037				4		0.093	0.012	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	MC	9		4	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup
 Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42117

Imitation cheese, american or cheddar, low cholesterol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.127				4		15.964	2.543	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025				4		0.028	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.090				4		15.922	2.536	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.615				4		11.995	1.911	
18:2 undifferentiated.....g	10.439				4		11.796	1.879	
18:3 undifferentiated.....g	0.179				4		0.202	0.032	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	15				4		17	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	28		0	NR	4		31.640	5.040	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01194
KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.70		0	MC	9		24.86		
Energy.....kcal	91		0	MC	9		29		
Energy.....kj	381						122		
Protein.....g	4.70		0	MC	9		1.50		
Total lipid (fat).....g	1.30		0	NR	4		0.42		
Ash.....g	1.20		0	MC	9		0.38		
Carbohydrate, by difference.....g	15.10		0	MC	9		4.83		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	7.20		0	MC	9		2.30		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	141		0	MC	9		45		
Iron, Fe.....mg	0.05		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	116		0	MC	9		37		
Potassium, K.....mg	219		0	MC	9		70		
Sodium, Na.....mg	72		0	MC	9		23		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		0	MC	9		0.4		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	679		0	MC	9		217		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.256		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		3		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01194

KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01193
KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.20		0	MC	9		23.62		
Energy.....kcal	152		0	MC	9		47		
Energy.....kj	636						197		
Protein.....g	4.50		0	MC	9		1.40		
Total lipid (fat).....g	12.00		0	NR	4		3.72		
Ash.....g	0.80		0	MC	9		0.25		
Carbohydrate, by difference.....g	6.50		0	MC	9		2.02		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	6.40		0	MC	9		1.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	161		0	MC	9		50		
Iron, Fe.....mg	0.06		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	110		0	MC	9		34		
Potassium, K.....mg	210		0	MC	9		65		
Sodium, Na.....mg	59		0	MC	9		18		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0	MC	9		0.3		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1053		0	MC	9		326		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.600		0	MC	9		2.356		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0	MC	9		16		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01193

KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01196

KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.30		0	MC	9		91.63		
Energy.....kcal	108		0	MC	9		135		
Energy.....kj	452						565		
Protein.....g	3.20		0	MC	9		4.00		
Total lipid (fat).....g	0.80		0	NR	4		1.00		
Ash.....g	0.60		0	MC	9		0.75		
Carbohydrate, by difference.....g	21.90		0	MC	9		27.38		
Fiber, total dietary.....g	0.2		0	MC	9		0.3		
Sugars, total.....g	19.60		0	MC	9		24.50		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91		0	MC	9		114		
Iron, Fe.....mg	0.11		0	MC	9		0.14		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		0	MC	9		84		
Potassium, K.....mg	151		0	MC	9		189		
Sodium, Na.....mg	45		0	MC	9		56		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.140		0	MC	9		0.175		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.46		0	MC	9		0.58		
Vitamin A, IU.....IU	30		0	MC	9		38		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.625		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		11		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 container (4.4 oz)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01196

KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt (1% Milkfat)

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01198

KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.00		0	MC	9		195.22		
Energy.....kcal	55		0	MC	9		125		
Energy.....kj	230						522		
Protein.....g	3.40		0	MC	9		7.72		
Total lipid (fat).....g	0.20		0	NR	4		0.45		
Ash.....g	0.60		0	MC	9		1.36		
Carbohydrate, by difference.....g	9.90		0	MC	9		22.47		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	7.70		0	MC	9		17.48		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		0	MC	9		216		
Iron, Fe.....mg	0.11		0	MC	9		0.25		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	68		0	MC	9		154		
Potassium, K.....mg	146		0	MC	9		331		
Sodium, Na.....mg	45		0	MC	9		102		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	MC	9		1.4		
Thiamin.....mg									
Riboflavin.....mg	0.140		0	MC	9		0.318		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.41		0	MC	9		0.93		
Vitamin A, IU.....IU	4		0	MC	9		9		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.227		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	MC	9		11		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 container (8 oz)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01198

KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01195
KRAFT BREYERS Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.50		0	MC	9		173.66		
Energy.....kcal	96		0	MC	9		218		
Energy.....kj	402						912		
Protein.....g	3.80		0	MC	9		8.63		
Total lipid (fat).....g	0.80		0	NR	4		1.82		
Ash.....g	0.70		0	MC	9		1.59		
Carbohydrate, by difference.....g	18.20		0	MC	9		41.31		
Fiber, total dietary.....g	0.2		0	MC	9		0.5		
Sugars, total.....g	17.40		0	MC	9		39.50		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	125		0	MC	9		284		
Iron, Fe.....mg	0.10		0	MC	9		0.23		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	89		0	MC	9		202		
Potassium, K.....mg	192		0	MC	9		436		
Sodium, Na.....mg	52		0	MC	9		118		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.190		0	MC	9		0.431		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.53		0	MC	9		1.20		
Vitamin A, IU.....IU	34		0	MC	9		77		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		1.135		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		20		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 container (8 oz)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01195

KRAFT BREYERS Lowfat Strawberry Yogurt (1% Milkfat)

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01197

KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt (1% Milkfat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.80		0	MC	9		169.80		
Energy.....kcal	102		0	MC	9		232		
Energy.....kj	427						969		
Protein.....g	3.80		0	MC	9		8.63		
Total lipid (fat).....g	0.90		0	NR	4		2.04		
Ash.....g	0.70		0	MC	9		1.59		
Carbohydrate, by difference.....g	19.90		0	MC	9		45.17		
Fiber, total dietary.....g	0.3		0	MC	9		0.7		
Sugars, total.....g	17.20		0	MC	9		39.04		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	108		0	MC	9		245		
Iron, Fe.....mg	0.13		0	MC	9		0.30		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	78		0	MC	9		177		
Potassium, K.....mg	177		0	MC	9		402		
Sodium, Na.....mg	55		0	MC	9		125		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.180		0	MC	9		0.409		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.52		0	MC	9		1.18		
Vitamin A, IU.....IU	31		0	MC	9		70		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		1.135		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		20		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 container (8 oz)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01197

KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt (1% Milkfat)

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01189
KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.50		0	MC	9		18.03		
Energy.....kcal	215		0	MC	9		75		
Energy.....kj	900						315		
Protein.....g	16.30		0	MC	9		5.71		
Total lipid (fat).....g	9.50		0	NR	4		3.33		
Ash.....g	6.40		0	MC	9		2.24		
Carbohydrate, by difference.....g	16.20		0	MC	9		5.67		
Fiber, total dietary.....g	0.2		0	MC	9		0.1		
Sugars, total.....g	8.20		0	MC	9		2.87		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	418		0	MC	9		146		
Iron, Fe.....mg	0.16		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	943		0	MC	9		330		
Potassium, K.....mg	297		0	MC	9		104		
Sodium, Na.....mg	1705		0	MC	9		597		
Zinc, Zn.....mg	2.36		0	MC	9		0.83		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg	0.330		0	MC	9		0.116		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	628		0	MC	9		220		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.400		0	MC	9		2.240		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	MC	9		12		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01189

KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01188
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.50		0	MC	9		17.00		
Energy.....kcal	276		0	MC	9		91		
Energy.....kj	1155						381		
Protein.....g	12.00		0	MC	9		3.96		
Total lipid (fat).....g	21.00		0	NR	4		6.93		
Ash.....g	5.80		0	MC	9		1.91		
Carbohydrate, by difference.....g	9.20		0	MC	9		3.04		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	6.70		0	MC	9		2.21		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	359		0	MC	9		118		
Iron, Fe.....mg	0.19		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	806		0	MC	9		266		
Potassium, K.....mg	240		0	MC	9		79		
Sodium, Na.....mg	1638		0	MC	9		541		
Zinc, Zn.....mg	1.64		0	MC	9		0.54		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg	0.240		0	MC	9		0.079		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	649		0	MC	9		214		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	13.100		0	MC	9		4.323		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0	MC	9		25		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 33g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01188

KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01190

KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.00		0	MC	9		12.18		
Energy.....kcal	148		0	MC	9		31		
Energy.....kj	619						130		
Protein.....g	22.70		0	MC	9		4.77		
Total lipid (fat).....g	1.00		0	NR	4		0.21		
Ash.....g	6.10		0	MC	9		1.28		
Carbohydrate, by difference.....g	11.70		0	MC	9		2.46		
Fiber, total dietary.....g	0.2		0	MC	9		0.0		
Sugars, total.....g	6.70		0	MC	9		1.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	712		0	MC	9		150		
Iron, Fe.....mg	0.05		0	MC	9		0.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	923		0	MC	9		194		
Potassium, K.....mg	236		0	MC	9		50		
Sodium, Na.....mg	1298		0	MC	9		273		
Zinc, Zn.....mg	2.50		0	MC	9		0.53		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.280		0	MC	9		0.059		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2166		0	MC	9		455		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.700		0	MC	9		0.147		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		0	MC	9		3		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 21g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01190

KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01192

KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.30		0	MC	9		14.36		
Energy.....kcal	222		0	MC	9		62		
Energy.....kj	929						260		
Protein.....g	19.60		0	MC	9		5.49		
Total lipid (fat).....g	10.60		0	NR	4		2.97		
Ash.....g	6.60		0	MC	9		1.85		
Carbohydrate, by difference.....g	11.80		0	MC	9		3.30		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	8.50		0	MC	9		2.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	574		0	MC	9		161		
Iron, Fe.....mg	0.14		0	MC	9		0.04		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1024		0	MC	9		287		
Potassium, K.....mg	345		0	MC	9		97		
Sodium, Na.....mg	1586		0	MC	9		444		
Zinc, Zn.....mg	2.49		0	MC	9		0.70		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg	0.650		0	MC	9		0.182		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	982		0	MC	9		275		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.100		0	MC	9		1.988		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	MC	9		12		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01192

KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01191
KRAFT VELVEETA Pasteurized Process Cheese Spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.80		0	MC	9		12.82		
Energy.....kcal	303		0	MC	9		85		
Energy.....kj	1268						355		
Protein.....g	16.30		0	MC	9		4.56		
Total lipid (fat).....g	22.00		0	NR	4		6.16		
Ash.....g	6.00		0	MC	9		1.68		
Carbohydrate, by difference.....g	9.80		0	MC	9		2.74		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	8.10		0	MC	9		2.27		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	466		0	MC	9		130		
Iron, Fe.....mg	0.18		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	863		0	MC	9		242		
Potassium, K.....mg	335		0	MC	9		94		
Sodium, Na.....mg	1499		0	MC	9		420		
Zinc, Zn.....mg	1.84		0	MC	9		0.52		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg	0.350		0	MC	9		0.098		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1107		0	MC	9		310		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	14.400		0	MC	9		4.032		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	MC	9		22		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 01191

KRAFT VELVEETA Pasteurized Process Cheese Spread

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01110
Milk shakes, thick chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.780		0		1		0.222	2.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.017	0.180	
17:1.....g									
18:1 undifferentiated.....g	0.679		0		1		0.193	2.037	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.028	0.300	
18:2 undifferentiated.....g	0.061		0		1		0.017	0.183	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.117	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		3	32	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0		1		0.012	0.129	
Threonine.....g	0.138		0		1		0.039	0.414	
Isoleucine.....g	0.185		0		1		0.053	0.555	
Leucine.....g	0.299		0		1		0.085	0.897	
Lysine.....g	0.242		0		1		0.069	0.726	
Methionine.....g	0.076		0		1		0.022	0.228	
Cystine.....g	0.028		0		1		0.008	0.084	
Phenylalanine.....g	0.147		0		1		0.042	0.441	
Tyrosine.....g	0.147		0		1		0.042	0.441	
Valine.....g	0.204		0		1		0.058	0.612	
Arginine.....g	0.110		0		1		0.031	0.330	
Histidine.....g	0.083		0		1		0.024	0.249	
Alanine.....g	0.105		0		1		0.030	0.315	
Aspartic acid.....g	0.231		0		1		0.066	0.693	
Glutamic acid.....g	0.639		0		1		0.181	1.917	
Glycine.....g	0.065		0		1		0.018	0.195	
Proline.....g	0.295		0		1		0.084	0.885	
Serine.....g	0.166		0		1		0.047	0.498	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		1	6	
Theobromine.....mg	23		0	BFZN	4		7	69	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	4		0	BFFN	4		1.176	12.421	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 300g: 1 container (10.6 oz)

NDB No. 01110

Milk shakes, thick chocolate

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01111
Milk shakes, thick vanilla

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.875		0		1		0.249	2.739	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		0		1		0.019	0.213	
17:1.....g									
18:1 undifferentiated.....g	0.762		0		1		0.216	2.385	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0		1		0.032	0.354	
18:2 undifferentiated.....g	0.068		0		1		0.019	0.213	
18:3 undifferentiated.....g	0.044		0		1		0.012	0.138	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		3	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.015	0.169	
Threonine.....g	0.174		0		1		0.049	0.545	
Isoleucine.....g	0.234		0		1		0.066	0.732	
Leucine.....g	0.378		0		1		0.107	1.183	
Lysine.....g	0.306		0		1		0.087	0.958	
Methionine.....g	0.097		0		1		0.028	0.304	
Cystine.....g	0.036		0		1		0.010	0.113	
Phenylalanine.....g	0.186		0		1		0.053	0.582	
Tyrosine.....g	0.186		0		1		0.053	0.582	
Valine.....g	0.258		0		1		0.073	0.808	
Arginine.....g	0.140		0		1		0.040	0.438	
Histidine.....g	0.105		0		1		0.030	0.329	
Alanine.....g	0.133		0		1		0.038	0.416	
Aspartic acid.....g	0.293		0		1		0.083	0.917	
Glutamic acid.....g	0.808		0		1		0.229	2.529	
Glycine.....g	0.082		0		1		0.023	0.257	
Proline.....g	0.374		0		1		0.106	1.171	
Serine.....g	0.210		0		1		0.060	0.657	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	BFFN	4		1.376	15.169	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 313g: 1 container (11 oz)

NDB No. 01111
Milk shakes, thick vanilla

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01075

Milk substitutes, fluid with hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.998		0		1		4.875	0.609	19.500
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021	0.005	9		1		0.051	0.006	0.205
17:1.....g									
18:1 undifferentiated.....g	1.979	0.080	9		1		4.829	0.604	19.315
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.488		0		1		1.191	0.149	4.763
18:2 undifferentiated.....g	0.364	0.053	9		1		0.888	0.111	3.553
18:3 undifferentiated.....g	0.039	0.008	9		1		0.095	0.012	0.381
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		10		1		0	0	2
Phytosterols.....mg	7		0		4		17	2	68
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.059	0.007	0.234
Threonine.....g	0.074		0		1		0.181	0.023	0.722
Isoleucine.....g	0.107		0		1		0.261	0.033	1.044
Leucine.....g	0.173		0		1		0.422	0.053	1.688
Lysine.....g	0.141		0		1		0.344	0.043	1.376
Methionine.....g	0.053		0		1		0.129	0.016	0.517
Cystine.....g	0.008		0		1		0.020	0.002	0.078
Phenylalanine.....g	0.094		0		1		0.229	0.029	0.917
Tyrosine.....g	0.100		0		1		0.244	0.031	0.976
Valine.....g	0.125		0		1		0.305	0.038	1.220
Arginine.....g	0.069		0		1		0.168	0.021	0.673
Histidine.....g	0.052		0		1		0.127	0.016	0.508
Alanine.....g	0.055		0		1		0.134	0.017	0.537
Aspartic acid.....g	0.124		0		1		0.303	0.038	1.210
Glutamic acid.....g	0.398		0		1		0.971	0.121	3.884
Glycine.....g	0.035		0		1		0.085	0.011	0.342
Proline.....g	0.197		0		1		0.481	0.060	1.923
Serine.....g	0.108		0		1		0.264	0.033	1.054
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 976g: 1 quart

NDB No. 01075

Milk substitutes, fluid with hydrogenated vegetable oils

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01076

Milk substitutes, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.176		0		1		0.429	1.718	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.176		2		1		0.429	1.718	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008		0		1		0.020	0.078	
18:2 undifferentiated.....g	0.008		2		1		0.020	0.078	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	2	
Phytosterols.....mg	3		0		4		7	29	
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.059	0.234	
Threonine.....g	0.074		0		1		0.181	0.722	
Isoleucine.....g	0.107		0		1		0.261	1.044	
Leucine.....g	0.173		0		1		0.422	1.688	
Lysine.....g	0.141		0		1		0.344	1.376	
Methionine.....g	0.053		0		1		0.129	0.517	
Cystine.....g	0.008		0		1		0.020	0.078	
Phenylalanine.....g	0.094		0		1		0.229	0.917	
Tyrosine.....g	0.100		0		1		0.244	0.976	
Valine.....g	0.125		0		1		0.305	1.220	
Arginine.....g	0.069		0		1		0.168	0.673	
Histidine.....g	0.052		0		1		0.127	0.508	
Alanine.....g	0.055		0		1		0.134	0.537	
Aspartic acid.....g	0.124		0		1		0.303	1.210	
Glutamic acid.....g	0.398		0		1		0.971	3.884	
Glycine.....g	0.035		0		1		0.085	0.342	
Proline.....g	0.197		0		1		0.481	1.923	
Serine.....g	0.108		0		1		0.264	1.054	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01094
Milk, buttermilk, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.669		0		1		2.003	0.108	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129		0		1		0.155	0.008	
17:1.....g									
18:1 undifferentiated.....g	1.454		0		1		1.745	0.095	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.215		0		1		0.258	0.014	
18:2 undifferentiated.....g	0.131		0		1		0.157	0.009	
18:3 undifferentiated.....g	0.084		0		1		0.101	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		83	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.484		0		1		0.581	0.031	
Threonine.....g	1.548		0		1		1.858	0.101	
Isoleucine.....g	2.075		0		1		2.490	0.135	
Leucine.....g	3.360		0		1		4.032	0.218	
Lysine.....g	2.720		0		1		3.264	0.177	
Methionine.....g	0.860		0		1		1.032	0.056	
Cystine.....g	0.317		0		1		0.380	0.021	
Phenylalanine.....g	1.656		0		1		1.987	0.108	
Tyrosine.....g	1.656		0		1		1.987	0.108	
Valine.....g	2.296		0		1		2.755	0.149	
Arginine.....g	1.242		0		1		1.490	0.081	
Histidine.....g	0.930		0		1		1.116	0.060	
Alanine.....g	1.183		0		1		1.420	0.077	
Aspartic acid.....g	2.602		0		1		3.122	0.169	
Glutamic acid.....g	7.183		0		1		8.620	0.467	
Glycine.....g	0.726		0		1		0.871	0.047	
Proline.....g	3.322		0		1		3.986	0.216	
Serine.....g	1.866		0		1		2.239	0.121	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	9		0	BFFN	4		11.094	0.601	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup
Measure 2 = 6.5g: 1 tbsp

NDB No. 01094
Milk, buttermilk, dried

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01088

Milk, buttermilk, fluid, cultured, lowfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.254		0		1		0.622	0.078	2.489
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.049	0.006	0.196
17:1.....g									
18:1 undifferentiated.....g	0.221		0		1		0.541	0.068	2.166
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.081	0.010	0.323
18:2 undifferentiated.....g	0.020		0		1		0.049	0.006	0.196
18:3 undifferentiated.....g	0.013		0		1		0.032	0.004	0.127
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4	0.935	4		1		9	1	34
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.088	0.011	0.353
Threonine.....g	0.158		0		1		0.387	0.048	1.548
Isoleucine.....g	0.204		0		1		0.500	0.062	1.999
Leucine.....g	0.329		0		1		0.806	0.101	3.224
Lysine.....g	0.277		0		1		0.679	0.085	2.715
Methionine.....g	0.081		0		1		0.198	0.025	0.794
Cystine.....g	0.031		0		1		0.076	0.009	0.304
Phenylalanine.....g	0.174		0		1		0.426	0.053	1.705
Tyrosine.....g	0.139		0		1		0.341	0.043	1.362
Valine.....g	0.243		0		1		0.595	0.074	2.381
Arginine.....g	0.126		0		1		0.309	0.039	1.235
Histidine.....g	0.095		0		1		0.233	0.029	0.931
Alanine.....g	0.119		0		1		0.292	0.036	1.166
Aspartic acid.....g	0.264		0		1		0.647	0.081	2.587
Glutamic acid.....g	0.643		0		1		1.575	0.197	6.301
Glycine.....g	0.073		0		1		0.179	0.022	0.715
Proline.....g	0.334		0		1		0.818	0.102	3.273
Serine.....g	0.172		0		1		0.421	0.053	1.686
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	BFFN	4		3.448	0.431	13.794
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 245g: 1 cup
- Measure 2 = 30.6g: 1 fl oz
- Measure 3 = 980g: 1 quart

NDB No. 01088

Milk, buttermilk, fluid, cultured, lowfat

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42189

Milk, buttermilk, fluid, cultured, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.576				4		1.411	0.176	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040				4		0.098	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.505				4		1.237	0.155	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071				4		0.174	0.022	
18:2 undifferentiated.....g	0.040				4		0.098	0.012	
18:3 undifferentiated.....g	0.030				4		0.074	0.009	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8				4		20	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		7.837	0.979	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01095

Milk, canned, condensed, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.427		0		1		7.427	0.927	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		2		1		0.419	0.052	
17:1.....g									
18:1 undifferentiated.....g	2.188		2		1		6.695	0.836	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0		1		1.031	0.129	
18:2 undifferentiated.....g	0.216		2		1		0.661	0.083	
18:3 undifferentiated.....g	0.121		1		1		0.370	0.046	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	34		0		1		104	13	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.343	0.043	
Threonine.....g	0.357		0		1		1.092	0.136	
Isoleucine.....g	0.479		0		1		1.466	0.183	
Leucine.....g	0.775		0		1		2.372	0.296	
Lysine.....g	0.627		0		1		1.919	0.240	
Methionine.....g	0.198		0		1		0.606	0.076	
Cystine.....g	0.073		0		1		0.223	0.028	
Phenylalanine.....g	0.382		0		1		1.169	0.146	
Tyrosine.....g	0.382		0		1		1.169	0.146	
Valine.....g	0.529		0		1		1.619	0.202	
Arginine.....g	0.286		0		1		0.875	0.109	
Histidine.....g	0.214		0		1		0.655	0.082	
Alanine.....g	0.273		0		1		0.835	0.104	
Aspartic acid.....g	0.600		0		1		1.836	0.229	
Glutamic acid.....g	1.656		0		1		5.067	0.633	
Glycine.....g	0.167		0		1		0.511	0.064	
Proline.....g	0.766		0		1		2.344	0.293	
Serine.....g	0.430		0		1		1.316	0.164	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	14		0	BFFN	4		42.582	5.316	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 306g: 1 cup

Measure 2 = 38.2g: 1 fl oz

NDB No. 01095

Milk, canned, condensed, sweetened

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01097
Milk, canned, evaporated, nonfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.062		0		1		0.159	0.020	0.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004	0.001	12		1		0.010	0.001	0.005
17:1.....g									
18:1 undifferentiated.....g	0.056	0.005	12		1		0.143	0.018	0.072
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		1		0.015	0.002	0.008
18:2 undifferentiated.....g	0.004	0.001	12		1		0.010	0.001	0.005
18:3 undifferentiated.....g	0.002		2		1		0.005	0.001	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		9	1	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.274	0.034	0.137
Threonine.....g	0.341		0		1		0.873	0.109	0.436
Isoleucine.....g	0.457		0		1		1.170	0.146	0.585
Leucine.....g	0.740		0		1		1.894	0.236	0.947
Lysine.....g	0.599		0		1		1.533	0.191	0.767
Methionine.....g	0.189		0		1		0.484	0.060	0.242
Cystine.....g	0.070		0		1		0.179	0.022	0.090
Phenylalanine.....g	0.364		0		1		0.932	0.116	0.466
Tyrosine.....g	0.364		0		1		0.932	0.116	0.466
Valine.....g	0.505		0		1		1.293	0.161	0.646
Arginine.....g	0.273		0		1		0.699	0.087	0.349
Histidine.....g	0.205		0		1		0.525	0.065	0.262
Alanine.....g	0.260		0		1		0.666	0.083	0.333
Aspartic acid.....g	0.573		0		1		1.467	0.183	0.733
Glutamic acid.....g	1.581		0		1		4.047	0.504	2.024
Glycine.....g	0.160		0		1		0.410	0.051	0.205
Proline.....g	0.731		0		1		1.871	0.233	0.936
Serine.....g	0.411		0		1		1.052	0.131	0.526
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFFN	4		0.819	0.102	0.409
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 256g: 1 cup
- Measure 2 = 31.9g: 1 fl oz
- Measure 3 = 128g: .5 cup

NDB No. 01097

Milk, canned, evaporated, nonfat

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01153

Milk, canned, evaporated, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.335		0		1		0.736	2.942	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159	0.012	12		1		0.050	0.200	
17:1.....g									
18:1 undifferentiated.....g	2.101		0		1		0.662	2.647	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0		1		0.077	0.309	
18:2 undifferentiated.....g	0.167		0		1		0.053	0.210	
18:3 undifferentiated.....g	0.078		2		1		0.025	0.098	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0		1		9	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.030	0.121	
Threonine.....g	0.307		0		1		0.097	0.387	
Isoleucine.....g	0.412		0		1		0.130	0.519	
Leucine.....g	0.667		0		1		0.210	0.840	
Lysine.....g	0.540		0		1		0.170	0.680	
Methionine.....g	0.171		0		1		0.054	0.215	
Cystine.....g	0.063		0		1		0.020	0.079	
Phenylalanine.....g	0.329		0		1		0.104	0.415	
Tyrosine.....g	0.329		0		1		0.104	0.415	
Valine.....g	0.456		0		1		0.144	0.575	
Arginine.....g	0.247		0		1		0.078	0.311	
Histidine.....g	0.185		0		1		0.058	0.233	
Alanine.....g	0.235		0		1		0.074	0.296	
Aspartic acid.....g	0.517		0		1		0.163	0.651	
Glutamic acid.....g	1.426		0		1		0.449	1.797	
Glycine.....g	0.144		0		1		0.045	0.181	
Proline.....g	0.660		0		1		0.208	0.832	
Serine.....g	0.370		0		1		0.117	0.466	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.5g: 1 fl oz

Measure 2 = 126g: .5 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01096

Milk, canned, evaporated, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.335		0		1		5.884	0.736	8.616
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159	0.012	12		1		0.401	0.050	0.587
17:1.....g									
18:1 undifferentiated.....g	2.101	0.049	12		1		5.295	0.662	7.753
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0		1		0.617	0.077	0.904
18:2 undifferentiated.....g	0.167	0.017	12		1		0.421	0.053	0.616
18:3 undifferentiated.....g	0.078		2		1		0.197	0.025	0.288
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0		1		74	9	108
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.242	0.030	0.354
Threonine.....g	0.307		0		1		0.774	0.097	1.133
Isoleucine.....g	0.412		0		1		1.038	0.130	1.520
Leucine.....g	0.667		0		1		1.681	0.210	2.461
Lysine.....g	0.540		0		1		1.361	0.170	1.993
Methionine.....g	0.171		0		1		0.431	0.054	0.631
Cystine.....g	0.063		0		1		0.159	0.020	0.232
Phenylalanine.....g	0.329		0		1		0.829	0.104	1.214
Tyrosine.....g	0.329		0		1		0.829	0.104	1.214
Valine.....g	0.456		0		1		1.149	0.144	1.683
Arginine.....g	0.247		0		1		0.622	0.078	0.911
Histidine.....g	0.185		0		1		0.466	0.058	0.683
Alanine.....g	0.235		0		1		0.592	0.074	0.867
Aspartic acid.....g	0.517		0		1		1.303	0.163	1.908
Glutamic acid.....g	1.426		0		1		3.594	0.449	5.262
Glycine.....g	0.144		0		1		0.363	0.045	0.531
Proline.....g	0.660		0		1		1.663	0.208	2.435
Serine.....g	0.370		0		1		0.932	0.117	1.365
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	12		0	BFFN	4		30.472	3.809	44.620
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 252g: 1 cup
- Measure 2 = 31.5g: 1 fl oz
- Measure 3 = 369g: 1 can (13 oz)

NDB No. 01096

Milk, canned, evaporated, without added vitamin A

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01105

Milk, chocolate beverage, hot cocoa, homemade

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.57		0	RPI	6		206.41	25.76	
Energy.....kcal	77		0	RPI	6		192	24	
Energy.....kj	322		0	RPI	6		805	100	
Protein.....g	3.52		0	RPI	6		8.79	1.10	
Total lipid (fat).....g	2.33		0	RPI	6		5.83	0.73	
Ash.....g	0.65		0	RPA	1		1.64	0.20	
Carbohydrate, by difference.....g	10.63		0	RPI	6		26.58	3.32	
Fiber, total dietary.....g	1.0		0	RPI	6		2.5	0.3	
Sugars, total.....g	9.67		0	RPI	6		24.17	3.02	
Sucrose.....g	0.01		0	RPA	1		0.02	0.00	
Glucose (dextrose).....g	0.01		0	RPA	1		0.02	0.00	
Fructose.....g	0.01		0	RPA	1		0.02	0.00	
Lactose.....g	4.63		0	RPA	1		11.57	1.44	
Maltose.....g	0.01		0	RPA	1		0.02	0.00	
Galactose.....g	0.01		0	RPA	1		0.04	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		0	RPI	6		263	33	
Iron, Fe.....mg	0.48		0	RPI	6		1.20	0.15	
Magnesium, Mg.....mg	23		0	RPI	6		58	7	
Phosphorus, P.....mg	105		0	RPI	6		262	33	
Potassium, K.....mg	197		0	RPI	6		492	61	
Sodium, Na.....mg	44		0	RPI	6		109	14	
Zinc, Zn.....mg	0.63		0	RPI	6		1.57	0.20	
Copper, Cu.....mg	0.103		0	RPI	6		0.256	0.032	
Manganese, Mn.....mg	0.013		0	RPA	1		0.032	0.004	
Selenium, Se.....mcg	2.7		0	RPI	6		6.7	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	RPI	6		0.4	0.1	
Thiamin.....mg	0.039		0	RPI	6		0.096	0.012	
Riboflavin.....mg	0.182		0	RPI	6		0.455	0.057	
Niacin.....mg	0.133		0	RPI	6		0.334	0.042	
Pantothenic acid.....mg	0.328		0	RPA	1		0.821	0.102	
Vitamin B-6.....mg	0.040		0	RPI	6		0.101	0.013	
Folate, total.....mcg	5		0	RPA	1		13	2	
Folic acid.....mcg	0		0	RPI	6		0	0	
Folate, food.....mcg	5		0	RPA	1		13	2	
Folate, DFE.....mcg_DFE	5		0	NC	4		13	2	
Vitamin B-12.....mcg	0.42		0	RPI	6		1.05	0.13	
Vitamin A, IU.....IU	175		0	RPI	6		437	54	
Vitamin A, RAE.....mcg_RAE	51		0	RPI	6		128	16	
Retinol.....mcg	51		0	RPI	6		127	16	
Vitamin E (alpha-tocopherol).....mg	0.03		0	RPI	6		0.07	0.01	
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00	0.00	
Vitamin D.....IU	39.648		0	RPA	1		99.121	12.370	
Vitamin K (phylloquinone).....mcg	0.2		0	RPA	1		0.4	0.1	
Lipids:									
Fatty acids, total saturated.....g	1.431		0	RPI	6		3.578	0.447	
4:0.....g	0.071		0	RPI	6		0.177	0.022	
6:0.....g	0.037		0	RPI	6		0.093	0.012	
8:0.....g	0.019		0	RPI	6		0.047	0.006	
10:0.....g	0.045		0	RPI	6		0.113	0.014	
12:0.....g	0.050		0	RPI	6		0.126	0.016	
13:0.....g	0.002		0	RPA	1		0.005	0.001	
14:0.....g	0.163		0	RPI	6		0.406	0.051	

NDB No. 01105

Milk, chocolate beverage, hot cocoa, homemade

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.000		0	RPA	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	2		0	RPI	6		5	1	
Theobromine.....mg	68		0	RPI	6		170	21	
Carotenoids:									
Carotene, beta.....mcg	3		0	RPI	6		7.271	0.907	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		0.000	0.000	

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Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01102
Milk, chocolate, fluid, commercial,

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.990		0		1		2.475	0.309	9.900
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0		1		0.178	0.022	0.710
17:1.....g									
18:1 undifferentiated.....g	0.872		0		1		2.180	0.272	8.720
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0		1		0.310	0.039	1.240
18:2 undifferentiated.....g	0.078		0		1		0.195	0.024	0.780
18:3 undifferentiated.....g	0.046		0		1		0.115	0.014	0.460
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		31	4	122
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.113	0.014	0.450
Threonine.....g	0.143		0		1		0.358	0.045	1.430
Isoleucine.....g	0.192		0		1		0.480	0.060	1.920
Leucine.....g	0.311		0		1		0.778	0.097	3.110
Lysine.....g	0.251		0		1		0.628	0.078	2.510
Methionine.....g	0.079		0		1		0.198	0.025	0.790
Cystine.....g	0.029		0		1		0.073	0.009	0.290
Phenylalanine.....g	0.153		0		1		0.383	0.048	1.530
Tyrosine.....g	0.153		0		1		0.383	0.048	1.530
Valine.....g	0.212		0		1		0.530	0.066	2.120
Arginine.....g	0.115		0		1		0.288	0.036	1.150
Histidine.....g	0.086		0		1		0.215	0.027	0.860
Alanine.....g	0.109		0		1		0.273	0.034	1.090
Aspartic acid.....g	0.240		0		1		0.600	0.075	2.400
Glutamic acid.....g	0.664		0		1		1.660	0.207	6.640
Glycine.....g	0.067		0		1		0.168	0.021	0.670
Proline.....g	0.307		0		1		0.768	0.096	3.070
Serine.....g	0.172		0		1		0.430	0.054	1.720
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	RA	4		5	1	20
Theobromine.....mg	23		0	RA	4		58	7	230
Carotenoids:									
Carotene, beta.....mcg	5		0	BFZN	4		12.996	1.622	51.983
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 250g: 1 cup
- Measure 2 = 31.2g: 1 fl oz
- Measure 3 = 1000g: 1 quart

NDB No. 01102

Milk, chocolate, fluid, commercial,

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01104

Milk, chocolate, fluid, commercial, lowfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0		1		0.750	3.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.045	0.180	
17:1.....g									
18:1 undifferentiated.....g	0.271		0		1		0.678	2.710	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.088	0.350	
18:2 undifferentiated.....g	0.024		0		1		0.060	0.240	
18:3 undifferentiated.....g	0.011		0		1		0.028	0.110	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		7	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.115	0.460	
Threonine.....g	0.146		0		1		0.365	1.460	
Isoleucine.....g	0.196		0		1		0.490	1.960	
Leucine.....g	0.317		0		1		0.793	3.170	
Lysine.....g	0.257		0		1		0.643	2.570	
Methionine.....g	0.081		0		1		0.203	0.810	
Cystine.....g	0.030		0		1		0.075	0.300	
Phenylalanine.....g	0.156		0		1		0.390	1.560	
Tyrosine.....g	0.156		0		1		0.390	1.560	
Valine.....g	0.217		0		1		0.543	2.170	
Arginine.....g	0.117		0		1		0.293	1.170	
Histidine.....g	0.088		0		1		0.220	0.880	
Alanine.....g	0.112		0		1		0.280	1.120	
Aspartic acid.....g	0.246		0		1		0.615	2.460	
Glutamic acid.....g	0.678		0		1		1.695	6.780	
Glycine.....g	0.069		0		1		0.173	0.690	
Proline.....g	0.314		0		1		0.785	3.140	
Serine.....g	0.176		0		1		0.440	1.760	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		5	20	
Theobromine.....mg	23		0	BFZN	4		58	230	
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		3.999	15.995	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 1000g: 1 quart

NDB No. 01104

Milk, chocolate, fluid, commercial, lowfat

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.588		0		1		1.470	0.183	5.880
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.100	0.012	0.400
17:1.....g									
18:1 undifferentiated.....g	0.523		0		1		1.308	0.163	5.230
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.180	0.022	0.720
18:2 undifferentiated.....g	0.047		0		1		0.118	0.015	0.470
18:3 undifferentiated.....g	0.026		0		1		0.065	0.008	0.260
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		17	2	68
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.113	0.014	0.450
Threonine.....g	0.145		0		1		0.363	0.045	1.450
Isoleucine.....g	0.194		0		1		0.485	0.061	1.940
Leucine.....g	0.314		0		1		0.785	0.098	3.140
Lysine.....g	0.255		0		1		0.638	0.080	2.550
Methionine.....g	0.081		0		1		0.203	0.025	0.810
Cystine.....g	0.030		0		1		0.075	0.009	0.300
Phenylalanine.....g	0.155		0		1		0.388	0.048	1.550
Tyrosine.....g	0.155		0		1		0.388	0.048	1.550
Valine.....g	0.215		0		1		0.538	0.067	2.150
Arginine.....g	0.116		0		1		0.290	0.036	1.160
Histidine.....g	0.087		0		1		0.218	0.027	0.870
Alanine.....g	0.111		0		1		0.278	0.035	1.110
Aspartic acid.....g	0.244		0		1		0.610	0.076	2.440
Glutamic acid.....g	0.672		0		1		1.680	0.210	6.720
Glycine.....g	0.068		0		1		0.170	0.021	0.680
Proline.....g	0.311		0		1		0.778	0.097	3.110
Serine.....g	0.175		0		1		0.438	0.055	1.750
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	BFZN	4		5	1	20
Theobromine.....mg	23		0	BFZN	4		58	7	230
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		7.997	0.998	31.990
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 1000g: 1 quart

NDB No. 01103

Milk, chocolate, fluid, commercial, reduced fat

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01093
Milk, dry, nonfat, calcium reduced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.058		0		1		0.016	0.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.014	0.057	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.002	0.008	
18:2 undifferentiated.....g	0.005		0		1		0.001	0.006	
18:3 undifferentiated.....g	0.003		0		1		0.001	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		1	2	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.501		0		1		0.142	0.566	
Threonine.....g	1.603		0		1		0.454	1.811	
Isoleucine.....g	2.148		0		1		0.609	2.427	
Leucine.....g	3.478		0		1		0.986	3.930	
Lysine.....g	2.816		0		1		0.798	3.182	
Methionine.....g	0.890		0		1		0.252	1.006	
Cystine.....g	0.328		0		1		0.093	0.371	
Phenylalanine.....g	1.714		0		1		0.486	1.937	
Tyrosine.....g	1.714		0		1		0.486	1.937	
Valine.....g	2.376		0		1		0.674	2.685	
Arginine.....g	1.285		0		1		0.364	1.452	
Histidine.....g	0.963		0		1		0.273	1.088	
Alanine.....g	1.224		0		1		0.347	1.383	
Aspartic acid.....g	2.693		0		1		0.763	3.043	
Glutamic acid.....g	7.434		0		1		2.108	8.400	
Glycine.....g	0.751		0		1		0.213	0.849	
Proline.....g	3.439		0		1		0.975	3.886	
Serine.....g	1.931		0		1		0.547	2.182	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 113g: .25 lb

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01092

Milk, dry, nonfat, instant, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.187		0		1		0.127	0.170	0.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021	0.002	5		1		0.014	0.019	0.005
17:1.....g									
18:1 undifferentiated.....g	0.156	0.004	5		1		0.106	0.142	0.036
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		1		0.019	0.025	0.006
18:2 undifferentiated.....g	0.018	0.004	5		1		0.012	0.016	0.004
18:3 undifferentiated.....g	0.011	0.003	5		1		0.007	0.010	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	18	1.853	8		1		12	17	4
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.495		0		1		0.337	0.450	0.114
Threonine.....g	1.584		0		1		1.077	1.441	0.364
Isoleucine.....g	2.124		0		1		1.444	1.933	0.489
Leucine.....g	3.438		0		1		2.338	3.129	0.791
Lysine.....g	2.784		0		1		1.893	2.533	0.640
Methionine.....g	0.880		0		1		0.598	0.801	0.202
Cystine.....g	0.325		0		1		0.221	0.296	0.075
Phenylalanine.....g	1.694		0		1		1.152	1.542	0.390
Tyrosine.....g	1.694		0		1		1.152	1.542	0.390
Valine.....g	2.349		0		1		1.597	2.138	0.540
Arginine.....g	1.271		0		1		0.864	1.157	0.292
Histidine.....g	0.952		0		1		0.647	0.866	0.219
Alanine.....g	1.210		0		1		0.823	1.101	0.278
Aspartic acid.....g	2.663		0		1		1.811	2.423	0.612
Glutamic acid.....g	7.350		0		1		4.998	6.689	1.691
Glycine.....g	0.743		0		1		0.505	0.676	0.171
Proline.....g	3.400		0		1		2.312	3.094	0.782
Serine.....g	1.909		0		1		1.298	1.737	0.439
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	BFFN	4		0.783	1.048	0.265
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Measure 3 = 23g: .333 cup (makes 1 cup reconstituted milk)

NDB No. 01092

Milk, dry, nonfat, instant, with added vitamin A

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01155

Milk, dry, nonfat, instant, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.190		0		1		0.129	0.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021	0.002	5		1		0.014	0.019	
17:1.....g									
18:1 undifferentiated.....g	0.156	0.004	5		1		0.106	0.142	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.020	0.027	
18:2 undifferentiated.....g	0.018	0.004	5		1		0.012	0.016	
18:3 undifferentiated.....g	0.011	0.003	5		1		0.007	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		1		12	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.495		0		1		0.337	0.450	
Threonine.....g	1.584		0		1		1.077	1.441	
Isoleucine.....g	2.124		0		1		1.444	1.933	
Leucine.....g	3.438		0		1		2.338	3.129	
Lysine.....g	2.784		0		1		1.893	2.533	
Methionine.....g	0.880		0		1		0.598	0.801	
Cystine.....g	0.325		0		1		0.221	0.296	
Phenylalanine.....g	1.694		0		1		1.152	1.542	
Tyrosine.....g	1.694		0		1		1.152	1.542	
Valine.....g	2.349		0		1		1.597	2.138	
Arginine.....g	1.271		0		1		0.864	1.157	
Histidine.....g	0.952		0		1		0.647	0.866	
Alanine.....g	1.210		0		1		0.823	1.101	
Aspartic acid.....g	2.663		0		1		1.811	2.423	
Glutamic acid.....g	7.350		0		1		4.998	6.689	
Glycine.....g	0.743		0		1		0.505	0.676	
Proline.....g	3.400		0		1		2.312	3.094	
Serine.....g	1.909		0		1		1.298	1.737	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFZN	4		0.783	1.048	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

NDB No. 01155

Milk, dry, nonfat, instant, without added vitamin A

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01154

Milk, dry, nonfat, regular, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.200		0		1		0.240	0.060	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.002	5		1		0.026	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.167		0		1		0.200	0.050	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.036	0.009	
18:2 undifferentiated.....g	0.019		0		1		0.023	0.006	
18:3 undifferentiated.....g	0.011	0.003	5		1		0.013	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0		1		24	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.510		0		1		0.612	0.153	
Threonine.....g	1.632		0		1		1.958	0.490	
Isoleucine.....g	2.188		0		1		2.626	0.656	
Leucine.....g	3.542		0		1		4.250	1.063	
Lysine.....g	2.868		0		1		3.442	0.860	
Methionine.....g	0.907		0		1		1.088	0.272	
Cystine.....g	0.334		0		1		0.401	0.100	
Phenylalanine.....g	1.746		0		1		2.095	0.524	
Tyrosine.....g	1.746		0		1		2.095	0.524	
Valine.....g	2.420		0		1		2.904	0.726	
Arginine.....g	1.309		0		1		1.571	0.393	
Histidine.....g	0.981		0		1		1.177	0.294	
Alanine.....g	1.247		0		1		1.496	0.374	
Aspartic acid.....g	2.743		0		1		3.292	0.823	
Glutamic acid.....g	7.572		0		1		9.086	2.272	
Glycine.....g	0.765		0		1		0.918	0.230	
Proline.....g	3.503		0		1		4.204	1.051	
Serine.....g	1.967		0		1		2.360	0.590	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFZN	4		1.478	0.369	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 120g: 1 cup
- Measure 2 = 30g: .25 cup

NDB No. 01154

Milk, dry, nonfat, regular, with added vitamin A

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01091

Milk, dry, nonfat, regular, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.201		0		1		0.241	0.060	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.002	5		1		0.026	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.167	0.003	5		1		0.200	0.050	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.036	0.009	
18:2 undifferentiated.....g	0.019	0.004	5		1		0.023	0.006	
18:3 undifferentiated.....g	0.011	0.003	5		1		0.013	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0		1		24	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.510		0		1		0.612	0.153	
Threonine.....g	1.632		0		1		1.958	0.490	
Isoleucine.....g	2.188		0		1		2.626	0.656	
Leucine.....g	3.542		0		1		4.250	1.063	
Lysine.....g	2.868		0		1		3.442	0.860	
Methionine.....g	0.907		0		1		1.088	0.272	
Cystine.....g	0.334		0		1		0.401	0.100	
Phenylalanine.....g	1.746		0		1		2.095	0.524	
Tyrosine.....g	1.746		0		1		2.095	0.524	
Valine.....g	2.420		0		1		2.904	0.726	
Arginine.....g	1.309		0		1		1.571	0.393	
Histidine.....g	0.981		0		1		1.177	0.294	
Alanine.....g	1.247		0		1		1.496	0.374	
Aspartic acid.....g	2.743		0		1		3.292	0.823	
Glutamic acid.....g	7.572		0		1		9.086	2.272	
Glycine.....g	0.765		0		1		0.918	0.230	
Proline.....g	3.503		0		1		4.204	1.051	
Serine.....g	1.967		0		1		2.360	0.590	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFFN	4		1.478	0.369	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup
 Measure 2 = 30g: .25 cup

NDB No. 01091

Milk, dry, nonfat, regular, without added vitamin A

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01090
Milk, dry, whole

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.924		0		1		10.143	2.536	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.196		2		1		1.531	0.383	
17:1.....g									
18:1 undifferentiated.....g	6.192		2		1		7.926	1.981	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.665		0		1		0.851	0.213	
18:2 undifferentiated.....g	0.460		2		1		0.589	0.147	
18:3 undifferentiated.....g	0.204		2		1		0.261	0.065	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		2		1		124	31	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.371		0		1		0.475	0.119	
Threonine.....g	1.188		0		1		1.521	0.380	
Isoleucine.....g	1.592		0		1		2.038	0.509	
Leucine.....g	2.578		0		1		3.300	0.825	
Lysine.....g	2.087		0		1		2.671	0.668	
Methionine.....g	0.660		0		1		0.845	0.211	
Cystine.....g	0.243		0		1		0.311	0.078	
Phenylalanine.....g	1.271		0		1		1.627	0.407	
Tyrosine.....g	1.271		0		1		1.627	0.407	
Valine.....g	1.762		0		1		2.255	0.564	
Arginine.....g	0.953		0		1		1.220	0.305	
Histidine.....g	0.714		0		1		0.914	0.228	
Alanine.....g	0.908		0		1		1.162	0.291	
Aspartic acid.....g	1.997		0		1		2.556	0.639	
Glutamic acid.....g	5.512		0		1		7.055	1.764	
Glycine.....g	0.557		0		1		0.713	0.178	
Proline.....g	2.549		0		1		3.263	0.816	
Serine.....g	1.432		0		1		1.833	0.458	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	43		0	BFFN	4		54.685	13.671	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 cup
 Measure 2 = 32g: .25 cup

NDB No. 01090
Milk, dry, whole

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01059

Milk, filled, fluid, with blend of hydrogenated vegetable oils

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.783		0		1		4.351	17.402	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001	0.001	9		1		0.002	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.785	0.051	9		1		4.355	17.422	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.830	7.320	
18:2 undifferentiated.....g	0.717	0.023	9		1		1.749	6.998	
18:3 undifferentiated.....g	0.027	0.006	9		1		0.066	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4	18	
Phytosterols.....mg	6		0		4		15	59	
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.115	0.459	
Threonine.....g	0.150		0		1		0.366	1.464	
Isoleucine.....g	0.201		0		1		0.490	1.962	
Leucine.....g	0.326		0		1		0.795	3.182	
Lysine.....g	0.264		0		1		0.644	2.577	
Methionine.....g	0.084		0		1		0.205	0.820	
Cystine.....g	0.031		0		1		0.076	0.303	
Phenylalanine.....g	0.161		0		1		0.393	1.571	
Tyrosine.....g	0.161		0		1		0.393	1.571	
Valine.....g	0.223		0		1		0.544	2.176	
Arginine.....g	0.121		0		1		0.295	1.181	
Histidine.....g	0.090		0		1		0.220	0.878	
Alanine.....g	0.115		0		1		0.281	1.122	
Aspartic acid.....g	0.253		0		1		0.617	2.469	
Glutamic acid.....g	0.697		0		1		1.701	6.803	
Glycine.....g	0.070		0		1		0.171	0.683	
Proline.....g	0.323		0		1		0.788	3.152	
Serine.....g	0.181		0		1		0.442	1.767	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup
 Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01060

Milk, filled, fluid, with lauric acid oil

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.100		0		1		0.244	0.031	0.976
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.100	0.014	29		1		0.244	0.031	0.976
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.024	0.003	0.098
18:2 undifferentiated.....g	0.008	0.003	29		1		0.020	0.002	0.078
18:3 undifferentiated.....g	0.000	0.000	29		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4	1	18
Phytosterols.....mg	3		0		4		7	1	29
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.115	0.014	0.459
Threonine.....g	0.150		0		1		0.366	0.046	1.464
Isoleucine.....g	0.201		0		1		0.490	0.061	1.962
Leucine.....g	0.326		0		1		0.795	0.099	3.182
Lysine.....g	0.264		0		1		0.644	0.081	2.577
Methionine.....g	0.084		0		1		0.205	0.026	0.820
Cystine.....g	0.031		0		1		0.076	0.009	0.303
Phenylalanine.....g	0.161		0		1		0.393	0.049	1.571
Tyrosine.....g	0.161		0		1		0.393	0.049	1.571
Valine.....g	0.223		0		1		0.544	0.068	2.176
Arginine.....g	0.121		0		1		0.295	0.037	1.181
Histidine.....g	0.090		0		1		0.220	0.027	0.878
Alanine.....g	0.115		0		1		0.281	0.035	1.122
Aspartic acid.....g	0.253		0		1		0.617	0.077	2.469
Glutamic acid.....g	0.697		0		1		1.701	0.213	6.803
Glycine.....g	0.070		0		1		0.171	0.021	0.683
Proline.....g	0.323		0		1		0.788	0.099	3.152
Serine.....g	0.181		0		1		0.442	0.055	1.767
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 976g: 1 quart

NDB No. 01060

Milk, filled, fluid, with lauric acid oil

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42290

Milk, fluid, nonfat, calcium fortified (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.047				4		0.116	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007				1		0.017	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.038				1		0.094	0.012	
20:1.....g	0.000				1		0.000	0.000	
22:1 undifferentiated.....g	0.000				1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007				4		0.017	0.002	
18:2 undifferentiated.....g	0.005				1		0.012	0.002	
18:3 undifferentiated.....g	0.002				1		0.005	0.001	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2				4		4	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFFN	4		0.711	0.089	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01106
Milk, goat, fluid

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total monounsaturated.....g	1.109		0		1		2.706	0.338	10.824
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082	0.014	7		1		0.200	0.025	0.800
17:1.....g									
18:1 undifferentiated.....g	0.977	0.047	17		1		2.384	0.298	9.536
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.364	0.045	1.454
18:2 undifferentiated.....g	0.109	0.008	13		1		0.266	0.033	1.064
18:3 undifferentiated.....g	0.040	0.008	10		1		0.098	0.012	0.390
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	11	0.801	36		1		28	3	111
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.044		0		1		0.107	0.013	0.429
Threonine.....g	0.163		0		1		0.398	0.050	1.591
Isoleucine.....g	0.207		0		1		0.505	0.063	2.020
Leucine.....g	0.314		0		1		0.766	0.096	3.065
Lysine.....g	0.290		0		1		0.708	0.088	2.830
Methionine.....g	0.080		0		1		0.195	0.024	0.781
Cystine.....g	0.046		0		1		0.112	0.014	0.449
Phenylalanine.....g	0.155		0		1		0.378	0.047	1.513
Tyrosine.....g	0.179		0		1		0.437	0.055	1.747
Valine.....g	0.240		0		1		0.586	0.073	2.342
Arginine.....g	0.119		0		1		0.290	0.036	1.161
Histidine.....g	0.089		0		1		0.217	0.027	0.869
Alanine.....g	0.118		0		1		0.288	0.036	1.152
Aspartic acid.....g	0.210		0		1		0.512	0.064	2.050
Glutamic acid.....g	0.626		0		1		1.527	0.191	6.110
Glycine.....g	0.050		0		1		0.122	0.015	0.488
Proline.....g	0.368		0		1		0.898	0.112	3.592
Serine.....g	0.181		0		1		0.442	0.055	1.767
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	7		0	BFFN	4		16.157	2.020	64.630
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 976g: 1 quart

NDB No. 01106
Milk, goat, fluid

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01107
Milk, human, mature, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.658		0		1		4.079	0.511	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129	0.012	17		1		0.317	0.040	
17:1.....g									
18:1 undifferentiated.....g	1.475	0.037	20		1		3.629	0.454	
20:1.....g	0.040	0.003	12		1		0.098	0.012	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.497		0		1		1.223	0.153	
18:2 undifferentiated.....g	0.374	0.030	20		1		0.920	0.115	
18:3 undifferentiated.....g	0.052	0.013	15		1		0.128	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026	0.004	14		1		0.064	0.008	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14	0.366	54		1		34	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.042	0.005	
Threonine.....g	0.046		0		1		0.113	0.014	
Isoleucine.....g	0.056		0		1		0.138	0.017	
Leucine.....g	0.095		0		1		0.234	0.029	
Lysine.....g	0.068		0		1		0.167	0.021	
Methionine.....g	0.021		0		1		0.052	0.006	
Cystine.....g	0.019		0		1		0.047	0.006	
Phenylalanine.....g	0.046		0		1		0.113	0.014	
Tyrosine.....g	0.053		0		1		0.130	0.016	
Valine.....g	0.063		0		1		0.155	0.019	
Arginine.....g	0.043		0		1		0.106	0.013	
Histidine.....g	0.023		0		1		0.057	0.007	
Alanine.....g	0.036		0		1		0.089	0.011	
Aspartic acid.....g	0.082		0		1		0.202	0.025	
Glutamic acid.....g	0.168		0		1		0.413	0.052	
Glycine.....g	0.026		0		1		0.064	0.008	
Proline.....g	0.082		0		1		0.202	0.025	
Serine.....g	0.043		0		1		0.106	0.013	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	7		0	BFFN	4		17.234	2.158	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup
 Measure 2 = 30.8g: 1 fl oz

NDB No. 01107
Milk, human, mature, fluid

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43543
Milk, imitation, non-soy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.484				4		1.181	0.148	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.484				4		1.181	0.148	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.174				4		2.865	0.358	
18:2 undifferentiated.....g	1.160				4		2.830	0.354	
18:3 undifferentiated.....g	0.014				4		0.034	0.004	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup
 Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01108
Milk, indian buffalo, fluid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.787		0		1		4.360	17.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.142	0.009	24		1		0.346	1.386	
17:1.....g									
18:1 undifferentiated.....g	1.566	0.053	24		1		3.821	15.284	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.146		0		1		0.356	1.425	
18:2 undifferentiated.....g	0.070	0.007	23		1		0.171	0.683	
18:3 undifferentiated.....g	0.076	0.008	23		1		0.185	0.742	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.204	25		1		46	185	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.053		0		1		0.129	0.517	
Threonine.....g	0.182		0		1		0.444	1.776	
Isoleucine.....g	0.203		0		1		0.495	1.981	
Leucine.....g	0.366		0		1		0.893	3.572	
Lysine.....g	0.280		0		1		0.683	2.733	
Methionine.....g	0.097		0		1		0.237	0.947	
Cystine.....g	0.048		0		1		0.117	0.468	
Phenylalanine.....g	0.162		0		1		0.395	1.581	
Tyrosine.....g	0.183		0		1		0.447	1.786	
Valine.....g	0.219		0		1		0.534	2.137	
Arginine.....g	0.114		0		1		0.278	1.113	
Histidine.....g	0.078		0		1		0.190	0.761	
Alanine.....g	0.132		0		1		0.322	1.288	
Aspartic acid.....g	0.309		0		1		0.754	3.016	
Glutamic acid.....g	0.477		0		1		1.164	4.656	
Glycine.....g	0.080		0		4		0.195	0.781	
Proline.....g	0.364		0		4		0.888	3.553	
Serine.....g	0.227		0		1		0.554	2.216	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup
 Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01089
Milk, low sodium, fluid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.999		0		1		2.438	0.305	9.750
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		71		1		0.188	0.023	0.752
17:1.....g									
18:1 undifferentiated.....g	0.870		78		1		2.123	0.265	8.491
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.312	0.039	1.249
18:2 undifferentiated.....g	0.078		74		1		0.190	0.024	0.761
18:3 undifferentiated.....g	0.050		65		1		0.122	0.015	0.488
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		1		33	4	133
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.107	0.013	0.429
Threonine.....g	0.140		0		1		0.342	0.043	1.366
Isoleucine.....g	0.188		0		1		0.459	0.057	1.835
Leucine.....g	0.304		0		1		0.742	0.093	2.967
Lysine.....g	0.246		0		1		0.600	0.075	2.401
Methionine.....g	0.078		0		1		0.190	0.024	0.761
Cystine.....g	0.029		0		1		0.071	0.009	0.283
Phenylalanine.....g	0.150		0		1		0.366	0.046	1.464
Tyrosine.....g	0.150		0		1		0.366	0.046	1.464
Valine.....g	0.207		0		1		0.505	0.063	2.020
Arginine.....g	0.112		0		1		0.273	0.034	1.093
Histidine.....g	0.084		0		1		0.205	0.026	0.820
Alanine.....g	0.107		0		1		0.261	0.033	1.044
Aspartic acid.....g	0.235		0		1		0.573	0.072	2.294
Glutamic acid.....g	0.649		0		1		1.584	0.198	6.334
Glycine.....g	0.066		0		1		0.161	0.020	0.644
Proline.....g	0.300		0		1		0.732	0.092	2.928
Serine.....g	0.169		0		1		0.412	0.052	1.649
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	6		0	BFFN	4		13.504	1.688	54.014
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 976g: 1 quart

NDB No. 01089
Milk, low sodium, fluid

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01084

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.338		0		1		0.831	3.326	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026	0.001	71		1		0.064	0.256	
17:1.....g									
18:1 undifferentiated.....g	0.294	0.007	78		1		0.723	2.893	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.106	0.423	
18:2 undifferentiated.....g	0.026	0.001	74		1		0.064	0.256	
18:3 undifferentiated.....g	0.017	0.001	65		1		0.042	0.167	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		2		1		10	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.135	0.541	
Threonine.....g	0.177		0		1		0.435	1.742	
Isoleucine.....g	0.238		0		1		0.585	2.342	
Leucine.....g	0.385		0		1		0.947	3.788	
Lysine.....g	0.312		0		1		0.768	3.070	
Methionine.....g	0.099		0		1		0.244	0.974	
Cystine.....g	0.036		0		1		0.089	0.354	
Phenylalanine.....g	0.190		0		1		0.467	1.870	
Tyrosine.....g	0.190		0		1		0.467	1.870	
Valine.....g	0.263		0		1		0.647	2.588	
Arginine.....g	0.142		0		1		0.349	1.397	
Histidine.....g	0.107		0		1		0.263	1.053	
Alanine.....g	0.136		0		1		0.335	1.338	
Aspartic acid.....g	0.298		0		1		0.733	2.932	
Glutamic acid.....g	0.823		0		1		2.025	8.098	
Glycine.....g	0.083		0		1		0.204	0.817	
Proline.....g	0.381		0		1		0.937	3.749	
Serine.....g	0.214		0		1		0.526	2.106	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01083

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids and vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.280		0		1		0.686	2.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.001	71		1		0.054	0.216	
17:1.....g									
18:1 undifferentiated.....g	0.244	0.006	78		1		0.598	2.391	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.088	0.353	
18:2 undifferentiated.....g	0.022	0.001	74		1		0.054	0.216	
18:3 undifferentiated.....g	0.014	0.001	65		1		0.034	0.137	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		10	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.120	0.480	
Threonine.....g	0.157		0		1		0.385	1.539	
Isoleucine.....g	0.211		0		1		0.517	2.068	
Leucine.....g	0.341		0		1		0.835	3.342	
Lysine.....g	0.276		0		1		0.676	2.705	
Methionine.....g	0.087		0		1		0.213	0.853	
Cystine.....g	0.032		0		1		0.078	0.314	
Phenylalanine.....g	0.168		0		1		0.412	1.646	
Tyrosine.....g	0.168		0		1		0.412	1.646	
Valine.....g	0.233		0		1		0.571	2.283	
Arginine.....g	0.126		0		1		0.309	1.235	
Histidine.....g	0.094		0		1		0.230	0.921	
Alanine.....g	0.120		0		1		0.294	1.176	
Aspartic acid.....g	0.264		0		1		0.647	2.587	
Glutamic acid.....g	0.729		0		1		1.786	7.144	
Glycine.....g	0.074		0		1		0.181	0.725	
Proline.....g	0.337		0		1		0.826	3.303	
Serine.....g	0.189		0		1		0.463	1.852	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup
 Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.92	0.174	12	A	1		219.40	27.43	877.62
Energy.....kcal	42		0	NC	4		103	13	412
Energy.....kj	177		0	NC	4		431	54	1724
Protein (N x 6.38).....g	3.37	0.061	12	A	1		8.21	1.03	32.86
Total lipid (fat).....g	0.97	0.026	6	JO	11		2.37	0.30	9.47
Ash.....g	0.75	0.014	12	A	1		1.83	0.23	7.32
Carbohydrate, by difference.....g	4.99		0	NC	4		12.18	1.52	48.74
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose.....g	5.20	0.104	12	A	1		12.68	1.58	50.72
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	108	1.924	11	A	1		264	33	1058
Iron, Fe.....mg	0.35	0.069	12	A	1		0.86	0.11	3.44
Magnesium, Mg.....mg	11	0.315	12	A	1		28	3	111
Phosphorus, P.....mg	89	1.660	11	A	1		217	27	870
Potassium, K.....mg	119	1.937	11	A	1		291	36	1165
Sodium, Na.....mg	50	2.274	12	A	1		123	15	492
Zinc, Zn.....mg	0.87	0.103	12	A	1		2.12	0.27	8.48
Copper, Cu.....mg	0.014	0.000	12	A	1		0.034	0.004	0.135
Manganese, Mn.....mg	0.035	0.001	12	A	1		0.084	0.011	0.337
Selenium, Se.....mcg	3.3	0.301	12	A	1		8.1	1.0	32.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.020	0.002	12	A	1		0.049	0.006	0.198
Riboflavin.....mg	0.185	0.005	12	A	1		0.451	0.056	1.805
Niacin.....mg	0.093	0.003	12	A	1		0.226	0.028	0.904
Pantothenic acid.....mg	0.361	0.014	4	A	1		0.880	0.110	3.518
Vitamin B-6.....mg	0.037	0.001	12	A	1		0.090	0.011	0.360
Folate, total.....mcg	5	0.083	12	A	1		12	1	48
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	0.083	12	A	1		12	1	48
Folate, DFE.....mcg_DFE	5		0	NC	4		12	1	48
Vitamin B-12.....mcg	0.44	0.018	12	A	1		1.07	0.13	4.26
Vitamin A, IU.....IU	196		0	NC	4		478	60	1912
Vitamin A, RAE.....mcg_RAE	58		0	NC	4		142	18	567
Retinol.....mcg	58		0	NC	4		142	18	566
Vitamin E (alpha-tocopherol).....mg	0.01	0.002	12	A	1		0.03	0.00	0.11
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D.....IU	51.955	3.736	12	A	1		126.771	15.846	507.083
Vitamin K (phylloquinone).....mcg	0.1	0.000	4	A	1		0.2	0.0	1.0
Lipids:									
Fatty acids, total saturated.....g	0.633		0	NC	4		1.543	0.193	6.173
4:0.....g	0.024	0.002	4	A	1		0.058	0.007	0.233
6:0.....g	0.018	0.002	4	A	1		0.043	0.005	0.173
8:0.....g	0.013	0.000	4	A	1		0.031	0.004	0.123
10:0.....g	0.027	0.001	4	A	1		0.067	0.008	0.266
12:0.....g	0.029	0.001	4	A	1		0.072	0.009	0.288
13:0.....g									
14:0.....g	0.091	0.002	4	A	1		0.222	0.028	0.889
15:0.....g	0.010	0.000	4	A	1				0.096

NDB No. 01082

Milk, lowfat, fluid, 1% milkfat, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		3.786	0.473	15.142
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01087

Milk, nonfat, fluid, protein fortified, with added vitamin A (fat free and skim)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.065		0		1		0.160	0.640	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.001	12		1		0.022	0.089	
17:1.....g									
18:1 undifferentiated.....g	0.053	0.003	12		1		0.130	0.522	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.022	0.089	
18:2 undifferentiated.....g	0.006	0.000	12		1		0.015	0.059	
18:3 undifferentiated.....g	0.003	0.000	11		1		0.007	0.030	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.138	0.551	
Threonine.....g	0.179		0		1		0.440	1.761	
Isoleucine.....g	0.240		0		1		0.590	2.362	
Leucine.....g	0.388		0		1		0.954	3.818	
Lysine.....g	0.314		0		1		0.772	3.090	
Methionine.....g	0.099		0		1		0.244	0.974	
Cystine.....g	0.037		0		1		0.091	0.364	
Phenylalanine.....g	0.191		0		1		0.470	1.879	
Tyrosine.....g	0.191		0		1		0.470	1.879	
Valine.....g	0.265		0		1		0.652	2.608	
Arginine.....g	0.143		0		1		0.352	1.407	
Histidine.....g	0.107		0		1		0.263	1.053	
Alanine.....g	0.137		0		1		0.337	1.348	
Aspartic acid.....g	0.300		0		1		0.738	2.952	
Glutamic acid.....g	0.829		0		1		2.039	8.157	
Glycine.....g	0.084		0		1		0.207	0.827	
Proline.....g	0.384		0		1		0.945	3.779	
Serine.....g	0.215		0		1		0.529	2.116	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup
 Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.065		0		1		0.159	0.020	0.637
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.001	12		1		0.022	0.003	0.088
17:1.....g									
18:1 undifferentiated.....g	0.053	0.003	12		1		0.130	0.016	0.519
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.022	0.003	0.088
18:2 undifferentiated.....g	0.006	0.000	12		1		0.015	0.002	0.059
18:3 undifferentiated.....g	0.003	0.000	11		1		0.007	0.001	0.029
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	1	20
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.123	0.015	0.490
Threonine.....g	0.161		0		1		0.394	0.049	1.578
Isoleucine.....g	0.216		0		1		0.529	0.066	2.117
Leucine.....g	0.350		0		1		0.858	0.107	3.430
Lysine.....g	0.283		0		1		0.693	0.087	2.773
Methionine.....g	0.090		0		1		0.221	0.028	0.882
Cystine.....g	0.033		0		1		0.081	0.010	0.323
Phenylalanine.....g	0.172		0		1		0.421	0.053	1.686
Tyrosine.....g	0.172		0		1		0.421	0.053	1.686
Valine.....g	0.239		0		1		0.586	0.073	2.342
Arginine.....g	0.129		0		1		0.316	0.039	1.264
Histidine.....g	0.097		0		1		0.238	0.030	0.951
Alanine.....g	0.123		0		1		0.301	0.038	1.205
Aspartic acid.....g	0.271		0		1		0.664	0.083	2.656
Glutamic acid.....g	0.748		0		1		1.833	0.229	7.330
Glycine.....g	0.076		0		1		0.186	0.023	0.745
Proline.....g	0.346		0		1		0.848	0.106	3.391
Serine.....g	0.194		0		1		0.475	0.059	1.901
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 245g: 1 cup
- Measure 2 = 30.6g: 1 fl oz
- Measure 3 = 980g: 1 quart

NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.025	0.002	12		1		0.062	0.008	0.247
17:0.....g									
18:0.....g	0.009	0.001	12		1		0.022	0.003	0.088
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.047		0		1		0.115	0.014	0.461
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003	0.001	12		1		0.008	0.001	0.033
17:1.....g									
18:1 undifferentiated.....g	0.018	0.002	12		1		0.044	0.006	0.177
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.017	0.002	0.069
18:2 undifferentiated.....g	0.002	0.000	12		1		0.006	0.001	0.023
18:3 undifferentiated.....g	0.001	0.000	11		1		0.002	0.000	0.009
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2	0.070	4		1		4	1	18
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.098	0.012	0.391
Threonine.....g	0.082		0	A	1		0.201	0.025	0.806
Isoleucine.....g	0.150		0	A	1		0.368	0.046	1.471
Leucine.....g	0.327		0	A	1		0.802	0.100	3.209
Lysine.....g	0.252		0	A	1		0.618	0.077	2.473
Methionine.....g	0.062		0	A	1		0.153	0.019	0.612
Cystine.....g	0.123		0	A	1		0.301	0.038	1.202
Phenylalanine.....g	0.145		0	A	1		0.355	0.044	1.421
Tyrosine.....g	0.148		0	A	1		0.362	0.045	1.447
Valine.....g	0.180		0	A	1		0.441	0.055	1.764
Arginine.....g	0.072		0	A	1		0.178	0.022	0.710
Histidine.....g	0.075		0	A	1		0.184	0.023	0.734
Alanine.....g	0.100		0	A	1		0.245	0.031	0.979
Aspartic acid.....g	0.243		0	A	1		0.594	0.074	2.378
Glutamic acid.....g	0.673		0	A	1		1.648	0.206	6.591
Glycine.....g	0.050		0	A	1		0.123	0.015	0.490
Proline.....g	0.343		0	A	1		0.840	0.105	3.358
Serine.....g	0.168		0	A	1		0.411	0.051	1.642
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFFN	4		0.313	0.039	1.253
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A (fat free or skim)

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01151

Milk, nonfat, fluid, without added vitamin A (fat free or skim)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.047		0		1		0.115	0.461	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.017	0.069	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.093	0.372	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.017	0.069	
18:2 undifferentiated.....g	0.005		0		1		0.012	0.049	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.118	0.470	
Threonine.....g	0.154		0		1		0.377	1.509	
Isoleucine.....g	0.206		0		1		0.505	2.019	
Leucine.....g	0.334		0		1		0.818	3.273	
Lysine.....g	0.270		0		1		0.662	2.646	
Methionine.....g	0.086		0		1		0.211	0.843	
Cystine.....g	0.032		0		1		0.078	0.314	
Phenylalanine.....g	0.165		0		1		0.404	1.617	
Tyrosine.....g	0.165		0		1		0.404	1.617	
Valine.....g	0.228		0		1		0.559	2.234	
Arginine.....g	0.123		0		1		0.301	1.205	
Histidine.....g	0.092		0		1		0.225	0.902	
Alanine.....g	0.118		0		1		0.289	1.156	
Aspartic acid.....g	0.259		0		1		0.635	2.538	
Glutamic acid.....g	0.714		0		1		1.749	6.997	
Glycine.....g	0.072		0		1		0.176	0.706	
Proline.....g	0.330		0		1		0.809	3.234	
Serine.....g	0.185		0		1		0.453	1.813	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup
 Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01078

Milk, producer, fluid, 3.7% milkfat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.057		0		1		2.579	10.316	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		71		1		0.200	0.800	
17:1.....g									
18:1 undifferentiated.....g	0.921		78		1		2.247	8.989	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0		1		0.332	1.327	
18:2 undifferentiated.....g	0.083		74		1		0.203	0.810	
18:3 undifferentiated.....g	0.053		65		1		0.129	0.517	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		1		35	140	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.112	0.449	
Threonine.....g	0.148		0		1		0.361	1.444	
Isoleucine.....g	0.198		0		1		0.483	1.932	
Leucine.....g	0.321		0		1		0.783	3.133	
Lysine.....g	0.260		0		1		0.634	2.538	
Methionine.....g	0.082		0		1		0.200	0.800	
Cystine.....g	0.030		0		1		0.073	0.293	
Phenylalanine.....g	0.158		0		1		0.386	1.542	
Tyrosine.....g	0.158		0		1		0.386	1.542	
Valine.....g	0.220		0		1		0.537	2.147	
Arginine.....g	0.119		0		1		0.290	1.161	
Histidine.....g	0.089		0		1		0.217	0.869	
Alanine.....g	0.113		0		1		0.276	1.103	
Aspartic acid.....g	0.249		0		1		0.608	2.430	
Glutamic acid.....g	0.687		0		1		1.676	6.705	
Glycine.....g	0.069		0		1		0.168	0.673	
Proline.....g	0.318		0		1		0.776	3.104	
Serine.....g	0.178		0		1		0.434	1.737	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup
 Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.572		0		1		1.407	5.628	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044	0.002	71		1		0.108	0.433	
17:1.....g									
18:1 undifferentiated.....g	0.498	0.007	78		1		1.225	4.900	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.182	0.728	
18:2 undifferentiated.....g	0.045	0.002	74		1		0.111	0.443	
18:3 undifferentiated.....g	0.029	0.002	65		1		0.071	0.285	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		19	76	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.138	0.551	
Threonine.....g	0.178		0		1		0.438	1.752	
Isoleucine.....g	0.239		0		1		0.588	2.352	
Leucine.....g	0.387		0		1		0.952	3.808	
Lysine.....g	0.313		0		1		0.770	3.080	
Methionine.....g	0.099		0		1		0.244	0.974	
Cystine.....g	0.037		0		1		0.091	0.364	
Phenylalanine.....g	0.191		0		1		0.470	1.879	
Tyrosine.....g	0.191		0		1		0.470	1.879	
Valine.....g	0.264		0		1		0.649	2.598	
Arginine.....g	0.143		0		1		0.352	1.407	
Histidine.....g	0.107		0		1		0.263	1.053	
Alanine.....g	0.136		0		1		0.335	1.338	
Aspartic acid.....g	0.300		0		1		0.738	2.952	
Glutamic acid.....g	0.827		0		1		2.034	8.138	
Glycine.....g	0.084		0		1		0.207	0.827	
Proline.....g	0.383		0		1		0.942	3.769	
Serine.....g	0.215		0		1		0.529	2.116	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		7.791	31.163	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.555		0		1		1.360	5.439	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043	0.001	71		1		0.105	0.421	
17:1.....g									
18:1 undifferentiated.....g	0.483	0.007	78		1		1.183	4.733	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.174	0.696	
18:2 undifferentiated.....g	0.043	0.002	74		1		0.105	0.421	
18:3 undifferentiated.....g	0.028	0.002	65		1		0.069	0.274	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		18	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.120	0.480	
Threonine.....g	0.157		0		1		0.385	1.539	
Isoleucine.....g	0.211		0		1		0.517	2.068	
Leucine.....g	0.341		0		1		0.835	3.342	
Lysine.....g	0.276		0		1		0.676	2.705	
Methionine.....g	0.087		0		1		0.213	0.853	
Cystine.....g	0.032		0		1		0.078	0.314	
Phenylalanine.....g	0.168		0		1		0.412	1.646	
Tyrosine.....g	0.168		0		1		0.412	1.646	
Valine.....g	0.233		0		1		0.571	2.283	
Arginine.....g	0.126		0		1		0.309	1.235	
Histidine.....g	0.094		0		1		0.230	0.921	
Alanine.....g	0.120		0		1		0.294	1.176	
Aspartic acid.....g	0.264		0		1		0.647	2.587	
Glutamic acid.....g	0.729		0		1		1.786	7.144	
Glycine.....g	0.074		0		1		0.181	0.725	
Proline.....g	0.337		0		1		0.826	3.303	
Serine.....g	0.189		0		1		0.463	1.852	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup
 Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.065		0		1		0.159	0.637	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.001	12		1		0.022	0.088	
17:1.....g									
18:1 undifferentiated.....g	0.498		0		1		1.220	4.880	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.022	0.088	
18:2 undifferentiated.....g	0.045		0		1		0.110	0.441	
18:3 undifferentiated.....g	0.003	0.000	11		1		0.007	0.029	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		19	75	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.050		0		1		0.123	0.490	
Threonine.....g	0.161		0		1		0.394	1.578	
Isoleucine.....g	0.216		0		1		0.529	2.117	
Leucine.....g	0.350		0		1		0.858	3.430	
Lysine.....g	0.283		0		1		0.693	2.773	
Methionine.....g	0.090		0		1		0.221	0.882	
Cystine.....g	0.033		0		1		0.081	0.323	
Phenylalanine.....g	0.172		0		1		0.421	1.686	
Tyrosine.....g	0.172		0		1		0.421	1.686	
Valine.....g	0.239		0		1		0.586	2.342	
Arginine.....g	0.129		0		1		0.316	1.264	
Histidine.....g	0.097		0		1		0.238	0.951	
Alanine.....g	0.123		0		1		0.301	1.205	
Aspartic acid.....g	0.271		0		1		0.664	2.656	
Glutamic acid.....g	0.748		0		1		1.833	7.330	
Glycine.....g	0.076		0		1		0.186	0.745	
Proline.....g	0.346		0		1		0.848	3.391	
Serine.....g	0.194		0		1		0.475	1.901	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.33	0.252	13	A	1		217.97	27.25	871.88
Energy.....kcal	50		0	NC	4		121	15	484
Energy.....kj	207		0	NC	4		506	63	2024
Protein (N x 6.38).....g	3.30	0.033	13	A	1		8.06	1.01	32.25
Total lipid (fat).....g	1.97	0.011	10	JO	11		4.81	0.60	19.23
Ash.....g	0.71	0.035	13	A	1		1.73	0.22	6.92
Carbohydrate, by difference.....g	4.68		0	NC	4		11.43	1.43	45.72
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.06	0.061	13	A	1		12.35	1.54	49.40
Sucrose.....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Glucose (dextrose).....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Fructose.....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Lactose.....g	5.01	0.062	13	A	1		12.23	1.53	48.94
Maltose.....g	0.01	0.000	13	A	1		0.02	0.00	0.08
Galactose.....g	0.02	0.008	13	A	1		0.04	0.00	0.16
Starch.....g									
Minerals:									
Calcium, Ca.....mg	111	1.568	30	A	1		270	34	1079
Iron, Fe.....mg	0.10	0.014	30	A	1		0.23	0.03	0.94
Magnesium, Mg.....mg	11	0.098	31	A	1		28	3	110
Phosphorus, P.....mg	92	0.526	28	A	1		223	28	894
Potassium, K.....mg	140	2.114	31	A	1		341	43	1363
Sodium, Na.....mg	47	0.832	31	A	1		114	14	454
Zinc, Zn.....mg	0.48	0.015	29	A	1		1.18	0.15	4.73
Copper, Cu.....mg	0.006	0.000	30	A	1		0.014	0.002	0.054
Manganese, Mn.....mg	0.014	0.000	30	A	1		0.034	0.004	0.136
Selenium, Se.....mcg	2.5	0.174	30	A	1		6.1	0.8	24.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.000	5	A	1		0.5	0.1	1.8
Thiamin.....mg	0.039	0.005	13	A	1		0.096	0.012	0.385
Riboflavin.....mg	0.185	0.003	13	A	1		0.452	0.056	1.808
Niacin.....mg	0.092	0.002	12	A	1		0.224	0.028	0.897
Pantothenic acid.....mg	0.356	0.019	5	A	1		0.868	0.108	3.470
Vitamin B-6.....mg	0.038	0.001	13	A	1		0.093	0.012	0.374
Folate, total.....mcg	5	0.149	12	A	1		11	1	45
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	0.149	12	A	1		11	1	45
Folate, DFE.....mcg_DFE	5		0	NC	4		11	1	45
Vitamin B-12.....mcg	0.46	0.021	13	A	1		1.11	0.14	4.46
Vitamin A, IU.....IU	189		0	NC	4		460	58	1841
Vitamin A, RAE.....mcg_RAE	55		0	NC	4		135	17	539
Retinol.....mcg	55		0	NC	4		134	17	537
Vitamin E (alpha-tocopherol).....mg	0.03	0.003	12	A	1		0.08	0.01	0.30
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D.....IU	42.956	2.810	13	A	1		104.812	13.102	419.249
Vitamin K (phylloquinone).....mcg	0.2	0.048	4	A	1		0.4	0.1	1.7
Lipids:									
Fatty acids, total saturated.....g	0.963		0	NC	4		2.349	0.294	9.394
4:0.....g	0.059	0.001	5	A	1		0.143	0.018	0.572
6:0.....g	0.031	0.002	4	A	1		0.075	0.009	0.300
8:0.....g	0.016	0.001	5	A	1		0.038	0.005	0.152
10:0.....g	0.038	0.002	5	A	1		0.092	0.011	0.367
12:0.....g	0.042	0.002	5	A	1		0.102	0.013	0.408
13:0.....g	0.002		1	A	1		0.004	0.000	0.015
14:0.....g	0.134	0.003	5	A	1		0.328	0.041	1.311

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.015	0.000	5	A	1		0.037	0.005	0.149
16:0.....g	0.427	0.009	5	A	1		1.043	0.130	4.171
17:0.....g	0.009	0.000	5	A	1		0.021	0.003	0.084
18:0.....g	0.186	0.004	5	A	1		0.454	0.057	1.814
20:0.....g	0.003	0.000	4	A	1		0.007	0.001	0.030
22:0.....g	0.002		1	A	1		0.004	0.000	0.015
24:0.....g									
Fatty acids, total monounsaturated.....g	0.837		0	NC	4		2.043	0.255	8.174
14:1.....g	0.011	0.001	5	A	1		0.027	0.003	0.108
15:1.....g	0.003	0.000	5	A	1		0.008	0.001	0.031
16:1 undifferentiated.....g	0.020		0	A	1		0.050	0.006	0.198
16:1 c.....g	0.020	0.001	4	A	1		0.050	0.006	0.198
16:1 t.....g									
17:1.....g	0.004	0.000	5	A	1		0.009	0.001	0.037
18:1 undifferentiated.....g	0.388		0	A	1		0.948	0.118	3.792
18:1 c.....g	0.329	0.005	4	A	1		0.803	0.100	3.211
18:1 t.....g	0.060	0.005	4	A	1		0.145	0.018	0.581
20:1.....g	0.002	0.000	5	A	1		0.004	0.000	0.015
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.001	0.000	0.003
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0	NC	4		0.165	0.021	0.661
18:2 undifferentiated.....g	0.005		0	A	1		0.013	0.002	0.053
18:2 n-6 c,c.....g	0.042	0.003	4	A	1		0.102	0.013	0.408
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.005	0.000	4	A	1		0.013	0.002	0.053
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.006		0	A	1		0.016	0.002	0.062
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.006	0.001	0.022
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	8	0.090	5	A	1		20	2	80
Phytosterols.....mg									
Stigmasterol.....mg	0	0.000	4	A	1		0	0	0
Campesterol.....mg	0	0.000	4	A	1		0	0	0
Beta-sitosterol.....mg	0	0.000	4	A	1		0	0	0
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.098	0.012	0.394
Threonine.....g	0.103		0	A	1		0.252	0.031	1.008
Isoleucine.....g	0.183		0	A	1		0.446	0.056	1.782
Leucine.....g	0.331		0	A	1		0.807	0.101	3.229
Lysine.....g	0.233		0	A	1		0.568	0.071	2.272
Methionine.....g	0.083		0	A	1		0.202	0.025	0.808
Cystine.....g	0.107		0	A	1		0.261	0.033	1.046
Phenylalanine.....g	0.162		0	A	1		0.396	0.049	1.582
Tyrosine.....g	0.153		0	A	1		0.373	0.047	1.491
Valine.....g	0.218		0	A	1		0.531	0.066	2.125
Arginine.....g	0.107		0	A	1		0.262	0.033	1.049
Histidine.....g	0.073		0	A	1		0.177	0.022	0.709
Alanine.....g	0.111		0	A	1		0.270	0.034	1.082
Aspartic acid.....g	0.299		0	A	1		0.731	0.091	2.923
Glutamic acid.....g	0.779		0	A	1		1.901	0.238	7.606
Glycine.....g	0.061		0	A	1		0.148	0.018	0.591
Proline.....g	0.368		0	A	1		0.898	0.112	3.593
Serine.....g									
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 01079

Milk, reduced fat, fluid, 2% milkfat, with added vitamin A

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	3		0	BFFN	4		7.689	0.961	30.756
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 244g: 1 cup
- Measure 2 = 30.5g: 1 fl oz
- Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01109
Milk, sheep, fluid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.724		0		1		4.224	16.895	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.128		12		1		0.314	1.254	
17:1.....g									
18:1 undifferentiated.....g	1.558		14		1		3.817	15.268	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.308		0		1		0.755	3.018	
18:2 undifferentiated.....g	0.181		14		1		0.443	1.774	
18:3 undifferentiated.....g	0.127		12		1		0.311	1.245	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0		4		66	265	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.084		0		1		0.206	0.823	
Threonine.....g	0.268		0		1		0.657	2.626	
Isoleucine.....g	0.338		0		1		0.828	3.312	
Leucine.....g	0.587		0		1		1.438	5.753	
Lysine.....g	0.513		0		1		1.257	5.027	
Methionine.....g	0.155		0		1		0.380	1.519	
Cystine.....g	0.035		0		1		0.086	0.343	
Phenylalanine.....g	0.284		0		1		0.696	2.783	
Tyrosine.....g	0.281		0		1		0.688	2.754	
Valine.....g	0.448		0		1		1.098	4.390	
Arginine.....g	0.198		0		1		0.485	1.940	
Histidine.....g	0.167		0		1		0.409	1.637	
Alanine.....g	0.269		0		1		0.659	2.636	
Aspartic acid.....g	0.328		0		1		0.804	3.214	
Glutamic acid.....g	1.019		0		1		2.497	9.986	
Glycine.....g	0.041		0		1		0.100	0.402	
Proline.....g	0.580		0		4		1.421	5.684	
Serine.....g	0.492		0		1		1.205	4.822	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup
 Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01077
Milk, whole, 3.25% milkfat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	88.32	0.096	12	A	1		215.49	13.25	26.94
Energy.....kcal	60		0	NC	4		146	9	18
Energy.....kj	250		0	NC	4		611	38	76
Protein (N x 6.38).....g	3.22	0.015	15	A	1		7.86	0.48	0.98
Total lipid (fat).....g	3.25		0	S	4		7.93	0.49	0.99
Ash.....g	0.69	0.003	12	A	1		1.68	0.10	0.21
Carbohydrate, by difference.....g	4.52		0	NC	4		11.03	0.68	1.38
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	5.26	0.050	12	A	1		12.83	0.79	1.60
Sucrose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Lactose.....g	5.26	0.050	12	A	1		12.83	0.79	1.60
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101	2.265	30	A	1		246	15	31
Iron, Fe.....mg	0.03	0.003	30	A	1		0.08	0.01	0.01
Magnesium, Mg.....mg	10	0.161	30	A	1		25	2	3
Phosphorus, P.....mg	84	1.511	30	A	1		205	13	26
Potassium, K.....mg	133	2.738	29	A	1		324	20	40
Sodium, Na.....mg	43	0.721	30	A	1		105	6	13
Zinc, Zn.....mg	0.38	0.008	30	A	1		0.93	0.06	0.12
Copper, Cu.....mg	0.023	0.002	30	A	1		0.056	0.003	0.007
Manganese, Mn.....mg	0.003	0.000	29	A	1		0.007	0.000	0.001
Selenium, Se.....mcg	3.7	0.185	29	A	1		9.0	0.6	1.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.044	0.000	12	A	1		0.107	0.007	0.013
Riboflavin.....mg	0.183	0.002	11	A	1		0.446	0.027	0.056
Niacin.....mg	0.107	0.003	12	A	1		0.262	0.016	0.033
Pantothenic acid.....mg	0.362	0.003	4	A	1		0.884	0.054	0.110
Vitamin B-6.....mg	0.036	0.000	12	A	1		0.089	0.005	0.011
Folate, total.....mcg	5	0.534	8		1		12	1	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	0.534	8		1		12	1	2
Folate, DFE.....mcg_DFE	5		0	NC	4		12	1	2
Vitamin B-12.....mcg	0.44	0.028	10	A	1		1.07	0.07	0.13
Vitamin A, IU.....IU	102		0	NC	4		249	15	31
Vitamin A, RAE.....mcg_RAE	28		0	NC	4		69	4	9
Retinol.....mcg	28		0	O	4		68	4	9
Vitamin E (alpha-tocopherol).....mg	0.06	0.003	12	A	1		0.14	0.01	0.02
Tocopherol, beta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.01	0.001	12	A	1		0.01	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Vitamin D.....IU	40.431	3.101	12	A	1		98.651	6.065	12.331
Vitamin K (phylloquinone).....mcg	0.2	0.014	4	A	1		0.5	0.0	0.1
Lipids:									
Fatty acids, total saturated.....g	1.865		0	NC	4		4.551	0.280	0.569
4:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
6:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
8:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
10:0.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
12:0.....g	0.077	0.002	12	A	1		0.187	0.011	0.023
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.297	0.011	12	A	1		0.724	0.045	0.091

NDB No. 01077
Milk, whole, 3.25% milkfat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:0.....g	0.829	0.029	12	A	1		2.022	0.124	0.253
17:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0.....g	0.365	0.015	12	A	1		0.890	0.055	0.111
20:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.812		0	NC	4		1.982	0.122	0.248
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.812	0.032	12	A	1		1.982	0.122	0.248
20:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.195		0	NC	4		0.475	0.029	0.059
18:2 undifferentiated.....g	0.120	0.005	12	A	1		0.293	0.018	0.037
18:3 undifferentiated.....g	0.075	0.000	12	A	1		0.182	0.011	0.023
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	10	0.549	12	A	1		25	2	3
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0	A	1		0.183	0.011	0.023
Threonine.....g	0.143		0	A	1		0.349	0.021	0.044
Isoleucine.....g	0.165		0	A	1		0.403	0.025	0.050
Leucine.....g	0.265		0	A	1		0.648	0.040	0.081
Lysine.....g	0.140		0	A	1		0.342	0.021	0.043
Methionine.....g	0.075		0	A	1		0.183	0.011	0.023
Cystine.....g	0.017		0	A	1		0.041	0.003	0.005
Phenylalanine.....g	0.147		0	A	1		0.359	0.022	0.045
Tyrosine.....g	0.152		0	A	1		0.370	0.023	0.046
Valine.....g	0.192		0	A	1		0.469	0.029	0.059
Arginine.....g	0.075		0	A	1		0.183	0.011	0.023
Histidine.....g	0.075		0	A	1		0.183	0.011	0.023
Alanine.....g	0.103		0	A	1		0.251	0.015	0.031
Aspartic acid.....g	0.237		0	A	1		0.579	0.036	0.072
Glutamic acid.....g	0.648		0	A	1		1.581	0.097	0.198
Glycine.....g	0.075		0	A	1		0.183	0.011	0.023
Proline.....g	0.342		0	A	1		0.834	0.051	0.104
Serine.....g	0.107		0	A	1		0.261	0.016	0.033
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	5	0.815	6	A	1		12.684	0.780	1.585
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01077

Milk, whole, 3.25% milkfat

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 15g: 1 tbsp

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01185

Parmesan cheese topping, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.446			BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.112			BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	1.256			BFZN	4				
20:1.....g	0.076			BFZN	4				
22:1 undifferentiated.....g	0.000			BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186			BFZN	4				
18:2 undifferentiated.....g	0.113			BFZN	4				
18:3 undifferentiated.....g	0.073			BFZN	4				
18:4.....g	0.000			BFZN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			BFZN	4				
20:5 n-3.....g	0.000			BFZN	4				
22:5 n-3.....g	0.000			BFZN	4				
22:6 n-3.....g	0.000			BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	20			LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	13		0	BFFN	4				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01200
Reddi Wip Fat Free Whipped Topping

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.250		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	1.250		0	BFFN	4				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.299		0	BFFN	4				
18:2 undifferentiated.....g	0.185		0	BFFN	4				
18:3 undifferentiated.....g	0.115		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	9		0	BNA	4				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01180
Sour cream, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000						7		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						7		
17:1.....g									
18:1 undifferentiated.....g	0.000						7		
20:1.....g	0.000						7		
22:1 undifferentiated.....g	0.000						7		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000						7		
18:2 undifferentiated.....g	0.000						7		
18:3 undifferentiated.....g	0.000						7		
18:4.....g	0.000						7		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						7		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	9						8		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	9		0	NR			4		
Carotene, alpha.....mcg	0		0	Z			7		
Cryptoxanthin, beta.....mcg	0		0	Z			7		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	0		0	Z			7		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01074
Sour cream, imitation, cultured

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.588		0		1		1.352	0.167	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.589		2		1		1.355	0.167	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.129	0.016	
18:2 undifferentiated.....g	0.056		2		1		0.129	0.016	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	18		0		4		41	5	
<u>Amino Acids:</u>									
Tryptophan.....g	0.033		0		4		0.076	0.009	
Threonine.....g	0.101		0		4		0.232	0.029	
Isoleucine.....g	0.147		0		4		0.338	0.042	
Leucine.....g	0.237		0		4		0.545	0.067	
Lysine.....g	0.193		0		4		0.444	0.055	
Methionine.....g	0.073		0		4		0.168	0.021	
Cystine.....g	0.010		0		4		0.023	0.003	
Phenylalanine.....g	0.129		0		4		0.297	0.037	
Tyrosine.....g	0.137		0		4		0.315	0.039	
Valine.....g	0.172		0		4		0.396	0.049	
Arginine.....g	0.095		0		4		0.219	0.027	
Histidine.....g	0.071		0		4		0.163	0.020	
Alanine.....g	0.075		0		4		0.173	0.021	
Aspartic acid.....g	0.170		0		4		0.391	0.048	
Glutamic acid.....g	0.545		0		4		1.254	0.155	
Glycine.....g	0.048		0		4		0.110	0.014	
Proline.....g	0.271		0		4		0.623	0.077	
Serine.....g	0.148		0		4		0.340	0.042	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 230g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 01074

Sour cream, imitation, cultured

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01179
Sour cream, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.100						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240						4		
17:1.....g									
18:1 undifferentiated.....g	2.660						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400						4		
18:2 undifferentiated.....g	0.240						4		
18:3 undifferentiated.....g	0.160						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	35						8		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	21		0	BFFN			4		
Carotene, alpha.....mcg	0		0	Z			7		
Cryptoxanthin, beta.....mcg	0		0	Z			7		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	0		0	Z			7		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01178
Sour cream, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.100						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310						4		
17:1.....g									
18:1 undifferentiated.....g	3.530						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500						4		
18:2 undifferentiated.....g	0.310						4		
18:3 undifferentiated.....g	0.200						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	35						8		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	27		0	BFFN			4		
Carotene, alpha.....mcg	0		0	Z			7		
Cryptoxanthin, beta.....mcg	0		0	Z			7		
Lycopene.....mcg	0		0	Z			7		
Lutein + zeaxanthin.....mcg	0		0	Z			7		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.958		0		1		4.601	0.235	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		2		1		0.204	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.873		2		1		4.402	0.225	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0		1		1.100	0.056	
18:2 undifferentiated.....g	0.468		2		1		1.100	0.056	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		13	1	
Phytosterols.....mg	15		0		4		35	2	
Amino Acids:									
Tryptophan.....g	0.045		0		4		0.106	0.005	
Threonine.....g	0.147		0		4		0.345	0.018	
Isoleucine.....g	0.197		0		4		0.463	0.024	
Leucine.....g	0.318		0		4		0.747	0.038	
Lysine.....g	0.258		0		4		0.606	0.031	
Methionine.....g	0.082		0		4		0.193	0.010	
Cystine.....g	0.030		0		4		0.071	0.004	
Phenylalanine.....g	0.157		0		4		0.369	0.019	
Tyrosine.....g	0.157		0		4		0.369	0.019	
Valine.....g	0.217		0		4		0.510	0.026	
Arginine.....g	0.118		0		4		0.277	0.014	
Histidine.....g	0.088		0		4		0.207	0.011	
Alanine.....g	0.112		0		4		0.263	0.013	
Aspartic acid.....g	0.247		0		4		0.580	0.030	
Glutamic acid.....g	0.681		0		4		1.600	0.082	
Glycine.....g	0.069		0		4		0.162	0.008	
Proline.....g	0.315		0		4		0.740	0.038	
Serine.....g	0.177		0		4		0.416	0.021	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFFN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 12.0g: 1 tbsp

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01113
Whey, acid, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.149		0		1		0.085	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026	0.007	4		1		0.015	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.114	0.009	4		1		0.065	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.012	0.001	
18:2 undifferentiated.....g	0.018	0.003	4		1		0.010	0.001	
18:3 undifferentiated.....g	0.003		2		1		0.002	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		4		2	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.241		0		1		0.137	0.007	
Threonine.....g	0.590		0		1		0.336	0.017	
Isoleucine.....g	0.581		0		1		0.331	0.017	
Leucine.....g	1.116		0		1		0.636	0.032	
Lysine.....g	1.008		0		1		0.575	0.029	
Methionine.....g	0.221		0		1		0.126	0.006	
Cystine.....g	0.211		0		1		0.120	0.006	
Phenylalanine.....g	0.386		0		1		0.220	0.011	
Tyrosine.....g	0.300		0		1		0.171	0.009	
Valine.....g	0.579		0		1		0.330	0.017	
Arginine.....g	0.327		0		1		0.186	0.009	
Histidine.....g	0.230		0		1		0.131	0.007	
Alanine.....g	0.506		0		1		0.288	0.015	
Aspartic acid.....g	1.149		0		1		0.655	0.033	
Glutamic acid.....g	2.096		0		1		1.195	0.061	
Glycine.....g	0.211		0		1		0.120	0.006	
Proline.....g	0.699		0		1		0.398	0.020	
Serine.....g	0.541		0		1		0.308	0.016	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFFN	4		0.789	0.040	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 57g: 1 cup
 Measure 2 = 2.9g: 1 tbsp

NDB No. 01113
Whey, acid, dried

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01112
Whey, acid, fluid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0		1		0.062	0.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004	0.002	4		1		0.010	0.039	
17:1.....g									
18:1 undifferentiated.....g	0.019	0.005	4		1		0.047	0.187	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.010	0.039	
18:2 undifferentiated.....g	0.003	0.001	4		1		0.007	0.030	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		1	5	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.039	0.157	
Threonine.....g	0.038		0		1		0.093	0.374	
Isoleucine.....g	0.038		0		1		0.093	0.374	
Leucine.....g	0.072		0		1		0.177	0.708	
Lysine.....g	0.065		0		1		0.160	0.640	
Methionine.....g	0.014		0		1		0.034	0.138	
Cystine.....g	0.014		0		1		0.034	0.138	
Phenylalanine.....g	0.025		0		1		0.062	0.246	
Tyrosine.....g	0.019		0		1		0.047	0.187	
Valine.....g	0.038		0		1		0.093	0.374	
Arginine.....g	0.021		0		1		0.052	0.207	
Histidine.....g	0.015		0		1		0.037	0.148	
Alanine.....g	0.033		0		1		0.081	0.325	
Aspartic acid.....g	0.074		0		1		0.182	0.728	
Glutamic acid.....g	0.136		0		1		0.335	1.338	
Glycine.....g	0.014		0		1		0.034	0.138	
Proline.....g	0.045		0		1		0.111	0.443	
Serine.....g	0.035		0		1		0.086	0.344	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFFN	4		0.568	2.271	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

NDB No. 01112
Whey, acid, fluid

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01115
Whey, sweet, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.297		0		1		0.431	0.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033	0.003	4		1		0.048	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.251	0.010	4		1		0.364	0.019	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		0		1		0.049	0.003	
18:2 undifferentiated.....g	0.025	0.003	4		1		0.036	0.002	
18:3 undifferentiated.....g	0.009	0.002	4		1		0.013	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		9	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.297	0.015	
Threonine.....g	0.817		0		1		1.185	0.061	
Isoleucine.....g	0.719		0		1		1.043	0.054	
Leucine.....g	1.186		0		1		1.720	0.089	
Lysine.....g	1.030		0		1		1.494	0.077	
Methionine.....g	0.241		0		1		0.349	0.018	
Cystine.....g	0.253		0		1		0.367	0.019	
Phenylalanine.....g	0.407		0		1		0.590	0.031	
Tyrosine.....g	0.363		0		1		0.526	0.027	
Valine.....g	0.697		0		1		1.011	0.052	
Arginine.....g	0.375		0		1		0.544	0.028	
Histidine.....g	0.237		0		1		0.344	0.018	
Alanine.....g	0.598		0		1		0.867	0.045	
Aspartic acid.....g	1.269		0		1		1.840	0.095	
Glutamic acid.....g	2.248		0		1		3.260	0.169	
Glycine.....g	0.280		0		1		0.406	0.021	
Proline.....g	0.786		0		1		1.140	0.059	
Serine.....g	0.622		0		1		0.902	0.047	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		2.482	0.128	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 145g: 1 cup
 Measure 2 = 7.5g: 1 tbsp

NDB No. 01115
Whey, sweet, dried

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01114
Whey, sweet, fluid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.100		0		1		0.246	0.984	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011	0.001	4		1		0.027	0.108	
17:1.....g									
18:1 undifferentiated.....g	0.084	0.004	4		1		0.207	0.827	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.011		0		1		0.027	0.108	
18:2 undifferentiated.....g	0.008	0.001	4		1		0.020	0.079	
18:3 undifferentiated.....g	0.003	0.001	4		1		0.007	0.030	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		5	20	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.032	0.128	
Threonine.....g	0.054		0		1		0.133	0.531	
Isoleucine.....g	0.047		0		1		0.116	0.462	
Leucine.....g	0.078		0		1		0.192	0.768	
Lysine.....g	0.068		0		1		0.167	0.669	
Methionine.....g	0.016		0		1		0.039	0.157	
Cystine.....g	0.017		0		1		0.042	0.167	
Phenylalanine.....g	0.027		0		1		0.066	0.266	
Tyrosine.....g	0.024		0		1		0.059	0.236	
Valine.....g	0.046		0		1		0.113	0.453	
Arginine.....g	0.025		0		1		0.062	0.246	
Histidine.....g	0.016		0		1		0.039	0.157	
Alanine.....g	0.039		0		1		0.096	0.384	
Aspartic acid.....g	0.083		0		1		0.204	0.817	
Glutamic acid.....g	0.148		0		1		0.364	1.456	
Glycine.....g	0.018		0		1		0.044	0.177	
Proline.....g	0.052		0		1		0.128	0.512	
Serine.....g	0.041		0		1		0.101	0.403	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFFN	4		2.271	9.086	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

NDB No. 01114
Whey, sweet, fluid

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43268

Whipped cream substitute, dietetic, made from powdered mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.357				4		1.086		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012				4		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.342				4		1.074		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.158				4		0.926		
18:2 undifferentiated.....g	1.077				4		0.862		
18:3 undifferentiated.....g	0.078				4		0.062		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42135
Whipped topping, frozen, low fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.838				1		0.629		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.124				4		0.093		
17:1.....g									
18:1 undifferentiated.....g	0.714				4		0.536		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269				1		0.202		
18:2 undifferentiated.....g	0.155				4		0.116		
18:3 undifferentiated.....g	0.114				4		0.086		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2				1		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	45		0	BFFN	4		33.384		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01187
Yogurt, chocolate, nonfat milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA		4			
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RA		4			
20:1.....g	0.000		0	RA		4			
22:1 undifferentiated.....g	0.000		0	RA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RA		4			
18:2 undifferentiated.....g	0.000		0	RA		4			
18:3 undifferentiated.....g	0.000		0	RA		4			
18:4.....g	0.000		0	RA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA		4			
20:5 n-3.....g	0.000		0	RA		4			
22:5 n-3.....g	0.000		0	RA		4			
22:6 n-3.....g	0.000		0	RA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	RA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	2		0	BFZN		4			
Theobromine.....mg	23		0	BFZN		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	BFFN		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43261
Yogurt, fruit variety, nonfat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050				4		0.123	0.063	0.085
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007				4		0.017	0.009	0.012
17:1.....g									
18:1 undifferentiated.....g	0.041				4		0.100	0.051	0.070
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.016				4		0.039	0.020	0.027
18:2 undifferentiated.....g	0.010				4		0.025	0.013	0.017
18:3 undifferentiated.....g	0.006				4		0.015	0.008	0.010
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2				4		5	3	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0	RA	4		0.068	0.035	0.047
Threonine.....g	0.202		0	RA	4		0.496	0.253	0.344
Isoleucine.....g	0.269		0	RA	4		0.659	0.336	0.457
Leucine.....g	0.496		0	RA	4		1.216	0.620	0.844
Lysine.....g	0.439		0	RA	4		1.075	0.548	0.746
Methionine.....g	0.145		0	RA	4		0.356	0.181	0.247
Cystine.....g	0.045		0	RA	4		0.111	0.057	0.077
Phenylalanine.....g	0.270		0	RA	4		0.660	0.337	0.458
Tyrosine.....g	0.247		0	RA	4		0.605	0.309	0.420
Valine.....g	0.407		0	RA	4		0.997	0.509	0.692
Arginine.....g	0.151		0	RA	4		0.370	0.189	0.257
Histidine.....g	0.122		0	RA	4		0.299	0.153	0.208
Alanine.....g	0.212		0	RA	4		0.521	0.266	0.361
Aspartic acid.....g	0.394		0	RA	4		0.964	0.492	0.669
Glutamic acid.....g	0.966		0	RA	4		2.366	1.207	1.642
Glycine.....g	0.121		0	RA	4		0.297	0.152	0.206
Proline.....g	0.581		0	RA	4		1.423	0.726	0.987
Serine.....g	0.305		0	RA	4		0.747	0.381	0.518
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	RA	4		8.584	4.380	5.956
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	8		0	RA	4		19.616	10.008	13.611

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Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 170g: 1 container (6 oz)

NDB No. 43261
Yogurt, fruit variety, nonfat

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01121

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.297		0		1		0.728	0.505	0.674
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024	0.001	3		1		0.059	0.041	0.054
17:1.....g									
18:1 undifferentiated.....g	0.247	0.012	3		1		0.605	0.420	0.561
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.076	0.053	0.070
18:2 undifferentiated.....g	0.022	0.001	3		1		0.054	0.037	0.050
18:3 undifferentiated.....g	0.009	0.001	3		1		0.022	0.015	0.020
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		10	7	10
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.061	0.043	0.057
Threonine.....g	0.179		0		1		0.439	0.304	0.406
Isoleucine.....g	0.238		0		1		0.583	0.405	0.540
Leucine.....g	0.440		0		1		1.078	0.748	0.999
Lysine.....g	0.392		0		1		0.960	0.666	0.890
Methionine.....g	0.129		0		1		0.316	0.219	0.293
Cystine.....g	0.040		0		4		0.098	0.068	0.091
Phenylalanine.....g	0.238		0		1		0.583	0.405	0.540
Tyrosine.....g	0.221		0		1		0.541	0.376	0.502
Valine.....g	0.362		0		1		0.887	0.615	0.822
Arginine.....g	0.132		0		1		0.323	0.224	0.300
Histidine.....g	0.108		0		1		0.265	0.184	0.245
Alanine.....g	0.187		0		1		0.458	0.318	0.424
Aspartic acid.....g	0.347		0		1		0.850	0.590	0.788
Glutamic acid.....g	0.856		0		1		2.097	1.455	1.943
Glycine.....g	0.105		0		1		0.257	0.179	0.238
Proline.....g	0.518		0		1		1.269	0.881	1.176
Serine.....g	0.271		0		1		0.664	0.461	0.615
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		4.232	2.937	3.921
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 170g: 1 container (6 oz)

Measure 3 = 227g: 1 container (8 oz)

NDB No. 01121

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01122

Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.387		0		1		0.878	0.437	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031	0.002	3		1		0.070	0.035	
17:1.....g									
18:1 undifferentiated.....g	0.322	0.024	3		1		0.731	0.364	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.091	0.045	
18:2 undifferentiated.....g	0.028	0.002	3		1		0.064	0.032	
18:3 undifferentiated.....g	0.012	0.001	3		1		0.027	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		12	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.061	0.031	
Threonine.....g	0.200		0		1		0.454	0.226	
Isoleucine.....g	0.265		0		1		0.602	0.299	
Leucine.....g	0.490		0		1		1.112	0.554	
Lysine.....g	0.436		0		1		0.990	0.493	
Methionine.....g	0.143		0		1		0.325	0.162	
Cystine.....g	0.044		0		4		0.100	0.050	
Phenylalanine.....g	0.265		0		1		0.602	0.299	
Tyrosine.....g	0.245		0		1		0.556	0.277	
Valine.....g	0.402		0		1		0.913	0.454	
Arginine.....g	0.146		0		1		0.331	0.165	
Histidine.....g	0.120		0		1		0.272	0.136	
Alanine.....g	0.208		0		1		0.472	0.235	
Aspartic acid.....g	0.385		0		1		0.874	0.435	
Glutamic acid.....g	0.951		0		1		2.159	1.075	
Glycine.....g	0.117		0		1		0.266	0.132	
Proline.....g	0.576		0		1		1.308	0.651	
Serine.....g	0.301		0		1		0.683	0.340	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: 1 container (8 oz)
 Measure 2 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01120

Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.316		0		1		0.774	0.395	0.449
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025	0.002	3		1		0.061	0.031	0.036
17:1.....g									
18:1 undifferentiated.....g	0.263	0.020	3		1		0.644	0.329	0.373
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.081	0.041	0.047
18:2 undifferentiated.....g	0.023	0.002	3		1		0.056	0.029	0.033
18:3 undifferentiated.....g	0.010	0.001	3		1		0.025	0.013	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		11	6	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.054	0.028	0.031
Threonine.....g	0.163		0		1		0.399	0.204	0.231
Isoleucine.....g	0.217		0		1		0.532	0.271	0.308
Leucine.....g	0.401		0		1		0.982	0.501	0.569
Lysine.....g	0.357		0		1		0.875	0.446	0.507
Methionine.....g	0.117		0		1		0.287	0.146	0.166
Cystine.....g	0.036		0		4		0.088	0.045	0.051
Phenylalanine.....g	0.217		0		1		0.532	0.271	0.308
Tyrosine.....g	0.201		0		1		0.492	0.251	0.285
Valine.....g	0.329		0		1		0.806	0.411	0.467
Arginine.....g	0.120		0		1		0.294	0.150	0.170
Histidine.....g	0.099		0		1		0.243	0.124	0.141
Alanine.....g	0.170		0		1		0.417	0.213	0.241
Aspartic acid.....g	0.316		0		1		0.774	0.395	0.449
Glutamic acid.....g	0.779		0		1		1.909	0.974	1.106
Glycine.....g	0.096		0		1		0.235	0.120	0.136
Proline.....g	0.472		0		1		1.156	0.590	0.670
Serine.....g	0.246		0		1		0.603	0.308	0.349
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		4.507	2.299	2.612
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 125g: 1 container (4.4 oz)

Measure 3 = 142g: 1 container (5 oz)

NDB No. 01120

Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01117

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.426		0		1		1.044	0.967	0.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034	0.002	3		1		0.083	0.077	0.038
17:1.....g									
18:1 undifferentiated.....g	0.354	0.017	3		1		0.867	0.804	0.400
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.108	0.100	0.050
18:2 undifferentiated.....g	0.031	0.001	3		1		0.076	0.070	0.035
18:3 undifferentiated.....g	0.013	0.001	3		1		0.032	0.030	0.015
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.589	5		1		15	14	7
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.074	0.068	0.034
Threonine.....g	0.216		0		1		0.529	0.490	0.244
Isoleucine.....g	0.286		0		1		0.701	0.649	0.323
Leucine.....g	0.529		0		1		1.296	1.201	0.598
Lysine.....g	0.471		0		1		1.154	1.069	0.532
Methionine.....g	0.155		0		1		0.380	0.352	0.175
Cystine.....g	0.048		0		4		0.118	0.109	0.054
Phenylalanine.....g	0.286		0		1		0.701	0.649	0.323
Tyrosine.....g	0.265		0		1		0.649	0.602	0.299
Valine.....g	0.434		0		1		1.063	0.985	0.490
Arginine.....g	0.158		0		1		0.387	0.359	0.179
Histidine.....g	0.130		0		1		0.319	0.295	0.147
Alanine.....g	0.225		0		1		0.551	0.511	0.254
Aspartic acid.....g	0.416		0		1		1.019	0.944	0.470
Glutamic acid.....g	1.028		0		1		2.519	2.334	1.162
Glycine.....g	0.127		0		1		0.311	0.288	0.144
Proline.....g	0.622		0		1		1.524	1.412	0.703
Serine.....g	0.325		0		1		0.796	0.738	0.367
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		6.074	5.628	2.802
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

NDB No. 01117

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01118

Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.049		0		1		0.120	0.111	0.055
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		3		1		0.010	0.009	0.005
17:1.....g									
18:1 undifferentiated.....g	0.041		3		1		0.100	0.093	0.046
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.012	0.011	0.006
18:2 undifferentiated.....g	0.004		3		1		0.010	0.009	0.005
18:3 undifferentiated.....g	0.001		3		1		0.002	0.002	0.001
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4	4	2
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.078	0.073	0.036
Threonine.....g	0.235		0		1		0.576	0.533	0.266
Isoleucine.....g	0.313		0		1		0.767	0.711	0.354
Leucine.....g	0.577		0		1		1.414	1.310	0.652
Lysine.....g	0.514		0		1		1.259	1.167	0.581
Methionine.....g	0.169		0		1		0.414	0.384	0.191
Cystine.....g	0.052		0		4		0.127	0.118	0.059
Phenylalanine.....g	0.313		0		1		0.767	0.711	0.354
Tyrosine.....g	0.289		0		1		0.708	0.656	0.327
Valine.....g	0.474		0		1		1.161	1.076	0.536
Arginine.....g	0.172		0		1		0.421	0.390	0.194
Histidine.....g	0.142		0		1		0.348	0.322	0.160
Alanine.....g	0.245		0		1		0.600	0.556	0.277
Aspartic acid.....g	0.454		0		1		1.112	1.031	0.513
Glutamic acid.....g	1.122		0		1		2.749	2.547	1.268
Glycine.....g	0.138		0		1		0.338	0.313	0.156
Proline.....g	0.679		0		1		1.664	1.541	0.767
Serine.....g	0.355		0		1		0.870	0.806	0.401
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFFN	4		0.705	0.654	0.325
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

NDB No. 01118

Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01116

Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.893		0		1		2.188	2.027	1.009
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		3		1		0.174	0.161	0.080
17:1.....g									
18:1 undifferentiated.....g	0.743		3		1		1.820	1.687	0.840
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0		1		0.225	0.209	0.104
18:2 undifferentiated.....g	0.065		3		1		0.159	0.148	0.073
18:3 undifferentiated.....g	0.027		3		1		0.066	0.061	0.031
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0		1		31	29	14
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.049	0.045	0.023
Threonine.....g	0.142		0		1		0.348	0.322	0.160
Isoleucine.....g	0.189		0		1		0.463	0.429	0.214
Leucine.....g	0.350		0		1		0.858	0.795	0.396
Lysine.....g	0.311		0		1		0.762	0.706	0.351
Methionine.....g	0.102		0		1		0.250	0.232	0.115
Cystine.....g	0.032		0		4		0.078	0.073	0.036
Phenylalanine.....g	0.189		0		1		0.463	0.429	0.214
Tyrosine.....g	0.175		0		1		0.429	0.397	0.198
Valine.....g	0.287		0		1		0.703	0.651	0.324
Arginine.....g	0.104		0		1		0.255	0.236	0.118
Histidine.....g	0.086		0		1		0.211	0.195	0.097
Alanine.....g	0.148		0		1		0.363	0.336	0.167
Aspartic acid.....g	0.275		0		1		0.674	0.624	0.311
Glutamic acid.....g	0.679		0		1		1.664	1.541	0.767
Glycine.....g	0.084		0		1		0.206	0.191	0.095
Proline.....g	0.411		0		1		1.007	0.933	0.464
Serine.....g	0.215		0		1		0.527	0.488	0.243
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	5		0	BFFN	4		12.736	11.800	5.874
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 227g: 1 container (8 oz)

Measure 3 = 113g: .5 container (4 oz)

NDB No. 01116

Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01184

Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.049			BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004			BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	0.041			BFZN	4				
20:1.....g	0.000			BFZN	4				
22:1 undifferentiated.....g	0.000			BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005			BFZN	4				
18:2 undifferentiated.....g	0.004			BFZN	4				
18:3 undifferentiated.....g	0.001			BFZN	4				
18:4.....g	0.000			BFZN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			BFZN	4				
20:5 n-3.....g	0.000			BFZN	4				
22:5 n-3.....g	0.000			BFZN	4				
22:6 n-3.....g	0.000			BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	2			LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 01119

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.343		0		1		0.840	0.779	0.388
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		3		1		0.066	0.061	0.031
17:1.....g									
18:1 undifferentiated.....g	0.286		3		1		0.701	0.649	0.323
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.088	0.082	0.041
18:2 undifferentiated.....g	0.025		3		1		0.061	0.057	0.028
18:3 undifferentiated.....g	0.010		3		1		0.025	0.023	0.011
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		12	11	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.069	0.064	0.032
Threonine.....g	0.202		0		1		0.495	0.459	0.228
Isoleucine.....g	0.269		0		1		0.659	0.611	0.304
Leucine.....g	0.497		0		1		1.218	1.128	0.562
Lysine.....g	0.442		0		1		1.083	1.003	0.499
Methionine.....g	0.145		0		1		0.355	0.329	0.164
Cystine.....g	0.045		0		4		0.110	0.102	0.051
Phenylalanine.....g	0.269		0		1		0.659	0.611	0.304
Tyrosine.....g	0.249		0		1		0.610	0.565	0.281
Valine.....g	0.408		0		1		1.000	0.926	0.461
Arginine.....g	0.148		0		1		0.363	0.336	0.167
Histidine.....g	0.122		0		1		0.299	0.277	0.138
Alanine.....g	0.211		0		1		0.517	0.479	0.238
Aspartic acid.....g	0.391		0		1		0.958	0.888	0.442
Glutamic acid.....g	0.965		0		1		2.364	2.191	1.090
Glycine.....g	0.119		0		1		0.292	0.270	0.134
Proline.....g	0.584		0		1		1.431	1.326	0.660
Serine.....g	0.305		0		1		0.747	0.692	0.345
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFFN	4		4.898	4.539	2.259
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Food Group: 01 Dairy and Egg Products

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